



ENERGETIC SYNTHESIS

Ascension Class One What Is Ascension?

Objective:

1. To introduce Lisa Renee and discuss her role as a Spiritual Guide and Intuitive and give some introductory information about her and her background.
2. To teach the concept of Ascension and Ascension basics and solidify individual understanding of Ascension.
3. To explain the 12 D Shield and assist the class in to build their own personal shield through a guided meditation exercise.

Lecture Summary:

- What is Ascension?
- Ascension Cycle basics (timelines)
- Why is understanding Ascension important?
- How will Ascension improve my life?
- Finding Your Soul Purpose relates to your Ascension.
- Challenges of a rapidly changing planet

Procedure:

Step 1 – Lisa Renee Introduction – 15 minutes

1. Introduction and background – 10 minutes
2. Question and Answers – 5 minutes

Step 2 - Ascension Introduction and Basics – 45 minutes

1. Ascension lecture/presentation – 30 minutes
2. Workbook exercises – 5 minutes
3. Class discussion of individual answers – 10 minutes

Step 3 – Basic Exercise of Building your 12 D Shield -60 minutes

1. 12 D Shield –Spiritual Housecleaning lecture/presentation – 20 minutes
2. Meditation led by Lisa Renee – 20 minutes
3. Discussion of individual meditation experiences – 20 minutes

Evaluation: 12D Shield meditation to practice at home. This is a basic Spiritual Housecleaning Tool to use daily to build the Energetic Integrity of your Light Body to its original divine blueprint.



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Ascension Class Introduction

Many of us have become aware that something incredibly profound is changing on our planet. We are sharing an amazing time of expansion and growth on the planet which affects us all at very deep cellular level. These times have been described in many of the metaphysical circles as The Great Shift, The End Times or The Ascension.

As a result of this transformational period during this Ascension Cycle, many people will experience changes and symptoms in all levels of their Multidimensional bodies. This will be experienced at the physical, emotional, mental and spiritual levels of their being.

I refer to these changes and their related symptoms as the “Light Body Activation or Ascension Symptoms”. In my experience as an energetic practitioner, I have found that meditation, invocations and emotional clearing techniques have become necessary for people who have begun to manifest difficult light body systems. It makes the process much easier when we are informed and know how to manage these symptoms and the changes we are going through.

When we have an informed awareness of our own soul evolution process we can begin to develop a framework and understand how the Ascension Cycle impacts us personally and then, globally. Knowledge is power, and this will assist you to overcome limitations and realize your soul authentic path and live the miracle of a divinely inspired life.

The purpose of these classes is to share with you the information I have compiled about the Ascension process, along with most effective techniques I have learned through my practice as an Ascension Guide and Spiritual Intuitive. It is my intention to give you the tools to assist you in moving through the Ascension process, and the building of your higher light body as easily and smoothly as possible as you go through this time of transformation into higher evolution. I look forward to sharing this Ascension information with you and in love and blessings I thank you for joining me.

-Lisa Renee



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Class One: What Is Ascension?

BY LISA RENEE

WELCOME TO THE FIRST INSTALLMENT of a new series of Ascension classes. The purpose of this monthly series will be to explore and to better understand the symptoms we may experience of our physical and energy bodies' "Ascension" (the awakening process), to describe it in detail and further explore various tools for clearing ourselves as smoothly and easily as possible. This article will review the meaning and mechanics of the "Ascension" and discuss the various symptoms that we as humans may encounter in our evolution process. We will share and investigate the symptoms and in future installments explore the impacts it has upon human beings, our planet and consciousness.

It is important to share this information in order to not feel a sense of isolation and fear from a myriad of possible unusual experiences that can result from the integration of our higher light-energy bodies that happens during our Ascension process. My desire to share this information comes from my very personal and frightening physical awakening process that dismantled my entire reality and ego in a very short period of time. I share my experiences with anyone who may need this information as I have had many unusual, mystical and unexplainable manifestations appear in my life since my spontaneous "kundalini" release several years ago. As I had no guru, teacher or mentor to explain it to me, my ego was terrified that I was losing my mind along with my identity in the life I had known up to that point. Who does one call upon for the "kundalini" flu? Who on Earth do you talk to when you are introduced to other dimensional beings in an organized spiritual hierarchy? Further, I have had many physical ailments show up during times when the divine force was increased and activated within me. At the time I was most blessed and had teams of Angels and Masters around me, I was emotionally devastated and physically ill as it was exacerbated from my lack of comprehension of what was transpiring.

Now I want to share my experiences to assist anyone who may need this information so that having this knowledge can eradicate the fear of facing the unknown mysteries lying within. Once we go into and are initiated into these mysteries of God, there is no turning back. During these times since the planet is accelerating so quickly into higher frequency patterns, many more people will experience spontaneous awakening and consciousness altering experiences. Many of these people will not be in spiritual or metaphysical settings when this occurs to them, it will be the office professional, the banker, the average person in the level of the current mass consciousness. The ultimate liberation of our soul comes through this blessing and we as humans must embrace and prepare ourselves for this change that will forever alter the way we perceive reality. This process is the divine destiny of all Humankind and our beautiful planet. We are in an accelerated evolution and it is time to prepare.



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The Mechanics of the Shift

Let us review the meaning of "Ascension" and why we, as humans, will experience physical, emotional and mental symptoms and changes.

Currently we are in a phase transition of expansion into the realms of experiencing higher consciousness as "multidimensional" human beings living on this planet. During this phase of the Ascension cycle, we as human beings will experience many varied physical symptoms as we shift our cells into higher frequency patterns.

Ascension is about the bringing of layers of light, the force existing within the levels of our spiritual bodies (our Multidimensional God Selves) by descending these layers into matter and anchoring them into the physical plane of reality. Simultaneously, Ascension is a shift in energetic frequency patterns held in a dimensional space which, when absorbed and activated into the layers of the planetary and human bio-energetic field, activates its DNA template instruction set. This catalyzes a chain of events that creates a complete transformation and transmutation of various patterns and programs held in the energetic templates of the Human Soul's journey within a cycle of evolutionary time. When activated, these patterns begin to shift, re-emerge and clear from the layers of experiences coded into every cell and memory pattern held as an energetic vibration within the bodies.

The Ascension process is about moving the consciousness from one reality to another and the awareness of possible multiple realities existing simultaneously. Since a "reality" is a dimension, what we are undertaking is, in essence, a complete dimensional shift. A dimensional reality is held in place by a complex layer of coded energetic grids to create the illusion of time and space for the consciousness to perceive and to participate in its own experience within the broadband widths of that particular range of frequency. As the dimensional grids shift its frequency and its magnetic attributes change, all things existing within that "broadband" reality will also shift and change in a myriad of ways. The "natural" laws governing that time and space as we know them will change. This also means the perception of our spatial awareness, our relationship to time and space will also change rather dramatically.

Thus, to go through this shift one must prepare and adjust one's way of thinking and being to that which is in alignment with the soul purpose and true divine essence. "Surrender" and "Acceptance" are two main characteristics we will need to allow to permeate through us to facilitate an easier time. In order to shift the old behaviors and thought patterns not serving the soul purpose, we will become aware of the beliefs and behaviors that exist as imbalances within us and we must take the appropriate steps to integrate or clear them. This process will bring our deepest fears, beliefs of limitation and old pain patterns to the surface through events that trigger them into our awareness so that we can consciously acknowledge, resolve and heal them. Some of



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these issues are ancestral or inherited in their nature and may feel rather odd yet familiar when they are brought to your awareness. It is important to remember that we are not only clearing our own individual “mind” grid, but also the karmic mind implications and collective (un)consciousness implications on this planet from the last evolutionary cycle. This way you can reframe the circumstance in your mind to be that which is impersonal and detached from identifying with the specific issue that has risen to the surface to be cleared within your bodies. Appreciate and acknowledge your light being for accepting the assignment for this clearing rather than claiming it as belonging to “you”. By doing this repeatedly, we clear our emotional and energy bodies of the long held traumas, beliefs and fears that have impeded our ability to experience our true “being” and bring more joy into our lives. Once the emotional body is resolved and cleared of an old pain or trauma, the physical body then is enabled to clear its equivalent of that block.

All of this happens simultaneously within all of the layers of the bio-energetic field when each healing is cleared. In effect, it is a full clearing and release of these painful events held as patterns in the bodies from the soul’s record and cellular memory. And that is pretty awe inspiring when you realize how this will impact the human experience as we move forward!

Also, as these painful patterns are removed from the soul record, the clearing recodes our DNA so it can hold more light, thus sustaining our new frequency and a state of increasing higher consciousness and multidimensionality. As we hold this greater light and advanced genetic package in our bio-energy field, it enables others, through the principle of resonance, to vibrate at the increased frequency rate and activate their own inner potential and divine inheritance towards Ascension.

Emotional clearing is the main process we will experience and be acutely aware of as we shift through the Ascension. Since emotional pain and imbalances are responsible for our states of “dis-ease” many of us will experience illness or physical releases of pain clearing from our bodies. Some of this clearing is for your karmic, genetic or ancestral soul lineage. Some of us, as lightworkers, have chosen to clear states of imbalances for the collective or for a specific group and will feel this movement of energy transmute through us, as our energetic being is acting as a “cosmic filtration system” for the greater whole.

The goal of this series is to inform you of these dynamics that we are currently experiencing, and as the energies accelerate to prepare you even further by clearly discussing the various possible physical symptoms from a position of having a “neutral” association. Utilizing what works for you personally by cultivating intuitive discernment with an informed awareness is the intended support of this discussion.



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This is to not alarm you, but is used as a tool to keep you informed in order to be self-accountable and self-sovereign in all of your upcoming choices. We will not be given anything we cannot handle. Much of this can be avoided by being self-aware and taking the time to heal through emotional clearing and listening to your body when it requests other healing techniques. Spirit has given us many tools for our Ascension toolkit to assist and support our evolution in the easiest possible way. Ask for assistance and it will be given!

Transmutational Symptoms

Owing to some of the extreme transmutational symptoms that are rampant at this time I want to be specific and this may be more lengthy than required. I get clients, family and friends that feel that something is very wrong in what is happening to them because of the extreme transmutational and transformational symptoms that they are feeling. Many of them are vague to describe and inexpressible in linear thought and language. When they go to doctors, they are being told to take drugs or they are being instructed to seek professional psychological help. Of course I am not professing to be giving any medical advice. It may be beneficial for some of us to seek out medical or psychological treatment during our process. We must follow our own inner guidance on how to proceed with what is occurring within our physical and energy body systems at this unprecedented time of acceleration.

Certain symptoms are now becoming more apparent and when we know this as a "process" and that many others are feeling the same things, a certain serenity can be brought into the mind. Many can rest in the knowledge that they are being transformed in ways that may feel extremely hard on the physical body.

Some of the symptoms reported include: cranial pressure and headaches, extreme fatigue, heating up of the physical body, nausea, dizziness, forgetfulness, irritability, sleeplessness, joint pain, body aches, muscle cramps in legs and calves and shoulders, flu-like symptoms, kundalini experiences, diarrhea, feeling out of sorts, muscle pains, skin rashes, tingling in body parts, having specific awareness of an internal organ or body part unlike the past, diminution of spatial awareness, clumsiness, feverish feeling, feelings of being there and not being here, loss of visual acuity, memory loss, changes with body and head hair, lack of the ability to concentrate, feelings of standing up or moving too quickly that create "vertigo", the feeling that you cannot accomplish anything because there is not enough time, anxiety attacks that happen suddenly and disappear just as suddenly. Also, our bodies often experience a rush of heat and energy bursts that are not comfortable. Our bodies are being shifted in thermodynamic ways and with so much light entering the fields of the body, some of the "symptoms" we experience are actually preventing our physical vehicles from bursting with the intensity of light. We may experience a "triad" sleep pattern (waking up every 3 hours) or



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interrupted sleep as we are being recalibrated and worked on energetically at night. This adds to our being restless and tired in the morning.

Remember to be gentle with your hearts and being and only allow others within your boundaries of inner sanctum that treat you the same. This can be an extremely vulnerable time emotionally. We need to release the fear of asking for help and investing in ourselves to feel balanced and healthy. Massage, Bodywork, Energy Work, Spiritual Counsel and just plain laughter and FUN are extremely important during this time. Allow yourself!

If I could impart anything to our class it would be to emphasize how humans are so deeply loved and appreciated by Spirit, The Hierarchies, The Planet, from all those of whom we serve as One. The impact of our collective work during this evolutionary time cycle is beyond comprehension! Thank you with deep gratitude for all of your amazing work!

Stay in the luminosity of your heart and soul path! We are here as ONE!

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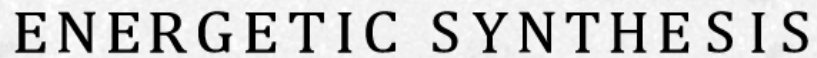
Ascension Workbook

Chapter 1 – What is Ascension?

What is Ascension and what does it mean? Ascension is basically a change in frequency and a change in the focus of our consciousness. Ascension is about moving our consciousness from one reality to another. Since reality is a dimension, what we are undertaking is essentially a full dimensional shift. To go through this shift we must adjust our way of thinking and being to that which is in alignment with our soul purpose and true divine essence.

Exercise 1 – Understanding Ascension

1. After reading the description above, what is your understanding of Ascension? What does it mean to you?



A) Close your eyes and take a moment to get in touch with your Higher Self. If you have never done this, simply ask and trust that your Higher Self is there. What is the first thing that comes to mind when you ask your Higher Self about your Soul Purpose. Write down the first thing that comes to mind, even if it doesn't make sense to you.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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Homework

The 12 D Shield meditation is a technique to practice at home. This is a Spiritual Housecleaning Tool to be used daily to build the Energetic Integrity of your Light Body, Protect your Auric Field and reinstate your Template bodies to their original Divine Blueprint structure. Your Divine Blueprint also reveals Your Soul Purpose.



This technique is the 12th Dimensional Shield. This technique can become a very important part of your daily shielding process. I have found this technique to be extremely helpful in creating a divine light shield that protects your energy field.

The 12th Dimensional Shield is to prepare your body to receive and hold an increasing flow of higher energies. It will help to harmonize your personal and environmental energies and amplify the results of all spiritually focused activities. Most importantly, the 12th Dimensional Shield will assist you in triggering DNA template activations that progressively activate the full 12th dimensional Blueprint Bodies and your full 12th strand DNA system.

Regular use of the 12th Dimensional Shield will assist in re-patterning and clearing karmic or other imprints that would otherwise block certain DNA template activations and it assists you in the attainment of consciousness expansion as you are prepared to receive and hold the increasing flow of higher frequencies. I have found this technique extremely helpful in creating a divine light shield that protects your energy field.

We will be using a light symbol code for this technique. This light symbol code is a six pointed pale Silver Star, the Merkaba Star or what's known as the Celestial Christ Crystalline Code. As you become accustom to this technique you will find that your ability to visualize your light symbol code will increase. If you have difficulty visualizing this symbol, just intend that the symbol is there. In this context visualization and imagine are equally as valid and powerful in experiencing any of these techniques.

So, let's begin. Prepare for meditation.

We will be working on creating your own personal 12th Dimensional Shield and connecting you to the 12th Dimensional frequencies.

Find a comfortable spot.

Take a deep breath and do an inner scan, allowing all constriction or stress in you body to be blown through each exhaled breath.



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Imagine your light symbol code, the six pointed, pale Silver Star, the Merkaba Star, as an image drawn on the background of the inside of your forehead. This symbol will be used a key code to unlock your 12th dimensional shielding in your personal energy field.

So, let's inhale while visualizing your symbol at the center of your brain, the pineal gland, within your third eye chakra. Now take an exhale breath, and firmly move the star symbol down, down your central vertical body current, the energy current in the center of your body.

Moving it all the way out between your legs and horizontally we're going to connect into the Earth's 12th dimensional frequency portal. This portal, or hub, is our connection to the 12th dimensional frequency and our 12th dimensional, God or Avatar self.

As you inhale imagine that you can see on the earth's energetic grid, a huge spherical vortex shaped, crystalline pillar of pale, silver light. This portal, as it oscillates, moves up and down vertically very much like an elevator.

This is a 12th Dimensional, earth plane, Frequency Hub, a portal that connects our 3rd dimensional, personality self to our 12th dimensional level of our God Blueprint Self and our Soul Matrix Families.

So, as you visual this 12th Dimensional Frequency Hub directly intend and send your six pointed star symbol, the Merkaba Star, to be suspended directly in the center of the Frequency Hub.

Pushing your breath horizontally towards the earth's 12th Portal, imagine that as you exhale that the force of your breath connects with that Portal and begins to activate and enlarge it.

Now use your inhale breath to draw pale, silver light from the earth's Frequency Hub bringing that frequency of light into your personal symbol, your Merkaba Star, still positioned in the center of the oscillating Frequency Hub.

Now again, continue to inhale your breath and intend to fill your Merkaba Star symbol with this 12th Dimensional Frequency.

As you work with this meditation, you will start to sense that Merkaba Star will be filling up to critical mass to hold as much of this frequency as it can hold. You may sense it as an activation of a flashing electric bolt of chrome light.



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As your symbol returns back to normal, use your inhale breath to draw your symbol back to you from the center earth's Frequency Hub to a position 12 inches below your feet.

This is the position of your dormant, personal 12th dimensional shield.

Now as you inhale the symbol back to you imagine that it trails behind it a thick cord of pale silver light. One end of this silver cord is still attached to the earth's 12th Dimensional Frequency Hub. The other is attached to your Light Symbol Code. This cord represents your energy feed line through which you will draw energy from the 12th Dimension Frequency Hub into your own personal 12th Dimensional Shield.

So, focus a moment, 12 inches beneath your feet. With your attention on your Light Symbol Code, see it again positioned 12 inches beneath your feet.

As you use your exhale breath push your breath into the symbol. Your symbol will start to spin and allow it spin anyway you may sense it spinning. You may see it going clockwise or counter clock wise or in both directions.

Imagine that a disk shaped, crystalline platform of pale, silver light emerges out of your symbol. This is about 4 feet in diameter extending on a horizontal plane, 12 inches beneath your feet with your Light Symbol Code directly in the center. For many of you that are familiar with Kwan Yin or other Asian deities, the crescent moon or platform that you will see these deities on is exactly what this platform is. This is your 12th Dimensional Shielding that we're building a pillar of light for your own shield and protection.

So, while using now your inhale breath draw pale silver light up from your platform and into your personal pillar. As you draw pale silver light up, see it coming from the 12th Dimension Frequency Hub, through the pale silver cord into the center of your symbol and moving outward to expand to a four foot, in width, pillar of pale silver light. You will see it running through every cell and pore of your body.

Inhale more of that pale, silver light and allow it to encase your entire body.

Take it into the physical body and weave it outward into your etheric self, into your emotional self, into your mental bodies and all the way out through your spiritual bodies into your entire auric field.

Imagine you can feel the energy of this light expanding and filling through every crevice of you body.

Sense the tingling sensation of this light. It has a kind-of cool sensation to it.



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Now as you allow this light to fill you, start building your pillar. As we strengthen and build that energy upward, we're going to build your pillar to a point from twelve inches beneath you feet to three feet above your head.

So, as you sense yourself being encased in this pillar of light, moving it past your hip area, up through your chest, past your head and crown and upwards to a position about thirty six inches above your head.

Again, this is the location of your 14th Chakra, as we're building this pillar of light, again inhale and breathe naturally as you intend to build and strengthen this pillar to fully encasing you to a point thirty six inches above your head.

As you feel the sense of completion in building your pillar now focus on your Light Symbol Code again, still in the platform twelve inches beneath your feet. So see yourself hovering above this platform, with your light symbol code directly in the center of this platform.

On the inhale breath, we are going to take the symbol and move it upward, again, through your central vertical column. So, inhale and sense the Merkaba Star moving all the way upward through your legs, in through your chakra column, out the top of your head. And now you're going to send it to that position three feet above your head.

So, as you position your Light Symbol Code, your Merkaba Star, three feet above your head, we are going to now send breath, intend to send breath, through your exhale, up through your crown, all the way to the point three feet above your head into your Merkaba Symbol.

Your symbol, again, will start to spin and as it spins faster, again what we're doing is creating the crystalline platform of pale, silver light, to fully seal you in your 12th Dimensional Shield.

So as you sense the symbol spinning, see again a platform of pale, silver light, four feet in diameter, sealing you in to your pillar. Sometimes you will sense a popping or clicking as this is put into place.

And again, sense your protection and sense of connection to Source with this technique, with this light. And, now, for the multi-dimensional grounding, do take a pale, silver cord from the top of your pillar and we're going to extend that out, fully into Earth's atmosphere and off into a single star off in deep space. This is how you ground your shield into the Celestial Fields.



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So, again, sense yourself fully connected to the 12th Dimensional Frequency Hub. This is how you ground yourself in your multi-dimensional field.

Now to bring yourself into physical stabilization, we're going to bring back your awareness into your still point area. This is space in between your rib cage, a little above you Solar Plexus Chakra.

So, focus on your still point, the center point of all union, and visualize the twelve lines of light of your soul extensions emerging out through your still point.

As these twelve lines of light emanate in horizontal plane around your Solar Plexus and still point area, see these twelve lines of light emanating out of your Solar Plexus area and connecting together into your 12th dimensional platform, again twelve inches beneath your feet.

You are grounding your 12th dimensional consciousness into the Oneness that is.

Feel you physical self and focus again on your still point, as you become centered, balanced and integrated.

Stay in the luminosity of your heart and soul path! We are here as ONE!

Lisa Renee



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Suggested Research:

The Ascension process , its symptoms and Guidance:

Energetic Synthesis Youtube Channel Ascension Classes

Psychic Self Defense Series by Lisa Renee

Clearing Negative Ego by Lisa Renee

Shifting Timelines Newsletters by Lisa Renee

Energetic Synthesis Online Community Forum, Class Archives & Meditations

Energetic Synthesis Monthly Teleconferences

Ego Purification Tools

Soul Psychology- Joshua David Stone, PhD

Clearing the Negative Ego and Fear- Joshua David Stone PhD

Radical Forgiveness by Colin Tipping

Gods little handbook by Bob Bloom