

ASCENSION QUESTIONNAIRE

In the Christian faith, the concept of ascension is closely linked to the belief that Jesus Christ, after his death and resurrection, ascended to heaven to sit at the right hand of God. This event is celebrated as the Feast of the Ascension in the Christian liturgical calendar and is an important part of Christian theology. One interpretation of the Ascension is that it represents the ultimate triumph of Christ over sin and death, and that it provides hope and assurance to believers that they too can attain eternal life. Furthermore, the idea of ascension is often associated with the concept of the "set-apart remnant," which refers to a group of individuals who have been chosen by God to be part of his special community.

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 God, 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, bible study or an increased hunger and thirst for God's Word to understand a deeper meaning and purpose of life. Both Ascension and spiritual awakening are often 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 bible 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.

USING THIS ASCENSION QUESTIONNAIRE

This ascension questionnaire is a valuable tool that can help individuals in growing in their faith. 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 God 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 at spiritually in regard to ascension.

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

2. How often do you pray or meditate?

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Not at all aligned (1 point)
- b. Somewhat aligned (4 points)
- c. Moderately aligned (7 points)
- d. Completely aligned (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

9. How often do you read your bible (at least one chapter)?

- a. Rarely or never (1 point)
- b. Once a month (4 points)
- c. Once a week (7 points)
- d. Every day (10 points)

10. How often do you study your bible (at least one hour)?

- a. Rarely or never (1 point)
- b. Once a month (4 points)
- c. Once a week (7 points)
- d. Every day (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

16. How often do you experience a sense of being guided by the Holy Spirit or divine intelligence?

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

- a. Rarely or never (1 point)
- b. Occasionally (4 points)
- c. Frequently (7 points)
- d. Almost always (10 points)

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

SCORECARD

17-33 Points = (Low 3D) THIRD DIMENSION

34-50 Points = (Mid 3D) THIRD DIMENSION

51-67 Points = (High 3D) THIRD DIMENSION

68-84 Points = (Low 4D) FOURTH DIMENSION

85-101 Points = (Mid 4D) FOURTH DIMENSION

102-118 Points = (High 4D) FOURTH DIMENSION

119-135 Points = (Low 5D) FIFTH DIMENSION

136-152 Points = (Mid 5D) FIFTH DIMENSION

153-169 Points = (High 5D) FIFTH DIMENSION

170-186 Points = (Low 6D) SIXTH DIMENSION

187-200 Points = (Mid 6D) SIXTH DIMENSION