

Crystal Process



We all have many experiences that are held within various of our body suit. Each experience comes with a memory, emotions, beliefs, promises and personality. Some names we have given these memories are Inner Child, Lost Soul, Frozen Child, etc.

In our present, every day world, 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 that our hidden selves are ready to be heard, healed and released. How do we do that has been the major question. Crystal Process is one tool for transforming the old experience/pattern.

A situation occurs which triggers a response within you. This response may be one of discomfort or major pain.

- Identify the feeling, memory, thoughts. Acknowledge it and ask The Energy if it is of Your Light. If not, Ask the PTO teams to come and move it to it's home of Origin.
- If yes, invite the child that holds this discomfort to invite those with similar feelings to join her.
- Let the child tell you about the pain. and/or job that she holds.
- Decide if you need her to continue to hold the belief and pain.
- If not, dialogue with your Spiritual Teams such as this, "That pain, experience, belief is a part of my past experience. She did the job of holding the pain so that I could grow. She has done that job very well. Now, I want a better system designed for that removing the pain and/or doing the job.

"These situations are complete in my life path. Now, you can take the script, costume, mask and all that she created to take on role and turn them 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 children want to have, i.e. play, dance, quiet, joy, music.

Make a **Reality Statement** for the new life script and do the Reality Shift Process for you and all to whom you are connected.

Sense them being moved into that new world and breathe the new freedom and reality into yourself. Give it permission to expand your systems and your life.