

DR. KAREN KAN'S SPECIAL OFFER

Advanced Entity & ET Clearing

How to Heal the Dark to Embrace your Light



Dr. Karen's Ascension 1 & 2 FAQ

Q: Will the Ascension healing products be able to heal everything that's wrong with me?

A: Much depends on what healing type you are. If the target of the energies are a Type 1 or 2, that means that much can be healed without as much conscious awareness or effort. Type 3 and 4's however, often are here to heal ancestral lines and contribute the healing of the entire world, so they have a higher degree of responsibility. That means that sometimes Source wants them to be AWARE of certain imbalances, such as negative beliefs, before they will be "released" with Ascension healing tools or other means. Type 3 and 4's have the "work" the hardest, but often, they are already used to everything working for everyone else except them. They are often the most disciplined, because they have to be. They can't afford to be unconscious because they have agreed to stay AWAKE while incarnated into a human body. If things don't get better with the Ascension tools, it is often because there is "more to know". Luckily in our Light Warrior Bootcamp and VIP coaching group and in individual sessions we can become aware (or learn how to test for these things) of what it is that we need to know so we can change those non-serving patterns for ourselves and for the world. Remember to reach out through our Light Warrior Bootcamp Support group if you're having trouble. Support is available!

Q: How often should I play the Ascension audios with sound? The audios without sound? What about the video?

*****If you have not already watched the "Intro to Ascension Products" please take a few minutes to watch Dr. Karen's introduction here:**

http://fhtj12.s3.amazonaws.com/kk/PkgA/How_to_use_Ascension_Products.mp4.

Just remember, there is no "wrong way" to play the audios/videos.

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To determine what way may be MOST beneficial for you, I suggest muscle testing or asking during a private consult. Please check out the updated descriptions of the benefits of each audio and my most recent upgrades under **Resources in your Light Warrior Student Page** (or email my assistant Jennifer at jenniferburns@karenkan.com for the link) and that will help you determine if you want to focus your energies on one particular audio over another other.

If you are still not sure, feel free to start playing Ascension 1 & 2 audios at LEAST once a day. Do it consistently! If you are looking for specific results, then be sure to focus (even visualize and feel it) on exactly what outcome you want. For the videos, I suggest at LEAST twice a week. For the most profound results, ideally at least once a day if possible.

Q: Can I play the audios on loop?

A: Yes. Feel free to add the songs into a playlist on your media player and click “repeat” to have them ongoing. If you are very sensitive to energies, you may want to muscle test if this is in your highest and greatest good to start off by playing them on loop so you can reduce any detox symptoms.

Q: Should I play the audios with or without sound?

They contain the same benefits. The reason for the audio without sound is so that you can play it at work or anywhere without it being distracting! You can play one or the other, or both for added benefit.

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Q: Can I play both Ascension 1 and 2 on Silent simultaneously on two different devices directed to the same or different people/targets?

A: YES! That is very creative. The frequencies haven an “intelligence” so to speak, so only the highest good can be the result. I often have Ascension 2 playing on repeat in the computer room, but might put on Ascension 1 and direct it to my husband if he is playing a video game and is getting frustrated. Ha ha.

Q: I'd like to “sync” up with a partner or group by sending our healing intentions to the same target all at the same time (great idea!). If I have the audios playing on loop can I intend the healing energies to be sent at a specific time even if I'm not present to direct my energies at that time?

At the time of this writing, we would need to be 2.5 million approx ascension score in order to have what in medicine we call a "standing order" of treatment that occurs on a regular basis without us having to actually press play or do the command. That is a VERY expanded consciousness. For now, we can set a reminder on our smartphones at those time to PAY ATTENTION to our wish list and send ascension 1 and 2 at particular times.

Q: Can I distribute the audios/videos and/or make changes to them (i.e. cutting them, taking out words etc).

A: To honor the licensing policies of the artist, composer and the product's integrity, we politely ask that you do not alter or distribute the audios and videos, including posting on YouTube, Vimeo etc. If you like listening to the music, you can play the video on repeat on your smartphone, laptop or tablet.

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Q: How do I download the MP4 videos on my iPad?

A: Please watch this video tutorial on how I downloaded the videos on my iPad: <https://youtu.be/GDYD3Ugtscg>. You will need to download and sign up for a free app called Dropbox which is like having a virtual hard drive (also called a cloud drive).

Q: Does it matter where I play the audios and videos? Anywhere? My room?

A: You can play them anywhere but just visualize the room/person/place/object in your mind that you wish to target. You don't have to play it in front of that person. Same thing with targeting your sleep - just ask it to clear your sleep realms tonight!

Q: You mention that the Ascension 1&2 get upgraded. How does that happen if we already have them downloaded?

A: I energetically "update" the audios with new healing frequencies as seems necessary. When these updates occur the link at the top of this page will be updated, and I will share the updates in my [Spiritual Medicine Digest](#). So whoever has the CD/MP3MP4 will automatically be upgraded.

Q: The mp4s are a large file. Is it ok to just use the mp3s and not the mp4s?

A: The more you can be clear on how you wish to feel and experience the more the ascension products can assist you in your manifestation! Yes you can use just the MP3

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if you do not want to download the large file. If you can, however, I suggest that you do, as it adds another dimension of release and healing.

Q: Can I use both Ascension 1 and 2 to do something as “big” as diffuse the strength of the Super Typhoon?

A: Yes, just aim it at your “target” and do it daily until you get the results you desire. Keep in mind that weather that is a result of Mother earth rebalancing may or may not respond to our requests, however, much of the destructive weather patterns that abound CAN be changed with focused intention. I love asking Archangel Uriel and his team of angels to assist in any weather magic that I’m intentioning and so can you!

Q: Can I use the Ascension 1 & 2 Products for another person? Do I need their consent?

A: Yes, you can use it for another person. Just like with any other intention, imagine the outcome you wish (love, healing, entity clearing) and vividly feel and visualize the outcome. If it is not in his/her highest good then Source will block these energies from “working” in the other person. Sometimes people need to experience lack, limitation or even pain as part of their spiritual evolution. We can’t rob them of that experience and their ability to overcome obstacles. So you can go ahead and send the Ascension 1 and 2 frequencies to anyone you like, just don’t be attached to the outcome.

Q: Can I focus on multiple people, places, or things when using the Ascension 1 & 2? Does the power “dilute” if I focus on more than one thing?

A: Yes you can use it for more than one thing. Feel free to make a list of several people, places or things that you would like to clear or help heal. Many people type out a list and

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add to it. It does not dilute the healing power in any way. Again, focusing on your intention is what is most important, so just focus on each person/item on your list at least once daily when you click PLAY.

Q: Will I be able to do what the Ascension products do without actually having to play them?

Yes! I have found that some people, after listening to the MP3's or watching the MP4's for about 40 combined hours, that often they can just command that the Ascension 1 or 2 energies be sent to a particular target. They don't actually need to play the music. It is as if their energy field is already entrained to the high vibration so they can be sent anywhere to anyone at anytime. Isn't that exciting? Try it if you're in a pinch and don't have your products with you. The TOLPAKAN(™) infused products are "intelligent" and they will "know" what you want even if you're not perfect in your intending.

Q: How long do I need to focus my intention for?

A: It can be as quick as mere seconds - however long it takes for you to really visualize your target or feel the exact outcome you want. Just bring your intention when you press play for the first time that day.

Q: Can the Ascension 1 & 2 products be used to 'download' skills that I'd love to have?

A: Unless it is a skill relating to healing that I've already programmed, it won't be there, BUT you can use Ascension 2 to increase your manifesting power. You can also ask Ascension 2 to heal whatever is necessary to help you grow your skill in the area you wish - it can't hurt to try. I would also consider using Peter Schenk's Aquaware program (www.karenkan.com/aq5 to learn more) in order to program a custom intent.

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Q: Does this work at curing something specific like cataracts?

A: We don't know whether the work cures cataracts. It really is up to Source and you. But we do know that clearing interfering energies and adding beneficial ones that are balancing and supportive DO help the body heal itself. So it can't hurt to be open and put "heal cataracts" on the list of intentions.

Q: I had horrible nightmares (as did my partner) after using the Ascension products.. Is this normal?

A: A number of people have reported this as a symptom and there are two main reasons. The first is a form of detoxification. This is usually brief and does not last more than a day or two. Ascension 2 has frequencies to speed up processing and minimizing detox, but some people have a lot of layers of "baggage" that need to be removed, so they might still have some symptoms. The second is retaliation. Now don't freak out because it is generally an easy "fix". The Ascension 1 & 2 have been upgraded so that anyone playing it or is the target of its intention will call forth protective high vibrational angelic forces to protect them. Extraterrestrial interference can be a little more tricky and I would suggest playing Ascension 1 and 2 on a loop and target all entities (even if you don't know what they are) affecting your partner, children, home in any way AND everyone SLEEP REALMS. I would also target ET related interferences including any underground that might affect you or your home. Lastly Ascension 2 has the Universal Shield infused so as you play that imagine a comprehensive shield protecting you and others from any intrusion. These steps will take care of 95% of the problem. If not, you may need a one-on-one session to determine what's going on.

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Q: My child is complaining of Monsters and/or Holes in the house. How can I use the Clearing Spray and Ascension Audios to Help?

A: Charge a spray bottle with clearing spray video (do it with them). Then have them point out the hole and have them spray it until it is gone and then spray the monster. If they can't see the monster, just spray the whole hallway and their bedroom. And keep the spray (make two!) with them so he can spray under the bed or anywhere else whenever he wants.

If he can't find the monster then just play ascension 1 and tell him to imagine that a whole team of angels with big Light brooms are coming to sweep the whole house and imagine them lovingly sweeping the monster where he needs to go so he can heal his boo boos and he won't be a monster anymore.

Check out www.karenkan.com/radioindigokids for more information on Indigo children (they can see things we can't).

Q: Is it “normal” to have “negative reactions” after using these Ascension Products?

It absolutely can happen. You can muscle test why. Here are some reasons they may be occurring: Something personal to you (such as portals or mirrors), Detox symptoms of getting rid of old energetic “stuff in your closet” that's no longer serving you, or a reaction from negative energies that don't like you stirring things up.

For any negative reactions, I suggest directing my Ascension 1 & 2 products with the intention to help clear your family, home and office. If you muscle tested that it is a detox symptom, you can focus on Ascension 2, which has frequencies infused to speed up the process.

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If you need assistance please reach via our facebook group or to set up a consult with me personally here: <http://karenkan.com/packages/>.

Q: Is it normal to gain weight after using the Ascension products?

A: For about 9% of people, yes.

Shockingly, when I've been testing my empathic patients with the same issue, some of the weight is fat, but a grand majority is fluid trapped in the omentum! Not only that, the increase fat is often in the brain, which makes sense if you're me because your brain's white matter, myelin, is growing, making your brain connections super fast. I've gained 3 pounds just in my brain and spinal cord! Wild!

So other people don't have to ground the ascension for others like I do, so they don't gain any weight. But other times, the weight gain is due to detoxification. If you muscle test how much of the weight gain you have is extra fluid, extra non-structural fat (bad fat), extra muscle, you'll get an idea of what it is. Don't assume it is all bad fat. My belly is poofy for sure, but most of it has nothing to do with diet and exercise. Everything to do with energetics. Cutting cords, grounding etc. all helps. If you find you have excess fluid like me, send Ascension 1 energies targeting the movement of the excess fluid safely out of the body. Use Ascension 1 to nullify any toxins being released from you (fluids increase due to toxicity to). I'll keep you all posted on my progress!

Q: I'm feeling a lot of resistance, confusion and technical difficulties. It's making me want to throw up my hands and even have thoughts of just giving up! Do others experience this?

A: Yes, absolutely. When you made the commitment to join the Light Warrior Bootcamp and use my Ascension products, there may be a time that you will come up against resistance and that is natural and expected when it comes to personal and spiritual

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evolution! Some of this resistance will come from your own inner "stuff" and often will be manifesting issues of lack of time, convenience etc.

However more and more it seems like there is "outer" resistance with entities who have been very comfy previously are now upset that you're going through an upgrade and they feel threatened. So they will try to distract you (accidents, injuries, other people's crisis etc.) or scare you (and the more scared you are, the more energy they have to play with to make things go bump in the night or even create demonic voices you can hear while I am talking)...anything to get you to STOP your connection with this work.

I'm asking you to be brave and to REACH OUT for assistance here on this group if you're not sure. One thing you CAN do is if you have reliable muscle testing, go ahead and test the Ascension Scores of yourself and others around you, of Ascension 1 and 2 products, of me. That will give you the answer. Don't take my word for it. Trust Source. If you're having equipment issues, please tell us what the device or issue is by reaching out to our support at jenniferburns@karenkan.com.