



The Intuitive Connection

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How To Tell If You Are Experiencing An Energy Shift

As we evolve as a species, a planet, a universe, so does our personal energies. Our entire being (body, mind and spirit) is involving and adjusting to the higher frequencies that surround us. These shifts in energy can be easy for some, and uncomfortable for others. Let's explore some symptoms you may experience as you transition into the higher frequencies of energy.

- **Headaches and/or pressure on top of your head or behind your eyes:**

This is due to the crown chakra (located on the top of the head, in the center) opening and expanding. The headaches can range from migraines, to cluster headaches, or you may experience hormone changes as the pineal and pituitary glands are also expanding due to the increased energy flow. This can last weeks, months, or years, depending on the individual. To help lessen the "growing pains," try asking spirit, your guides, angels or higher self to adjust the amount of energy to a more comfortable level. I remember when my heart chakra suddenly burst wide open, it was painful and felt like I got hit in the chest (from the inside out). I reached out to spirit and asked that the process continue, but could it be done in a more joyful and less painful way. The pain did subside by the end of the day, but I still felt the pressure of the energy shift occurring.

- **Flu like symptoms:**

Now it could be the actual flu, but it could mean something more. When in an energy shift, the flu like symptoms could be your body's way of reacting to the toxins being released as the chakras are expanding. The old energy that surrounded the chakras is being released into the bloodstream, causing respiratory issues, and exhaustion, as your physical body makes the adjustment. Traditional medicine and remedies will not provide relief. Instead drink plenty of water, add citrus essential oils to help flush the toxins out faster, take Epsom salt baths to aid your body in detoxing and get plenty of rest.

- **Diarrhea, nausea and loose bowels:**

This can be a sign that your solar plexus chakra is opening and releasing all the negative emotional baggage (such as fear, anger, resentment, family issues, etc). To help aid in this shift, try using Bach Flower Rescue Remedy or dōTERRA's DigestZen to ease symptoms until you fully transition out of the old energy.

- **Muscle aches and joint pain:**

When your body increases in vibration, it could lead to muscle and joint pain. Why? Because the new energy is circulating throughout your body, but is running into barriers (aka old energy) where the energy flow is restricted. Imagine a wave slamming into a wall. That's what's occurring inside your body. To help alleviate the symptoms, try asking your higher self to adjust the flow to ease the pain. Until then, try using homeopathic remedies such as Arnica Montana or my personal favorite, Deep Blue Rub by dōTERRA.

- **Depression:**
Why depression? As your body shifts to the higher frequency, it forces energy that has been hidden (such as emotions, illnesses, even viruses and infections) to come to the surface. Take a few minutes to get quiet so you can try and determine where the feeling is coming from by asking your higher self. Many times when you identify where the feeling stems from, especially if it is not because of your present situation, you can release it quickly. If you need a little help, try diffusing or breathing in citrus oils. They are very uplifting and can help you feel more positive.
- **Emotional outbursts or crying:**
When old energy starts to release, it needs an outlet. Don't be surprised if you suddenly feel like crying or yelling when you were feeling fine a moment ago. Recognize this as a release and embrace it (if possible). You'll feel much better letting it out, than trying to suppress or block the release (which will also make the process take longer).
- **Respiratory issues or fluttering pain in the heart area:**
This is an indication that your heart chakra is shifting and opening. Because of the location, it can be scary when this occurs as you may think you are having a heart attack. As mentioned earlier, when this happened to me it was overwhelming and painful. Luckily, I had someone give me the great advice of just breathe and ask spirit and my higher self to continue the process, but in a more gentle way that my body could handle. If I would have resisted and fought it, I can only imagine how much worse it would have been. Just accepting and embracing the change is the easiest way to go through it.
- **Hot flashes and/or excessive sweating (night or day):**
This is not just for women. As the body receives the higher, and in many cases, extra energy running through it, a natural reaction is for it to heat up. The shift in energy can also affect hormones, which can also be a cause of the increased heat. Try to relax and acknowledge that this is what is occurring, which can help your body process the energy in an easier manner, therefore relieving the symptoms more quickly.
- **Extreme exhaustion:**
Struggling to get out of bed after a full night's sleep, or falling asleep in the middle of the day? You might be experiencing an energy shift throughout your entire body. When your body is going through a major shift, the normal reaction is to conserve energy to get through the change. Support your body and give it time to adjust. Drink plenty of fluids and eat healthy energizing foods. Try adding a little exercise to release endorphins. You can also support your body with energizing essential oils such as peppermint or spearmint. Another way to give your body extra support is by carrying or wearing energizing crystals such as diamond, fuschite, garnet, kyanite or quartz.
- **Extreme energy:**
Some people experience the reverse of exhaustion and get over-energized by the higher vibrational energy running throughout their body. You might think lots of exercise would be the key to helping your body, but in this case it's not. Your body needs that energy to change and heal. Instead, try meditation, reading a book, taking a hot bath, or other quiet activities that stimulate the mind without overtaxing the body.
- **Weight gain:**
Because the body may feel as it is being invaded by this influx of energy, it may go into protective mode in the form of extra weight. Weight is a tool that the body uses as a defense mechanism. Another unfortunate thing is that fat cells have a higher vibration than other cells. In order for the body to retain this new energy, it adds more fat cells. So how can you shift to a higher energy without shifting into a higher pants size? Drink more water. We all need water to survive, but when in transition, it is especially important to stay hydrated so that

your body can better process the new energy. If you are not hydrated, in addition to creating extra fat cells, your body may also retain what water it has, causing you to feel bloated. You can also try visualization. Visualize the energy being accepted and retained by every cell in the body (not just the fat cells). The more your entire body accepts the energy it will recognize that it doesn't need the added fat cells, and release them.

- **Feeling foggy/spacy or forgetfulness**

Know that you are not going crazy or losing your mind. As you shift to higher energy, your brain also transitions from more logical thinking (left brained) to more intuitive thinking (right brained). When this happens, it may be harder to find the words, remember where you just put your car keys, or remember why you walked into a room. Know that your brain is working hard to assimilate the new energy. It will eventually pass. Just know each person is different, so it may take a shorter time or a longer period of time for it to happen for you.

- **Extra sensitivity:**

Boy can I relate to this one. As your vibration becomes higher, you may notice you are more sensitive to light, sound, scent, taste, and even people. Personally, I especially notice scents now more than ever (and if they are synthetic I have to get away or I feel nauseous). Be patient and loving with yourself during this transition. You may need more quiet time or down time. I carry essential oils with me (especially dōTERRA Balance blend) that I can put on and breathe in at a moments notice. You can also try homeopathics, such as Rescue Remedy or Boiron's Ignatia Amara or Sedalia tablets for hypersensitivity and stress. Crystals that might be useful for aiding in grounding and reducing sensitivity are Aragonite, Citrine, Sodalite and Sugilite.

- **Electronic equipment stops working or "blows up":**

If this has happened to you, know that you are now vibrating an extremely high energy or frequency. The unfortunate side effect of this is that not only is the energy coming into your body, but it is also going out of your body. This vibration of this higher energy is not compatible with electronics. Try limiting your time on the computer, or have someone else change the lightbulb for the fifth time until you become accustomed to the new energy.

- **Animals react differently around you:**

Animals are sensitive to energy. While some may be attracted to your new vibration, others might find it uncomfortable and try to get away. Be patient and understand that they can sense what is going on.

- **Change in appetite or food preferences:**

You may find you can't stand your favorite food any more and you don't know why. As our energy shifts, your body may start craving certain foods, or be repelled away from others in order to make the transition. Listen to what your body is asking for. Who knows, you may find a new "favorite" food.

I'm not saying that there may not be a medical reason for experiencing some of symptoms previously mentioned. Its always a good idea to see a doctor if you experience a significant medical change. However, if you've ruled out medical reasons for what you are experiencing, then you could be undergoing an energy shift, especially if you are experiencing more than one symptom mentioned. And unfortunately, there is no set timeframe on how long it will take you to process the shift.

For me personally, acknowledging that I am going through a shift is what starts my body on the road to acceptance. Once I identify what the issue is, I start meditating or visualizing and having a conversation with my body (as weird as that may sound). I acknowledge the change I'm going through and send my cells love and support as they are going through a lot. I also ask my body to process the energy in the most joyful (and least painful) way. Then I use my other tools such as crystals, homeopathics, and essential oils for extra support. Embrace the change!

Upcoming Events

Festival of Love

Hassayampa Inn
122 E Gurley St
Prescott, AZ
February 15th
9:30-4:30

Mile High Mystics Presents
Festival of Love
Spiritual & Healing Arts Event

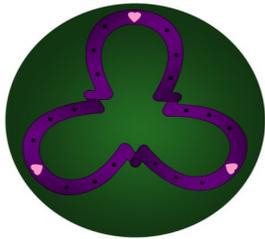
SATURDAY
FEBRUARY 15, 2020
9:30-4:30
HASSAYAMPA INN, ARIZONA ROOM
GURLEY & MARINA STREETS
PRESCOTT, ARIZONA

***FREE* ADMISSION & WORKSHOPS**
INTUITIVES, ANIMAL COMMUNICATION, BODY & ENERGY WORKERS, AURA PHOTOGRAPHY, CHAIR
MASSAGE, NUMEROLOGY, CRYSTALS AND MORE!

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Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled
in person or remotely*

Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

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