## ASCENSION OF CONSCIOUSNESS

## **3D**

Ego Association Service To Self Duality Polarization Labels Separatism Control Rules Status Materialism Hard Work Linear Thinking Fear Emotions Fear Programming Cause & Effect Victim Mentality Dense Energy



Mixed State Gateway **Conscious Being Consciousness** Expands **Challenging Beliefs Duality Comparison** Seeking Answers **Understanding Structure Connection Awareness** More Compassion Aligned With Purpose Rememberina Synchronicity Flexible Reality Faster Manifestation More Connected Still A Duality

## **5D**

Unity Consciousness **Divine Alignment** Heart Centered Service To Others Purpose Based Connectedness **High Frequencies** Authenticity Activated Senses Flow-State Abundance Source Information **Unconditional Sharing** Guided & Supported Co-Creator Effortless & Easv Universal Knowledge