



Crystalline Emotion™ Foundations Week 1 Content Video Transcript

Hi there, and welcome to week one's content video.

In the flow of the month, week one is always going to be like a how-to. It's going to be information about Crystalline Emotion and how it works. I don't want you to worry about trying to memorize anything, or even trying to wrap your mind around it because this is not logic-based. There will be information that comes through that you can capture with your mind, which is awesome, and there will also be information that gets transmitted through the vibrations of my voice that won't even make it into like your logical mind for you to make sense of it, so you're integrating this information on many levels, and I don't want you to have to worry about exerting any effort for that integration.

Feel free to put this on as you clean, or do dishes, or take a walk, or even just sitting in stillness if you wish. Today, I want to talk about some basics of Crystalline Emotion, and if you're here, you already know the importance of 3D emotion, and I want to be very clear. **This, the shift into 5D is not meant to be a bypass in any single way of your 3D emotions because your 3D emotions are the portals to your 5D experience for now.** That's the way this shift is working. It starts in 3D, and it shifts to 5D, so we don't skip over the 3D.

If you're here, that means that you know you have some mastery over your emotional world. You have awareness about it, you know how to handle when emotions come up for you, you know that they need to be metabolized through the body, you know that sometimes they need to be communicated, you know that sometimes they're asking for something, and so when a 3D emotion comes up, there's no going around. We just want to honor it, witness it, and the beauty of Crystalline Emotion is that the journey doesn't stop there with the gold of the emotion. Like in the 3D world, there's so much gold within emotion because you get to learn about yourself through it. **The gold with the 5D emotion is that it's an actual portal to fifth dimensional energies.**

That's like pretty revolutionary in my book. Like for so long, I've learned about the importance of being healthy in your emotions, but I had no idea that it was also about upleveling, so it's really great that you have this foundational practice already of having some mastery and awareness around your emotions, because that's what this practice is going to be rooted in, and that specific skill set is what's going to help you be successful in practicing Crystalline Emotion. Okay. Let me just take a look at my notes and make sure that I'm getting everything. All right.

What's interesting about Crystalline Emotion is ... Well, let me back up. Just in case you don't use this tool already, **I want to share with you one way that you can have a shortcut to knowing what's going on in your 3D emotions, and that is by tuning into the sensations in your body.** All emotions originate in the body, and then you get like the conscious awareness of them.

Sadness is usually going to start in the chest. It feels like a heaviness in your chest. It moves to the throat, then it moves to your nose, it kind of tingles your nose, and then if you're going to cry, then it's

going to come through tears. If you have kind of like nervousness or fear, you're going to feel that in your stomach. If you have anger in your body, you're going to feel it through clenching in the jaw, you're going to have some tightness in the top of the shoulders, and you might feel things in your hands. You might feel a tightening in your hands.

Along with this video, in the email that you've got with this video, there is a, like an infographic about where emotions live in the body and kind of what messages that they have that's about your 3D emotions.

As we are going along in this journey, especially in the first two weeks of this month, what we're really looking for is information, and that information is coming through your emotional system. If you're too busy, that channel isn't going to be loud enough for you to hear, so you want to make sure that in these weeks, you're really making some space for your sensitivity and for you to gather that information that's coming through your emotions. **The body is a really great shortcut, a really good way for you to be able to be tuned in.** Also, I would recommend setting a reminder in your phone for different times in the day that, where you are prompting yourself to check in with your body and see if there's anything going on for you. Sometimes there's not, and that's completely fine.

We're not trying to create anything like extra emotional turmoil. It's just for you to check in with yourself and make sure that you're tuned into that channel of what's occurring in your emotional world. This is a very interesting thing about Crystalline Emotion. In the information that I've been downloading about it, **what happens when we have a feeling is that it gets either processed right when it's coming up, or it gets encoded into the cells of the body, and it's stored there until there's time for it to come up, and so sometimes we don't have the bandwidth to be handling all of our emotions, and so we'll just store it in the body for later.** That later can be 20 years later, like 50 years later, and this comes up all the time in my therapy business.

People will be like, "Well, that happened so long ago." Well, it's still there, and so what happens is we have these emotions that are coded in the cells of our body for expression at some later time, but what we haven't known until this information is coming forward is that, **that encoding is not only obviously like clearing the body of whatever has been stored in there, but it's also a portal to fifth dimensional energy.** We couldn't make that shift to the fifth dimensional energy with the emotions, until Crystalline Emotion came in and gives us that shift.

You're walking around in the world and you have emotions that are stored in the body that hasn't been processed yet, and **within those stored emotions are portals to 5D energy,** and so what happens is you have these forces that are on us all the time, like the Schumann Resonance or things that are going on in the cosmos. Just like the moon can bring up lots of stuff for people, obviously it moves the tide, right, and so because we're made up of so much water, it's also going to move us, and you think about that in relation to all of the cosmos, so you have these transits that are going on in relation to your astrological chart.

There are different points that different planets hit, activating the emotions that are stored in the body, and then bringing up for expression that emotion and also the opportunity for a portal into fifth dimensional timelines. It's amazing, and so the point of it is everything that's occurring in your internal world and in your external world are specifically orchestrated for you. Why we're really focusing on our presence is because we have to be present in order to feel what's going on and observe what's coming into our fields.

Makes sense, right, because all of the things that are occurring for us, even if it's an email that you get, if it's something that you witness in real life, not something that's digital, it could be a wave of emotion that comes up for you. Literally, everything in your lived experience is orchestrated for you to continue to present you with opportunities and information, for you to be able to live into the highest expression of who you are, like happening all the time.

That's why we want to be super checked in, and that's why your sensitivity is such a beautiful thing with this, because your sensitivity allows you to be more perceptive. The more you perceive, the more information that you have, right?

Okay. Just checking my notes to make sure that I'm following along. okay.

Yes, so we're talking about presence. **Presence is a really key ingredient to this process**. The second thing that's really important to the practice of Crystalline Emotion is **willingness**. Over the course of time, as we've been going through this ascension process and humanity, emotions have had like a checkered past, right?

I mean, this is in memorable history, so there was a generation in very recent past where it was all about you just push through your emotions. That's what you do. You just move past them, it's mind over matter, and you just keep going. You just push through everything. This is not just like previous generations.

It's still here now in a very real way. We're starting to talk about how important emotions are, rather than invalidating them and making them just kind of a nuisance. We're getting to the place of being like, "Wow, I feel," and like, "Wow, we need to listen," and, "Wow, we need to honor and understand our emotions and our sensitivity and all that stuff." We're coming along, but in that kind of like history with emotion, because it was canceled out so much, **we have kind of like a clinging to the emotion sometimes**. Like we want to hold on for dear life, you know?

We're like, "No, I feel," and that's normal and okay because we feel like protective over our emotions because someone might want to take that away from us, or might want to tell us that it's wrong, right? We don't have to be so sensitive or so emotional, so we bring that emotion closer and we don't want to let go now, because we're coming into a time where it's safe for our emotions to be here, it's safe to be guided by our emotions. **We're healing that**. I want you to be in a space of willingness when it's time for you to make that shift from 3D to 5D. If you're in the midst of trying to metabolize a 3D emotion, I don't want you to try to make a shift.

You can listen to the shift to 5D, but I don't want you to be hard on yourself if you're not ready and you're not willing yet to make that shift. Now, if you're hanging on for dear life to an emotion and you don't want to let it go, that's something we can talk about in a coaching call, because sometimes we cling to a story about our emotion or we're afraid someone's going to take it away from us, so we don't have that willingness in order to make the shift. If the willingness is not there to make the shift or the 3D emotion is still processing, it's going to be very hard to make that 3D shift, so if you get the recording that's telling you about the journey from 3D to 5D, and it falls flat for you, two things could be happening. Number one, you might not yet be ready. You're not in a space of willingness yet, so you can check that for yourself.

Like, "Am I willing to allow this emotion to shift?" If you have a yes, then the other thing that could have been happening is that it might actually, you thought the emotion was one thing, but it's actually something else that's close. If you are listening to a shift and it's not resonating and you already know that you're in a space of willingness, go ahead and email me and say, "You know what? I think the emotion wasn't this one. I think it's another one," or if you don't know what it is, we'll save it for the coaching call and I'll help you figure it out.

I just want to put that there. The willingness is important, and if the transition to 5D falls flat, don't worry. **That means you got to check your willingness, number one, or maybe, number two, we got the wrong emotion that needs to be shifted.** It's actually a different 3D emotion. Okay. Presence, super important, willingness, super important.

The third part that's super important is **your ability to look at what's coming up as information.** That means releasing what is pleasant or unpleasant. There are a lot of 3D emotions, that are unpleasant, right? Like it's not fun to experience like terror or abandonment, and they're coming up as an opportunity to shift, and so I'm not saying to be numb to them. I'm just saying that we're not going to buy into a story about whether it's good or bad, pleasant or unpleasant, the situation or the emotions, because in 5D, there is no duality, so there's nothing that's good or bad.

It just is, and that's the same thing with all of the emotional experiences that come up for you. They just are. **The emotions are the ways for those portals to actually get our attention.** That's what they're for, but we get caught up with whether it's pleasant or unpleasant, and then trying to fix it, and then we miss the portal, which we're here to catch the portal, right? I'm going to give you some examples about looking at things from a 5D perspective, not so much pleasant or unpleasant or good or bad.

A really good example is the Coronavirus. The Coronavirus, if you want to like look at it from good-bad, you can probably see it from both sides, I guess, depending on how you're looking at it. Pleasant or unpleasant, also, you could probably see it from both sides, especially if you're an introvert, you might find it pleasant to do less in the outside world and have a little bit more time for yourself, but really, like it isn't pleasant ... When we get caught up in the pleasant or unpleasantness of it, we're kind of missing the point, so we want to look at, and here's the way to move out of pleasant versus unpleasant or good versus bad, is we want to look at, "**What function does it serve? What does it do?**" Coronavirus, "What does it do?"

Right? Oh, it does so many things, right? Like it makes us be in our own energy and kind of have a detox from being out in other energies all the time. It also has the effect of lots of different things coming up for lots of different people. Like if it's a financial hardship, the people who are dealing with the financial hardship, that is very unpleasant.

I'm not going to minimize that for a second, and there's going to be some important things that come out of those financial concerns for each one of the people that are experiencing that, just like human life. I do not want to sign anybody up for trauma or human difficulty, however, all of those things are part of the rainbow of human experience, and if we try to stop bad things from happening or we get caught up in whether it's pleasant or unpleasant, then we're kind of like distracted from the main point, which is, "**What function does this serve?**" **We have to process it. We have to process the difficulty of it, we have to process the 3D emotions of it, but then we get into, "What does this do? What function does this serve?"**

That's why when we're in the practice of Crystalline Emotion, we're really practicing it, looking at life in such a different way. We're not looking at it as whether something good or bad happen. It's also why we're not focusing on results. **We're looking at it as, "Wow, here I am witnessing this cocreation occurring between my own energy and the cosmos, the God, the greater Universe beyond us."** There's this very specific and individualized cocreation that's occurring, and I'll talk about this in another video.

It's for us, so we don't want to look away. We don't want to not pay attention to it. **We want to be fully present to it, willing to experience it, and looking at it as a source of information versus whether it's something good happening or something bad happening.** Obviously, it's easier if something pleasant is happening, but it's just as important when something unpleasant is happening, all right? Those are the three things that we really want when we're practicing crystalline emotion, presence, willingness and our ability to see things as information that's being given.

Just a note on what happens when you shift the emotion from 3D to 5D. When the emotion comes up, you're going to send that to me. You're going to fill in the Opportunities to Shift form, which you should have gotten yesterday, and you can fill out that form as many times as you want. Once you send me that, "Oh, I'm experiencing fear," you will get back an email within 24 to 48 hours with a recording that tells you what happened. "My guidance shows me moving from fear to wholeness," which is the 5D version of fear, and so you're going to listen to that recording, and if there is any kind of exercise that you do with it, then you would complete that, but **in the 24 to 48 hours that you're waiting, you're metabolizing the 3D emotion.**

That means you're caring for it. You're caring for your body. If it needs to move in order to process a feeling, if you need to talk to somebody, if you need to vent it out, if you need to journal about it, if you need to meditate, if you need to take a salt bath, whatever you need to do to deal with the 3D emotion of it, that 24 to 48 hours is the time for that. When you get the recording, you listen to it, you do whatever exercise that is indicated if there is one, and what **you're going to experience is a relief.** **You're going to get an, "Aha,"** and that, "Aha" could come exactly when you're listening to the video or it could be a little bit afterwards.

It could be in the next day, but what will happen is your perception will change. What we understand is, we're existing in multiple dimensions at one time. **The only difference is where our perception is, how expanded is our perception to include multiple dimensions,** so, of course we're in the 3D reality, but when we have the shift to the 5D, that's an expanded perception, so we're able to live in 5D. We're able to see in 5D, so when you get that shift, this shift will happen and you are experiencing an expanded perception.

What's happening is there's a shift that occurs for you vibrationally, like energetically, and so when that shift occurs, you're actually in a different frequency, and since like attracts like, different things are going to show up in your physical field.

Those different things that show up in your field may have nothing to do with the shift that you made. It's just evidence that you made a vibrational shift, so when you get the email on Friday to record evidence of 5D shifts, that's what I want you to be recording because it's almost like a chiropractic adjustment, right? Like if you go to the chiropractor and you get that adjustment, they tell you to put ice on it so the adjustment will stay, and you do multiple adjustments to make sure that that new alignment holds. **Imagine this is like a chiropractic adjustment for your perception, right?** You're in 3D, and then

you shift to 5D, and when you notice the evidence of the shifts to 5D, it's like you're holding that alignment with 5D, okay?

When you get the form on Friday to fill out, let the form take you through it. It'll give you prompts so that you will be able to record any of those shifts. They do not have to be related to your goals or what you're here to create, or even the shift that you made. **They just are evidence that you're in a new timeline, a new vibrational space, and that vibrational space is getting you closer and closer to what you're here to create.** That's what I want to say about that.

Let me just see. Is there anything else? I think that's it for now. Hopefully you enjoyed the information and it supports you in being able to practice Crystalline Emotion, and I will be back next week for your intro video to help you know what to focus on for the week, and then the next content video will be about illustrations of the way Crystalline Emotion shifts occur and the 5D evidence that can come after it, so you can access this information from a different place of story, an example, versus just information that I'm telling your logical mind. All right?

Take good care, and we'll talk soon.