

ASCENSION TIPS

A SIMPLE BLUEPRINT TO SUPPORT
YOUR ASCENSION JOURNEY



BY DEBRA GIUSTI
WITH MEG BENEDICTE
& CAMILLE MORITZ

VERSION 2.1

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By Debra Giusti

with the support of Ascension Guides

Meg Benedicte & Camille Moritz

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Personal Invitation from Debra...

I invite you to one of the most remarkable expeditions of your life: your Ascension Journey. Know that you are not alone at this unprecedented time on the planet. There are millions worldwide on this journey with you, currently incarnated for the “Planetary Ascension” that is now taking place. Deeply understanding and experiencing the Ascension Process is what lights up my life. It also helps me understand the current global chaos, polarization, and destruction. It is all part of the birthing process. Dysfunction is coming to the surface to be revealed and healed, which is essential for the Planetary Ascension.

I have created this personal guide to support and highlight your path. The blueprint outlines the steps of the Ascension, starting with your “Awakening,” when you become aware of the potential of your spiritual evolution. The 2nd stage of “Transmutation” outlines your rapid change, growth, development, and expansion. The 3rd stage of “Embodiment” shares how you can come into the full manifestation of Ascension within your physical body for total life activation.

In this subsequent Version 2.1 of the “Ascension Tips,” we have added Section 4, which outlines the visions of the “Divine Human in the New Earth.” The concepts shared here have been commonly described by many high-level Ascension teachers, although in truth, no one knows precisely what it will be like until we get there. Also, our understanding of the New Earth and our Ascension Process will continue to evolve with every step. This guide creates a template to gracefully move forward in “Building The New Earth Together.”

I want to thank my primary Ascension Guides, Meg Benedicte and Camille Moritz, two of the top Ascension Teachers and Guides nationally. They have been critical in supporting my life and Ascension Process and developing this guide.

With love,

Debra Giusti

Look Out for Version 2.2 - Coming Soon

The Ascension Tips, just like your Ascension journey is an evolutionary process.

As new information comes in, the Ascension Tips will continue to evolve.

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Welcome to the Ascension!

Congratulations on being curious, aware, and taking advantage of the incredible spiritual opportunities available during these current evolutionary times on the planet.

Throughout the Ascension Tips eBook, you will receive dynamic support and evolutionary information for your Ascension Journey. The Tips are designed to give you an overview of the Planetary Ascension process, which is currently accelerating. Many souls have incarnated on the planet during this evolutionary time and will significantly benefit. The Ascension Tips aim to illuminate your inner knowing and guide you on your path to Ascension. The Tips may spark memories, synchronicities, or full-on visions that will support you in your unique Ascension process.

Ascension is the accelerated spiritual process presently taking place within all planetary lifeforms during this cosmic evolutionary cycle. It is a step-by-step process initiated through a spiritual awakening and results in up-leveling you into higher dimensional existence and Quantum Consciousness Reality. As you ascend into higher dimensional experiences, the holographic quantum field opens an array of infinite possibilities and potential outcomes. Through the gradual healing and clearing of dense trauma, ancestral patterning, and activation of the light body, you evolve into higher 5th-dimensional frequencies, cultivate a clear connection with your higher self, and experience deep Soul Embodiment. The outcome is living and manifesting from a state of Oneness.

2020 began a time of rapid transition, initiating the Age of Aquarius, a time of accelerated personal and Planetary Ascension. We are experiencing continued and unprecedented planetary shifts and tremendous upheavals in society that generate mass exposure to hidden truths and have triggered a global healing crisis. It is a time of mass revelation, as all dysfunction is coming to the surface to be revealed and healed. The transfiguration happens internally - within our psyches/realities - and externally - in the outer world.

As the global collective consciousness awakens, and we rise higher together, activating more heart openings, the world feels the call to transform dysfunctional hierarchical power systems and transmute ego-driven behavioral patterns. This healing wave supports personal and planetary awakening while connecting humanity on a physical and spiritual level, unlike any other time in human history. We are rapidly transitioning towards Planetary Ascension.

More than ever, humanity is embracing multidimensional realities, utilizing our intuitive/psychic abilities, activating and spreading the frequency of Love through daily spiritual practice and conscious lifestyles, demonstrating vital steps in the current Ascension process.

It is a special time on the planet when many cycles of evolutions converge to inspire this Planetary Ascension. Humanity, our Earth (Mama Gaia), and all of life are going through this evolutionary process together. Therefore, the Ascension is a unique opportunity for all souls incarnated on the planet now.

Those of you who have been on your spiritual journey for a long time may be familiar with the Ascension Tips in Section 1: “The Awakening” and some of the tips featured throughout the other sections. It will still be valuable to review all of the tips as gentle reminders and continue to embody them throughout your life. You can mentally check off what you have experienced, integrate those tips, and move on to the following sections.

For those new to the Ascension journey, take your time and savor each Ascension Tip. There is much more information in each tip that you can personally research and experience for yourself to get the most out of them. Additionally, there are many Ascension Teachers available now that you can resource to go deeper into the experiences and insights shared in each of the Tips. Take what works for you, and leave what doesn’t, as this is *your* Ascension Journey.

Whatever stage of the journey you are on is perfect for you. Be grateful for the awarenesses and blessings you have received during this deep spiritual transmission, as it will highlight and support your Ascension journey. There will be many twists and turns and “loop de loops.” It will be a very wild ride but also incredibly fulfilling!

Section 1



THE AWAKENING

Guidance for the Beginning of Your Ascension Journey

The Awakening is different for every person, and every journey is unique and special. The Awakening is defined by a moment or period when you wake up within what you consider your “normal life” with thoughts and realizations suggesting that what you previously knew and understood may not be all there is to life.

An internal shift occurs within the left brain, the analytical mind controlling your thoughts, feelings, and reactions. You begin to observe your daily reality. You are consciously watching your ego self and human life from a higher perspective.

The veils thin between the physical and spiritual realms. *Mindfulness* is your awareness of what is happening in the present moment, detached, neutral, and without judgment. You become the *Observer* of your daily life.

The Awakening inspires an understanding of reality beyond what you have previously considered. An inner knowing develops, a growing curiosity, and eventually a fiery passion for understanding what is outside all that you now perceive as “the box that you live in.” The box consists of your current Core Belief Systems. These Belief Systems contain previous teachings about how the world operates and define your experience of the world.

Throughout life, some people get “gently tapped” to look outside “the box” and sense a lot more going on. They begin their journey of learning about the expanded reality of this outside world while also finding a deep inner world to journey into. Some people need a loud wake-up call and may have a substantial life-altering experience, such as the death of a beloved, a near-death experience, an accident, or a dark night of the soul.

Most people come in fully awakened as a child. However, due to 3D time density, children begin to lose their multi-dimensional access. They may have had difficult childhoods where they effortlessly experienced other multidimensional

worlds but were indoctrinated into the ancestral/familial lineage, absorbed into the planetary matrix program, shut down by family, or mocked by other children who didn't relate to the experiences, or the reality of, these other worlds.

Because of the radical shifts that are taking place throughout the world, millions of people are now waking up. As the geomagnetic fields continue to morph and the density veils thin, more and more people will awaken to Observer consciousness. In addition, the mandatory "spiritual retreat" that came with the pandemic lockdown forced many people to reflect on themselves, their outer lives, and their inner lives and prompted many to start waking up.

Whatever the catalyst, this Awakening eventually happens to everyone because we are all on a spiritual journey here on Mama Gaia. We incarnated to evolve with her during this time of her and our Planetary Ascension. So we are all in this together.

AWAKENING TIPS

- 1. FULLY EMBRACE YOUR AWAKENING** – Something life-altering, electric, synchronistic, or purposeful happens in your life to inspire an "Awakening."
- 2. CULTIVATE PASSION FOR YOUR AWAKENING** – From the core of your being, cultivate a deep commitment to your spiritual evolution and soul purpose in all areas of your life.
- 3. RECOGNIZE YOUR AWAKENING AS YOUR OWN PERSONAL, UNIQUE JOURNEY** – Your Higher Self will be the tour guide directing you on your path.
- 4. BE PREPARED FOR A COMPLETE TRANSFORMATION IN YOUR LIFE** – Step into a complete overhaul in every area of your life and reality to better reflect Soul Truth and support Soul Empowerment.
- 5. BECOME AWARE THAT YOU ARE A MULTIDIMENSIONAL BEING, AND WE ARE ALL ONE** - Realize that everything is energy and you are connected to everything in the unified field.
- 6. PRIORITIZE LIVING AS A MULTIDIMENSIONAL BEING** – Connect with and experience living in all four energy bodies: physical, emotional, mental, and spiritual, as well as your higher spiritual bodies.
- 7. UTILIZE NATURE & MOTHER EARTH AS A SPIRITUAL TEACHER AND HEALER** – Connect intimately, commune with, and ground into Nature and Gaia regularly, as she can rejuvenate, heal and inspire.
- 8. CULTIVATE AN ONGOING, DAILY MEDITATION AND SPIRITUAL PRACTICE** – Commit to daily meditation for the rest of your life to quiet the mental chatter, focus inward, breathe deeply, center in the Now Moment and enhance spiritual connection.
- 9. TAKE ONGOING STEPS TO RAISE YOUR VIBRATION** – with every breath, thought, action, and experience.
- 10. PAY ATTENTION TO SIGNS AND SYNCHRONICITIES APPEARING IN YOUR LIFE** – As the Observer, recognize life's synchronicities as incoming messages, road signs, and breadcrumbs to follow on your journey.

- 11. ANALYZE YOUR DREAMS FOR HIGHER SYMBOLS, INFORMATION, AND GUIDANCE**
– Your dreams are messages from your Higher Self.
- 12. BE OPEN TO DOWNLOADS & VISIONS** – The Universe, Higher Self, and spirit guides are here to inform and support you (if you are open to it).
- 13. EMBRACE EVERYTHING THAT HAPPENS ON YOUR ASCENSION JOURNEY WITH COMPLETE ACCEPTANCE** – Everything that happens, whether it appears to be “good or bad,” happens for a reason and potentially offers gifts, messages, or warning signs guiding you to shift and redirect your path.
- 14. MASTER YOUR FEARS, PRACTICE NONATTACHMENT, AND DEVELOP TRUST IN YOUR HIGHER SELF** – These are all potent keys to attain.
- 15. UPHOLD THE HIGHEST ASCENSION ATTITUDE: GRATITUDE!** When we are grateful for the blessings in life, we stay in a high frequency and can manifest more and more.
- 16. CULTIVATE FORGIVENESS AND COMPASSION IN EVERY PART OF YOUR LIFE** – Deep healing of Core Wounds enables the gradual release of resentment and negativity held in your being. As the heart heals, you develop a deep well of compassion that you can resource for any person or circumstance.
- 17. DEVELOP AND SUSTAIN COMPLETE SELF-LOVE** – Before you can fully love others, your life, and the universe, you must cultivate a more profound love for yourself and your Divine Self.
- 18. LIVE FULLY IN YOUR ENTHUSIASM, BUT DO NOT TRY TO CONVERT PEOPLE TO YOUR BELIEF SYSTEM** – Living in the frequency of joy, compassion, and conscious actions will support others in their Awakening process.
- 19. SEEK PROFESSIONAL ASCENSION AND PERSONAL COACHING AND HEALING SUPPORT FROM PRACTITIONERS WITH TRUSTWORTHY TRAINING** – to support the health and evolution of your body, mind, and spirit.
- 20. JOURNEY TO SACRED SITES FOR DEEP SPIRITUAL EXPERIENCES** – These influential sites can accelerate your Ascension process on all levels.
- 21. LEARN APPROPRIATE TECHNIQUES TO DEVELOP CLEAR CONNECTIONS WITH ASCENDED MASTERS, ANGELIC GUIDES, AND YOUR STAR FAMILY** – The higher realms are accessible more than ever right now to support your Ascension process. Avoid opening your field to false tricksters in the 4D astral plane.
- 22. CULTIVATE UNCONDITIONAL LOVE FOR EVERYTHING as a consistent state of being** – The “LOVE FREQUENCY” is the highest octave of unity consciousness. Love is the bottom line.

Section 2



TRANSMUTATION

Supportive Wisdom For One of the Most Amazing Alchemical Transformations of Your Life

You are now ready for the deep inner work and expanded life reality. You are embarking on an alchemical process that will transform you from the inside out. Know that your outer world reflects your inner reality; as your internal world changes, your external world will evolve.

In this process of Transmutation, it is imperative to become aware of and in touch with your Higher Self. Your Higher Self is your Guardian and Gatekeeper to access the higher dimensions of Source-Creator. By uniting with your Higher Self, you can connect with your divinity, your Master Soul. Become familiar with and access your Soul, which stores the records of your multidimensional consciousness. The language of the Soul is symbolism, coincidence, metaphor, and synchronicity. As a result, you can cultivate an inner knowing through your Soul.

During the Transmutation phase, you embark on delayering all the embedded density, trauma, and cellular memory that blocks Soul connection. Clearing and transmuting your field allows you to connect and unite with your Master Soul in accessing your Higher guidance and Superpowers.

This process is your Ascension journey, so go at your own pace. It is not a race. It is a deep metamorphosis of every part of your being and life. The more you allow things to shift, with loving attention instead of force or stress, the more gracefully you will emerge forward. “Allowing” is the keyword, just like the innate laws of nature. There is a Higher Intelligence within all levels of your being. Allow this intelligence to support your journey and gracefully guide your way.

Nurture yourself, as this can be an intense process. Find enjoyment within every aspect of the ride on this Magical Mystery Tour. The Ascension is what you signed up for in this lifetime. The expanded realities are available to you now. So fully step on and take the “magic carpet ride.”

TRANSMUTATION TIPS

- 1. EXTRACT YOUR ENERGY FROM THE GLOBAL MATRIX PROGRAM** – You have formally awakened to Multidimensional Truth and can access the Wisdom of your Sacred Heart.
- 2. ENHANCE YOUR PHYSICAL AND ENERGETIC (CASUAL) BODIES AND YOUR LIFEFORCE TOWARDS OPTIMUM HEALTH** – Cultivate the knowledge and daily practices to achieve individual sovereignty and sustain high vibrational health.
- 3. LEARN TO COMPLETELY MASTER YOUR ENERGY** – Master your thoughts, emotions, and energy flow - because everything is energy.
- 4. CONTAIN AND PROTECT YOUR ENERGY FIELD WITH HEALTHY BOUNDARIES** – Use awareness, discernment, and conscious action in managing and maintaining auric shields around your energy field.
- 5. BE AWARE OF THE ASCENSION PHENOMENON EFFECTS ON THE PHYSICAL AND ENERGETIC BODIES** – Develop self-care practices for purging, clearing, and healing. These are often referred to as “Ascension Symptoms” or “Kundalini Flu.”
- 6. TAME YOUR EGO** – Learn to understand and manage your ego in a healthy and highly functional way.
- 7. UNDERTAKE DEEP SHADOW WORK** – Shift your inner allegiance from your Ego Will and Shadow Self to your Soul’s Divine Will and wisdom.
- 8. COMMIT TO UNCOVERING AND HEALING UNRESOLVED TRAUMA AND CORE WOUNDING** – Acknowledge, heal and resolve the root cause of the “Core Wound” so it does not have control over your world or emotional body.
- 9. EMBRACE ANY “DARK NIGHTS OF THE SOUL” AS YOUR TEACHER AND GIFT TOWARDS SPIRITUAL EVOLUTIONARY QUICKENING** – Understand that the “dark night” is the final struggle with ego control and can be a fast track to spiritual awakening.
- 10. DEVELOP HIGH-LEVEL DISCERNMENT - STRENGTHEN YOUR ABILITY TO SENSE AND FEEL WHAT MATCHES AND RESONATES WITH YOUR SOUL-TRUTH AND DIVINE PURPOSE** – Apply this tool to every choice and decision in your life.
- 11. DO NOT LIVE IN A STATE OF JUDGMENT** – Understand that everyone has their unique path and Ascension journey, and instead, be curious as to why you may be judging.

- 12. BECOME AWARE OF, HEAL, AND EVOLVE YOUR CORE NEGATIVE BELIEFS** – Become aware of Matrix programming, ancestral childhood programming, previous experiences, and past lives that have instilled unhelpful programs and limiting beliefs within you that you can overcome.
- 13. RESOLVE OUTSTANDING KARMA AND COMPLETE NECESSARY SOUL CONTRACTS** – Embrace a deeper level of clearing the past by resolving outstanding agreements, karmic situations, and soul contracts that do not serve your ultimate Ascension process.
- 14. CONNECT WITH AND HEAL YOUR INNER CHILD** – The wounded Inner Child acts out in your daily life and requires deep healing. Your inner child aspect is a valuable essence of inner creativity, joy, and bliss.
- 15. DEVELOP YOUR INTUITION AND FULLY ALLOW YOUR EXPANDED ABILITIES OF PERCEPTION TO CONTINUE TO DEVELOP** – Cultivate empathetic skills, activate your psychic right brain, and clear and open your Third Eye.
- 16. DEEPEN YOUR SPIRITUAL PRACTICES AND MEDITATIONS** – You will begin to experience potent revelations, spiritual messages, light transmissions, and brilliant visions during your spiritual practices, meditations, and everyday life.
- 17. LIGHTEN UP! YOU ARE GOING THROUGH A TRULY ADVANCED ALCHEMICAL PROCESS!** – Consistently ingest crystalline light into all levels of your body, mind, and spirit and your whole reality.
- 18. OPERATE THROUGH THE UNIVERSAL LAW OF SOVEREIGNTY & FREEDOM** - This freedom is your birthright.
- 19. TUNE INTO AND UTILIZE THE SOLAR AND GALACTIC ENERGETIC TRANSMISSIONS, SPIRITUAL GATEWAYS, STARGATES, PORTALS, ECLIPSES, AND PHOTONIC LIGHT ACTIVATIONS** – Become aware of and work directly with the planetary grids, energetic portals, and waves of high-frequency energies currently activating on the planet.
- 20. RECOGNIZE A NEW DEPTH OF RELATIONSHIP AND ALIGN WITH YOUR SOUL FAMILY AND SOUL TRIBE** – Your relationships will deepen through complete authenticity and integrity, healthy exchanges and boundaries, and a more profound love than you have ever experienced. For more information, visit www.ActivateYourSoulTribe.com.
- 21. CONTINUE TO EXPAND AND DEVELOP YOUR RELATIONSHIP WITH YOUR GUIDES, ASCENDED MASTER TEAM, INNER EARTH COMMUNITIES & GALACTIC STAR FAMILY** – Deepen your connection with your guides and allow them to fully serve you as you more deeply commit to your Ascension process and begin or continue your divine service in the world.
- 22. REMEMBER, LOVE IS STILL THE BOTTOM LINE.** Continue cultivating the “Love Frequency” with every breath and thought and in every aspect of your life and world. When in doubt, defer to love.

Section 3



EMBODIMENT

Experience the Complete Soul Embodiment of Your Ascension Process

You are now ready for the complete “Embodiment of Ascension.” This experience is precisely how it sounds: coming into the full manifestation of Ascension within your physical body. The Planetary Ascension currently taking place on Earth is not one of ascending out of the body - although that is a form of Ascension. That particular form of Ascension has been accomplished for eons by the being known as Jesus Christ, Ascended Masters, other Saints, and many other beings that are not as well known.

This current Planetary Ascension, in which you have the opportunity to evolve your present life, involves becoming fully embodied. You have the chance to activate all the Ascension principles and transfigure your cellular structure and energetic bodies into Ascension’s highly evolved frequencies.

The more you harmonize with your body, the more your physical body will be able to transform along with your energetic bodies. This transfiguration includes activating and evolving your Super Powers and experiencing Quantum Consciousness. Enjoy the next level of your Magical Mystery Tour at your own pace. Again, this is not a race. Everything that happens is perfect for you. We will all get there at the divine time.

This moment is also the “Organic Ascension of Mother Earth.” Other timelines are vying for control of humanity, known as the AI Agenda and Transhumanism. That is a whole different path. That agenda and timeline want to achieve Superpowers, similar to the Organic Ascension, but through negatively utilized technology and control. The AI and Transhumanist Agenda is not the Organic Ascension, and we do not support this. Ascension

will be achieved by humanity organically through its natural and energetic Transfiguration Process. We will not fully address the AI and Transhumanist Agenda in this current version of the Ascension Tips. However, it is widely known and discussed and is a genuine alternative timeline and threat humanity currently faces during this Ascension process. It is a concern and even a danger. For now, we will focus on the “Organic Ascension of Mother Earth.”

EMBODIMENT TIPS

- 1. LIVE IN THE NOW** – Learn to live in the present moment consistently. Consciously practice complete Timeless Presence in “Zero Point” Balance.
- 2. PLAY! HAVE FUN WITH LIFE** – Don’t be so serious! Joy, fun, and laughter help sustain high vibrations.
- 3. EXPERIENCE YOUR BODY REGENERATING. REVERSE YOUR AGING** – Constantly affirm age reversal as you continually “youth” back to a vibrant and younger state of being.
- 4. HEAL, BALANCE, AND INTEGRATE YOUR MASCULINE AND FEMININE ENERGIES** – It is time to live in union and balance between your empowered sacred masculine and sacred feminine.
- 5. EMBRACE THE COMPLETE TRANSFIGURATION IN YOUR INTERNAL REALITY, YOUR LIFE, AND YOUR OUTER WORLD** – It may look like chaos, destruction, endings, or completions. However, they all clear the way and lead to new beginnings.
- 6. LIVE IN NONDUALITY, UNITY CONSCIOUSNESS & ONENESS** – Neutralize polarization in the field and clear all divisive Matrix programming that attempts to separate humanity.
- 7. LEARN TO UNDERSTAND, ACCESS, EXPERIENCE, AND LIVE IN THE 5TH DIMENSIONAL REALM, WHICH IS UNITY CONSCIOUSNESS** – Fully understand the difference between 3D and 5D operating systems and actively embrace living in heart-centered 5D.
- 8. LIVE FROM THE PORTAL OF YOUR HEART, WHICH IS THE DOORWAY TO 5D REALITY** – The love frequency in your heart opens the gateway to your 5-Dimensional Consciousness.
- 9. BE RECEPTIVE TO KUNDALINI ACTIVATIONS** – Become a Conduit of Divine Kundalini Life Force.
- 10. ACTIVATE YOUR DNA. UNDERSTAND AND SUPPORT THE TRANSFORMATION OF YOUR SOUL DNA** – Consciously activate dormant multidimensional Soul DNA to its fully empowered 12-strand reality.
- 11. DEVELOP YOUR EXTRA SENSORY ABILITIES AND SUPERPOWERS TO THE NEXT LEVEL** – It is time to go “full-on” and activate and live your Superpowers.

- 12. ACTIVATE YOUR LIGHT BODY AND MERKABA TORUS** – Your Merkaba Torus allows you to function, communicate, astral travel, and experience higher states. It is the home for Soul embodiment.
- 13. CONNECT WITH, LEARN TO EMBODY, AND LIVE FROM YOUR HIGHER SELF / CHRIST SELF / I AM PRESENCE. REUNITE WITH SOURCE & UTILIZE ALL YOUR SUPERPOWERS** – Clear your energy bodies of all interference, trauma, and time density to clear your sacred vessel for complete Soul Embodiment.
- 14. UTILIZE YOUR FULL POWER OF MANIFESTATION** – Evolve from the 3D control/force method to consciously manifest with Heart/Soul magnetism.
- 15. LIVE IN HIGH ABUNDANCE** – Open your receptivity for abundance. Your Ascension Embodiment includes increased plenty of everything at all levels of life.
- 16. SERVE HUMANITY AND NOT JUST THE SELF** – A significant part of Ascension Embodiment is living beyond your personal goals, needs, and self-satisfaction toward serving the greater good.
- 17. DISCOVER AND CLARIFY YOUR DIVINE PURPOSE AND MISSION, AND THEN MANIFEST IT** – It’s “all hands on deck” during this Planetary Awakening, so it is vital to manifest your gifts and Divine Mission.
- 18. LIVE A TRULY MULTIDIMENSIONAL LIFE AND EVOLVE ON THE “ORGANIC ASCENSION TIMELINE.”** Continue to develop personal and natural Self Mastery of multidimensionality while not falling prey to the artificial AI Agenda, which promises superpowers through utilizing artificial intelligence.
- 19. LIVE OUTSIDE OF LINEAR TIME. UNDERSTAND & MASTER TIME AND TIMELINES.** In the infinite quantum field, comprehend that linear time is a 3D illusion and that all time exists simultaneously.
- 20. SUPPORT THE PLANETARY ASCENSION THROUGH GLOBAL MEDITATIONS, TERRESTRIAL GRID WORK, LEY LINE ACTIVATIONS, SACRED SITE CLEARING, AND HIGHER DIMENSIONAL EARTH GRID UPGRADES.** Join Global Lightworkers worldwide that focus and collaborate in global meditations and hold these gatherings yourself.
- 21. GET READY FOR COMPLETE PLANETARY TRANSMUTATION SUPPORTED BY SOLAR AND GALACTIC TRANSMISSIONS.** These transmissions are coming in ever-increasing waves to support our alchemical and DNA Transfiguration, including predictions of a major “Solar Flash.” However the transfiguration occurs, change is undoubtedly taking place, so open yourself to receive these supportive energies.
- 22. BECOME A DIVINE HUMAN IN THE NEW EARTH AND LET’S BUILD THE NEW EARTH TOGETHER** - Do you feel called to help create and establish a new way of living and being while fully moving into the New Paradigm? The time is ripe, and the transformation has begun.

Section 4



DIVINE HUMAN (Part 1)

Become a Divine Human Through the Planetary Ascension
and Live in the 5D New Earth

As you reach the stage of the Divine Human, you begin experiencing living within the New Earth. This section is Part #1. As humanity becomes ready to assimilate ongoing revelations, the Ascension and evolution will reveal more and more Truths and insights. Stay tuned for Part #2. As society opens to expanded consciousness, more and more disclosure will occur. Divine Humans continue to evolve their understanding of self, Spirit, and the world, intuitively guided by actions of higher consciousness and love.

Many religions, spiritual traditions, mystics, and prophets have predictions of the 5D New Earth. The planet and universe's evolution has been well described as the Golden Age, the 2nd coming of Christ, the Warriors of the Rainbow prophecy, the Satya Yuga, and the Age of Aquarius. The Mayans predicted Earth would align directly with the Photon Band and the Central Sun Alcyone, which Earth is now experiencing. The world is shifting to the next frequency of evolution, where the laws of physics, energy, and reality operate at the quantum level.

Other civilizations in the past have reached similar levels, such as Lemuria and Atlantis, but humanity could not sustain that reality due to outer and inner forces. There is much folklore, mythology, and channeled stories about the fall of the ancient civilizations of Atlantis and Lemuria. Science fiction tales, novels, and films that draw from actual history, not fantasy, offer glimpses of the truth of our future as Divine Humans.

Humankind has rapidly evolved over the last 100 years, preparing for this phase. Although it is unknown how long this process will take, the quickening will morph humanity and the world into a whole other reality.

Society will use an advanced form of supportive and positive technology that aligns with the Organic Ascension of Mother Earth and all humans, allowing humanity to operate at an abundant, graceful, and highly creative level.

Many variables and factors, including our actions, will influence the final positive outcome, but it will happen. The New Earth will emerge. Many Starseeds, visiting Souls, Light Leaders, Angelics, and Galactic emissaries are here to support this evolution to ensure we achieve and sustain the Global Planetary Ascension. If you are reading this, you also heard the call. Finally, humanity has a chance to reaccess the quantum level with conscious and loving intentions. So let's align and Build the New Earth together!

DIVINE HUMAN TIPS

- 1. EXIST IN 5D - YOU CAN NOW LIVE IN THE 5D NEW EARTH** – This takes place as you actively shift your energies into the 5D New Earth Timeline. Those that arrive first assist in grounding it into the current Earth plane, making it easier for others to join.
- 2. CONSISTENTLY EXPERIENCE “THE AWAKENED STATE,” “CHRIST CONSCIOUSNESS,” “THE FREQUENCY OF LOVE,” OR “ALL IS ONE.”** – This is the consciousness of 5th Dimensional reality.
- 3. EXPERIENCE YOUR BODY EXISTING IN A MUCH LESS DENSE FORM AND AT A MUCH HIGHER VIBRATION** – The body's cells generate life force through the flow of light frequencies.
- 4. GAIN ACCESS TO ALL OF YOUR MEMORIES FROM PAST LIVES, FUTURE LIVES, AND ALTERNATIVE LIVES** – The veils have lifted, and you have much more profound knowledge of who you are. You also have the maturity and wisdom to utilize all of this knowledge.
- 5. INSTANTLY MANIFEST** – Previous intentions, prayers, and wishes are now instant manifestations. We have fully become Conscious Co-creators.
- 6. EASILY SEE AND WITNESS AND DEEPLY EXPERIENCE AND LIVE IN MULTIDIMENSIONALITY** – You are aware of many dimensions and can communicate and receive direct support from the higher dimensions.
- 7. RECOGNIZE THAT TIME IS NOT LINEAR AND EXPERIENCE ALL TIME EXISTING SIMULTANEOUSLY** – You can experience all aspects of time.
- 8. COMMUNICATE TELEPATHICALLY** – Communication is now instant, psychic, transparent, and takes place with truth and authenticity. Everything is now out in the open.
- 9. EXPERIENCE HIGHLY COLLABORATIVE, CREATIVE, DYNAMIC, AND DEEPLY LOVING RELATIONSHIPS** – Harmony, deep acceptance, and love are the norm instead of polarity, conflict, and drama.

- 10. HONOR, NURTURE, HOLD, AND INITIATE THE CHILDREN AS TRUE EVOLUTIONARY LEADERS** – It is known and respected that all children come into their incarnation in a more evolved state of being than their previous generation, and they are treated and nurtured at the highest level, with deep respect.
- 11. LIVE IN SACRED-ECO-REGENERATIVE-LOVING COMMUNITIES** – People live in supportive, regenerative, and dynamic communities that develop worldwide.
- 12. DIVINELY ALIGNED TECHNOLOGIES SUPPORT SOCIETY AND THE ORGANIC TIMELINE** – Beneficial technologies, previously suppressed for many years, developed by high-level scientists and shared by Ascended Masters and Galactic and Inner Earth civilizations are uncovered and dispersed.
- 13. EXPERIENCE NEW SOCIETAL AND GOVERNANCE STRUCTURES** – Society will run on the core values of cooperation, collaboration, shared resources, peace, harmony, and care for all.
- 14. ABOLISH MONEY - MONEY, AS YOU PREVIOUSLY KNEW IT, DOES NOT EXIST** – All survival needs and desires are handled as a base level part of life, reality, and existence, as well as through your manifestations. Therefore, your passion, divine mission, and contribution to society are easily embodied and deeply supported.
- 15. DESIGN REGENERATIVE ECOLOGIES – LIVING IN BALANCE WITH EARTH AND NATURE WILL BE PRIMARY** – Land, nature, animals, and people are respected regarding all creative acts of building, growing food, and benefiting from the earth's resources.
- 16. WITNESS THE TRANSFORMATION OF NATURE** – Lifeforms within nature do not need to kill each other to survive, yet nature lives and sustains itself in total harmony.
- 17. EXPERIENCE A RENAISSANCE OF ALL THE ARTS CONSTANTLY EXPLODING FORWARD THROUGHOUT SOCIETY** – The arts, music, literature, dance, poetry, creative games, and an abundance and ongoing demonstration of creative expression of humanity are the norms.
- 18. PRACTICE SACRED COMMUNITY SERVICE** – Sacred Activism will call you to contribute to society in more profound ways. This sacred service is the norm throughout humanity.
- 19. EXPERIENCE THE WORLD BEYOND THE TRANSHUMANIST AGENDA & AI THREAT** – You are on the Organic Ascension Timeline.
- 20. GAIN FULL AWARENESS THAT EARTH IS JUST ONE OF MANY CIVILIZATIONS IN THE VAST UNIVERSE** – Become aware of the higher-level Galactic Communities throughout the universe. Humanity in The New Earth is now knowingly participating as a member of the Galactic Community.
- 21. LOVE, COMPASSION, PEACE & HARMONY REIGN SUPREME AT ALL TIMES** – It is all that exists!
- 22. GET READY FOR MORE! THE NEW EARTH IS THIS AND SO MUCH MORE** – This is “Part 1” for a good reason. Section 4 is only a glimpse of the New Earth reality.

Our visions, understanding, and clarity will continue to evolve, just like our understanding of the “Embodied Ascension” has dramatically grown in the last decade. We are typically only given the information we are ready to understand and assimilate. That goes for each of us individually and the human collective.

Version 2.1 of the Ascension Tips will continue to shift as we evolve, and due to the nature of the times, the information will come deeper and faster. In the coming years, we will be able to understand a considerable amount more of what is going on in the world, what is happening to us personally and collectively, and where we are headed. The Ascension Tips blueprint aims to support us in increasing our awareness and building The New Earth together.

**Stay tuned for Part 2 of the Divine Human in
the upcoming version of Ascension Tips!**

For more information on Debra Giusti's offerings:

Wishing Well Promotions Newsletters:

Harmony Connects: <http://HarmonyConnects.com>

Debra Recommends <http://DebraRecommends.com>

Transformation Paradigm <http://TransformationParadigm.com>

Activate Your Soul to Tribe Book:

Print book and free e-Book: <http://ActivateYourSoulTribe.com>

MAKING CONTACT: The New Realities of UFO Disclosure and Cosmic Awakening:

5 Part Series: <http://MakingContactSeries.com>

Saturday Night Alive for the Global Peace Tribe & The Awakening World:

More Info: <http://GlobalPeaceTribe.com>

YouTube: <https://www.youtube.com/c/SaturdayNightAlivefortheGlobalPeaceTribe>

Roku, Apple TV, Amazon Prime: Conscious Awakening Network – Global Peace Tribe Channel

About the Authors



Debra Giusti - For over 45 years, Debra Giusti has been on the leading edge of the ever-emerging progressive culture, supporting New Paradigm evolution. She is currently on a mission to help the “Planetary Awakening.” Debra has been an entrepreneur since she was 21, growing a series of businesses supporting personal growth, healthy and sustainable lifestyles, new spirituality, and community connection. She was inspired to create the “Ascension Tips” so that anyone could understand the Ascension Process and fully participate. She also produces workshops, hosts panel discussions, and develops educational materials on the topic of Ascension.

From 1978 – 2011 she produced the Harmony Festival, a music/art/eco/spiritual festival with well-known musical artists and speakers that drew 30,000 participants in Sonoma County, California. From April 2020 – December 2021, she produced 90 episodes of the inspirational virtual variety show, “Saturday Night Alive for the Global Peace Tribe,” every Saturday night, featuring well-known transformational speakers, spiritual leaders, musicians, and entertainers. Her email marketing company Wishing Well Promotions promotes transformational online courses, events, and resources to 250,000 subscribers nationally and internationally through the newsletters Debra Recommends, Harmony Connects, and Transformation Into The New Paradigm. In 2020, in collaboration with Alan Steinfeld, she produced the five-part online series: “Making Contact – The New Realities of UFO Disclosure and Cosmic Awakening.” Debra is the author of the book, *Activate Your Soul Tribe*, which is available on Amazon and free online.

Get more info at: <http://DebraGiusti.com>



Meg Benedicte is a Quantum Healer, Spiritual Teacher, New Earth Wayshower and creator of the Quantum Access® Modality. Working closely with AA Metatron, Meg teaches Ascension Training and Protocols at her Quantum Access® Academy. Meg is an avid explorer of the Ancient Mystery School Tradition and offers Quantum Access® to clients, students and global audiences to enhance living Soul purpose and embodiment.

Meet Meg at <https://megbenedicte.com> and Academy at <https://quantumaccess.newearthcentral.com/>



Camille Moritz is a Revelator of Light, Activator, Way-Shower, Psychic, Spiritual Medium, Energy Healer and Remover of Obstacles for a Fulfilling Life. She is a channel for Divine Mother and the karmic Board of record keepers. Camille is the author of *“Heaven On Earth, Just For Being, Light Activation Play-Book,”* a conscious co-creation ascension manual, heralding in the Golden Age of Enlightenment. Born with the clairvoyant gift of Revelation, Camille channeled an in-depth transformational system of “Divine Revelation” whereby each soul is freed of karmic debt through Sacred Heart revealing, clearing, and integrating into the new Cosmic Fifth Dimensional Earth. Her mission is to call forth all to be revealed, healed, and restored in Divine Justice, Truth, Light and Peace. Heaven on Earth, Just for Being Is the DIVINE PLAN.

Get more info at: www.Heaveneearthjustforbeing.com

**We hope you sincerely enjoyed diving into
the wisdom of the Ascension Tips.**

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