



Crystalline Emotion™ Foundations Week 6 Content Video Transcript

Alright, here we are in week six of the Crystalline Emotion™ Foundations Program, and that means we are on week two of the second four-week block, and that also means we're exactly halfway through the program. This is the content video for week six, and in the content video that comes out in the second week of the block, it's always about examples of shifts, so kind of stories about how the shifts work, and then the evidence of the shift that comes afterwards.

These are things that I've experienced to kind of help give you some clarity and ah has around how the shifts work. Maybe in some of the stories that I share, there will be something resonant for you. If not, it's just a good time to let the information integrate about how the technology works.

It's also important that you allow the mind to take a back seat. The mind always likes to figure things out, and sometimes these things don't go according to logic, so just allow the mind to rest and make room for any information that wants to come in for you. As always, you can do this while engaging in other things in your life that are like driving, or you're on a walk, or you're doing some cleaning, or organizing, anything that helps the mind to kind of take a back seat because it's focused on the activity that you're doing. With that, we'll get started.

There's a couple of shifts that I wish to share. **The first one is about the 3D emotion of impatience, and that goes to the 5D emotion of coherence.** With impatience, what happens is we are in a space where we're in lack basically. We want something to arrive, and it's not here yet, and we want it to happen. When we're in that state, it's kind of like a repellent energy for what it is that's trying to land in our field, and it stops us from being able to shift onto a higher dimensional timeline. It's more of a constricting energy, impatience, and when we get into coherence, that's something that creates harmony and allows us to be in a higher vibration.

An example of this is I felt curiosity about this man that I knew. I really wanted to find out more about him because I felt drawn to him, but the process of finding out about him was taking a long time, and so in this, I felt a sense of impatience. When I understood the shift into coherence, what happened is I started to, when the situation would come to mind or the impatience would come up, I would start to say inside myself, "I'm curious about this man. I like this man. I'm drawn to him, and I also like available men," instead of being in a space of, "I'm curious about him, but I can't seem to find out what I want to find out," or, "I'm curious about him, but I think he might be all these other things," and trying to kind of make myself wrong or try to figure out all these kind of like blocking thoughts, and so what I did is I allowed the coherence to happen. "I'm curious about this man, and I also like available men."

I just kept on saying when the thought of him would come up. As soon as I came into coherence with that, he found a way to message me on LinkedIn, and just a message came out of nowhere. I almost literally fell out of my chair when I saw that message come through. Because he messaged me and I was

able to talk to him in a more personal way, I was able to find out what I wanted to find out about him. **That's a really good example of going from impatience to coherence, and then the shift that came after that.** It had been a long time that I've been wanting to find out more, that I had this curiosity, and I wanted that curiosity to be resolved so that I could move forward.

The next one that I want to share with you about is this 3D feeling of doubt. **The 5D version of doubt is a reconciliation.** This was coming up when I was getting ready to do a bunch of videos for launching this program, and I was having resistance coming up around shooting the videos because it's hard for me to land into that energetic space where I can shoot the video. I'm still building my skills in that way, and so once I'm on it, I'm fine. So the doubt was coming up about, "Well, maybe I don't even need to launch this program. Maybe it's not something that I'm even supposed to do," and **we all know, especially when soul work is involved, there's a lot of doubt and resistance that comes up because something big is at stake.**

What I did is, knowing the 5D version is reconciliation, I have been doing this work through this book called *The Calling* by Rha Goddess, and she talks about the L3. It's how you define how you live, how you love and how you lead. So when I experienced this doubt coming up, when it was like coming down to the wire and I needed to shoot these videos, I went in and I looked at what I had written about how I live, how I love and how I lead, and I reconciled. I came into reconciliation with what I'm here for. This is what I'm here to do, that helped me come into a space of reconciliation with my purpose and my actions that were happening on a daily basis, and in those days when I needed to shoot the videos.

The other thing that was happening at that time is resistance. Obviously, when we're about to step into something big, there's something big at stake, resistance comes up, and so for me, what resistance looks like is getting busy, doing other things that are not as important. Maybe I need a snack, maybe I need to go run errands, maybe I need to do things for other people, and I'm there avoiding this thing that's huge and really important for me to do.

The 5D version of resistance, which is not really an emotion, it's kind of, it's more of a mechanism, but there is a 5D version of it, and that is fulfillment, and so when I reconnected with what I'm here to do and I focused on the fulfillment, the shift that happened is I was able to record. I think I had to do something like ... not had to, I got to do like five videos, and it was super easy. Everything just came through like that, and everything flowed. That's a good example of a shift from 3D to 5D, and then the evidence of the shift after that, and that one was pretty immediate.

Another example is frustration, so 3D frustration shifts to 5D aligned desire. I was doing some work for my other business and I was doing some work that I considered tedious. For me, it's tedious, just because there are other things that I wish to be doing. It was like administrative stuff. I was trying to just get it done, and there's so much 3D programming that comes in, right, where we just need to muscle through things and just get the work done.

Of course, if I agree to do something, I want to do an excellent job. It was just taking so long, and so I remember I was feeling this frustration coming up, and I remembered aligned desire, and so I was like, "What do I really feel to do right now?" It was the perfect time of day for there to be sun right on the balcony, and so I went outside on the balcony and I was just out there, looking at the trees across the

street and I was like, "Man, this just feels so good." I started to feel like, "Thank you, God for this day. Thank you for the sunshine." "Thank you for my health. Thank you for feeling good in my body." I was just out there feeling that. I was out there for like 15 minutes, and then I came back inside, and I opened my computer to try again to try to get this thing done, and I had received an email from somebody who was working with me on this project, saying, "Hey, just give me the bullet points of what you have so far, and then I'll complete it."

What I really wanted, my like deep desire was for someone else to do this.

I did not want to do it, but I just went to, "**What would be an aligned desire for me in that moment?**", **knowing that the 5D version of frustration is aligned desire, and that actually helped get me closer to the place that I wanted to be, which is somebody else was going to do the work.**

There some immediate results sometimes that happen, like when you make the shift from 3D to 5D. It can be literally within minutes. Sometimes it takes a little bit longer. It can be a couple days, but **it's important for us to recognize the evidence of the shift because that helps us really build that trust in the process and that we are in fact cocreating and living multi-dimensionally.**

Here's this other piece that I wanted to share with you about how Crystalline Emotion™ works.

It's a little unexpected, and of course, I channel and learn things about this all the time, so sometimes what happens is **this process gets reverse-engineered**. What happens is the 5D version of the emotion actually shows up, and you don't necessarily see the 3D emotion, and we would think like, "Okay, that's awesome!" Like we get to skip over the 3D motion, but it's really important that we see the 3D emotion because just like we talked about last week, the 3D emotion is encoded.

Within that 3D emotion, it holds the codes for shifting onto a higher vibrational timeline, and so if we catch the 5D version and we just go back and see the 3D version of the emotion. **What happens is by seeing it, literally seeing it, you actually are able to unlock the codes that way, and then the shift can happen.**

What I mean is the evidence of the shift, because if we just skip over the 3D emotion, those codes aren't unlocked, and that's why we experience some emotions multiple times. **In different constellations, we'll experience them multiple times, because we might not have been complete with downloading all of the codes that were embedded in that 3D emotion, so we really do want the 3D emotion.** That's what the technology is right now as we go through the ascension process. Maybe in a year, maybe in two years, maybe in 10 years, we won't need the 3D emotion, but we're just in this phase of ascension, where there still are codes that are embedded in the 3D emotion, so we want to capture that.

There are a couple of reasons why we miss the 3D emotion, and we go straight to the 5D one.

Usually, the reason is, is because we don't necessarily identify with the 3D emotion, and so it's easy for us to miss because we wouldn't assume that we would feel that way, especially for people who've done a lot of inner work. If you're in this program, you've been doing a lot of inner work, and so things like insecurity or unworthiness are things that you wouldn't really identify yourself with because you know

your worth and you feel secure. **But the thing is we kind of foreclose on that by assuming that we're never going to feel that way again, but because our psyche doesn't think that it's, pertains to us or that it's acceptable, we will go to the 5D version,** and then we can come back and kind of unlock whatever else showed up, whatever the 3D stuff was, the 3D emotion was.

I'm going to give you an example. I was working with my business coach, Deb Farina, who's a Psychic Business Coach, and she was doing a channeled reading, which is part of our program.

In the channeled reading, I had been talking with her about ... My question to her was about, it was related to overworking. For a really long time, I've been working on this overworking program, and you can probably relate to this. **Like so much of our worth is connected to our productivity, and we derive worth from how productive that we are.** This is part of the societal constructs that we live in. It's part of the patriarchal structure because doing takes precedence over being.

It's more valued, so if we're doing things, then we're worthy, right? **As we shift into this new Divine Feminine paradigm, our worth is not derived from doing,** right? It's derived from being, and so as I shift with this new paradigm and I shift in my work, there's the releasing of that old programming that productivity is connected to worth, or productivity through doing is connected to worth, and so there was some stuff coming up around that.

Deb in the reading was like, "Yeah, I'm feeling this like sense of relief." Like, "Oh, yes, I feel the sense of relief," and when I was noticing so much that she was saying that and when I went back and looked at the list of 5D emotions, what I saw is that relief is actually the 5D version of unworthiness.

Now, when I'm telling you the story this way, of course, you're thinking like, "Well, of course it's related to worthiness or unworthiness," but I wasn't identifying the feeling of being unworthy in the process of my productivity. What was happening in my productivity is that I was working so hard that I wanted relief from the overworking. Of course, and so when she pointed out that relief, I was like, "Aha!" There's a feeling of unworthiness that's underneath this.

Once I witnessed that, I was able to really make this shift, so whenever I'm in a space and I realize, "I just want relief, I just don't want to do this right now," I can really look at, "Oh, where am I deriving my worth from my productivity right now?" I can just go towards the things that are going to create some relief for me, and that's what creates the shift onto the 5D timeline, and then work, whatever I'm doing for work can happen more easily.

It's just gets taken care of in a completely different way versus having to be so much effort of doing things all the time. That's a really good example of how it's reverse-engineered.

When it comes to you and how you can kind of identify these things is if you ... I notice it when you guys are writing on the Opportunities to Shift form on the Evidence to Shift form. You might be bringing up ... You just naturally say the words. **You naturally will say the 5D version,** and I will see it and pick it out, and send you the 3D version so that you can see the 3D emotion that was coming up so that you can unlock the codes that are there.

When you're doing this on your own, if you do any kind of journaling and you notice a word kind of sticking out to you, or there's something that you keep on saying that you want, you can look at the list of translations that you've done so far in the program, and you can look for whether that exists as a 5D version of one of the emotions.

The other thing that happens with this is usually, when we only see the 5D version of it, it's an emotion that we feel is unacceptable, and so usually, it's a feeling that's underneath some other emotions, like in the constellation, how there's usually like an emotion that first occurs to you, and then there's the secret, the hiding one that's underneath. Usually, you'll get the 5D version to the secret one that's hiding underneath.

That's an important one to look for when you're working with the constellations. **Since coaching week is next week, you want to look for what are the emotions that are coming on top, and what's that underlying one that isn't always right on top available to you, but it's at the root of what's going on, and it's the portal, the next portal that you can go through to get closer to what it is that you're here to create.** Journaling, noticing words that you keep on saying to other people that you want, that's another way that you can do the reverse-engineering and discover that 3D emotion that you might have felt was unacceptable in some way or felt like you didn't identify with it. Yeah. With all of the shifts that I'm sharing today, all of those shifts are connected to moving onto higher dimensional timelines of what it is that I'm here to create.

These are really important things, and even though it might seem like these shifts are small, what's happening is there's that process of chipping away at the stone that's holding what it is that I'm here to create, like the metaphor that I gave last time about Michelangelo. **When these experiences and emotions are coming up in our life, those are the signals that are coming from what it is that we're here to create, what it is that we're meeting, and so even though these things, the examples that I'm giving, the shifts that happen seem to be small, there are these incremental shifts onto higher dimensional timelines until I get to that place where the form in the stone is freed, as Michelangelo would say, and I'm living completely in alignment with that, and I'm a vibrational match for what it is that I'm here to create.**

Hopefully this is illuminating. Of course, any questions that you have, please feel free to message me.

Next week, if you want to talk more about how to reverse engineer what's coming up for you, then we can talk about it in your coaching session.

That's all for now. Talk soon.