

## Our rise and symptoms

In these days and weeks many of us have their global and profound transformation of the physical bodies as a result of the transition to 4D/5D, the unfolding of the matrix of the "new People" and their superimposition on the existing body accelerated.

This process has taken place before, but in softer earth energies and only for those who are and have consciously perfected their souls through inner work, who have learned the Laws of the universe more comprehensively and deeply and to live in accordance with them.

In the meantime, more and more people voluntarily and consciously cleansed their bodies of negative ones emotions, thoughts and actions, learned to love the world and people, accept them as they are.

Now the transformation is happening in a much higher vibrational environment than before and on a large scale scope further.

Depending on the level of consciousness a person is at and the purity of their bodies (dense and subtle), the first serious phase goes by easily (or even unnoticed) for some, for others it is painful and unbearable.

Spiritual, energetic, psychophysical and meditative practices, both ancient and modern, facilitate and accelerate this process considerably.

## Stages and phases of transmutation

### The first stage: transformation of the physical body:

- a) purification of the body;
- b) cleaning of internal organs;
- c) The regularity of meals and the intervals between meals;
- d) vegetarianism;
- e) elimination of internal fats;
- f) strain hardening

The quantum energy currents impacting the physical body in the first phase will affect the organs and systems that show deviations and restore them.

The body must go through three stages of conversion before the code is changed and the multidimensional wave DNA is activated:

PHASE I - restorative (purification-resurrection);

PHASE II - chemical transformation (transmutation);

PHASE III - Code Replacement (Resurrection-Ascension)

## Stages of development of the physical body

In the physical body, the following stages of the unfolding of the matrix of the “new people” occur. The matrix is going through the endocrine system, the structure of the brain and the nervous system change at the subatomic level. She is characterized by periodic pains in the endocrine glands and the corresponding chakras (in the head, neck, heart, lower back, solar plexus and abdomen) accompanied.

This is followed by the restructuring of the circulatory and lymphatic systems, blood formation, the digestive and excretory system, the respiratory system, the heart and the skeletal system.

The end of this reshaping will be the healing of chronic diseases, the cessation of adverse effects of the environment, climate change, pathogens, etc. The corpus (physical body) begins to rejuvenate.

The electrical, conductive system of the body will change. It has an important impact on the physical, emotional, mental and astral levels of the soul.

The changes concern in particular the quantity, the structure and the role of the water, the Movement of currents and the distribution of charges, the structure and other properties of the field and the energy saturation of the body.

### These include in detail:

1. A 20% decrease in the amount of water in the body as a symptom of crystallization of the water in the body, accompanied by a decrease in emotionality, crystallization of the body
2. electrical phenomena - altered relationships to electrical processes, devices, Fields, phantom sensations, changing the way you interact with electronic devices, computers
3. New waves of sexual energy as a result of the consolidation of the spirit in the body, the penetration of Kundalini power into all manifestations of life

## The second stage: transformation of the mental and energetic structure

1. Raising the spiritual level, changing the worldview
2. change of the energy structure - energetic cleansing, cleaning of the energy channels and chakras
3. Changing the codes that cause the formation of a single body of light

## The third stage: Transition to a new evolutionary level

So far it is not relevant for most earthlings. It is possible to achieve this stage, i.e. the transition to new vibrations, which has already taken place, with the help of a following tests to ensure abiding in the fifth density vibrations.

Check these symptoms:

Test 1: When we no longer have thoughts of fear, no illness, no dissonance or disharmony in our personal lives, we have stopped aging and we are no longer influenced by the environment, then we have reached the 5D vibrations.

Test 2: To determine how the frequency of our physical body is at the moment matches with the frequencies and radiations of the earth. When we release the pressure and well tolerate the ozonated air of an altitude or when we do not burn and feel comfortable under the sun's rays at midday, then our body is in resonance with the planet.

## Signs of transmutation stages:

### 1. Opening of the energy centers:

- Emotional vulnerability, hypersensitivity;
- Increased physical sensitivity, pain sensation in sensations;
- Insatiable appetite, especially for cooked food;
- Loss of interest in anything material.

### 2. Inflammation of Energy Centers, Organs and Whole Body:

- The feeling is like after a sunburn, the skin is peeling, bleeding cuts and abrasions;
- irritation from clothing, especially synthetic ones;
- preference for fruits, dairy products;
- Strong headache;
- Decreased appetite (to the point of being able to go hungry for long periods of time).

### 3. Elimination of chronic diseases, transformation of organs:

- the feeling of interference from another;
- itching of the skin as with the healing of sutures;
- drowsiness.

### 4. Cell Transmutation:

- Reduction of the amount of food to a minimum;
- Flu symptoms (persistent runny nose, cough, headache);
- Neurological symptoms (paralysis, paresis, impaired coordination of movements);
- Unexpected inflammation in the heat;
- Tuberculosis (rapid form).
- Unusual sensations in the bones;
- Head spinning, nausea, vomiting;

- increase in body temperature in the heat, herpes;
- Rapid changes in symptoms.

5. Creation of a new body:

- Pregnancy-like feeling, signs of intoxication (headache, dizziness, intestinal disorders, etc.);
- Sensation of fire in the body (fever);
- Drop in temperature to 35.0 C;
- A hard, bulging clot above the umbilicus;
- Weight gain and further weight loss.

Other possible symptoms and their meaning

1. An increased feeling that everything you do has no value. You see how other people fully in possession of material goods and in the pursuit of personal happiness rise to Career, reputation in society, fame. That drives you to look after yourself and to search for the meaning of life.
2. Helplessness in the face of the incomprehensibility of truth. you understand that you, the further you go on your quest, the more confused you become. That affects everything you do on this path, have attempted and all that you have experienced in altered states of consciousness. The ascend to the higher spheres in which you unite with the entire universe are replaced by falls and depression.
3. Stress - the feeling of being in a "boiler" under the pressure of high energies. You are adjusting to higher vibrations where old beliefs and habits are repressed. A variety of emotions and states are literally seething within you.
4. Dizziness, distraction, incoordination, disorientation, especially during full moon and solar flares, misunderstandings wherever one is, loss of sense of direction. You are no longer in the third dimension because you have already started to move in 4D and 5D.
5. Tinnitus is a sign of relationship problems, the male and female imbalance of energies Continuous or pulsating high frequency tones. This can be accompanied by pressure in one ear or both.
6. Headache - expansion of energy against the background of limiting beliefs, limitations of the mind. Headaches can transform the brain on the subtle and material levels. Localized pressure inside the head or manifest as pressure in waves. It can be heaviness and pain in the back of the head, in the crown of the head and between the eyebrows - this is the pressure of the third eye and the activation of new chakras.
7. Unusual pains in different parts of the body, wandering pains, burning sensation, temporary numbness of the limbs, pain in the spine, neuralgia, rheumatic pains, nervous spasms, polyneuritis, pain in the solar plexus, nausea, vomiting.

In this way you will be cleansed and freed from the old blocked energy that is in 3D frequencies while you are already in higher 4D/5D vibrations. Pain is a symptom of the dissolving of old, wrong directions of the creative Energy, as well as cell membranes and the formation of new membranes. Neuralgia can have the character of epidemics.

8. Weakness in the limbs, asthenia, swelling of the limbs, lips and nose is a Lack of energy during intense transmutation.
9. You will have days of unbelievable tiredness, baseless depression, irritability, experiencing inexplicable anxiety and tearfulness. Your body becomes less dense and experiences an intensive restructuring. And that helplessness before the unknown makes you powerless. Indifference to your fate sets in; all wishes disappear, one of the last being attachment to the spiritual path.
10. Fatigue (a night of sleep up to 12 hours), a state of depression, loss of strength, Periods of sopor, CFS, vampirism (especially in those close to you). one separates everything that has accumulated in 3D goes through the integration process and prepares for 4D/5D at the same time.

These are signs of growth that require a lot of energy. It is a state of searching, evaluating and losing interest in the matter. the outside world is perhaps not aligned with you as a higher vibrational "new being." You feel not belonging in her. Also, you will continue to have low frequency and toxic energies go, which you consciously perceive.

11. A feeling of incomprehensible, intermittent bloating, swelling of the body, the indefiniteness of its volumes. A new body is created; The Perception is shifted to more subtle levels.
12. Heartburn or chest tightness. your "Galactic Heart" opens.
13. Jaw gnashing, teeth gnashing - strong resistance to your mission, your connection with your higher self.
14. Strange electrical sensations in the body, energy shocks, pulsations, tingling, expansion, light, body vibrations, waves, itching (especially with a full moon). the disintegration of non-crystalline tissue. The energy shocks you will feel can even cause your body to move upwards. The loss of attention and concentration over a period of time, is a change in electrical structure of your body
15. Trouble sleeping, waking up at 2am and staying awake until 4am. You have so intense dreams that you cannot sleep long without interruption. Actually people are spending more time on the earth plane, but right now it's evolving, everything happens with you very quickly and you adapt to the new dimensions.
16. Vivid, dynamic dreams, sometimes with scenes of violence - you are overcome by the burden of many liberated from past lives on the lower vibration level, enhance your dreams. Some are daydreams.

17. Loss of track of time. You miss meetings or the right turn on the highway. Skipping, being late, forgetting what day it is - these too are adjustments to new chrono cycles.
18. Memory lapses, short term blackouts - you remember those well recent events and only very vaguely of your more distant past. You are not located any more only in one density, but constantly move between the dimensions (this is also part of the transition). In addition, your past is stale, a part of you that is irrevocably gone. Being here NOW is the path to 4D/5D.
19. Loss of one's identity, periodic unwillingness to do something (passivity, laziness), what irritated others. You try to lean on the old self, but it no longer exists. You don't recognize who you see in the mirror. You are there, your old qualities to get rid of and now embody more light, your simpler and purified divine essence.

You are ok . You are in the resting phase in which your system is teststarting Your body knows what it needs. When you start, the higher subtle levels, it will no longer be so important for you to do something and to achieve, for the new energies will encourage you to take actions such as accepting, Create to take care of yourself.

20. A sudden desire to make more space. Maybe you want to separate from personal "treasures", don't feel the need to keep everything old and superfluous, eliminate, give away your possessions and throw away furniture.
21. Feeling "out of body". Sometimes it seems like you don't speak, but someone else. This is your natural defense mechanism to survive when you are under intense stress, traumatized and out of control.  
  
Your body is going through a lot of changes and you might not want to stay in it. This is a way to ease your transition, though it will not last long and will soon pass.
22. you hear strange noises, you can see through the veil, your psychic Abilities and your consciousness increases. Your eyesight can be changeable and appear unstable. Then you feel like you need glasses and it pops up another mood. sometimes you are sure that you are someone or something from the corner of your eye. Your eyesight develops. during the transition you will experience different frequency settings.
23. Hypersensitivity to everything around you. It will be difficult for you, loud Gatherings, loud music, certain foods, television, the voices of other People, especially negative vibes, endure in crowds. You will quickly tire and get overexcited by everything around you. You attune to new worlds, so all this will gradually pass away. Know that you have a colossal amount of energy moving.

24. The 3D low vibrations you hear in conversations, relationships, social structures, some types of healing etc. will become unbearable for you. It will literally make you feel bad about it. You are already transitioned to higher vibrations and your energies are no longer associated with such low frequency factors.
25. Sudden mood swings and mania, emotional ups and downs, frequent crying. Your emotions are a way to let go of old issues, and now you will have a lot going on.
26. Going back to old habits that you feel you've completely gotten rid of Try not to judge yourself for it.
27. Loss or change in appetite and weight, diet (vegetarian preference food, cravings for fatty, salty, proteins, watermelon, pineapple, Grapes). Your body is adjusting to a new, higher vibrating state. A part of you no longer wants to exist in this body.
28. You may feel the need to snack frequently, which is associated with periods of strength accompanied by a drop in blood sugar levels. There may be weight gain since you need a large amount of fuel for the transition.

Weight gain is a response to an excess of toxins and energy (see next section) released during purification and transmutation. In addition, your organs are actively processing toxins that change body shape.

The diaphragm sinks, the heart enlarges, the thymus grows, the thorax stretches, which is particularly noticeable in women on the neck and shoulders made noticeable by fat, which also goes hand in hand with the opening of new chakras. Weight gain, which is impossible to reduce by other means, is one of the typical symptoms.

29. Increased salt intake, swelling is the result of the formation of new crystalline cells.
30. You will not be able to do some things anymore. Routine becomes absolutely unbearable for you The reason is the same as above.
31. Changing priorities at work or in a relationship. This often happens when there there are no logical reasons for it, but you are aware of the need for change.
32. The sudden disappearance of friends from your life, certain activities, change of work and place of residence. You are ready to go beyond what was important before and all those people and your old surroundings don't match anymore your new vibrations.

Your plans can suddenly change at full speed and into a completely different direction. Your soul balances your energy. Usually you feel that a new direction is just great because your soul understands more than you do. She bumps you out of the rut of accustomed choices and vibrations.

33. Detoxifying your body is strengthening the work of the elimination organs (skin, kidneys, liver, gastrointestinal tract). It can manifest itself in increased pigmentation of the skin, a change in smell and the nature of the metabolites.
34. Increased skin pigmentation (red, yellow, orange). the spots can appear suddenly and then disappear again, they itch badly. The skin in these areas may flake off getting thinner becomes vulnerable. All this is the activation of metabolism, purification of the body, enhancing the flow of quantum energies through your body.
35. Changes in the blood formula, indicators of the circulatory system (sometimes in the form of inexplicable jumps in individual medical parameters that doctors do not explain and normalize) is a restructuring of your circulatory system.
36. The desire to return home, as if everything is over and you are no longer here We return to our source. It's actually over, but many of us stay to create a new world. This means that your old plans that you prompted to come here have already been fulfilled.
37. Feeling like going insane or developing some kind of mental illness, a short-term one mental disorder. It may also seem to you that you cannot in a way focus on what was previously familiar to you.

So you very quickly have the experience of going through multiple dimensions at once and experience such a powerful revelation. There is a great deal available to you now, and you are not used to it. Your consciousness has expanded greatly, the barriers are gone. All of this will pass and you will feel at home like you never have before for your home is here now, on earth.

38. Fear, panic and concern. Your ego loses its position and is afraid. It means that your system experiences an overload. Something is happening to you that you don't understand. You also lose the behavioral patterns you need to survive in the third dimensional world. This can leave you feeling vulnerable and powerless. That too will pass, and in the end you will feel much love, trust and oneness.
39. Mental death or fleeting thoughts of suicide. Remember that this is the way, just trying to find a three dimensional explanation for what is happening to you.
40. You create a situation that seems like your worst nightmare. Your soul put yourself in a situation where the qualities you lack are developing, and conversely, the aspects that you have in abundance will be dampened. It's all about it, to balance your energies.

Finding the way to the inner world under such conditions is the test you face and you have prepared yourself. This is YOUR journey, and your soul would not have organized it if it did think you are not ready for it. You are the one who must find your way, and you will find it.



41. Excessive concern about the state of nature, ecology, etc. (Pollution, death of animals, human diseases, aliens, dangerous technologies).
42. Increased need for knowledge, e.g. great interest in news of all kinds Brain activity, fears, fear of going insane, panic at the mere thought of the Future.
43. Fever, sweat, nocturnal temperature flares (without symptoms of illness), pressure flares. these are symptoms of purification, followed by a state of lightness. The Temperature disappears from the body along with all impurities and toxins and the consciousness.

The body periodically turns on the self-cleaning mechanism in the form of high temperature on.

It occurs spontaneously and for no apparent reason almost every month and can exceed 41.0 degrees for 5-10 minutes. This is how all the toxins in your body are eliminated and all fears burned away, and most importantly, you stop being afraid for your life.

44. Lowering the temperature to 35 degrees, cold, icy burning plasma (blue or violet) around the body is the second stage of purification after the temperature rise. At this point, the body is almost not felt even when lifting weights. The desire to eat normal food disappears, it becomes tasteless and foreign. Consciousness becomes transparent and clear, like a mountain lake at rest. In this moment there is no fear, no love, there are no feelings at all especially no self-pity, and all your emotions are just reflections of outside world.
45. Viral diseases or their signs, e.g. flu symptoms, the manifestation of latent viruses (e.g. herpes) are signs of transmutation that characterize rapid epidemics.
46. The feeling of speed. You can do more energetically in less time. You can feel the acceleration of the energy physically. On Friday you might think that a whole month has passed and not just a week.

A LOT OF INFORMATION ABOUT ASCENSION SYMPTOM'S IS KNOWN. ULTIMATELY  
THE QUESTION : WHO IS READY TO HEAR YOU AND WANT TO UNDERSTAND AND  
WHO DON'T.

THE TIME FOR AN IMMEDIATE DECISION IS NOW AS THE TRANSITION ACCELERATES  
AND THE PROGRAM IS TIGHTENED.

Subscribe to our Telegram channel so you don't miss a post!

<https://t.me/volksnetzwerkdeutschland>

NEW: People's Network International  
our articles and accompanying material also in English >>>  
[https://t.me/vnw\\_international](https://t.me/vnw_international)

Y THE PEOPLE FOR THE PEOPLE::

Help us to continue our work!!!

With the following bank details we comply with the wishes of everyone who uses us in their numerous feedbacks have repeatedly asked for their gratitude, appreciation and To be able to express support for our work in the form of an energy balance. Gratitude is one of the highest vibrations in the universe. We also thank you from the bottom of our hearts hearts!

Bank details:

Owner: Kreuzmann/Volksnetzwerk  
IBAN: DE07 1705 2000 1110 6462 63

PAYPAL:

<https://paypal.me/volksnetzwerk>