



10 Signs You Are Experiencing A Recalibration Of Your Mind-Body-Soul System

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[Spirituality](#)

- By Dylan Harper - May 19, 2017⁴

As we transition from a third dimensional reality to a hyperdimensional existence we are experiencing a recalibration of our mind-body-soul being. A process that has accelerated in 2016 and now sees us in an intense period of recalibration through 2017, on into the next 7 years.

This activation of cellular restructuring, a quantum make over, has been triggered by cosmic waves of light energy flowing through and around our planet for she, too, is recalibrating, raising her frequencies. This process has been triggered and is being monitored. We are being guided, as a planet and as individuals, protected and healed.

The transition from third dimension existence to multi dimensional living is tricky and challenging. Highs of intense, [creative energy](#) surges followed by deep lows of blurry head, physical tiredness, poor short term memory and tearful moments.

We may feel internally conflicted, like we are being pulled in different directions. We may be more aware of the control dramas others are playing out around us. We may see through the lies and manipulations of people or society in a way we never did before. This can be disconcerting, confusing

and leave us feeling under the weather, tired and restless. As our bodies recalibrate we need to rest, stay hydrated and eat well.

We are moving from a linear existence in the [third dimension](#) to hyperdimensional reality where time is quantum. We will exist in past, present and future simultaneously. This is the fifth dimension. Full of love, abundance, flow and balance.

As we transition we move between the third, fourth and fifth dimensions. During sleep our dreams allow our spirit to free itself from the dense vibrations of the body in the third dimension. We may experience timeline slippage or acceleration. This is a rare and incredible celestial event. A unique opportunity to release karma and evolve.

10 signs you are experiencing a recalibration of your mind-body-soul system.

Your body is changing:

1. You are more sensitive to chemical based products- skin irritations, allergies.
2. You cannot tolerate synthetic food the way you used to.
3. You experience aches, pains, colds and flu's, stomach bugs, blurry vision, popping and buzzing in your ears and unusual headaches.

Your mind is expanding:

4. You are actively filtering out "news" trying to disconnect from the fear and depression it generates.
5. You have woken up to much of the lies and deceit played out in global politics.
6. You are remembering childhood passions, creative outlets you enjoyed but forgot about.

Your soul imprint is changing:

7. You are seeking quieter ways of being.
8. You are in the process or have shed friends/colleagues/family who bring your vibrations down.
9. You are drawn to meditation, yoga, healing therapies, being in nature in a way you never have before.
10. You are aware of fluctuations in your perception of time.

As we [disconnect from the matrix](#), the holographic third dimension, flowing with surges in cosmic waves, we feel this mind-body-soul recalibration, and it's not easy. Many people are restricting their diet cutting out wheat, gluten, meat, dairy products. The move towards organic non GMO food speaks of this.

The fight to stop Monsanto also shows a movement of awakening to the poisons of the matrix. The food weapon agenda is increasingly recognised and fought against. Alternative holistic remedies to matrix made illnesses like cancer drive the battle for freedom and disconnection from the kabal's hold and control of the third dimension.

All of this adds up to a bumpy ride friends. We are to rise above the matrix, [raise our vibrations](#) in alignment with Gaia yet still exist in the matrix. To be grounded, mindful, living the third dimension life whilst simultaneously attaining connectedness to the frequency of the multi verses, of love, of universal oneness.

The law of free will dictates our freedom to choose therefore if we want help we must ask for it. There are many benevolent beings whose own history interconnects with [earth's evolution](#). Along with our guides, they are willing and able to help ease this tricky transition process. Meditate, connect and ask for protection, guidance and healing during this intense period of upgrade.

Realignment of our chakras to the higher frequencies of [cosmic ascension](#) is the heart of recalibration. Balancing of the mind-body-soul trinity. We are excavating the root chakra, rebalancing our sacral chakra, powering up the solar plexus, opening and living through the heart, projecting our authentic selves through throat and activating our third eye and crown chakra. We seek alignment root to crown.

Self care is the modus operandi of the day. This is ground zero. Politically, economically we are all working harder, fighting a corrupt system plagued through mainstream media with war destruction, fear and horror, this is masses of tough sticky dark energy to wade through. All the while lightening our own karmic loads through meditation and upgrades. This requires a change in contextual perspective for many of us. The capitalist matrix dictates work work work, compete, feel inferior, work work work, compete. This is not conducive to self care.

So how to navigate these stormy, challenging times? I don't have great words of wisdom. Family keep me mindful of a beautiful present. Soul tribe keep me laughing. Home is my haven. Meditation keeps me sane.

We signed up to this. Either as a [lightworker](#) here with a cosmic and personal mission or as a soul riding the karmic release waves on planet earth as its panopticon prison crumbles. This is a rare, momentous and incredible time to be alive, breathing and here!

When you're kicked back someday in a starship lounge enjoying a cosmic cocktail this is the lifetime you and your tribe will be reminiscing about. This lifetime with its peaks and troughs, waves of intense growth towards freedom, unique experiences and true beauty of the planet and the human experience. This is the lifetime we will all remember. The one we cleared hundreds of lifetimes worth of karma.

This is it friends. The big one. Be in the present with your kids, your pals, your people. Love and be loved. Rest when and as often as you can. Stay hydrated. And remember it's happening to lots of us. The force has awakened, the red pill swallowed, Kansas is going bye bye and the new earth is where we are headed. Stay relaxed beautiful people, be calm and go with the flow, meditate and give yourself some love.

Peace beautiful people.

by [awakening5dhealing](#) <http://dreamcatcherreality.com/recalibration-of-your-mind-body-soul-system/>