

CRYSTALLIZING OF THE BODY

- A miniguide

By Anni Sennov – September 2007

As a part of the earth's overall energetic development, all children from the year 2012 will be born with a fully crystallized aura. These children also will be born with a fully crystallized body that will be in complete harmony with their aura.

However, the aura will still be vibrating in a higher - and therefore faster - frequency than the body, which will be more dense and therefore vibrating more slowly. Even though the aura and the body will be vibrating at different frequencies, the two will be in total sync, allowing the crystal aura and crystal body to function as a whole.

One characteristic of a person who has established and integrated the crystal aura structure, as well as integrated it within their physical body, is that 'what you see is what you get'. This person actually *is* how he or she appears to be because they are in complete harmony with themselves and are therefore able to follow their own inner voice as a natural and logical way of life.

When today's adults get the crystal aura integrated by getting an AuraTransformation™, the crystal structure has been created whereby they are able to begin the body crystallization process.

An AuraTransformation™ will change an adult from the Old Time Energy (born before 1987) into The New Time Energy (starting with the Indigo Energy). If the adult having the AuraTransformation™ has the ability to consciously adapt to the frequencies of the crystal energy (*and not only the Indigo frequency*) the crystallization process will begin.

The crystallizing of the body is by far the longest part of the crystallization process. It will take an adult body about three to four years to crystallize, providing that person is living a somewhat balanced life.

In some cases where an adult has taken especially good care of their body, the body's crystallization process has started long before the decision to get the aura crystallized via an AuraTransformation™.

For the children born 2012 or later, the crystallization process will begin and end during the period between conception to birth, assuming that the baby is healthy and being nurtured and protected in the womb of the mother's body without disturbances.

**In the Crystal energy the spirit and the body are one with each other.
A 'true' Crystal person has fully crystallized their aura as well as their body.**

Advice on how you can help your body crystallize in a smooth and effective pace

Even though I have seen many newborn crystal children during the last couple of years with a fairly developed crystal aura, I have not yet seen any newborn children with a fully crystallized body. This indicates that the fully crystallized human is in store for the period from 2012 and beyond.

One could say that with the crystal energy, many people have the opportunity to become reborn both consciously and within the body.

This current time can be considered a time during which people have the opportunity to start and complete their crystallization so that they will be in harmony with the new energy system when it arrives.

It can be quite a challenge to crystallize the body. Every little cell in the entire physical organism has to be raised in frequency in order to raise the frequency of the entire body. Doing this while maintaining an overall balance within one's life is a serious task. Because of this, I have been looking for body and health products that can raise and/or help the crystallizing of the body so that potential problems can be minimized or stopped before they start. Currently, the laws in many countries do not allow me to make specific claims regarding vitamins, health products, or foods. Because of these laws, I can not write about body and health products that I have found helpful, though I am distributing some of these products on my website.

On days when crystallizing is at an especially high level, the body can benefit from strong nutrition, cleaning out old body sludge, and strengthening the immune system. Ingesting the appropriate nutrition is based largely on intuition. This is because no two days are the same during a person's body crystallization process. It is therefore recommended that one has a variety of nutritional products available to choose from. Not getting the necessary nutrition can often create challenging conditions in the body and also in the mind. Fortunately, many of these challenges can quickly lessen or even disappear with the needed nutrition.

A little imbalance does not make the crystallizing person break down. However, the smallest imbalance will often seem very big in the crystallizing person's consciousness. This is because the person generally has a very big focus on a unified whole and on balance in all areas of their life. It is helpful for people in the crystallization process to know that they can, at any time, access the resources to fulfill their body's needs. Consuming different vitamins and health care products as well as exercising definitely contribute to a much quicker and balanced body crystallization. It is also effective to use one's intuition to seek services from body workers to help the body get back into balance and become relaxed.

On my website www.annisenov.dk you can read more about the New Time products that I recommend to our clients to help them with body crystallization.