

# Riding the ascension waves

## STEPS TO SHIFT ANY SYMPTOM TO LOVE

### 1.

First focus on one negative experience that you go through.

What is this negative symptom that you go through that you need to release let it come to your awareness. Do not be afraid of the symptoms. They are only temporarily we ask that you trust us to Nan notice what that is face it if you go through it now experience the symptom if it's fear if it's anxiety, let it come to you. Have it in your mind. Set the intention of shifting this symptom to love.

### 2.

Set this intention, said it out loud:

*"I shift the symptom to love. I shift this emotion to Joy to ease, to peace."*

Know that the symptom that you go through now has a higher purpose that it not random; it helps you in some way. So listen to it. What does it bring you? Why is it there? Close your eyes and tune into it. Experience it.



### 3.

Ask the symptom:

*Why are you here? What is it that I must know? Is there anything that I need to release that hold onto to? Is it a stuck motion or blockage that requires my attention?*

Let it come to my awareness clearly. Write down whatever insight you receive.

### 4.

Know that this symptom comes from the light. It wants what's best for you regardless the emotion regardless of the density that you experience.

Its source is pure, it's light. Remember that nothing else exists afterall, but the light. Everything else is an illusion.

Focus a little bit on it with this knowing in mind. Then let whatever you have received be okay. Even if you didn't receive much or anything at all, trust that whatever you received what you needed to know.

5.

Now, you shift it to light, and love.

Set the intention:

*I release and let go of anything that causes me negativity and density in this moment now.*

6.

Take a deep breath and release with the exhale. Take a deep breath amongst the negative feeling amongst the anxiety or the negative symptom, release it with the exhale. Take another deep breath feeling your lungs with light and releasing the density the stuck emotion.

7.

Now focus on this negative experiences negative symptom that has come up for you. Do not run away from it. Place your hand on your heart.

*I shift this symptom this experience to love. I choose love. I raise my vibration. I let everything, be transformed into light.*

Feel your body releasing the density the toxicity feeling with light all your thoughts are transforming into light; feel the ease. You have the power to transform anything.

You're able to expand your come from the light and you shift everything to light. Focus on this now with fresh eyes; see Through the Eyes of Love. it is all to go through this. This too shall pass.

8.

Read out loud: *I come from the light in receive light and everything that is not of the light dissipates in this moment. Now, I return to light, to love. I return to peace. I receive Joy. I bring forth The Knowing within me that all is well. I allow all the symptoms and all the emotions to rise.*

*I am not afraid of the density in the negativity because I am a light worker. I can easily transform negativity to love and light. All I have to do is tune into the symptom to shift it to light.  
All is well. I love this moment now. I love this emotion. I am thankful. The symptom that has come has cleared negativity from within me. I love myself. I love my accession process. I love the world around me. I love myself. All is well. I couldn't feel his now. All is well.*

9.

Anchor the new light streaming into your body. imagine roots from the sole of your feet flowing down into the Earth filling you with light from the earth that now streams higher feeling it completely elevating your vibration. And once again release density release negativity through your feet through these roots that connect from the sole feet and with the light the earth. and release them all to the earth.

*Thank you Earth. Thank you body. Thank you higher self thank light.  
Thank you. And so it is.*

10.

Congradulations on shift density to love!! Go over to the Facebook group and share your experience! I can't wait to hear form you!



The Original  
Lightworkers

**CHANNELING BY AMELIA BERT**