



## IMPLANT COMMUNICATIONS

### Article

## OVERVIEW: THE CHANGES YOU'RE GOING THROUGH AS YOU ASCEND

Hi folks! Some people are asking me what's happening to them at the moment. Why are they changing? I'm going to try to lay this out as straightforwardly as I can. Universe, please guide me. Ivo's here as well.

In December 2012, we entered into the fourth dimension. Most of us were born in the third with varying levels of activated DNA. I was born in 1960 with 2 active strands of DNA. Wow! What is happening as we ascend is this DNA is being REACTIVATED to encompass all of what the scientists term “junk DNA”, all 12 strands are coming back ON LINE. What's more, you're changing from a carbon-based body to a crystalline body, which is consistent with fifth dimensional energies. So your entire physical body is changing its energetic make-up, thank you Ivo... and you are beginning to house higher aspects of your light body as well, which means your energetic body is speeding up its vibration (frequency).

Not all people are doing this, however. Some are not ascending as high, as quickly or at all, and will stay in fourth dimensional timelines. More on this below....see changes in attitude.

My initial comment is that for some of us, this is no picnic. Some are waltzing through it; others are dragging their tired bodies through this process. If it's any help, you have my sympathy!

### HOW IS THIS ACTIVATION HAPPENING?

Four ways that I know of, jump in if you know of any more.

- Extraterrestrial help. You have DNA in your body that is coded to come back on line when several influences prompt it to come back on line. Some of you are hearing buzzing in your ears or are seeing light codes, repetitive numbers that your subconscious will respond to to activate this dormant DNA. You were born with all of this dormant within you so that you could go thru this process in this lifetime. ETs are also bombarding us with energies to help with this process. If you are having difficulty you can always ask them to help you. They stand ready to do so; just ask and know that you'll be heard. Best advice is try not to resist the process because it just makes it harder for you. Thank you Ivo. Why are they doing this you ask? Because as animals are the caretakers of this planet, ETs are the caretakers of this universe.

- We've entered the Photon belt, which is the energy field of the much lauded “Age of Aquarius”.

Reference 1960's hippie movement.

- Gaia is ascending. She is going up in vibration to the fifth dimension and she's taking you with her.

- Energies are coming from our sun, from the Galactic Sun (Alcyon), and from other constellations because the grid that was around our earth that the dark side malevolents put up, is being dismantled. Therefore telepathy with extraterrestrials and one's higher self, angels, etc. is easier now. This grid is being replaced with a crystalline grid that you are now “hooking up” to.

### PHYSICAL BODY CHANGES

You are giving up foods, either purposefully or you can't eat them. I recently had someone tell me that he ate an apple that wasn't organic and he became sick from it. What you could eat in 3D is often not possible now because of the higher vibration of your body. It rejects things as poison. I personally have given up alcohol (18 years sober), gluten, dairy (also makes me sick), fast food, processed foods, and I believe I have lesser food allergies that I haven't really addressed yet but which may be on the rise. I've also given up meat purposefully and my love of coffee is now on shaky grounds.... I also detox which I



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think helps the ascension along. I needed to.

You eat more or eat less – You eat less because of the higher energies you now embody – you need less. Or because your physical body is changing you eat more. I could see swinging back and forth between these two extremes in this process as well. Remember that food isn't the only source of energy for your body. You can also use yogic breathing (prahna in the air, energy) or sunlight to rejuvenate yourself. Some are eating less food; some are eating ravenously as their body changes. Some are gaining weight but I hear it's only temporary.

You start looking differently – like eyes or skin colour. I'm seen people with almost luminous skin and the other day I was startled as I looked into my own eyes.... they seemed lighter. The reason all the Pleiadians have those bright beaming luminescent eyes is because they live at a higher crystalline vibration, and that's where we're headed. So those changes are starting now.

Extreme tiredness or extreme energy – this is from either the body changing or your having more energy and I find that this is more pronounced as we've hit things like the lion's gate, 12/12 portal, 11/11, full moons and other of earth's energetic influencers.... there are people who follow these closely so there is information out there on these events. I've even heard people saying they vibrate... their physical body shakes from the higher energies.

Can't sleep – not being able to sleep is a result of having higher energy coming into your system so you need less sleep. Ivo sleeps 2-3 hours a night. I used to sleep 12-14 during the winter because my lower vibrational body drained my energy; now with these ascension energies I sleep about 7 or 8, so an improvement.

Body pains – As you change to a crystalline body, your physicality is changing. This means some body pains, aches, strange prickly sensations, rashes, all kinds of stuff. I even get heart pain which is normal. Check it out with a doctor but if they can't figure out what it is, don't worry too much. Last year I itched for at least a month with a rash and went to the doctor. Nothing he prescribed could stop it. It went away on its own. What was it? Probably my body ridding itself of toxins and the skin is the largest organ, so much of it goes through that. I found epsom salt baths helped. Showering when you're really itchy will give temporary relief because you're washing away the toxins that cause the itching.

Headaches – this is most likely a detox reaction or your pineal gland being reactivated. For me, I've found I've been able to see more things that were not visible in 3D. The energies are reactivating your pineal gland (third eye) because in 4D you will become telepathic and psychic. Like Ivo is. He's high 4D.

### PSYCHIC CHANGES

Seeing things, like strange colours around you – I've seen what look like gaps in the fabric of reality, colours beneath things that weren't there before, flashes, shadows, lines... What I believe it is is as I grow in consciousness I am able to experience more of it in waking life. My visual range is increasing as I ascend.

Having more psychic events – same thing. Your pineal gland is coming on line and your reality is changing. You are able to experience more of your consciousness; what was called the subconscious in 3D is now revealing itself.

Seeing extraterrestrials or sensing energies where you couldn't before – because they operate outside of our prior range of awareness and because this range of awareness, or consciousness is expanding, you can now experience them.

You “just know” more – you can't explain it but you're sure of this ... you don't know why but you know it. This is also a result of your consciousness expanding. Learn to use it and embrace it. Trust it.



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Higher sensitivity level – more empathic, more psychic, more clairvisual, ..audient, etc. - same reason. I've had other things happen like I was able to shut off a CD on my laptop just by thinking I was bored with it and wanted to finish. So there's an example of how powerful our minds will become.

Also on that note, what's happening is the karmic process is speeding up; you experience the effect of things you cause more quickly. Whereas before, for me anyway, it would take years to manifest something, now it can take much less time to experience either the “rewards” of your thinking or the pitfalls of your thinking. So be careful what you think about. This is because of the higher more positive energy you're now carrying.

### LIGHT BODY CHANGES

Higher vibration – you experience this as better moods and better health. Some can feel the energy in their body.

More love – heart chakra opening. The heart chakra in 4D holds the same position as the root chakra in 3D. So nice to know the basis of our reality will be LOVE.

Crying, bad moods, emotional bouts - Ivo's also telling me that these higher energies coming in have a cleansing effect on negativity held in the light body. It gets rid of it! But as it is being expelled, I believe that you end up expressing it so sometimes you're in a bad mood. This will pass.

Triggered by people – This happens as it always has – to help you in your spiritual growth. Look at all as your teachers.

This is what I understand about the chakra system. As we evolve to 4D and higher, we activate chakras consistent with the energies of those dimensions. So where we used chakras 1-12 in 3D, in 4D we use chakras 4-15. And in 5D a whole new set of chakras.

Each chakra has a different function. For chakras 1-12, the base chakra was the root chakra, the second chakra was the sexual/emotional chakra and the third chakra was about the ego/power chakra. You will be transitioning out of these chakras in 4D. So they are being cleaned out of their negative energy and rebalanced. These chakras will reside below us when we ascend (I'm looking at this linearly; it's probably nothing of the sort.) What does this mean?

**ROOT CHAKRA (first)** – was our grounding chakra, about living on earth. It was about security and survival on earth. Well, because we're going to be living life on a basis of love, our ground chakra will become the heart. Love will be the ground of our new reality! Anyway so now you may find that money issues, job issues, your 401k ... whatever... are coming up. They're coming up because this chakra needs to be rebalanced so you need to resolve those issues. Ask for inner guidance if you don't know how. If you don't have a telepathic connection, ask to be shown, look for synchronicities.

**SEXUAL/EMOTIONAL (second)** chakra – Sexual and emotional issues will come up because this chakra is being rebalanced as you ascend. So this stuff has to be dealt with. You may find that after having less structured, sexually based relationships that you are now deciding that no, that's not good enough anymore. As you become more loving you realize you want more and are ready to give more. So you're rebalancing. And as for emotions, yes, they are rebalancing as well so whatever drives them within you is coming up to be cleared. Not fun always but necessary.

**SACRAL CHAKRA (third)** – The ego/power chakra. Well we know our society is ego-based. It has relied heavily on perverting the functions of these three chakras. This is why the dark side wants to prevent us from ascending – because we won't even need these chakras anymore where we're going, so we won't need them either! Bye bye! I'm picturing that Saturday Night Live skit of the flight attendant... So yes, your ego issues will come up as well for clearing. So pay attention to what's coming up and work with the process. I believe this will speed up your journey.



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Beware that fear, guilt and shame are what imbalances these three chakras so issues of these types will be coming up to be healed.

### CHANGES IN ATTITUDE/AVERSION TO NEGATIVITY

Not all people are ascending, however. Some are not ascending as high or as quickly, and will stay in fourth dimensional timelines. You may be aware that you have less interest in associating with people like this suddenly and this is why.

Because your vibrational levels (frequencies) are so different, you develop an aversion to things like gossip, chaos, drama, negativity, putting others down, fighting and arguing, snottiness, stress.... all that stuff.... People who you used to get sucked in by when they manipulated you before... nope, not gonna work now. You seem to develop life skills you used to pray to have before. Suddenly you feel more loving when before you struggled to just feel good.

You suddenly “get it” when it comes to issues like polluting and recycling, eating healthy... it just falls into place.

One thing I believe is happening with respect to negativity... Denise Le Fay talks about this in her book, “A Lightworker's Mission,” (a good read, folks!) that she couldn't stand to be in public for very long because of the negative energies others carried. I find myself that I don't go out much anymore; just to get the stuff I need. Otherwise I stay home and do this work. When I go out I feel drained (I'm also an empath) around other people although I feel the city I live in is particularly negative. I believe I was led here to hold light here. Thankfully I'm being called to move elsewhere next year. But I still have little interest in going to the city. This is another change in attitude – you want to move away from the egocentric matrix we live in.