



## *Crystal Consciousness Connection*

By

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### **CRYSTAL ENERGY RELEASE-RESTORE TECHNIQUE A NEW MODEL AND TECHNIQUE TO RESTORE WELLNESS**

#### **Abstract**

Discover the wonder of the Crystal Consciousness Connection during this experiential demonstration. Experience an infusion of consciousness energy/crystalline energy into body, mind, and spirit for improved health and wellness. In a similar way to how our Charkras, Hara Line, Core Star, and Auric Field holds the memory of every passing moment of our experience (past/present/future), crystalline energy holds the experience, memory, patterns and paradigms of greater consciousness; that of collective experience found in families, society, cultures, time frames, and dimensions. This collective energy may contain expectations and limitations that filter our perception of our true nature through a lens that may obscure our experience of each present moment. In its true nature Crystal Consciousness connects us to all the knowledge and wisdom of the universe. The beauty of working with crystalline energy in the body, mind and spirit is that it releases our true nature to what spirit intends for us, opening up infinite possibilities. Crystal Consciousness Connection has evolved from my experiences as a Certified Energy Medicine Practitioner and Instructor, Reiki Master and Teacher, and Healing Pathway Practitioner.

#### **Description:**

Based on my experience with case studies working one-on-one with clients and using guided meditation with small groups, a process has developed which can consistently assist us in overcoming boundaries and issues that affect our lives in multiple ways. This process is aligned with a proposed energetic model which extends or expands our current understanding of the Barbara Brennan/Energy Medicine energetic model of the human energy field. It includes the following significant points (some of which are “new” to this existing model):

1. Crystalline Consciousness -- band of energy resting beyond the seventh level of the field and infusing into all aspects of our being
2. Crystalline Ridge – interfacing layer between the seventh level of the field and the crystalline consciousness band of energy
3. Destiny Point – anchoring point for crystalline consciousness band to Hara Line, providing time line access for all possible past/present/future time frames and lifetimes of learning (the crystalline ridge is connected to the Earth Star)
4. Inter-Dimensional Point – connection to infinity, time frames and dimensions, possible realities, DNA, sacred geometry, and the interface between energy and matter (quantum physics) on the Hara Line
5. Core Star –resides at the top of the field on the Hara Line in this model, beyond the Soul Star and on the Crystalline Consciousness band of energy, fully balanced with the Destiny Point which anchors Crystal Consciousness at the base of the field. While the Core Star infuses energy outward from each cell, particle, and essence of our body, mind and spirit, the Crystal Consciousness infuses energy directly into each cell, particle, and essence of our body, mind, and spirit.
6. Earth Star – anchoring point for the Crystalline Ridge

This proposed model or system is particularly balanced and stable. Crystal Consciousness energy exists in a circular orb; the circular shape being the most stable of energetic forms. Movement of energy outward from the core star energy within each and every cell, particle, and sacred aspect of our being, and inward from the Crystal Consciousness energy without, is equalized and harmonious.

Any interference or compromise in the Crystal Consciousness energy and particularly on the Crystalline Ridge affects our functioning and health in very significant ways. Interference or compromise appears to set a filter in place on the interface layer, or Crystalline Ridge, of the Crystal Consciousness model which affects our reception of and perception of greater wisdom and universal truth. Expectations and issues (Karma) we have carried from every lifetime of experience in addition to expectations and issues present in families, society, cultures, etc., of all of humanity and in the mass consciousness of the universe through all time frames and dimensions may produce these areas of compromise. Notions of duality and separation which are detrimental to our functioning seem to reside in this mass consciousness energy and can impact our expression of our true self. By modulating, clearing, and connecting to the Crystal Consciousness energy, this system or model appears to release the expectations, boundaries, and paradigms set in place from all time frames and lifetimes of our own being, and also from cultural and societal mass consciousness. Once our divine essence is cleared and connected to pure Crystal Consciousness, we are free to perceive our true nature, boundless, expansive and infinite in our present reality. We are also able to connect with universal wisdom of higher consciousness in each present moment.

Linear grid structures on the interface layer become quite expanded in this process as they are releasing long held patterns. They seem to be directly impacted by the Crystal Consciousness band energy in particular. The linear grids of the Crystal Ridge are then modulated with the Earth Star, bringing them into a state of harmony and unity with the auric field. As the Crystal Ridge is anchored to the Earth Star, there is a strong balancing effect with the seventh level of the auric field. The seventh level provides the template structure for healthy development within our energy bodies, initiating a ripple effect through all seven levels of the field.

Once the Crystal Consciousness Connection has been restored, modulation moves from the Earth Star to the Destiny Point. The Destiny Point appears to be the anchoring point for the Crystal Consciousness band at the base of the field on the Hara Line further down from the Earth Star. Qualities noticed here include the resonance of all time frames of our many eons of manifestations. There is a linear quality moving through past/present/future where clearing of wounds, perceptions, and expectations that no longer serve our destiny can be released. Clearing through the Destiny Point brings our destiny of the past and future into harmony with the present and anchors us into this present time-line. Releasing any thought patterns and expectations we have self-imposed allows us to connect fully to our destiny set forth by the universe. Our pure destiny may differ from what we have expected and understood in the past, since it is now fully aligned with the Crystal Consciousness Connection.

With a clear Crystal Consciousness Connection anchored at the Destiny Point, we now take our essence to the Inter-Dimensional Point. Another anchoring point for this model or system, the Inter-Dimensional Point appears on the Hara Line beyond the Destiny Point. Here appears the creative energy of manifestation. An energy that is formed and formless in the same instant. Expansive and defined, fluid and delicate, this energy is full of potential. Modulating the energy at the Inter-Dimensional Point (which really is not a point at all, but infinity) is to release programming and connect to infinite possibilities for our present nature. Here is the possibility to access creative source energy. Modulating energy within the vortex is like touching infinity, supporting infinity to move in and out of manifestation in all of our physical (DNA), emotional, mental, and spiritual capacity. Living sacred geometry and quantum physics can be held in your hand at the Inter-Dimensional point.

Assessing the field after Crystal Consciousness Connection has been completed, reveals the Core Star at the top of the field, above the Soul Star, on the Hara Line and on the Crystal Consciousness band. Restoring the Crystal Consciousness Connection brings the Core Star into the present so it is an effective therapy to use when the Core Star is under stress or has become misplaced from the Hara Line. The Core Star at the top of the field and the Destiny Point at the base of the field provides great stability in this energy model. Core Star energy is the energy of our divine self radiating out from all aspects of our being. We shine this Core Star light through every molecule, cell, tissue, thought, emotion, and all of our essence. It is the divine essence we are throughout all time frames and dimensions. Crystal Consciousness Connection energy infuses into all our divine aspects in the same way Core Star energy expands out, nurturing our total essence with infinite wisdom, love and

understanding. These two energies are harmonious and synergistic in the human body, mind, and spirit and completely balance each other when they are clear and fully connected.

Examples of experiences in case studies:

- feeling template tiles being “re-laid” over their entire body
- renewed sense of destiny – “I’ve spent years seeing my destiny as . . . and now I see it from a different perspective . . .”
- thinking clearly and making decisions
- ability to detach from unsettling situations (family crisis, work disturbance) and be supportive and insightful towards resolution of those issues by bringing a new perspective
- improvement of migraine pain and frequency
- lifting of heaviness physically, emotionally, mentally, and spiritually lasting effects

STEPS FOR CRYSTAL CONSCIOUSNESS CONNECTION:

1. Open to future possibilities in the energy field
2. Peel off what no longer serves the highest good from the Crystal Consciousness band and ridge in the future and present
  1. Expand pure Core Star energy into the present
  2. Stabilize Core Star energy in the present
  3. Peel off what no longer serves the highest good from the past
  4. Modulate past, present and future
  5. Modulate Crystalline Ridge with Earth Star
  6. Modulate Crystal Consciousness energy with Destiny Point
  7. Connect to Inter-Dimensional Point

Ground client

An important aspect of the process is bringing all of the energy systems into the present. When our energy is predominantly in the future or the past, or in mental processing or emotional processing, the Core Star can shift from its stable position on the Hara Line. When this happens we become extremely distressed and may have physical symptoms such as nausea and vomiting, headaches, heart palpitations, and be unable to focus or think clearly. Reconnecting to Crystal Consciousness brings the Core Star back onto the Hara Line and into the present and resolves much of the tension in the field on all levels. Because we have released the mass consciousness effect of duality and limitation, the Core Star energy can present itself fully in all aspects of our being in a relaxed and comfortable way. In this state we have the freedom to experience our divine self functioning in an expansive and supported manner.

“Languaging” these experiences imposes labels and limitations of my own perception onto the wonder of energy. So much is happening on levels of awareness that cannot be expressed in the form of words. I invite you to experience healing with Crystal Consciousness Connection for yourself and with your clients. Any feedback you could offer to me would be valuable in developing this body of knowledge.

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