



## Crystalline Emotion® Foundations Week 10 Content Video Transcript:

Hi there. We are in week 10 of Crystalline Emotion® Foundations.

That means we're in week two of our last four week block. And when we are in week two of a four week block, we have a content video that's focused on examples. So the idea is that I'm going to share examples with you so that you can see how the shifts occur.

In this block, I'm sharing examples that you can see over time. So you can see how when I made the shift from 3D to 5D, you can see how the timeline plays out in an extended way. What I'm sharing about is probably been over the course of six months. I have two different shifts I want to talk about with that.

And then I also want to share a little bit with you about how making the shifts and sensing emotions and the relationship with emotional system has shifted for me over the course of many months of practicing Crystalline Emotion®. So hopefully your experience can be normalized and you can see how things may evolve as you integrate this into your life and carry on with this knowledge and understanding as you complete this program.

As always, you can go ahead and do other things while you're listening to this. Just allow the information to come in. I'm specifically guided to share these two shifts with you. And usually when I'm guided to share something, there's a reason for that, because it can create openings for others who are listening to this, or who will be listening to this at some point in time.

The first shift that I want to share with you is about **3D sadness that shifts into 5D honoring**. The sadness came up when my sister's second child was born. I happened to know the day that she was going to come into the world because it was a planned C-section. And so I got the phone call to come to the hospital and I got in the car. Without really any warning, I just started crying. And not the just crying a little bit, but crying like a lot, like hard time seeing when I'm driving type of crying. And I had to stop at a bakery because I had ordered cupcakes for baby Sloane for her birthday because it was her actual birthday. Obviously she wouldn't need them, but everybody else would. And I had to go into the bakery with a red face and just, I can't hide if I've been crying. So I just had to go up to the guy and just say, "Hey, I'm okay." I'm sorry about this, but I need to just pick up these cupcakes." And the guy was like, "Okay."

So I did all of that. I got to the hospital and I was still pretty sad. And for those three days, Friday, Saturday, Sunday that my sister and her family were in the hospital, I wanted to be there every day to be present for her and let her know that she has full support because our mom has passed away. My mom wasn't there to be there for her, so I'm the next closest one. My sadness too was about my mom not being able to meet baby Sloane.

I didn't really know where all of this was coming from or what it meant, but I did know enough that I needed to allow the tears to come through and for my body to process the emotions. And on the other side of these three days in the hospital, what I realized is I felt very sad about how I've treated becoming a mother in my own life. When I was 30, I left a beautiful relationship because my partner did not want to have a family, and to this day he doesn't. So I needed to leave the relationship just for that reason.

And ever since that relationship, I'd always kind of taken the approach like, well, whatever God wants. And after going through some relationship trauma in the last five years, what I realized is that it's really important to me and it's something that I still want in my life. **And so I really allowed myself to honor that desire that I have because I hadn't been.** I didn't really realize that I hadn't been, but I hadn't been.

And so this experience really helped me discover that. Not a very pleasant experience and I certainly didn't want to take away from the joy that my sister and her family were experiencing as a result of her baby being born. So it was a challenging couple of days.

So the shift, the **evidence of the shift**, really showed up when this woman came into my life. Her name is Dr. Cleopatra, and it's not like she's in my personal life. But she came into my world and she came in through this woman named Kate Northrup, and she has a program called Origin. And every month in Origin (it's about business and female entrepreneurs basically), there's a masterclass that occurs with a guest and the masterclass was about when you have a protocol and how to really have faith and the courage to really bring that protocol out into the world. And it specifically spoke to me because of Crystalline Emotion® and how it had been downloading.

So I watched this masterclass and this woman, Dr. Cleopatra, is a scientist who's developed a protocol over the last 20 years that's focused on fertility, preserving our fertility, the science of epigenetics and how we can really take advantage of epigenetics to preserve fertility and also to create the healthiest and what she calls, super babies, so that we're giving the best possible DNA to our children. And so I connected with her and started to find out more about what she's doing. I'd never heard of anything like this before. I just knew like I'm getting older and maybe my chances are going down.

So I connected with her, started following her. And then I also set up some appointments with my gynecologist so that I could do some testing with my fertility to see kind of where I'm at. And over the course of time, at this point now, I'm actually enrolled in her course and doing her protocol, getting started on doing her protocol.

And what I've found out is there are a lot of good numbers when it comes to my fertility, but there are also some harder numbers. And when I talk to her about that, about the numbers that my doctor gave me, she was like, "Start the protocol right away so that you can preserve what you have and enhance your fertility so that you have time to be a mom, if that's what you want." And her way of being is so loving. The actual median age of the woman who gets pregnant in her program is 41. So when I started the protocol, I was 40. And so it's just such a beautiful thing. And I just never heard of anything like this. And the other piece that happened is the protocol and doing the course and everything is expensive. It's expensive for me.

But last fall, so a few months ago, after this shift happened into honoring, this money surprisingly showed up from my grandfather's trust, who passed away maybe 25 years ago. This money came suddenly out of nowhere. And when I asked my ancestors in meditation about what it is that they wanted me to do with that, the two things that they said were to focus on Crystalline Emotion® and to help that move forward. So that was a part of the money. And then the other part was to, I guess the words were "make right" the time that I had lost in this relationship, that was several years of my life in my thirties, where I had been more passive about wanting to be a mother after having left a relationship where I lost someone that I really loved. There was some trauma there because I wanted to be a mom. So I just really kind of acted like maybe it wasn't such a big deal for me that I would prioritize a relationship over having a family.

The truth of the matter is, is that there's not an either or, I don't have to choose. And so over the course of time, since my niece was born and really making that shift from sadness to honoring, there have been all these things that have happened. I took initiative in terms of finding out about my fertility and then the resources showed up to support me in being able to preserve my fertility and give me time to see this come to life, this dream come to life. And making the shift from sadness to honoring has had cascading effects. You can see the evidence of being on a completely different timeline because on this old timeline, I would have continued with having the trauma around bringing forward my desire about having a family and would be internally trying to choose a relationship or a family when there doesn't have to be a choice.

**So you can see how that's shifting onto a completely different timeline.** And if we think about parallel timelines, there's a timeline where I didn't make that shift, where I didn't know about Crystalline Emotion®. But I get to be here because I was able to make that shift. I knew that the 5D version of sadness is honoring.

So that's a really important one that I wanted to share so you can see how it goes over time. It's not just a shift that happens in the moment. It has cascading effects that change the course of your life when these are really important things. And you can see how events were orchestrated to help me get there. Obviously not everything is orchestrated just for me. Whenever events are orchestrated they're for the highest good of all. So baby Sloane came into the world and that's something miraculous and beautiful in and of itself. But my part in it was really helping me identify that desire that I have and to honor it.

The second example that I want to talk about is about **betrayal and the Crystalline version of betrayal is purification**. So this is an interesting one. Last year, within I would say six to eight months of each other, two relationships in my inner most circle, people that I had the closest relationships to on a daily basis, there were betrayals in both of those relationships and it was the exact same betrayal. They were different kinds of relationships. One was a romantic relationship, another one was a friendship.

It seems like it doesn't make logical sense when you move from 3D betrayal to 5D purification. And certainly in the moment, it did not feel like anything 5D at all. It was really difficult and really painful. But what was underneath, what was being purified, was something that was very deeply held and definitely an unconscious process for me.

I get to be here today and be so grateful for that, for those experiences, because they have made it possible for me to create the relationships that I have today, with the people that are closest to me. So in both of the relationships, what was happening is I was making assumptions about these other people that I was bringing into my inner circle that were not necessarily true. So I have a way of relating. I have standards in my relationships that are really important to me. Like one of the really important aspects of relationship to me is that we get to talk about what happens between you and me. We can have deep conversations about things in our life. We can have deep conversations about what happens in relationships with other people, but it also has to be a conversation about what happens between me and you. That is a very important part of relationship to me. And I was picking relationships with people who were not able to meet me there.

And that requires a certain amount of awareness, right? It's easy to be aware of someone else in a dynamic. It's harder to be aware of our own self in a dynamic and own that and bring it into the shared space so that we both get to grow as a result of that acknowledgement of, "Wow, I notice how I'm contributing to this dynamic by doing X, Y, and Z." And the other person can come in and say, "Wow, I notice how I'm contributing to this dynamic by doing X, Y, and Z. How wonderful that we get to learn through this together." Instead of it being like you did this and you did this, and I don't like this, and I don't like this. So the betrayals happened for different reasons, but what was happening is the true standard that's inside of me was not being honored.

I was making assumptions about people and kind of filling in the blanks with the hope that if I was aware of any kind of gap, that I could close that gap. But the people that I was picking to be in my closest inner circle were not a match for what my real true self wanted to have in a relationship. I wasn't really allowing that. **And so the fear that I had around really allowing someone to meet me was purified through these betrayal experiences.** And right when the betrayals happened, it was a very difficult time. But what immediately showed up as I started to understand that betrayal is 5D purification, what immediately showed up is somebody who could meet me and this person, you know when someone's talking to you and they say something that it seems like it's channeled? They say something that doesn't even seem like it's coming from them. And this person looked at me, stopped in the middle of a conversation and looked at me and said, "Do not forget about this." And what he was saying is do not forget about the quality of presence that you deserve.

And I was blown away by this. I mean, it just changed everything for me. And so, as a result, over the course of many months, what started happening is that I started to be able to really look with clear eyes, without bridging any gaps, without making any assumptions, just witness and observe the relationships in my life and how people in my life are able to show up and meet me and how I'm showing up as well. Right? So I'm showing up in taking care of myself, I'm showing up in sharing how I feel. And I'm showing up by talking about what occurs between you and me. **And what happened? People showed up who were able to me there. Even relationships that I had never tried that in before. But all of a sudden, all of the really close relationships in my life leveled up.** All of them. And that's just been such a beautiful thing.

And the relationships that have come in my life since then have been also a level up. And I feel much more love, satisfaction, fulfillment, because of going through those betrayal experiences. Now, if I didn't understand the shift from 3D to 5D, maybe it would have happened anyway, but this got to happen on a

much more conscious level where I could really see the evidence of the relationships that I truly wanted and the standards that I truly held. I could see those showing up in my life.

Once I purified and learned that I had been making these assumptions and trying to bridge the gap for people when they weren't able to meet me, which is okay. They actually met me where I was inviting them to meet me. And they're also playing their part in the soul contracts. They're not bad. They're just not for me now in my life. And they will go on to do whatever they're going to do. Maybe they come back into my life at a certain point in time, I don't know.

One of the people definitely won't just because that's part of my boundaries in caring for myself. I'm not going to be involved with someone like that. But the other person may come in and we may have a different relationship. I don't know. **But I'm grateful for the experience so that I could have that purification process so that I can have the relationships that I have in my life right now.** So those are some shifts that you can see. Otherwise, if I didn't go through that purification process, then I would still be engaging in a relationship and the way that I was, and I would still continue in those dynamics and the opportunity would be continued to be orchestrated for me so that I could purify that. But I have the advantage of knowing about Crystalline Emotion® and being able to make those shifts.

So those are the two examples that I wanted to share with you, and they've had such massive effects, and I know that those effects are continuing to unfold.

So a couple of things about how Crystalline Emotion® is as you continue on past these three months. So something that I've noticed about my emotions is the emotions that are super obvious, that are right on top, I don't feel like I'm in emotional waters all the time like I used to feel. I feel a lot more balanced, I guess, not that my emotions were unbalanced before. But when you make the shifts so many times, they just don't come up as much because you're already shifted into the 5D programming.

What I do notice is that **it does take more presence for me to pick up on emotions that I feel.** So it's a lot more subtle. My sensitivity is also higher. So that works out really well, so I can pick up on the subtle nuances.

But if I get **too busy, then it's harder for me to pick up on that.** And so that's one thing. It might become a little bit harder to pick up on emotions. **And so it's important to really make time and space for them so that you're not running past them.** Because otherwise, what happens is they start to turn the volume up and experiences start to be orchestrated so that it gets your attention. **So you want to stay paying close attention to your emotions. You want to give enough space for them because you have the technology to make the shifts. So you're catching things earlier, before they have to make a huge scene for them to be seen.**

So you want to stay in close touch with your emotions and create that space so that they don't have to become massively amplified for you to be able to get them to make the shift. If I had known about the things that were happening in my relationships, then I probably wouldn't have to get to the level of being betrayed twice in one year in a very deep way. Probably wouldn't have needed to happen. **So I encourage you to continue to make space for your emotions and keep your sensitivity high.**

The other thing that I want to share with you about it is **some of the emotions that will start to come forward are ones that are harder to consciously catch**. So last month we were talking about reverse engineering Crystalline Emotion®. So you might be saying like, "I want to feel peace." Well, the 3D version of peace is obligation. And so that means there's somewhere to search where you feel obligated, and it might be a feeling of obligation that just arises naturally, but one that you wouldn't expect logically. Because you don't want to acknowledge a feeling of obligation when you're doing something for someone that you love, right? Or you're doing something for your job, what you're being paid to do, so you shouldn't feel obligated. The mind can do things to cover up some of these things.

The other that can happen is, feelings that you might not think are irrelevant to you because you've done a lot of work. So it feels like insecurity shouldn't come up or unworthiness shouldn't come up, things like that. So they might come up in ways that are different, like reverse engineering. But **you want to stay open to those emotions that you think that you probably shouldn't have**. And it's not a conscious thought that you have, like, "I shouldn't have these emotions." It's just kind of a blanket assumption that we make about ourselves when we are successful enough or balanced enough or emotionally aware enough. We don't think that we would have any of those things come up. **But remember, the definition of health, emotional health, is being able to experience the entire range of emotions and allow anything to come up that wants to come up.**

So if you experience insecurity, that's okay. It doesn't mean that you've regressed. It just means that's another layer of the onion for you to really be able to make the shift. Those things are coming up for a reason to allow you the portal onto the higher dimensional timeline. So we don't want to assume that we're not going to feel any of those things anymore because we've done a certain amount of work or we have a certain level of success or a certain level of awareness. We're human beings. And so for now, we are going to be subject to the entire rainbow of emotion. That's why we came here. So that's something important too, to think about.

The other thing is I do want to give you a reminder about that whole concept of **flickering**. So when you're experiencing 3D and then 5D, and 3D and then 5D, there are times where you might get into a more 3D space where you might get really busy, you might get overwhelmed with a lot of activity. And it's harder to feel 5D as real. And so there might be some times where you feel a density of emotion and it comes up more like resistance or more like, "I don't even want to have anything to do with Crystalline Emotion® or 5D or anything like that." So just know that those periods of time can come up. Plus if you take into account the content video from last week, when you have those moments of experience that are contracted, so you're not experiencing as much, and there's more happening behind the veil, just allowing that ebb and flow to happen. Just knowing that that's part of the process.

It doesn't mean that 5D doesn't exist or that you've regressed in any kind of way. It's just part of the expanding and contracting and expanding and contracting that we do. We even do it every minute by breathing. We expand and let air into the lungs and we contract and breathe air out. This is part of life, the expansion and the contraction. This is how it goes. **And so don't be discouraged if you enter a period of time, a couple of days, a week, whatever it is, where you're feeling kind of repellent of whatever's in 5D or you feel repellent towards sitting with any kind of emotion**. You might be separated from that emotion or from 5D for a reason while there are things happening behind the veil.

So I hope this has served you. I hope that you continue to track for yourself, your emotions, the shifts. And of course, we have our coaching call next week. So I'm really looking forward to talking with you about the constellation that's been uncovered this month, this four week block for you.

And then I will also be talking about some options for ways that you can stay connected to Crystalline Emotion® beyond this program. So we'll talk about that soon. All right. Take good care of yourself and I'll see you next week.