



Crystalline Emotion™ Foundations Week 2 Content Video Transcript

Hi, there. We are in week two.

In week two of the four-week block, we're always going to, in the content video, **talk about examples of shifts so that you can learn about how these shifts occur in the lived experience**. As I was saying before, feel free to put this on while you're doing other things just so that the information integrates into your consciousness and into your body. You don't have to necessarily sit here and watch the video for 20 minutes, just put it on, listen as you go.

Today, **I want to talk about two different kinds of shifts that happen** and I want to show them to you. With Crystalline Emotion, **there are the simpler shifts**, like you notice an emotion coming up and it's pretty available to you. You metabolize it through the body and then you make the shift to the 5D, you listen to the recording, and you feel this aha or you feel some relief, or yeah, a light bulb goes off. It might happen an hour afterwards, it might happen during the recording, it might happen the next day. We just want to allow the process to occur without so much effort. Then after that, you will see some evidence of shifts into 5D, evidence of being on a 5D timeline.

There are those simple shifts, then what I have discovered is **there are these other kinds of shifts that occur more like a constellation**. Those shifts are a little bit more layered and what happens is they seem to **unfold over time** and they also appear to you through your literal lived experience. I'll show you exactly what that means in a second. They take a little bit of time to the pieces come together. When it's happening for me, usually I can tell that something's unfolding and it's not quite ready yet: There are pieces coming in because there are things that are really catching my attention that don't quite yet add up.

When there is a constellation or a multilayered shift that's underway, the reason that happens is because there's something that's more dense in-between you and moving closer to what it is that you're here to create. **Usually, this is something that is harder for us to see with our conscious mind**. For whatever reason, it's a little bit shielded from our awareness. That's why it has to be revealed to us in steps.

I was actually given this experience of something being revealed in steps to be able to explain this to you. There wasn't a shift underway for me at the time, but I was being shown this for a reason, so I'm going to share that. When Kobe Bryant passed away, that morning, **that information was revealed to me in stages over time so I could share with you how information is revealed in stages over time**.

That morning, I was going to my sister's house and we were going to take my niece to a swimming lesson. I left and I was in the elevator going downstairs and the man who runs maintenance was in the elevator, he's super friendly, he always talks with me.

We had this conversation in the elevator, we got out of the elevator, he's walking away. He turns around and says, "Hey, there was a helicopter crash just now, like 20 minutes ago in Malibu." I was like, "Oh." He knew I was driving the opposite way, so it really caught my attention that he felt that he wanted to share that with me, but I didn't think anything else of it. I was like, "That's too bad. I hope everyone's okay," and I kept going.

Then I was at the swimming lesson and I was rinsing off after being in the pool and I could hear this man talking to his son in this shower stall next to me. The son was talking about Kobe Bryant. Remember, I have no idea what's going on. I just knew there was a helicopter crash. The son was saying, "Well, where does Kobe live and what does he eat?" Really cute funny little questions and I was noticing how the father was being really patient and really kind and just answering all of his son's questions, so I was like, "Oh. Hmm. I wonder why they're talking about Kobe Bryant?" Again, did not put the two things together. This is like maybe two or three hours after I had the conversation about the helicopter.

Then about four hours later, I came into the room and my sister was on Facebook and she said, "Kobe Bryant died," and all the things went ding, ding, ding. It all went together. Helicopter crash, conversation at the pool, and then the information popped. **It was being revealed to me over time and what wanted to be shown to me was how it's important for me to pay attention to what catches my attention.** That's why I'm sharing it with you because there are things that stick out to you. I'm sure that you can relate to this as I'm saying it. That's how the information in a constellation or a layered shift comes through. It can happen over the course of days or it can happen over the course of a day.

Okay, now I want to talk about an actual lived example. This shift that I'm about to talk about has to do with the emotion that's on top that always shows up first is frustration for me.

First, there were three things that happened:

The first thing that happened is a package was delivered to my apartment building and the key was put into my mailbox, but when I went to use the key to open where the package was, the package wasn't there. I was like, "Uh-huh (affirmative), interesting. That's unusual. That's never happened before." I knew that this was something that I was being shown to me so that I could play with this. I didn't know what else was coming.

The second thing that happened was it was a very busy season in my therapy practice and so a lot of demand was coming up. People needed a lot of things, both the therapists that work in my practice and my clients, so there was a very increased demand. This happens every year, even though I think it might not happen this year, it happens every year a couple times a year.

Then the third thing that was going on is I had a client in crisis right at the same time. When this client was in crisis, what I was noticing is the mother of my client was very busy doing everything, like trying to do everything and trying to fix everything. Of course, because she's scared because she's worried about her teenager. I was noticing feeling frustrated with her because I was trying to tell her what's important, what we need to do. That's why she's coming to me, so that I can help them navigate through the crisis, but she would continue to just do everybody's job.

What I started to understand is that her teenager and also other people in the family were feeling really disempowered. They were feeling like something was wrong with them because they weren't thinking of

all the things that she was thinking of or doing all the things that she wanted them to do or doing the things that they could have done, but she was doing for them instead.

I was noticing my feelings about that and I was like, "That's really interesting. She's being really good. She's being really responsible, but too much of a good thing, it's just too much, isn't it?" **I started to understand I was noticing these things were really catching my attention.**

I tried a lot of different ways to get the package, going back to the package, I tried a lot of different ways to get that package delivered. I tried to get it resent. I tried to go... I think I even physically went to the post office. I submitted a lost package request to look for it, all these things, and it just wasn't coming in. I knew that there was something that needed to be understood.

As all of this was coming together, I was talking about this and what I realized is that I experience a level of terror when there's a lot of demand. When someone has a request, I experience it like a demand in all caps, like they need it right now from me and if they don't get it from me, then they're going to be super angry and there's going to be consequences, like dire consequences. That comes from a space of having a mother who really would get upset if I didn't do what she asked me to do. **By being responsible, I would circumvent having those terrifying moments where her anger would explode onto me about something like that.**

She was obviously doing her best. She's not a monster, she's just sensitive and probably the feelings that she was having were about something else, but what I ended up coming away with is feeling a sense of terror when people have requests of me. It being a busy season, that terror was high. Then the mom was showing me how doing so much, being so responsible, **which is the way that I circumvent terror and prevent it, was actually blocking her from receiving the guidance from me that she was paying for, which then brings in the package.**

By overdoing and being overly responsible, I get frustrated, right? This mom was feeling frustrated, she was mirroring it back to me. I was feeling frustrated with her because she wasn't receiving what I was giving her. **By overdoing and being overly responsible, I'm actually blocking from receiving,** which is wild because when you're trying to be responsible, you're trying to get things done, right?

Once I understood the moment, and I'm talking the literal moment that I put those pieces together, I got a phone call from our front office saying that they found the package. The package was about receiving and what I was being shown is ways in which I block receiving by being overly responsible because I'm terrified, right? I'm terrified of somebody being angry that I'm not meeting their requests.

Now, that terror is not the same kind of terror that's like something's physically dangerous or there's an actual threat, this is old terror, right? If there is a physical threat, we want to be able to attend to that physical threat, the terror is accurate to the situation, but in this case, the terror was not accurate to the situation, so I can make a shift. **But I had no idea that I was terrified. What showed up first was frustration.** That's why it's a constellation because there's something on top of the emotion that wants to be shifted, the core emotion that wants to be shifted, and **there are a number of experiences that are strung together to reveal the information to me.**

You see how we're being given this information through our experiences all of the time and if we get too attached to whether it's a pleasant or unpleasant circumstance, then we miss the boat. We miss the

point of it. Having a client in crisis during a busy season was perfectly orchestrated to expose this piece that was hiding underneath of my frustration, which is terror.

The crystalline version of terror is transmutation. What happens is as soon as I recognized that it was terror and where it came from, it could be transmuted. I mean, literally it's like the idea in quantum physics is as soon as you observe it, then it shifts, then the particle changes. It's like that with those 3D emotions sometimes. Sometimes, literally just seeing it and where it's coming from automatically shifts it. In this case, it transmuted it.

The terror is what keeps me from receiving, in fact, because I'm being overly responsible to avoid the terror that's underneath and stopping what it is that I'm trying to magnetize. What happens over time is I know that when frustration shows up for me, and the crystalline version of frustration is divinely aligned desire, so the aligned desire that I have in those moments is the truth that's underneath. I really do desire the information. I really was so grateful to find out about this terror so that I could shift it to 5D, which is transmutation. It certainly transmuted and then the evidence of a shift onto a 5D timeline is the package appeared right in the moment that I transmuted it. Sometimes the shifts are that fast.

Now, when frustration comes up, I know that there is a possibility I can look for the possible terror that's been triggered underneath it and make a shift. This has actually come on... Now that I know this and it has come back around a couple of times, the shift can happen so quickly.

Okay, I'm going to come back to this other thing. What's also interesting is that during this busy time, I had one crisis client and then another crisis client. What was also happening at that time is that I was launching my beta program for Crystalline Emotion, so of course, terror would show up because it's terrifying to start something new and put myself out there in this new way because there's been so much programming from my career as a therapist and also past life stuff stopping me from really coming out of the spiritual closet, as it were.

The frustration came up again when the coronavirus stuff started coming up because I was doing the preparation for the launch of this program, so terror was coming up. It had been a couple of months since it had happened, so I was feeling that frustration and then I recognized it. I realized that there was the terror coming up. As soon as I shifted that into transmutation, then all the information that I needed and all of the time that I needed to create what I needed to create for Foundations showed up and everything got funneled through. That's the evidence of the shift onto 5D.

Now, as I've experienced the constellation a number of times, it goes from it being a week to 10 days to being a couple days to then in the same very day that it happens, even in the same moment. When I noticed the terror coming up, I can transmute it and a shift happens. That's how it works. When these constellations come up, they will also come up later, so you can practice doing the shift more and more quickly until it's not needed anymore, until everything is completely rewired.

I'm going to back up just a second and I'm going to talk a little bit about another shift that happened because of frustration. Around the holidays, I had had this experience where I found myself and the responsibility thing, I found myself doing all the things for my family celebrations and I was feeling like Cinderella and in some really great conversations, realized that was like a program going on. I released the overdoing because I had just had this constellation occur with the terror.

Oh, interesting, as I'm saying this, there've been a lot of scary things that happened in the holidays with my family emotionally, so it makes sense that terror would come up around the holidays. I released the habit or inclination to do everything and fill in all the gaps and think of everything around the whole situation that would make the holiday the best for everybody, but then I wouldn't be having the best holiday.

I let that go and I transmuted it and I got an email like the next day from my father saying that he was going to hire someone to do the dishes and then got a message from my sister shortly thereafter saying that she's got these other things covered that nobody had volunteered for, leaving me in a space where I could contribute the amount that I wanted to contribute so that I could enjoy the holiday and not feel like Cinderella.

When we make these shifts, it's not that I communicated to anybody in my family that I didn't want to be Cinderella anymore or that I didn't need to make anyone wrong for that, I just identified what the feeling was and the pattern that was going on that was stopping me from receiving, which was being overly responsible and anytime I'm being overly responsible for things, I could probably look underneath and see the terror there and then transmute it and shift onto a higher dimensional timeline. It's the shift that occurred inside that yielded the results on a higher dimensional timeline.

There was another instance where terror was coming up recently and as soon as I noticed it, in the same moment, I did the shift to transmutation and the conversation that I had with the person less than 24 hours later was lovely, wonderful. There was nothing to be terrified about. These shifts are, you'll notice them as things turning out better than you expected or something unlocking.

That's the nature of living in 5D is that things happen easily, things are given to you or made available to you, and things flow in a more harmonious way. We have to just go and be a co-creator in that process by partnering with it, by seeing that there are things that are being given to us in a very specific way by releasing from the attachment of whether it's pleasant or unpleasant. Then we're able to shift onto the higher dimensional timeline and things occur with more ease and more harmony and we're getting closer and closer to what we're here to create.

That specific thing, there was evidence of getting closer to what I'm here to create by identifying the frustration that was happening for me when I needed to create, I wanted, I felt to create all of this content leading up to Crystalline Emotion Foundations. **When I shifted the terror and into transmutation, all the content just came through, and now I'm existing on a higher dimensional timeline where I'm closer and now it's being delivered to what I'm here to create, if that makes sense.**

One final thing that I want to just share about making the shifts is if the body is not ready yet, if the body's still processing the 3D emotion, we want to give it some grace. We want to allow that to happen. The way that we can process 3D emotion is literally by moving the body. We might need to talk to someone about it. Just talking through it helps to metabolize it, but it also helps create a context around it and creates meaning so we can gather the insights that we need from the 3D emotion. Then you can be in a place of willingness to shift.

I don't want to bypass the 3D emotion. Sometimes, it's a really important thing to be able to process it. Give yourself the grace to be able to do that so that you can be in a space of willingness in order to make the shift into the 5D emotion.

I think that's that for now. I realize that these things can be difficult to string together. That's why we have our coaching session for next week. **In these first two weeks, you're paying attention to the things that are coming up and the constellation of experiences that are happening so that we can really try to pinpoint that chief emotion that's there, just like I was able to pinpoint the chief emotion that was driving this whole thing around being overly responsible, which was then blocking me from receiving. We want to be able to get to that chief emotion.**

In these first two weeks, you've been really paying attention to what emotions come up and what the main one is. When we are in our coaching session, I can help you decode this stuff. Don't worry if you're feeling like, "What? She talked about so many things. How am I going to be able to do that?" Don't worry about that. I will help you decode it. That's why we have the coaching session for next week. **All your job is right now is to really be able to observe and notice what your attention is drawn to.** Have a regular practice of writing that down and you can fill in that information in the forms when you submit them and I will collect all that information and be the holder of that information so that I can help you sort out the constellations if they're coming up.

All right, that's it for now. Next week will be the week for coaching and I'll look forward to connecting with you then. Talk soon.