



Crystalline Emotion™ Foundations Week 1 Bonus Video Transcript

Hi again. I wanted to come in and share something that my guidance downloaded me with that's specific to this exact time, and I wanted to share it with you because I think that it could be helpful to you. So what my guidance was sharing with me is that you doing this program of practicing Crystalline Emotion is importantly timed because what's occurring with the coronavirus is bringing up a lot of emotions and a lot of shifts.

When you look at the coronavirus it's multidimensional, right? You can be in a space of looking at it from the fear perspective of like, "Oh no." And all of these things are happening in all the hardships that are here, which are true. Like I said, we're not here to bypass any of the 3D emotions, but that's not all that there is to the story.

There is a lot occurring and when you look at it from a 5D perspective, you're looking at the wholeness of it, like all of it. And you're also seeing it without the lens of pleasant or unpleasant. Because we know that a human experience, essentially, whatever it is that occurs to us, whether it's pleasant or unpleasant is something that's given. It's for us, right?

I would never wish a horrible hardship on anybody. And at the same time, what I do know is that when people go through hardships, they're being presented with opportunities for growth and for learning, right? And that's what we're here to do, to experience the entire range of human experience on Earth as a human being in a physical body. And that's part of how our soul evolves, right? And goes through the ascension journey.

So this time right now is a time of great emotion, which means there are lots, and I mean lots of portals to higher dimensions because of all the emotion that's showing up. And so as you're here at this moment in time, learning about Crystalline Emotion and that shift into 5D, you're learning in a time when there are so many portals in the field, in our collective field, in your personal field, because of what's occurring with the coronavirus. So it's a time of luminescence. That's what they're saying. That's what my guidance is saying and they really want me to share that with you because of the timing in terms of you're doing this program.

The other thing that they were saying about this is that this is a really good time to be practicing Crystalline Emotion because of the purification of energies that's going on for you. So in normal times, you would be interacting with the world in lots of different ways and when you're interacting with the world, you're picking up on lots of different energy. And as you're safer at home, your energy field is really being purified so that you can recalibrate your system and your senses.

That's really important for you as you start to practice Crystalline Emotion and you're really bringing your presence and your sensitivity. That presence and sensitivity plays a really important part in being able to practice Crystalline Emotion. And so you're able to access that in this purified sense when all of your senses are heightened and calibrated to your own pure energy, which is really cool.

And the other thing is that because our lives are changed at this moment in time with the coronavirus, all of the outside activity with doing and going places and being with other people is removed. And so you're able to see kind of what's in the underneath layer of that. And there's a lot that comes up, like you might see more activation of your own resistance systems.

So for me personally, I've struggled with overworking for so many years and it's part of this old programming that's being rewired and I've made so much progress with it. But sometimes it's hard to tell if I am generating the work by myself and thinking that it's the outside world who's making demands on me or if it's actual outside demands. And so I'm really being able to start sensing what work is being generated by me and that coping mechanism of working to feel worthy, which I'm sure is familiar to people. And how much of that is actually related to outside demand.

So that's being revealed to me through this time. Another person that I know what's being revealed to them is exactly how perceptive that they are and how much joy that they are in their very true essence without all of that work stress. This is a person who is incredibly perceptive and has always known that, but with all the stress on top, it just kind of cancels out that ability to see and perceive on so many levels, and channel information.

And it also cancels out the natural buoyancy and joy of this person's natural disposition. And so you're able to really see things. It's a time of luminescence. You're able to see things in a different way. So that makes me excited that you're doing the program at this time, and so I just want to pop in and share that little piece that's just for you who's doing this program right now. Alright. Talk soon.