

# Crystal Process

## TAG, Galactic System of Transformation



Experiences, stories, and concepts are held as "seeds" within our energy fields. Each experience comes with a memory, emotions, beliefs, contracts, and personality. Some names we have given these memories are Inner Child, Lost Soul, Frozen Child, etc.

We are made aware of this storage in many ways. A memory flashes into our consciousness, a part of our body begins to ache, emotions well up into our eyes, fear clutches at our gut. These are indications of these hidden selves. Knowing that, they can be heard, healed and released.

**Crystal Process** is powerful to give voice for the old "seed" in order to heal/transform it.

Imagine the pain coming from a hidden part of you, a child perhaps. Invite the aspect/child to be held in the safety of your space and your spiritual "angels".

Ask these questions, writing the answers in your journal:

- "Who in my field knows the cause of .....? Hold a quiet space until you 'hear' something like, "I do". Write down the "I do"..."
- "Do you have a name I could call you?"
- "Where in my body do you reside?"
- "What is the job you are doing in my life?"

- "Are you doing the job alone?"
- "What actions do you take to get the job done?"
- "Is the job to protect or punish me?"
- "How are you feeling about that job?"
- Ask the child to tell you anything else that s/he needs to say.

Once you have a clear picture of what the aspect is doing and why, let the child know that you, as the adult, are ready to take the job back. Assure the aspect/child that you appreciate the great care and attention that was given to make sure the job was done. That this part of yourself is loved and is now safe.

Decide how you want that job done, or how you want the concept changed.

- Dialogue with your Spiritual Teams such as this, "That belief is a part of my past experience. S/he did a magnificent job of holding the pain so that I could grow. Now, let's design a better system for walking my life.
- Ask your spiritual teams to take the script, costume, mask and all that this aspect/child aspect of yourself has created for the role and turn it over to the angels.
- Next, hold the space until you sense that all of the "children/aspects" are clean, light and dressed in soft clothing.
- Sense/see the collected costumes as large piles of dark energy.
- Clap you hands, snap your fingers and the distorted energies are crystallized and transformed back to light.
- Ask what experience the child wants to have, i.e. play, dance, quiet, joy, music.

- Make **Reality Statements**, one for the experience of the child / aspect and other for your new life.
- For example, 1st: "My child / aspect is held in safety and plays freely in the home of Divine Love." 2nd: "I move with safety and grace through my expanding life with clear discernment, spiritual help, and the authority to remove anything that would entrap me."
- Take the **Reality Statements** through the **Reality Shift Process**.
- Sense the "child / aspect" being moved into that new world. Breathe the new freedom and reality into yourself in all worlds, lifetimes and realities.