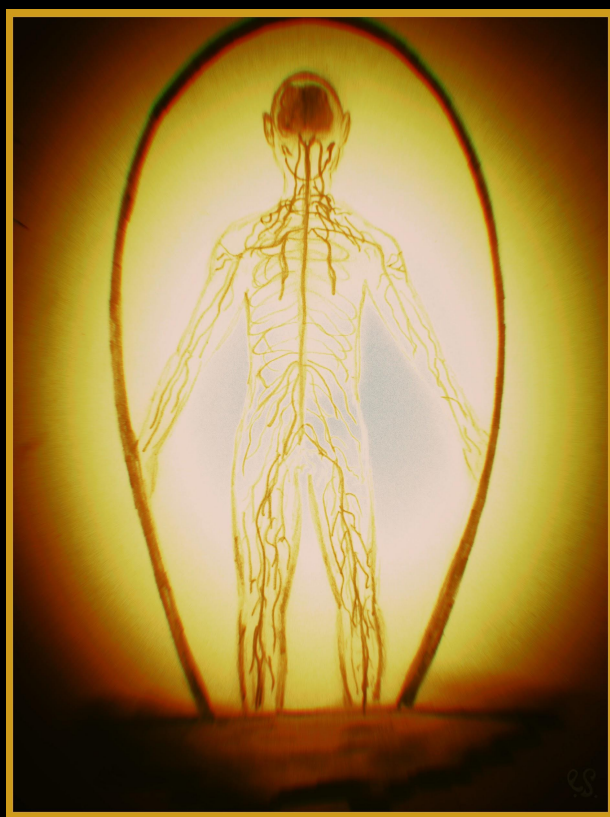


Expression of Self

Quantum Art for the conscious evolution of humanity.



*What the * is happening to my body???*

A perspective on Physical Ascension and how to support yourself.

Art & Writing by Hester de Vries

Hi,

My name is Hester. Six years ago I began the journey of my spiritual awakening and started experiencing a rise of my kundalini energy. Since my awakening I have been through the most life changing and also most difficult years of my life. Slowly making sense of my life long journey struggling with many different health issues & stagnation in other areas. I started gaining a sense of knowing and deep remembering on how the body descended, how dis-ease came to be, the role of trauma and the incredible ways the body can restore itself to its highest potential.

More than knowing, it became my daily life experience. Over and over I have been through deep pockets of healing on so many levels of my being. I experienced severe symptoms that many describe as ascension symptoms and learned how to support my body through this process.

Even though I am still integrating a lot of the knowledge and wisdom I remembered, I have been guided to start sharing, as more and more people are experiencing ascension symptoms. It is not meant as medical advice or interpreted as truth, merely a perspective formed from a combination of remembrance, direct personal experience and channelled information. A perspective for others to consider and take away from what they resonate with and what is helpful for them on their current journey.

The aim is to bring in a different view on healing, on our body and how to support ourselves in times of accelerated evolution that is taking place on our planet.

May it bring you what you need at this time and help you to form and broaden your own perspective and consciousness.

Much love,

Hester de Vries

www.expressionofself.com

A changing World

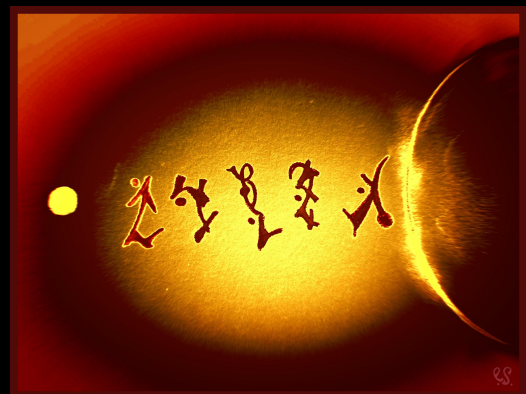
In many ways we live in a unique time. A transition period moving us from one state of consciousness into another. A period full of challenges and with that many opportunities. A time where we experience accelerated evolution taking place on our planet and within ourselves. A process that focuses itself on the expansion of consciousness while remaining in physical form. A process also referred to as physical ascension.

Physical Ascension

Physical ascension may be described as a process where we integrate and embody higher states of consciousness. In other words, we experience higher vibrational frequencies. A process that allows us to start experiencing reality from a more expansive state of awareness, One where we embody and experience a multi-dimensional point of view and where energy becomes our first language.

Incoming energies

At these times, we are experiencing many different energies flooding our energy field and physical body, initiating and supporting us in our process of physical ascension. Here we are talking particularly about solar and cosmic energies. Each energy carries a specific frequency and is designed to create flow within a specific part of your field, and therefore physical

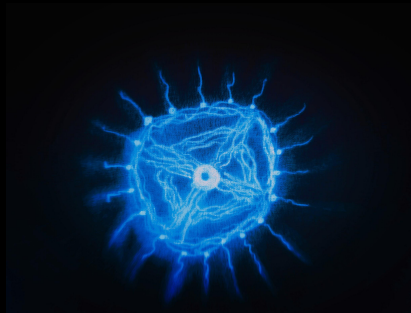


body. The more we become the conscious observer of this process, the more we can support ourselves and consciously use these energies to benefit our evolution. By understanding & therefore allowing our body's natural intelligence to work for us, we can bring immense changes within our health and state of being. It will give us, when we are ready, an opportunity to move beyond what we have known and start to experience our true potential as Awareness having a human experience.

The Nervous System

When we focus on the integration of higher dimensional frequencies (also referred to as photon light, or information), the nervous system plays a pivotal role in our ability to do so.

The nervous system is the electrical system that ensures the ability for the physical body to receive and transmit information throughout the entire mind-body system, as well as to and from the electrical systems of other beings, the Earth and the universe or broader reality.

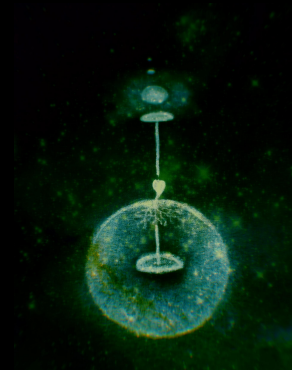


It is the nervous system that connects all facets of the mind-body structure to each other and ensures that a complete flow of information or energy occurs. The nervous system connects the senses to our intelligence centres, it connects all information or energy points (chakras) and is responsible for the execution of expression via

movement.

In a way you could say that the nervous system is the information highway of the mind-body complex. When information is stored within the nervous system, the flow of information is interrupted. The energy or information blockages within the nervous system will create dysfunction and display this through disease.

The nervous system provides connection beyond the individual body, connecting to, receiving and transmitting information from and to others, the electrical or nervous system of the Earth (akashic records) and the electrical or nervous system of the universe (ether/akashic records).



The nervous System is where we connect to our essence as bio-electrical organisms and is most pivotal in our ability to integrate higher frequencies of light, and sets the entire tone for our overall health and ability to express ourselves.

The 3 main flows of energy

Energy or information flows through the physical body and moves within three dimensions of the nervous system.

Central Nervous System > creating the vibration

The Peripheral Nervous System > creating the frequency

The Fascial Nervous System > creating the form

Connection to our energetic structure:

Mental

Emotional

Etheric (structural)

Field of fragmentation

Mental plane	Thought	Vibration	Central nervous system	Mental dis-ease
Emotional plane	Emotion	Frequency	Peripheral nervous system	Physical dis-ease (organs)
Etheric plane	Expression	Form	Fascial system	Physical dis-ease /formation

Field of fragmentation/distortion > Interruption of flow of information

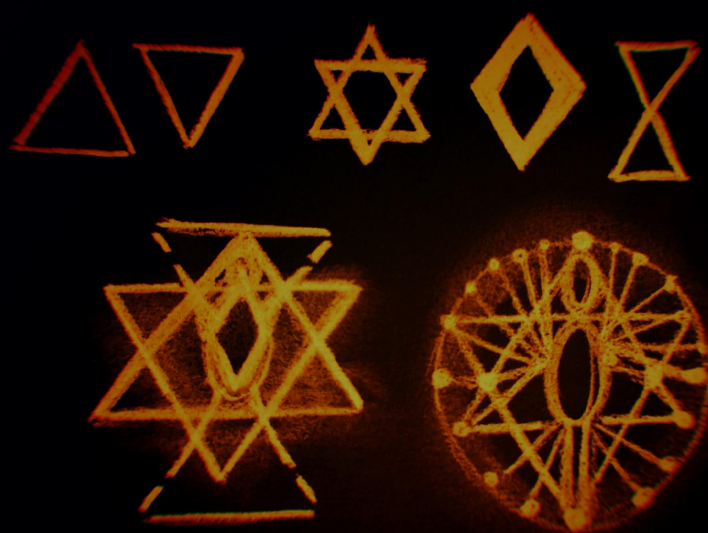
This is where we work on during physical ascension.

Conscious Manifestation, a master creator

The path of self actualisation is the key to physical ascension. When there is a free flow available within our physical form and no old templates holding us within a physical third dimensional structure, we get to experience the mastery of time & space where we can manifest and intentionally use our energy to create within this physical reality. A process intelligently designed for us to embody and become a master creator, in other words become the embodiment of source within physical form.

7. Self Actualisation
6. Higher Vision
5. Self Expression
4. Connection
3. Empowerment and sense of self
2. Creative and sexual expression
1. Safety

1. Thought/belief
2. Vision
3. Sound
4. Feeling
5. Action
6. Creative Expression
7. Manifestation (form)



Physical body / energetic make up

In essence there is no difference between our physical body and energetic make up, as the body is a holographic projection, a mirror image of our energetic make up.

Spiritual energy

- Divine design
- Multi Dimensional Imprint
- Physical Imprint

Mental energy

- Divine design
- Multi Dimensional Imprint
- Physical Imprint

Emotional energy

- Divine design
- Multi Dimensional Imprint
- Physical Imprint

Etheric Energy

- Divine design
- Multi Dimensional Imprint
- Physical Imprint

Physical Ascension

The aim of physical ascension is to clear the pathway and create a clear flow of source energy throughout the mind/ body system.

Through struggle > collapsing of higher and low vibration

Awakening of kundalini > Moving through field of fragmentation

Through neutralisation and integration > embodiment

Result : master creator abilities and instant manifestation from light into physicality

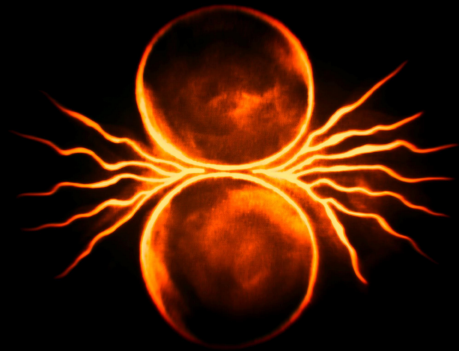
Process of Conscious Evolution

When we understand our bio-electrical essence and the way energy interacts with the mind body system, we can utilise this knowledge and not only understand it, but actively participate in the process of Conscious Evolution. Awareness is the main key in order for this process to occur.

The concept of Conscious Evolution entails a very simplistic view on how evolution occurs, on any level & the phases it includes. When applied to ourselves as individual beings, it shows us how we can consciously evolve as a being and how the process of physical integration of higher frequencies plays out.

Activation

The first phase is that of Activation. It is where the process of movement is initiated. As a higher frequency is introduced to the system, it will meet the lower frequency, creating friction and movement of energy.



Release (transmutation)

This moves us to the second phase, that of Release. Within this phase the system purges & transmutes the lower frequencies to make space for the “new” higher vibrational frequencies to be integrated & embodied.

Integration

The third phase is the longest part, where the system is slowly adjusting and incorporating the new frequency and integrating it within the entirety of the system.



Expansion

This is the final phase where the new frequency is now fully integrated within the system and has become the new base line.

The fascia, our quantum communication network

To know how to most easily support ourselves and our physical body through the process, we take a closer look at the biggest part of our nervous system and where least information is being shared about. The Fascia is a network, or web, connected to all of the trillion cells, your genetic coding and your dna. The fascia is also described as our quantum communication network.

The Fascia is:

- One of most recently discovered organs, although references can be found in ancient civilizations.
- Part of our Connective Tissue
- A network connected to every cell and system within the physical body
- Giving form and stability to our body
- Felt als a balloon where our organs, bones, muscles, ligaments etc. rests in
- Largest organ in the body
- The Fascia is what directs clustered cells to form organs and be moved to the right position, during foetal development. In other words, it is a key player in our physical formation and one of the first organs to be formed.
- Fascia is mainly formed of Silica (yet, earth is made out of 60% of this mineral)
- Largest & richest sensory organ in the body, larger than our skin, with around 250 million nerve endings
- Plays a primary role in communicating information from the body to the brain
- Directs our biological movement and can move without the mind's directive
- Communication moves through a liquid crystal matrix (crystalline network) to every cell and your dna



- Works as a Quantum Communication Network, due to ability and function to transmit light, sound, frequency, information through the structured water in our body (functions between the physical and energetic world)
- Reflects our past and generational experiences, attitudes, patterns of behaviour & traumas
- Is where trauma is stored
- Directly connected to our etheric body and our Auric Field
- Disruption of flow, creates disruption in our Quantum Network and our ability to work and connect with our multi dimensional essence.

As this Network is our connection between the physical and energetic realm, it is pivotal in the process of physical ascension and conscious evolution,

When higher frequencies are being integrated into the mind body system, this part of the body will be most felt and lit up. Like a drain it is flushing out all the blockages so that there is a clear flow of communication within the energetic field and therefore holographic projection that we know as the physical body. This process and part of the nervous system is where we mainly experience the very physically felt Ascension symptoms and energetic blockages.

Trauma & stagnation of Energy

When we see the mind-body system as an information processor, trauma from that perspective means that the flow of energy is not able to fully move through the system and is able to be integrated in a way where it serves the expansion of the individual. Trauma is often an experience too overwhelming for the nervous system, not allowing the process of integration to be completed. The energy, instead of flowing through the entire system, is being stored somewhere within the form. This stagnation is what causes interruption in the network and in time leads to di-ease within the body. Also outside impact from severe physical trauma like accidents, or injuries, can create a stagnation of flow within the quantum network, due to changes in the natural flow of energy.

Feeling of blockages

When there is a lack of flow in our Quantum Communication Network, we start to experience dis-ease. This may in the form ailments to the organs, nervous system dysregulation, immune system problems and deformation in the physical form. In essence the body itself is self-developing, self-regulating and self-healing and it is the interruption in the network that distort and disengage these natural abilities,

When higher frequencies are being introduced into the system, the body (and with that our quantum network) will react and start showing these blockages and lack of flow.

This might be felt as severe physical Ascension Symptoms.

Possible physical ascension symptoms

- Feeling pain sensation around organs, spine & brain, muscles
- Skin rashes, dry skin
- Inflammation
- Feeling of pressure in the body
- Feeling of strong electrical current (spine mainly but also other areas)
- Muscle cramps, spasms or even shaking of the body
- Sensation of dehydration
- Sensitivities to food, sounds, light,
- More releasing through body fluids
- Blurred or changed vision, unable to focus
- Loss of balance
- Hearing ringing in ears (frequencies)
- Flaring up of “old” injuries
- Pressure in teeth
- Bleeding gums
- Heart palpitations or pain in heart
- Flu-like sensations
- Heat running up the spine
- Excessive dreaming



- Itchiness
- Tired or Wired
- Cold from within (feeling of icy bones)
- Out of breath, trouble breathing
- Digestive issues
- Changes in menstrual flow (frequency, pain)
- Mental confusion
- Headaches
- Sudden outpour of emotion, feeling emotion in the body
- Shivers
- Nasal congestion

In a way, physical ascension and integrating the higher frequency can feel quite overwhelming for our nervous system. Not only due to the fact that the fascia is the body's biggest sensory organ, but also because often our nervous system is already overactive and often retracts in survival mode protecting the mind-body system.

Peeling of the Layers, slow process of healing & expansion

Healing and the integration of higher frequencies goes in layers, as the nervous system is only able to release and integrate so much of a difference in frequency before it shuts down. In a way, you can compare it with the peeling of an onion. It is important that we understand the process of healing and integration and allow ourselves the time and space. With that, the less interference we create, the easier this process will be.

The Self Healing Body

Even though we can support ourselves and even participate in our own Conscious (physical) evolution, your body itself knows best how to lead us through this process. More often than not, it is us ourselves that actually slow down or create distractions and obstruction for ourselves by intervening in this process. A simple example is stopping ourselves from having that deep cry or letting our leg shake when it wants to. Instead of allowing the body itself to work the emotion through our system and therefore providing us

with the information we need at that time and for the flow of energy to completely move through the body, we stop it. Just like when the legs shake, we stop it, instead of allowing the body to naturally release excess energy. In order to create space for the body to allow this process to take place, we have to be able to allow it to find its own ways in which it most easily allows energy to move through the system and release it when needed.

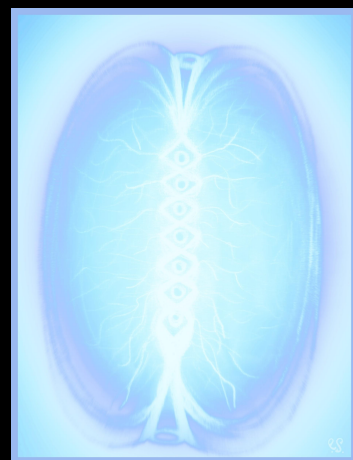
The Change in our Physical Bodies:

In time we will experience changes within our physical body:

- Faster healing (self-regeneration)
- More flexibility
- Higher levels of energy
- Strength becomes more energy-based and less muscular
- Straightening of our posture
- More light in the eyes
- Better motor control
- Easier to breath
- Strong sense of Presence and Awareness
- Experience of life becoming a multi-dimensional & energetic experience first and foremost
- Feeling the body more as waves and energy flows, than physical density as we know it
- Return of natural gifts, like telepathic and empathic abilities

Reconnected, a field of unity

When we are able to align and connect the three layers of our nervous system and activate our dna and divine blueprint, we establish what has been referred to as our crystalline template or holographic light body. It is from this state, a reconnection within, we move into a space of unity



consciousness and can experience life as divine creator beings, creating for the good of all.

Observing nature & the animal kingdom



When working with energy and how to naturally process energy throughout our system, nature and the animal kingdom are our greatest teachers. Many examples and natural ways can be found and remind us of what we have suppressed and lost so long ago. Think about cats, who naturally embody their multi-dimensional

essence and spend most of their time working with energy through sleeping, stretching, getting petted and massaged, drinking, moving, yawning and creating healing frequencies with their purring. Trees are another great example in this regard and their natural ability to work with the flow of energy, exchange in information and healing energy, release etc. Not only will animals and nature teach us, they will provide incredible support when open and receptive to it.

Supporting our Quantum Communication Network

There are many ways to support ourselves in the process of physical ascension. Here are some tools that can support our quantum communication network and therefore can reduce and bring relief with physical ascension symptoms.

Restoration & Healing

- Hydration, through drinking clean water and eating lots of food containing water (structured water)
- Reducing inflammation

- Mineralisation with Silica & Minerals to support this mostly depleted system back to its full health (Just like the Earth itself is in need of remineralising itself! > depleted soil...depleted Fascia)
- Adaptogens for extra support
- Listening to healing frequencies
- Working with clear crystals
- Earthing, connecting with the Earth's fascia
- Working with energetic codes & sacred geometry



Creating & supporting flow and movement

- Massage therapy/self massage
- Somatic exercises
- Fascia manipulation
- Tapping
- Breathwork
- Frequencies healing music
- Reconnection with earth, through grounding and working with trees
- Connecting with Earth's fascia for healing, guidance and information
- Emotional and mental healing (inner child work, ancestral healing, plant medicine journey)
- Working with energetic codes & sacred geometry
- Dance
- Creative Expression

Support with Electric (energetic)

Overload

- Grounding
- Earthing
- Working with crystals
- Use water as a conductor
- Release through breath

- Rest/sleep: reset, integrate
- 174 hertz frequency music for pain relief

Maintenance

- Gentle movement
- Walking
- Stretching
- Yoga
- Qi- gong
- Tai chi
- Breathing Exercises
- Earthing
- Frequency music
- Diet
- Meditation
- Mindfulness & Awareness practices
- Allowing each life experience (on all planes of our being) to fully work itself through the entire nervous system. Giving our system space and time for the digestion of experiences, healing & rejuvenation and rebalancing where needed.

Would you like some support on your journey?

Check out my website for *Quantum Activation Art*, where I channel specific light codes & connect to your quantum field to create a flow of energy and forward movement on your journey.

www.expressionofself.com