

ASCENSION KEY

QUANTUM TRANSITION

USER GUIDE

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PRESENTED BY

JANA

THANK YOU AND CONGRATULATIONS !!!

WELCOME

Hello! It is Jana here!

I have travelled a long road to arrive here; where I am today. Now, I am deeply grateful to share this tool with you, which I am sure will **CHANGE YOUR LIFE FOREVER!**

Before starting, I want to highlight the most essential factors which will turn this device into a powerful transformational tool based on the Quantum Model of Reality. It works for everybody, independant of origin, education or age. Anyone with the capacity to keep an attention span of 20 minutes can benefit from this tool. All you need is:

1. A strong belief that it works for you!
2. To be convinved that you have the power to change your life **RIGHT NOW!**
3. Three goals you want to achieve in the next 12 months.

What is it?

“Ascension Key” is an original audio composition containing a guided meditation, as well as particular subliminal frequencies and ambiental soundscapes to relax the body and mind during the process. This device combines ancient wisdom, sound technology, and quantum theory to elevate your frequency field. This change in vibration enables you to overcome disturbances, distractions and negative experiences that block abundant life and happiness.

“Ascension Key” is applicable to **ANY SITUATION IN YOUR LIFE** which you would like to improve, advance in, change, heal, stimulate, manifest or simply eliminate!

Here some examples of areas in which you can benefit from the tool:

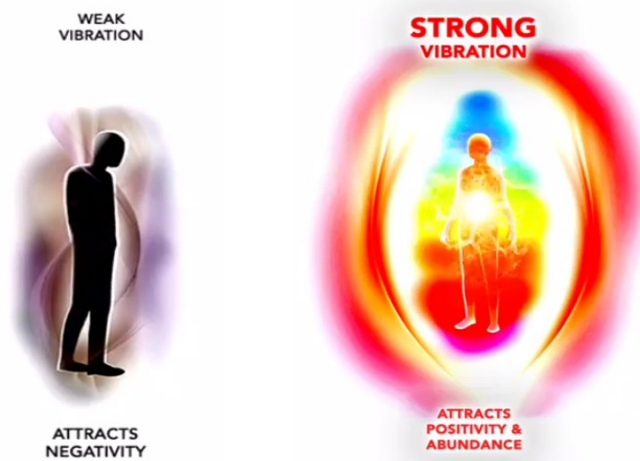
- To improve love relationships
- To heal traumas from the past
- Boost business sales
- Spiritual growth
- Heal depression, overweight, high colessterol
- Cell regeneration, rejuvenation
- Recovery from accidents and surgery
- Mental clarity, enhaced creativity
- Emotional stability, deeper intuition
- General well being, life motivation

The fundamental basis of "Ascension Key" is the **Law of Attraction**. If you are here reading this, it could mean that you have watched "The Secret" or perhaps you have simply heard before about the Law of Attraction. It is a spiritual law based on the fact that everything is frequency. All thoughts, feelings and even matter. Very simply expressed, it basically means that you attract whatever you think and feel. If you feel fear and doubt, your energy field is vibrating at this frequency and you will attract problems and difficulties into your life. If you think and feel in abundance, happiness, and success, you will attract circumstances of this frequency into your life.

"The Secret" covers the basic idea behind the Law of Attraction, but the story is incomplete, resulting in it not being very effective. By the age of 35 years, about 95% of our reality is produced and perceived by the subconscious mind, automatically repeating engraved programs formed by our past experiences. Only 5% of our reality is produced by the daily waking state of consciousness (thoughts and emotions which we convert to decisions and actions). That is why the simple act of "wishful" or "positive thinking" claimed in "The Secret" doesn't really work, as it is limited to just the 5% of conscious decision taking (Beta wave), which is far away from being impactful enough to change our reality. The real secret and the missing link is that **all changes must be executed in the subconscious mind**.

"Ascension Key" is **THE KEY** for unlocking the access to your subconscious mind, to the place inside of your brain from which 95% of your everyday reality is created. It is achieved simply by tuning the awakened mind (beta wave) into a certain state of consciousness, the Theta State (Quantum Field). This allows you to reprogram your mindset and transform all automatic programs which no longer serve you, and to create the life you have always dreamed of. In other words, the "KEY" is raising your frequency, synchronizing your conscious mind with the THETA BRAINWAVE and at the same time linking with your HEART SPACE. Like this you access directly into your subconscious mind and the "control panel" of your reality!

Making this tool A HABIT (habits are created in the neural network between 21 days and 6 weeks) will inevitably evoke a change in the neural connections of your brain! THAT, is why it is 100 % effective :) Choose wisely who you want to be, how you want to live and engage with life and what exactly you want to achieve. Press play on the "ASCENSION KEY", AND START CREATING AN ABUNDANT AND FULFILLING REALITY



How to use it?

Read this “User Guide” to familiarize yourself with the tool.

Download the package of audio files on your computer or mobile phone. You get two different tracks in WAV and MP3 format: the guided meditation “Ascension Key” and the ambient track “Ascension”. WAV is more for computers and MP3 for mobile devices.

Declare that you will change your life from today!

Choose a notebook of your preference. Here you will describe different scenes of your happy and abundant life.

Write in the notebook the emotions arising from each scene. Dedicate some time to experience them in your imagination through the five senses.

Define a precise moment during the day to relax and listen to “Ascension Key”. You may use the tool as often as you wish. I suggest a minimum of **ONE TIME PER DAY** during a period of 21 days. The process is simple but not easy, you have to make it a disciplined habit and integrate it into your daily agenda, and you might encounter interferences blocking the new program. Do not worry, it is completely natural.

To enhance the experience and ensure you receive the full spectrum of all frequencies provided, I recommend the use of headphones of at least a medium quality (from 30 € upwards).

Do not listen to “Ascension Key” while driving or operating machines.

You can choose any moment of the day that works for you. Nevertheless, I suggest during the first stage of the morning as this is when the brain automatically programs the day. Remember you want to make it a habit, so whatever moment you choose, make sure you stick to the same moment every time you use “Ascension Key”.

The elements used in this device have changed my life and those of the people around me. That is why I am so convinced that it will work for you! I have dedicated half of my life to create this tool for you to simply PRESS PLAY and LISTEN!. Consider it a gift from my heart to yours :)

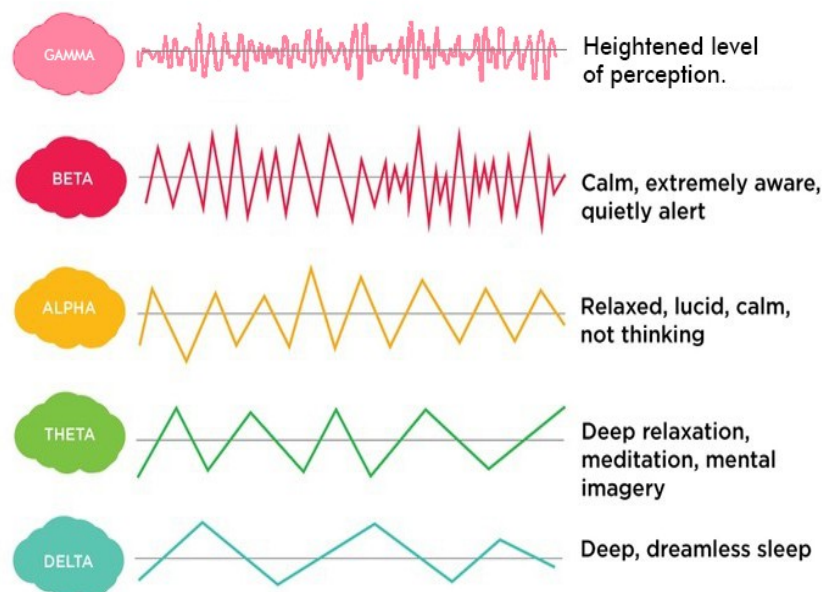
It is very possible that you start seeing results in a couple of days! New circumstances will “miraculously” appear in front of you. This is a sign that you are aligning yourself with the universal frequency of abundance. Enjoy!

THE HUMAN BRAIN

Brainwaves

Our brain produces electrical impulses with every thought, emotion, or perception, which travel through our neural network. These impulses produce rhythms known as brainwaves, gathering information to execute a determined action; the brain's activity can be observed through an electroencephalogram (EGG).

Since the first recording of brainwave activity in 1924 by Hans Berger, many scientists have studied the relation between brainwaves and the different states of consciousness, such as being awake, relaxed, or dreaming. Every thought, every emotion, and every impression is releasing a firework inside our neural network, and the result is a frequency wave. This frequency wave becomes the brainwave and is measured in hertz (cycles per second) Brainwaves constantly change according to what we feel and think. There are five different types of brainwaves identified by science:



DELTA (0 to 3 Hz)

Delta brainwaves are very slow brainwaves generated in deepest meditation and dreamless sleep. Their production is essential for our body's healing and regeneration process.

THETA (3 to 8 Hz)

Theta brainwaves naturally occur in the REM phase of the dreaming (Rapid Eye Movement). It is seen in connection with creativity, intuition, daydreaming, and fantasizing, and is a repository for memories, emotions and sensations. Theta waves are strong during internal focus, meditation, prayer, and spiritual awareness.

ALPHA (8 to 12 Hz)

Alfa brainwaves are experienced when we are in the present moment, in the "NOW". It is a bridge between the conscious and the surface of the subconscious mind, often experienced in meditation or while drifting off to sleep.

BETA (12 to 38 Hz)

Beta brainwaves are dominant during our normal waking state of consciousness. When we are alert, attentive, engaged in problem solving, making judgments, taking decisions, or focused in any mental activity.

GAMMA (38 to 42 Hz)

Gamma brainwaves are produced when experiencing higher levels of cognition, heightened concentration, and intense feeling of satisfaction.

Theta State

Theta State is quite a mysterious encounter when talking about exploring and experiencing brainwaves with our consciousness. In Theta state you connect with the Quantum Model of reality. Your perception opens to a whole new universe inside of you, infinite in possibilities and beyond space and time.

Theta State is naturally active during your REM sleep phase every night when you experience vivid dreaming. Also, it can be achieved by practicing meditation for at least 3 hours. It is also possible to access Theta State consciously and instantly. "Ascension Key" elevates your frequency into Theta State within 15 minutes.

Being in Theta state during only 15 minutes everyday evokes an effect of several hours of sleep on your brain, reduces stress and anxiety, helps to recover quickly from past traumatic experiences and is highly effective in restoring and rejuvenating body and mind.

To be in Theta State also can be really fun, as you connect and interact with your infinite potential. It stimulates that creative part of your brain and you gain access to the "hidden" knowledge of yourself, where all of your memories and feelings of traumas are retained, where your beliefs and habits are created.

Then, it becomes the perfect state of consciousness for "Goal Achievement", as you go right to the control panel of your brain, and you are able to consciously create new beliefs and habits closer to your heart.

THE ASCENSION

Guided Meditation

Meditation implies something really simple: TO BE IN THE NOW. It literally means “to get familiar with something”. The experience of meditation is being the observer of all of your thoughts and emotions, without being identified by them... It is called “guided” in cases like this one when you only have to press PLAY and FOLLOW THE VOICE WITH YOUR FULL ATTENTION. The effects of “Ascension Key” are similar to those of being in meditation for 3-4 hours.

The Heart Journey

The Heart Journey is composed of **7 phases**, corresponding to the **7 chakras**. It is a complete concept consisting of raising your frequency from the atomic perception (matter / beta wave) into the sub-atomic realm (quantum field, theta wave). Simply follow the guiding voice with your attention and your power of imagination! See it, live it, feel it, and make this journey a true adventure! This combination of a deep visual experience and the elevation of your frequency field is essential to achieve that state of consciousness which enables you to transform your reality. I have combined different elements of various techniques which I have been learning and discovering through more than 35.000 hours of research and a lot of money invested over the last 20 years. I am honored to present to you the depths of this sacred journey:

The 1st PHASE of the journey is a relaxation technique which I learned during an Indigo Lightwork Masterclass with Carolina Hehenkamp in 2006. It basically consists in the natural process of releasing physical tension via gravity into the center of the Earth. www.carolinahehenkamp.com

This “Body Relaxation” Phase reflects the **MULADHARA CHAKRA**, also known as the **ROOT CHAKRA**. This chakra is that which is processing and directing your relation to the basic instinct of **SURVIVAL**. It has the color **RED** attributed, as well as feelings of security, being centred and grounded. The material plane is reflected in this chakra, thus in **PHASE 1** you are called to completely relax your body on the physical plane and to connect with mother earth.

The 2nd PHASE is an excerpt from the sacred workshop “Earth-Sky-Heart” Connection held by Drunvalo Melchizedeck in 2006 in Switzerland. www.drunvalo.net

In phase 2, you are aligning with the Mother-Father-Child energy, and you leave your body ascending into the skies. In this you are conducting an alternation of a Theta Healing Technique to raise your consciousness to the theta frequency (4-7 Hz) which I learned in 2008 in a workshop with Micci Peternel. This “ascension phase” reflects the **SVADHISTHANA-CHAKRA**, also known as the **SACRAL CHAKRA**. This energy governs the connection with your astral body and your creativity. It has the color **ORANGE** attributed, as well as **PASSION, OPTIMISM** and **INTERNAL OPENING**. In this phase you are called to expand your consciousness beyond your physical body.

The 3rd PHASE is a creation of my own research over the years. It is an effective way to connect your mind with the quantum field. As soon as your consciousness exits the Earth's atmosphere, you let go of your physical attachments and dissolve into the black vastness of the Universe, until you fill your cells with the light of the cosmic consciousness (the Sun). You unfold your infinite and spiritual potential during the opening of the lotus flower. You connect with your center, your inner power.

This "cosmic connection" phase reflects the MANIPURA CHAKRA, also known as the SOLAR PLEXUS. Here burns the fire which sustains your life, the spark of your will power. It has the colour YELLOW attributed, as well as POWER and WISDOM, TRUST and SELF CONFIDENCE. The Sun is associated to this chakra, thus you are called to connect with the center of the Solar System.

The 4th PHASE brings you directly into your sacred heart space, your inner paradise, a place of pure harmony, oneness and bliss. (Living in the Heart / Drunvalo Melchizedek) You experience your blueprint from a non dual point of view. It is a complete new perception of yourself.

The "heart space" phase reflects the ANAHATA CHAKRA, also known as the HEART CHAKRA. It is the gate into your true potential, into a world of infinite possibilities! It has the colour GREEN attributed, and embodies PEACE, UNITY and HEALING. This chakra is ruled by VENUS and thus its nature is LOVE. In Phase 4 you are called to allow yourself to open up to love, to trust and enter into your sacred heart space.

The 5th PHASE offers you to experience complete acceptance of yourself. It is inevitable to accept the "undesired" conditions to change something in your reality. Without acceptance there is no chance of change. Even if you don't like yourself in certain situations, now you have the opportunity to let go of judgement and to accept yourself in your imperfection. This may take some practice, but it is worthy :)

The "Acceptance" Phase reflects the VISHUDDHA CHAKRA, also known as the THROAT CHAKRA responsible for COMMUNICATION SKILLS and CREATIVE EXPRESSION. It has the colour BRIGHT BLUE attributed, as well as INTUITION, DIPLOMACY and CREATIVITY. The throat chakra is a gateway between the lower and the higher chakras, so in the 5th phase you are called to accept yourself, get creative and smoothly pass through the threshold into higher frequencies.

The 6th PHASE is a highly sensitive and powerful state of creation. Now you are the protagonist of your own screenplay, the director of your life. See all details as clearly as possible! The brain does not know the difference between what it saw in the past and what it imagines right now! <https://whatthebleep.com/> In order to create a new future you simply have to live it, see and feel it as if you have already EXPERIENCED IT! This is the trick of manifestation! The brain analyses this information as something which you "already are" and your energy field begins to vibrate in this frequency. And so, by law of attraction, more manifestations of this frequency will come into your life! So, again, be as precise and detailed as possible when visualizing your goal.

The "Visualisation" phase reflects the AJNA CHAKRA, also known as the THIRD EYE. This is the center of your VISIONS and IMAGINATION. It has the color INDIGO BLUE attributed, as well as CLARITY, FOCUS and VISION. In the 6th phase you are called to focus on and visualize your goal as clearly as possible.

The **7th PHASE** is the integration of this high frequency into your body, your cells, and your DNA. The “Integration” phase reflects the highest chakra SAHASRARA, also known as CROWN CHAKRA. This is the throne of your soul and true SPIRITUALITY. The 7th chakra is the highest human chakra, reflecting WHITE LIGHT, as well as CONSCIOUSNESS, UNIVERSAL LOVE and COSMIC INTELLIGENCE. Being the highest chakra, it contains and reflects in itself the lowest chakra, the earth chakra, unifying and integrating matter and spirit. In the 7th phase you are called to integrate this high frequency into the material world, your physical body, your cells and your DNA.

Subliminal Frequencies

“Ascension Key” includes **7 selected audible frequencies** produced exclusively by Frank Droll (WAKANOA SoundDesign – www.wakanoa.de), particularly created and arranged to boost the experience of each individual on a subliminal level during the **7 Phases** of the **Heart Journey**.

The 44Hz tone is interlaced during the whole piece with all seven frequencies, which results in a deep sensation of vibration. This tone derives from 7,83 Hz Schumann Frequency. The highest measurement of Earth’s frequency acceleration (known to me at the point of production) has been +36 Hz, and the result is 44 Hz. This intensifies the alignment of your personal energy field with the Earth’s field during Phase 1 and 2. (reference: <https://geocenter.info/en/monitoring/schumann>)

- 90 Hz tone accompanies you in Phase 1 inducing deep relaxation.
- 126,2 Hz (the Sun) This frequency accompanies you through Phase 3, when you connect with the Sun and your inner center, its vibration also triggers healing of guilt and shame.
- 140,25 Hz tone (Power, Change and crisis resolved) This frequency has been chosen for Phase 4 to reaffirm to your subconscious that you have the power of change inside of you and that you are strong enough to resolve any crisis or trauma which you might be experiencing.
- 144,7 Hz tone (Mars, energy, freedom, humor) This frequency energizes you while you are accepting yourself and connects you with the freedom you feel when you completely accept yourself during Phase 5.
- 141,3 Hz tone (Cleverness, interlectuallity and Communication) This frequency enhances your interlect and the communication with your self during the manifestation process in Phase 6. Intensifying your power of THOUGHT INTENTION
- 146 Hz tone (Integration) the frequency of the final Phase 7 stimulates the integration process of the high frequency into the material plane, your body, your cells and your DNA.

Several scientists in Psychological Research examined 22 studies and found indications that there are certain frequencies which affect our brain ([2018 meta-analysis](#)). Something mysterious happens when two different frequencies are mixed in separate channels... a beat suddenly appears that is not physically there. This auditory trick is called **binaural beat**, an optical illusion for ear and brain. This allegedly causes both hemispheres of the brain to harmonize in a process called [neural entrainment](#). Binaural means “relating to both ears” and they can affect mood, performance, concentration, confidence, anxiety... ([reference](#)).

All the other sample sounds used in “Ascension Key” are exclusively made by Jesus Gonzalez (EDM producer).

Frequently Asked Questions

– **Is there any possibility that Ascension Key is not working for me?**

Everything is possible. We live what we believe. Remember that one of the compulsory things for the program to work is to strongly believe in it. Abundance is a natural state of the soul and your relationship with her will depend on the level of resistance that you print everyday.

– **When can I start seeing results?**

As you know, everything depends on you. You can start feeling amazing things in the first session. Nevertheless the results depend directly on the attention and dedication you put into the program.

– **How do I know I am on Theta State?**

You feel completely relaxed in your body and mind. The feeling is like being in a lucid dream. You feel peace and harmony with the surrounding, with the present moment and your existence.

– **I don't achieve to see anything. What's wrong with me?**

Breathe deeply. If you do not feel nor seeing anything means you are blocking yourself to the experience. Relax and keep going. This will surprisingly change in the next sessions.

– **Do I need to be sitting? Or can I be lying on the bed?**

The Theta State is the frequency of the lucid dream, so if you are lying you have more possibilities to fall asleep during the session. The contact with the feet and the Earth facilitates the flow of energy.

– **What volume is correct to use?**

The volume should be at the level you feel comfortable with; nevertheless, if it is a little bit more up than normal, the frequencies and the trip itself will be intensified.

– **What happens if one day I forget to do the session? Do I need to start counting from 0 again?**

Free yourself from any pressure and obsession reaching to any point. This tool has been conceived to integrate a new habit in your life. If you forget to do the session one or two days (weekend), means you still didn't integrate the experience as a new habit in your life. Be patient with yourself, but insist.


– **What happens when I arrive to 21 days?**

Neuroscience has studied that neuron connections in the brain change after doing an activity during minimum 21 days. It simply means a reference point. Think of integrating the new habit, more than achieving anything with it.

– **What do I do if I have negative thoughts during the session?**

Stay calm. We all have negative thoughts, the most important is not to have or not having them, but how do we manage them. Be the observer, do not be the judge. The less attention you pay on them, the less impact they will have on you.

– **What can I do if I do not go over my blocks?**

Mi mission in this life is helping the people to go over the internal blocks, that is my speciality. My email is jana@quantumtransition.eu. You can also contact me through WhatsApp + 34 654168295 

FINAL NOTE

Everything in this universe is frequency. Nowadays modern science is busy trying to fathom the depth of the spectrum of this fact. The Quantum Model of Reality has provided much inside into the nature of the human brain. Even though there has been a lot of research into the resonance of brain activity during meditation, as well as while being exposed to particular frequencies, yet still this field remains one of the biggest mysteries of human history.

“The quantum model of reality states that your environment is an extension of your mind. So, if you truly change your mind, there should be evidence in your life” - Dr. Joe Dispenza

Relax and enjoy the ride!

THANK YOU!

