

A Crystal ASCENSION I



**“Gateway To The
New Crystal Consciousness”**

Love Inspiration & Maitri Foundation

The Love Inspiration Ascension Pathway - Phase I - Ebook 19

A Crystal ASCENSION I
Gateway To The New Crystal Consciousness



Love Inspiration
Learn • Heal • Awaken

MAY THE NEW CRYSTAL CONSCIOUSNESS
BE AWAKENED FOR THE BENEFIT OF ALL



Copyright © Love Inspiration

The Love Inspiration Ascension Pathway

Phase I : Steps 1 - 7

STEPS	CONSCIOUSNESS LEVEL	EBOOKS		LINK
Phase I				
Step 1 - The Ascension Pathway	Moving towards The New Love Consciousness	Ebooks 1 - 8 <i>(TUPTL = 9 ebooks, PTL = 8 ebooks)</i>	The Unified Pathway To Light • <u>The Unified Pathway To Light: Volumes 1-4 + Master [Ebooks 1U, 2U, 3U, 4U, 4.1U]</u> • <u>The Unified Pathway To Transcending The Light: Volumes 1-4 [Ebooks 5U, 6U, 7U, 8U]</u> Pathway To Light • <u>Pathway To Light [Ebooks 1P - 8P]</u>	<u>TUPTL</u> <u>PTL</u>
Step 2 - The Ascended Pathway	The New Love Consciousness & The New Truth Consciousness	Ebooks 9 - 18 <i>(10 ebooks)</i>	• <u>Blue Light: Volumes 1-5 [Ebooks 9 - 13]</u> • <u>Ascended Pathway [Ebooks 14 - 18]</u>	<u>Step 2</u>
Step 3 - The Crystal Pathway	The New Crystal Consciousness	Ebooks 19 - 28 <i>(10 ebooks)</i>	• <u>A Crystal Ascension: Volumes I-X</u>	<u>Step 3</u>
Step 4 - The Diamond Pathway	The New Diamond Consciousness	Ebooks 29 - 36 <i>(8 ebooks)</i>	• <u>A Diamond Ascension: Volumes 1-8</u>	<u>Step 4</u>
Step 5 - The Emerald Pathway	The New Emerald Consciousness	Ebooks 37 - 41 <i>(5 ebooks)</i>	• <u>The Emerald Awakening: Suites 1-4</u>	<u>Step 5</u>
Step 6 - The Golden-White Light Pathway	The New Golden Consciousness & The New White Light Consciousness	Ebooks 42 - 49 <i>(8 ebooks)</i>	• <u>Golden Divinity: Volumes 1-3 [Ebooks 42 - 44]</u> • <u>White Light Wisdom: Volumes 4-8 [Ebooks 45 - 49]</u>	<u>Step 6</u>
Step 7 - The Grand Ascension Pathway	The Grand New Golden Consciousness	Ebooks 50 - 56 <i>(7 ebooks)</i>	• <u>The Grand New Golden Journey: Volumes 1&2 [Ebooks 50 - 51]</u> • <u>The Grand New Silver Journey: Volumes 3&4 [Ebooks 52 & 53]</u> • <u>The Grand New White-Wisdom Journey: Volumes 5-7 [Ebooks 54-56]</u>	<u>Step 7</u>

Welcome to Phase II and The Maitri Levels of Consciousness!

Prerequisites For This Ebook



Welcome!

Please ensure that before you begin A Crystal Ascension I you:

- 1) Have completed 'The Green Garden Of Light' - Karmic Fruit Ripe For The Picking.
- 2) Have allowed yourself the required timeframe of 12 weeks from the completion of 'The Green Garden Of Light'.
- 3) **Have completed The Blue Shield Retreat (*This is to be done from 21 days after completing The Green Garden Of Light and three weeks before commencing A Crystal Ascension I.***)
- 4) Have activated (unlocked) the 'A Crystal Ascension I' energies using the activation code & instructions on the next page.

*Once you have unlocked the energies, you are ready to begin.
With love, we wish you well on your Crystal Ascension journey!*

Helpful Resources For This Ebook

[Sign up for free monthly Ascension Healing \(sent on the 11th of the month\)](#)

[Sign up for free monthly Di-Ascension Healing \(sent on the 21st of the month\)](#)

[Join the Love Inspiration Community Facebook Group](#)

[Download the Love Inspiration Handbook as an accompaniment to this ebook](#)

[Download the Ascension Pathway Insights ebook as an accompaniment to this ebook](#)

[Visit our Free Music & Relaxation webpage](#)

[Accelerate Your Ascension Pathway](#)

[Sign up for an Ascension Healing Booster](#)

[Find out how you can help](#)

[Read our Disclaimer and Copyright Information](#)



A NOTE ON ADHERING TO COURSE TIMEFRAMES & PREREQUISITES:

Higher Consciousness has requested that this note be added here to emphasise the importance of the following:

► Ensuring you have met the required prerequisites before commencing this ebook

FAQ: Is it important to complete the prerequisites for each Ascension Pathway ebook?

► Ensuring you follow the prescribed timeframes in this ebook

FAQ: Do I need to follow the prescribed timeframes given in each Ascension Pathway ebook?

► Ensuring you follow the prescribed resting timeframes in this ebook

FAQ: Is it important to complete the resting days in between the Ascension Pathway practices?

All of the prerequisites, practices and timeframes in this ebook have been divinely created, designed & brought through by Higher Consciousness so that we are able to get the maximum benefit from the energies in order to ascend. We lovingly ask that you please read the above FAQs and refrain from 'speeding through' timeframes, practices or ebooks in less time than has been divinely prescribed. Over the years, Higher Consciousness has shared a number of messages on this topic and with much love, we now wish to share some of these here:

“Each individual on these pathways will find some layers of healing and purification easier than others; this is due to your own karmic circumstances and is not a justified cause to skip timeframes or ‘accelerate’ yourself due to egoic justifications. Please Dear Ones we say it with love - be kind to yourself and follow the pathways as indicated, as best you can. There is no ‘pass’ or ‘fail’ on this journey, but there are circumstances that lead to a more complete journey. Please follow our guidance in the energies and know that you are being watched with great love and abundance.”

“Accessing advanced level energies before you are ripe to receive them can cause backward-sliding effects for not only oneself, but for the Love Inspiration Community & collective consciousness as a whole. Your premature acceleration is not recommended, with love, under any circumstances. Please take heed.”

“Those who are knowingly not following the Ascension Pathway correctly, not using the specified timeframes or jumping ahead to reach advanced levels or practices, we ask you lovingly to refrain. This is not a request for ourselves, but rather a plea to aid your very own ascension. Let us assure you that misusing the energies in this way will not bring you any advancement and in fact, over time, misuse of the energies will corrode your energetic merit & therefore your ability to stay on the pathway.”

Lastly, please know that if you want to speed up your pathway/ascension, then Higher Consciousness has lovingly brought through several *legitimate* optional ways to do this and further information can be found on the [Accelerate Your Ascension Pathway webpage](#).

A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

ACTIVATING (UNLOCKING) THE 'A CRYSTAL ASCENSION I' ENERGIES:

Before opening up to these divine Crystal Ascension energies, it is very important that you firstly activate or 'unlock' the energies in this ebook. Once this is completed, you will then be ready to begin!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



■ 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



**"With infinite grace, I ask humbly and clearly to activate the energies for A Crystal Ascension I.
With the unique activation code 00432221 may this be so.
May this activation benefit all beings.
Thankyou, thankyou, thankyou."**

■ 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

■ 4) Understanding:

Once you have completed your activation, we ask that you now read through - "[Activation Codes and Prescribed Timeframes](#)". This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these divine Crystal Ascension energies! May you enjoy these with much love & light and with an intention to benefit all beings.



A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

FOREWORD:

With much love & light we welcome you here to The Crystal Pathway and to these highly transformational and divinely uplifting energies. Having now completed The Blue Shield Retreat, you have opened up to many deeply transformational energies and with this, you are now ready to move forwards into this new Crystal Pathway for the benefit of all!

The Blue Shield Retreat energies will also be helping you as you continue to move forwards here in this new Crystal Pathway, as you open up and transition into this truly divine and love filled vibration for all to benefit from.

Through this series of ebooks then - A Crystal Ascension Volumes I - X, you will be invited to continue moving through deeper and deeper layers of healing & purification so that you can continue to blossom and awaken to many new divine truths, understandings and to a new dimensional understanding of love & unity.

This new frequency, known to us simply as The New Crystal Consciousness, is indeed a very significant step upwards in energetic vibration and throughout this transition, due to the very large upwards step you will be taking, you will once again be needing to let go of and release many old layers or energy as these continue to be peeled away from within.

As part of this Crystal Ascension Series, you may feel once again that you are being tested, challenged and pushed as you are guided towards letting go of old behavioural patterns, old modes of thinking or perhaps some old lifestyle routines also. Please know though that above all, this is a very important part of your ascension journey onwards, upwards and outwards into a wider and deeper understanding of truth, peace and love.

We understand and acknowledge that you have travelled far on this journey, through all of the ebooks and over the many years that you have healed, purged and ascended. We understand that there have no doubt been difficult times accompanying this ascension process as old emotions, inner darkness and impurities have all been brought to the surface for healing.

For everyone moving through this Ascension Pathway, we have all felt and experienced the squeeze being applied to us at various times. We have all felt the challenge of being pushed into something unfamiliar and uncomfortable so that we can continue to let go of our old energies within.

We have perhaps seen some entirely strange or weird situations manifesting and arising in our life, all of which have been helping us to learn, release, heal and purity so that we can continue ascending into higher awareness.



A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

For some of you, you might have even reached the point (like Marty and Gerry have on many occasions) where you have felt like giving up entirely! After all, this journey really can be quite difficult at times as we are facing our inner darkness.

Above all, we are sure that you have realised here that all of this purification, suffering and inner healing is a very normal and important part of the overall transition from an old egoic consciousness into the new unified consciousness. May all beings move towards this awakened, peaceful and loving vibration easily, gently and with much divine assistance!

At this point of your journey then, your egoic consciousness is really starting to scream within as it continues to see and understand that it is losing more and more control over your inner world i.e. as you move towards this new unified vibration of love, wisdom and peace.

In this new unified consciousness, you are less and less being controlled by the energies of fear, worry, frustration, anger and the like (unless you are purifying these of course) but rather, you are now moving towards an inner world which is lit with a beautifully divine and soft love vibration; one which radiates kindness, compassion, forgiveness, harmony and balance.

As this transitional process continues to take place from within you and as you continue to move into higher and higher layers of the new unified vibration, please know that it is very likely that your egoic mind will be trying everything it can to distract you from moving forwards into the oneness / unity vibration.

It will very likely try everything it can to remain in control over your mind so please, through this next few years, we lovingly suggest that you be mindful of this as you continue to move closer towards a full and complete surrender, merging and union with the divine.

And finally, please know that The New Crystal Consciousness is the very important next step on your ascension journey and something which helps to bring so much benefit to this planet and all the co-inhabitants.

The transition into this New Crystal Light will at times be a little challenging however with much love and a sense of joyous perseverance, we are sure that you will continue to move onwards and upwards into your divine destiny of oneness.

We thank you warmly and humbly for your continued service to the light and for doing all of this wonderful and deeply important healing work.



May your light continue to shine and radiate brightly for the ultimate liberation of all beings!





Upcoming Ebook Acceleration Opportunities!

Having now reached Volume 1, we warmly wish to introduce the optional acceleration opportunities that are available for Step 3 - The Crystal Pathway.

Ebook	Ebook is available to be accelerated through:		
	Ascension Healing Booster III	A.E.I. Retreat	Golden Ticket Retreat
Volume 1			✓
Volume 2	✓	✓	✓
Volume 3	✓	✓	✓
Volume 4	✓	✓	✓
Volume 5			✓
Volume 6	✓	✓	✓
Volume 7	✓	✓	✓
Volume 8	✓	✓	✓
Volume 9	✓	✓	✓
Volume 10			✓

As organising Ascension Healing Boosters and Retreats require planning in advance, we lovingly suggest that you have a look through the acceleration opportunities that are available for The Crystal Pathway (shown in the table above) and then start any preparations as soon as possible, should you wish to accelerate any of these ebooks.

See the following webpages for more information:

[Accelerate Your Pathway](#) [AHB III](#) [A.E.I. Retreats](#) [Golden Ticket Retreats](#)



Accelerate your Ascension Pathway!

This ebook can be accelerated in the following way:

Through a Golden Ticket Retreat:

With much love, we welcome you to [Golden Ticket Retreats!](#)

The basic outline of these Retreats is explained below by Higher Consciousness:

“Any 60 day stay in a Maitri Centre affords one a ‘Maitri Golden Ticket’ which can be exchanged for any ebook from Purple Priar onwards.”

Therefore, by completing a Golden Ticket Retreat, you will be receiving the energies of this whole ebook in only 60 days. Tremendous!

Note that all Golden Ticket Retreats *must* be completed within a Maitri Centre environment, therefore, if you are wishing to choose the Golden Ticket Retreat option for this ebook, we trust that you have already done the necessary planning work as per The Golden Ticket Retreat Handbook, you have organised your stay in a Maitri Centre and you are now feeling happy and ready to accelerate this ebook!

Find more acceleration information here: [Accelerate Your Pathway](#)

Whether you choose to complete this ebook in the traditional full-length way or through the above accelerated option, we hope that your journey forwards is filled with much love, light and joy and that your ascension helps to bring freedom and liberation to all beings!



A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

CONTENTS:

Content	Page
Dedication	II
The Love Inspiration Ascension Pathway - Steps 1-8	III
Prerequisites & Helpful Resources	IV
A Note On Adhering To Course Timeframes & Prerequisites	V
Activating (Unlocking) The 'A Crystal Ascension I' Energies	VI
Foreword	VII
Upcoming Ebook Acceleration Opportunities!	IX
Accelerate Your Ascension Pathway!	X
Contents	XI
An Introduction To The 'Crystal Ascension' Series	XII
An Outline Of The 'Crystal Ascension' Series	XIII
Preparatory Insights of The New Crystal Consciousness From Marty and Gerry	XIV
An Introduction To Phase One - Ascension (Ebooks 1 - 5)	XV
An Outline Of The 'Crystal Ascension' Series - Phase One	XVII
An Introduction To 'A Crystal Ascension I'	XVIII
An Outline Of 'A Crystal Ascension I'	XIX
Welcome To Phase One	1
1. An Outline Of Phase One	3
2. The Phase One Practices	4
Welcome To Phase Two	12
1. An Outline Of Phase Two	14
2. The Phase Two Practices	15
3. Final Comments	22

GET THE MOST CURRENT VERSION OF THE 'A CRYSTAL ASCENSION I' EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout your attunements if you wish, please [visit our website](#) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on our website will always be the most current.

A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

AN INTRODUCTION TO THE 'CRYSTAL ASCENSION' SERIES:

With much love, we again wish to welcome you here to this ebook and to The Crystal Pathway. May you enjoy the many new realisations and understandings that are awaiting you on this journey and may these help you to move closer towards your truly divine and infinite potential!

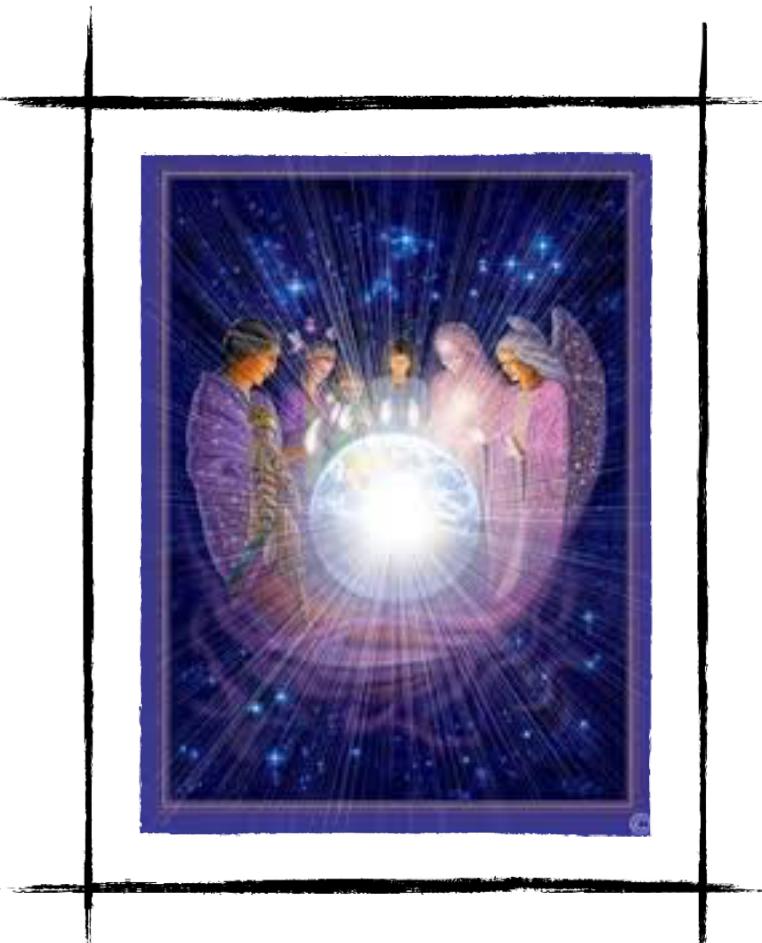
As we've mentioned in the foreword, The Crystal Ascension Series is indeed very profound and to reach this point of the pathway is a truly blessed achievement. To start with then, let us share our deepest and sincerest congratulations for making it to this point of your Ascension Pathway!

The Crystal Pathway energies are received over two main phases. The first of these is the 'Ascension Phase' which is received through the first five ebooks. This first phase will be helping you to transition into the vibration of The New Crystal Consciousness in a way that spirals your energetic vibration upwards & outwards at each layer of your healing and purification.

Once you ascend and transition into The New Crystal Consciousness, through the Ascension Phase, the full body of Crystal light will now have been installed within your energy system. During the second phase then, you will be guided towards expansion, expansion and more expansion as the Crystal Light expands and radiates for the infinite benefit of all. This second phase has been aptly called 'The Expansion Phase' and these energies will be received through Crystal Ascension ebooks VI - X.

Throughout the Crystal Ascension Series, through each ebook and through each set of energies being received, please know that these energies are all being divinely guided, perfectly, uniquely and lovingly so that you can safely transition and evolve into higher and more purer states of divine truth (oneness) and unconditional love (for all beings).

We hope you enjoy this next growth phase of the Ascension Pathway and please remember that you are never alone. There are a great many Ascended Beings watching over you and supporting you in every moment and they are all delighted to see your continuing progress. They are smiling down on you always with so much affection and love that is truly beyond words.



A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

AN OUTLINE OF THE ‘CRYSTAL ASCENSION’ SERIES:

As part of this first ebook, let us now include a full overview of the ‘Crystal Ascension’ Series. Here, you can see the two main phases, the individual ebooks and the various completion timeframes:

The ‘A Crystal ASCENSION’ Series

PHASE	VOLUME	NAME	INFO	TIMEFRAME
One - ASCENSION	One	A Crystal Ascension I	Gateway To The New Crystal Consciousness	32 weeks
	Two	A Crystal Ascension II	A Crystal Beginning	44 weeks
	Three	A Crystal Ascension III	A Crystal Awakening	53 weeks
	Four	A Crystal Ascension IV	Dawn Of A New Awakening	45 weeks
	Five	A Crystal Ascension V	Emergence	103 weeks
Two - EXPANSION	Six	A Crystal Ascension VI	The Violet Expansion	33 weeks
	Seven	A Crystal Ascension VII	The Love Expansion - Part 1	34 weeks
	Eight	A Crystal Ascension VIII	The Love Expansion - Part 2	48 weeks
	Nine	A Crystal Ascension IX	The Truth Expansion	52 weeks
	Ten	A Crystal Ascension X	The Diamond Expansion	65 weeks
Total Completion Time for The ‘A Crystal Ascension Series’ = Approximately 509 weeks / 118 months / 9¾ years				

PREPARATORY INSIGHTS OF THE NEW CRYSTAL CONSCIOUSNESS FROM MARTY AND GERRY:

As Marty & Gerry transitioned into The New Crystal Consciousness, there were a number of additional insights and inner realisations being experienced during this time. Therefore, we now wish to share some of these with you here in the hope that they can help you in some way.

To start with then, one of the more important realisations that took place for Gerry over this period of time was a deeper understanding of 'truth' and 'love'. And whilst the below examples might seem simplistic, these realisation were accompanied by a deep feeling of understanding, truth and divine perspective.

- The Crystal Consciousness allows us to "see" clearly based on love & truth, as opposed to fear and untruth.
- When we have our foundations firmly grounded in love and truth i.e. when our hatred, anger, jealousy, and untruths are reduced or eliminated, we are able to see and walk forwards more clearly and with more purpose.
- As The New Crystal Consciousness awakens within us, we begin to see the world through the eyes of love and truth and from this comes a deeper feeling of kindness, compassion, unity and oneness. The Crystal Consciousness then is born from the foundations of love and truth.



For Marty, the transition into The New Crystal Consciousness was accompanied by a beautiful awakening within the heart, one which brought a great sense of inner peace, truth and love from within. Inside this new deepened feeling of love came a deeper sense of renunciation also as he became more inspired and focused on dedicating his life to the Dharma; in full service to the love based, unified consciousness.

During this time, he gained a deeper understanding about 'renunciation' and for him, this didn't mean 'giving up things' but rather it meant that a deeper awakening could occur as he was opened up to a more boundless love from within. During this time, he also felt and understood a correlation between the reducing of ones physical sensory desires (which seemed to happen naturally through the ascension process) with an opening and expansion of his inner world.

For both Marty & Gerry, The New Crystal Consciousness was also accompanied by heightened senses and this was particularly relevant for smells & sounds. As one example of this, Gerry became overwhelmed by the smells in the 'household cleaners' aisle of the supermarket - something that she had never noticed before.

For Marty, he was particular sensitive to sounds during this time, so much so that he could almost feel his energy field being impacted or repelled by sounds such as construction and dogs barking etc.

Therefore, with much love in our hearts, we share these experiences and inner realisations with you here just in case you experience or feel something similar happening in your life. Or perhaps you have different or more intense realisations and insights on your journey - either way, enjoy your Crystal Pathway!

AN INTRODUCTION TO PHASE ONE - ASCENSION (EBOOKS 1 - 5):

Having now understood The Crystal Ascension Series more generally, let us now focus on the first phase of these teachings - The Ascension Phase. For it is here, through the Phase One energies, that you will be transitioning into The New Crystal Consciousness as these new energies are installed and assimilated within your energy field.

Throughout this first phase of ascension, like the name suggests, it is all about ascending and transitioning upwards into this new vibration. And to help give you some context on this, Gerry saw these new Crystal energies as a VERY large and significant vibrational step upwards. Therefore, as we understand it, this first phase of ebooks are here to help you take this very large vibrational step upwards in a way that is gentle, loving and divinely assisted, perfectly and uniquely.

Therefore, as you open up to each set of new energies through each of the first five ebooks, you will be guided towards healing and purifying so that you can take another step forwards, upwards and outwards into a new layer of the Crystal Consciousness vibration.

In this way, the Ascension Phase of five ebooks will be offering you a series of deep purification cycles. Within each cycle, you will be guided towards obtaining a very specific and important energetic outcome. In order to reach the next cycle of ascension, the previous cycle must be completed and therefore, each volume will be an important pre-cursor for the next ascension. And so the process continues.

The first 'Ascension' phase then is very much like an upwards spiralling cycle whereby you:

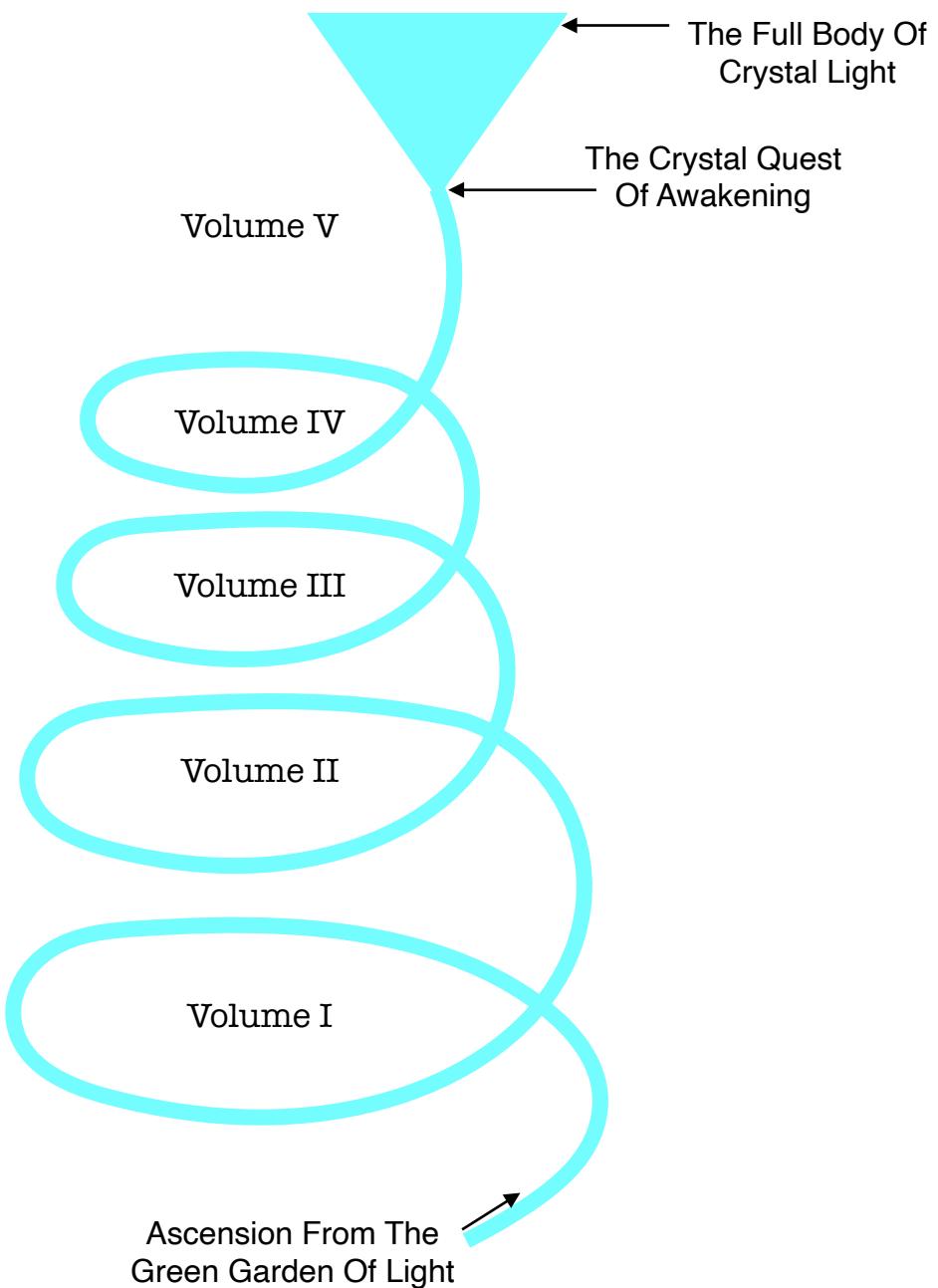
- undergo great healing or purification.
- heal the space or void that is left behind
- reach a new energetic status quo
- balance and harmonise at this new state
- expand, blossom and radiate at this whole new level.
- Then the new cycle begins where you repeat this process at a new Crystal vibrational level.

What we have just described is an ever ascending spiral of healing, purging, balancing, harmonising, expanding, blossoming and ascension. And to reflect this in picture format, the Ascended Beings have lovingly put together a diagram of this upward spiralling process on the following page.

May you enjoy receiving these new energies and may they help you to heal & purge what is required. May you expand & blossom like a beautiful flower and may you radiate and shine your ascended light brightly and infinitely for the ultimate liberation of all beings.



A Diagrammatic Outline Of The Layers Throughout
The PHASE ONE 'A Crystal Ascension' Journey



A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

AN OUTLINE OF THE ‘CRYSTAL ASCENSION’ SERIES - PHASE ONE:

Let us now include this summary table below for A Crystal Ascension - Phase One so that you can see the relevant ebooks and their completion timeframes for each:

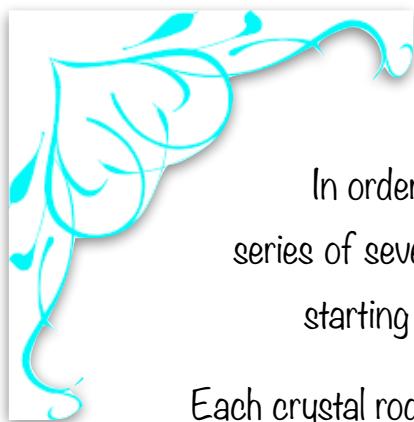
The Crystal ASCENSION Series
PHASE ONE - Ascension

VOLUME	NAME	TIMEFRAME
One	A Crystal Ascension I	30 weeks (Approx. 7 months)
<i>2 weeks rest before commencing A Crystal Ascension II</i>		
Two	A Crystal Ascension II	41 weeks (Approx. 9.5 months)
<i>3 weeks rest before commencing A Crystal Ascension III</i>		
Three	A Crystal Ascension III	50 weeks (Approx. 11.5 months)
<i>3 weeks rest before commencing A Crystal Ascension IV</i>		
Four	A Crystal Ascension IV	39 weeks (Approx. 9 months)
<i>6 weeks rest before commencing A Crystal Ascension V</i>		
Five	A Crystal Ascension V	103 weeks (Approx. 24 months)
Total Completion Time for A Crystal Ascension - Phase One = Approximately 277 weeks / 64 months / 5.3 years		

A Crystal ASCENSION I Gateway To The New Crystal Consciousness

AN INTRODUCTION TO ‘A CRYSTAL ASCENSION I’:

Having now introduced the full Crystal Ascension Series (comprising 10 ebooks) and the first Ascension Phase (first 5 ebooks), we are now ready to share the introductory message that was brought through for the first ebook - A Crystal Ascension I. This can help to ‘set the scene’ for what lies ahead in this first ebook as you open up to this first layer of the Crystal Consciousness energies!



“Welcome to the Beloved Crystal Consciousness Gateway.

In order to enter into The New Crystal Consciousness, we must first receive a series of seven crystal ‘rods’, each rod being received into one of the seven chakras, starting at the Base Chakra.

Each crystal rod is received into the chakra, allowing the opening and absorption of Crystal Light Radiance. The crystal energies are then founded and centred in the chakra. Once the energies are stabilised and radiating uniformly, the next chakra’s crystal rod may be received and embedded.

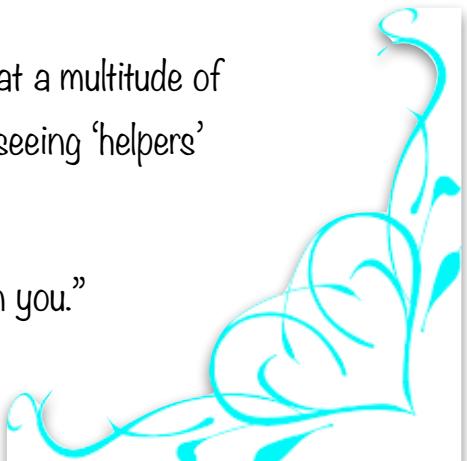


A Crystal Ascension is the process of activating and receiving these seven crystal rods, then allowing them to merge and radiate, bringing about the entrance into The New Crystal Consciousness.

Although simply explained in this process, please understand that a multitude of energies are underpinning every element. A multitude of over-seeing ‘helpers’ are also with you on your way.

Journey well dearest Crystal Beings for the future of all is within you.”

~ CriokK



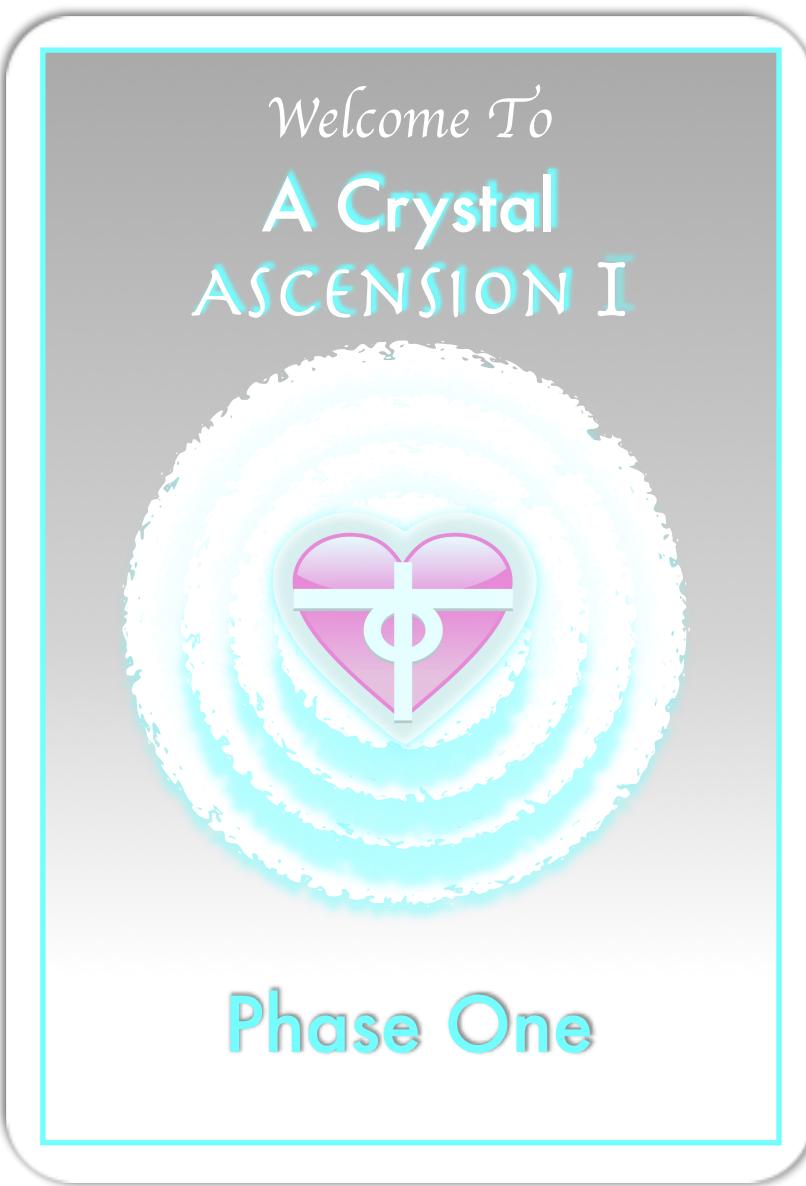
A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

AN OUTLINE OF ‘A CRYSTAL ASCENSION I’:

With this beautiful message from the Ascended Beings, let us now share an overview of A Crystal Ascension I ebook in the summary table below:

A Crystal ASCENSION I					
Phase	Part	Information		Timeframe	
One	1	Crystal Rod 1 (16 days)		198 days (approx. 28 weeks)	
	2	Crystal Rod 2 (20 days)			
	3	Crystal Rod 3 (22 days)			
	4	Crystal Rod 4 (27 days)			
	5	Crystal Rod 5 (32 days)			
	6	Crystal Rod 6 (36 days)			
	7	Crystal Rod 7 (45 days)			
Two	A	Synchronisation (8 days)		11 days (approx. 2 weeks)	
	B	Unification (1 day)			
	C	Pre-Illumination (1 day)			
	D	The Awakening Begins (1 day)			
<i>2 weeks rest before commencing A Crystal Ascension II</i>					
Total Completion Time for A Crystal Ascension I = 209 days Approx. 30 weeks (approx. 7 months) <i>(+ 2 weeks before commencing A Crystal Ascension II)</i>					





Love Inspiration
Learn • Heal • Awaken

A Crystal ASCENSION I Phase One

Welcome to Phase One!

AN INTRODUCTION TO A CRYSTAL ASCENSION I - PHASE ONE:

Welcome to Phase One of A Crystal Ascension I. In this ebook, you will be receiving seven Crystal Energy 'Rods' which will be placed into each of your seven chakras (as you go about your various symbol practices). In this way, the symbol practices will be helping you to invoke the energies of each crystal rod and these will then be embedded, centred and assimilated into each chakra by the grace and blessings of the Ascended Beings.



Once all the rods are embedded, you will be guided into Phase Two where these rods will be synchronised and merged as they begin to radiate as one. Then the awakening begins and the first layer of The New Crystal Consciousness will blossom within you. Wonderful!

Please note here that each energy rod is received through either the Heart or Crown Chakra and it then makes its way into the relevant chakra with perfect & loving divine guidance. For example, Energy Rod 1 is for the Base Chakra, however we place the symbol (Rayyon) into the Crown Chakra.

A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

1. AN OUTLINE OF PHASE ONE:

As we've already mentioned, Phase One of this ebook will be helping you to install and receive seven very special Crystal Rods into each of your chakras. And to help make things a little easier for you, we have prepared another overview table which helps to summarise the necessary practices:

Phase One

NAME	CHAKRA	DAY(S)	PRACTICE
Crystal Rod 1	Base Chakra	1 - 13	RAYYON Symbol Practice (13 days)
		14 - 16	3 days rest
Crystal Rod 2	Sacral Chakra	17 - 29	EYYON Symbol Practice (13 days)
		30 - 36	7 days rest
Crystal Rod 3	Solar Plexus Chakra	37 - 49	IYYON Symbol Practice (13 days)
		50 - 58	9 days rest
Crystal Rod 4	Heart Chakra	59 - 75	LEYYON Symbol Practice (17 days)
		76 - 85	10 days rest
Crystal Rod 5	Throat Chakra	86 - 106	SEYYON Symbol Practice (21 days)
		107 - 117	11 days rest
Crystal Rod 6	Third Eye Chakra	118 - 141	BRYYON Symbol Practice (24 days)
		142 - 153	12 days rest
Crystal Rod 7	Crown Chakra	154 - 181	XYYON Symbol Practice (28 days)
		182 - 198	17 days rest

Total Time For Phase One = 198 days (approx. 28 weeks / 7 months)

A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

2. THE PHASE ONE PRACTICES:

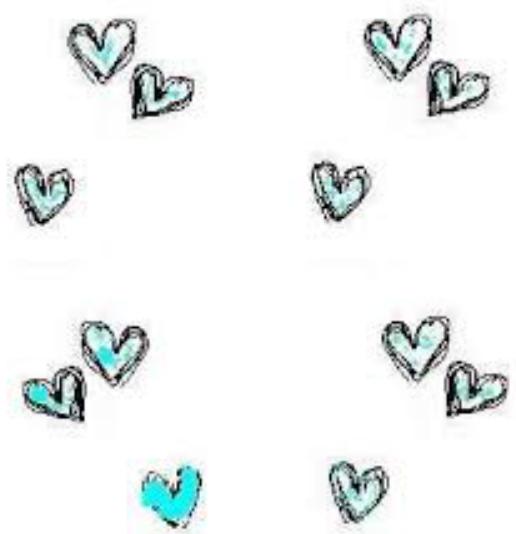
Before commencing Phase One and the energy rod symbol practices, it is now important that you please ensure you have activated the 'A Crystal Ascension I' energies as per the information in red below.

NOTE: Before commencing the Phase One practices, please ensure that you have activated (unlocked) the A Crystal Ascension I energies prior to commencing.

The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that all the Crystal Ascension I energies have been activated specifically for you.

You are therefore then ready to continue your 'A Crystal Ascension I' journey by working through this ebook, at your own pace and receiving the energies as you feel guided.

If you have not yet activated / unlocked the 'A Crystal Ascension I' energies for yourself, you may do this by following the instructions on Page IV of this ebook.



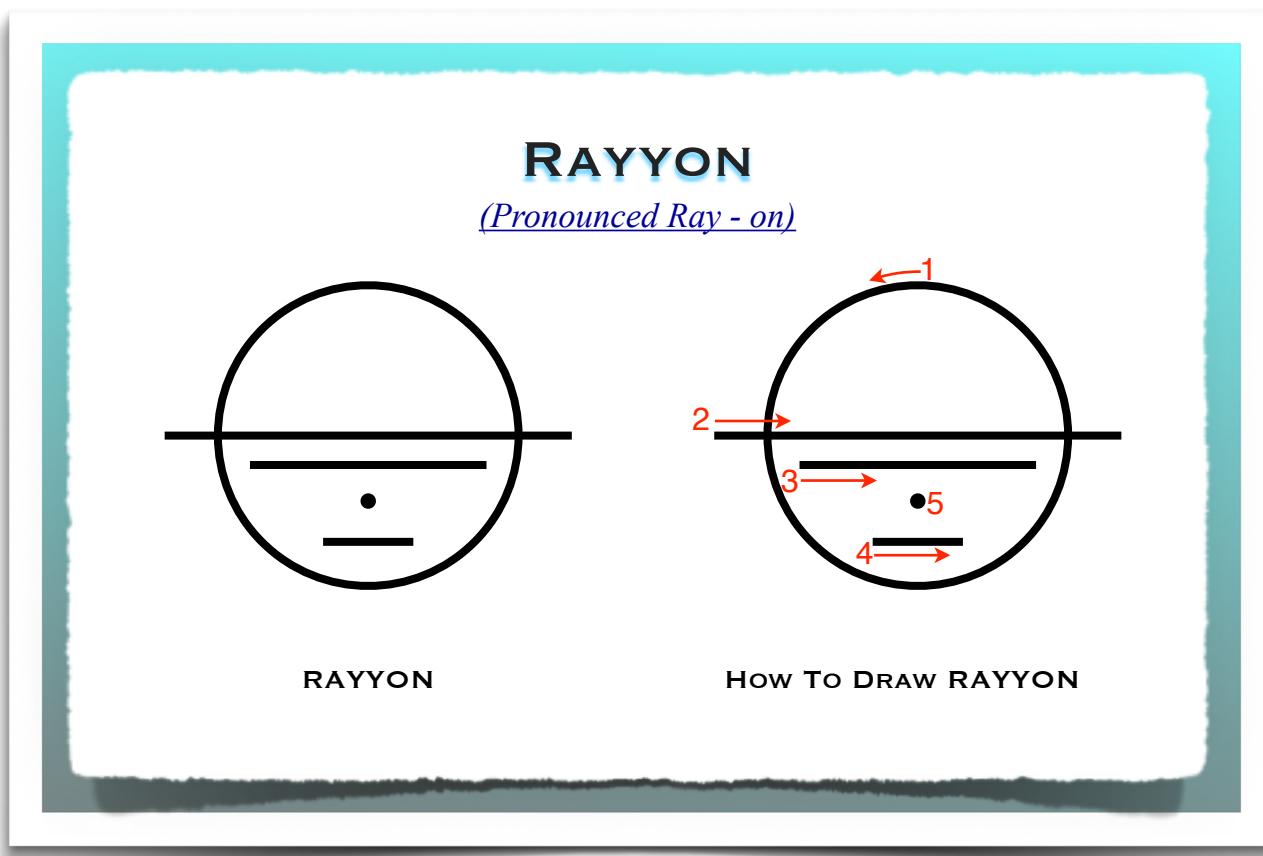
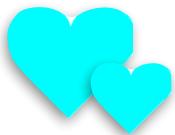
Once the self activation process has been completed, you are now ready to begin the Phase One practices, beginning on the pages that follow.



A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

* CRYSTAL ROD ONE: Base Chakra - Symbol Practice - RAYYON (Days 1 - 13)

Please place the symbol RAYYON into the Crown Chakra twice per day, for 13 days, for 8 - 12 minutes each time.



Invocation (optional):

Before each symbol practice, you may wish to place your hands in prayer position and say the following invocation. Please note that this invocation is optional; as always, please do what feels right for you.



"With a deep, humble crystal intention, I ask to open to the energies of the Divine Crystal Ascension. May these energies awaken me to The New Crystal Consciousness for the infinite and divine benefit of all. Thankyou, thankyou, thankyou."

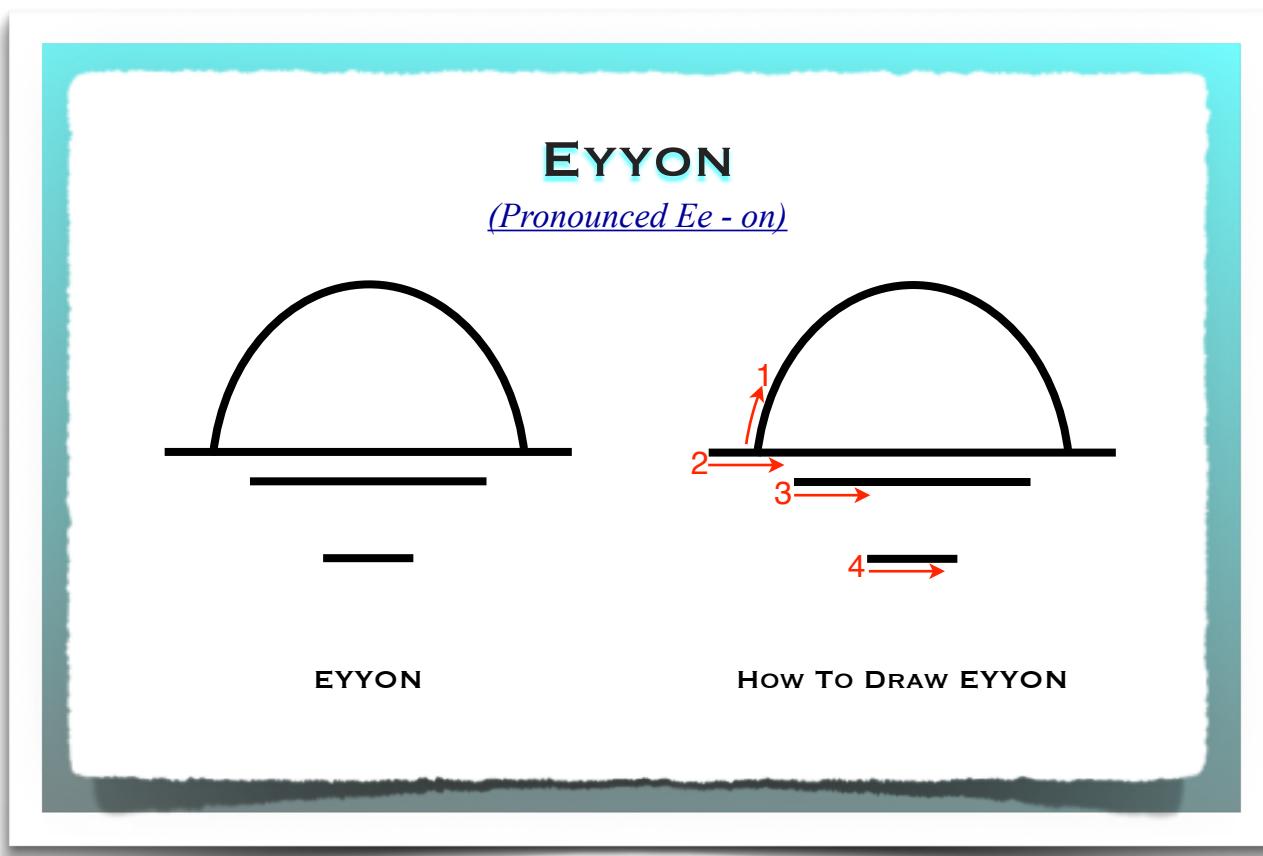
* 3 Days Rest (Days 14 - 16)

A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

* CRYSTAL ROD TWO: Sacral Chakra - Symbol Practice - EYYON (Days 17 - 29)

Please place the symbol EYYON into the Heart Chakra three times per day, for 13 days, for 4 - 8 minutes each time.



Invocation (optional):

Before each symbol practice, you may wish to place your hands in prayer position and say the following invocation. Please note that this invocation is optional; as always, please do what feels right for you.



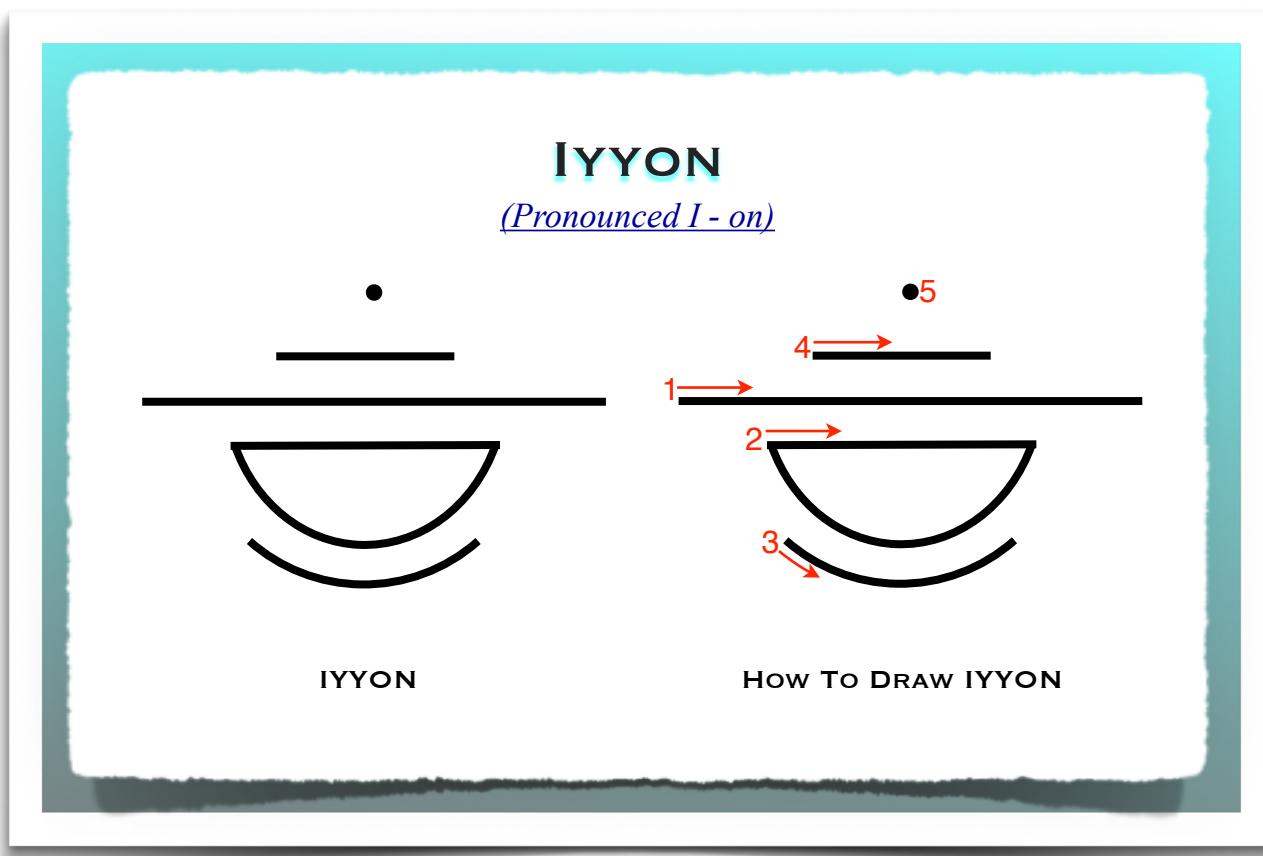
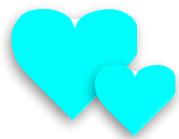
"With a deep, humble crystal intention, I ask to open to the energies of the Divine Crystal Ascension. May these energies awaken me to The New Crystal Consciousness for the infinite and divine benefit of all. Thankyou, thankyou, thankyou."

* 7 Days Rest (Days 30 - 36)

A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

* CRYSTAL ROD THREE: Solar Plexus Chakra - Symbol Practice - IYYON (Days 37 - 49)

Please place the symbol IYYON into the Crown Chakra three to five times per day, for 13 days, for 8 minutes each time.



Invocation (optional):

Before each symbol practice, you may wish to place your hands in prayer position and say the following invocation. Please note that this invocation is optional; as always, please do what feels right for you.



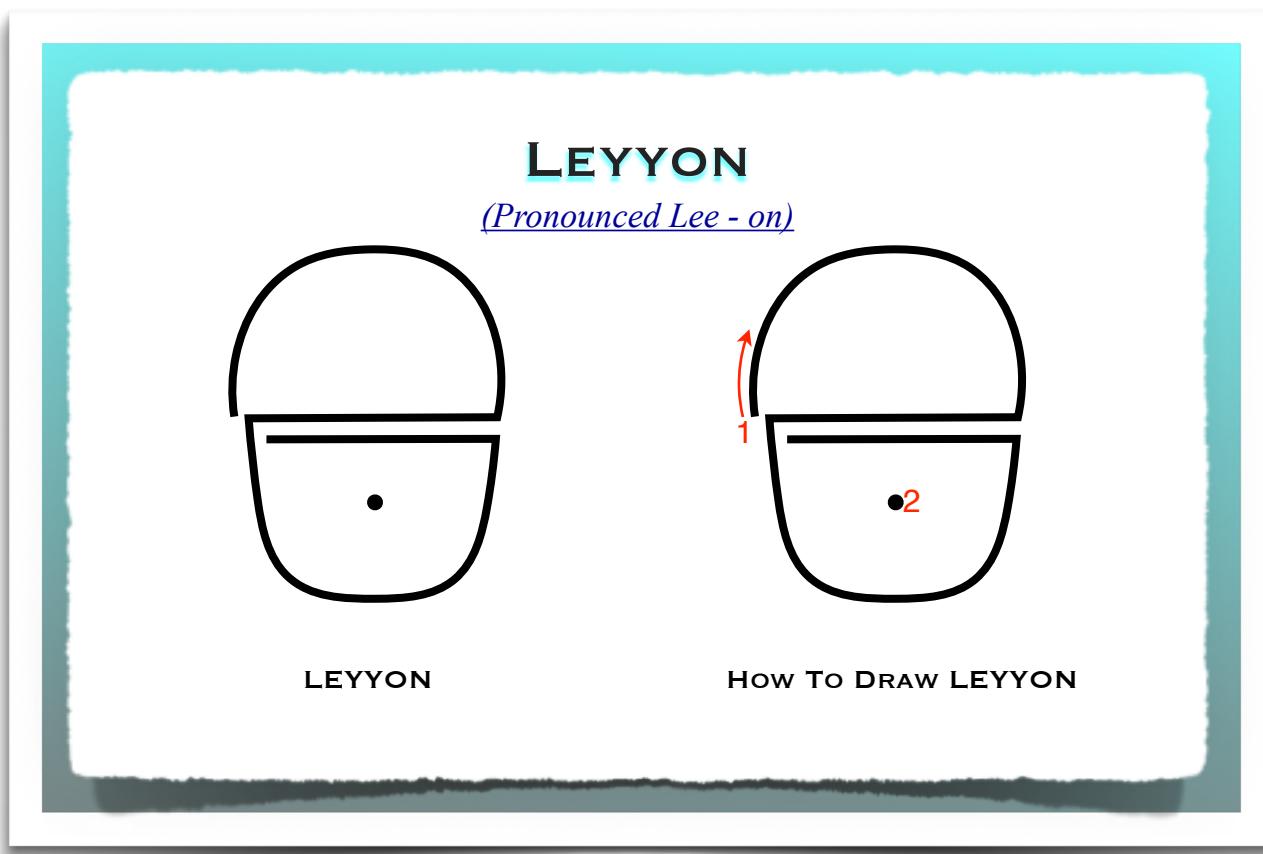
"With a deep, humble crystal intention, I ask to open to the energies of the Divine Crystal Ascension. May these energies awaken me to The New Crystal Consciousness for the infinite and divine benefit of all. Thankyou, thankyou, thankyou."

* 9 Days Rest (Days 50 - 58)

A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

* CRYSTAL ROD FOUR: Heart Chakra - Symbol Practice - LEYYON (Days 59 - 75)

Please place the symbol LEYYON into the Heart Chakra four times per day, for 17 days, for 3 minutes each time.



Invocation (optional):

Before each symbol practice, you may wish to place your hands in prayer position and say the following invocation. Please note that this invocation is optional; as always, please do what feels right for you.



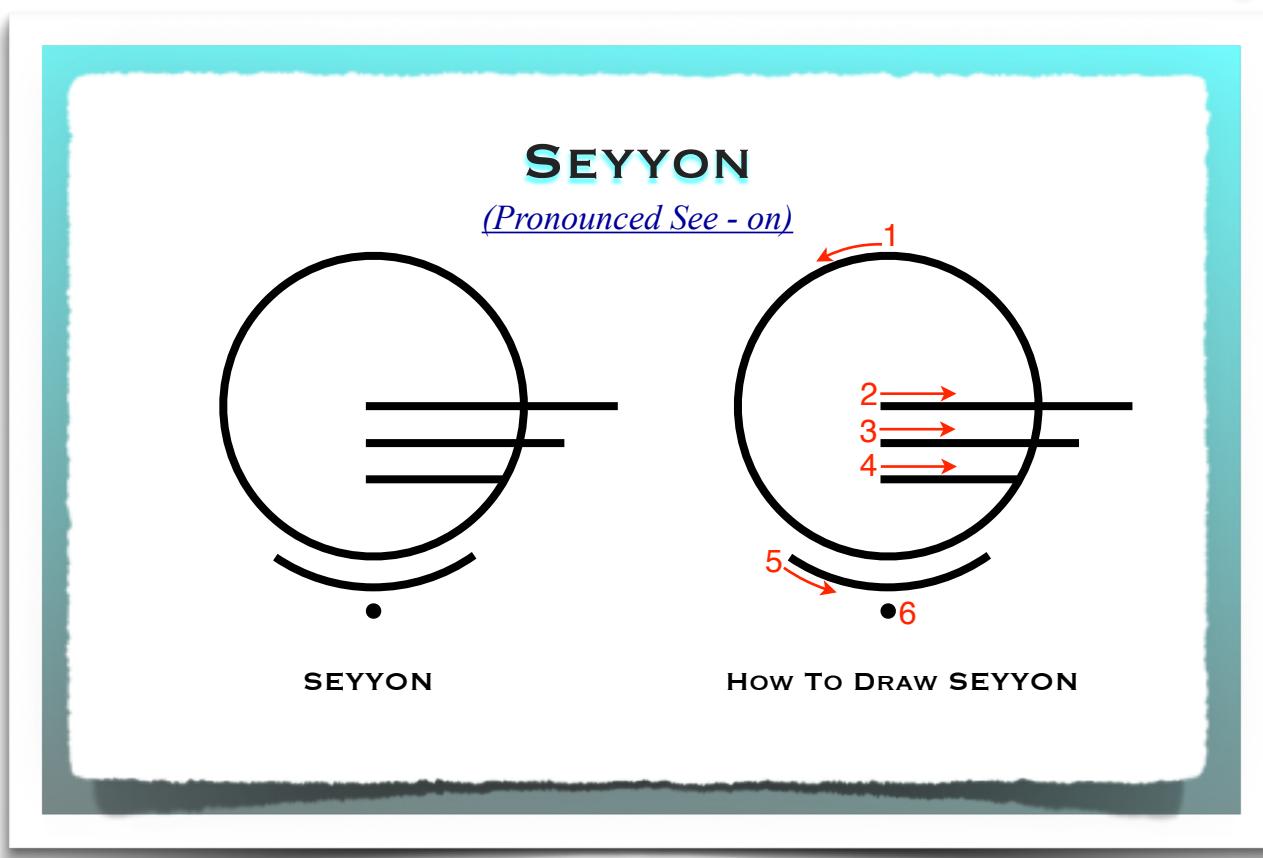
"With a deep, humble crystal intention, I ask to open to the energies of the Divine Crystal Ascension. May these energies awaken me to The New Crystal Consciousness for the infinite and divine benefit of all. Thankyou, thankyou, thankyou."

* 10 Days Rest (Days 76 - 85)

A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

* CRYSTAL ROD FIVE: Throat Chakra - Symbol Practice - SEYYON (Days 86 - 106)

Please place the symbol SEYYON into the Crown Chakra twice per day, for 21 days, for 8 minutes each time.



Invocation (optional):

Before each symbol practice, you may wish to place your hands in prayer position and say the following invocation. Please note that this invocation is optional; as always, please do what feels right for you.



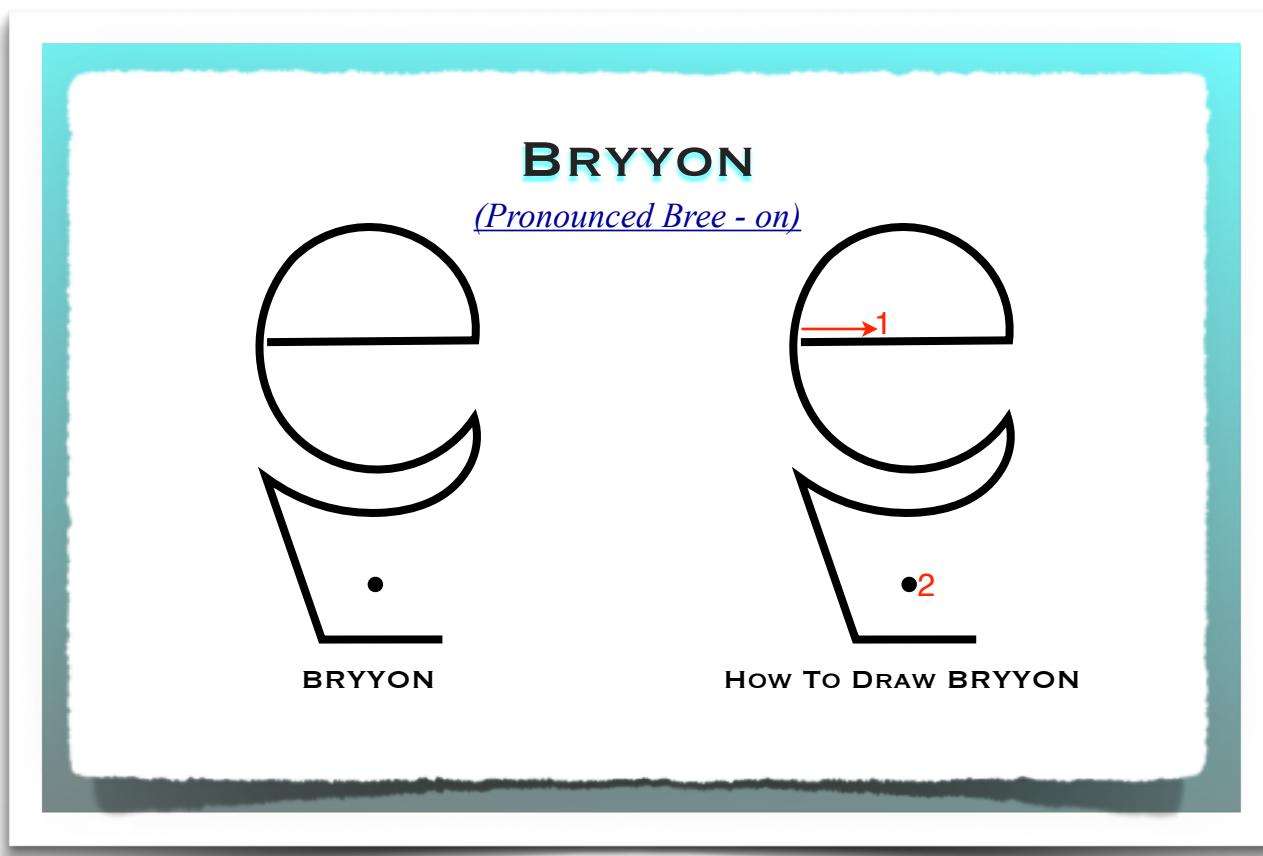
"With a deep, humble crystal intention, I ask to open to the energies of the Divine Crystal Ascension. May these energies awaken me to The New Crystal Consciousness for the infinite and divine benefit of all. Thankyou, thankyou, thankyou."

* 11 Days Rest (Days 107 - 117)

A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

* CRYSTAL ROD SIX: Third Eye Chakra - Symbol Practice - BRYYON (Days 118 - 141)

Please place the symbol BRYYON into the Heart Chakra three times per day, for 24 days, for 7 minutes each time.



Invocation (optional):

Before each symbol practice, you may wish to place your hands in prayer position and say the following invocation. Please note that this invocation is optional; as always, please do what feels right for you.



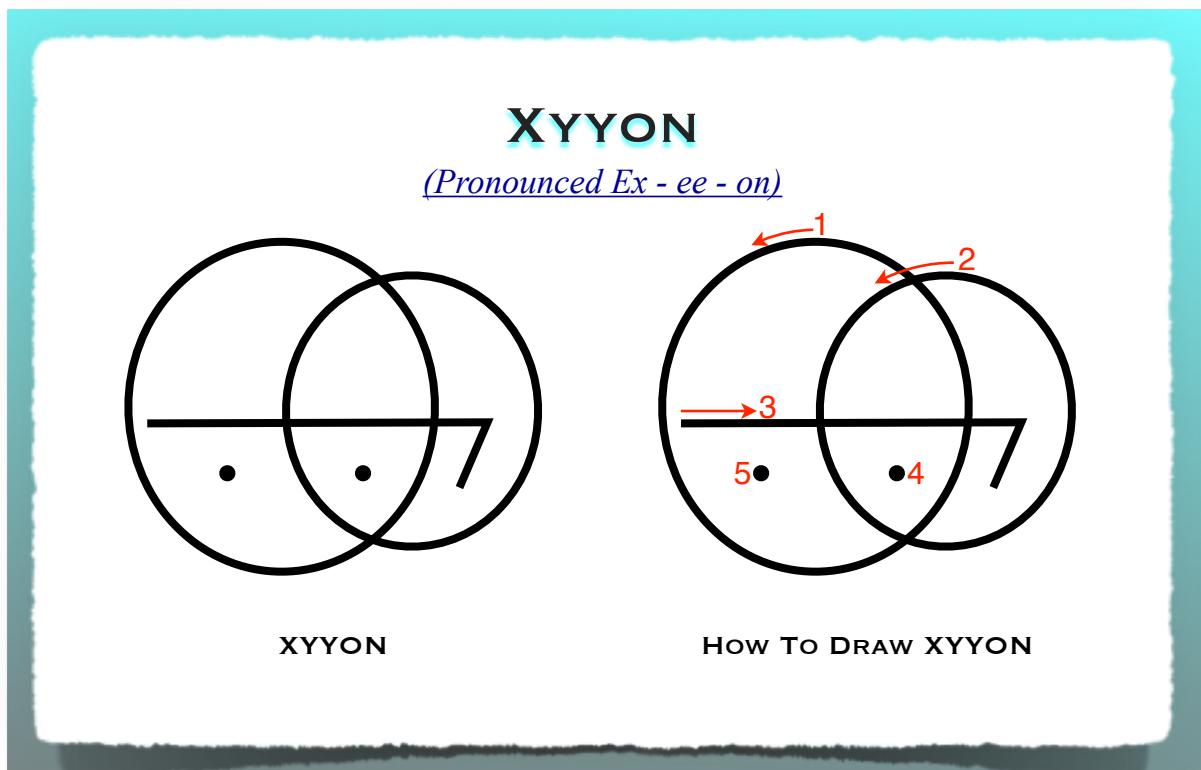
"With a deep, humble crystal intention, I ask to open to the energies of the Divine Crystal Ascension. May these energies awaken me to The New Crystal Consciousness for the infinite and divine benefit of all. Thankyou, thankyou, thankyou."

* 12 Days Rest (Days 142 - 153)

A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

* CRYSTAL ROD SEVEN: Crown Chakra - Symbol Practice - XYYON (Days 154 - 181)

Please place the symbol XYYON into the Crown Chakra twice per day, for 28 days, for 11 minutes each time.



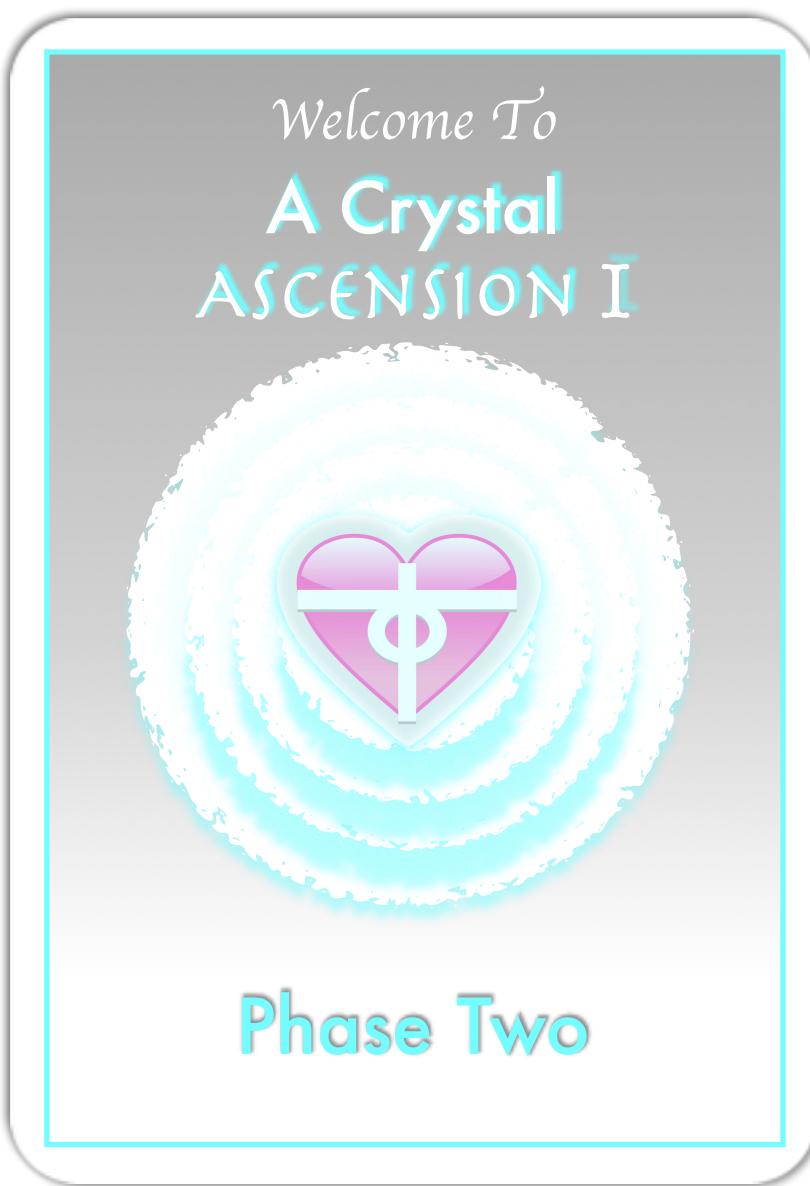
Invocation (optional):

Before each symbol practice, you may wish to place your hands in prayer position and say the following invocation. Please note that this invocation is optional; as always, please do what feels right for you.



"With a deep, humble crystal intention, I ask to open to the energies of the Divine Crystal Ascension. May these energies awaken me to The New Crystal Consciousness for the infinite and divine benefit of all. Thankyou, thankyou, thankyou."

* 17 Days Rest (Days 182 - 198)





Love Inspiration
Learn • Heal • Awaken

A Crystal ASCENSION I Phase Two

Welcome to Phase Two!

AN INTRODUCTION TO A CRYSTAL ASCENSION I - PHASE TWO:

With much love, we welcome you to Phase Two. Having now installed the seven Crystal Rods into each of your chakras, this second and final phase of A Crystal Ascension I involves a 'Crystal Awakening'. Here, the energies of all the Crystal Rods are synchronised and merged together so that they can radiate as one, as part of your Crystal Awakening - a truly divine and light-filled experience!

Therefore, Phase Two can be presented as:

"The Birth Into The Crystal Consciousness"



A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

1. AN OUTLINE OF PHASE TWO:

The practices here for Phase Two are very easily completed in only 11 days, as you can see in the summary table below:

Phase Two			
PART	NAME	DAY(S)	PRACTICE
A	Synchronisation	1	Synchronisation of Energy Rods using the activation code given.
		2 - 8	7 days rest
B	Unification	9	Merging of the synchronised crystal energies using the activation code given.
C	Pre-Illumination	10	Pre-illumination of energies using the activation code given.
D	The Awakening Begins	11	The energies begin to radiate as one and the consciousness awakens using the activation code given.
2 weeks rest before commencing A Crystal Ascension II			
Total Time For Phase Two = 11 days (+ 2 weeks before commencing A Crystal Ascension II)			

A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

2. THE PHASE TWO PRACTICES:

In the summary table you can see that the Phase Two energies & practices can be done in only eleven days. The practices themselves are split into four main parts and for each part, the general format of the practices will be the same.

As you progress through this section though, you will notice here that the Phase Two practices will be working with a series of activation codes (rather than symbols) which will be helping you call on and activate the necessary energies. Here, you will be asked to simply 'tap' these activation codes into your chakra just as you would do with a symbol.

This is the first time activation codes have been received to use as a formal practice and we see this as a wonderful sign of progress. This is a wonderfully refreshing step and again, the activation codes will be used in the same way as you would use a symbol i.e. simply tap the 'activation code' into your chakra as instructed.

Whether it is a symbol being received or an activation code, the necessary Higher Consciousness frequencies have all been embedded into this particular 'vehicle' by the Ascended Beings. Therefore, to access these, we simply need to 'tap' this vehicle (in this case, the activation code) into our chakra.

We hope you enjoy working with this new technique and may it help you to more deeply understand the divine beauty, flexibility and perfectly guided nature of these Higher Consciousness frequencies.



* PART A: Synchronisation (Day 1)

Welcome to the first part of these practices. To start with, let us introduce the practices with a very short message from the Ascended Beings:

**“During this first part, the embedded crystal rod energies are synchronised.
A series of activation codes are given.”**

On Day 1 please complete the Synchronisation energies by following the five steps below:

► Step 1 - Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 18 - 24 minutes. Perhaps you wish to light some candles or burn some incense to create a nice ambience.



► Step 2 - Silent Meditation

Sit (or lie) in silence for 8 - 10 minutes, clearing the mind of all thoughts (as best you can)! This is primarily a relaxing step, so please do just relax.

► Step 3 - Activation Code

Enter (tap) the activation code into the Crown Chakra. Once is enough, however feel free to do this more times if you wish. The Activation Code is **41001**.

You may wish to tap the whole code in one tap (i.e. 41001) or alternatively, put each individual number in with individual taps (eg. tap 4, tap 1, tap 0, tap 0, tap 1). Either way is absolutely fine so use whichever method feels right for you.

► Step 4 - Infusion

Sit (or lie) quietly and allow the energies to infuse for 8 - 12 minutes.

► Step 5 - Give thanks

Here we give thanks and ask for the synchronisation to begin! Please say the following:



“May the synchronisation of all crystal energies within me begin. Thankyou, thankyou, thankyou.”

* Rest for 7 days (Days 2 - 8) before commencing PART B

* PART B: Unification (Day 9)

As you are feeling ready to commence part B, please enjoy this short message which outlines what is happening here during Part B - Unification.

“During this second part, the synchronised crystal energies are merged.”

On Day 9, please complete the Unification energies by following the five steps below:

► Step 1 - Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 18 - 24 minutes. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

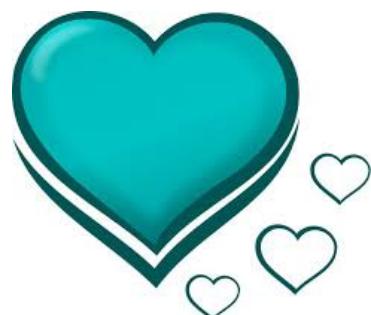
► Step 2 - Silent Meditation

Sit (or lie) in silence for 8 - 10 minutes, clearing the mind of all thoughts (as best you can)! This is primarily a relaxing step, so please do just relax.

► Step 3 - Activation Code

Enter (tap) the activation code into the Crown Chakra. Once is enough, however feel free to do this more times if you wish. The Activation Code is **43322**.

Again, you may wish to tap the whole code in one tap (i.e. 43322) or alternatively, put each individual number in with individual taps (eg. tap 4, tap 3, tap 3, tap 2, tap 2). Either way is absolutely fine so use whichever method feels right for you.



► Step 4. - Infusion

Sit (or lie) quietly and allow the energies to infuse for 8 - 12 minutes.

► Step 5 - Give thanks

Here we give thanks and ask for the unification to begin! Please say the following:



“May the unification of all synchronised crystal energies within me begin. Thankyou, thankyou, thankyou.”

* PART C: Pre-Illumination (Day 10)

For Part C, let us again share the short message received from the Ascended Beings before outlining the actual practices. May you enjoy your Pre-Illumination!

“During this third section, the synchronised and merged energies are now ready to radiate as one, however firstly, the pre-illumination standards must be entered.”

On Day 10 please complete the Pre-Illumination energies by following the five steps below:

► Step 1 - Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 18 - 24 minutes. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

► Step 2 - Silent Meditation

Sit (or lie) in silence for 8 - 10 minutes, clearing the mind of all thoughts (as best you can)! This is primarily a relaxing step, so please do just relax.

► Step 3 - Activation Code

Enter (tap) the activation code into the Crown Chakra. Once is enough, however feel free to do this more times if you wish. The Activation Code is **40243**.

Again you may wish to tap the whole code in one tap (i.e. 40243) or alternatively, put each individual number in with individual taps (eg. tap 4, tap 0, tap 2, tap 4, tap 3). Either way is absolutely fine so use whichever method feels right for you.



► Step 4. - Infusion

Sit (or lie) quietly and allow the energies to infuse for 8 - 12 minutes.

► Step 5 - Give thanks

Here we give thanks and ask for the pre-illumination to begin! Please say the following:



**“May the pre-illumination of all synchronised and merged crystal energies within me begin.
Thankyou, thankyou, thankyou.”**

* PART D: The Awakening Begins (Day 11)

Welcome to the final part of Phase Two and to your birth into this first layer of The New Crystal Consciousness. Let us share this introductory message from the Ascended Beings to explain further:

"Here in the fourth and final part, the energies are now pre-illuminated and ready to begin radiating as one. During this phase the consciousness awakens and The New Crystal Consciousness is born."

On Day 11 please complete the 'Awakening' energies by following the five steps below:

► Step 1 - Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 18 - 24 minutes. Perhaps you wish to light some candles or burn some incense to create a nice ambience.

► Step 2 - Silent Meditation

Sit (or lie) in silence for 8 - 10 minutes, clearing the mind of all thoughts (as best you can)! This is primarily a relaxing step, so please do just relax.

► Step 3 - Activation Code

Enter (tap) the activation code into the Crown Chakra. Once is enough, however feel free to do this more times if you wish. The Activation Code is 44024.

Again, you may wish to tap the whole code in one tap (i.e. 44024) or alternatively, put each individual number in with individual taps (eg. tap 4, tap 4, tap 0, tap 2, tap 4). Either way is absolutely fine so use whichever method feels right for you.

► Step 4. - Infusion

Sit (or lie) quietly and allow the energies to infuse for 8 - 12 minutes.

► Step 5 - Give thanks

Here we give thanks and ask for the awakening to begin! Please say the following:



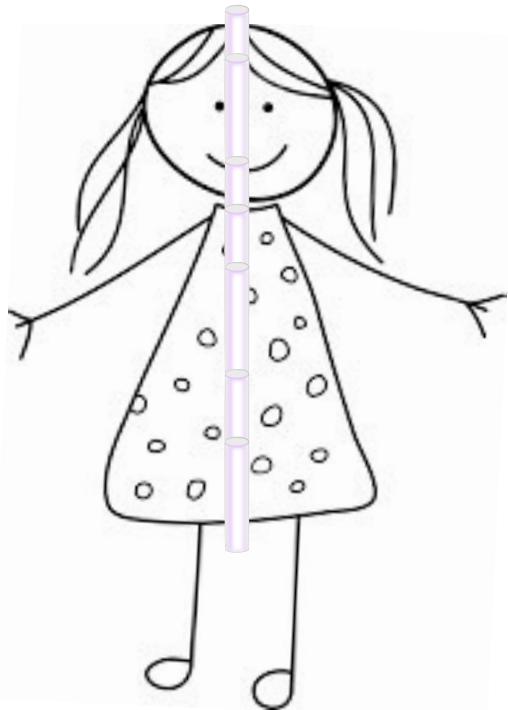
**"May the Crystal Awakening be upon me for the infinite benefit of all!
Thankyou, thankyou, thankyou."**

A Crystal ASCENSION I

Gateway To The New Crystal Consciousness

After completing all of these beautiful practices, you have now embedded, synchronised and merged all of the beautiful Crystal energies so that they now radiate as one, as you can see below:

Embedded Crystal Energy Rods 1 to 7



Individually Embedded
Crystal Energy Rods
In Each Of The Seven Chakras



Synchronised, Merged & Pre-
Illuminated Crystal Energy Rods Now
Radiating As One...The New Crystal
Consciousness Is Born!



**Congratulations!
You have now completed
A Crystal Ascension !!**

And with this, let us share this message of completion from the Ascended Being Eyron:

“After completing the fourth and final part, the Awakening begins and The New Crystal Consciousness will blossom over the coming 6-9 months. During this time, many, MANY energies will be swelling & merging and deteriorating & dissolving like the ebb & flow of great tidal waves.

Be aware that you are undergoing great and significant change for the benefit of all.

Rest well, take care of one and all. Peace & Blessings.”

~ Eyron



A Crystal ASCENSION I Gateway To The New Crystal Consciousness

3. FINAL COMMENTS:

With much love, we wish to congratulate you on completing of A Crystal Ascension I. Over these past seven months, you have been guided towards installing and embedding the Crystal Rods and these have now been synchronised & merged so that they now radiate beautifully for one and all to benefit from.

In the coming 6 - 9 months ahead, these beautiful new Crystal Consciousness energies will be continuing to radiate and blossom from within you and of course, this will also be helping to bring about more healing, purification, expansion and transformation. Exciting!

In addition to this, the second ebook - A Crystal Ascension II, can be commenced after 2 weeks from the completion of Part D of Phase Two. This can help to introduce the next layer of Crystal Light into your consciousness so that you can continue moving onwards and upwards on your ascension journey and into the next layer of The New Crystal Consciousness. We sincerely hope that you will join us again in two weeks to continue on this transitioning journey.

And finally, a couple of points:

Certificates: We wish to announce that from now on, certificates will not be available at the end of each ebook. Instead, a certificate for each 'pathway' will be offered at the end of that pathway. This means that the Crystal Pathway certificate will be available at the end of The Crystal Pathway - Volume 10 ebook.

There are a number of reasons for this change however for most of you, having now reached this elevated point of your pathway, you will understand that this ascension journey is about personal and inner growth & ascension rather than the need for gathering many certificates. We trust that this makes sense and that it feels like the right thing to do at this point on the ascension journey.

Guides / Ascended Beings: You may have noticed that in this ebook the name has changed for the Beings who bring through the information for these ebooks. Previously they were referred to as 'Guides' however now Marty and Gerry have been asked to call them 'Ascended Beings'. Therefore henceforth, from The Crystal Pathway forwards, their name will change to Ascended Beings.

We do hope that you have enjoyed receiving this first layer of the New Crystal Consciousness energies and that you will enjoy your two week resting period - may these beautiful new energies help to bring much love and divine truth into your life!

*With many Crystal Light
Blessings,*

**LOVE INSPIRATION &
MAITRI FOUNDATION**





WOULD YOU LIKE TO HELP?

You have received these energies and teachings freely and with love due to the humble and altruistic grace of our donors, sponsors, teachers & translators. If you have enjoyed these energies and would like to help make them continually and freely available for others to heal, grow and awaken from, we lovingly invite you to help in the following ways:

-  [MAKE A DONATION](#)
-  [SPONSOR AN EBOOK](#)
-  [HELP US FUNDRAISE](#)
-  [DONATE A HEALING SESSION](#)
-  [DONATE A REIKI EVENT](#)
-  [SHARE WITH OTHERS](#)
-  [TRANSLATE FOR OTHERS](#)
-  [BECOME A TEACHER](#)
-  [WRITE A TESTIMONIAL](#)
-  [HELP US IMPROVE](#)

Your help enables Love Inspiration to continue offering ebooks and courses freely for the infinite benefit of all.

Blessings & Thankyou,
LOVE INSPIRATION & MAITRI FOUNDATION

A Crystal ASCENSION I
Gateway To The New Crystal Consciousness

MAY THE NEW CRYSTAL CONSCIOUSNESS
BE AWAKENED FOR THE BENEFIT OF ALL