



Crystalline Emotion™ Foundations Week 9 Content Video Transcript

Hi there. We are in week nine. This is the content video for week nine. Week nine is the top of the order for our four week blocks, so we're in our final four week block together. This content video is about the way Crystalline Emotion™ works to create some context for you and help you wrap your mind around this technology as you're practicing it. As with all the content videos, you can go ahead and go about your normal business. You could be cleaning, you could be on a walk, you could be doing some other things as you listen and let the information come into your body and metabolize and integrate.

There will be one point in the video where I'm going to ask you to look at something that I drew so that you could see what I'm talking about and what my guidance showed me. And I'll let you know when that comes up, so you don't miss it.

Okay. So a couple of things before we really get into the content.

The first one is that with information that's channeled and comes from the spiritual realm, **we always want to stay in a place of openness for updates.**

In the old paradigm, because information came from an outer authority, there had to be a way for that information to make it to people, right? So it would have to come into print or someone would have to get on a radio show or TV. It took time to get into a place where many people could consume it, and it took a while for that authority to build. Now, when we are in this new paradigm and the authority is moving from an external authority that's based on logic and scientific data and all of that stuff, and it's coming into the inner authority, which is based on our inner knowing, that information is a lot more fluid. A lot more updates can happen.

I remember going to a Hay House writer's conference, and Dr. Chris Northrup got up and talked about being a female gynecologist, I think, through the '70s and '80s. She said, she's like, "You know how science moves forward one funeral at a time." Because when people in the old paradigm have based things on this is the information, and this is how it is, **the information stays in place for a really long time and it prevents forward movement.** And as we're in this ascension journey, basically we have the ability to move a lot faster than we did before. **And so we want to stay open to information shifting and changing and updating, so we don't have to wait for funerals for progress to occur,** okay? So for now this is the information that's here, and we will take it in and continue to remain open to any updates that come in.

The second thing I want to talk about just before we even go further is the fact that our physical bodies are our ascension vehicles. Our 3D experience are the portals for jumping onto higher dimensional timelines, so we are not here to skip. We are not in here to try to bypass anything. We are here to experience physical life and all of the things that come up with it. And there are times when our experience of being in a physical body is unpleasant where our emotional experiences and how they process through the body is unpleasant. But if we look at it from a 5D view, pleasant or unpleasant

doesn't really make too much of a difference like exercise. If you're into fitness, it doesn't matter if you're going to do an interval that's high intensity for one minute or 30 seconds or two minutes, you just tell yourself, "I could do anything for two minutes, right?" To get what you want, whatever it is, the cardiovascular health, the weight loss, metabolism, upgrade, whatever you want.

But with emotions, we don't really know how to do that. And so that's part of what you've been doing in your work with Crystalline Emotion™ is **really starting to detach from whether something's pleasant or unpleasant and just looking at it as information and having the confidence that you can metabolize whatever emotion comes up, so it doesn't matter too much if it's pleasant or unpleasant.** You don't get caught there. You can continue in the process. So with ascension and 5D, that's all happening here now. We're not going to another planet. We're not going into some kind of machine to travel somewhere else. No, it's happening here. **5D Earth is here, and we are able to embody that frequency.**

So it's important for now for us to understand the fact that emotions are stored in the body. And they literally occur in your body first, and then you have a sensation which you might not even be fully aware of yet. You have a sensation, and then it comes into the conscious mind like, "Oh, I feel sad," or all of a sudden you start crying, right? But the first place that emotions occur are literally in the body, and we also hold our emotions in the body. Our DNA is imprinted by our emotions, and our emotional experiences actually get passed down through our ancestral lineage as well. And I'll talk more about this in a minute.

So Carl Jung talked about how the body is the unconscious. **The unconscious is also connected with the feminine, right? The feminine energy is the energy of mystery, the energy of creation, that dark womb space, the space of no thing where there's infinite possibility, right? So the body and our emotions are connected with that.** And so it's a very important thing for us to honor and pay attention to because as we enter this new paradigm, **that emotional body is the source of our final and highest authority.** The old paradigm, like I was talking about before, is based so much in logic and scientifically backed data, which is all fine and good. But now it's balancing out with bringing inside our awareness, bringing our authority inside of us.

When we go to the doctor, we bring in our experiences what it feels like to us. We don't just wait for the doctor to tell us. We have a co-creating dialogue if we have a good doctor. We have a co-creating dialogue where we have questions, we bring information from our internal experience, and they bring information that they've acquired through experience and knowledge, and they're studying, right? So when it comes to our body, we really want to be able to pay attention in our emotions. We really want to be able to pay attention to those things because those are the compass for our inner authority. I want to point that out because this will come into play a little bit later.

Okay. So the information that I was downloading about Crystalline Emotion™. My guidance was showing me basically this plane flying, so think about yourself standing on the Earth and you see the clouds and then you see the horizon of land, and then there's this space of sky that's in between where you would see a plane flying by, right? Like a small plane low, not like a commercial plane. **And what I was being shown is almost the plane turned into like this zipper, and it unzipped that space in between.** And what I was being shown is that this is the space that's in between 3D and 5D that we're having access to right now because we are at the level of consciousness where we can integrate this information and use it for our ascension journey. So this is where you might need ... If you're doing something else, you want to pause for a second and just take a look at the screen, because I'm going to show you something. I can't explain this. It has to be seen.

So this might appear backwards to you. But basically, what I was being shown is these two sets of lines. Okay. So the solid line, these are the dimensions. This is 3D down here, and this is 5D up here. And you can see how they expand. They come apart and then they contract. They come closer together. So when they're further apart and when they're closer together, that makes a difference. And then you see this dotted line, and it's the opposite, like sin or cosine wave. I don't remember what that is in algebra, but you can see how when the dotted lines are close together, these solid lines of the dimensions are further apart.

This dotted line is your experience. **When your experience is expanded, when you see it like this, the dimensions are close to one another.** When our experience is contracted ... Yeah, I'll say that. **When our experience is contracted, you can see the dimensions are farther apart from one another.** I'm just remembering to talk to you about the sewing effect, so I'll say that in just a second in case you've never heard me talk about that. **In this, when our experience is expanded, that's a time when a lot is happening for us. That could be a time of manifestation. That could be a time of lots of emotional activations, so you could have a significant event go on that brings up a constellation of emotions. This is when our experience is expanded.**

That's a really good time for us to make shifts because we're getting these 3D portals that are our emotions, the 3D emotions that are the portals onto higher dimensional timelines. And so things are happening in our world. There's a lot of activity. Maybe a lot of activity in the external world that's bringing up emotions, or maybe there's a lot of emotional activity. And that's the time when you think of from last month's video. Father sky and mother Earth are coming together, and the way my guidance was showing it to me is father sky directs and orchestrates through the cosmos and mother Earth or divine mother comes to us with an offering of experiences through our physical body.

And if you remember back just a couple of minutes ago, I was talking about how the body is the ascension vehicle and how the body is the feminine, right? So when our experience is open like that, the dimensions are coming close together. And so a lot is being activated, a lot is happening. **Then, when the dimensions are coming apart, then our experience is contracted. And so that's a time when we might not feel like a lot is going on. It might feel like things are at a standstill. It can feel like a retrograde that we experienced with the cosmos.** During Mercury retrograde, we might experience a slowdown or a review. We experience a slowdown in certain areas depending on the planet that's in retrograde.

So when our experience is contracted, it might feel like there's not a lot happening. You can't see a lot in the material world that's occurring. **This is a time when you're processing and integrating, so if you think about the openness of experience being a lot going on and a lot of activations. The contraction period is when you're going within.** And there's also a lot happening on behind the veil, so a lot of things are being orchestrated on your behalf. Things are working out that you're not really seeing until the next wave happens when your experience expands again and the dimensions come closer together, and then you have a manifestation, or there's movement forward on something.

Also, during when your experience contracts, you might have purging going on. You might have more depressive feelings, feelings of loss, feelings of sadness, those lower energy emotions or ones that are focused on purification and clearing, or it could just be a time of resting and being in peace. It really varies person-to-person, and it can vary depending on what's occurring in your natal chart. This information came through to help us understand the cycles of what's occurring in your lived experience

because it's so exciting, especially when we're at a place when our experience window opens up and there's a lot of activity and manifestation.

We see all this magic happening and then that stops. We are like, "What's going on? Maybe I've gone backwards." Or sometimes when our experience contracts, everything feels very one dimensional or very 3D. There's a lot of density. **And so it's helpful to know when this is happening because it doesn't mean anything's wrong. Everything moves in cycles.** Think about the cycles of planetary movement. Think about the cycles of the year. I think about the moon cycles. **There's always a period of activation and activity and a period of integration and introspection, right?** It's just how it works. So when you're experiencing that in your life, there's nothing to worry about. It's just part of the process.

And sometimes people can even experience that contraction and experience as like, "I don't really have any feelings right now. I don't really know what's going on with me because there's nothing sticking out." So over the course of time, as you practice Crystalline Emotion™, you build up your fluency with emotion, you'll be able to sense more subtle things, but there's still maybe periods of time where you do not feel that emotional or that in contact with your emotions. You can feel just peace. That's not a bad thing. Yeah, it just really depends on what's going on in your natal chart and what is going on with your emotional fluency and whatever is needed at this time.

So when experiences open and the dimensions are close together and there's activations occurring, that could be really fun time, a lot of magic, but it could also be a lot of 3D emotions. **There are portals being created for you to jump onto higher dimensional timelines, so the experience of those times does vary.** The other reason why this happens, and this is the sewing thing that I mentioned earlier. When you're in this ascension process and you're working on your frequency and vibration and soul presence, the higher your frequency is, the more when neutrinos and plasma codes are coming onto the Earth.

As they're coming onto the Earth, you in your higher vibration are one of the first to receive those codes, and they come down through the body and come into the Earth and then they're dispersed across the collective. **So when that happens, when you're like a conduit and an antenna, you travel down with energy, so you could be in a space of having this open experience window or the dimensions are really close together, and this energy comes in and it gets into your body and then you travel down with it and help it ground into the Earth.** And what that feels like and what that looks like might be that you feel really exhausted, and you feel like you're not getting any information, and you feel like you've been taken offline, or you feel like your guides are not in contact with you. You're not in contact with your guidance.

And the reason why that's happening is because you're traveling down to help anchor that information so that things can happen behind the scenes on your behalf and also on behalf of the collective. When that happens, you bring that information down and then you usually after a period where your experience is contracted. **Usually, when it opens back up, you're opened up to greater abilities.** You might have more abilities in your intuition. If you're an energy worker, you might have more access and more super-powers. You might have greater insight. Your psychic gifts might be stronger. Your inspiration might be flowing. You might get super downloads for an idea if you're working on a creative project.

So after the period of bringing the energy down or when the experience window is contracted, you have a big expansion after that. And so you don't want to panic when that's happening. That's part of the normal process, and that is how the dimensions get sewn together, so we've all been going through this

process. There's been energy coming onto the planet, and we've all been grounding it so that we can be able to make progress in this ascension journey individually and collectively. That's just an important thing to remember. And as you experience these things, you feel not so worried. You can detach yourself from worrying about what's going on with you. You can just know, "Oh, this is part of the natural process," and you can relax into it as much as possible.

Okay. I'm going to just look for my notes really quickly to make sure that I'm saying all the things. Okay. Also, when you have those open experiences, it's like a pocket of experience, right? And the dimensions are close together. Your experience window is open. **Each one of those experiences have their own atmosphere and vibration, and that's part of why we look at constellations of emotions because most experiences that are significant have layers of emotion, right?** And those experiences that you have when that experience window is open are specific to your natal chart. They're specific to the information stored in your body in this lifetime.

So when we have an emotion about something that's going on and it doesn't get processed, it gets stored in the body for later to be activated. We talked about that, I think, in the last four week block in the content video. The other thing is there's information stored in your body and in your DNA from other lifetimes and your ancestral lineage. My guidance has talked about how oftentimes our past lives are connected to our ancestral lineage. For example, I had a past life as Queen Victoria, and she was the Queen of Wales at the turn of the 20th century, so in the 1900s. And my family in this lifetime comes from that area, and they actually moved from that area to Canada when my grandparents were young. And so you can see how I had a lifetime there that was very important and how I incarnated into a lineage that actually came from there in this physical life. So oftentimes that happens for us. We'll incarnate in lifetimes that are connected to our ancestral lineage.

These experiences that happen when your experience window is open are part of your own ascension but also how you contribute to the collective ascension process. It's kind of like the idea of all threads in the tapestry. As I ascend, as I move forward in my ascension journey, it's upgrading the entire tapestry. As you're doing that, it's upgrading the entire tapestry, so all of it is so interconnected and important, which is why you're feeling drawn to do this work. This is another interesting part, and this leads into the final point that I want to talk to you about in this video.

Like I was saying before, emotions occur first in the body, and they're also stored in the body. And so these activation codes that are unlocked when you have an emotional experience, like we talked about in last month's video, they have been laid in the body, and they come down through our DNA across time and space waiting for activation, so now we have the conscious awareness and we have the information and the biotechnology to make use of those activations and those codes being unlocked. **But because our ancestors in previous generations didn't have access to this information because their consciousness was not at a place where they could integrate it, the only job that they had was simply carrying the codes down the lineage.**

How could I say this? **Basically, what happens is people went through experiences to specifically create certain emotions so that those emotions that are embedded with codes could be stored in our DNA and ready for activation when we came into this life.** Hopefully, that makes sense. Part of the way that these codes carry down through DNA lineage that don't necessarily get communicated through bloodlines is through relationships. If you're not familiar with epigenetics, essentially epigenetics is the study of how our genes can be changed and our DNA can be changed through our experience now. It's not that our DNA is set in stone, and it's the same thing with our brain. Our brain has neuroplasticity,

and our DNA has the ability to transform according to the experiences that we have in this lifetime. **So any experiences that I have in this lifetime get encoded in my DNA and they get passed down.** If I have children, they get passed down.

If you think about different people in your ancestral lineage and the emotional experiences they created based on the historical events that they lived through, they were passing down codes to you through their DNA, and on a more personal level, what happens in relationships is that people are programmed. This is how we're designed as human beings. We actually pick people who are going to help us recreate those early experiences that we've had in life in order for us to have a chance to heal them. Now, we don't really know that on a societal level, so what ends up happening is we pick people who will help us recreate experiences that we had in our early life to help have a do-over, but we ended up getting re-traumatized because there's not the conscious awareness of this process yet.

Relationship is one of the ways that these activation codes get passed down through family dynamics and marital dynamics that then get passed down to children, right? And then one of those children marries another child from a different family, and then the dynamics are passed down through that lineage, right? So it goes past bloodlines through relational experiences.

This is the final point that I really want to say is when we pick people to be in a relationship with, and sometimes that's going to be really close friends, sometimes that's going to be our romantic partners, **the basis of those relationships is meant to be about activations.** It's not your partner's conscious process, or your best friend it's not their conscious process, but they are simply initiating activations as you are, so they're initiating activations in you because you have these codes stored in your DNA that are waiting to be unlocked through your physical experience in the 3D world. **They're coming into your life and helping over the course of your relationship are helping to activate those codes through your lived experience.**

Some of those experiences are unpleasant and some of those are pleasant, but they've been so far just being passed down without being able to be consciously activated because that information was not on the planet yet for our ancestors. Now you and your partner are activating each other through these emotional experiences that you have in your relationship so that you can create these shifts into higher dimensional timelines, which also shifts your epigenetics and your DNA. But if you understand that that's what's going on, you have a different perception of your partner, don't you? You look at them like ... I mean, you're still going to have the 3D emotions, but you can look at them like, "Okay, they're here to activate me. They are here to help bring up these 3D emotions because those things hold codes that are ready to be activated, so I can make shifts onto higher dimensional timelines."

They don't know they're doing that. They're just here to do that. And you're here to do that for them just like you don't know that you're doing that for them. **It removes the point of anything related to good, bad, right, and wrong.** You see what I mean? Yes, there might be the experience of something being unpleasant, but there isn't a judgment on what someone is doing or not doing. **What's simply happening is that person is here in your life to activate you and unlock these codes that are embedded in your DNA, that are embedded in the 3D emotion that comes up when you have these experience windows so that you can make shifts onto higher dimensional timelines, and those codes can be activated.**

I wanted to share that with you. There's a lot of information in there that's integrated with each other, but I want to share this perspective with you because it makes a difference if you have this in your

conscious awareness and you navigate your relationships in that way versus looking at whether they did something that you liked or didn't like, whether it seems right or wrong or good or bad. Because those dualistic terms are part of the 3D world, not part of the 5D world.

Now, it doesn't mean that you need to stay in a situation that's horrible, terrible, unhealthy for you. **What you need to do about your relationship is going to come out of those activations.** You don't have to worry about having to decide anything. Your feelings will be able to reveal the information to you in the time that you need it to be revealed to you. **And so the only thing that's necessary right now is to be able to look at what occurs in your relationships from this different perspective and then follow the guidance that comes through as you live through these experiences.**

So that's that. Next week I'll be back with a video about examples of shifts and a little bit more information about how you're going to experience emotion as you move through the remainder of this program and out into the world. I will see you then. Talk soon.