

# ASCENSION QUESTIONNAIRE V 4.0

## ASCENSION AND SPIRITUAL AWAKENING

Ascension and spiritual awakening are closely related concepts that refer to the process of shifting one's consciousness to a higher level of awareness and understanding. Both concepts are associated with the idea of a spiritual journey that involves overcoming limiting beliefs, attachments, and negative emotions in order to access higher states of consciousness and greater levels of spiritual awareness. Ascension is often described as a process of spiritual transformation that involves a shift from a lower level of consciousness to a higher level of consciousness. This process is often characterized by feelings of detachment from the physical world, a deepening sense of connection to the divine presence of Elohim, and an increased awareness of one's true nature as a spiritual being. Spiritual awakening, on the other hand, refers to a sudden or gradual realization of one's spiritual nature and the interconnectedness of all things. This realization can be triggered by a variety of experiences, including meditation, prayer, scripture study or an increased hunger and thirst for Elohim's Word to understand a deeper meaning and purpose of life. Both Ascension and spiritual awakening are accompanied by a sense of transcendence, in which an individual feels that they have moved beyond the limitations of the physical world and are connected to something greater than themselves. This can lead to a greater sense of peace, joy, and purpose in one's life, as well as a deeper sense of compassion and empathy for others. The process of Ascension and spiritual awakening often involves a significant amount of inner work, such as the release of limiting beliefs, the development of spiritual practices, like prayer, meditation and scripture study and the cultivation of mindfulness and self-awareness. It may also involve a commitment to living a life that is aligned with spiritual principles, such as love, compassion, and service to others.

It is crucial to acknowledge that every individual begins their journey in the first dimension of consciousness. It will benefit you greatly to read through the information for each of the nine dimensions to help you better understand consciousness. Throughout time, the choices and decisions we make significantly contribute to our current level of consciousness. However, numerous other factors also shape our present state of awareness. Our surroundings, the company we keep, the individuals we follow, connect with, and allow to impact and influence us, as well as the types of movies we watch, the books we read and music we listen to, all play significant roles in influencing our level of consciousness.

Our environment and the spaces we frequent have a profound impact on our consciousness.

The places we choose to spend our time in, such as our homes, workplaces, or social gathering spots, can either uplift or hinder our level of awareness. Surrounding ourselves with supportive, positive, and growth-oriented individuals can inspire and motivate us to expand our consciousness. Conversely, negative influences or toxic relationships can impede our personal growth and hinder our ability to tap into higher levels of awareness.

The people we choose to associate with, follow, and connect with also contribute to our level of consciousness. When we surround ourselves with like-minded individuals who share similar goals, values, and aspirations, we create an environment conducive to personal growth. Engaging in meaningful conversations and exchanging ideas with such individuals can broaden our perspectives and deepen our understanding of ourselves and the world around us. On the other hand, associating with individuals who consistently engage in negative behaviors or hold limiting beliefs can restrict our growth and keep us confined to lower levels of consciousness.

The media we consume, including the movies we watch, the books we read, and the music we listen to, also influences our level of consciousness. These forms of media have the power to shape our thoughts, emotions, and perceptions. Engaging with uplifting and thought-provoking content can expand our awareness and facilitate personal development. Conversely, consuming media that promotes negativity, violence, or ignorance can limit our growth and perpetuate lower levels of consciousness.

In conclusion, our journey in consciousness begins in the first dimension, and the choices and decisions we make along the way significantly impact our current level of awareness.

However, it is important to recognize the multitude of other factors that shape our consciousness. Our environment, the individuals we surround ourselves with, the influences we allow into our lives, and the media we consume all contribute to our level of consciousness. By consciously selecting positive, growth-oriented influences and fostering an environment conducive to personal development, we can expand our awareness and ascend to higher dimensions of consciousness.

## SPECIAL NOTE

In our quest for personal growth and self-discovery, it is crucial to regularly assess our progress in expanding our awareness and understanding of consciousness. By revisiting this questionnaire at least once every three months, we can effectively gauge our growth and measure the progress we have made in our journey towards higher consciousness.

The ascension questionnaire serves as a valuable self-reflection tool, enabling individuals to evaluate their evolving awareness and consciousness. By revisiting this questionnaire periodically, we gain a comprehensive perspective on our growth, identifying areas of improvement and recognizing the progress we have made. It allows us to compare our current state with past responses, providing insights into the transformation of our thoughts, beliefs, and perspectives.

As we navigate through life, our understanding of consciousness evolves. By revisiting the ascension questionnaire, we gain an opportunity to measure the expansion of our awareness over time. The questions contained within the questionnaire probe deeply into our understanding of ourselves, our connection with Elohim, our connection with others, our purpose and our perception of the world. Regularly revisiting and reflecting upon our responses allows us to witness the subtle shifts in our consciousness, providing a tangible measure of our personal growth.

The act of revisiting the ascension questionnaire prompts us to engage in a state of mindfulness. It encourages introspection and self-awareness as we explore our thoughts, feelings, and beliefs. By setting aside dedicated time to review our previous responses, we create a space for reflection and self-observation. This practice enhances our ability to be present and attuned to our evolving consciousness, deepening our understanding of ourselves and fostering a sense of clarity.

By revisiting the ascension questionnaire, we not only celebrate our progress but also uncover areas that require further attention and growth. As we review our previous responses, we may notice recurring patterns or challenges that persist. This awareness empowers us to target specific aspects of our consciousness for further exploration, allowing us to focus our efforts on personal development with greater precision and intention.

Regularly revisiting the ascension questionnaire can have a profound impact on our overall well-being. As we gauge our growth and measure our progress, we cultivate a sense of accomplishment and satisfaction. This sense of achievement fuels our motivation to continue expanding our awareness and deepening our understanding of consciousness. Ultimately, this journey towards higher consciousness can lead to increased fulfillment, improved relationships, and a greater sense of purpose in life.

## **USING THIS ASCENSION QUESTIONNAIRE**

This ascension questionnaire is a valuable tool that can help individuals in growing in their belief. It is designed to assist individuals in assessing their spiritual growth and progress towards enlightenment or ascension. This tool is particularly useful for those who are interested in exploring their spirituality and want to deepen their understanding of themselves and their place in the world.

By answering the questions in the ascension questionnaire, individuals are able to gain insights into their own spiritual journey. They can identify areas where they may need to focus their spiritual efforts in order to continue their growth towards greater awareness and enlightenment. This self-awareness can be a powerful tool in helping individuals to make positive changes in their lives and to deepen their understanding of Elohim and their relationship with Him.

One of the benefits of this ascension questionnaire is that it provides individuals with a structured way to explore their spirituality. This can be particularly helpful for those who may feel overwhelmed by the vast array of spiritual practices and beliefs that are available. By focusing on specific questions, individuals can gain a clearer understanding of their own beliefs and practices, and can identify areas where they may need to make changes in order to continue their growth.

Another benefit of using this ascension questionnaire is that it can be a helpful tool for tracking progress over time. By completing the questionnaire on a regular basis, individuals can see how their beliefs, values, and practices may have changed over time. This can be a powerful motivator for continuing to work on one's spiritual growth and development.

**If you answer these questions honestly and wholeheartedly, it will help you measure where you are spiritually in regard to ascension.**

**1. How often do you experience a sense of oneness and connection with all that is?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**2. How often do you pray or meditate?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**3. How often do you feel a sense of detachment from the material world?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**4. How aligned are your thoughts, emotions, and actions with spiritual principles such as love, compassion, and service to others?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**5. How often do you experience a deep sense of peace and joy?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**6. How often do you experience a deep sense of purpose and meaning in your life?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**7. How often do you experience meaningful synchronicities that may seem like "coincidences" in your life?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**8. How often do you feel or sense a deep and intimate connection to Elohim?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**9. How often do you read the Scriptures (at least one chapter)?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**10. How often do you study the Scriptures (at least one hour)?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**11. How often do you apply the principles in the Scriptures in your life?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**12. How often do you experience a sense of unity and oneness with others?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**13. How often do you experience a sense of transcendence or a feeling of being beyond the limitations of time and space?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**14. How often do you experience a sense of connection to the divine presence of the Set-Apart Spirit within and around you?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**15. How often do you experience a deep sense of compassion for all beings?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**16. How often do you experience a sense of being guided by the Set-Apart Spirit or divine intelligence?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)



**17. How often do you experience a deep sense of gratitude for your life and all that is?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**18. How often do you experience a sense of detachment from negative emotions or limiting beliefs?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**19. How often do you feel a sense of being part of a larger plan or purpose according to Elohim?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

**20. How often do you experience a sense of being in tune with the rhythms and cycles of the universe?**

- a. Never (0 points)
- b. Rarely (1 points)
- c. Occasionally (3 points)
- d. Frequently (6 points)
- e. Almost always (9 points)
- f. Always (13 points)

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**Once you have answered all the questions, add up your points and review the scorecard below to see where you are at.**

## **SCORECARD**

### **FIRST DIMENSION (1D) PHYSICAL CONSCIOUSNESS**

**[CLICK HERE TO READ ABOUT 1D](#)**

0-10 Points = (Low 1D) FIRST DIMENSION

11-20 Points = (Mid 1D) FIRST DIMENSION

21-30 Points = (High 1D) FIRST DIMENSION

### **SECOND DIMENSION (2D) EMOTIONAL CONSCIOUSNESS**

**[CLICK HERE TO READ ABOUT 2D](#)**

31-40 Points = (Low 2D) SECOND DIMENSION

41-50 Points = (Mid 2D) SECOND DIMENSION

51-60 Points = (High 2D) SECOND DIMENSION

### **THIRD DIMENSION (3D) INTELLECTUAL CONSCIOUSNESS**

**[CLICK HERE TO READ ABOUT 3D](#)**

61-70 Points = (Low 3D) THIRD DIMENSION

71-80 Points = (Mid 3D) THIRD DIMENSION

81-90 Points = (High 3D) THIRD DIMENSION

**FOURTH DIMENSION (4D)**  
**SOCIAL CONSCIOUSNESS**

**[CLICK HERE TO READ ABOUT 4D](#)**

91-100 Points = (Low 4D) FOURTH DIMENSION

101-110 Points = (Mid 4D) FOURTH DIMENSION

111-120 Points = (High 4D) FOURTH DIMENSION

**FIFTH DIMENSION (5D)**  
**SPIRITUAL CONSCIOUSNESS**

**[CLICK HERE TO READ ABOUT 5D](#)**

121-130 Points = (Low 5D) FIFTH DIMENSION

131-140 Points = (Mid 5D) FIFTH DIMENSION

141-150 Points = (High 5D) FIFTH DIMENSION

**SIXTH DIMENSION (6D)**  
**COSMIC CONSCIOUSNESS**

**[CLICK HERE TO READ ABOUT 6D](#)**

151-160 Points = (Low 6D) SIXTH DIMENSION

161-170 Points = (Mid 6D) SIXTH DIMENSION

171-180 Points = (High 6D) SIXTH DIMENSION

## **SEVENTH DIMENSION (7D)**

**DIVINE CONSCIOUSNESS**

**[CLICK HERE TO READ ABOUT 7D](#)**

181-190 Points = (Low 7D) SEVENTH DIMENSION

191-200 Points = (Mid 7D) SEVENTH DIMENSION

201-210 Points = (High 7D) SEVENTH DIMENSION

## **EIGHT DIMENSION (8D)**

**UNITY CONSCIOUSNESS**

**[CLICK HERE TO READ ABOUT 8D](#)**

211-220 Points = (Low 8D) EIGHT DIMENSION

221-230 Points = (Mid 8D) EIGHT DIMENSION

231-240 Points = (High 8D) EIGHT DIMENSION

## **NINTH DIMENSION (9D)**

**ENLIGHTENMENT OR ULTIMATE  
CONSCIOUSNESS**

**[CLICK HERE TO READ ABOUT 9D](#)**

241-250 Points = (Low 9D) NINTH DIMENSION

251-260 Points = (Mid 9D) NINTH DIMENSION