



Descension: Bringing Expanded States of Consciousness to Humanity

By Suzy Miller

Humanity is always evolving, although it does not often look that way. Over the last several years, there has been an enhanced awareness that something significant is changing within our collective consciousness. You have probably heard about the collective ascension of humanity. You may have also

heard that we are moving from a 3rd to a 5th dimensional experience, but what does that mean and how does this happen?

First, let's understand that the majority of souls on this planet are indeed currently going through a process of ascension, which basically means that the experience of their human neurological, psychological, and physiological awareness is expanding. This is happening naturally and organically because it is simply time for a shift in collective human consciousness. You may or may not notice changes occurring within you but I can assure you that your personal shift is well underway!

While most adults may be moving past their conditioning and thus ascending, many of our newest populations of children are literally in the process of "coming here," or descending, to support that process.

Depending on where you are in your spiritual journey, you may be noticing that parts of you are ascending while other aspects of you are also descending. Most energetically sensitive children have full remembrance, and/or are unconsciously functioning from expanded states of their consciousness and are focused primarily on descending into the human condition.

Children diagnosed with autism and others who are highly energetically sensitive/aware as well as those who have a conscious memory of Source fall into this category. These souls are here to support the evolution of humanity by transducing/reducing their consciousness to an awareness they can successfully use here.

These souls are creating pathways from Source “down” through various dimensional experiences so that access to that refined energy of Source can support the transmutation of the lower vibrational energy that is common to our conditioned human experience.

Simply stated: Both the children and some of you are bringing what you know from expanded dimensional realms into the human experience. You may not know how you or they do that, but that’s not important; what is important is that you notice when it happens. You are aware when more refined energy enters your experience because it is in those moments that you feel your awareness shift. Some call that an “aha!” moment.

The more refined dimensional aspects of us are descending, while the more vibrationally dense aspects of us are attempting to ascend. Generally speaking, the broader vibrational aspects of our consciousness are stepping down to transform the lower vibrational limited patterns of our human conditioning.

While both patterns are a part of the natural and organic unfolding of human evolution, it can become very confusing for someone who is primarily trying to descend to be asked to follow an ascension model; this is the reason the children (and maybe you too) find the human condition perplexing. It’s also why they push against being educated into the human experience. For someone who is descending, there is confusion as to why humans function the way they do and especially why there seems to be an absence of love, appreciation, acceptance, compassion, and other expressions of heightened consciousness. Those who are frequently descending have natural skills that they have not been taught, including telepathy, remote or multidimensional sight, natural healing capacities without the

use of “techniques,” the ability to read thoughts and feelings and to alter or enhance the thoughts and feelings of others.

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This population may live in and/or experience the unseen. They frequently have access to other vibrational languages, which some call light language, and use sound, tones, written symbols or physical body movement to express their expanded vibrational experience. They experience the unseen with their five senses because their focus is in “other worlds” while using the mechanism of the physical experience to register the information they access in those other worlds.

This population also has a lot to overcome before they can fully settle into the human experience and many choose to stay in their expanded states of consciousness. When they choose to descend more fully into this experience, they cannot help but support the ascension of human consciousness. It is also evident that, as they support the raising of collective human consciousness, they find it easier to descend into it. The more integrated they become, the more impact their energy has on those around them.

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