

Ascender Survey Headlines

97% of those who Ascend for **1 hour** or more per day experience an increased sense of love, peace or joy.

Since I have been ascending regularly, I have felt an increased sense of love, peace or joy. (806 responses)	Ascend for 1 hour or more per day	Ascend for 20 mins-1 hour per day	Ascend for less than 20 mins per day	Total
Strongly Agree	87%	58%	37%	61%
Agree	10%	35%	47%	31%
Neutral	1%	6%	14%	6%
Disagree	0%	1%	1%	1%
Strongly Disagree	2%	1%	1%	1%

Since I have been ascending regularly, I have felt an increased sense of love, peace or joy. (803 responses)	Ascending for 5 years or more	Ascending for 1 to 5 years	Ascending for less than a year	Total
Strongly Agree	74%	63%	44%	61%
Agree	21%	32%	42%	31%
Neutral	3%	5%	12%	6%
Disagree	0%	0%	2%	1%
Strongly Disagree	1%	1%	1%	1%

95% of those who Ascend for 1 hour or more per day have a stronger sense of meaning or purpose in their lives

Since I have been ascending regularly, I have a stronger sense of meaning or purpose in my life. (801 responses)	Ascend for 1 hour or more per day	Ascend for 20 mins-1 hour per day	Ascend for less than 20 mins per day	Total
Strongly Agree	78%	48%	29%	52%
Agree	17%	39%	43%	35%
Neutral	2%	12%	23%	12%
Disagree	0%	1%	4%	1%
Strongly Disagree	2%	0%	0%	1%

Since I have been ascending regularly, I have an increased level of vitality, energy or wellness. (803 responses)	Ascending for 5 years or more	Ascending for 1 to 5 years	Ascending for less than a year	Total
Strongly Agree	68%	52%	34%	52%
Agree	23%	36%	44%	34%
Neutral	7%	10%	19%	12%
Disagree	0%	1%	6%	1%
Strongly Disagree	1%	1%	1%	1%

88% of those who Ascend for 1 hour or more per day have an increased level of vitality, energy or wellness

Since I have been ascending regularly, I have an increased level of vitality, energy or wellness. (803 responses)	Ascend for 1 hour or more per day	Ascend for 20 mins-1 hour per day	Ascend for less than 20 mins per day	Total
Strongly Agree	57%	33%	23%	37%
Agree	31%	43%	47%	41%
Neutral	9%	21%	25%	19%
Disagree	1%	2%	5%	2%
Strongly Disagree	2%	1%	0%	1%

Since I have been ascending regularly, I have an increased level of vitality, energy or wellness. (801 responses)	Ascending for 5 years or more	Ascending for 1 to 5 years	Ascending for less than a year	Total
Strongly Agree	50%	35%	26%	37%
Agree	34%	46%	40%	41%
Neutral	13%	17%	29%	19%
Disagree	1%	2%	4%	2%
Strongly Disagree	1%	1%	2%	1%

92% of those who Ascend for 1 hour or more per day have a greater level of confidence, productivity and improved decision making.

Since I have been ascending regularly, I have a greater level of confidence, productivity and improved decision making. (804 responses)	Ascend for 1 hour or more per day	Ascend for 20 mins-1 hour per day	Ascend for less than 20 mins per day	Total
Strongly Agree	69%	37%	24%	42%
Agree	23%	46%	51%	42%
Neutral	5%	14%	21%	13%
Disagree	1%	2%	5%	2%
Strongly Disagree	2%	1%	0%	1%

Since I have been ascending regularly, I have a stronger sense of meaning or purpose in my life. (804 responses)	Ascending for 5 years or more	Ascending for 1 to 5 years	Ascending for less than a year	Total
Strongly Agree	52%	42%	29%	42%
Agree	35%	45%	44%	42%
Neutral	11%	10%	22%	13%
Disagree	1%	2%	4%	2%
Strongly Disagree	1%	1%	1%	1%

91% of those who Ascend for 1 hour or more per day say that their communication, relationships and sense of connection have improved

Since I have been ascending regularly, my communication, relationships and sense of connection have improved. (803 responses)	Ascend for 1 hour or more per day	Ascend for 20 mins-1 hour per day	Ascend for less than 20 mins per day	Total
Strongly Agree	69%	41%	28%	45%
Agree	23%	48%	41%	41%
Neutral	6%	9%	27%	12%
Disagree	0%	1%	4%	1%
Strongly Disagree	2%	1%	0%	1%

Since I have been ascending regularly, my communication, relationships and sense of connection have improved (803 responses)	Ascending for 5 years or more	Ascending for 1 to 5 years	Ascending for less than a year	Total
Strongly Agree	61%	45%	28%	45%
Agree	30%	41%	52%	41%
Neutral	7%	12%	16%	12%
Disagree	0%	1%	3%	1%
Strongly Disagree	1%	1%	1%	1%

85% of those who Ascend for 1 hour or more per day say that they are sleeping better, more rested or feeling less fatigued

Since I have been ascending regularly, I am sleeping better, feeling more rested, or feeling less fatigued. (803 responses)	Ascend for 1 hour or more per day	Ascend for 20 mins-1 hour per day	Ascend for less than 20 mins per day	Total
Strongly Agree	58%	38%	28%	41%
Agree	27%	39%	36%	36%
Neutral	10%	19%	29%	19%
Disagree	3%	2%	6%	3%
Strongly Disagree	2%	1%	1%	1%

Since I have been ascending regularly, I am sleeping better, feeling more rested, or feeling less fatigued. (803 responses)	Ascending for 5 years or more	Ascending for 1 to 5 years	Ascending for less than a year	Total
Strongly Agree	47%	40%	36%	41%
Agree	34%	39%	31%	36%
Neutral	14%	18%	25%	19%
Disagree	4%	2%	6%	3%
Strongly Disagree	1%	1%	2%	1%

87% of those who Ascend for 1 hour or more per day feel more creative and innovative artistically, in the ideas they come up with or the way they solve problems and challenges

Since I have been ascending regularly, I feel more creative and innovative in an artistic sense, in the ideas I come up with, or in the way I solve problems and challenges. (806 responses)	Ascend for 1 hour or more per day	Ascend for 20 mins-1 hour per day	Ascend for less than 20 mins per day	Total
Strongly Agree	58%	30%	22%	35%
Agree	29%	45%	38%	40%
Neutral	9%	22%	32%	21%
Disagree	1%	2%	7%	2%
Strongly Disagree	2%	1%	1%	1%

Since I have been ascending regularly, I feel more creative and innovative in an artistic sense, in the ideas I come up with, or in the way I solve problems and challenges. (806 responses)	Ascending for 5 years or more	Ascending for 1 to 5 years	Ascending for less than a year	Total
Strongly Agree	48%	34%	23%	35%
Agree	35%	43%	42%	40%
Neutral	15%	19%	30%	21%
Disagree	0%	2%	5%	2%
Strongly Disagree	2%	1%	1%	1%

Responses by Nationality

Mexican	413
British	140
Norwegian	46
Spanish	38
New Zealander	24
American	17
Canadian	15
Australian	14
Dutch	11
Italian	10
German	8
Colombian	4
French	4
Swedish	4
Uruguay	4
Cuban	3
Irish	3
Swiss	3
Argentinian	2
Finnish	2
Venezuelan	2
Belgian	1
Brazilian	1
Ecuadorian	1
Estonian	1
Iranian	1
Portuguese	1
Peruvian	1
Slovakian	1
South African	1

Testimonials

(Just a few of the English language ones)

There is permanent clarity around every aspect of my life and a deep sense of contentment that is always present regardless of what I might happen to be doing.

Life was about existing in a world of fear, its Now about living in a Universe of joy.

My life has TOTALLY changed for the better - life is ALIVE, beautiful and vibrant!!!! Its like I was in some bad dream before - this has allowed me to live the life i have always wanted, yet i didn't even realise what that was until I started practicing! AMAZING!

I feel very grateful for everything in my life. A profound sense of gratitude, peace and wellbeing in my day to day life.

I feel more connected to who I am and what is my purpose in this lifetime, therefore more grounded, focused on the present moment and peaceful. This is a truly wonderful state of being and I am full of gratitude.

When I learnt to ascend I wanted peace. What I have is infinitely more than that....love, joy, happiness, vitality, freedom. The freedom to be myself and the biggest surprise? - the freedom to be fearless!

I struggled with meditation until I was introduced to Ascension. It is so simple and so effective, and it gives me a wonderful sense of peace and connection.

Ascension is like coming home. It feels really familiar and is an authentic way to live your life. I don't feel as burdened by life and I experience less resistance to life and living. Everything flows effortlessly.

Ascension has changed my life in that it has changed how i view life: its the same life but by seeing it with praise, love, compassion & gratitude you see life with 'new eyes'.

Joy and happiness arising for no apparent reason, greater acceptance in all situations, greater feeling of freedom and ease of being

I simply cannot understand how I coped before - how my life was without Ascension. It gives me clarity, purpose and space. I am a better version of myself - thanks to this wonderful, gentle and amazing practice.

I used to feel lonely and scared, now I feel in loving connection with the world.

I have an inner peace wich I never knew possible, my relationships has gone from "complicated" to the biggest gifts, and my relationship to my job, making music, has completely changed from tense and full of fears to free, joyful and meaningful.

Ascension has transformed my life! My sleep has improved dramatically as I no longer wake up in the middle of the night with anxious thoughts! My blood pressure has dropped significantly and stress levels too.....it's magic! I realise that life does not need to be full of worry, thoughts and pain but, in fact, beauty, peace and a wonderful calm and loving connection with the world. Ascension has opened the doors to freedom for mea place with less judgement, even more love and happiness! This door can be opened by anyone

I look upon the world and my own experiences with a clearer view. I have gained new perspectives from within that guides me effortlessly. I feel like I'm able to get more done in less time. I experience an inner release and have been able to end a destructive relationship. I feel calm and liberated. I feel more present and filled with love in all the things that I do and in my closest and most important relationships. I rest in the faith that life will carry me. I feel gratefulness and joy more and more often. I feel like I've come home.

I had no idea when I learnt to Ascend how my life would change in such amazing and magical ways. My inner experience quickly became one of deep peace, a renewed sense of wonder with the world and a profound sense of wellbeing and contentment. My outward experience of the world was like switching from monochrome to full technicolour and amazing opportunities have presented themselves that I could have never imagined possible. I am so grateful to have found this teaching.

I have Autism, ADHD & Developmentally Delayed. Since Ascending, I have been calmer than I used to be, & more verbal than I used to be also.