Energy & Ascension
By Jenny Evans

- Founder: Heart Centered Healing
- Married to my sweetheart and partner Steve for 23 years
- 5 delightful children ages 21-11, who continue to teach me
- I love all things energy, spirit, high frequency and like minded friends!

Family
How I Got Into Energy & Ascension

• I longed to have experiences as spoken of in scripture and knew they were meant for all. Some might call it waking up, age 29.

• I started the journey (over 17 years ago), the desire I had was strong and God lined up people and experiences and material to study that helped me along the way.

• The journey has been full of great experiences and very hurtful and hard experiences.

• I felt heavy, down and depressed. Forget talking to me in the mornings as I was known as a “Mama Bear”.

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I was introduced to clearing energies, it started with emotions.
An energy clearing passion caught hold of me.
I began to develop the ability to hearing the Voice of God.
I began to have the experiences I longed for.
My spiritual sight began to be developed along with the gift of dreams & visions.
My spiritual journey continues to go forward with even more joy, freedom, and light as I progress.
What are Chakras

Our Chakras are wheels of spinning energy.

You have 7 of them.

How does each affect our health, happiness & wealth?
Chakra Centers

Unhealthy
- Disconnected
- Discord
- Negativity
- Anger
- Depression
- Abuse
- Fear

Healthy
- Crown - Spiritual
- Third Eye - Perception
- Throat - Expression
- Heart - Love
- Solar Plexus - Power
- Sacral - Sex
- Root - Survival

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“I have to say, I had a different impression of what Reiki is all about.”
Reiki divinely and gently removes all that no longer serves you.
Reiki

• “Rei”: Cosmic, Universal aspect of this energy
• “Ki”: Fundamental life energy or spirit flowing in all living things
• We all are born with this energy flowing through us and sustaining us.
What does Reiki Do?

• It allows you to absorb more life force energy and balances the energy in your body.
• It clears out your body and mind so you can see yourself clearly. That is what being self-aware and self-actualized.
• It opens yourself to your own healing powers and helps you become ready to accept your life and understand the problem or illnesses message.
• It allows you to focus your energy and be clear so you can connect to heaven’s light and the earth’s healing and abundance energy.
We use our hands to comfort and to transfer loving energy by placing our focus on that area.
How is Reiki Given?
Electromagnetic Frequencies
Frequencies and its relation to our Health and Happiness
Why we need healing

When we experience stress (mental, emotional, physical or spiritual), our body's response to these stresses causes our energy system to become blocked, depleted, and unbalanced. Without addressing these stored energies it will take a toll on our health and happiness.

Reiki clears these low vibrational blocks and stored energies and replaces them with divine love, peace and light energy.

Some estimate up to ninety-five percent of disease in the body is rooted in the spiritual, mental and emotional bodies first long before it is manifest in the physical.
What is Ascension

• In a simple and spiritual sense is very similar to the Eastern concept of *Enlightenment*. Christian terms may use *Translation or Transcendence*.

• It is the process of raising the light quotient in your body (physical, emotional, mental and spiritual body) until you become ONE with God.

• An individual is 'ascending' in the sense that something of a lower vibration is ascending; it is being 'raised up' or becoming higher in vibration.
• Ascension is about 'bringing heaven to earth' by raising the 'lower vibrational aspect of your non-physical being to a higher vibrational state of being or realization.

• Ascension is about shifting from one dimension, frequency, plane of existence or consciousness (such as the 'lower' physical Earth plane) to another plane, dimension or state of consciousness that is of a 'higher frequency'.

• In a traditional religious or theological sense, Ascension is the concept of entering heaven alive (also called "assumption", or "translation").
Ascension in Christian Terms

• As found in Acts 1:1-11 of the Holy Bible, describes how the disciples witnessed Jesus as He 'Ascended into Heaven'. Bible Scholars and those who understand the true meaning of 'Ascension' do agree that Christ did not fly upward towards heaven, but rather 'disappeared out of sight'.

• We could say that the 'Ascension' of Jesus involved Him leaving a lower vibration (Earth) and Ascending into a higher Vibration (Heaven).

• Heaven is referred to as the 'Kingdom of God' in the Bible, and as stated in Luke 17:21 - Neither shall they say, ‘Lo, it is here!’ or ‘Lo, it is there!’ For behold, the Kingdom of God is within you.”
The Kingdom Within... Where is it?

The **Heart Center** is found to be the center connecting point to God or Christ. The place to enter and begin to have a relationship of love, acceptance, and joy.

Through opening the Heart and awakening it, you can feel the Love of God flow through you, your heart, and out into the world. This makes it easy to love people and not judge them.

The **Crown Chakra** also represents your connection to Heaven/God.

Both of these energy centers need to be clear and free of veils: limiting beliefs, low frequency emotions, mental debris (fears/doubts/illusions, etc.), and darkness.

1. **How do we get these clear?**
2. **How do we get into our heart space?**
3. **What do we do when we get in there?**

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What Does this Process Look Like

Ascension involves raising the physical, emotional, and metal bodies to higher vibrations by transmuting or changing the energies and components within them into light and high frequency energies.

This complete process would require one to develop mastery over the lower-vibrational planes of matter through love, and by resolving negative karma and ego; you then can become a conscious co-creator and assist in the fulfillment of the Divine Plan as it unfolds on Earth and within all higher planes of existence.
Clearing the Emotional Body

• Symbolism of Emotion: Water
• Great Tools that help: Emotional release techniques; The Emotion Code; Reiki energy
• Learning how to not judge the emotions as good or bad.
• Learning not to suppress emotion, but learn from it. Learn how to express yourself harmlessly.
Clearing the Mental body

• Symbolism of Mental Body: Fire
• Mental body holds thought processes, programming, beliefs, fears, glamours, illusions
• Great Healing Tools: Energy Work; Reiki; Time; Experience
Mental Body Transformation
Clearing the Spiritual Body

• We are beings of contrast. We all have light and we all have darkness within us. (High and low vibration)
• Learn how to cast out, heal, protect yourself and your home.
• Learn how to replace grey or low vibrational matter with Light.
How do we get into the heart space?

• Meditation
• Clearing the blocks and healing the past
• Dreams/visions/visual processes
• Spending time doing things and having experiences that make your heart sing
• Joy, Praise, Love, Appreciation
Getting in the heart space

• As you begin to try getting into that space, you will find out for yourself if your heart is free, open, and eager to share the Love, or if you have been sub-consciously closing your heart—perhaps to protect it because you have been hurt in the past.

• Learning how to open that space and heal is part of the process.
What do we do when we get into our Heart Space?
1. **Heal!** The space may include a healing bed.

2. **Create!** You are the creator within. Begin to create a space that is worthy to be called your Kingdom within. Listen to your intuition as you remember or re-create your world.

3. **Pray!** An alter or sacred grove can be made.

4. **Have Fun!** A place to relax and a place to play.

5. **Invite Christ!** After spending time here invite in a loved one, angels and when you are ready invite Christ/Deity.

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6. **Experience Christ**: In this spiritual realm in your heart space. Develop a REAL relationship with him (Let go of your perceived ideas of what he is like from photos). Learn to trust yourself and what you are experiencing. (Developing spiritual gifts will help with this.)

7. **Converse** with him, not pray to him.

8. **Trust Him**: In time he may begin to take you on spiritual travels or trips. (In Scripture Christ takes many to high mountain tops for those high frequency spiritual experiences).
Meditation Time:
Let’s get into your heart space!

Yet who knows whether you have come into the kingdom for such a time as this? 

Esther 4:14, NKJV
The Earth Is Ascending / Progressing into a higher density
What is a density in relation to ascension?

An analogy is that of music where there are 7 notes on the western scale. The eighth note begins a new octave. In this existence on earth there are 7 octaves or densities, each density has 7 sub-densities and so on.
The Earth’s Progression / Ascension Process

• The Earth has lived from the 3\textsuperscript{rd} density or octave ‘000s of years.
• She is now ascending or rising her vibrational frequency (octave) to a higher level. Started in 2012. Energies have opened up allowing your own consciousness to expand.
• We are given a choice to ascend with her. Some will choose not to do so. When you run at a higher vibration you will no longer vibrate at the level others do and they will become less and less part of your existence.
• Things will change in your own world, this may include your employment, your community, your friends, your food, everything around you will begin to shift and change. In time you will vibrate at such high frequencies that you cannot even be seen or perceived by lower frequencies. Each level runs at a higher vibration and is composed of more light.

• When Christ returns there needs to be a people here ready to receive him, and even perceive him. This is part of the process that we and the earth are going through.
THE DENSITIES OF THIS PLANET AND US

• 3rd Density is centered around pain/struggle/fear/shame/guilt/ and **sacrifice**. The laws of gravity, time and space are the rule.

• 4th Density is the transition period. Self awareness of thoughts and others thoughts. 100 times more harmony and peace than the 3rd density. Compassion, understanding, wisdom. **Service** to others becomes a priority rather than sacrifice.

• 5th Density sphere is centered around clear vision/perceptions (Becomes a seer), You are a liberated creator. You know you don’t need to experience pain and illness, that it is an illusion. You are fully focused on oneness/compassion. Time/space/dimension and gravity no longer have a pull on you.

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3rd Density World

Lower Level of Progression on the Earth: Telestial

1. Spiritually unconscious, or 'asleep', and in extreme cases, many are still consciously and unconsciously contributing to much of the chaos and turmoil within the world.

2. Many are not at peace within their own selves or are not yet at the point of realizing the true spiritual nature of their beings or their higher purpose on the planet at this time.

3. Feel uncomfortable with the new energies coming forward.

4. Strong patriarchy society, suppression, control, taking people’s power away, abuse, stuck, see the world as going mad. Stay in scarcity, lack and victim mentality.

5. Solar Plexus chakra energies
1. ‘Waking up' and their individual vibration or frequency is increasing; their consciousness is expanding and their heart is awakening. You may feel a call or shift in interests that help the world and people heal, grow, teach and help enlighten others.

2. The outside world is a reflection or mirror to your own inside world (beliefs / patterns / etc.)

3. You start to let go of all limiting beliefs, limitations, fear and shame. Moving into love and gratitude. Standing in your power.

4. May study science, astrology, ancient wisdom, etc.

5. More power in the Divine Feminine. (In all of us)

6. Always shifting here, a place where symbols, signs and guidance is given

7. Visualization and matching energies to this is increasing. Recognizing the power of your image-center.

8. Heart Chakra center is opened.
Higher Realms: Celestial Realms, or 5th Density.

1. Become a conscious co-creator and assist in the fulfillment of the Divine Plan as it unfolds on Earth and within all higher planes of existence. Create their bodies and homes in this energy.

2. Become one with all on the planet and all of Creation.

3. Living from a place of enlightenment, bliss, joy and peace that you didn’t know was possible.

4. No desires as all is given and all is received, no resistance as to what you desire and what is manifest.
4. Have a 5\textsuperscript{th} density body which means you have bodies composed of a greater percentage of light and well merged.

5. You give yourself permission to be who you are, you don’t even know who you are until you step into that space.

6. Bend Time/Space as you realize you are not separate from time or space.

7. You begin to see that as above so below: as you magnify the light within your kingdom the outward world will match.
Keys to moving from 3\textsuperscript{rd}-5\textsuperscript{th} Density:

1. Clearing all blocks on all levels (mental, emotional, spiritual, etc.)
2. Acceptance
3. Surrender
4. Will of Service
5. Forgiveness
6. Unconditional love
Meditation to Assist in your Ascension Process
Levels of Initiation: Level 1

• 1st step into the spiritual kingdom. *Birth of Christ* in his heart. Tries to make himself acceptable before God. Signifies admission to the path of a disciple.

• Mastery over the physical body/vehicle.

• Gluttony, drink, addiction no longer control the disciple. He seeks to control his sexual impulses and body appetites.

• Right living/Thinking and Control.

• *Throat Chakra* is related to this initiation
2\textsuperscript{nd} Level of Initiation

- **Mastery over the emotional body.** It may take much longer to pass this initiation.
- Those that believe in eternal lives or continuing progression may see this takes many life times or experiences.
- Sacrifice and death of desire and lower self is addressed. Lower nature is controlled.
- **Baptism of Fire** is often experienced here.
- **Opening up of Heart Energies**
3rd level of Initiation

• Developing mastery over the mental body. (Illusions/Glamours/Limiting Beliefs)
• **Soul Merger** blending w/higher self, control the lower mind.
• Intuition increases, begin receiving energies and direction and guidance directly from your Father in Heaven.
• Learn how to manipulate thought matter and creative thought-building
• Has a profound supernatural experience where he confronts the Dweller on the Threshold (Devil) and experiences the Angel of the Presence (God/Christ/Buddha/ Etc.) that ends with seeing through illusion.
• In the life of Jesus this stage would have been signified by his transfiguration.
• 3rd eye chakra is activated and stimulated here.
4\textsuperscript{th} Level of Initiation

• Level of Renunciation or \textbf{Crucifixion}
• Freedom from all self-interest and turning to the interest of a larger whole.
• Usually goes through a \textit{great sacrifice and suffering}.
• Put on the alter of sacrifice may be friends, money, reputation, character, standing in the world, family, and even life itself.
• Your main source of guidance is from God within your heart and mind. \textbf{Letting go of outward Authority}.
• \textbf{All three lower centers are purified}. Love becomes your guiding factor as your lower nature has been crucified.
• Jesus showed us this process on the cross at his crucifixion.
5th Level of Initiation

• Called the Initiation of Resurrection in Christian terminology.
• Merging with one’s higher consciousness.
• Merging with the higher plane called the atmic plane. You can now build and manifest a new body of light.
• Learn how to sustain life along with other mysteries, but may not use it until the 7th level.
• Master matter and can destroy or rebuild it at will.
• Jesus showed us this level at his Resurrection. The rebuilding of the body and stepping into a higher vibrational body or light body.
• “I and my Father are one.” You have a body of light.
• Crown chakra is activated in fullness
6th Level of Initiation

• Achievement of one’s ascension or you become an ascended Master.
• You become a “perfected” being such as the Christ or Buddha, fully realized. Karma no longer holds power over you.
• You are given a mission or work to accomplish on the earth directly from God.
• Your consciousness is of joy, unconditional love, full realization that you are God and everyone else you meet is God. All is one. Oneness with All of your brothers and sisters in Christ.
• Can materialize and dematerialize your bodies at will.

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7th level of initiation

- In this model it is the last level that can be taken on this earth plane, in other models you can now reach even higher levels here on earth.
- It is the return to the Father or the state of existence called Shamballa.
- You also pick a path of higher Evolution and begin to serve in that path.
- Jesus showed us this after he served and taught his disciples after his resurrection. He then ascended and returned to the Father. He continues his work today but from another dimension.
Why learn Reiki in relation to Ascension?

- You will be given tools, powerful cleaning and healing symbols, and education on how to be a conduit to this healing, cleansing light from above.
- Reiki raises your frequency & helps you get clear.
- Your connection to God will noticeably grow as you feel your crown chakra becoming wider and energy flowing in.
- Learn how to focus and move the energy in your own body until you can direct it yourself to connect to a higher part of you and also the earth energies.
- Help others by giving Reiki to other people.
Other reasons to learn Reiki

• Your chakras will be opened, balanced, widened, and the knots in them removed
• Energy will flow with ease throughout your body because all energy channels will be cleared and opened
• With energy flowing easily your body will begin to heal itself and become more balanced
• You will be more grounded to the earth and connect to the Earth core energy
• Your body's energy will be greatly increased
• Your heart will be opened as you learn to speak to God through your heart
• You will learn how to connect to others through your heart