

Global Awakening News


Commentary and Guidance for Enlightened Change During Rapidly Changing Times

~ Special article reprint ~

May 2009

“The Crystal Body Exercises”

These essays are presented for their value to anyone who cares about the future as humanity prepares to make the greatest shift in consciousness and existence ever. We cover a wide range of topics including social-values research, “future-views”, the world situation, and advanced spiritual perspectives.



“GLOBAL AWAKENING means individuals and communities becoming aware of and embracing their true nature – one of interconnectedness, service, and spirituality, as we express extraordinary dimensions of our larger being. “

April 2009

The crystal body exercises

Personal Comments

By Alex Kochkin

Had I not had a basis of trust with John Crawford, I might not have paid attention to these exercises. I have experimented with various practices and worked with various energy practitioners over the years and found all to be lacking. Also, it is important to note that while these exercises do involve spinning of fields and various geometries, these are not artificially imposed “merkaba” exercises; rather the structures are natural to your energy systems.

A few things I wish to say about the crystal body exercise:

The crystal body exercises are good as preparatory ascension practices and as a way to develop a more conscious approach to one’s ascension and connection to greater self. They help establish a spatial and energetic relationship with 2 energy bodies below our 3-d body/energy envelope and with 4 more above us thus extending our ordinary awareness into a more connected conscious relationship with our greater self.

The crystal body exercise is centered around the 3rd chakra area and thus helps in connecting of more of our greater self to the personality self in 3-d and vice versa. Many spiritual teachings are focused on developing the heart center and do not touch on the foundational energies for human-Earth physical existence. Also, there are various spiritual exercises that focus on power and the lower energy centers and yet fail to connect higher self and higher levels of existence and thus lead to distortions of the personality and reinforcing of dark force influences.

These practices help you gain a better connection to your energy bodies and greater self. There are tangible benefits –like having such a “bad day” with “cattywampus” energy dynamics”. This is readily determined and realigned as you visualize the various elements and work with your spin dynamics. Inner body off axis? Need additional support from more of your greater self? Then your lower and upper energy will gladly kick in and help set you “right as rain”.

Consider it is like “arriving” so as to collect all of oneself before “translating” to new levels. This is of value regardless of whether one’s immediate higher trajectory is an upshifting across all aspects of self or an initial descension of more of one’s greater self in preparation for transformation.

The structures and the spinning:

As you gain familiarity and proficiency with these exercises, you develop a more integrated presence and in doing the later stages of these exercises, you can momentarily flash on the basic structures and patterns and move on with the practice quickly, foregoing many of these basic steps. As you develop a more integrated or complete system, a broader and deeper

frame of reference continues to develop. The spinning of the square-prismatic structures tends to blur more into a cylindrical tendency and the large soul body structure can seem to take on different shapes as well. The upper and lower points to the “crystal” structures can appear to have five or more facets at times.

An interesting effect may be noticed that shifts your balance and center of gravity. You might be first aware of this as you begin to activate your outer body crystal or as you synchronize its spin with your lower aspects, this may also shift again as you synchronize with your upper bodies.

Questions concerning heart versus solar plexus chakras:

Concerning the question of 4th (heart) chakra level versus 3rd (solar plexus) chakra level as a central point of focus, this is a false dichotomy. Just like any good and useful exercise focused around a specific energy centers, each has its value. Thus there need not be a “right” or “wrong”. Indeed for some people this exercise may not be appropriate.

It is interesting to note that earlier pioneers such as Auribindo and Mirra were primarily focused on the descent of higher vibrational consciousness (the supramental body they like to call it). One of their preferred methods, if one can call it a method, was the use of focused intent (there is that word intent again!). It is further interesting to note that the Taoist Golden Flower exercises were focused on both the recovery and stabilization of the core energy system as well as the cultivation of a new energy body centered somewhere between the 2nd chakra and 3rd. In both cases, these approaches sought to find a focus that related to connecting higher realm vibrational energy with that of the energy centers of human focused 3-d physicality.

This has immediate applications to the transformation of the body as well to the transcending of biological death. Within the dark force controlled domain, it is possible to be heart-centered, but to descend ones higher energy further has been (and still is) very challenging. Today, the descent of ones higher energy bodies is not quite as difficult as it was years ago and this exercise is one that will aid in this process, and does not further enmesh you to the “dark control systems”.

I find it useful to consider the 4th chakra as an analog to 4th dimensional bandwidth – a transitional state between 3-d and 5-d + plus. Thus we find many people who seem to be focused on being heart centered, yet who are not very stable energetically and are often lacking in discernment. Thus ways need to be found to further bring in more fully one greater self, this relates both to the ascension process as well as the overall transformational process.

Energy structures and “normalcy”:

Lastly, everyone is uniquely configured energetically speaking. We all have different higher self energy centers including different primary and secondary energy centers within our body fields. Furthermore, *all* chakra exercises and illustrations tend to be idealized and therefore *no one* will ever be able to “conform” to idealized patterns. Imagine a standard bell-curve population distribution. There is much that is unique, even in terms of the number of major and sub-major energy centers. Even the angle of spin axis for the chakras varies for everyone.

Many energy healers and clairvoyants who are not sufficiently advanced can inadvertently cause harm to their clients if they are not cognizant of this and try to force conformation to an “ideal”.

The present ascension and transformational processes are affecting everyone on the planet and everyone is shifting and changing at slightly different rates from one another.

Compatibility with other exercises:

This exercise is not in conflict with the other practices that are being summarized in the forthcoming installment of this final issue of GA News. This would include the golden flower/hui ming ching and third eye practices.

Audio tape:

An audio tape to aid in doing these exercises is under consideration, possibly with various entrainment background. However, one could easily make their own by recording these instructions for oneself. This would allow for more complete inner concentration.

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Preparatory practices

Ascension & Energy Bodies

by John Crawford

Important disclaimer: *These exercises should not be undertaken except by those individuals who are serious about spiritual evolution. [Ed.]*

In order to understand the meditation and the effects of the exercise I find it important to give some background information on the ascension process and the history of development for the exercise. Important points to cover will be:

- Training that led to the understanding to the crystal structures within and around the body and soul.
- The training that led to the understanding of the structures within and around the physical body.
- The crystal structure within the body.
- The crystal structure outside of the physical body. Understanding of Aspects: what they are and how they are inner related to our physical and spiritual selves.
- Origins of the exercise both inner and from source.

The Three Stages of Ascension

When just looking at the process of ascension one can see three distinct processes that occur:

- The first the most discussed process is when an aspect (you) finishes all of the training and learning that it needs and completes the changes in the self at its current level. It moves to the highest level of the dimensional or energetic structure. It has extended freedom to move within that structure and to work at all levels of that structure.
- The second occurs when all of the aspects move to the highest level of their existence structure and then all aspects ascend or move upward within the dimensional structure.
- The third process is when all of the aspects unite into the greater whole of the soul self and the soul becomes an individualized being and moves into the greater creation structure.

These are not to be construed as an absolute 3-step linear progression.

Understanding the ascension process is difficult, partly because of the vocabulary used by different people, but mostly because of the different descriptions of ascension and the expectations resulting from these descriptions. Most descriptions come from people who have limited understanding of the realms beyond the immediate structure of embodiment. In attempting to describe an event that does not fit into their understanding of structural levels, it is natural to translate it into words and actions that fit ones understanding of the universe and their place in it.

One thing that makes it difficult to understand is the deficit of knowledge of the structure beyond the level of embodiment. Another challenge is how to transition beyond this structural level. Often what people describe as ascension is just the expansion of the person to a vibrational zone just above this one and their subsequent vacating from the physical environment. For some there may well be the perception of their complete disappearance from their previous 3-d physicality while in other cases the consciousness of their personality self will vacate the 3-d body, leaving the body behind. This would be consistent with the process following natural or catastrophic death. (There is little point in speculating at this time as to what percentage will have what sort of experience.) While this is not the entirety of ascension, it is a part of the ascension process and represents important growth in preparation for what is viewed by the greater whole (that is, from outside the fallen sector) as true ascension. *(For an overview of ascension and its various expressions, see “Ascension and Transformation” in Part Two of Winter-Spring 2008-2009 GA News.)*

Within our Creation Structure, there are dozens of known levels of existence. We as individuated souls inhabit seven distinct levels within this Creation Structure. Our first level is not on the lowest level, but is very close. Our human personality consciousness resides primarily within the third level (3-d) of a seven level structure. Each level has distinct qualities and we work with the energies of that level to gain mastery of that level. The goal of ascension is to have all seven bodies or aspects complete the ascension process within its individual level. When this happens, each of our seven selves on the seven levels moves upward or ascends within the dimensional structures.

We have individuated bodies on each of the seven levels. Each lives a life on that level and develops there. We influence each of these levels as each level influences us. The greatest influence is generally from the levels closest to us but all play a role. These seven levels are an out-picturing or projection of our soul just as our seven chakras are an out-picturing or projection of our place at this level. Our chakras are also a direct connection to the two aspects below and the four aspects above us. In keeping with the principle of as above/so below, etc. our seven aspects and seven chakras, correspond to basic levels of this creation.

When one aspect or energy body has completed all of its work on its level and is ready to move on, but one or more of the other six is not ready, that aspect moves to the highest energetic area of the level it manifests. When it does, it can appear that it has ascended or moved upward to the next level. In the sector we are in this is more often the case. What can happen is that the person may decide to descend back into matter and re-embodiment for further growth or move upward to the highest area of this level. Those on the highest area of this level who can interact with humans at their lower level of development are often seen as “ascended masters” because of their development and because they have retained the ability to interact and influence things at this level. This is only possible because they remain attached to this level and have not moved on to the next level. When they truly ascend to the next level their ability to interact at this level will be limited at best, and impossible in most cases.

It is this latter feature of the ascension process that can be seen in the multiple bifurcations of humanity now occurring –in many cases this is leading to a vibrational differentiation. Those closest to the up-shifting are finding greater challenges in interacting with others who are still at a relatively lower vibrational state.

Let us consider ascension as seen from the greater whole of those who are not limited to this creation structure. There are many creation structures within the beingness of God. These are

contained within a greater creation structure that is itself contained with other greater structures within even greater structures. The “greater creation beings” consider ascension to happen when a being brings all seven aspects into one whole and grows into the greater being that is the soul itself. Once that happens, the greater self graduates or ascends out of this creation structure and continues a process of growth and movement into being a Creator with the responsibilities of a “Creator being”.

One of the difficulties of the movement through the levels towards the ascension is that it has been a gradual process. This process can accelerate through the aligning of the seven bodies and their purpose. Also what is needed is to get all seven bodies vibrating at the same frequency at the same time as well as beginning the process of aligning these bodies with the frequency of the greater soul self. There are techniques available for this requiring focused intent to bring it about. You are in a unique place to help this happen, as you are on the third density level, comparable to the third chakra, the level of power. You can develop the ability to bring your other aspects or energy bodies into harmony and supply the power necessary for the connection to take place. This leads to freeing oneself from the life to life, level to level requirement that has characterized ascension.

The ascension process can be a gradual one, moving one or more levels within the creation structure until the mastery of all levels or it can happen very quickly in creation time. When all aspects begin to work together to master ascension then the soul can ascend from this creation structure and become a true (beginning) creator being. The following exercises can help with speeding up the process of getting all of the aspects working together to assist with the creation process and freeing the soul self from this creation structure.

My Training As It Relates to the Origins of the Exercises

It is important to show how my early training interrelates to the larger exercise. In doing so it will give a background to the exercise and demonstrate how it relates to structures both within and around the body. The introduction to my teacher of a shamanic path occurred in the mid nineteen eighties. I was receiving training on soul travel when we first met. On one of my journeys outward, I was receiving training at the third level above this one. My teacher on that level changed the nature of the training and we moved sideways instead of in an upward direction. He said that he had someone he wanted me to meet.

We arrived near a leaf hut in a jungle setting. Going in a short man who radiated power said that he was my teacher of the “power” path, (my words) and asked if I wanted to continue with him. My relationship lasted from that point until the spring of 2008 when he transitioned out of the physical body. At the time of our first involvement and for some years I was unsure if he was in a physical body or if he only existed at that higher level. We never met in the physical yet trained at his places or he came here to my places and helped me to learn and remember my training. It was not until he told me the year before his transition that he was leaving that I was completely sure that he was in the physical. He had aged over the years but still we only met at a higher energetic level. As to his location, he never told me where he lived but I believe it near the mountainous area of Peru. I say this because of my looking into other shamanic teachings. The only teachings that covered materials that we worked with stated that they came from the lineage of teachers that had gone up into the mountains there when the white man came to South America and had only come down and began teaching others in the last hundred years. Much of what he taught me is not important to this exercise but certain trainings have a direct impact on the understanding of how the exercise is not one that

attempts to create new structures but one that builds on the natural structures within and around the physical and soul body.

About Aspects

The training about aspects came about slowly as well. I had learned about higher selves but the training did not really prepare me for learning about aspects. From my perspective when talking about higher selves and aspects, there are great differences as well as similarities. The higher selves appear to be largely connected to this level (3D) just at a higher vibrational rate. They also connect more directly to this physical body. The greatest differences in the aspects are that they are on different dimensional levels and that they are more solid at their level than higher selves.

In training with my teacher he would teach me a technique, have me observe him for some time then he would observe me, as did the technique. When I had mastered the technique, he would remove himself somewhat from me only coming in on occasions or when I had serious questions about one or more techniques. He would most often come where I was doing my work when there was a person or situation that allowed him to advance my training. I could go to where he lived when I had general questions but for techniques, he more often came to where I was working.

When it came time for me to learn about aspects I was working on a person who had difficulty with one leg as well as other serious physical and energy imbalances. In doing the session, he had me move up the golden cord or hara line that came into the crown chakra. When I first did the process as well as in other situations I found it very laborious climbing up the cord. It became easier the more I did the process. As I moved up the cord, I came to a resistance and an area that appeared to have a small opening. With persistence, I moved past this resistance. I became aware of another body above the physical level. It appeared very substantial but injured. I found that a leg was missing on this body. It was the same leg that the person was having difficulty with. Following instructions from my teacher, we were able to help in the healing of this body and begin the process of bringing back its leg.

After a lengthy session with this body, we again moved upward moving through another area of resistance. When we arrived there, there was another body but this one had a creature on its back that was doing some kind of damage to that body. When I arrived, the creature began to attack me and attempted to harm me or cause me to leave. I knew or told that this creature was causing great harm to this body and that this was causing harm to the person on the 3D level. A battle ensued and we were finally able to remove the creature and send it away. After that, we began repair work on that body. When this was completed, we moved downward back to the 3D session and the person I was working with. There was immediate relief of several symptoms and they continued to improve after that.

This training went on for quite some time with my learning to move upward to higher and higher aspects. In my training, I learned that most people had four higher aspects. A few people had as many as five higher aspects but this was unusual. The interesting thing about the persons who had five aspects above them also had an extra chakra between the fourth and fifth chakras. I began to learn that if a person had a problem with a higher aspect that there would be a problem with a chakra in the physical body. If the aspect was just above the physical then the chakra with the problem would be the fourth chakra. If it was, the third aspect above it would be the brow chakra. Therefore, a pattern of correspondence between

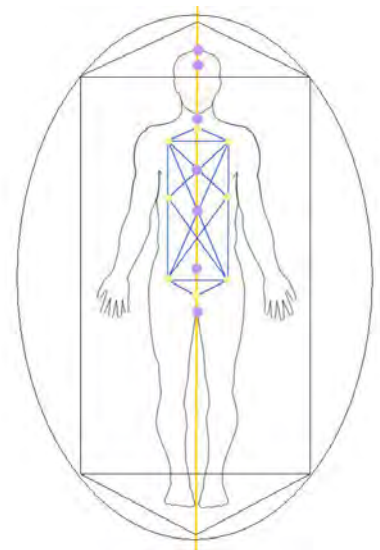
the aspects and certain chakras began to emerge. Later as my skill with working with the higher aspects continued I became aware or shown that there were two aspects below the physical and that these related to the second and first chakras.

This training took years to master and while I was undertaking this training, I was increasing my skills in doing soul travel. This training moved beyond traditional soul travel and I learned to move beyond this creation structure and into the higher/larger creation structures within The Creator. While learning this I learned how to move out of the aspect ladder or structure and look at all of the aspects at once. When this happened, the structure of the greater soul self became apparent. It had a shape somewhat like the shape of the energy field around an aspect but on a much greater scale. At this time, I came under the teachings of some very great beings and learned about some of the structures of the greater soul self. One of the greatest things that I learned was that to the soul the aspects are like chakras in our physical bodies. The aspects are an image of the soul at each level and what affects each aspect affects the soul as well.

Inner Crystal Structure

The first set of exercises took many years to pass to me because of its complexity and the many ways it assists in healing the physical body and in aligning the energies within. It focuses on six points of energy on the front and their corresponding points on the back. With these are also two points in the center of the body above and below the six points. This points form an interlocking grid of energy that works within the physical for all aspects of healing and energy balance. It was not until I received the crystal body exercise that I understood that each of these points were, in fact, points of a crystalline structure within the body.

Locating the points on the front of the body is relatively easy. To find the lowest two points of the rectangle locate the hip bones in the front, placing two fingers beside the hipbone on the inside and the point is usually located beside the point. The mid points are located over the liver point and spleen point. The top two points are in a straight line above that about two finger widths above the heart center and to the side. The upper center point is located on the center line of the body or the hara line. It is about two finger lengths below the “v” of the collar bone. The lower point is also on the central energy line and half way between the second and first chakra close to the top of the pubic bone.



Outer Crystal Structure

The next set of trainings that I was given was about four lines of energy outside of the physical body and located usually within the energetic aura in most people. These lines were from about the level of the feet up to the level of the head. They were usually located to the front right and left and back right and left about an arm's length away from the body in more or less of a square shape as seen from above the body. The training was in aligning the energetic bodies using these cardinal points and seeing where the physical and energetic bodies were out of alignment by seeing how these were out of balance or position. Again, I did not realize how these were four points of a crystalline body until after learning the crystal body exercise. When I first learned about the structure, I did not receive information about the connection to

the central energy line. I was aware that there was some energetic connection to the chakra above the head and the one below the feet but there was minimal information given about the connections.

In a later form of the crystal body exercise guidance given will help you to see a crystal structure around each of the chakras. This is the only crystalline form that I did not get prior training in when helping heal the physical and energetic body.

I received the crystal body exercise after a conversation I had with an aspect or projection of The Creator. It was a time when I was aware of great confusion existing in the minds, hearts of many people about what was truth, and what was true information coming from others. Because of this confusion I asked The Creator if there was a way for people to clear themselves, to clear the confusion and to know what truth was really. The result was the meditation that I began learning using in my daily life. It is true that there are days or weeks that I do not use it but each time I do I find that I am closer to real or the real me than before.

The crystal body exercise came to me in stages. It was necessary to gain some proficiency in doing one stage before moving to the next. Not all of the stages of the meditation are in this exercise yet the major points/exercises are covered.

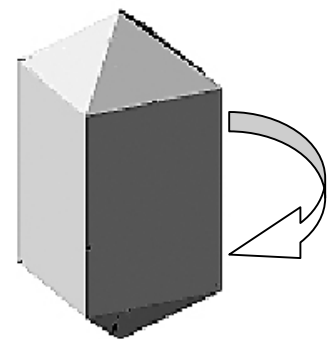
Crystal Body Exercises

The exercises are not all of the exercises given to me yet they are the key ones in what I would call the ascension series.

It is important to mention the direction of spin for the crystals. The crystals can be spun in any direction. There are four primary ways to spin the crystals. 1. You can spin the crystals in a clockwise direction from left to right. 2. You can spin the crystals in a counter clockwise direction from right to left; 3. Spin the inner crystal clockwise and the outer counter clockwise; 4. Spin the inner counter clockwise and the outer clockwise; or 5. Simultaneous counter rotating fields.

Important: *There may be times that you are aware of three, five, or six facets to your crystal body apex. However, for the purposes of these exercises, we will be focusing on four (4) and that they are rotated in a clockwise direction. (Clockwise would be as if you are above your head looking down.)*

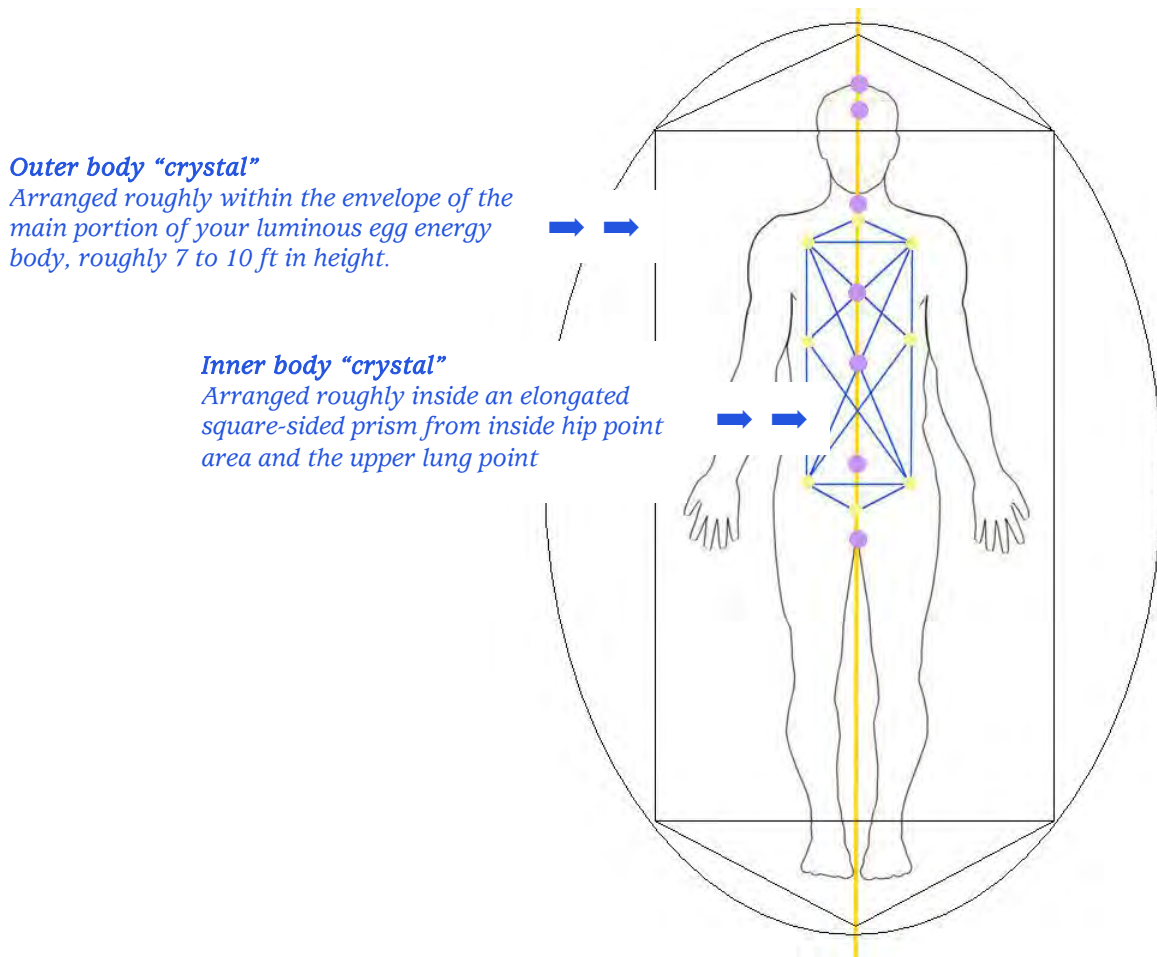
Each direction you spin the crystals has a different effect and each has benefits but for the purpose of this exercise we will be using one direction only. I was initially given this direction in doing the exercises. It is the one to use when the exercise is for ascension. The exercise can be used for other purposes such as adding additional protection or clearing the energies of the physical and energetic body but again for this exercise we are focusing on ascension.



4-sided crystal shape with clockwise rotation

Figure One:
Inner Body “Crystal”

Outer body crystal is shown relative to idealized luminous egg body
The major 7 chakras are purple dots



First Crystal Meditation

This exercise will be focusing on the inner crystal structure and the outer crystal structure of this physical body. For the location points for the inner and outer crystal see Inner Crystal structure and Outer Crystal Structure above.

4 Steps:

1. First concentrate on the inner crystal structure. See it begin to spin in a clockwise fashion (from left to right). Keep it spinning faster and faster until it is a blur. Hold that for a minute or more. Begin to let it slow down and it will slow down to a natural rhythm or frequency.
2. Next focus on the outer crystal. See it spin in a clockwise fashion. See it moving faster until it becomes a blur. Allow it to slow down to its natural frequency or spin.
3. Now lock the two crystals together in a spin. See them spinning at the same speed or frequency. See this spin become faster and faster until it is a blur. Hold this for a couple of minutes or more then see them slow down to an easy, natural frequency.
4. It is not necessary to see them come to a stop, as they will do that on their own after a period of time. It is important to practice this exercise several times before going on to the next exercise.

You can do it several times in one day or over several days, whichever feels comfortable to you.

Crystal Body Exercise and Aspects

Doing the exercise for the seven aspects is similar to the exercise above in that you will be doing or seeing the exercise for all seven aspects. You are the third aspect from the bottom in the aspect ladder. In other words there are four aspects above you and two below.

The suggested starting point is with the third aspect (you), move downward to the second then the first. After that see the aspect above you then the next one up, etc.

The important actions here will be:

- Seeing each of the crystal structures in each of the aspects
- Getting the inner and outer crystal structures of each aspect rotating at the same speed or frequency
- Getting crystal structures of each aspect rotating at the same speed/frequency (all seven rotating at the same speed)
- Seeing the crystal structure of the soul self
- Seeing the soul crystal rotate
- Seeing the aspect crystals rotating at the same speed as the soul self

Soul Crystal

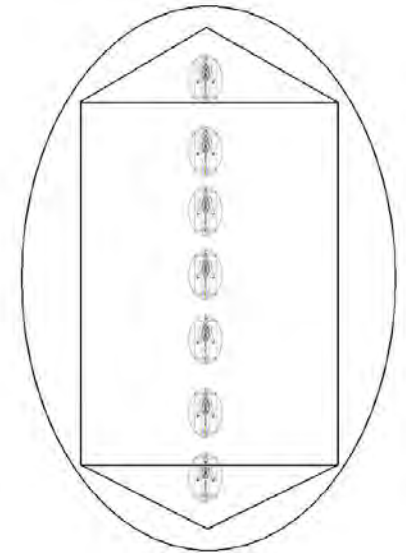
What is the soul crystal, the aspect crystals and their importance; why should we make the effort to see and work with them?

We have mentioned that there are structures of creation beyond this structural level. At an important transition point the structure of the beings at that level have a crystalline structure. Their structures vary greatly from individual to individual and from section to section but their structure is that of a crystal. Why this is so is not completely understood but still it exists.

Why is this important to us?

Simply put, if we wish to graduate from this creation structure and begin work as creator beings in our own right, these are important concerns. We do not have to do these exercises or to see the crystalline structures in order to go through an ascension process. It is only necessary if we wish to accelerate the process for leaving this structure and becoming creators in the fullest sense.

We are the third aspect of seven aspects within the greater soul self. So, how is it that we are important to the greater ascension process and how is it that we can affect the other six aspects to such an extent that true ascension can take place? From our perspective we are a small part of a much greater self or being. We are only the third up from the bottom and if there is a correspondence between each of the seven chakras in our physical body and each of the seven aspects of the soul body shouldn't one of the higher aspects such as the seventh have more effect on the process?



I am mentioning these questions because they are questions that I had when learning about the exercises and as I have shared these exercises with others these questions were often raised. The answers are not simple nor are they complete but I will summarize as best as I can the answers that were given.

When looking at the physical body the third chakra is sometimes called the power chakra because it is the one that is the connection to the Earth and it is the one that transmits power to the other chakras and the physical body to allow the bodies existence on the Earth. Looking at the Soul body the same can be said for the third aspect (our physical self) as well. It is through this aspect that much of the power of creation is manifest and passed through the other aspects and the Soul self. Because of this position in the structure of the soul this aspect is able to affect the other aspects in ways the others do not because of the limits and directions of power manifestation in this creation structure. Therefore, it is because of our position in the soul aspect structure that we are able to influence the other aspects in the ascension process. Of course we affect the other aspects in other ways just as the other aspects affect us in many ways.

Having gone over the information about the why of doing the exercises we can now proceed to the next step in the crystal body ascension exercises.

Crystal Body Exercise for the Aspects

Purpose of the exercise is to:

- Gain mastery in seeing and working with other aspects
- Establishing the pattern of crystal structures with/for the aspects
- Aligning the frequency or vibration of the aspects
- **Working cooperatively with the aspects for ascension**

12 Steps:

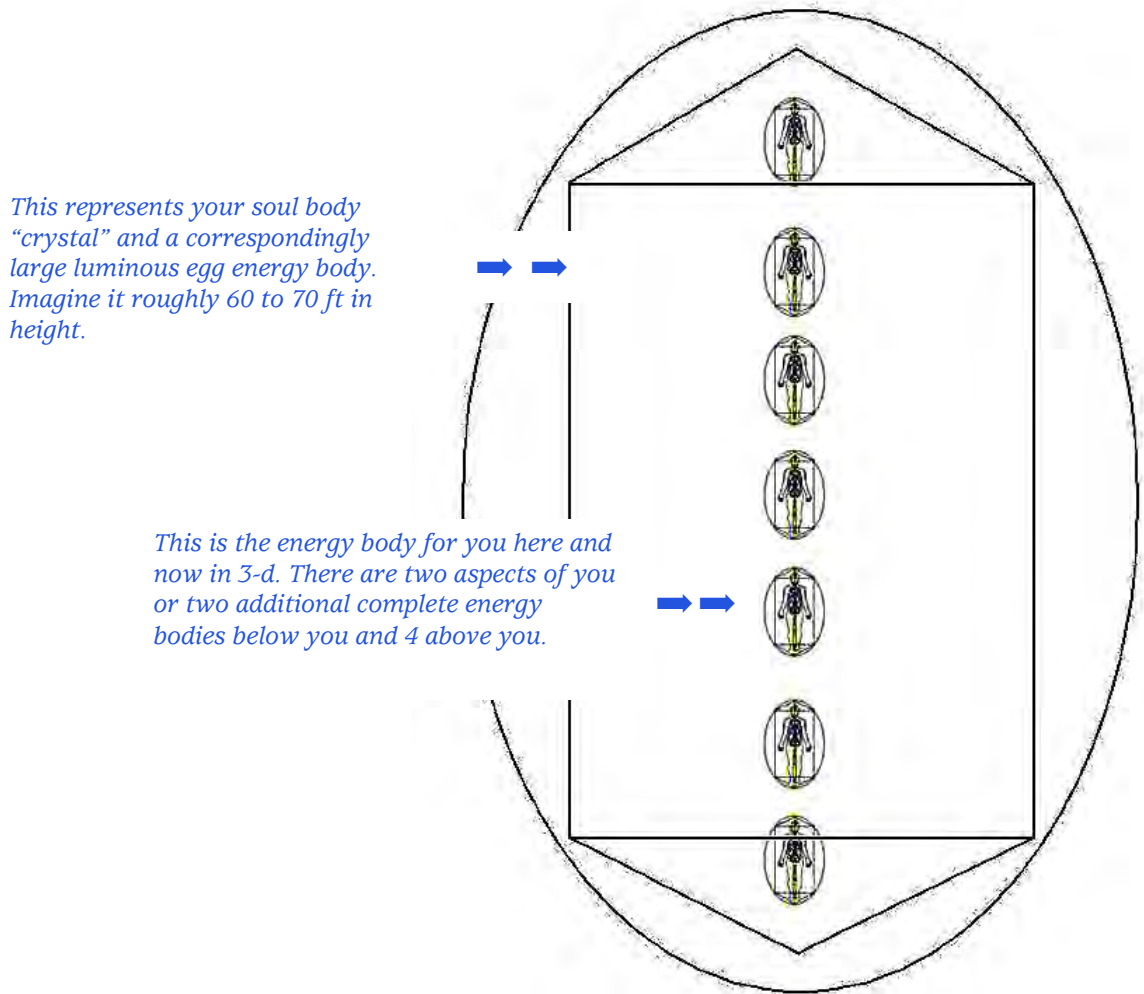
1. Do the crystal body exercise for the physical self (the third aspect).
2. Next image or imagine the aspect below you. It will look very much like you do with some differences for the life it has led.
3. Visualize the crystalline structure within the body of that aspect and set it spinning.
4. Visualize the crystalline structure outside the body of that aspect and set it spinning.
5. Bring the spin of the inner crystal and outer crystal into synchronous alignment (same speed).
6. Now an important part of the exercise. --Bring the spin of the aspect below (second aspect) into alignment with the spin of the crystals of your body. Feel them in harmony and balance.
7. Once you have done that for the second aspect do the same for the first aspect bringing all three into alignment and harmony and balance.
8. When that is accomplished move awareness back into the third aspect (you) while maintaining the spin of the aspects.
9. Next move to the aspect just above you (forth) and repeat the exercise. Remember to bring its spin into harmony with the other aspects.
10. Do this for the fifth aspect.
11. Again for the sixth aspect.
12. Then the seventh aspect.

Note: When viewing your two lower aspects, you may also want to imagine yourself as their "higher self" and receive information as to their condition and experiences. Likewise, you may want to request of your higher aspects to also share such information with you, your 3-d self, etc.

The next part of the exercise works with the soul crystal and the seven aspect crystals...

Figure Two:
Soul Body and Seven Aspects

The central body (you) with two aspects below and the four above
Soul body crystal is shown encompassing these seven bodies



*This represents your soul body
"crystal" and a correspondingly
large luminous egg energy body.
Imagine it roughly 60 to 70 ft in
height.*

*This is the energy body for you here and
now in 3-d. There are two aspects of you
or two additional complete energy
bodies below you and 4 above you.*

Continue to keep conscious of the spinning of the aspects. It is usually easier if you bring your consciousness back into the third aspect (your physical self).

10 Steps:

1. Focus outward and see the structure of the soul body surrounding the aspects.
2. Visualize this as a crystal structure similar to that one around the aspects.
3. Begin to see it rotate from left to right (clockwise).
4. See it become faster and faster until it is a blur.
5. See it begin to slow down.
6. When it is approaching the speed of the spin of the crystals around the aspects see the spin of the aspects and the spin of the soul crystal body spin at the same rate (synchronous alignment).
7. Once they are spinning at the same rate see the spin begin to go faster and faster until it is a blur and beyond. Light speed is a good place to see.
8. Hold this for a time. Do not become uncomfortable in holding this speed.
9. Allow the crystals to slow down until they approach a comfortable level or speed.
10. Once that speed is reached you can release the visualization and come back into awareness of the physical body.

Chakra Crystals

In the next exercises we will be incorporating a crystal structure around each of the chakras, aligning the chakras and bringing them into harmony with the crystals in and around the physical body and other aspects. We will also be looking at four additional points and bringing them into alignment as well.

When looking at the physical body we are aware of seven major chakras within the physical structure. When we look at the energetic body four more energy points can be found along the energy line that runs from above the body, through the body and downward.

There is one above the crown chakra and three below the base chakra. The one above the crown chakra is at the top of the energetic field (aura) or when looking at the crystal body it is at the upper point of the crystal. The three below are; one just above the knees on the hara line, one at a point just above the ankles and the last one below the feet at the lower body crystal point.

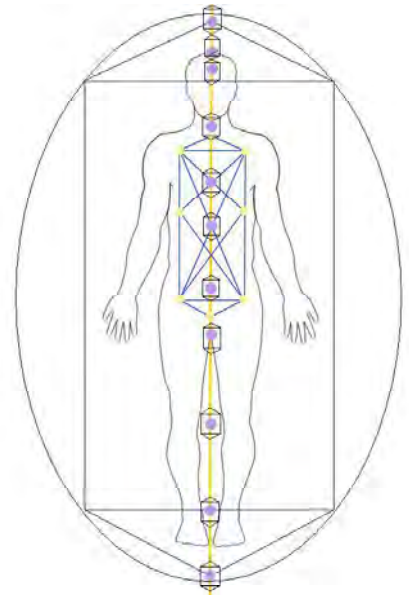
The purpose of the exercise is to:

- Start the chakras vibrating at the same frequency. This will help with becoming “the hollow reed with only spirit blowing through”.
- Help in finding places where the chakras are out of balance or are damaged.
- It will also help in the healing of the individual chakras; sometimes bring up issues that need to be worked with.
- It lays the foundation for balancing the energies of the seven aspects in preparation for the last ascension exercise.

In principle, one could begin with any one of the chakras is, however, the way this is taught it is *strongly suggested* that you start from the top energy point (above your crown point) that is at the apex of your outer body crystal and go down from there. The most important thing is to

get them spinning or vibrating at the same frequency. The size of the crystal is approximate. You will feel/see what is best for you. A general size might be three inches across and six inches high.

Important note: *The energy center above your crown chakra would be the closest vibrating with the “as above” or higher energies from which most all the major transformational and ascension changes are emanating. Once the energy lines are cleared of distortions, more interactive two-way down-up/above-below can occur. This topmost energy center also serves as a memory “storage buffer” that relates to your other lives as well as portions of ones “future”.*



23 Steps:

1. Visualize the chakra above the top of the head as a ball of light and energy two to three inches across.
2. See a clear crystal structure resembling the form of the body crystal surrounding this uppermost chakra.
3. See this crystal begin to spin clockwise or to the right when looking down on it.
4. See it go faster until it approaches light speed (use clear intent to spin this to near speed of light).
5. See the energy, the crystal slow down until it spins at a comfortable rate. Allow the crystal to spin while you move to the next step.
6. Now focus downward to the energy of the crown chakra.
7. See the crystalline structure around this energy.
8. See it spin as you did the upper energy structure.
9. See it slow down and begin to spin at the same speed as the highest energy point. See the two locked into place at the same spin rate.
10. Move down to the brow chakra and repeat the exercise finishing with the crystal spinning at the same speed as the other upper crystals.
11. Repeat this with the crystal around the throat chakra.
12. Pay attention to the spin of the crystals, seeing them spinning at the same rate.
13. Move your attention to the heart chakra.
14. See the crystal around the heart chakra and see it spin very fast then slow down and spin at the same rate as the upper energy points.
15. Move to the third chakra, see the crystal, and see it spin fast then slow down and spin at the same rate as the other crystals.
16. Move to the second chakra and repeat the exercise for that chakra bringing it into the same spin as those above it.
17. Now work with the first chakra as you have with the others.

18. Now focus your attention to the chakra or energy point between the knees. See it spin very fast then spin at the same rate as the other charkas.
19. See the energy point between the ankles. Spin it as you do the other points.
20. Lastly, see the energy center below the feet and its crystal structure. Bring it in to the same synchronous spin with all the energy centers above it.
21. Bring all of the chakras and the crystals into the same spin and feel the energy produced by this spin.
22. Now see all of the chakra/energy point crystals begin to spin faster and faster until they are a blur, moving into light speed.
23. Allow the spin to slow down to a comfortable level. The crystals will continue to spin at the same rate for some time.

You can now release your focus and go on to other activities.

Crystal Body Structures and Chakra Crystals

The next exercise is more complex in that it combines the exercise for the inner body crystal, outer body crystal and the chakra crystal exercises. This exercise brings the self into harmony at all levels of the physical/energetic structure.

8 Steps:

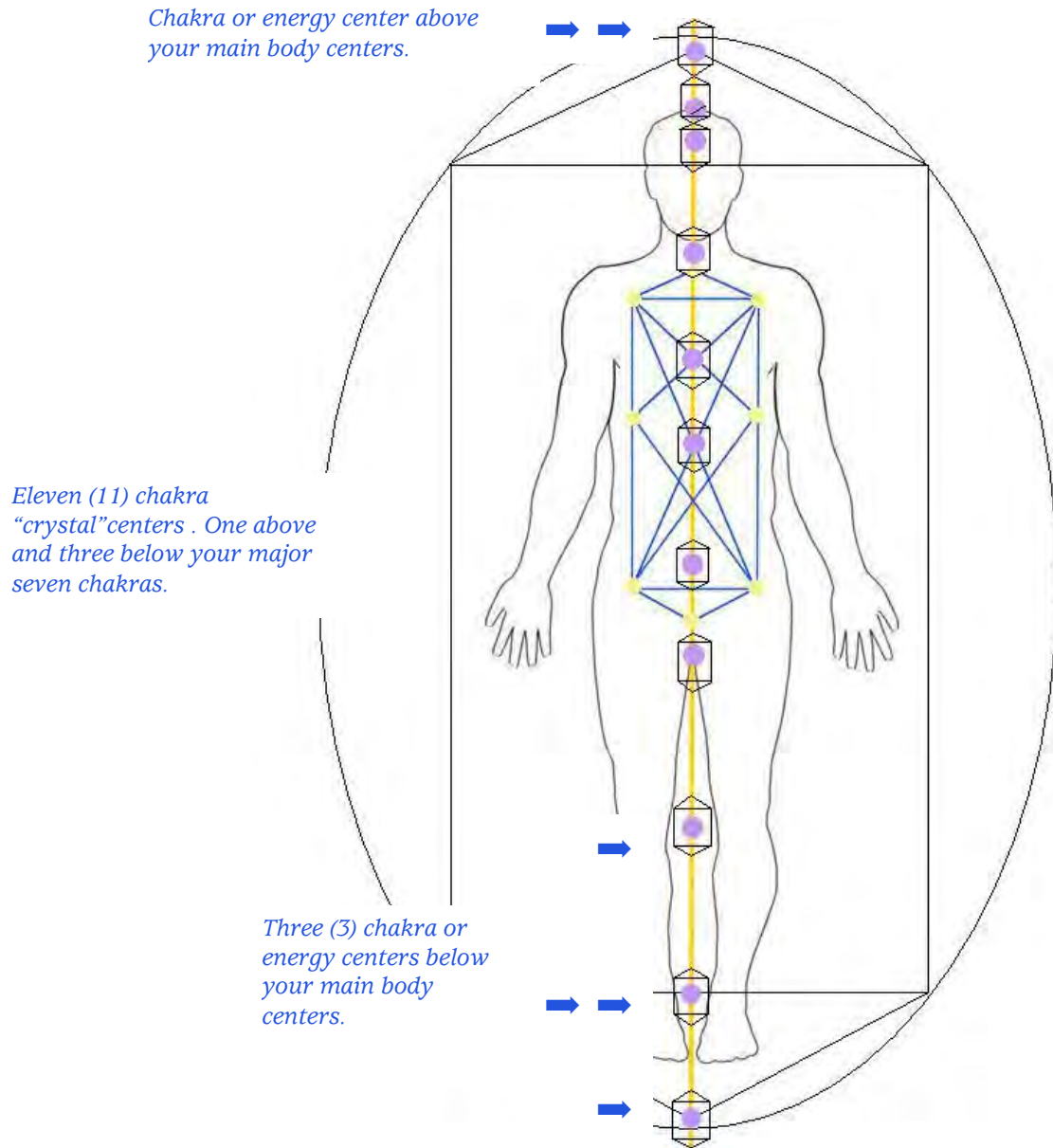
1. See the inner body crystal. See it spin very fast then slow down to a comfortable level.
2. See the outer body crystal. See it spin very fast then slow down to a comfortable level.
3. Do the chakra crystal exercises seeing each chakra crystal spin then come into alignment with the other chakra crystals.
4. Focus on the chakra crystals then focus on the inner body crystal. See the chakra crystals and inner body crystal begin to spin at the same rate/frequency.
5. Next focus on the outer body crystal. See it begin to spin at the same rate as the other crystals.
6. Once all of the crystals are spinning at the same rate begin spinning all of the crystals faster and faster until they are moving at a blur.
7. Hold this for at least one minute.
8. Allow the crystals to slow down to a comfortable level.

Once the crystals have slowed down to a comfortable rate you have finished the exercise. The crystals will continue to spin for some time and will eventually return to their normal frequency.

This exercise helps to clear the entire energetic system and allows for more light to come to the self.

Figure Three:
**External Body Crystal and “Egg
Body” with the Inner Body Crystal**

Additionally depicted are the eleven chakra crystals



All Aspects, Crystal Body Structures, and Chakra Crystals

The next exercise is quick to explain but will take some time to do. You will be doing the above exercise first for the self then seeing/doing it for each of the other aspects. The end point will be to get all of the crystal structures of all of the aspects as well as the soul self spinning/vibrating at the same frequency.

14 Steps:

1. Do the exercise for the self, bringing all of the crystals into alignment.
2. Next focus on the aspect below.
3. See the chakra crystals for the aspect and bring them into the same spin/frequency.
4. Then see the inner crystal spin and come into alignment with the spin of your inner crystal.
5. See the inner crystals spin at the same rate then bring the chakra crystals into the same spin/rate.
6. See the outer crystal body of the aspect below. See it spin and come into the same spin as your outer crystal body.
7. See the outer crystal body, inner crystal body and the chakra crystals all spinning at the same rate.
8. Now do this for the lowest aspect bringing all of the crystals into alignment.
9. Keeping the aspect crystals spinning in alignment move up to the aspect above you and repeat the exercise.
10. Do this for each of the other aspects, bringing each into alignment.
11. Once you have gotten all of the crystals of all of the aspects rotating at the same rate see the soul crystal begin to spin. See it go very fast then come into alignment with the crystals of the aspects.
12. Once all crystals are rotating at the same rate see all of the crystals begin to spin very fast until it becomes a blur. Hold this for at least a minute.
13. Allow the crystals to return to a comfortable rate of spin and hold this for at least a minute.
14. Release the spin and let go of the meditation.

Once you have ended the meditation the crystals will begin to spin at their individual frequencies.

As you become proficient with these exercises, you may find less need to follow all the steps from beginning to end, from exercise to exercise. For example, it may become sufficient for you to imagine or project the alignment of the inner body crystals for all your lower and upper aspects in synchronous alignment within each and between all of them. Your own sense of internal feedback will inform you. If you are not clear or unsure, then continue to work with each practice, step by step.

Ascension Exercises

The next two exercises are the ascension exercises. The first one leads to the last but it is also the exercise for the self on this level. If one just wishes to influence the process here and not move all of the aspects upward then this one will be effective for that. If one wishes to move the process for all aspects and accelerate the process of ascending from this sector/creation into the beingness of being a true creator being then the last process will help with this process.

The first part of the exercise is the same as the one for the crystal body structures and chakra crystals exercise. It moves into bringing the chakras into harmony and preparing the way to have one energy running through the hara line so that the energy of the true self of the soul running through all of the energies of the body.

PART ONE - 11 Steps:

1. See the inner body crystal. See it spin very fast then slow down to a comfortable level.
2. See the outer body crystal. See it spin very fast then slow down to a comfortable level.
3. Do the chakra crystal exercises seeing each chakra crystal spin then come into alignment with the other chakra crystals.
4. Focus on the chakra crystals then focus on the inner body crystal. See the chakra crystals and inner body crystal begin to spin at the same rate/frequency.
5. Next focus on the outer body crystal. See it begin to spin at the same rate as the other crystals.
6. Once all of the crystals are spinning at the same rate begin spinning all of the crystals faster and faster until they are moving at a blur.
7. Hold this for at least one minute.
8. Allow the crystals to slow down to a comfortable level.
9. Hold this for at least one minute.
10. Focus again on the crystals of the chakras. Begin spinning these crystals faster and faster.
11. Keep spinning the chakra crystals until they become a blur. Push this faster and faster going past light speed.

At a point past light speed the chakras are no longer a blur but become a hollow tube with only the light of spirit within. This is the hollow reed the place of pure connection.

Hold this as long as you are comfortable then release and continue your day.

PART TWO - 28 Steps:

This is the last and most extensive meditation. It incorporates all parts that you have gone through.

1. See the inner body crystal. See it spin very fast then slow down to a comfortable level.
2. See the outer body crystal. See it spin very fast then slow down to a comfortable level.
3. Do the chakra crystal exercises seeing each chakra crystal spin then come into alignment with the other chakra crystals.
4. Focus on the chakra crystals then focus on the inner body crystal. See the chakra crystals and inner body crystal begin to spin at the same rate/frequency.
5. Next focus on the outer body crystal. See it begin to spin at the same rate as the other crystals.
6. Once all of the crystals are spinning at the same rate begin spinning all of the crystals faster and faster until they are moving at a blur.
7. Allow the crystals to slow down to a comfortable level.
8. Next focus on the aspect below.
9. See the chakra crystals for the aspect and bring them into the same spin/frequency.
10. Then see the inner crystal spin and come into alignment with the spin of your inner crystal.

11. See the inner crystals spin at the same rate then bring the chakra crystals into the same spin/rate.
12. See the outer crystal body of the aspect below. See it spin and come into the same spin as your outer crystal body.
13. See the outer crystal body, inner crystal body and the chakra crystals all spinning at the same rate.
14. Now do this for the lowest aspect bringing all of the crystals into alignment.
15. Keeping the aspect crystals spinning in alignment move up to the aspect above you and repeat the exercise.
16. Do this for each of the other aspects, bringing each into alignment.
17. Once you have gotten all of the crystals of all of the aspects rotating at the same rate see the soul crystal begin to spin. See it go very fast then come into alignment with the crystals of the aspects.
18. Once all crystals are rotating at the same rate see all of the crystals begin to spin very fast until it becomes a blur. Hold this for at least a minute.
19. Allow the crystals to return to a comfortable rate of spin and hold this for at least a minute.
20. Now pay attention to the spinning chakra crystals of all of the aspects. See them spinning at the same rate.
21. Now increase the rate of spin until you pass light speed. This will form a tunnel or hollow reed of light from the highest point of the soul crystal to the lowest point.
22. Allow this to continue while you focus on the next steps.
23. Next, focus on the inner body crystal of each of the aspects. See how they are rotating at the same speed.
24. See these crystals rotate faster and faster beyond light speed. This will also form a hollow tube from the highest point to the lowest point of the soul self.
25. Now see the larger crystals outside of each of the aspects. See them rotating at the same speed.
26. Increase this speed past light speed until they form a hollow tube as well. This will also be from the highest to the lowest point of the soul body.
27. See all three tubes. Chakra tube within inner crystal tube within the crystal body tube.
28. Hold this for as long as comfortable, releasing it when it feels best.

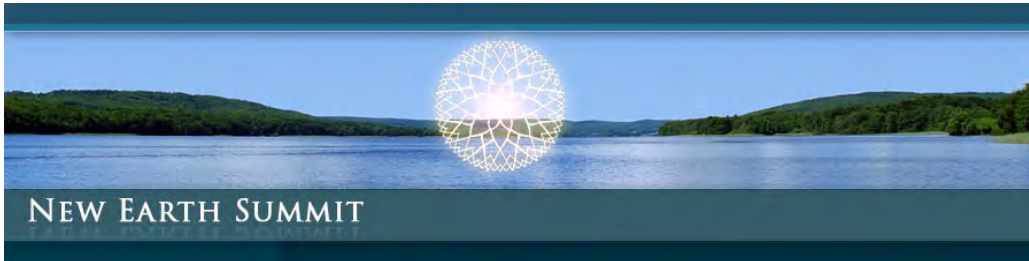
Short form versions

As you gain proficiency in all these exercises, you might discover ways to flash on the whole pattern, or major elements of it. One example would be to image your outer body structure, possibly from the point above your crown chakra. Image the four lines from this high point that connect to the elongated portion of your body crystal. See the four long edges of your body structure and then follow them to the lowest point. See within this structure the eleven chakra crystals all lined up and spinning in synchrony. See this entire structure around your 3-d self spinning, spinning within spinning. All in good synchrony and speed. Then image your lower aspects from its uppermost point downwards. Just like you imaged your 3-d structures. See the eleven chakras within spinning, etc. (Remember, this is only one example to help illustrate a short form once you gain proficiency.) No doubt you will discover various short forms and perhaps even the entire structure of structures all at once. Have fun!

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