

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!

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

**[www.karenkan.com/ascensioninstructions](http://www.karenkan.com/ascensioninstructions). Please note that you may have only the MP3 version with music, not all of the silent and voice ones included in the Advanced Entity Clearing Package. If that link isn't working try:**  
**[http://fhtj12.s3.amazonaws.com/kk/PkgA/How\\_to\\_use\\_Ascension\\_Products.mp4](http://fhtj12.s3.amazonaws.com/kk/PkgA/How_to_use_Ascension_Products.mp4).**

Just remember, there is no "wrong way" to use the MP3s.

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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.

### **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: Can I play both Ascension 1 and 2 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 the same of different people/place etc.

### **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?**

Currently, we must still “pay attention” in order to have our intentions direct the healing. In the future we may be able to have what doctors call “standing orders” for all of our

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requests. Thus it is best to take the time to send intentions to the target whenever you first click play, and other times in the day if you wish.

**Q: Can I distribute the audios and/or make changes to them (i.e. editing them, etc).**

A: To honor the licensing policies of the composer and the product's integrity, we politely ask that you do not alter or distribute the product, 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.

**Q: Can I burn it to a CD for myself to play in my car?**

A: Yes, as long as you do not distribute CD's to others (free or for money). Any breach in integrity attracts may reduce the healing effectiveness of the product (it's like you consciously saying, "no I don't want to maintain high vibration"). If in doubt, please ask Jen Burns [support@karenkan.com](mailto:support@karenkan.com)

**Q: Am I allowed to download them to several devices I own?**

A: Yes, including any of your children's devices (those that live in the home with you).

**Q: Will it work even if I lower the sound on my phone/computer to silent??**

A: Yes, absolutely!

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**Q: Does it matter where I play the audios? 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 by you and Source regularly. 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](#).

**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?**

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How to Heal the Dark to Embrace your Light



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. I do not ask entities for consent to clear them. 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. No it does not dilute. 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 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 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. It is still recommended to play the Ascension MP3's regularly so that you receive the “energetic upgrades”.

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How to Heal the Dark to Embrace your Light



### **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: Yes you can ask Ascension 2 to download the morphic field of a skillset or attribute you don't already have.

### **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: That's highly unusual but anything is possible. Sometimes you'll be detoxing entity-related issues in your sleep. I suggest putting "please clear my sleep realms and all brainwave states when I sleep" on your list for AS 1 and 2 healing and drink some AS1 charged tea (yes you can use it to charge a beverage) in the evening with this

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How to Heal the Dark to Embrace your Light



intent. Also direct Ascension 1 to your home and land. Use the Clearing Spray before bed on yourself and the room.

### **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.

### **Q: Can I make up an elixir or “charge” my food or crystals with Ascension 1 and 2?**

A: YES! Ascension 1 and 2 is even more powerful when you charge water or beverage with it and then drink it. Just play either one and direct your attention to the target beverage and in about 9 seconds it is fully charged! You can charge with Ascension 1 first and then Ascension 2 to “supercharge” your beverage. Remember to direct what you want to heal as you're doing the charging.

Crystals hold energy very well, however they do get “dirty” after a while unless they are the type that don't need cleansing. Nevertheless, the potency of the crystal can wane with use as they are constantly clearing stagnant energy. There are two ways to clear and charge your crystals. You can make up a spray using charged water (as above)

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## *Advanced Entity & ET Clearing*

How to Heal the Dark to Embrace your Light



and spray your crystals 1-2x a week or right after “use”. Or you can play Ascension 1 and/or 2 and direct their frequencies directly to the crystal. After approximately 9-10 seconds, your crystal will be cleanse and charged.

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

A: For some people this happens and I believe it is due to the increased production of what scientist Gerald Pollock, author of the Fourth Phase of Water, calls “EZ” water. This is a highly charged water layer that has electrical potential (think battery). This weight gain of mostly water is common in energy healers because they ascend very quickly. Another reason for weight gain is the need for grounding, so it is a good idea to ask AS2 to help ground you in all ways that would benefit you.

### **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, a few. It is usually the subconscious that is resisting change, but if we overcome that resistance we can have amazing breakthroughs in our spiritual development, leading to beautiful manifestations! If you're having equipment issues, please tell us what the device or issue play Ascension 1 on a different device and mentally SEND the energy to the faulty device, and in your mind include all the wiring, electricity, internet, WiFi etc. to thoroughly cleanse the system. If you're still have trouble contact my assistant Jen Burns at [support@karenkan.com](mailto:support@karenkan.com)