

Introduction to Ascension Training

Dealing With Detox Reactions

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Why might I be experiencing detox reactions?

Ascension is not only an awakening process, it is also a process of deep purification both at the emotional and physical level.

As we heal, our frequency increases, so lower frequency less harmonious emotions and physical toxins will need to be expelled from the body.

“Detox” symptoms occur when we are expelling toxins faster than may be ideal for emotional stability and physical comfort.

Many people expect “instant healing” and believe that for something to be “working” there should be the immediate absence of all physical and emotional discomfort.

In reality the emotional and physical body will often go through a type of temporary “healing crisis” while toxins are purged which means symptoms may intensify and seem to be worse before they get better.

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What are Emotional Detox Symptoms?

When lower frequency emotions are being released such as resentment, grief, sadness, fear and anger, they will intensify as they are being released during the cleansing process.

This can feel disorientating if feelings come up “out of nowhere” seemingly for no reason, it can also feel overwhelming and destabilizing.

While the symptoms are too strong, you can either cut back on daily meditation time, or experiment with bringing in additional detox support tools shared below.

For example you can cut back to 20 minutes of meditation per day for a week and see if your emotional detox symptoms have become manageable.

If not, cut back further. Over time you can test again if you can titrate back up to 1 hour of meditation per day and eventually back to the full 2 hours meditation per day with no more emotional detox symptoms.

Alternatively, one emotional detox tool described below is having a “lemon bath.” When emotions are mobilized, it is not yet well generally understood that they are imprinted into the energy field and waters of the body.

Therefore full body immersion in water with lemons for 30 minutes will quickly neutralize intense emotions resulting from detox.

If you do not tolerate lemon baths, we give you an alternative of an Epsom Salts bath.

Note if you do not own a bath, we have suggestions for you below.

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What Are Physical Detox Symptoms?

When you start to cleanse energetically and emotionally, you can experience **physical** detox symptoms too as toxins such as stored pesticides, heavy metals and infections are expelled from the body.

Physical detox symptoms can include

- Fatigue
- Feeling “hyper” or anxiety
- Pain in various part of your body – head, neck, back etc.
- Hot flushes – especially at night, causing sweating
- Very busy mind/excessive thinking
- Vivid, strange and powerful dreams
- Flu symptoms
- Headaches
- Nausea or vomiting
- Digestive disturbances or diarrhea

Like with emotional detox symptoms, you can simply cut back on meditation time to reduce physical detox symptoms and focus on testing what amount of daily meditation time you can manage.

Alternatively, for physical detox support specifically, consider Epsom Salts baths, described below.

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Field Clearance Meditation (Emotional detox support only)

The Field Clearance Meditation is a free 20 minute Guided Meditation available on the Niki Skye YouTube channel and it will help to clear out toxic emotions that have been mobilized as they are being released.

We recommend approximately one 20 minute meditation for every hour of meditation.

See the YouTube Channel [here](#). For the ad-free version, watch these meditations through the Brave browser <https://brave.com/download/>

You can also purchase the MP3 version for download in the shop at www.NikiSkye.com



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Lemon Baths (Emotional detox support only)

Lemons baths can be a very useful tool to neutralize emotions that have been mobilized into your body and energy field.

Please note if you get “skin burns” with lemon baths which are areas of the skin that get red or dark after the bath, this is due to the lemons, but the underlying cause is Vitamin A deficiency



If this happens it is best to switch instead to the Epsom Salts bath described below.

If you don't have a bathtub at home, you can buy small circular portable bathtubs from Amazon that often fit into a shower space.

Instructions:

1. Buy 3-6 lemons.
2. Cut up the lemons into 4 or quarters, or 8 pieces.
3. Place these into a bowl of 1 quart (2 pints) of pure water
4. Leave to soak for at least 60 minutes before using.
5. Fill up a standard bath (15 gallons), pour in the water and lemons
6. Get into the bath and soak in the bath for ideally 60 minutes.
7. After 60 minutes, rinse off the water under a shower.

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Epsom Salts Baths (Emotional and Physical Detox)

Epsom salts are made from magnesium sulfate. Magnesium is a powerful muscle relaxant, it can reduce anxiety, depression and may help sleep.

Sulfate supports phase II liver detoxification in case you are also detoxing heavy metals or other chemicals and toxins.

Epsom salts baths are about 20% less effective for emotional detoxing than lemon baths, but they have an additional benefit of physical detox support.

If you are doing a lot of Epsom Salts baths, you can buy large pharmaceutical grade Epsom salts bags of 10kg, 15kg, 20kg or 25kg on Amazon or eBay.

Instructions:

1. We recommend to add 5 pounds (lb) of Epsom Salts for a standard home bathtub of 15 gallons
2. Soak for up to 60 minutes

Note

If you have a tendency to low blood pressure, you might need to avoid Epsom Salts as magnesium will further lower blood pressure. In addition if you are on any medically prescribed drugs or have any diagnosed diseases, it is up to you to check you are safe to use Epsom Salts baths

