

Spiritual Ascension DIY Guide

By Jenna Layden



STAR FAMILY WISDOM

Ascension 101

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Ascension 101

What is Ascension Really?

Commonly Asked Questions

Is Ascension something that is happening in my lifetime?

Ascension is the process of evolving into higher states of being. As we clear past Karma, heal old wounds, and begin embodying higher Spiritual wisdom, our energy shifts, our frequency elevates and we are in the process of ascending to a more elevated life experience for our soul.

A soul may also ascend to a higher dimension in the process of reincarnation. As a soul has completed its lessons, completed its soul missions and if it desires additional growth and evolution, it may be agreed upon that the soul can ascend to a new "level" of life experiences.

Ultimately, we will ascend through all dimensions as we learn and grow, and will return to Source for our final ascension process.

Is Ascension only for certain people?

No. All souls will ascend eventually, and all souls are ascending in different ways. The journey of the soul is unique; every soul has unique lessons and missions to complete, so the ascension process for each soul is not the same. All souls are sparks of energy from Source, playing the same game of life, but learning different lessons along the way.



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The Reincarnation Process and Your Soul Mission

The great traditions of the world speak to our “split” from Source as a way for Source to experience itself and existence. Souls move through the dimensions of the Universe as their lessons and growth progresses, but souls must first start their development process in more mundane ways, like experiencing life as a rock, or the elements (air, water, etc) first.

When a soul is first born it has yet to experience the entirety of creation and must begin its physical and spiritual evolution. The journey of a soul is its progression through the dimensions, experiencing duality and each vibratory state of being before ultimately returning to Source with the knowledge and experiences that will contribute to the continued evolution of this creation.



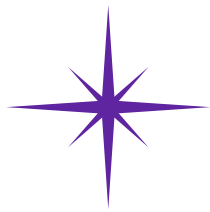
Ascension 101

The Reincarnation Process and Your Soul Mission

Souls return to a spiritual plane of existence in between their life experiences in this Universe; to return to the Spiritual dimensions of the Universe, a soul first travels to the astral plane which exists between the physical and spiritual dimensions; the astral plane serves as a kind of Universal “highway” for traveling between dimensions.

Once a soul has departed their body, they are typically met by a member of their soul group, a spiritual guide or former family member who will escort the soul through the astral plane and to the dimension of soul; once back “home”, the soul will typically engage in rest and energy restoration activities.

Depending on the challenges or trauma experienced in the previous life a soul may require more or less recovery time.



As a soul ascends and takes on new life forms in higher dimensions, a soul may become more of an energy being than an actual physical form. These energy beings from higher dimensions interact with and assist beings in lower dimensions; we have historically thought of higher dimensional beings as “angels” or “spirit beings”. While they are indeed advanced souls and advanced beings working for the highest good of existence, they simply occupy a higher dimension and can more easily work between the physical and spiritual planes.



Ascension 101

Life Review Process

Once fully recovered and rested a soul will review their previous life both from the point of the view of the personality they just had, but also from the point of view of the people they interacted with; this “judgement” process is how souls understand and absorb the lessons that were gained in the previous life.

Contrary to modern religious teachings, the judgement process does not result in spending eternity in "heaven" or "hell". In actuality, there are councils of higher level souls, guides, and ascended masters who serve as a type of “governing” body for the souls; while a soul will never be forced to have certain experiences, the councils and guides offer support and guidance to the soul, encouraging certain activities, lives or lessons for that soul’s growth and development.

Usually, a soul remembers the unconditional love of Source and understands the ultimate goal of serving creation and contributing to the beautiful evolution and flow of life, which allows the soul to be somewhat self-governing, actively pursuing and accepting the next lessons or experiences which will both serve creation and the soul’s personal evolution.



Ascension 101

The Reincarnation Process

Once a soul has thoroughly reviewed its previous life, absorbed the lessons, and consulted with guides or higher councils, a soul begins the process of choosing its new body or life form, and the subsequent lessons to learn or karma to repay.

A soul typically chooses the major life milestones and relationships that will occur, but in most physical civilizations “free will” is exercised, which means a person will have free will to make their choices and move through life without being controlled. Therefore, the “plan” that a soul develops before it comes into this life, is only a plan, and can be altered or affected by the free will of the soul and the free will of others.

A soul typically chooses “markers” or points in time during the upcoming life that will serve as “reminders” to them; these markers may be places, people, or things that would feel familiar that act as a way for the soul to remember their plan and make the right choices; these can sometimes be experienced by a person as “déjà vu” or “synchronicities” or strong feeling of familiarity with another person. When we experience moments that seem “meant to be”, they usually are!

Synchronicities are meaningful coincidences! Not random acts of chance; nothing is truly random in our Universe and those moments of meaningful coincidence are meant to guide you!



Ascension 101

Soul Levels and the Ascension Process

As Souls split from Source, they are within the Spiritual dimensions of this Universe. The Spiritual, or upper dimensions of our Universe help direct the flow of activity or life in the physical dimensions of the Universe. As a soul makes its journey into the Physical dimensions of the Universe, it is intended to experience life and existence for the purpose of learning and growth.

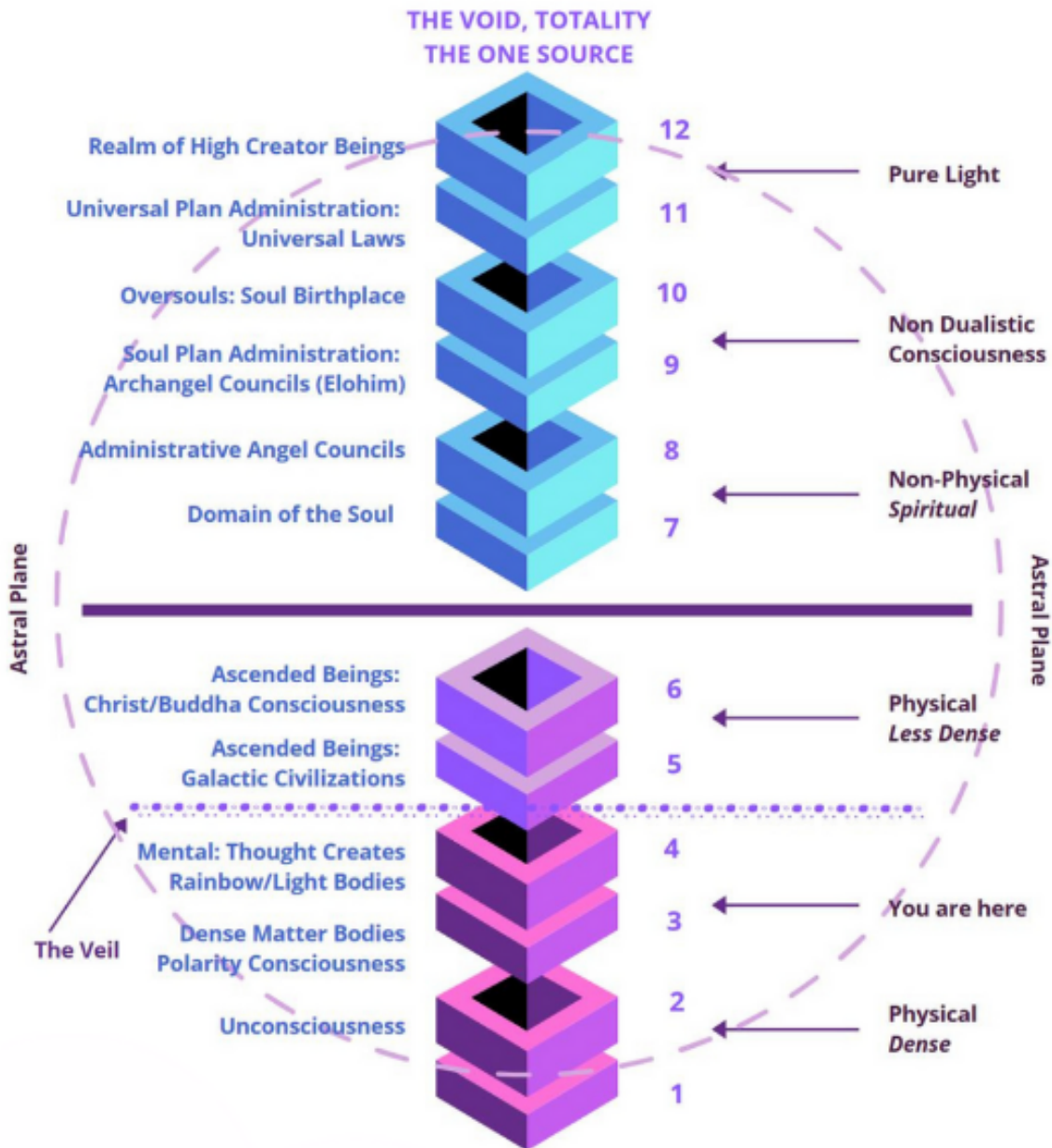
A soul may reincarnate hundreds or thousands of times in one dimension until the proper lessons and wisdom have been learned; at the point of accomplishing said lessons, the soul may “ascend” or move to the next level or dimension or plane of existence, and the process may begin all over again.

A soul may then spend another hundred or thousands of lifetimes having new experiences and learning new lessons before ascending to the next higher dimension. This “ascension” process is noted in many great Spiritual and Religious traditions of the world, but not always fully understood as a personal journey of growth and development.

Once a soul has evolved through all physical dimensions, it may spend time as a council member, spiritual guide/angel, or even as a plan administrator before returning to Source. Once reunited with Source, the process may begin all over again.

Ascension 101

Soul Levels and the Ascension Process



Ascension 101

Soul Levels: Learners, Teachers and Guides

As a soul reincarnates in the lower dimensions, they will begin to lose “access” or “memory” of the dimensions beyond the “veil”. If you remember from the previous lesson about children's past lives memories, you'll remember that there is a “veil” that separates the lower dimensions from the higher dimensions, creating an experience of forgetting all of creation that is beyond the veil.

The “veil” that separates the lower dimensions from the higher dimensions has prevented humanity from truly understanding our place within this expansive reality. As we expand our consciousness to understand more about our human history, our spirituality and this expansive reality, we will activate memories and psychic abilities that will allow us to evolve our civilization into one that can commune with civilizations of the higher dimensions.

There are thousands of cases of humans activating these latent psychic abilities (which were once prevalent among humans in our ancient past!), opening their chakras (energy centers) and accessing soul memories; these cases, along with new research in neuroscience are allowing us to understand how to access higher dimensions, and how to evolve our understanding of our spiritual reality, ultimately giving us the tools to build a better future for all of humanity.



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Your Non-Physical Team

You have an entire non-physical team! Ask them for guidance and support!

Angels: Light beings that have been assigned to protect, guide and watch over you while you are incarnating in the physical; tasked with helping you complete your soul mission

Archangels: The highest level of Angel in the third order of Angels; tasked with larger scale transformation and guidance for planets and solar systems; have specialized healing and transformational abilities; also thought of as archetypal energies

Spirit Guides: Ascended beings who are assigned to guide you when you're in the Spiritual realm and support you in completing your soul missions

Ascended Masters: Light beings who have completed their Karmic cycles, transcended duality and who have ascended to higher dimensions; can be called upon for support, wisdom and guidance

Ancestors: Your ancestors who are no longer in the physical; they can support and guide you!

ET Beings: Beings who occupy other planets and live in other civilizations with whom you may have soul bonds



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Connecting with Your Non-Physical Team

Find a place of stillness where you can easily quiet the mind and connect with the field of Universal energy.

Visualize white light beaming down from your Soul Star, or Source.

State your intention, in your mind, or out loud that you intend to connect with the highest vibrational beings of light, love and wisdom who can support you and that you only invite connection with these beings.

Ask your guides, Angels, Ancestors or any of your non-physical team to be present with you.

Focus on an issue or situation you wish to resolve, heal or have support in shifting.

Ask that they reveal the answers to you.

Sit and listen deeply.

You may "hear" them, you may just "know" something immediately. Trust your initial reaction and knowing.

If you're not sure, ask for a sign! Be specific, make it obscure (not something you see or connect with every day) and ask for it to be revealed by a certain date.

Ascension 101

Clearing Karma

#1 Learn the Lesson

#2 Make Different Choices

#3 Live by the Spiritual Laws of the Universe

#4 Give Back and Live for the Betterment of All

#5 Engage in Energy Clearing Practices

#6 Practice Forgiveness



Ascension 101

Clearing Karma

#1 Learn the Lesson

When we don't learn the lessons we've been presented with, we are doomed to repeat those lessons. Repeating past patterns is a result of not learning our lessons.

Those "old lessons" remain as energetic imprints in our energy field, and attract the people, situations, and circumstances that will help us learn those lessons and take different actions.

Karma can be thought of as a result of our actions.

Sometimes negative or undesirable events unfold in our lives because we have not learned a particular lesson that was intended for our soul.

Learning the hard way is no fun! Consciously tune into the ways you are operating - are you in alignment with the highest states of consciousness, are you honoring your worth and energy, are you honoring all of life and living by the Spiritual laws of the Universe? If not, take conscious action to resolve the underlying issues that are preventing you from living in a state that allows you to transcend Karma.



Ascension 101

Clearing Karma

#2 Make Different Choices

We have free will as souls. With that free will we have the ability to choose.

Those choices can be self serving, or they can be in service to the positive evolution of all.

Those choices can be materialistic in nature, and can be driven from lower states of consciousness, or they can be driven from higher states of consciousness.

We must make different choices to clear Karma.

Repentance in the Catholic tradition is similar to the idea of "paying" for your sins, to be free of the Karma attached to those sins. However, the true act of repentance is making different choices. True repentance is the shift in our consciousness to a state of generosity, love, and compassion for all, and taking action accordingly.



Ascension 101

Clearing Karma

#3 Live by the Spiritual Laws of the Universe

Embodying the 10 Spiritual Laws of the Universe allows us to live in a state of flow that aligns us with the highest possible version of our life. These laws are designed to help us navigate a dualistic Universe in which we can be influenced to live in a state of separation or a state of unity.

The Law of Infinite Possibilities
The Law of One
The Law of Karma
The Law of Grace and Forgiveness
The Law of Non-Resistance
The Law of Desire and Attraction
The Law of Detachment
The Law of Giving and Generosity
The Law of Divine Purpose
The Law of Divine Protection



Grab our 10 Spiritual Laws of the Universe E-Book to learn more about each law and how you can work with all of them to create more ease, grace and flow in your life.

Ascension 101

Clearing Karma

#4 Give Back and Live for the Betterment of All

Ideally, we should be living in a constant reciprocal exchange with all of life. This means we should give, as we receive.

Many cultures around the world have concepts and traditions centered around the idea of equal exchange, which ultimately creates harmony and balance within a given system.

This can be applied to our individual human systems and also the greater system in which we live. We cannot expend more energy than we intake, otherwise our bodies will become depleted and susceptible to dis-ease and disease.

Likewise, the Earth, environment and ecosystem in which we live must receive the right nutrients, energy and interaction with humans to thrive.

How we give to each other and support each other in this large scale human ecosystem results in our ability to receive more beautiful experiences from life.

Give more than you take.

Make every choice about the betterment of all.



Ascension 101

Clearing Karma

#5 Engage in Energy Clearing Practices

Yoga

Tai Chi

Qi Gong

Sound Baths and Sound Frequency Music

Deep Rhythmic Breathing

Shamanic Energy Healing

Cathartic Emotional Release

Acupuncture

Regular Exercise

Shaking the Body

Reiki



Ascension 101

Clearing Karma

#6 Practice Forgiveness

One of the ultimate "ascension killers" is not offering forgiveness, for ourselves or for others.

Ultimately we are here to realize more love in our lives in this world. We are here to return to a state of love and harmony with each other.

A lack of forgiveness blocks our ability to feel and receive the level of love that is possible. And as we zoom out and see the big picture of why situations unfold the way they do, why people act the way they do, we may be able to find a level of acceptance and ultimately forgiveness.

Forgiveness does not condone behavior. But it does help us move beyond toxic emotions and helps our soul find peace in this life and the next.

Forgiveness is the ultimate gift that can be bestowed on ourselves or another.

Be kind to yourself.

Life on Earth is complex and challenging for a variety of reasons. Offer others forgiveness for getting caught in lower states of consciousness. Forgiveness helps us all rise to a higher state of consciousness.



Ascension 101

The Universe Wants to Support You!

Fundamental Tenets of How the Universe is Designed and How it Works For Us:

- It favors evolution and progress; continual growth and learning
- It is designed to learn, create and bring information back to the Source
- The energy of Source flows through everything; every Soul is a spark of energy from that Source; every Soul has a piece of "God" in it
- Source is the "great creator", having given life and expression to energy;
LOVE is its original expression and intention
- But every being or Soul within this Universe also has the ability to create; we are all "miniature Gods" (that's an easy way to think of it!)
- The Universe is participatory; as we act and react, the Universe acts and reacts; it's a beautiful dance of constant creation
- Duality is a program that exists in this Universe; Balance, harmony and order are its preferred expression
- All life within this Universe is connected through a field of energy that exists; we are directly connected to our Source



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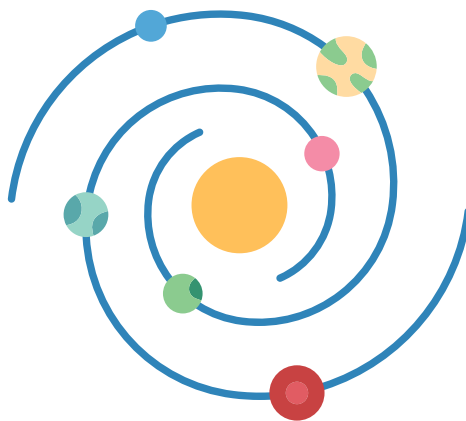
The Universe Wants to Support You!

The Universe actually WANTS to express energy in an orderly, harmonious way.

But humans have brains that are easily programmed, and those brains direct the consciousness of a person in a certain way: for good or bad. We can be programmed with negativity and limiting beliefs, or we can be programmed with positive limitless beliefs.

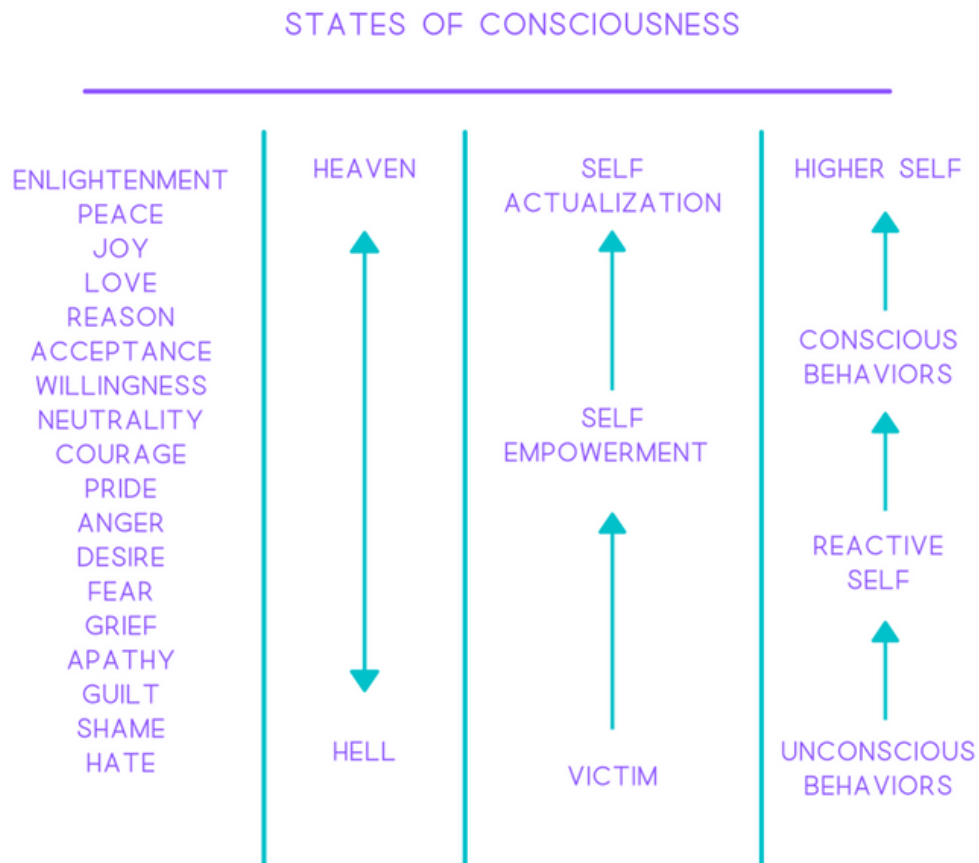
And those programs we operate off of, create our reality. They literally create our reality.

Our brains direct our consciousness to interact with the Universe. And then the Universe reflects our consciousness back to us. It's all pretty simple! Healing from trauma, limiting beliefs and controlling our minds when we live in a world that is overly chaotic, stressful and negative is the challenge! We'll learn more about this in the next sections.



Ascension 101

Higher Dimensional States of Being



States of being are a choice. When we have unresolved traumas or wounds lingering in our psyche and energy field, we may become victims of our own unconscious behaviors. We may become more reactive and as a result may occupy lower states of consciousness. Grab our [Raise Your Vibe Guide](#) to get support, tools and practices in raising your state of consciousness!

You are here to create Heaven on Earth!



Ascension 101

Duality and Transcending Separateness

Our Universe is programmed for duality.

And this "operating system" gives us an opportunity to experience both sides of duality. It gives us an experience to choose our path forward, and to choose our actions, from a place of unity, or a place of separation.

This duality is represented in our Masculine and Feminine energies, in the dual hemispheres of our Brain, and in the balance between light and dark, good and bad.

The Universe supports an operating system of balance. And the Universe will always slightly favor the light, as the goal of evolution in our Universe is to return to Source.

Finding balance within ourselves is a practice of merging opposite energies and transcending duality.

By understanding the qualities of Masculine and Feminine energy and how they show up in ourselves and the world around us, we can begin to find greater balance within ourselves, honoring both energies within us.

Use the chart on the next page to identify which energy is most dominant in your life experience. Don't forget we've been raised in a largely Masculine dominated society, which means we have a lot of work to do to restore balance, in and outside of ourselves.



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Duality and Transcending Separateness

YIN: FEMININE

Night
Moon
Intuition
Emotions
Flow
Sensuality
Irrational
Dispersal
Cyclical
Synchronicity
Magic
Softness
Receptivity
Ritual
Passive
Tenderness
Water
Winter
Humility
Art
Internal
Eternity

YANG: MASCULINE

Day
Sun
Reasoning
Logic
Structure
Rigidity
Analysis
Causality
Linear
Causality
Sequential
Hardness
Action
Contracts
Active
Strength
Fire
Summer
Confidence
Science
External
Time



Ascension 101

Transcending Duality Exercise

Answer the following questions to help you identify where your Masculine and Feminine energies might be out of balance in your life:

Do I give myself equal time for rest, as I do with work, chores and tasks?

Do I allow space for creativity and play in my day?

Do I allow myself to share openly and create space for vulnerability with others?

Do I honor the times when I'm being presented with my shadow for healing, or do I avoid it?

Do I overemphasize science, logic and reason in my decision making?

Do I have anxiety around the idea of time, or not having enough time?

Do I crave structure at the expense of fluidity and flow?

Do I allow sensuality to be present in my life, in and outside of the bedroom?

Are my relationships mutually beneficial or do I give more than I receive?

Get the Raise Your Vibe Guide to access exercises and tools for changing outdated limiting beliefs. Also use the "doing the work" section in this guide for access to supportive tools and information.



Ascension 101

Transcending Duality Exercise

As you reflect on your answers to the previous questions, notice where you are not experiencing balance between masculine and feminine qualities in your life experience.

It is important to allow for equal weight of both masculine and feminine qualities in our lives, to stay in flow with the Universal flow of energy, and to bring harmony to ourselves and our world.

Restoring balance between our masculine and feminine energies usually requires shadow work and rewiring the programming in our brains.

If you've been largely taught that you must "do" constantly and that "resting" or taking time for yourself is selfish, you have a mental program that needs to change.

If your experience has been one of struggle and lack, you likely feel like you CAN'T allow time for creativity and play - this is normal, because you've been operating in survival mode. And you will need to work on reprogramming beliefs around it being "safe" to allow space for play.

Most of the work we do to restore balance comes down to rewiring and reprogramming old, outdated beliefs - most of us have carried those limiting beliefs because we've been raised during an era of intense masculine patriarchy. This is big shadow work and big reprogramming work to do. Be kind with yourself, and engage in the process with diligence. Changing deeply ingrained beliefs takes time.



Ascension 101

Raising Your Vibe

Raising your vibe is a process of shifting energy in your energy field to transform negative, dense, heavy energies into lighter, higher frequency energies. Everything we experience in the physical realm is actually energy and energy is directed by consciousness. Consciousness is non-local, meaning you have a soul and that soul extends beyond your body.

Consciousness also creates matter, meaning the physical is a direct representation of our consciousness or energy; what we think, how we feel, and our emotions give rise to the reality around us. And everything in the Universe is connected through the Quantum field! So the energy we carry interacts with the Quantum field, and influences the reality we will experience.



FRUITS AND
VEGETABLES

EAT FOODS THAT CONTAIN
LIFE FORCE ENERGY



GREEN JUICE
SMOOTHIES

DRINK GREEN JUICES OR GREEN
SMOOTHIES DAILY



SOUND HEALING

REGULAR SOUND BATHS
CHAKRA MUSIC



MEDITATION

MEDITATE DAILY
CLEAR YOUR MIND
CONNECT TO THE VIBRATION OF
TRUTH, LOVE AND PEACE

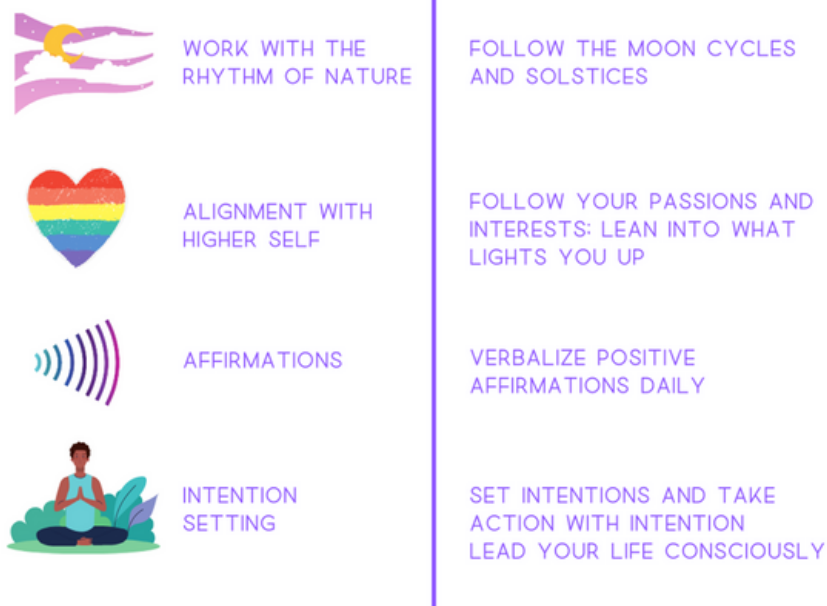


Ascension 101

Raising Your Vibe

Good vibes and Bad vibes are a THING! It's all about the vibes. You've probably felt it before - you may have walked into a room and felt the "vibes" were "off" - maybe the room felt negative or tense. Or maybe you've walked into a room of people and immediately felt joy and ease. Trust those feelings! You're picking up on the energy around you!

Raising your vibe is a gradual process. It does not happen over night! But over time, as you engage in energy clearing practices, healthy routines and mindset shifts, you'll begin to notice changes in our physical body and the world around you. Raising your vibe requires practice, and requires lifestyle changes - it is a process that results in greater Spiritual ascension.



Ascension 101

Raising Your Vibe

Focus on the practices listed in this guide with regularity, and for additional support, get our Raise Your Vibe guide to get access to 26 practices and tools that will help you in the process of raising your guide.

At your core, your Soul is pure light. And over the many lifetimes you've experienced, you've developed distortion in your energy from traumas or negative karmic experiences; as a soul who is wishing to "ascend" it is important to tend to your shadow and clear those old emotions wound. The goal in our Spiritual evolution process is to shed heavy energies and return to a state of harmonious balanced energy.

	NATURE	SPEND TIME IN NATURE HUG A TREE. LITERALLY
	CRYSTALS	UTILIZE CRYSTALS IN YOUR MEDITATIONS TO CREATE A MORE POWERFUL ENERGY VORTEX
	SHADOW WORK	INTERNAL REFLECTION AND MEETING YOUR SHADOW CLEAR OLD EMOTIONAL WOUNDS
	MEDITATION	MEDITATE DAILY CLEAR YOUR MIND CONNECT TO THE VIBRATION OF TRUTH, LOVE AND PEACE

Ascension 101

Doing the Work

By looking within and doing the work to heal and find peace, we can allow the infinite spirit of the Universe (or God, Source, etc) to move with us and for us. However, healing from trauma and facing our shadows is serious work and a serious responsibility we have to ourselves and others. Please utilize the following resources and seek support as you begin your healing journey.

Online Mental Health Resources

Better Help
Talk Space
Integral Care Crisis Helpline
Self Healers, The Holistic Psychologist

Shadow Work and Healing Resources

Books:

"How to do the Work" by Dr. Nicole Lepera
"Professional Troublemaker" by Luvvie Akayi Jones
"Rising Strong" by Brene Brown
"Daring Greatly" by Brene Brown
"Untamed" by Glennon Doyle
"Do Better" by Rachel Ricketts

Ascension 101

Doing the Work

Anti-Racism Organizations and Resources:

Me Too Movement Founded by Tarana Burke
<https://metoomvmt.org/explore-healing/>

Books on Race and Anti-Racism
<https://www.thegoodtrade.com/features/books-on-race>

Black Pearl Books in Austin, TX: Supporting Cultural Awareness
<https://blackpearlbookstore.com/>

Anti-Racism Books for Kids and Children
<https://www.nytimes.com/wirecutter/reviews/antiracist-books-for-kids-and-teens/>

Black Lives Matter
<https://blacklivesmatter.com/resources/>

Articles:

How to do Ego Work
<https://yourholisticpsychologist.com/how-to-do-ego-work/>

What is Reparenting and How to Begin
<https://yourholisticpsychologist.com/what-is-reparenting-and-how-to-begin/>

The Feelings Wheel
<https://www.gottman.com/blog/printable-feeling-wheel/>

Stress Response
<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>



Ascension 101

Doing the Work

Recommended Spiritual Resources:

The Power of Now, Eckhart Tolle
A New Earth, Eckhart Tolle
The Path Made Clear, Oprah Winfrey
Signs, The Secret Language of the Universe, Laura Lynne Jackson
Proof of Heaven, Eben Alexander M.D.
Only Love is Real, Brian Weiss M.D.
You are Here, Tich Nhat Hanh
The Instruction, Anslie Macleoud
Living in a Mindful Universe, Eben Alexander M.D.
You Are Here, Tich Nhat Hanh
The Seat of the Soul, Gary Zukav
Anatomy of the Spirit, Caroline Myss
Awakening to the Spirit World, Sandra Ingerman & Hank Wesselman

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More Spiritual Resources from Star Family Wisdom

Spiritual Awakening 101 Course

10 Spiritual Laws of the Universe Course

10 Spiritual Laws of the Universe E-Book

Wake Up to Spirituality

Archangel Guide

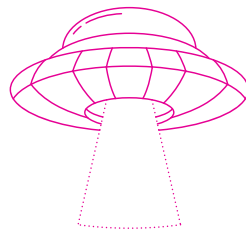
ETs Are Real

Shamanic Healing Guide

Masters of Manifestation E-Book

Raise Your Vibe Guide

400 Affirmations and Mantras



Ascension 101

About the Jenna Layden

Jenna Layden is the Founder of Star Family Wisdom, and a former Global Vice President for Whole Foods Market who has been leading teams and individuals through change and transformation for over 15 years. As an experiencer of supernatural phenomena and ET contact, Jenna has developed a passion for helping humans embrace a multidimensional reality without fear. Through those experiences, Jenna began remembering lives “off Earth” and is now focused on her mission in this life “to be a teacher of lost knowledge and wisdom from the Stars”. Now a Shamanic Practitioner and Spiritual/Cosmic Guide, Jenna connects ancient wisdom, new mind-body science and Universal Spiritual teachings to assist people in navigating their healing and Spiritual transformation. In early 2021 Jenna founded Star Family Wisdom, a podcast, modern day mystery school, and community, where she offers Shamanic Initiation, and Digital Courses on Spirituality, Shamanism, ET Contact, and Personal Evolution. Jenna has been initiated by the Four Winds Society and Q'ero lineage of Peruvian Shamanism, is a Certified Rites of the Munay-Ki Shamanic Initiation Practitioner and is a Certified Master Energy Medicine Practitioner. She is also a member of the Cherokee Nation in Oklahoma and is a passionate advocate for the indigenous communities and wisdom keepers who have been fierce protectors of humanity's original wisdom.