

Crystals Awake!



Anna Enfys

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By Anna Enfys

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FOREWORD

Welcome to this short book and I hope you enjoy it and gain much from it as I did from the researching and writing of it.

Many thanks to my dear friends, Deborah, Natasha and Angela. You know who you are. I'm blessed to have your support and your ears to listen to my going on about 'stuff'.

Heartfelt thanks too, go to my team of angels and guides and those of the 'upper realms' who guided me to write this work in the first place and have taught and supported me all the way through, in particular, throughout, Archangel Metatron who wouldn't let me give up, despite the countless times I wanted to. :-)

This short book is for anyone it calls to and covers crystalline energy, the Rainbow Grid, crystals and the sacred places and of course, the crystalline you, for you are a crystalline being. Included within are three meditations. It is recommended that you read through the book first, then slowly work your way through a second time, and to do the meditations in order. The meditations can be read in conjunction with the image given, or, you can do the meditation as a guided meditation via links to the recordings which will be emailed to you with the book, or you may even choose to record the text in your own voice. It is suggested that you do these meditations more than once if you feel the need to do so. Do what feels right for you. If you would like the images within to the book to work with separately from the text, just ask. Please note that images are the authors own. You may share them but please link back if you will be so kind.

I feel sure that this book will be updated as in some areas as I have very likely just scratched the surface. All that is contained within the pages are vast subjects on their own! I add some reading suggestions to give you a bit more depth if you feel like exploring and also at the same time, tapping into your own wisdom and guidance. Sometimes we find that different sources say different things ~ you may find that here too. Just allow yourself to know what sits right with you. Allow your own intuition to speak to you. I don't believe there is a right or a wrong way. Pure intention and for the highest good, will bring through what is true for you and what is needed. Nothing is by accident! Ever.

If you wish to know more about me and my work, then visit ~

www.annaenfyshealing.co.uk or, feel free to contact me. Anna Enfys Healing does not work for personal profit but to assist in raising funds for causes close to the heart.

There is a new age, there is a new place,
A new dimension that you'll need to face.
You will need to let go of patterns of old,
Be brave, be fearless and just a little bold.

Open your heart, listen to your soul and open your mind.
Step back, and inside and you will find
What is the Truth, the Truth that is you.
Ask for guidance as to what you need to do.

Let go of all that doesn't serve you so well.
If something feels heavy or wrong you'll be able to tell
That healing is required and that there's a need to let go.
To let go, be centred and let it all flow.

You're a being of the Light, just like me.
Go with the energy you're feeling and then you'll see
How easy things become, how joyful life is,
And how it is meant to be and I can tell you this.

You'll have the support and love you need on your path, your way.
Not just for a time, but through every day.
Love, guidance and support as you shine your light.
Shine your light forth now, day and night.

5th dimensional living is happening now.
It's new, it's powerful and how
Much better life on the Earth can be.
Many will awaken, many will see.

The choice is yours, your free will to take
This opportunity to become fully awake,
And aware of the truth and of All That Is,
And, with this knowledge come true Bliss.

Bliss. Love. Peace. Is yours when this journey is done.
Travel this path with me now, the path back to the One.

Through a channelling with Archangel Metatron
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INTRODUCTION

The New Age is here, that is 5th dimensional. Of late, as you may well know and may be even physically aware of, there has been an influx of light and energy to the Earth. Crystalline energy and light being directed from Source. Much of what you have held true, your beliefs and indeed, your feelings will change. You will become lighter and brighter. As you absorb and assimilate all this new energy so too, will it pass through you and into the Earth, and back through the Earth, through you and upwards and in all directions. Energy is everywhere. By allowing yourself, making the choice to attune to this higher energy and to become higher dimensional, there is inevitably work to do. It may be harder for some than others, as we all 'evolve' at different rates, that is to say, you are where you need to be right now which may look different to where another is, but you do not have to work alone. Your journey is yours and yours alone. You are though, never alone. In reading this book, you will find much assistance and I, Archangel Metatron am always so glad to be of service. All that you need is within this book, be it guidance, healing or more. You will be supported, you will be guided and healed and your crystalline heart, your crystalline crown activated. Are you ready? Then read on....

PART I

WHAT IS CRYSTALLINE ENERGY?

Crystalline energy is that energy which comes direct from Source/God/Creator/Universe. It is the purest of pure energy and it is cleansing and raising the vibration of the Earth and all its inhabitants at this time.

Many are feeling the change in energy both outside of themselves and within. With cleansing comes upliftment in all ways. As the vibration rises within one, so too does that person feel their connection more deeply, both with their fellow humans but also the environment and yet beyond. Connection is felt with the energy of All That Is.

Why has this happened now? The reason for this shift, this outpouring of crystalline energy is to purify the planet of much of its denseness and negativity and to steer its inhabitants away from its destructive habits, both of planet but also of self. The finger is to be taken off the detonation button! Much of what you have learnt or think you have learnt is false, put in place by those who would control and disempower their fellow humans. The people and those within the large corporations and establishments will become the past over time as the regimes, tyranny and powers of control begin to crumble and topple. So too, are many beliefs or standpoints learned from others as you go through life. At times, things in the physical world may seem chaotic and out of control, as though, quite literally, the world has gone mad. Much of what is being 'experienced' is a part of much cleansing, awakening and realigning. It may look odd but this is where faith and belief come into their own. The disorder, chaos, fear and all that seems frightening and out of control is difficult at times for us to deal with, but it's perfectly normal to feel this way. This is the way we've be 'taught' to feel. When this happens, it's time to step within, to connect with your inner wisdom and with Source and allow yourself to know, to feel what is the truth, what is perception and what is being 'fed' to you in order to keep all in place.

Does this affect everybody? Yes, it does. Some may be aware of it more keenly, others may be totally oblivious. Those that are already more spiritually connected may be most aware as they are in many ways 'awake'. Waking up is a part of what the crystalline energy is about, why it is coming in. It cannot be avoided and for some, it may be uncomfortable and even a little unpleasant at times, but it cannot be avoided.

Why? Remember that the crystalline energy is a potent cleanser and this cleansing is akin to having a deep clean or a thorough wash and brush up. Cleansing of course isn't about water or your daily ablutions. Rather, it is to bring up within you and around you the opportunities to see, acknowledge. To let go, to change and to grow. To grow into that which you were always meant to be. Many will find that they access some dark and dismal places within themselves, some of which may relate to past lives and some too, in the present one. The dark places within, your shadow side,

is not to be feared but rather to be embraced for there is much to learn from that which you've held within and repressed. There are lessons to take from the shadows but also things to acknowledge, let go of and heal from and also that which may be worked with for the good, or for the light.

Do I have to do this, I hear you ask? The short answer is that you can try and ignore it, but that may become increasingly difficult. Is it not easier then to go with the flow? Know that you are not alone, you can and will be supported and assisted on this particular part of your path. You are advised, of course, not to try and do it all at once, for that may be overwhelming and indeed could be detrimental.

So, what is it about crystalline earth, crystalline energy and us as souls in human form? You're not going to be blinded by too much science, so please don't switch off!

OUR DNA



Image by Pete Linforth from Pixabay

We'll start with us humans and our DNA. You've all heard of DNA in your biology lessons at school and probably remember that it stands for deoxyribonucleic acid. DNA is the key component to life on Earth. Everything has DNA and it is akin to an instruction booklet! Instructions on how to develop and what form to take. It looks a bit like a twisted ladder and is known as a double helix. This is two strand DNA. Is that all we have? Two strands? No.

There is also something known as junk DNA and this is DNA that we're told has no coding or instructions within it? Or is it really junk? Does that really make sense. Wouldn't junk have been evolved out of us? Or are there 10 other strands of DNA which have lain dormant and unused for whatever reason ~ be it evolution (I don't think so) or through the use of those particular strands being strangled or stifled or sent dormant?

You've probably seen articles or postings about 12 strand DNA and it relates to the re-encoding and/or downloading at this time the energy that will re-encode human DNA. That is part of the major shifts occurring at this time. It includes the need to awaken, to be awakened and to kick start those other ten strands.

That which was altered or strangled in some way is now coming back or being given back to us. Hence the awakening and enlightenment of many that is going on.

It is known, scientifically, that DNA can receive, emit and or convert light alongside other frequencies, so it does make sense. The metaphysical and the scientists meet on level playing ground! :-) Light it has been found, when used a bit like a laser can bring about healing of disease and the DNA can be re-programmed. This ability likely comes not from the two strands, but from within the other 10. It may not be quite junk at all. The light that is coming in is assisting in this re-programming.

The same applies to sound healing. This has been known by the Ancient Ones for a long time. Take the use of mantras and yantras to elevate consciousness and also to bring about healing. Chanting, Solfeggio tones are amongst others or just plain old music and singing. There is also something else here, something that many are finding they can do, that they appear to have become attuned to. What is that? It is Light Language, or to put it another way, the language of the Soul. This Light Language may come through as singing or tones, as symbols or as manual gestures. This language is pure. It is something that one doesn't understand with one's ears or eyes, but rather that the soul understands what is being put across. Can all of this really reprogramme our DNA? Yes, it can. It may not happen overnight but with regularly usage and of having faith, anything is possible. It is now that this reprogramming is meant to be.

The earliest humans had the active 12 strands and were physically, psychically and spiritually adept and felt strongly, their connection with all others but also their connection with God/Universe/Source/All That Is. Ancient humans were far more advanced, not technologically, although they understood geometry as you'll read later, but on a spiritual level. They understood reality and illusion and knew how to bring things into being. Manifesting I guess you'd call it but on a really advanced level.

At some point, this was quelled. It pushed under as many turned against what was meant to be the true order of things. The time when lust, greed, violence, control and fear took over and also of using the Earth's resources in a selfish manner.

We still have 12 strand DNA ~ the blueprint is still there in the etheric layer. It is coming back and this is why you sense, feel and desire the shifts that have been going on of late. Some of you may even have felt the downloads physically, or just known. Light and energies are being beamed down to us, through us and through the Earth. It is affecting our DNA. It has been reported apparently, that not only have children

been born with evident three strand DNA but there are also some with four, or more. I have no proof to show you, but for me it resonates.

Many have DNA that is holographically activated to 12 strand. That which is there in the etheric is becoming physical. The energetic pattern of DNA is changing to a more crystalline pattern and no doubt you've heard the term 'crystalline' or you probably wouldn't be reading this.

As we progress along this road of enlightenment and ascension, the pattern may further change and develop. Much healing is going on in both humans and Earth itself. So what to do about it? Follow your guidance, your own inner truth. Do your healing as it comes up. Let it go. It may not be easy at times for it may involve confronting ones own shadows and that can take courage and also it may be challenging to live and speak your truth, for the age old fear of what others may think, of being judged. It is time to stand, speak and act Truth. Be Truth.

These changes have manifested and you are manifesting. As you step forward into this unknown you'll discover you, the true you and your true path. Grasp that courage. Step forward. Step up to the challenge. You have the support all around you. From those going through the same as you, and from God/Creator/Source/Universe/All That Is and from the Angels and Masters too, as well as your own personal guides!

CRYSTALLINE HEART



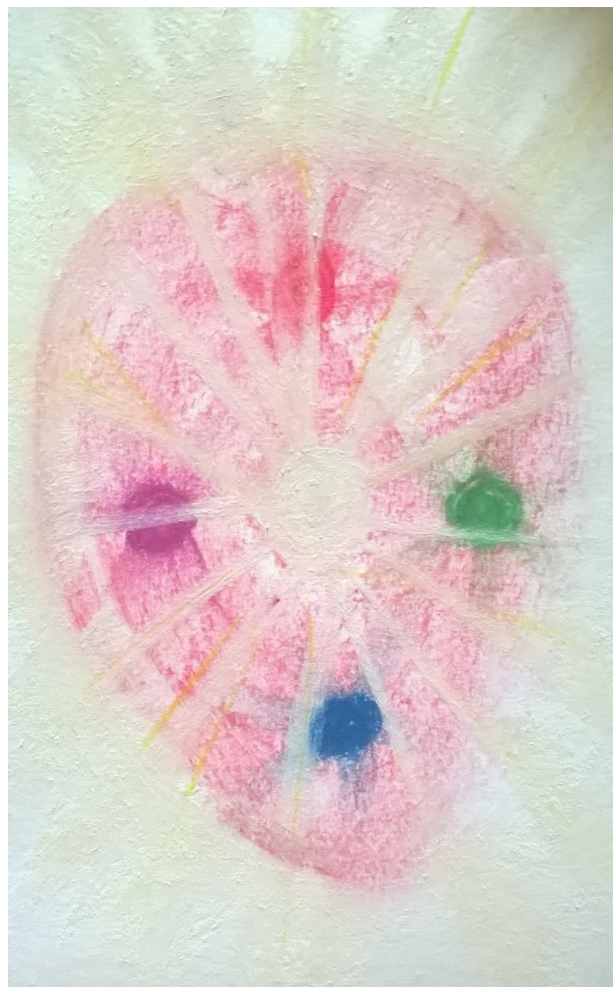
Perhaps you've heard of crystalline heart, perhaps not. The Crystalline heart is a part of a network or grid that takes in and emits energy and frequency throughout the grid around the Earth and beyond. There is also a cluster of similar hearts within the earth grid too which works in the same way and helps to give us the life force energy we need, in particular for the lower chakras. You can see here then, how important it is to ground to the Earth in order to assist balance, health and harmony.

Part of what has recently occurred is that the planetary grid or the grid around the Earth and beyond has and is conducting and sending out Trinity waves of light and energy which are activating the crystals in you, your light body and also into the Earth's core and also to the chakras of the earth. You can see where the Earth's chakras are in the diagram further along. (source unknown but I take no credit here)

Trinity waves are as the words suggest – three cosmic energy waves, all interlinked and coming direct from God/Creator/Source/Universe.

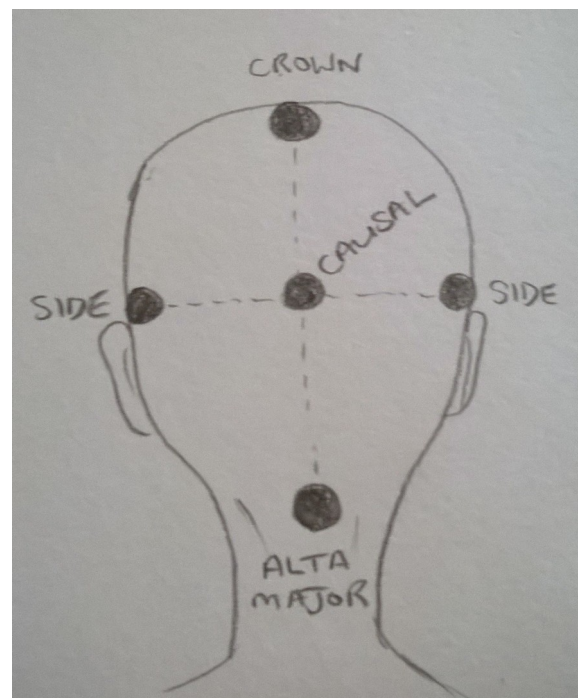
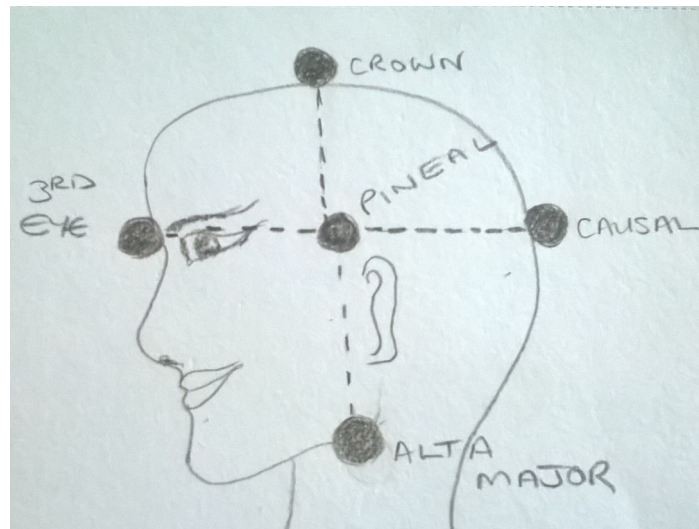
So what does a crystal heart look like. I've seen and read descriptions of a cross hatch pattern and that the systems works just like our physical heart by pumping energy.

I have been shown the crystal heart in a different way and this occurred months before I started work on this writing. I had a vision of Jesus but he was predominantly white light with a heart where you'd expect to see a heart but, the heart was not red or pink or like a heart in many ways. It was made up of crystals, placed in a diamond shape (note here that crystalline heart is also known by some as diamond heart) with a central crystal. The energy pulsing from the heart was pure Divine Light. Below is a drawing I did in order to record what I saw.



CRYSTALLINE CROWN

What is the Crystalline Crown? It is much akin to the Crystalline Heart but as the name suggests, this grid is situated around the head ~ a bit like a crown! It makes connections with the 3rd eye, the causal chakra, alta major, the crown chakra and also two side chakras which facilitate seeing and hearing beyond the physical dimension (known as clairvoyance and clairaudience respectively), thus creating a diamond shaped, crystalline crown. See diagram below and further along this will make more sense when you'll read a little about sacred geometry.



CRYSTALLINE EARTH

Earth has been mentioned as well as humans and so let's move onto Earth. Yes, there is a crystal at the earth's core as well as those placed at various points on the planet, not just those at the Earth's chakra points! The crystal at the Earth's core is a giant one and is situated more than 3,000 miles down beneath the surface of the earth. Scientists discovered this in 1995.

The centre of the Earth is an extremely hot place and there's a lot of iron down there. Iron has its own crystalline structure. Crystal of course carries energy, emits energy etc, so doesn't that make a bit of sense?

Underneath our feet is way more complex than we realise and understand and unless one is scientifically minded it isn't so easy to explain. So, this is being kept simple. Crystalline Earth which we ground ourselves into (if you practice this) is precisely that ~ crystalline.

We were once much more acutely aware of our place on Earth and also our deep connection to it and that which we had with it. This connection is linked with our consciousness. As our consciousness fell, that it when things started 'going wrong'. The imbalance in the fields of energy is the cause of that which we see in our current world.

What is needed is a deeper relationship with the Earth and also with each other. A positive, loving and respectful relationship is needed so we need to reconnect to the Earth and to Nature. Crystals can also assist with this healing by amplifying positive electromagnetic energy to us and also to and into the Earth.

CRYSTALLINE GRID

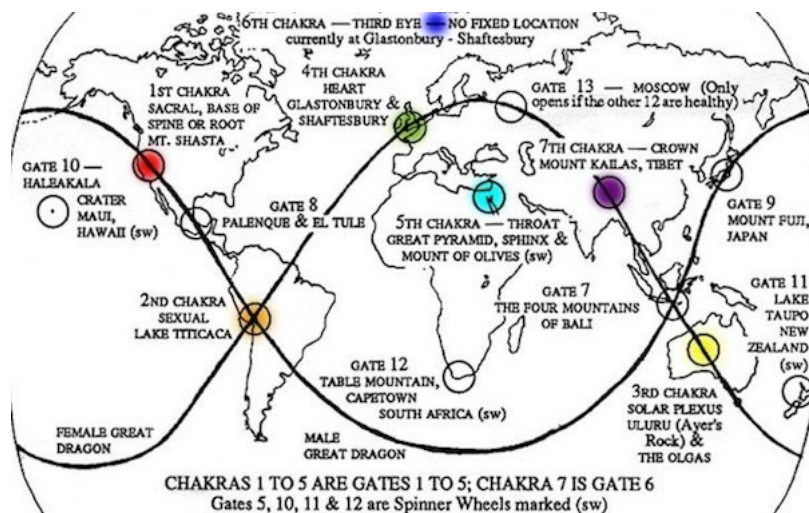




Image courtesy of Pixabay.com

This is a vast subject which can be gone into very deeply, but not for this short course book, but I give some recommended further reading at the end.

Put quite succinctly is this quote from Upanishads

“As is the human body, so is the cosmic body.

As is the human mind, so is the cosmic mind.

As is the microcosm, so is the macrocosm.

As is the atom, so is the universe.”

Or simply put ~ so above, so below.

What we put out, so we attract back. The power of thoughts and intention can affect all. Think of the ripple effect. Think of how our thoughts, learned beliefs and behaviours affect things, when what we put out doesn't come from our authentic self. What are we, what have we perpetuated? Think here of repeated patterns on Earth, such as wars, famine etc.

Yes, that word again. Grid. There are grids beneath the earth, around the earth and beyond and all connect. You too are connected to this grid as are all living things. The crystalline grid links the crystals in the Earth and upon the Earth. The Earth too, as you see from the diagram has its chakras. A bit more information on that further on.

We talk about the Earth and its grid, but it should be noted that the grid goes way beyond, for it is a support system which holds not only the Earth and its inhabitants, but all life be it plants, animals or crystals, beyond the earth and into the Cosmos.

Where the grid crosses there are portals or doorways that connect the inner earth to other dimensions, the stars, planets, and beyond. I felt a bit like Buzz Light Year there and nearly wrote ~ “to infinity and beyond”.

The grid keeps harmony within the earth and the portals keep balance and harmony beyond that.

When energy flows through the earth properly then all is good. A bit like us and energy flowing through our chakras efficiently and in a balanced way means we are healthy and harmonious on all levels. It is said that there are areas that need cleansing and healing right now, places where the energy may not flow so well, especially in places where there has been much strife and much negativity over the years. This too, will be covered a bit more later on.

Stone circles, pyramids, standing stones, cromlechs and also some temples (amongst other things) were actually built to align the energy of inner earth with that of the stars and also to create gateways for travel to other dimensions. Remember the Ancients were very advanced. Portals hold energy and each has a guardian crystal situated beneath it. The energy spins and it is how energy moves. This spiralling energy is within me and within you. It's serpent energy or Kundalini (a coiled snake) and it flows through your DNA. Energy is light, light is energy and it is Life and within some of these spiralling energies precious metals and stones are held too.

When the spiralling Kundalini energy rises in us, it is then, that we can truly remember and know who we are and can become our Body of Light and also know that true connection with God and All That is.

These portals that are being spoken of are beginning to open once more, as we become higher dimensional. Crystalline Grid is also known by the old word LEY LINES (or Dragon Lines). Ley lines are energy paths or ancient roads and they work on all dimensions. In the first instance, there are physical crystals and minerals ~ many of which are present in us as well as in the Universe. So the grid links all portals which resonate with Divine light and also they link with the grids on higher planes and dimensions. The Ancients likely used these ley lines and portals to travel psychically.

The pyramids etc, that I mentioned earlier, besides their geometry, also held crystal light and indeed still hold it. The pyramids were built of granite containing quartz within it. This also relates to other structures. For example Mynydd Preseli in Wales is made up of Dolerite (Blue Stone) which contains quartz. This stone has been used to create monoliths, stone circles and is also the stone that Stone Henge is made up of. These structures hold and emit energy ~ energy that can still be felt and holds knowledge and wisdom of the past too. ** See my blue stone experience** Therefore, the sacred geometry, the position and the building material were all important in aiding alignment, connection and keeping balance and harmony as well as being portals for travel.

Once we all awaken more and more, as we heal, as we ascend, so will balance and harmony reign. Balance and harmony will resonate within us, between us, with the Earth and all that is beyond.

So as we are, or can, in effect, become like a crystal and create and, as we open up to this light, this energy, this resonance with the Crystalline Grid that runs through us, so we will create a new grid. A refreshed, updated or healed Grid of Light. This new resonance is coming through and is coming about through us and those who assist us, and so into Earth. We will become the converters of Heaven's energy to earth and so find our connection, truly and deeply with both Heaven and Earth.

So, just a little reminder ~

Crystals form perfect geometrical shapes and with them bring us reminders of the Laws of Unity ∴ just as we are formed of geometrical shapes also, so too can we align together as a collective but also with the Earth. We can, and also with the aid of crystals, align ourselves with our authentic selves. Crystals can aid healing and bring through awareness and connection to truth and our connection with the Divine and all things. To heal oneself, to align oneself is a powerful thing and remember ~ the ripple effect. Heal self, heal the collective, heal the Earth and become one with All That Is.

MY BLUE STONE EXPERIENCE

It's been a good while back now that I first connected with the Preseli Blue Stone (or Dolerite). I was guided to this stone whilst on holiday in the Pembrokeshire area of Wales, UK. Upon returning back to my then home in England, I made acquaintance with a blue stone palm stone. If you happen to visit either Stonehenge or Preseli, the stone could easily be seen as nothing special ~ but it is! The energy from the blue stone is intense and may often give anyone just starting to work with it headaches. The blue stone showed me much of past lives in Wales, one in particular, that showed me who and what I was in that time and with it came guidance that what I had learned in those lifetimes was still wisdom held within me, to work with in my current lifetime ~ in particular crystals and working with nature or rather, all that is around us, the elements, others so to speak. I've also been shown a lifetime in Ancient Egypt. It is known that the Blue Stone can connect us with past times in both Wales and Ancient Egypt. I haven't seen a link about blue stone and Egypt and I do wonder if it was or is present there? If anyone knows, please enlighten me!

CRYSTALLINE CONNECTION

In order for one to be truly connected to the Crystalline Grids one must vibrate at a higher level. This may and often means that healing is needed. Deep seated healing and the release of all the dense, dead energy of time and lives gone by. This energy can then be replaced with Light Energy, Crystalline Energy. You are already crystalline but re-alignment/reconnection is needed. I'll explain a bit further.

You see, lower frequency versus original authentic frequency creates suffering and chaos, not just for us in human form but for the earth itself. Crystals resonate with us and we with them. The geometry of our bones and mineral give us crystalline properties. We are composed mainly of water, which has a tetrahedral structure and crystals within it, so therefore the same applies to humans. The Earth is crystal, it is a crystalline world.

So, how do you do this? First of all connect with your inner self and your true heart. Call for assistance in bringing up, releasing and healing that which keeps your vibration lower than it should be. You may already be aware of situations in your current life and also that of the past which could really do with being let go of. Repeated behaviours, toxic relationships, negative thoughts or actions – you get the picture.

Much of who we think we are comes from what we are taught by others, from the time of our birth (and things carried from previous lives). As we are taught by others, so are our thoughts shaped into what we think we are. These patterns of inauthenticity perpetuate and means we aren't working with or resonating with our original authentic frequency, which assists in bringing needless suffering and chaos into our lives and of course, we pass on our thoughts and our learning to others too. It ripples out and out.

To connect with our crystalline selves takes healing and with the help of crystals we can become whole again and live authentically. It means breaking up of programmes that have been set. The channel needs retuning so to speak.

Crystals and us as humans contain sacred geometry, all does. All is based on this geometry. Take a look at plants, for instance, as well as crystals and also the human body.

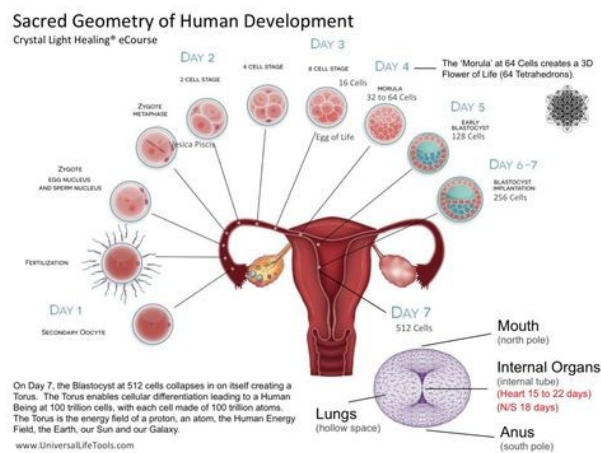


Image from UniversalLifeTools.Com



Image is courtesy of Pixabay.com



Image courtesy of Pixabay.com

The 5 main structures known as platonic solids are the tetrahedron, dodecahedron, hexahedron, octahedron and the icosahedron. All can be placed within a sphere, which corresponds with 'Creator'. These patterns or codes are symbolic of our authentic self and can be seen as a kind of bridge between God/Creator and us.

Plato held the belief that Creator source geometrises all the time. Interestingly, geometry means GEO = EARTH and METRON = MEASUREMENT.

The geometric shapes and structures found in nature hold the signature of what is known as the golden ratio (Number 1.61803399). These are the repetitive patterns or codes of the universe, hence crystals resonate with certain planets, elements, birth signs, bodily systems, chakras, etc.

However, this short book isn't a lesson in sacred geometry, that is left for you to explore if you so choose, but, it is a fascinating subject that will resonate.

In short, crystals connect us with universe and vice versa. This connection can assist us healing self, of realigning self to our authenticity, and can also assist with healing the Earth, and right now, that is much needed and very evident, I think you'll agree.

Once you are aware of what needs to be released, it is time to acknowledge that thing and its associated emotions. It is at this point that forgiveness is needed. True forgiveness with an open heart. This forgiveness is not just forgiveness of those who may have hurt you intentionally or unintentionally, but just as importantly it is vital to forgive yourself. It is a time to release held down anger, bitterness, grief, shame and regret. This done you can then pray or call upon the Angels of the Light to lift away that which has held you back and to replace it with unconditional love and to open your heart further than before.

As you do this work, your heart becomes more open, you become more open to the true and authentic you. Further still, your vibration will rise. You will become lighter and brighter and step closer to that deeper connection with God/Creator/Source/Universe and also feel a closer and more loving connection with your fellow beings on Earth as well as with yourself.

You do not need to do this work all by yourself and, in many ways it may be easier if you don't. For in opening up and letting up all past denseness you may find yourself facing many shadows and dark places ~ there is no need for fear here but, it can be difficult to face things you feel ashamed of, of feelings that have been pushed down, parental wounds, battles scars. Anything that has been pushed down. They can be worked through however, with someone on the same road or with one who can give spiritual counselling and guidance.

Angelic healing can also be a kick start. Many find that sessions of angel healing loosen that which needs releasing. The angels too, know at what rate you can do this work, what will most serve at the given time.

Once it is deemed that you have cleared the debris, so to speak, you may choose to have your crystalline heart activated. Much is already in place but is laying dormant for it cannot awaken and cannot be activated whilst a person has negativity and denseness within. As you heal you will notice that your pattern of thoughts and also the way you act may change. You may find yourself challenging things you once accepted. It may seem a bit odd initially, but very quickly it becomes quite natural and is the way it is meant to be. It shows that healing has taken place, that your vibration is higher than before. This is all good and a good marker for accepting Crystalline Heart Awakening.

ABOUT THE MEDITATION/AWAKENINGS

Included is the text and an image of a channelled drawing for each meditation and with it a crystal grid. It is advised that you make time in a place where you will be undisturbed. Make this time special, each time. Make it cosy, make it feel as you wish. Add candles, oils, crystals of your own, and for the crystalline crown activation meditation, you may choose to work with a merkaba, that you may have intuitively chosen. I make a suggestion for oils further on. Go with what is right for you. This is your time, your space.

You may wish to just work with the image and read the text but a recording has been done for each meditation/awakening and on the recording is drumming during the times of just being and allowing and a guided meditation is infinitely more relaxing than trying to read and just be!

Do each meditation in turn, but do read the whole book first! Once you've read, you may be ready or you may not be. You may need to do some pre-healing. Know that assistance is available if you need it. All you need to do is ask. Assistance may be through chatting, healing or readings, whatever may be needed. (No extra charge although if you wish to make an additional donation for my chosen charity it would be very welcome but in no means obligatory).

CRYSTALLINE HEART AWAKENING (1)

Where do you go to get this awakening? Who does it? Archangel Metatron is happy to give this awakening as are others of higher realms and dimensions. You can access this through the guided meditation via the link or just use the image and the wording below. Take the time to make it special for you and make time for when you can truly relax and be undisturbed. Light candles, make a little altar, diffuse essential oils – my suggestion, and it is a suggestion only is a blend of Cedar Wood, Geranium and Clary Sage but use whatever you intuitively feel is right for you. Please take note of any contraindications associated with any oils you may choose to diffuse. Essential oils are very potent! The above suggestion might well be better avoided if you are pregnant, and please note that Clary Sage should be used in very low amounts as it may induce drowsiness and also a headache if too much is used. Better too, not to drive or operate machinery directly afterwards.

In many ways this is a bit like an attunement and a bit like an energy healing but goes a lot deeper than that.

Are you ready to work towards Crystalline Heart Awakening? Then look no further. For if you are reading this, you have been guided here and have found what you need. Read on....

OPEN YOUR HEART MEDITATION

Make this time special for you, for it is a special time. Make a time where you won't be disturbed. Be comfortable, light candles, diffuse oils. Do anything you wish to make your surroundings beautiful, relaxing and a little special. You may even decide to set up a little altar. Do whatever feels right for you. Sit if you can, or lie down (this is easier with the recording!).

Focus your eyes on the image initially, and allow your gaze to soften until the image is little blurry. Allow yourself to relax, to be drawn into the image. Be aware of your breath but without overly focusing upon it. If your mind wanders, just acknowledge what comes up and let it go and draw your attention back to your breath.

Gaze upon the relevant image for 5 minutes or however long feels comfortable for you. When you are ready, refocus your eyes and slowly read the words of the meditation or, go to the recording link you received via email, or you could record your own voice if you prefer. Go with whatever feels right for you.

THE MEDITATION – Words are further down to read along with an image, or you can work with the image here and listen to the guided meditation sent via email. The recording is obviously long and more in depth.

AWAKEN YOUR HEART MEDITATION



You are here. Relax and take this time just for you. Not just for your physical self, but for your true, authentic self.

Relax. Take a few breaths deeply, to shift any tension or anxiety. Blow it out. Let it all go. Breathe softly now. Imagine a soft, rhythmic drumbeat (if listening to the recorded version), or tune into the rhythm of your own heart. Let it assist you. Spend time here.

Draw your attention now to your heart space. Feel it pulsating, feel its rhythm. The rhythm and pulse of life force energy. The same energy that runs through all things. Universal energy. Allow yourself to feel that connection, for you are connected. There is no separation, that is mere perception.

Continue to feel the pulsation, the throb the beat and now, travel further within. Deeper and deeper. Inwards, inwards. Don't worry if little niggling thoughts or mind chatter come through. Just acknowledge, let it go and return to the pulsation, the rhythm. Let all go. All you need is within. Travel deeper within.

Ahead of you now appears a blurry image, the image of the crystalline heart that is the drawing. See the soft glow of the crystals. These crystals are inside of you, inside of us all. Connect with these crystals. See and feel the light within the heart and within the crystals. You may feel drawn to a particular crystal to focus on, this may be a crystal that may be of particular assistance to you at this time, but know, all the crystals are within. You are connected with them as all is connected. Nothing is separate. Feel the energy of the crystals within your heart ~ it is time to awaken your heart and the truth and complete love that lies within.

When you feel ready, just say these words out loud, or in your head, for your thoughts are also heard.

Say – I call upon Archangel Metatron and ask that my heart be opened, that all that closes my heart to the full energetic frequency of love and connection, be released. I am ready and willing to open my heart fully, to myself, to All That Is, and then to realise my true soul's nature, who I AM, what I AM. I ask this now, for the Highest Good, and so be it.

You may sense Archangel Metatron's presence through colours, sensations, visions or you may feel nothing at all, but know that your heart is being opened and what you sense is just right for you. It may be you have personal healing to do also, but that which can be released in these moments, shall be done.

Take note of any messages, nudges or thoughts that come through at this time. Dismiss nothing, for you may receive particular guidance and assistance. Relax here, in this space. Enjoy this heart opening, and any healing you may receive. Enjoy this connection. Take as much time as you wish or that feels right for you if you are reading or keep listening to the recording.

When you feel ready, come back to the room you are in. Stretch out, wiggle your toes and open your eyes if you've closed them after reading. Give thanks to Archangel Metatron for his assistance and thank yourself too, for making this time for you. When you are complete, ensure you ground your energy to the Earth, to allay any feelings of light headedness or of feeling ungrounded. Many Blessings.

The following pages contain the guidance needed for cleansing and healing and there are awakenings here too. Once done you will be able to receive your activation more effectively and fully.

CLEANSING & HEALING

It is now time to commence with the process of cleansing, of bringing up to the surface and into your consciousness, all that needs to be seen, to be acknowledged, to be forgiven, to be released into the light and then, for healing to take place and those spaces left behind to be filled with unconditional love and Divine light.

Where to begin. At the beginning of course. Take time now to step back inside, and with a quiet mind and no thoughts of judgement. Go back to your first memories. Re-trace your steps little by little, a bit at a time. Make note of events, situations and issues that come into your memory. Here it may be useful to write things down including those things in the present which may be holding you back or holding you down. Note especially, anything that causes anything negative to rise in you, be it anger, guilt, shame, hurt and all other negative emotions or thoughts. A journal is a great idea in order to assist you.

You may find that you dream or even see the things that require releasing. This is particularly so if you meditate regularly. It is possible that much will come up all in one go or, it may be a gradual process. If things seem a little overwhelming or if they feel too dark then feel free to call upon Archangel Metatron or to one who may guide and counsel you. You don't have to go it alone.

In order to make ready for Crystal Heart Awakening, one does have to do the healing. It isn't always easy, but it is worth the doing, for with releasing and healing you will feel lighter and brighter and more positive in all ways. You will likely receive some healing too, during the meditation.

Much of what is carried by many is not even theirs to hold or to keep pushed down. Once one acknowledges those things it is easy to let go. Remember that you are not to blame for all the downs that have occurred in your life! This too, is where forgiveness comes in. To forgive others and to forgive yourself. It is also good practice to take and remember any lessons learned from these.

PAST LIVES

Some of that which emerges or may be shown to you through dreams or readings, may pertain to past lives. This may be as repetitions of behaviour or just being given or having the knowledge that it is so. Past lives come into the present life in order to show you what needs righting and also to learn lessons from and to grow and evolve at soul level as well as tapping into any wisdom that you've carried with you.

Past lives may be tapped into through card readings, meditations and you can, if you wish, ask Archangel Metatron to show you which past lives need healing. This may all sound a bit grey and vague but past lives affect the majority.

EXAMPLE OF PAST LIFE READING



Card 1 ~ This show that in the past life that is of current significance that the person was a Father.

Card 2 is the main challenge or theme of that past life and what need to be understood in order to transform one's current life. The card is Lessons and Blessings. Children and being a parent is indeed a blessing but also within parenthood there are lessons to be learned to. Being a good father is a challenge to many ~ firstly we learn many of our parenting skills from our parents, that may be good or not so good. In being a parent one also has to juggle time. Time working, doing household jobs, playing with the children and nurturing them. It appears that it is time to turn time on its head. The time of juggling and with all the other things attached to parenthood appear to be over. The card is marked. Yet, it can help to look back, or read over, if there is diary keeping, over the past, for this too is where there are further lessons and blessings to be found. It is the start of a new phase, the clock is ticking but there is no need for impatience. Just be. Stop your own clock. Just know and keep the faith that change is coming and that you are supported in these changes. Time is a perception. In truth,

there is no time, it is a mere measurement that humans use. Stop. Be. Look back. Look within. Release. Learn. Keep what is useful. Then the clock may start ticking once more. Look to repeated patterns of behaviour and why they keep recurring.

Card 3 is Greco Roman and this relates to what is currently being manifested in order to learn the lesson. Life may feel currently as though it is a bit rocky, crumbly even. This does not just relate to your own life but life in general as what you thought was steady as a rock may not be quite as true as you may have thought, but new doorways of opportunity are opening and at the same time light is being shed on what has been, and how it reflects in the now. This is a time to push the clouds apart and allow yourself to see the light. The light of the Divine shines down, connect and allow further illumination to come. Look to spirituality in Greco Roman times and see what rings true for you. Take a step at a time. Explore each thing as it arises. Blessings will follow.

Card 4 is Ships ~ It would appear that besides being a father that the lifetime involved ships and looking back to the first card, the book makes me think log book. A ships log. Log books neat, orderly, precise but perhaps a little rigid too in some ways, and this besides being a part of work may be how fatherhood was approached, in a matter of fact and rigid way. You learned to be orderly, to plan thoroughly in order to execute efficiently. This knowledge is still held within and can be useful in the now. Take time to journal your thoughts and findings and your feelings right now and allow the inner wisdom to give you the answers you feel you need right now. In truth, you are already ready to sail off, you are pointed in the right direction, but wait for the tide that will carry you effortlessly. Do not force or struggle. Take time. Plan and when you feel the time is right ~ then anchors aweigh, you'll be off on a new journey, a new path or chapter in life and the seas will be calmer for the work you put in now.

Take time now to do this work and feel free to make use of the guided meditations at the appropriate time. Take your time. Don't rush. Do these meditations as and when you feel ready. Do ask if you require assistance and support as you do this work. It is okay to ask. You are not a one man band ~ we are all one. You may receive assistance through energy healing, cord cutting, psychic reading or spiritual life coaching ~ all may assist with your release, healing and making ready for your activation. Just ask!

PART II

The Crystalline Heart Awakening and the Crystalline Crown Awakening

The Crystalline Heart Awakening Meditation/Activation



Wording below if you choose to just read, or go to the recording sent via email.

CRYSTALLINE HEART AWAKENING MEDITATION (2)

Make this time special for you, for it is a special time. Make a time where you won't be disturbed. Be comfortable, light candles, diffuse oils. Do anything you wish to make your surroundings beautiful, relaxing and a little special. You may even decide to set up a little altar. Do whatever feels right for you. Sit if you can, or lie down (this is easier with the recording!).

Focus your eyes on the appropriate image initially, and allow your gaze to soften until the image is little blurry. Allow yourself to relax, to be drawn into the image. Be aware of your breath but without overly focusing upon it. If your mind wanders, just acknowledge what comes up and let it go and draw your attention back to your breath.

Gaze upon the image for 5 minutes or however long feels comfortable for you. When you are ready, refocus your eyes and slowly read the words of the meditation or, go to the recording link.

THE MEDITATION

The time has come, the time is now. Time for you, your true, authentic self, your soul. Let your crystalline heart be activated and aligned.

Take this time now for you, as an act service to yourself, as an act of service to All That Is.

Relax. Be comfortable. Notice your breath now and the rise and fall of your chest. Tune into your heart centre if you will. You may choose too, to either work with the image by gazing at it and allowing your vision to softly blur around the edges (if listening). Feel, sense the beat of your heart and the image, or if you choose and you are listening just close your eyes and be at one with your beautiful heart. Listen to the drum beat or just your heart beat if reading, listen to its rhythm. You and it are one. Feel the drum or your heart pulsating in your heart space. For a few minutes ~ just be. (Note ~ on the recording is a period of drumming).

Visualise now, or sense, those jewels or crystals in your heart. Remember or gaze upon the image of the crystalline heart. This crystal formation is within you and ready to be awakened now. The time is right or you would not be here at this time.#

When you are ready, speak out loud or quietly in your head, these words ~

Dear Archangel Metatron, I call upon you this day and ask for your assistance. I am ready and willing and ask that my crystalline heart be awakened, that the frequency be raised within and aligned with my true, authentic self, that my heart open even more fully than ever before, that I awaken to my true heart, my soul, my soul's mission at this time. Please will you awaken and align now, if it be for the Highest Good. I call you to as this be so with the highest and best intention. Thank Archangel Metatron. And so be it.

Spend time now as awakening and alignment occur. You may see, or sense it happening . You may see colours, lights, jewels, or feel heat or coolness. Nothing you feel is wrong. You will sense in your own way. Take note of anything that comes to your heart, to your mind, as this awakening and alignment occurs. Enjoy the experience, the energy, the feeling of oneness. Just be. (once again, there is drumming in the recording).

When you are ready either slowly bring yourself back to the room or refocus your vision. Don't rush. In your own time. Become aware of your surroundings, become aware of you in your physical form, be aware of your heart. Now it is time to step forward in truth and in love and authenticity. Give thanks again to Archangel Metatron for his loving assistance and for all that has been received. Thank yourself too! Blessings to you.

THE CRYSTALLINE CROWN MEDITATION/ACTIVATION (3)

THE IMAGE FOR MEDITATION



(As previously, you may read and work with the image but it is better if you can listen to the recording, but, the choice is yours).

Make this time special for you, for it is a special time. Make a time where you won't be disturbed. Be comfortable, light candles, diffuse oils. Do anything you wish to make your surroundings beautiful, relaxing and a little special. You may even decide to set up a little altar. Do whatever feels right for you. Sit if you can, or lie down (this is easier with the recording!).

Focus your eyes on the image initially, and allow your gaze to soften until the image is little blurry. Allow yourself to relax, to be drawn into the image. Be aware of your breath but without overly focusing upon it. If your mind wanders, just acknowledge what comes up and let it go and draw your attention back to your breath.

Gaze upon the image for 5 minutes or however long feels comfortable for you. When you are ready, refocus your eyes and slowly read the words of the meditation or, go to the recording link below. Wording is a little further down if you wish to just read.

CRYSTALLINE CROWN AWAKENING MEDITATION (3)

Welcome! Take time now to settle and relax. Take a few deep breaths, exhale slowly each time and let out all tension, worry or anxiety. This is your time, time to be and time to receive. To received awakening of your crystalline crown. Your crystalline crown is already there, it always has been, it just needs waking up. It is time.

Relax more deeply now, close your eyes if you wish (if listening of course), or softly gaze at the image, allowing the edges of vision to softly blur. Breathe gently, be aware of your breath. Be aware of the drum (if listening) and how it resonates with your heart. Just be for a short time now. (drumming occurs on recording).

Now if you will, say these words out loud or as thoughts, for thoughts are heard ~

Dear Archangel Metatron, I call upon you this day to ask for your assistance, for I am ready and willing to awaken that which is my crystalline crown. I ask that it be awakened and aligned now and ask that it be so for the Highest Good. May this awakening assist in my soul's mission in this lifetime, connecting me ever more deeply with Source and with Universal wisdom and love and, with my authentic self. I thank you and ask that this be so. And so be it.

Relax. Be aware of your heart, breathing, drumming and also aware of your head. You may get hot or cold sensations, or some tingling feelings, see colours or patterns. Whatever you sense is right for you.

Place your awareness now to the area directly above your head and envisage a ball of pure, sparkling white light. The ball grows bigger and bigger until it feels or looks as though it is all that is above your head. In the middle is violet light. This light begins to rain down onto and into your crown chakra, like an immense fountain. The Fountain of Life. Allow it to shower you. This light holds all the colours of the rainbow, it is pure. Feel it enter all the chakras that are part of your crystalline crown. Feel it enter first through your crown and it radiates now to your pineal gland, your third eye, between the brows and now it radiates to the back of your head and your causal chakra and now further down to your alta major chakra. One by one each one activates and connects with the other. All connects with the light of Source and Source light with you. Enjoy the energy, this sense of connection. Allow it to flow. Flow with it. Just be. Allow. (drumming occurs on recording).

Time now to slowly return to the room you are in, or to slowly refocus your vision. Become aware of your breath once more. Take some deeper breaths, stretch, wiggle your finger and toes and thank Archangel Metatron for his assistance this day. Give thanks for that which you've received. Thank yourself too for making this time for you, your true, authentic self.

You are ready now to step forth, to step up. Know that you will be guided , know that the wisdom shall come. You are connected. All is connected. And so it is.

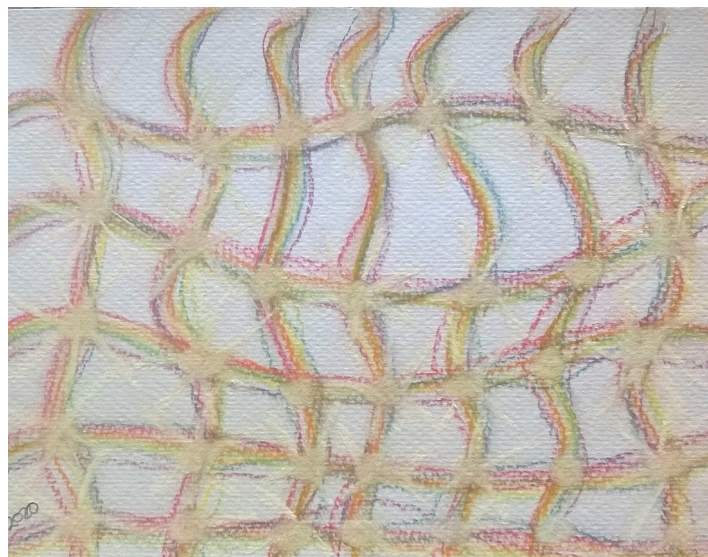
PART III

Working With The Crystalline or Rainbow Grid

The Rainbow Grid is known by many names ~ net, web, grid and a variety of prefixes but all are one and the same. Have you heard of the Rainbow Grid. What is it? Why Rainbow Grid? Why and How do I work with it? All the answers now follow.

What is it ~ It appears to be like a net, mesh, grid and I see it as just that, a sparkly, white grid of energy that interlinks everything but running through this pure white energy are all the colours of the rainbow. Through the Earth, through us, through the trees, the plants, the animals ~ literally everything. The grid is Source energy. The grid connects us to source and source to us. To connect with the grid is to connect with Source. The grid holds us, nurtures us and cocoons us in many ways, but it is way much more than that. Picture for a moment if you can, a giant cobweb in sparkly white or imagine rainbow colours. Allow yourself to connect with at a place you're drawn to. The grid runs every which way, so you shouldn't feel drawn to the spaces, but where the energy flows most for you. What do you think and feel? Connection with the grid is healing, nurturing and supporting and this is a two way thing. As you receive, so can you give and vice versa.

Why do I call it the Rainbow Grid? ~ Quite simply, because I see it as sparkly white. As someone who works also with colour, I know and you may know, that the colour white holds all the colours of the rainbow including the colours we cannot see with the human eyes. Our souls also hold a colour ~ e.g. mine is indigo. Hence Rainbow. This Rainbow Grid is a balance of all colour energies, in balance. Perfection. It is also the name I was given by the Ancestors for this net, grid, web. Hence ~ Rainbow Grid. Here is a little drawing I did of the Rainbow Grid and the little white bits at the crossing points are connection points.



Why and How do I work with it? ~ Anyone can work with the Rainbow Grid. It is something we are all capable of. Why? We are a part of Source and vice versa. Remember I AM. As millennia have passed so has man's connection with Source and All That Is. Connection or reconnection is why but again, it's more than that. By connecting and working with the Rainbow Grid we can assist with the healing of the Earth/Gaia and also of those in human form, indeed, of all things. At this time the Earth and us Humans needs assistance. Earth/Nature/Humans must be able to live in harmony and balance and this is something that has sadly been much eroded over time as man has become ever separated from Source and also of each other and also lost connection with Earth, nature and it's cycles. This is unhealthy for all and that is why it is time to reconnect, with Earth, with Nature, with each other and with Source.

How do I work with the Rainbow Grid? ~ Time it is then to work with the Rainbow Grid. This is something that can be done in any conscious moment. It really is that simple! Intention is all.

Take a step back from all that is going on in your physical world. The noises, the dramas, the seemingly horrible events, all your perceptions too. Step back, step within. Enter into that quiet and still space that is within your heart centre.

Allow yourself to feel it, to hear it and to see it. Feel the warmth, love and peace that dwells within. Here within lies truth, wisdom, love, all that you are and all that you are meant to be. Feel your connection with all ~ all that you see with your physical eyes and also that which you feel but cannot see. Know that all is connected to Source. You are connected to Source. To feel separation is not necessary and, it is not meant to be this way either.

Time it is to reconnect, to be at one with Source. This is where true love, happiness, bliss, contentment and healing can be found. (The external dramas that you see are perceptions ~ step back and view as an onlooker. Don't enter into the drama and negativity, just observe from the point of stillness and centredness).

It is in this place that one consciously works with the Rainbow Grid. See or imagine a gigantic big grid, net or a web of pure white light. It stretches much further than you can see. Start by envisioning the Earth. It will stretch over time so you will see it more fully. Here is a picture depicting Rainbow Grid energy, flowing through us and from us in all directions.

See the image on the next page.



It is this grid that holds all together, you, me, all living things, the planet, the stars ~ all of it. We are all connected through and within this grid. You have your place on and within it. Feel yourself to be on or in this grid, for you are. As you settle at the point you feel comfortable, notice all the little diamond like sparks of light across and through the grid. Each little intersection radiates a particular colour, but the grid carries pure white light of Source. The colours are the colours of individual souls, beings or entities. Draw through the grid and into yourself this white light or rainbow light, let it circulate your body and your chakras and, as you exhale, send out love from your heart. See above picture here. The grid knows where the positivity needs to go but you may choose to send out your loving energy to particular people, parts of the world, particular species of animals, plants or trees, or just send it to the whole of the Earth. As you send out your love so it returns to you. Think ebb and flow, in and out. As you send out your love, so too, does it heal, strengthen and uplift the vibration of all. Remember the ripple effect? Just like that.

You may also choose to call in particular Angels, Masters, Ancestors or any deity that you trust and believe in to assist you at this time in sending forth this loving energy and also, in opening your heart fully to receive. Do the HEART OPENING MEDITATION (1) followed by CRYSTALLINE HEART (2) & CRYSTALLINE CROWN MEDITATIONS (3) if you've not already done so. (The number appears next to the title of each meditation if you should be unsure). One cannot give without receiving. It is all about balance. Balance is what the Earth needs right now. The chaos that we see is imbalance of energy. For too long, man has taken, taken, taken. Mother Earth gives, gives, gives but Mother Earth is now crying out to us ~ STOP!! It's time to turn back to nature and our connection with Source. Time to rethink, time to redress the balance and honour the Earth, honour all that we truly are. We are not separate ~ we are one. Time to reconnect. Connect to Source energy and work with it and through it.

How much good can be done by working with the Rainbow Grid. Work with the Rainbow Grid. I say work, but in truth it isn't work but, it does bring its rewards. Reconnection, connection, healing, wisdom, truth, love, bliss, peace and happiness. And so it is.

CRYSTALS AND THE RAINBOW GRID

Crystals are powerful and pure transmitters and it is for this reason that they may be used in worth with the Grid/Net/Mesh. Just as we have chakra systems in our bodies, so does the Earth. Certain crystals resonate with the Earth's chakras just as much as they do our own.

The Earth's chakras are located in various places around the world, many at powerful sacred sites, such as Stonehenge and Uluru. (see previous diagram).

It is my belief that besides these major chakras around the world there are also small ones, 114 of them, again, much like those in the human body. Then there are nadis, much like arteries or veins and it is at various points I believe, that there are crystalline structures beneath the earth that energise the grid and amplify that energy. In the human body there are 72,000 nadis. Getting the picture?

Just as the human chakras and nadies are linked to various bodily systems and organs, and can be worked on to bring about balance and harmony in the body, so too can the Earth's chakras be worked with for healing, the healing of self and of the planet and beyond.

Here are suggested crystals which resonate with the 7 major Earth chakras, but of course there are all the other chakras/nadis. These are suggestions ~ you may intuit

differently. Go with what is right for you. If you're drawn to a crystal for a particular area, honour it.

*Root Chakra~ Mount Shasta, California

Blue Opal (Ruby Lavender Quartz, Rainbow Mayanite, Serpentine)

* Sacral Chakra ~ Lake Titicaca/Machu Picchu

Machu Picchu Stone (Leopardskin Jasper, Rhodocrosite, Obsidian).

*Solar Plexus Chakra ~ Uluru & Kata Tjuta, Australia

Alcheringa Stone (Mount Hay Thunder Agate, Mookaite, Opal)

*Heart Chakra ~ Glastonbury/Shaftesbury UK

Ammonite (Ammolite, Dulcote Pudding Stone, Limestone)

*Throat Chakra ~ Great Pyramid/Sinai/Mount of Olives Egypt

Great Pyramid ~ Aswan Granite (Indian Pink Granite, Clear Quartz, Black Basalt)

Mount Sinai ~ Smoky Quartz (Chalcedony Geode)

*Third Eye Chakra (not stationary) ~ Stonehenge/Western Europe ~ Also Mynydd Preseli UK

Spotted Dolerite/Blue Stone

*Crown Chakra ~ Mt Kailas Tibet

Tibetan Quartz (Nepalese Quartz, Himalayan Ice, Nirvana Quartz, Satyamani & Satyaloka Quartz)

*Information from the book ~ Crystals & Sacred Sites by Judy Hall.

Think of all of these and the ley lines ~ all are connected, everything is connected to the Rainbow Grid, including you! The light from your heart, your crystalline heart, connects you to the Grid, and it to you. You are source energy and you are not disconnected from source ~ that is merely conditioning over time that leads one to think this. You do not even have to work with the crystals. You are enough! Sit a while with all you've read. Allow your inner truth and wisdom to speak to you.

I hope you enjoyed this short book and I hope it will be a part of your/our journey together. Namaste <3

ABOUT THE AUTHOR

The author is Elaine of Anna Enfys Healing & Coaching. Very much 'awake' since 2014 or possibly before!

Elaine is married with grown up sons and lives in rural south west Wales, where she lives with her husband and four pawed friend.

Elaine has studied much and continues to learn each day, through study yes, but also through the Angels, Masters and guides who continue to guide her on her path.

The journey to writing this small book has been a long one. Starting off with the studying of colour therapy and crystal healing, Elaine has gone on to learn about energy healing and practises Rainbow Thread Energy Healing, Mediumship, Ancient Egyptian Sekhem and is also a tarot and oracle card reader.

Her path meander forwards, and much focus is currently with crystals, earth healing and working with the Rainbow Grid or Net of Light, and writing continues with regards to reconnecting with Nature.

If you've enjoyed this short book, and the author hopes this is so, then take a look at the website, and, feel free to make contact if you so feel.

Happy to share the journey!

Namaste.

FURTHER READING & PLACES OF INTEREST

READING

Judy Hall ~ Crystals & Sacred Sites /Crystal Prescriptions / Encyclopedia of Crystals

The Encyclopedia of Crystals by Judy Hall

Beatriz Singer ~ The Crystal Blueprint

A Call To Power / Our Love Is Our Power / Casting The Net by Sharon McErlane

For working with and for nature -

Walking With Trees by Glennie Kindred

Tree Wisdom by Jacqueline Memory Paterson

WEBSITES to visit

www.annaenfyshealing.co.uk - Anna's site.

www.healing-crystals-for-you.com/preseli-bluestone.html

www.walkwithtrees.com


www.netoflight.org

LIABILITY

This short book is intended to give the reader an grounding and overview of crystalline energy. It does not give any qualification whatever. The information contained within is from the viewpoint and understanding of the author. The author accepts no responsibility for any outcomes from reading either the book or listening to the guided meditations. The book has been written with much love as is true of the recordings. The book is intended to be factual but the subject matter is in many parts about that which is intangible and the reader may find differing opinions and viewpoints elsewhere. There is no intention to mislead by the author. Please accept the book as factual as can reasonably be but also, a form of entertainment.

NOTE:

All images and drawings are the authors unless otherwise stated. The images that are the authors may be used but please cite to the author.

A triangular, speckled crystal with a central blue and green pattern. The crystal is set against a light blue, textured background. The text is overlaid on the crystal.

**The crystals are awake! Find
out more about the
Crystalline Earth & your
Crystalline Self!
Meditations are also available.**