

“CRYSTAL BODY” - Short Form - Experimental

Advanced Short Form Version 1.31 Crystal Body Exercises

September 24, 2013

*“To assist in the return of the light
and in the return to the light of those who are of the light.”*

NOTE: Before doing these, I recommend going through the long-form “*Crystal Body*” Exercises as they were published in 2009. I have repeated a few key diagrams here for everyone’s convenience.

NES Comments:

<http://newearthsummit.org/forum/index.php/topic,958.msg6039.html#msg6039>

Crystal Body Exercises:

<http://www.pfcn.net/Bulletins/The%20Crystal%20Body%20Exercises-%20May%202009.pdf>

...or at the alternate site:

<http://www.newearthsummit.org/pfcn/Bulletins/The%20Crystal%20Body%20Exercises-%20May%202009.pdf>

ALSO NOTE: In the initial “*Crystal Body*” exercise, we focused on the seven commonly known main body chakras. Here in this “Short Form” advanced version, we deliberately skip ahead and rely upon a full complement of major energy centers.

Do the full version at least once so that you have a sense of the spatial relationships between energy centers, aspects, and the synchronized circulating movements, etc.

I have asked JC to review and comment on these but he is in the process of setting up a new domicile. I will make changes and include his comments when I hear back from him. Meanwhile, this is for the private group to work with and report back on.

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I will again mention that this process (John’s original version and my “short form” modifications) aids in the reconnection of all of you and provides an additional avenue through which to receive help from your greater being.

Also, once you have an internalized sense of this, it is something you can place your attention on anytime, even if only briefly between “human busy-ness”.

Furthermore, it provides you with a “space” in which to do your ascension work. It is your own space, no one else’s. If anyone imagined that my previous references to this were simply poetic expressions, it is the literal becoming your own higher being and your own higher being becoming “you”.

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Some may ask why go through the exercises, only to then work toward the dissolution or unification of one’s energy centers? This is like the expression, “we are here to go” ...but enough of you needs to be to get the process moving so that you can “go”!

How can one first unify your energy centers and fields if they have been so disconnected and in disarray for so long? Never mind the details as to how this came to be the case, suffice to say that there are many reasons, the main ones involving interferences if the Dark, tendencies toward dissipation that are innate to your greater being/soul being, the abysmal state of human level spiritual awareness, the lack of internal capacity of the human level Self to discern truth from falsehood, human level distractions and attachments, and a similar problem with one’s higher human level of being as well.

So help pull all of your selfs together. When you know what you’ve got to work with, then you can take it to the next levels.

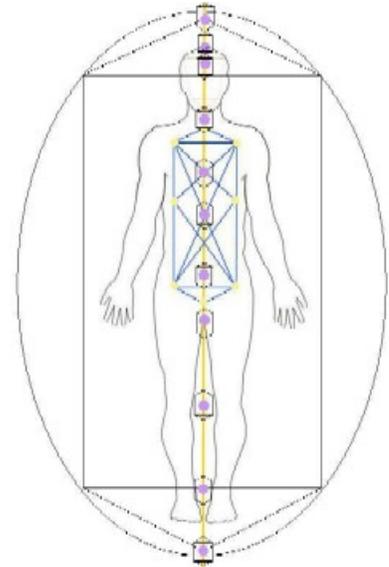
-Alex

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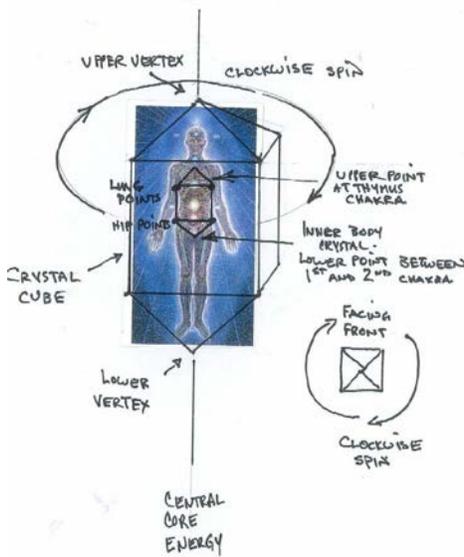
“Short Form” :: Part 1

As you look at the diagrams, form an image in your mind that this is a representation of your 3d level body with its major chakra centers and the inner and outer crystal body structures. Step inside the diagram and be it. It is not something “other”.

From your human 3d-level point of view, see your human 3d “outer body” and “inner body” structures rotating together in a synchronized manner. Intend them to spin clockwise. Perhaps you have dual fields for each, like layered shells or perhaps interpenetrating one another with one layer rotating clockwise and another counter clockwise. If your fields seem to be going counter clockwise on their own, experiment with trying to make them all go in a clockwise direction. Then try for about 30 seconds to make both these fields spin at light speed or faster until they are a transparent blur, like tubes or cylinders of light.



Inner and Outer Body Structures and the Eleven Main Body Chakras
- from “Crystal Body Exercises”
by John Crawford

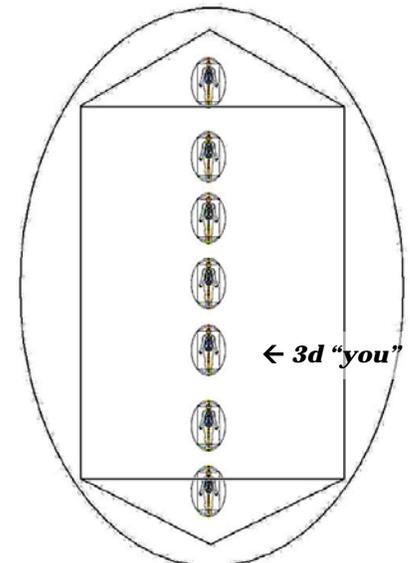


Now see your 3d level inner and outer bodies coupled with your lower two aspects’ corresponding outer and inner bodies, all spinning together, synchronized at the same rate. (See lower right diagram.) Intend them to rotate clockwise. How do they “idle along” on their own when you take your willful intention away from directing their spin? Do they settle in to a steady spin together? Is it clockwise (as you look down upon the top

of your head)? This is all experimental with no specific “rules” as to what constitutes “normal”, etc.

Can you make them all go light speed or faster? Try this briefly for 30 seconds or so. Then take your attention away and let them settle into their own mode of spin together.

Now see your four upper aspects’ inner and outer bodies also spinning with your 3d level and two below –all at the same rate of spin synchronized together. Try to spin all seven bodies together at light speed or faster into a blur for 30 seconds.



Soul Body Structure with the Seven Aspects (“Bodies”) Within
- from “Crystal Body Exercises”
by John Crawford

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See that they form a continuous inner and outer tube or cylinder of light connecting your lowest and highest levels. Then take your attention away and simply observe how they settle in together.

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Move your attention to your larger soul body and see all seven “bodies” of your aspects’ inner and outer structures all spinning together in a continuous inner and outer tubes or cylinders of light, moving at a comfortable synchronized rate –and also see these synchronized with the spin of your outermost soul body.

You might feel like you are sixty or eighty feet tall and perhaps thirty or forty feet wide, or more, with equally tall inner and outer body cylinders of light spinning within this larger encompassing body.

See if you can get all three of the synchronized rotating tubes of light (inner body, outer body, soul body) spinning synchronized together at light speed or faster so they become a transparent blur. Attend to this for 30 seconds and then let them settle in to their own comfortable spin rate.

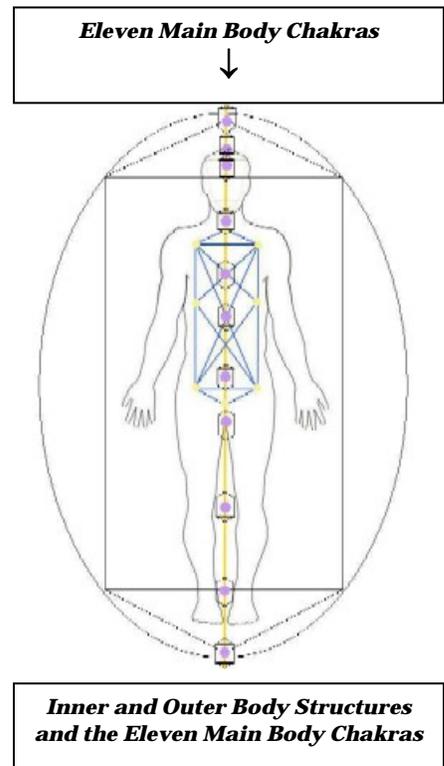
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While all three fields of light (soul body, outer body, and inner body) continue spinning comfortably together in a synchronized manner, stay with this a while. Look around at the “interior” of this large field from your human 3d level point of view that is centered inside of your greater being. Can you sense or see the spaciousness of your greater being? Breathe and expand into it, look around and within your greater body.

Perhaps you can also see or sense the major chakra energy centers of your human 3d body or those corresponding to your other aspects’ bodies? Perhaps they are scintillating with their own unique color tones? Look around, become familiar with it.

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Now move your attention to your central or main chakra energy centers. See these all lined up around your central vertical axis that is like a small tube or cylinder of light a few to several inches in diameter. See these chakra structures with their own miniature crystal bodies, all spinning synchronized together. (This smaller central core tube of light is positioned approximately in front of your spinal column.) This central tube of light could be anywhere from a few inches to several inches in diameter and connects all your energy centers of your all seven aspects’ bodies into a



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one unified core or central axis. It extends beyond time and space to directly your own Source or even directly to Creator of All.

Feel this connection, perhaps a two-way flow “light” that carries this energy all around you as well as maintaining your connection to your Source.

Note: Your central core tube of light remains a fluid yet stable axis of light energy flowing to and from Source and all around you, nourishing the “all of you”. There is no need to make the center core tube “spin” as part of this exercise.

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See or feel the “correction energies” and god consciousness flowing down all these structures and flowing horizontally outward at the same time.

Intend and request that these dissolve any and all dark force attachments or interfaces, codings, malware, implants, booby traps, and any and all dark force influenced structures from the totality of your being.

Intend and request that the “correction energies” help to upgrade and upshift the vibrational states of all your energy centers and energy bodies.

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“Universal Lattice” by Alex Grey

In general, your crystal body fields should initially be encouraged to move in a synchronized manner in a clockwise rotation, for some there may seem to be two fields present for any one of these primary body fields. One spinning clockwise, the other counterclockwise, perhaps interpenetrating one another, or perhaps like layers or shells that are close together as they rotate.

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As this all maintains itself comfortably, now see if you can accelerate the inner body, outer body and soul body fields to rotate at light speed or faster. Extend the duration of this blurring speed to half a minute and then to a few minutes. Each time, simply let it spin at its own rate of comfort, do not force it!

Work with this daily if you can. As you become more comfortable with this expanded state of awareness and attention, then go on to the next stage, but do not do so until you are comfortable with this as if “second-nature” so that you can see or feel it any time, no matter where you are or what you are doing.

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As you get a feel for all this and your awareness of your structures becomes fairly constant or consistent enough, expand the outer body tube or cylinder of all seven aspects' bodies to merge into your soul body field.

Then do the same for the inner body tube or cylinder of light for all seven of your aspects' bodies.

(Perhaps bringing each one to light speed or faster will make this expansion and merging of your fields into your larger soul body field easier.)

When this is done, you will have one very large energetic envelope corresponding to your soul body with one smaller central axis core of light that also includes the primary chakras of all your seven aspects' energy bodies.

Take time to feel and see this new greater “you”.

This process helps prepare a unified soul body field with a central axis tube of Light connecting all of greater “You” to Source and vice versa.

Learn to shift your attention from what would be your human 3d level of attention to your higher levels and later to those below your 3d level. (perhaps imagining you are in a transparent lined elevator, etc.) However, I do not recommend beginning with the levels below 3d. Look around and explore. It is your own space, no one else's.

If anyone imagined my previous references to this were only poetic expressions, perhaps now it can be understood that it was meant in the most literal sense, *you becoming your own higher being and your own higher being becoming “you”*. Consider this well.

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Part 2

In 2010, John Crawford and I discussed something that would be occurring for some. We had little idea when or how or why or who this would occur. Described briefly, something occurs with the body chakras, noticeable at the level of 3d “you”. This may also extend to all your aspects' bodies eventually. Without limiting your expectations in any way, some or all of your primary energy centers begin to vibrate intensely and in effect obliterate various inner structures in an explosion of light. There effects may be suggestive of colored “flames” or “waves” or it may be more dramatic like points of light exploding outwards from some energy center/s.

It is important that you have some semblance of coherency throughout most of yourself and composure to quietly observe this. There may flashes of light seen or felt and there may be intense colors observed by your inner awareness. There may be –or not –physical bodily sensations accompanying this. It is unmistakable when it occurs. It might be centered around or slightly below your 4th chakra (heart), but not necessarily.

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If you have been practicing these exercises, it is more likely that this will be part of a chain reaction across all your aspects' bodies. And it is likely that you will find that you and your greater self are one and the same, differentiated only by a point-of-view that is vibrationally based. And yes, it is possible and more than likely that you will still have a human body through all this. And yet, you will be very changed and prepared for what comes next.

The dissolution or re-unification of some or all that is differentiated or individuated within your larger being/soul being also includes that which you have taken to regard as “you” in 3d. I am not referring to your human body self, rather I referring to your spiritual Self, your true self.

What occurs next is at least partly and perhaps even largely up to your greater being. We have discussed this many times over the years in the context of the larger ascension and transformation process. I hope this “short form” and related discussions have been helpful.

Some may remain differentiated within the field of their greater level/soul being. Some may begin a process of unifying all aspects, all energy centers, into a singular unified field. Some may develop or exhibit states of change somewhere in between these two.

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Part 2.1 - Adjunct

As I continue the process of winnowing away my old notes, there remain certain things that I retained from the “past” in anticipation of “now”. These included predicted and projected insights into changes to consciousness, the soul bodies, creation, and the planetary environment.

From email and phone discussions with John C., he came up with a description around December 10, 2010 which fits very closely what we have been noticing with a few who have been coherent and persistent in their process. It also describes something I have discussed over the years, and that is the higher level/soul being is upgraded and “made new” along with all that it embraces since its existence.

And that some of these “ascended” or more evolved higher level/soul beings may form working relationships with others of similar capacities. This is one example of a process that is within the new creation taking hold in this creation. From John:

...I saw the soul crystal self move outward from its position and go upward...

...a few of the chakras begin to vibrate within the human form. This vibration shatters or dissolves the crystal structure within the physical form. When this happens the other chakras begin to vibrate and they shatter the crystal structure around the physical body.

The next event is that one by one the other aspects begin to vibrate and they each dissolve their crystal structures.

The next step is that the aspects begin to vibrate and the effect is that the large crystal of the Soul dissolves.

The aspects then begin to merge upward until they become one aspect and then this aspect becomes the soul self.

After that the newly freed soul moves out of structure and begins to interact with other souls that have undergone this transformation. They come together and form new structures then some move on and others continue to hang with the new structure and so on.

The vibration and movement of the newly freed soul affects the other soul selves that are connected or nearby in structure and they begin the transformation as well.

(The vibration of the chakras and then the aspects and the soul selves reminds me of a film I saw about how water molecules move from a cold state to a steam state. Vibrating and moving faster and faster until they become steam.) - JC

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This has occurred and is occurring. Early on it seemed to take many months or perhaps two years to develop and move to the next stage. It is my sense that now the process has been worked out with a small number, it is more easily taken up by more and may require only months or weeks to complete.

-ASK

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Part 2.2 – Alternate Modes of Unification September 23, 2013

In the “Adjunct 2.1” I describe one version of what can occur and which has occurred, thus demonstrating its validity to some extent. I have said oftentimes that for each individual, that the process will be unique to them. That said, there are certain commonalities or tendencies that can be generalized into “confirmatory signs”. As to the “Crystal Body” exercises, these would pertain to the process of unification of one’s energy centers the unification of one’s major aspects or bodies that are contained by one’s greater being or soul body.

Here in “Part 2.2 – Adjunct – Alternate Modes of Unification” I describe a slightly different mode.

Quite spontaneously, or on their own, one’s human or other level chakras may begin changing position, rearranging themselves. The details will be unique to each.

With this new level of changes one may find their outer human energy body or soul body “populated” by orb-like centroids of light. These may float about at times or they may begin arranging themselves into a new pattern. You may notice various colors associated with these, sometimes of intense hues, sometimes of delicate colors mixed with intense “white light”.

Related to this, one’s basic human level body chakras –or those of the energy bodies of your other aspects –may cease to be very prominent, may ease to be there at all, or may be connected to these orbs in the larger energy body of your greater being/soul being.

These may begin to form themselves into a unified cluster of orbs and might even form a single unified and “apparently” undifferentiated energy body. This may extend throughout all bodies of all your aspects and eventually it is possible that all these aspects and their unified fields may merge into a single unified field throughout the entire energy body of your greater being/soul being.

This has occurred and is occurring.

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To recapitulate some of the main points, for some, there may be an inner explosion of light. It might be preceded by the “appearance” of energy flames around them –or not. For some there is a process of the unification of the energy centers as per the descriptions in the exercises. The dynamics of the spinning fields varies per each individual. Then there is the experience of a displacement or movement of the inner energy centers and one may find you have your own bubble of floating orbs, etc. and then a new movement. Perhaps a new arrangement, perhaps a full scale unification. Perhaps some, not all energy centers or energy bodies will merge, or move upwards one or more levels. Perhaps there is no “explosion of light”. Perhaps that will come later. You see, this whole thing is “customized” to each individual.

...to be continued

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October 8, 2013

To clarify –

The voluntary merging or unification of your fields, bodies, chakras, and all the rest is not mutually exclusive with the possibility of the beginning of some “chain reaction” somewhere in your totality of being –such as with your human level chakras vibrating and exploding some or all of your energy structure.

One set of these dynamics can stimulate or catalyze the other and vice versa.

-ASK

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Spin Direction

October 31, 2013
per John Crawford:

" In general the crystals should all rotate the same direction if you wish to make connections between the aspects themselves and the soul as well.

Getting them go in different directions can be helpful in some circumstances but it creates a dynamic tension between the crystals in the body or between the aspects. "

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-JC

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Additional note from Alex:

At times there may be some value in the counter-rotating effect in clearing away "dross" -- like a big turbine blower/shredder.

However overall one wants a coherent and synchronized **CLOCKWISE** directional flow. This cannot be achieved if you practice maintaining or stimulating counter-rotating fields.

The counter clockwise flow tends to attract or pull in energies other than your own. This is useful **ONLY** if you are well connected to the higher fields and **IF** you really know what you are doing.

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Part 3.1 Updated

September 20, 2013

I will be preparing some brief notes concerning changes to your human level of consciousness, your human subtle body fields, and some possibilities concerning the lightbody. I will be also discussing possibilities of complete or partial annihilation of your human personality self that still allows retention of essential learning and essence of that aspect of greater you that has been learning and experiencing through human form. Somewhere in all this, I will likely summarize a bit more of the problem of spiritual depletion and spiritual annihilation.

There is nothing to fear with the loss of your *human* memories. Most of these are based upon falsehoods and trauma from an existence in a reality that should never have been. There is nothing to retain of the details of so-called human collective “history” either as there is nothing there beyond the basic knowledge that various attempts have been underway over many thousands of years to engineer races of human creatures to serve various dark forces’ agendas. Most human life memory serves primarily to maintain a hold or an interlock on the 3d levels and prevent expansion and eventual embarkation from 3d as a limited being. There are some memories one may find of have meaning, like keeping a few photographs and old post cards of something familiar.

In higher levels of consciousness within a vibrational range where experience and knowledge of 3d physicality holds an influence and interest, the “essential experiencing” of the essence of what we see as 3d “nature” on this planet is dramatically enhanced far beyond the crudely limited human senses. In other words, there is no loss of the essence of that which is expressed in gross animal or plant forms on Earth –or that of other 3d level worlds. And in these higher states of existence, it is possible to learn much more of the nature of “nature” and its diverse potential. This is essential to the learning process of higher level/soul beings. Without this learning, such beings will only seek to replicate what they are familiar with, and in the case of this realm, it is to mimic a distorted lower density that is the making of the Dark side. This is one reason that most of the “new age” channeling and personal dreamtime is dominated by notions of making a “new earth” – one that is based upon that which is familiar from a degenerate world, rather than from a pristine and spiritually evolved and spiritually wiser state of being.

Enough for now, more later,

To be continued...

-Alex

Inner Voices

September 20 , 2013

"To assist in the return of the light and in the return to the light of those who are of the light."

One of the considerations for anyone reaching these stages of development which we are exploring and actually doing is how well they have addressed their lower self --and related to that is the clarity of the intent of imaging of their high attractor. I have discussed this specifically in various materials over the recent years. I made a point of discussing it as much as I have because one does not want to be ready at one level and find out they are still tightly tethered or moored to the shores of 3d.

As to inner voices, it is very important to know the qualities of each. One might be from one's higher levels, one might be from one's lower level, one might be from a higher being come to lend assistance. And then there are dark side voices that need to be cleared away and no quarter allowed for them whatsoever.

Over the years we have discussed all of this and laid the basis for all of this in anticipation of this time. This was the main purpose of the work: to assist in the return of the light and in the return to the light of those who are of the light.

-ASK