



Crystalline Emotion™ Foundations Week 3 Bonus Content Video Transcript

Hi there.

We are in week three, and normally in this week of the block we wouldn't have a content video, but there is some really important information about 5D that I wanted to share with you. And I feel like the timing is really perfect right now, so I'd prefer just to give it to you and tell you and just add a little bonus in here.

So just like other content videos, you can go about your day, and do things, and just listen as you go, and allow the information to just integrate. You don't have to worry so much about your mind capturing things and making sense. Just let the information in. And if you feel like you need to come back to it, totally fine, you might need to listen to it a couple of times. And also, below the video, there's a transcript, so if something caught your attention but you weren't in a place to write it down, you can always go back to the transcript and see where it is. Okay.

This is a video about 5D, and this information was downloaded to me.

The essential information of it is that 5D is about alignment, and there's this movement away from duality. So in 5D, good and bad, right and wrong, fair and unfair, all of those things don't exist. There aren't opposites. Everything just is. And I know that's kind of a weird concept to wrap your head around, like, "How is that even possible?" **But if you think about it, these things like good and bad, right and wrong, fair and unfair are based on appraisals that are made on scales that have been externally established.** So whether something is right or wrong is oftentimes established by an external authority. **And as we are moving into this new paradigm, the authority is moving from an external authority to an internal authority.** And that's part of why sensitivity is so important and so valued. Frankie wants to come in and join. Hi.

That's why sensitivity is so valued. Because with your sensitivity, you're able to connect more with what's going on in your internal world, and so you have more contact with your sense of whether or not something is aligned. Because what's happening is, as we move from the 3D concepts of good and bad, right or wrong, we're going towards whether it's a match or not a match, in terms of alignment with ourselves. That's what happens in 5D. So just to clear up any confusion, when we think about something bad happening in 3D, **the way we see that in 5D is we look at what function does that serve? What function does that serve?** Because there can be an event that looks like it's bad, but it actually serves the function of somebody coming into their life's purpose, or their Soul Mission.

There's so many people, where they have had an accident, or horrible illness, or some kind of breakup, or something happens that "looks bad", but the function of it is actually in the highest good of all. Even though there's a lot of difficulty and pain around, it can be unpleasant. So that's the idea, is that things are not good and bad. Things just are.

And we look at what function does it serve, and then we're going from an internal space of how aligned is this for me or not? So I'll give you some examples of that.

For example, let's say a job. A job is really feeling depleting to you. Part of what's happening is, that is no longer aligned with your energy at this time, and so it's requiring more energy from you to be engaged and fully present in that job. So it's not that the job is bad.

Or even, bad things could be happening at your job. Something's going on with your boss, some bad thing is happening. **But what's the function of that thing happening?** It's potentially pushing you out of there to open your eyes to another opportunity, or just shift gears in your career. Who knows? So there's no blaming about the job doing something, or it's terrible, or your boss is terrible. It just is. And we look at what function does it serve, regardless of whether it's unpleasant or pleasant.

Another thing is, like a relationship for example, it's not a match. There is no comment on whether someone else is bad, someone else is a jerk, someone else is a terrible person, and that's why the relationship didn't work out. **No, there's just a misalignment, and it could have been aligned at one time and now it's not anymore or it needs to be realigned and that's happening, but it happens through someone doing something that seems bad in 3D, but in 5D, you understand it serves a purpose.**

Another example is friendships. People grow apart because they're not aligned at this time. And you see it in a very benign way. Let's say people have different life circumstances. One person decides to get married and have a family and the other person doesn't, and they don't have as much in common anymore, so they don't spend as much time together. But it's not because someone didn't love the other one. It's because there's a shift in energy, and priorities, and interests, and the way they spend their time. **But normally what happens is there's a rupture that happens that creates this distance. And that's the way that it's explained. But it doesn't have to be that way.** It's just, people are in different places.

So the other reason I wanted to tell you this is, well, number one, it supports us in being able to look at our emotional experiences and the things that happen in our daily life in a more objective way, like regardless of whether it is pleasant or unpleasant, what function does it serve in terms of my soul path versus whether something's good or bad. So, that's helpful in creating the shifts to the crystalline version of the emotions.

The second part is about timelines. So because time doesn't exist, and what we're here to create already exists, there's this process that's happening where it's kind of like, you know how they've talked about Michelangelo and how he would say that he was freeing a form from the stone, so it's kind of like whatever the form is already exists in the stone, and he's just chipping away at it so that he can meet it.

That's very 5D. That's what we're doing in life. So we're given this existence, this life, all these circumstances, and what we're here to create, like Michelangelo's creation, already exists. We're just chipping towards it through these experiences and making these shifts from 3D to 5D, and just the whole ascension journey.

So our version, like he's chipping away at stone, we're chipping away vibrationally, and that's through emotions. So when we think about timeline shifts, what's actually happening when we go onto a higher

dimensional timeline is that there's a convergence of timelines. It's hard to put into words. I'm going to try.

Okay, so it's not the chicken or the egg. So have you ever had this experience where maybe you thought about somebody, and then all of a sudden they called you, and you're wondering, "Did I call them? Did I just telepathically send a message to them to have them call me? Or was I picking up on the fact that they were thinking of me, and so I picked up on that and knew that they were coming?" You know what I'm saying? So it's kind of like we're thinking it's the chicken or the egg. Either I'm having a premonition basically, or I'm calling it into my reality. And in fact, it's neither one. It's not the chicken or the egg. **It's a convergence that happens.** It's hard to explain. I'm making sure I'm looking at my notes.

So what we can do is. So what we're here to create already exists. And we don't need to know all of the ways how we're going to get there with our mind, so basically we can have that clarity of what I'm here to create is this, and what I'm meeting is this, those are the same thing, and we let go of control and we hold space for us to make contact with that, so that we're feeling into it and it is allowed to come towards us, and we don't have some kind of structure in place like, "No, it has to be this." Or we're not in the middle of it trying to do all these things. We allow this contact to occur by feeling into what it is that we're meeting, what it is that we're here to create, same thing. And we allow space. **We hold space for that and allow it to come towards us. And when we're jumping timelines, it's like we merge vibrationally onto the timeline, or closer onto the timeline, where what we're here to create exists.**

I think that's what I want to say about it. So when you hold the space open, and you are observing what's going on, holding the space for what it is that you're here to create, you hold that space open and you're not trying to necessarily force anything to happen with your mind, and you observe what's occurring in the present moments. You hold space for being present with what's going on in your life experiences and the emotions that are coming up, and those things are coming at you, if we can say that, coming at you from the timeline where what you're here to create already exists. So it's like, how did Michelangelo know what the form inside the stone looks like? He's communicating with it. He's holding space for that to occur. And he's just chipping away. And so as we hold space, and we are present for what's occurring in our life, we're getting messages from what it is that we're here to create that helps give us those breadcrumbs towards it, and so we make those shifts from the 3D emotion to the 5D version. And we're shifting vibrationally.

And next month, we'll talk a little bit more about some information that I've downloaded about that and how all of that works, that we shift vibrationally, and how the design is. But for now, just trust that, as you shift from 3D to 5D, that you're vibrationally shifting and shifting closer and closer to what it is that you're here to create. **That is not something that we do with the mind. It happens literally through our lived experience, and those things that come up in our experience are being transmitted to us from what it is that we're here to create, if that makes sense.**

So I just wanted to take a chance to share all of that with you. Hopefully it makes sense. Of course, if you have questions or it sparked something in you, feel free to respond to this email and let me know your thoughts, because it's always fun to co-create these things. All right, talk soon.