

ASCENSION UPDATE  Message from the Galactic Federation of Light

Beloved.

The ascension process is underway and the galactic federation is working hard to help the millions of people who choose to ascend as quickly as possible.

This is a monumental process and as such some delays can be expected as it is carefully coordinated with over 2 million ascension candidates.

Know dear ones, that right now you are being helped to raise your vibration. This occurs quietly and privately, so you may wish to meditate or rest during this time. Feel the love that surrounds you and know that the Galactic Federation is helping you break free from old patterns, to prepare you for your ascension. You are in the final days of the ascension process and it is time to let go of things that no longer serve you and move into a higher state of being. Make the decision today to be the lightworker you came here to be and to share your gifts with the world. The vibrations of all people are rising higher and higher and many of us are finding that the planet is responding, giving us more experiences that feel like an ascension. The ascension experience can be very smooth or it can hold many surprises for you at this time depending on how much work you have left to complete in order to ascend.

This may include turmoil within your personal life. From dealing with dense energies in relationships the need to say goodbye to relationships that no longer serve you, and to feel very aligned with Source. Accept where you are right now, allowing Source energy to come in to assist you in clearing the dense energies that still remain within your field. Expect big changes now. As you know, ascension comes in many ways including changes in life circumstances. Many of these changes are difficult, yet they are part of the cleansing that each of you must undergo before you are fully ready to embrace your new planetary reality. Many are experiencing rapid changes in their emotional, mental, and spiritual physical bodies. Remember who you really are. Remember where you come from. Ascension reveals your old patterns and brings them to the surface. You may feel fear, resistance, loss, and pain because of this. Although change is sometimes painful, take a deep breath and remember that you can control what you pay attention to. You can control how you feel and you can choose what to do with every moment that comes into your life. If it allows you to soften and support yourself in the process, your experience will

be more rewarding. You will discover that letting go is much easier than holding on. There is energy within your world that is as old as it is new. It holds the essence of life itself and carries with it knowledge and wisdom. This energy is very much alive. It comes to inspire you on your journey back to wholeness so that you can more fully express the extraordinary potential of your being. All are asked to keep their energies clear and to release any physical mental or emotional density.

The fifth dimension is the dimension of a new age. It will be a time of great awakening for those who can come to terms with their own minds it will be for those who accept and honor the planet and all its beings as one consciousness it will help you let go of the thought processes of the mind become to observer of your world to become aware of who you are. Become aware of the layers of consciousness and clarify the true nature that lies below, which is not a thought or feeling but pure knowledge of reality. It is a projection of thought and thought is a projection of consciousness. You will not change the external by changing your body or thinking differently, but by changing your consciousness. By reaching a higher state of consciousness you begin to reflect a new 5D reality. In this new reality there is total privacy and total security in life. The fifth dimension is a land of dreams for humans as it is a second home away from all their worries and problems. In this realm there is a great abundance of everything a person needs to live a happy and abundant life. This is the place where nothing is impossible because time and space do not exist. Here you can see your past, present and future clearly as there are no time or space barriers. You live a life beyond your imagination.

We love you so much.

We are here with you, we are your family of light

Channeled by Aurora Ray