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First Year Spiritual Awakening Ascension Symptoms

In my 5th year of #VanLife, when I got back to Flagstaff/Sedona, AZ from Austin, TX in May 2023, I stopped writing my dark newsletters that I had been writing since 2020 (www.CathyHarrisInternational.com/enewsletters). I just said enough is enough. Everything was becoming too repetitive. I was frustrated because it seemed like the movie was never going to end and I was ready for something new. I was ready for a change. I wanted to get entrenched



in my passion, especially since I was back in one of the most beautiful areas in the country, which had many beautiful hiking trails. I was ready to become a student and teacher of Spirituality, so for 7 or 8 hours a day, I focused all my attention on 'Spirituality'. I

had my **First Spiritual Awakening** in Austin, TX, 10 years earlier, but I had never focused on Spirituality as I did in May 2023. It paid off because I did go on to have my **2nd Spiritual Awakening**

<https://cathyharrisinternational.com/awakening/> I also learned how to communicate with my **Guardian Angels** and **Spirit Guides** when I was outside in nature <https://cathyharrisinternational.com/askforhelp/> #EverythingSpiritual

After my 2nd awakening in 2023, I started to sleep more, especially in the month of July. By the time my 67th birthday rolled around in October, I was full of energy. I was out on the hiking trails with my heavy hiking boots going back and forth exercising. I was getting plenty of sunshine, eating a clean diet, drinking plenty of alkaline water, taking daily supplements, sitting in saunas, steam rooms, and hot tubs, and engaging in regular detoxes every couple of months. I was pretty happy with where I was in my life and felt I was on the top of the energy game at 67. I had consumed the blood type diet since 2012 and it was a 'high-energy' diet. So, when I had a bout of Vertigo on Nov. 1, 2024, as I prepared to leave for Sedona, it caught me off guard. I had gotten out of the van to throw out some garbage and was literally about to jump

into my driver's seat and head over to Sedona, then I felt a spinning sensation, which felt like I passed out for a few seconds. It was about 2:00 p.m. so with the Vertigo, I wasn't even sure if I could drive to another area, especially along the Sedona cliffs with the scenic view that I preferred to drive.

By this time of the year, I was desperate to get out of the cool weather for a warmer climate in Sedona, but with the Vertigo, I wasn't even sure I could drive. After going back to my usual spot in the city for the night, I had to lie down, because along with the Vertigo, I had lightheadedness and dizziness and could not turn on my left side when lying down. This meant I needed to go to the doctor the next day, so I made an appointment online for Urgent Care in the area. I definitely wasn't up to driving 80 miles to the Phoenix VA.gov. When I got up that morning to go to the doctor, they had tried to call me to tell me there would not be a doctor in that day, but I still had the option to do a visual conference call with a doctor, so I agreed. Because I had started to take my blood pressure right after the bout of Vertigo, I noticed it going up and down. That freaked me out because I had never had high blood pressure in my life. When I told the doctor my age, 67, and about the Vertigo, lightheadedness, dizziness, and fluctuating blood pressure, she told me to go to the hospital right away, which was 2 minutes down the street. She was concerned that I might be having a stroke.

Uncharted Territory: This was definitely 'uncharted territory'. I knew at that time, with my lifestyle, I should not be experiencing any discomfort. As a Naturalist, I never really get sick, except for an occasional sinus infection during allergy season once or twice a year. So, the whole experience freaked me out because up to that time, I was a fairly healthy individual. If I gave myself a 1-10...a 10 the max for great health, I would have easily rated myself a 10. I was, after all, a **Non-GMO Health Educator, Holistic Healer, and Gardener** with **6 health books** (www.AngelsPress.com) under my belt, so I had a general idea of how the human body operates. I travel with my blood pressure kit, and the first step I take if I get a headache or don't feel good is to take my blood pressure. I know if the bottom number gets over 100, you are at risk of a stroke but if you can get into an emergency room in time, there are medications that can stop a stroke. I did a checklist in my mind to try to figure out what was happening to me...I was eating a



clean and natural diet, drinking plenty of alkaline water, taking daily supplements, exercising, getting sunshine, and even engaging in regular detoxifications, so what was wrong with me?

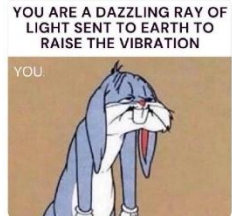
Once I went to the hospital, they hooked me up to the EKG machine and said my heart was great but admitted me to the hospital because of the other symptoms. First, they put me on an IV, because basically, they can't treat you in a hospital if you are dehydrated, so that is why they give you liquids when admitted. After the IV, they plugged in an automatic blood pressure kit, which would beep every 10 to 15 minutes. I could see it from my bed, so I knew my numbers were going back to normal. The doctor came in, a young guy, and tested my strength by pushing on my toes and pulling my hands, and then he said I was strong. I told him I was a hiker, and until this, I was in good shape, and I ate a good diet. I also told him I had never been on any type of medication. He was puzzled, but when I told him I could not turn to my left side when lying down, he mentioned the words to me at that time -- "**Positional Vertigo**," also called '**BPPV**' (**Benign Paroxysmal Positional Vertigo**). Luckily, I viewed my tablet and slept on my right side. He diagnosed me with **BPPV**. After 6 hours, I was released.

Yes, It Was Ascension Symptoms: I made it to Sedona the next day and started my research. It took me weeks to make the connection that the Vertigo, lightheadedness, and dizziness were indeed Ascension Symptoms. Along with Vertigo, lightheadedness, and dizziness, I also experienced ringing in my ears, pressure in my ears, headaches, loss of balance and muscle weakness, fluctuating blood pressure, heart palpitations, flu-like symptoms, body aches, etc. To conduct research, I viewed several videos by Dr. Eric Berg and Dr. Alan Mandell. After looking for shows on Vertigo, they both recommended that I needed to do the **Epley Maneuver**. Dr. Berg said if you are not taking Vitamin D3 and K2 (I was only doing the D3), then the crystals in the inner ear can break off and become dislodged in the inner ear and make you experience Vertigo like-symptoms. **Video: The #1 Vitamin Deficiency Behind Vertigo** (<https://www.youtube.com/watch?v=29NS6PxfE2s>). Dr. Mandell had acupuncture exercises to stop the pain of Vertigo. **Video: Fast Relief of Vertigo and Dizziness** (<https://www.youtube.com/watch?v=qoU57QoON1k>). After completing the exercise, I felt better right away.

However, 10 days later, I had another bout of Vertigo, so I did the Epley Maneuver again. It worked again, but 30 days later, right before Christmas 2023, I suffered another bout of Vertigo. After doing the Epley Maneuver, once again, everything seemed to balance out for me, and I am currently 11 months Vertigo-free.

Second Year Spiritual Awakening Ascension Symptoms

After the 2nd year of my 2nd Spiritual Awakening, I started to sleep most of the time in July 2024. Out of 5 or 6 days a week, I could not function unless I was sleeping for 11, 12, or 13 hours a day. Later, I started to experience stomach flu-like symptoms. I have never had issues with my GI tract, especially since I did regular detoxes. So, I did a 14-day detox, which usually keeps my gut cleaned out and helps to get rid of parasites and toxins. The feeling of the stomach flu went away, but after a few weeks, I felt like I had another sinus infection, so I got on the 5-day Z-pack. A few weeks later, I started having the feeling again of having a stomach flu. This time, it felt like Irritable Bowel Syndrome (IBS), which came with cramping, excessive gas, diarrhea, constipation, etc. It got to the point that every time I ate my old diet, I would experience gut issues. I usually juice/blend green foods twice a day, but looking at the foods just made me want to throw up, so I was also nauseated. I went 48 hours without any food. I got back on my Probiotics, which is a food enzyme that helps break down foods and balance out your gut. It only helped a little bit. What I figured out is every time I ate my old diet, especially meat, I would have Irritable Bowel Syndrome. Once I gave up my old diet, especially meat, and started consuming one meal a day -- I got better. I also could not eat until I felt full. I am slowly incorporating green foods (**#TheBodyBuilder**) and antioxidants back into my diet but have cut down on my food consumption.



As we move into the 5th dimension, our bodies will go from a "**carbon-base**" to a "**crystalline-base**", which means we will only be consuming liquids. This is why many people are saying now that they only crave smoothies. The **ETs** only consume liquids through their mouths or through their veins like an IV. This is all we are going to need to sustain ourselves in the future. Everyone will be thin so the new way of eating will also keep our 'crystalline' bodies light and slim.