

Crystalline Chakra Journey

*The Free Training Series to amplify, expand,
enhance and take your intuition to the next level.*

Heart Chakra Consciousness

**JOIN US, FOR A NINE WEEK JOURNEY OF
AWAKENING & ACTIVATING YOUR CRYSTALLINE
INHERENT TRUE NATURE**

by Hannah Andrews



Reality Awareness™

Awakening the Consciousness of Humanity

Dedication

To all of the Beings on this planet, having this Human experience, I see you, I feel you, I am here for you. May you always remember your Human self and your Spiritual self both in existence at the same time, may you always remember who you really are and embrace every experience you have, for that, is what you came here for after all, to experience.

With gentleness, Hannah.
The Life Purpose Queen



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About Me

Welcome Beautiful Soul!

My name is Hannah and I am an Intuitive Healer and Life Purpose Mentor.

I have been working as a Healer, guide, teacher and more for many, many lifetimes. My gifts are strong, deep, very connected and run back a very long way, back through to Ancient times, when practises of magic, mysticism and Earth based spiritual practises were real, very active and accepted on this planet.

These gifts, live in my blood, they are in my DNA and it is here that I activate my awakening again this lifetime, to serve again, to the highest level of evolution to help humanity awaken back to their true nature.



Crystalline Chakra Activations

Do you have my Crystalline Chakra Activations?

It is a pack of 9 activations - one for each of the Chakra's that we work through over our Crystalline Chakra 9 week Journey.

You can work with the Crown Chakra Activation on the Crown Chakra Week, The Third Eye Chakra Activation on the Third Eye Chakra Week and so forth.

You may listen to it daily for each of the days we are on that Chakra for that particular week, or you may just listen to it once or a few times that week - which ever intuitively calls you.

- 9 Activations (Meditations), to activate your true Crystalline Nature
- Exclusive Video Trainings for the Crystalline Chakra Activations
- Download each Crystalline Chakra Mp3 Activation and add it to your meditation playlist
- BONUS Advanced Psychic Development Tools

[Click here](#) for the Crystalline Chakra Activations if you don't already have them.



#1: Heart Chakra - Clairsentience

FEELING YOUR PAIN

If you have been feeling extra emotional, scared, worried about what is going to happen, feeling like you can't stop crying - you babe, have just entered the sacred space - of being deeply authentic with how you feel.

It comes into this space as well - that you are defrosting feelings that have been stuck in your Heart/Aura - for a long, long time. Buried feelings. Feelings you locked away and never wanted to remember, because OUCH that situation damn well BROKE MY DAMN HEART! I gave it my ALL in that relationship and THIS is what happened and OMG I DO NOT WANT TO FEEL THAT. That - is what happens as we drop into Heart Chakra this week.

If you have unfelt feelings/grief, about a situation from your past - you may be tapping into a well of grief that you haven't wanted to feel... or you didn't even know what it was there. When I really started healing from my pain.. it wasn't nice. It was damn uncomfortable and I don't remember how many times I found myself on the kitchen floor, bawling my eyes out, howling my eyes out because of the lack of support I felt in my life, because of the relationship break up that I had to go through AGAIN, when I gave it my all... and found myself a single mum wondering how on Earth I found myself in this place, living away on the other side of the country from my family and much, much more.

Looking back over the years, I cried A LOT. Most would say that I was too emotional. Too much, in general. But that the depth of the grief that I dropped into a lot of the times? Why most people don't want to feel the grief? Because it feels like death. It feels like the blackest of days that you will never return from. It feels like piercing the veils ten times over and wondering if there is any return from the dark abyss of the blackness that grief seems to take you into an empty space of nothingness that you wonder, in your frozen body state, your mouth gaping open tears pouring... am I even able to take another breath of air in this depth of grief that I have just found myself in... You do... You do take that breath in again... Your body cannot not let you not... Your body... has your back... Your body... is FEELING YOU... Your body... is THERE... Your body... LOVES YOU... Your body... FEELS YOU... And your body... Is grateful that you have just dropped into IT to FEEL IT... TO be there for IT... To... FEEL what it feels like to FEEL again... Because what happens when this grief is released? What happens when you drop to the depths of grief like this? Is that it clears it... SPACE is created... You can breathe deeper again.. Even though for days, you may be grieving one particular incident... And it isn't nice... No... But the freedom on the other side of it? Oh... dropping to those depths of grief these days for me? Are rare... Because I cleared sooo much out of my past.. That I am lighter, freer... From a tonne of pain from my past...



#1: Heart Chakra - Clairsentience

Doesn't mean I don't get triggered or feel hurt or more... No.. But the bulk has gone from my Heart... And what that means for my Heart?

Is it feels the Joy most of the time, that is underneath the entire thing, that your Heart is made up of. That consistent, steady, stable - always there Joy.

It just isn't covered with so much pain, so that... most of the time, the Joy is FELT.

It is a death.. when we feel the grief - to the darkest abyss that we don't want to feel... but what happens in the darkness? What happens in the Dark place of the Mother's Womb?

We are born, into the Light again... And we experience life... And we feel... our Heart beat... And realise, we never actually left... We just... Felt... The entire cycle... Of... Life...



Write or draw any revelations, aha moments or messages that you received from #1 to ground into reality your new sense of awareness:



#2: Heart Chakra - Clairsentience

And we come to the HEART OF THE MATTER.

Under all the pain... Under all the trauma... Under all the hurt... Under all the abandonment... All we are all craving, wanting, desiring... Is the very nature for what we are here for... To feel loved. To feel cared for. To feel... like we MATTER. To feel... understood... To feel like... we have a place in the world... To feel like... we belong... To feel like... our Heart Matters! Because our HEART IS the HEART OF WHO WE ARE.

When we share our Heart with someone, we want to feel accepted, appreciated, heard, and LOVED FOR WHO WE ARE. When we don't receive this from another person, we not only close down our Heart, but we feel there is something wrong with us. This usually stems from childhood, but can carry over from previous lives obviously.

However, the thing here with our Heart? Is that, just because we didn't receive the validation we needed when we said the thing = just sharing our heart - what we actually feel instead? Is their judgement. And that get's energetically stuck in our energy field (how many times do I consistently remind you to clear your energy DAILY?!?!?) When someone else's thought is stuck in your aura, in your Heart field, you not only carry their energy, but you make their judgement of you (which is just their point of view) - it feels wrong right?

And when you carry this wrongness - oooohhhh, that is heavy and hurts and... well, we just step into a place where we can't do anything right, right? No matter what I do or say - it is just wrong.. so I won't share my heart anymore.. and so we close down. And that thing that we just wanted to feel under all of it? Maybe it was validation... Maybe it was acceptance... Maybe it was to be heard... But ultimately what we are wanting with another human being?? What our HEART deeply craves? What we WANT? What we DESIRE? Underneath EVERYTHING? Under... it ALL? Is CONNECTION. We just want connection. Our HEART craves CONNECTION with another human being. To feel connected. To feel like we belong. We just want to CONNECT.

Think about it... A child is whiny and won't leave you alone... but give them 20 Minutes Special Time and they are content. You are texting and scrolling, because you just want to connect... To feel that connection with something or someone that resonates... To FEEL CONNECTED. When we deeply connect to our OWN HEART, through AUTHENTICALLY feeling ALL our feelings - do you know what this does? It allows us to BE COMFORTABLE with feeling full stop. And then? THEN We can get comfortable connecting with someone else.



2: Heart Chakra - Clairsentience

We may crave connection with another person - but until you know how to comfortably be with all of your own emotions 100% - you probably will find that others won't be able to be with your 100% either.

They might, for a little bit... However, if someone ever tells you are too much, too emotional, too sensitive, too - anything = what this is? Is just the reflection in your life.

That you still have a bit of self-loving to do, to be 100% comfortable with the depths of YOUR OWN HEART.

They are reflecting to you - the bits of you, that you haven't completely owned/felt/been present for in your own heart. But... when you can be present with all of your own really uncomfortable feelings, your own really out there feelings, your own grief AND your own joy... What happens? Yes, you attract a partner who can be there with all your big feelings... Yet - what you find? Is that you lose the LONGING to be with another person...

Like, the desire to want to be with someone is there... of course.. we are human, that is what we are here for... Yet the NEED dissipates.. Because YOU have met your own needs of your Heart's true feelings. You don't berate yourself for feeling. You just feel. You don't judge yourself for feeling down, low, blue, black, depressed, sad, joyful, elated... you just... are present with the flow of the emotions. Your emotions don't overtake you... But you also don't disconnect from them... Because that? Would be disconnecting from your own HEART... And the core of what your HEART WANTS? CONNECTION. That's all. So are you... CONNECTING to your own Heart? Because when you drop down under ANY SITUATION - ANY TRIGGER - ANY EMOTION - what is underneath ANY issue?

Is a desire to CONNECT. To consciously, reconnect back to... The deepest connection there is... That space that connects us all. Stay conscious to the connection of that place that connects us all... Some call it love, some call it Source, Universe, Energy, Soul - whatever label you put on it - make THAT your ultimately priority.... And watch.. EVERYTHING work in your life. If something is 'wrong' or 'not working' or there is an 'issue' in any area of your life... The first thing to do? Is check your CONNECTION.

Because it is here, we find THE HEART OF THE MATTER. In ANY situation.

I guarantee it. We just want CONNECTION. That is all. Are you... CONNECTED to your OWN Heart? Without judgement? With just pure.... presence?



Write or draw any revelations, aha moments or messages that you received from #2 to ground into reality your new sense of awareness:



3: Heart Chakra - Clairsentience

WHEN IT FEELS LIKE NOTHING IS MOVING - IT IS ACTUALLY!

The thing with emotions - is when they seem stuck? What you need to do with them? Is just be present with them and that can be really quite uncomfortable at times.

When you are present with them - what this doing - is actually moving them.

The times when they seem the most stuck - is the times they are actually moving the most. Sounds... contradictory right? Yet - when you really think about it - they are all energy underneath, everything is atoms at it's core and it is constantly moving.

What feels stuck, is just you feeling uncomfortableness with being present with the really hard feelings, the really uncomfortable feelings - stay with it. Stay present with whatever you are feeling, no matter how uncomfortable.

It is easy to distract yourself, to grab that piece of chocolate, to grab that next thing to fill you up, to start scrolling Facebook, to clean your home. Yet - if you can just be present with what is - even witness the need and pull to want to do the distraction things, just notice it, be the observer yes?

What you are doing is 1. training yourself to be present with uncomfortable emotions and 2. you are shifting the uncomfortable emotions! Because you are being with them. Because that moment you want to walk away, to distract yourself - is actually the point it will shift... It is the space where you either run from them - or you stay present with them - and when you stay present with them?

Energy - Emotion - Energy IN Motion - it is always moving... It just depends if you are staying present with it... When you distract yourself from it, you move away from your Heart, you... disconnect if you may...

Those big uncomfortable feelings - if you don't love them - who will? Yes - most times, we need someone, just even once - to show us it is okay to feel these uncomfortable emotions and even just be present with us with them, just once, to show us... we are safe and it is okay, to FEEL. Because when we FEEL we CONNECT and when we CONNECT, we feel calm again, we feel LOVE again... Because we have FELT the depths of our own HEART.



3: Heart Chakra - Clairsentience

Which is the ONLY thing we are wanting from someone else... is to FEEL that Love. Yet, it all starts from feeling those big uncomfortable emotions within yourself. Because once you start feeling them? Once you start feeling?

They become less and less scary to feel... And you start to understand the cyclic nature of your Heart, that is just... The natural flow of life. And when you can support yourself with your big uncomfortable emotions, every time they come around, and around - because they will.. because we are human and that is what we are here for - to feel...

We learn ways to support ourselves, to nourish ourselves, to gently be with our emotions... and the more we do this, the faster our emotions shift, because we know how to feel them and this gentleness, this feeling of what is... KEEPS US CONNECTED...

We learn to stay connected to ALL the feelings... And this? Oh... This space, is sooooo powerful.

To STAY CONNECTED?

Sounds like a powerful, blissful place to me!

To be the observer of your emotions - to feel them, the power of them and know how to support yourself, to channel them and ride the cyclic waves of your own Heart?

Hello powerful Heart Centred Earth Angel Life Purpose Activator!!! Why? Because when we stay connected to our own HEART? Well - it is where they say - Follow Your Heart right? Once, we learn to ride our emotional waves, with all I've just spoken of above and more - TRUSTING your heart becomes second nature - you don't even question it anymore.

Hello Life Purpose is Born.



Write or draw any revelations, aha moments or messages that you received from #3 to ground into reality your new sense of awareness:



#4: Heart Chakra - Clairsentience

YOUR PRESENCE IS YOUR POWER

The Power of Now, Present Moment Awareness - there are many famous teachings on your POWER is in the now - well why is it so damn hard to stay present ALL THE TIME?

Usually many reasons!

~ we live in a fast paced hectic world

~ we thrive on adrenalin, or it was how we are 'taught' in our current world

~ we are full of emotions and no one has ever heard us to release them, let alone ourselves

The latter... is the KEY reason - we are full of emotions! When we are full of feelings and not processing/feeling them, we just don't/can't stay present (hyper kids anyone?! Let alone ourselves!) AND The reality of being present 100% of the time? Just is a bit of an unrealistic expectation - if we were 100% conscious/present ALL THE TIME - we wouldn't be in this dimension!

However - we can train ourselves to be present in the moment... And that? The KEY to that? Is to get comfortable with our emotions, learn, understand, accept and flow with the cyclic nature of our emotions..

E-motion - energy IN motion...

Because - as we've learnt in the #3, the more we do this, the less scary it becomes to FEEL. And the more we do this, we become a powerhouse of awareness.

Our presence - allows us to not only become present to what is happening with our own emotions and what we are feeling... But we become aware of everything around us at the same time. This walking antennae thing, THIS is how we do this - with PRESENCE.

A dedicated regular, committed long term practise of meditation, helps us to train our mind/brain.. A dedicated regular, committed long term practise of mindset/affirmations/journaling helps us to train our brain.. And when we do this - we become the power of our brain, rather than our emotions overtaking our brain and our thoughts... It isn't that we control our thoughts - but when we train our brain to become the power and CHOOSE the thoughts we want - we are able to become more aware of what we are thinking... and then feeling... And then we can CHOOSE to come back into the moment...



#4: Heart Chakra - Clairsentience

Even if that moment is full of tears - we are deeply present with it..we feel it all... and expand our energetic heart space in that moment as well, to hold us... and know that... our own Heart, has our back.. and has never left us..

We are reconnecting back to.... ourselves... Staying present with what you are doing.. in the moment..

With anything you are doing - takes practise... Yet, we can be practising all day long..

How?

By becoming conscious of your inhale... And your exhale... Feeling the cool air as you inhale through your nostrils... And the slightly warmer air as you exhale back through your nostrils... Feeling your chest gently rise as you inhale through your nostrils... And gently lowering as you exhale back through your nostrils... Feeling the sensation of your clothes touching your skin.... Feeling the air temperature... Feeling your body, laying, sitting or standing as you read this... Notice what you can hear... Notice what you can smell... Feeling the cool air as you inhale through your nostrils... Feeling the slightly warmer air as you exhale back through your nostrils... Practise... Being... Now.. Every single moment... Breathing... Here... Now...

Become SUPER AWARE with your PRESENCE.



Write or draw any revelations, aha moments or messages that you received from #4 to ground into reality your new sense of awareness:



#5: Heart Chakra - Clairsentience

A Feeling? Or an Emotion? What is the difference? Which one, is Intuition?

Your Feelings - are your Intuition.

Your Emotions - are what get's triggered when you feel energy, that comes in from someone else. And the thing with that - is that when you are AWARE and PRESENT and even if you are not, aware and present, your trigger can very quickly make you aware and present yes? (see the gift in your trigger? Your trigger brings you back to awareness, it brings you back to PRESENCE - and remember - that is where your POWER is? - See nothing is 'bad' 😊) Remember - we are feeling energy ALL THE TIME. The more you can train your brain and train yourself to be present.. When you feel energy - you are able to follow the energy thread of where that is coming from.

When you feel the energy - you are able to notice whether it is you... or someone else.

When you feel the energy and are triggered - what the trigger means/shows you is that you still have a resonance of that energy within you that is showing you what else is coming up and out of your vibration so you can continue raising your vibration to change your life, like you have been... (see how it isn't 'bad' - its actually, helping you? No matter what the trigger, no matter 'who'?) Emotions are old energy sitting in your field, that are your triggers, to coming up and out to release, so you can continue to raise your vibration and manifest your dream life.

Feelings - are your Intuition... and the energy that moves through you... you FEEL it... Your Clairsentience is what you FEEL... it flows through you... You can train yourself to allow ALL energy to flow through you... So how do you know if it is Intuition or just energy flowing through you? You... can feel the subtle difference...

You feel when energy threads come into you or wash over you like a wave! And this is you feeling someone else emotions...

Intuition? Your Clairsentience?

Those FEELINGS... come from within, like radiating outwards... you just... feel it all over and there is no denying that feeling - that gut feeling - is ALWAYS right yes?

You just have to... TRUST IT.



Write or draw any revelations, aha moments or messages that you received from #5 to ground into reality your new sense of awareness:

