

A Crystal ASCENSION II



"A Crystal Beginning"

Love Inspiration & Maitri Foundation

The Love Inspiration Ascension Pathway - Phase I - Ebook 20

A Crystal ASCENSION II
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MAY THE NEW CRYSTAL CONSCIOUSNESS
BE AWAKENED FOR THE BENEFIT OF ALL



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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>	<p>The Unified Pathway To Light</p> <ul style="list-style-type: none"> • <i>The Unified Pathway To Light: Volumes 1-4 + Master</i> [Ebooks 1U, 2U, 3U, 4U, 4.1U] • <i>The Unified Pathway To Transcending The Light: Volumes 1-4</i> [Ebooks 5U, 6U, 7U, 8U] <hr style="border-top: 1px dashed #FFC0CB;"/> <p>Pathway To Light</p> <ul style="list-style-type: none"> • <i>Pathway To Light</i> [Ebooks 1P - 8P]
Step 2 - The Ascended Pathway	The New Love Consciousness & The New Truth Consciousness	Ebooks 9 - 18 <i>(10 ebooks)</i>	<ul style="list-style-type: none"> • <i>Blue Light: Volumes 1-5</i> [Ebooks 9 - 13] • <i>Ascended Pathway</i> [Ebooks 14 - 18]
Step 3 - The Crystal Pathway	The New Crystal Consciousness	Ebooks 19 - 28 <i>(10 ebooks)</i>	<ul style="list-style-type: none"> • <i>A Crystal Ascension: Volumes I-X</i>
Step 4 - The Diamond Pathway	The New Diamond Consciousness	Ebooks 29 - 36 <i>(8 ebooks)</i>	<ul style="list-style-type: none"> • <i>A Diamond Ascension: Volumes 1-8</i>
Step 5 - The Emerald Pathway	The New Emerald Consciousness	Ebooks 37 - 41 <i>(5 ebooks)</i>	<ul style="list-style-type: none"> • <i>The Emerald Awakening: Suites 1-4</i>
Step 6 - The Golden-White Light Pathway	The New Golden Consciousness & The New White Light Consciousness	Ebooks 42 - 49 <i>(8 ebooks)</i>	<ul style="list-style-type: none"> • <i>Golden Divinity: Volumes 1-3</i> [Ebooks 42 - 44] • <i>White Light Wisdom: Volumes 4-8</i> [Ebooks 45 - 49]
Step 7 - The Grand Ascension Pathway	The Grand New Golden Consciousness	Ebooks 50 - 56 <i>(7 ebooks)</i>	<ul style="list-style-type: none"> • <i>The Grand New Golden Journey: Volumes 1&2</i> [Ebooks 50 - 51] • <i>The Grand New Silver Journey: Volumes 3&4</i> [Ebooks 52 & 53] • <i>The Grand New White-Wisdom Journey: Volumes 5-7</i> [Ebooks 54-56]

Welcome to Phase II and The Maitri Levels of Consciousness!

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Prerequisites For This Ebook



Welcome!

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

- 1) Have completed 'A Crystal Ascension I' - Gateway To The New Crystal Consciousness.
- 2) Have allowed yourself the required timeframe of 2 weeks from the completion of 'A Crystal Ascension I'.
- 3) Have activated (unlocked) the 'A Crystal Ascension II' 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 II 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](#)

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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](#).

Accelerate your Ascension Pathway!

This ebook can be accelerated in one of three ways:

1). By Receiving Ascension Healing Boosters (AHBs):

As a very precious gift from Higher Consciousness, after you have received your fifth Ascension Healing Booster III, you attain the ability to skip two of the following ebooks from Step 3 - The Crystal Pathway: Volume 2, 3, 4, 6, 7, 8, 9. For more information about Ascension Healing Boosters, please lovingly visit the main [Ascension Healing Booster webpage](#).

2). By Fast-Tracking Through an A.E.I. Retreat:

We are truly delighted to share here that should you wish to, this ebook is one which can be fast-tracked through an [A.E.I. Retreat](#)! In simple terms, these optional *Accelerated Energetic Integration Retreats* can help to accelerate your Ascension Pathway by swapping selected ebooks for time in a Maitri Centre.

By completing an A.E.I. Retreat, you will be guided towards receiving a *very* significant amount of energies over a very short period of time. For example, an ebook with a completion timeframe of 567 days can be completed in only 57 days in retreat. Wonderful!

3). By Accelerating Through a Golden Ticket Retreat:

The third option available for accelerating this ebook is through a [Golden Ticket Retreat](#). 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!

As organising Ascension Healing Boosters and Retreats require much planning in advance, we lovingly suggest you start preparations as soon as possible. Furthermore, all Retreats must be completed within a Maitri Centre environment and therefore, if you are wishing to choose a Retreat option for this ebook, we trust that you have already done the necessary planning work, have organised your stay in a Maitri Centre and you are now 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 one of the above accelerated options, 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 II A Crystal Beginning

ACTIVATING (UNLOCKING) THE 'A CRYSTAL ASCENSION II' 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 II.
With the unique activation code 4117410 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 II

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GET THE MOST CURRENT VERSION OF THE 'A CRYSTAL ASCENSION II' 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.

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AN OUTLINE OF THE 'CRYSTAL ASCENSION' SERIES:

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**

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AN OUTLINE OF THE CRYSTAL ASCENSION SERIES - PHASE ONE:

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 II A Crystal Beginning

WELCOME TO 'A CRYSTAL ASCENSION II':

With much love, we welcome you here to this second ebook and to this beautiful new cycle of ascension. You may have remembered from the first ebook that we described this first Ascension Phase of The Crystal Ascension Series (the first 5 ebooks) as being one which helped you transition into the vibration of The New Crystal Consciousness over a series of increments or upward spiralling cycles. So here, with much love, we again welcome you here to this new uplifting cycle of love!

Within each of these ascension cycles, there will inevitably be much healing, purification, learning, growth, expansion, blossoming and ultimately ascension. So with this in mind, we are very happy that you have decided to continue moving forwards into this deeply enriching Crystal Light for the collective benefit of all!

To start off with then, let us share the welcoming message that was received from the Ascended Beings as they congratulate and welcome you here to this new phase of healing and ascension:



“Congratulations on reaching this next plateau in The Crystal Pathway. For the journey to date has been deeply involved and transformational and we see has taken much processing at many of your internal levels.

With the beautiful and divine Crystal Energy Rods now in place and fully functioning from the previous level of ascension, you are now simply ready to open and embark on a new Crystal Ascension.

May this journey open and awaken you for the infinite benefit of all.”



A Crystal ASCENSION II A Crystal Beginning

AN OUTLINE OF 'A CRYSTAL ASCENSION II':

Having been welcomed into these new energies, let us now look at an overview of 'A Crystal Ascension II' in the below summary table:

A Crystal ASCENSION II

CHAPTER	INFORMATION	TIMEFRAME
One	The Reverse Cycle	17 days
Two	The Volume Cycle	21 days
Three	The Absolution Cycle	72 days
Four	The Wellness Cycle	103 days
Five	The Completion Cycle	48 days
Six	The Radiance Cycle	24 days

3 weeks rest before commencing A Crystal Ascension III

Total Completion Time for A Crystal Ascension II = 285 days
(approx. 41 weeks / 9.5 months)
(+ 3 weeks before commencing A Crystal Ascension III)



A Crystal ASCENSION II A Crystal Beginning

An Outline Of A Crystal Ascension II:

As you can see here from this overview table, there are six chapters which need to be completed as part of this second ebook and within each chapter, there is a very definite and divine purpose for each of the energy sets being received.

For example, The Reverse Cycle energies in Chapter One come with the purpose of cleansing or should we say deep cleansing. This first set of energies are designed to move through your energy system so that they can bring a new layer of sediment, impurity and darkness to the surface for healing.

Following this deep healing work, The Volume Cycle in Chapter Two will be introducing a higher frequency of light into your energy field so that you can then fill the void or space left from The Reverse Cycle. From here, The Absolution Cycle (Chapter Three) will help you to open, forgive, release and ascend.

After this period of opening, forgiveness, releasing and ascending, you will then be asked to step into The Wellness Cycle in Chapter Four, where you will receive a beautiful series of balancing & harmonising energies to help you align, balance and harmonise your energy system at this new heightened vibration.

And with all this being complete, the final two chapters of these energies will then help you to complete and finalise the energetic process to ensure that you can shine, radiate and glow brightly and brilliantly for the infinite benefit of all. Wonderful!

We hope that this helps to provide you with a bit of an energetic overview and about what will be happening here throughout this ebook and accompanying this, we also hope that there will be many new and exciting truths here waiting for you to unlock and realise along the way!

For Marty and Gerry, we see this new phase of ascension as a truly wonderfully uplifting journey and one which will be accompanied by much love, understanding and purification.

We hope you enjoy these beautiful 'A Crystal Ascension II' energies and may they help to uplift your consciousness so that it radiates and shines effervescently and effortlessly for the ultimate liberation of all beings!







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A Crystal ASCENSION II Chapter One

Welcome to Chapter One - The Reverse Cycle

AN INTRODUCTION TO CHAPTER ONE - THE REVERSE CYCLE:

Having seen a general overview of this course, let us now begin our journey through Chapter One.

Here, we will be introducing a series of deep cleansing and healing energies which will help to cleanse you of many different types of impurities that no longer serve you at this level.

And to help us introduce these energies further, let us share The Reverse Cycle introductory message from the Ascended Beings here on the following page:



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“Welcome.

The Reverse Cycle is a grand purging and healing mechanism capable of simultaneously pushing out / releasing a wide variety of internal impurities.

Once inserted, the Equeec energies circulate and roam the energy system looking for ‘particles’ that no longer serve this level of consciousness. Once found, each particle is ‘collected’, like articles of clothing in a suitcase, and after some days, the ‘suitcases’ are expelled from the body.

The Reverse Cycle works especially efficiently, as it works against all the regular flow cycles within the energy field. In this way, it can be slightly disruptive and is therefore only done in small ‘bursts’. We recommend building the timeframe i.e. 4 minutes of practice on the first day, 6 minutes on the second and 8 minutes on the third.

After the three days of practice you shall rest for 14 days as the intensive collection of ‘suitcases’ are released. This part of the process is vitally important and should not be interrupted. Please rest and be gentle on yourself during this seventeen day (total) period of Reverse Cycling.

Because The Reverse Cycle energies are literally moving against the flow of your body, you may feel some ‘giddy’ feelings whilst using the symbol and directly afterwards. This is perfectly normal as the energies begin sorting and clearing. You may liken this process to putting a screen / sieve across a river (to catch particles as the water flows through it) and then pushing or pulling the sieve upstream, against the current.

You may ask why the sieve/screen needs to move upstream and not just stay in one place.....

This is entirely the focus of the energies, for by vigorously moving against the current, a great ‘churning’ is created, bringing even the most well set-in-place (hidden) impurities to the surface.

As you may now see, this is a deeply effective cleansing process and one that is required in order for us to begin our second Crystal Ascension.”



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1. AN OUTLINE OF CHAPTER ONE - THE REVERSE CYCLE:

As the Ascended Beings have mentioned (and as you can see in the below summary table), there are only three days of symbol practices required at this level, followed by a 14 day period of resting. We wish to again reiterate the importance here of the 14 day resting period as this time will allow the necessary impurities to be released from your system safely and effectively.

DAY(S)	PRACTICE
1 - 3	EQUEEC Symbol Practice (3 days)
4 - 17	14 days rest

Total Time For Chapter One = 17 days



A Crystal ASCENSION II A Crystal Beginning

2. THE CHAPTER ONE PRACTICES:

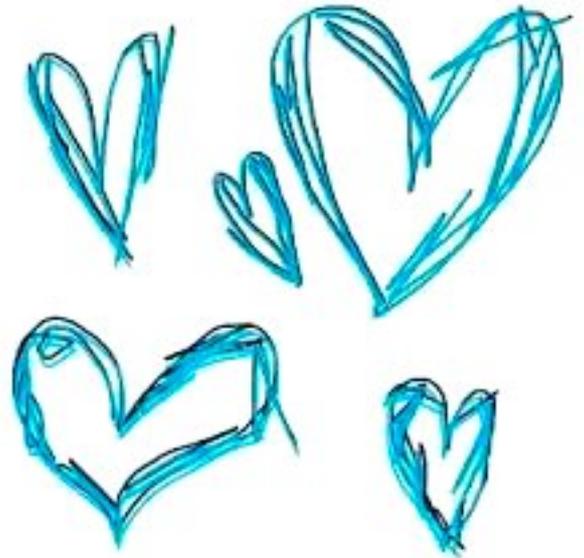
Before commencing Chapter One and the Equeec symbol practices, please ensure you have firstly activated the 'A Crystal Ascension II' energies as per the information in red below.

NOTE: Before commencing the Chapter One practices, please ensure that you have activated (unlocked) the A Crystal Ascension II 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 'A Crystal Ascension II' energies have been activated specifically for you.

You are therefore then ready to continue your 'A Crystal Ascension II' 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 II' energies for yourself, you may do this by following the instructions on Page IV of this ebook.



Once the activation is completed, you are then ready to begin the Chapter One practices, which begin on the next page.



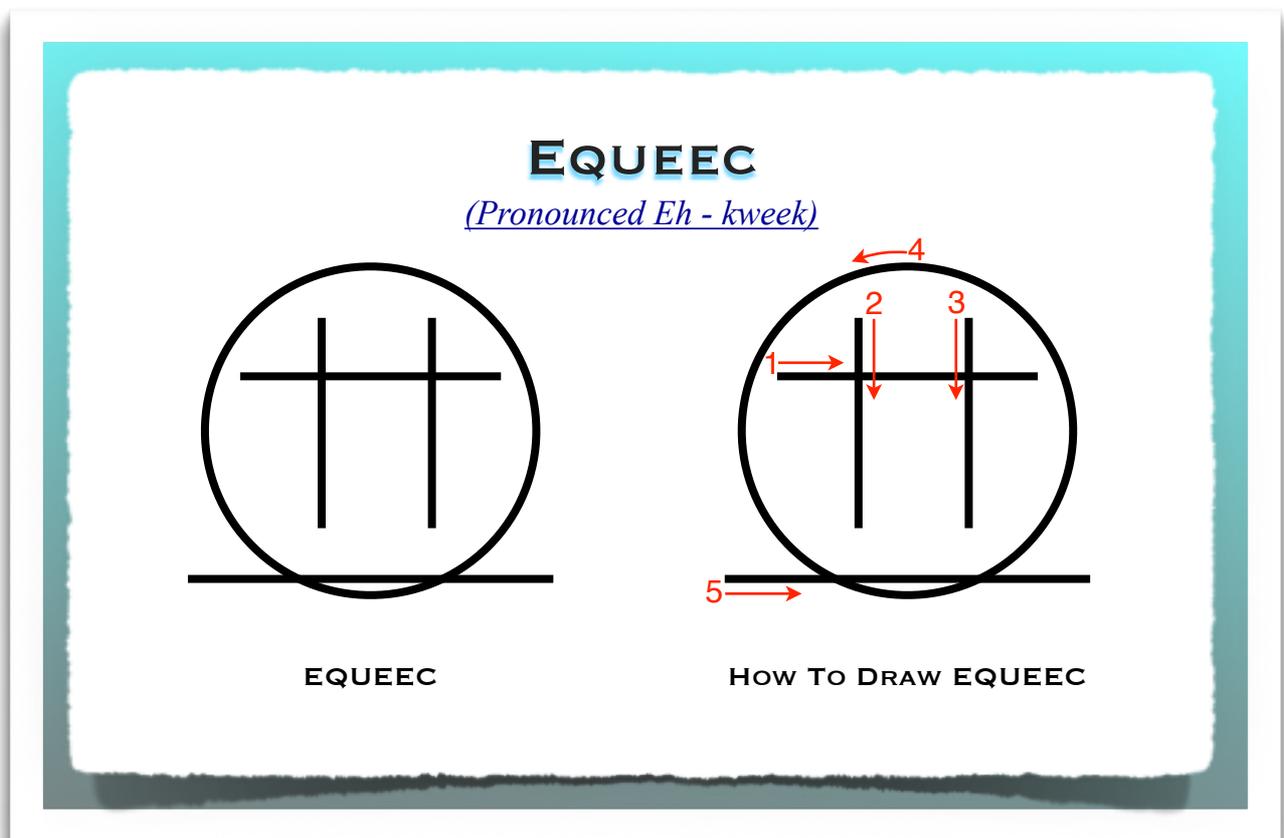
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* EQUeec Symbol Practice (Days 1 - 3)

Please place the symbol EQUeec into the Heart Chakra three times per day, for 3 days, for 4 - 8 minutes each time.

As per the introductory message from the Ascended Beings where they recommend 'building the timeframe', please utilise the following timeframes for the symbol practice:

- ▶ Day 1 - three times per day for 4 minutes each time.
- ▶ Day 2 - three times per day for 6 minutes each time.
- ▶ Day 3 - three times per day for 8 minutes each time.



Please note that both Marty and Gerry felt extremely 'scratchy' in the days following these energies as they reached a point where everything seemed to irritate them and rub them the wrong way. Presumably this was the feeling of the energies 'going against the current' to churn up their impurities. Just a heads-up in case you also feel this!



* 14 Days Rest (Days 4 - 17)





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A Crystal ASCENSION II Chapter Two

Welcome to Chapter Two - The Volume Cycle

AN INTRODUCTION TO CHAPTER TWO - THE VOLUME CYCLE:

Having now completed The Reverse Cycle, we invite you to now open up and receive the wonderfully bright light through The Volume Cycle, as the Ascended Beings explain:

“During Chapter Two we begin to process at an entirely new level of light. Our bodies are now cleansed and purged at a new, deeper level and this makes way for an increased volume of light to circulate and penetrate (and radiate from) us. The Volume Cycle gradually over time increases the volume or amount of light that is flowing around our body and this brings more of who we are to the surface - a beautiful and divine gift for all.



With each day of symbol practice, new light is introduced and circulated, filling the voids from which all the impurities were expelled in The Reverse Cycle. It is a period of beautiful awakening as the light within you increases in volume and begins to radiate. From here your crystal rods will charge also.”

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1. AN OUTLINE OF CHAPTER TWO:

As the Ascended Beings mentioned, the symbol practices here are an extremely important part of The Volume Cycle as they will be helping you to open up and receive more light. The Ascended Beings have recommended seven days of symbol practice be completed here with a resting period of 14 days, as you can see in the below summary table:

DAY(S)	PRACTICE
1 - 7	OXONNE Symbol Practice (7 days)
8 - 21	14 days rest

Total Time For Chapter Two = 21 days



2. THE CHAPTER TWO PRACTICES:

Please find the Chapter Two practices beginning on the next page.

* OXONNE Symbol Practice (Days 1 - 7)

OXONNE

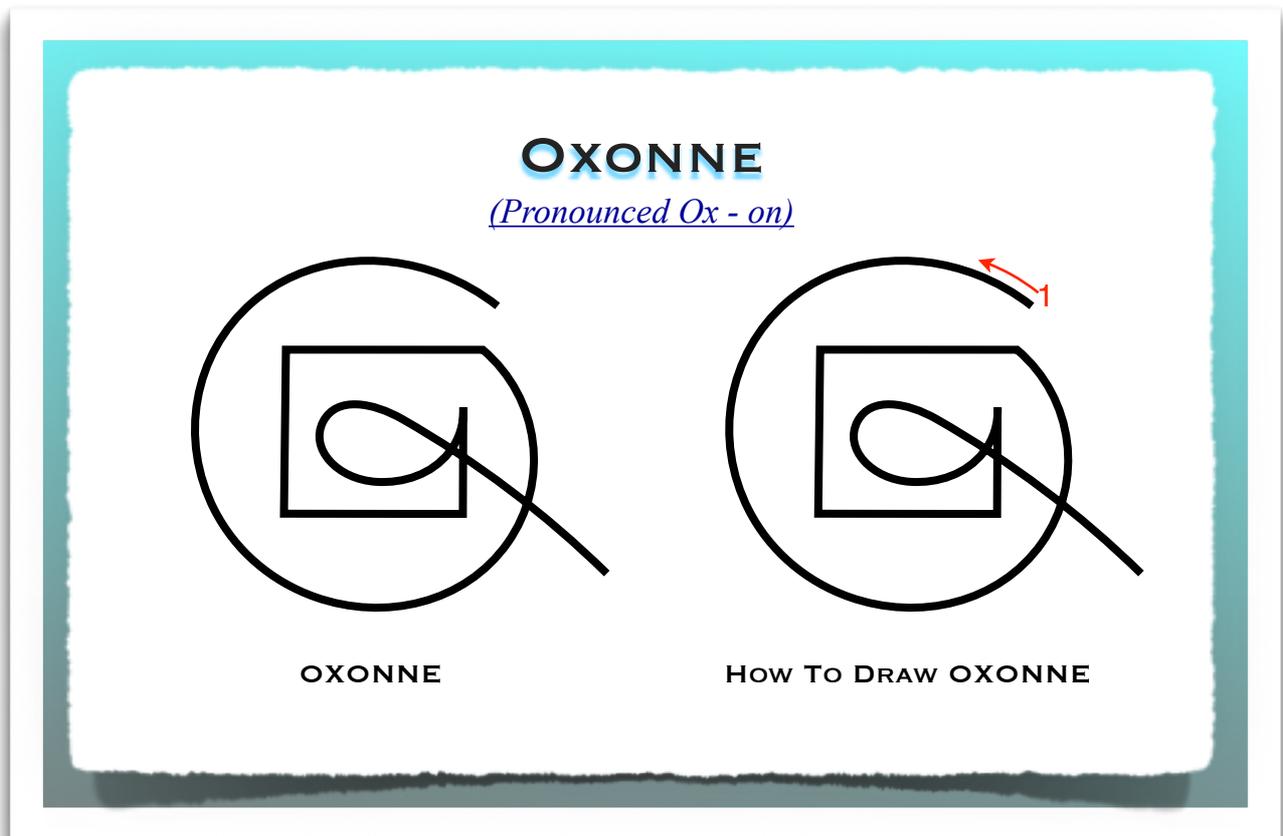
"The double bi-valve"



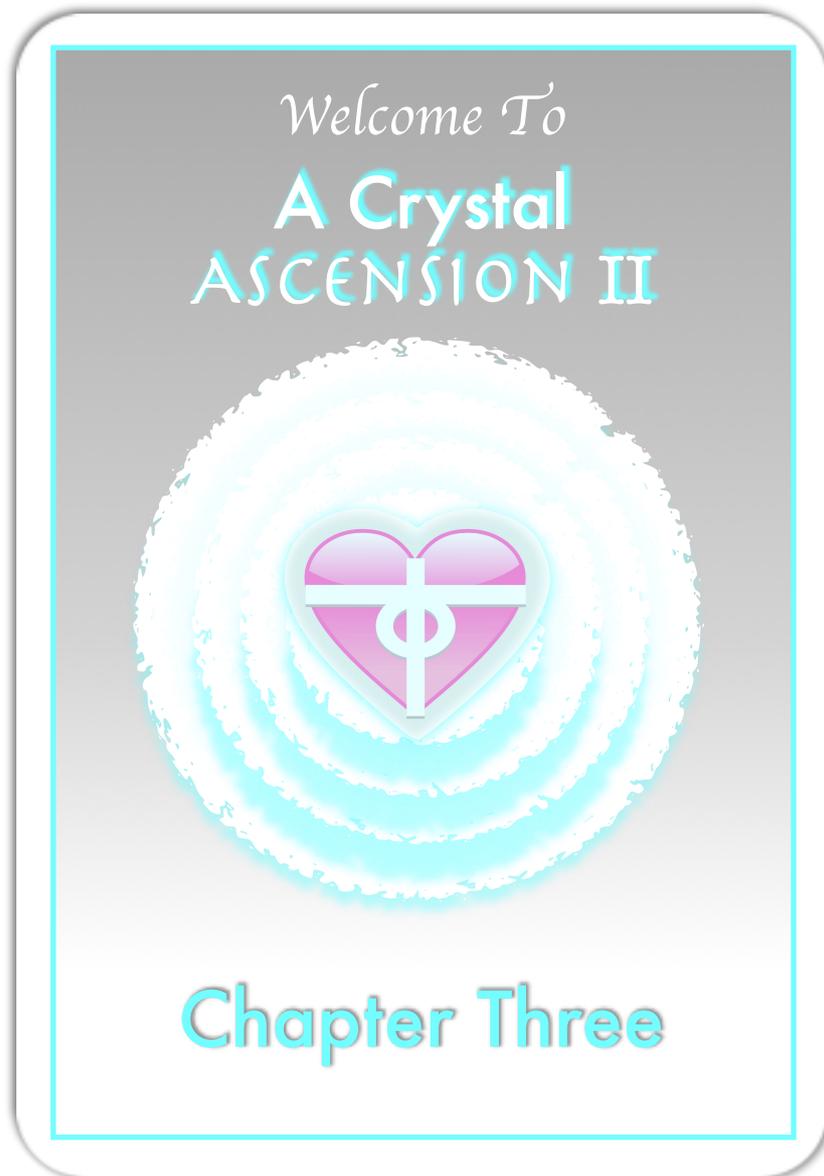
"Oxonne allows light in simultaneously through many ports at once without over-riding the energy system.
A gentle process of new light and new awakening. Enjoy!"

Please place the symbol OXONNE into the Crown Chakra eight times per day, for 7 days, for 3 minutes each time.

Each time you do the practice, the more light pours in, hence the reason why there are many more practices required here per day. With much love, we kindly request that you please receive the maximum amount of light by completing the full set of eight practices each and every day.



* 14 Days Rest (Days 8 - 21)





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A Crystal ASCENSION II Chapter Three

Welcome to Chapter Three - The Absolution Cycle

AN INTRODUCTION TO CHAPTER THREE - THE ABSOLUTION CYCLE:

Welcome to Chapter Three! At this point, you have now cleansed many deeply engrained impurities and inner darkneses through The Reverse Cycle and you have received a beautiful new light through The Volume Cycle. So here, it is now time for you to enjoy and experience an ascension through The Absolution Cycle. Before we begin though, let us take a closer look at the definition of 'absolution', as this will help to bring focus to this important healing cycle moving forwards:

Absolution = Formal release from guilt, obligation or punishment. The act of forgiving someone for having done something wrong.

Having now seen and understood what the word absolution means, let us now share the introductory message from the Ascended Beings which explains The Absolution Cycle and its divine purpose in more detail:



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“Let the ascension begin!”

For many days during this cycle you will be opening and releasing, followed by ascending. This cycle will be repeated continuously allowing a great manifestation of higher realisation through ascension.

Once our energy body is fuelled with new light from cycle two, it becomes easier to ‘see’ remaining impurities - the brighter the light, the clearer we can see. Here at the level of The Absolution Cycle, we begin to release deeper impregnations of untruths within us, those untruths that are set in place to hold us in the repeated cycle of not forgiving ourselves and therefore holding us back from reaching our true divine potential.

For many years the manipulative ego and corresponding darkness has used vile and hurtful mechanisms to continue to hold you back.

Guilt and punishment being the seat of this crippling suffering.

Here at The Absolution level then, we open ourselves, through the symbol practices, to healing these phenomena so that forgiveness may take place. Forgiveness means we allow the light back in.



May absolution be yours for the infinite benefit of all.”

During this phase, Gerry’s ego really screamed as it tried to regain control through punishing and guilty manoeuvres. It pulled up every trump card all at once and Gerry felt as if she had taken a large step backwards, even after all the work accomplished so far. Her negativity set in and a great depth of sadness, like a deep depression, was quite overwhelming for her during this time.

This was not a nice time and if you too go through something similar, please do remember it is temporary as the energies do their work. As the Ascended Beings explained in the above message “Fuelled with new light from cycle two, it becomes easier to ‘see’ remaining impurities.”

It is these impurities (untruths) that will most likely come into your awareness and mind-stream at an entirely deeper level during this time. And of course, whilst it is great that you are being guided to release these deeply unpleasant untruths from within, it can also be a difficult and challenging time. We share all of our love & well wishes for this part of your journey and as always, we lovingly suggest that you try to keep that sense of joyous perseverance in your mind as best you can!

“May absolution be yours for the infinite benefit of all!”

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1. AN OUTLINE OF CHAPTER THREE:

The symbol practices for The Absolution Cycle can be completed in three rounds, each with its own resting period, as you can see in the below summary table:

DAY(S)	PRACTICE
1 - 4	IONNEL Symbol Practice (4 days)
5 - 21	17 days rest
22 - 29	ROTHONNE Symbol Practice (8 days)
30 - 37	8 days rest
38 - 51	ESCAPEL Symbol Practice (14 days)
52 - 72	21 days rest

Total Time For Chapter Three = 72 days



2. THE CHAPTER THREE PRACTICES:

Please find the Chapter Three practices beginning on the next page:

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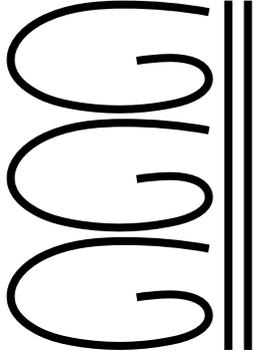
* IONNEL Symbol Practice (Days 1 - 4)



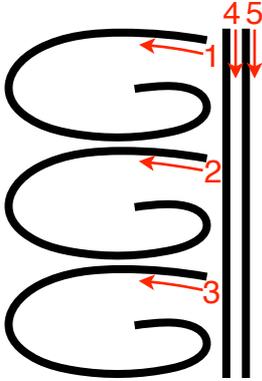
IONNEL

Please place the symbol IONNEL into the Heart Chakra twice per day, for 4 days, for 18 minutes each time.

IONNEL
(Pronounced I - on - ell)



IONNEL



HOW TO DRAW IONNEL



* 17 Days Rest (Days 5 - 21)

A Crystal ASCENSION II
A Crystal Beginning

* ROTHONNE Symbol Practice (Days 22 - 29)



ROTHONNE

Please place the symbol ROTHONNE into the Solar Plexus Chakra three times per day, for 8 days, for 4 minutes each time.

ROTHONNE
(Pronounced Roth - on)

ROTHONNE

HOW TO DRAW ROTHONNE



* 8 Days Rest (Days 30 - 37)

* ESCAPEL Symbol Practice (Days 38 - 51)



ESCAPEL

Please place the symbol ESCAPEL into the Crown Chakra once per day, for 14 days, for 8 minutes each time.

ESCAPEL
(Pronounced Ess - ka - pell)

ESCAPEL HOW TO DRAW ESCAPEL



* 21 Days Rest (Days 52 - 72)

Welcome To
A Crystal
ASCENSION II



Chapter Four



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A Crystal ASCENSION II Chapter Four

Welcome to Chapter Four - The Wellness Cycle

AN INTRODUCTION TO CHAPTER FOUR - THE WELLNESS CYCLE:

With love, we welcome you here to Chapter Four and to a new feeling of balance and harmony. This is now a time for re-harmonising, stabilising and balancing as the Ascended Beings explain:

“After completing the third cycle of Absolution, and having purged and stirred such deep impregnations of suffering mechanisms and their imprisonments, the energy system now requires a period of rebalancing and re-harmonising at this new, higher level of being.

Throughout cycle four, we repeatedly harmonise and stabilise the energies, creating a new balance of forgiveness and peace in our life. This is a period of warm transformation as we learn to live with a deep and continued sense of forgiveness

and love for ourselves and others. Allow the new energies to settle, and be kind to yourself as you undergo this re-stabilisation. It may feel uncomfortable as the energies settle but please know this is a new level of love you are reaching and it is so very worth it. Be well and happy and free.”



A Crystal ASCENSION II A Crystal Beginning

1. AN OUTLINE OF CHAPTER FOUR:

To receive all of these beautiful harmonising, balancing and loving energies, there are a number of symbols which need to be worked with, each with its own resting period (so that you can assimilate the new energies), as shown in the below summary table:

DAY(S)	PRACTICE
1 - 8	ACCRIM Symbol Practice (8 days)
9 - 12	4 days rest
13 - 20	SOLLIM Symbol Practice (8 days)
21 - 27	7 days rest
28 - 41	BYYIM Symbol Practice (14 days)
42 - 49	8 days rest
50 - 57	FORRIM Symbol Practice (8 days)
58 - 65	8 days rest
66 - 79	BRIM Symbol Practice (14 days)
80 - 88	9 days rest
89 - 97	ORRIM Symbol Practice (9 days)
98 - 103	6 days rest
Total Time For Chapter Four = 103 days	

2. THE CHAPTER FOUR PRACTICES:

Please find the Chapter Four practices beginning on the next page.

* ACCRIM Symbol Practice (Days 1 - 8)

ACCRIM
"The happiness seeker"



Please place the symbol ACCRIM into the Heart Chakra three times per day, for 8 days, for 8 minutes each time.

ACCRIM
(Pronounced Ak - rim)

ACCRIM HOW TO DRAW ACCRIM



* 4 Days Rest (Days 9 - 12)

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* SOLLIM Symbol Practice (Days 13 - 20)

SOLLIM
"Transformational
balance & harmony"



Please place the symbol SOLLIM into the Crown Chakra twice per day, for 8 days, for 4 minutes each time.

SOLLIM
(Pronounced Soll - im)

SOLLIM **HOW TO DRAW SOLLIM**



* 7 Days Rest (Days 21 - 27)

* **BYYIM Symbol Practice (Days 28 - 41)**

BYYIM

"Unconditional Love,
Expanding Truth"



Please place the symbol **BYYIM** into the Heart Chakra once per day, for 14 days, for 6 minutes each time.

BYYIM
(Pronounced By - yim)

BYYIM **HOW TO DRAW BYYIM**



* **8 Days Rest (Days 42 - 49)**

A Crystal ASCENSION II
A Crystal Beginning

* FORRIM Symbol Practice (Days 50 - 57)

FORRIM
"Wellness centring"



Please place the symbol FORRIM into the Solar Plexus Chakra three times per day, for 8 days, for 4 minutes each time.

FORRIM
(Pronounced Fore - im)

The diagram shows the symbol FORRIM on the left and a step-by-step drawing guide on the right. The drawing guide includes four numbered steps: 1. A vertical line down on the left side. 2. A horizontal line across the middle. 3. A horizontal line across the middle, slightly lower than step 2. 4. A horizontal line across the middle, slightly lower than step 3. The symbol consists of a large 'U' shape on the left, a vertical line on the right, and three horizontal lines crossing both.

FORRIM **HOW TO DRAW FORRIM**



* 8 Days Rest (Days 58 - 65)

A Crystal ASCENSION II
A Crystal Beginning

* BRIM Symbol Practice (Days 66 - 79)

BRIM

"Awakening new consciousness"



Please place the symbol BRIM into the Heart Chakra twice per day, for 14 days, for 7-8 minutes each time.

BRIM
(Pronounced Brim)

BRIM **HOW TO DRAW BRIM**



* 9 Days Rest (Days 80 - 88)

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* ORRIM Symbol Practice (Days 89 - 97)

ORRIM
"Functioning release"



Please place the symbol ORRIM into the Heart Chakra three times per day, for 9 days, for 4 minutes each time.

ORRIM
(Pronounced Oar - rim)

The diagram illustrates the ORRIM symbol and its construction. On the left, the symbol is shown as a vertical line, a 2x2 grid, two vertical lines, and two horizontal lines. On the right, the drawing process is detailed with numbered arrows: 1 (down), 2 (down), 3 (right), 4 (right), 5 (down), 6 (down), 7 (right), and 8 (right).

ORRIM **HOW TO DRAW ORRIM**



* 6 Days Rest (Days 98 - 103)

Welcome To
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Chapter Five



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A Crystal ASCENSION II Chapter Five

Welcome to Chapter Five - The Completion Cycle

AN INTRODUCTION TO CHAPTER FIVE - THE COMPLETION CYCLE:

Having now reached this point of the journey, you have done all of the hard work! So here, in these final two cycles, you will now be rewarded with the divinely fulfilling 'cherry' that sits atop your deliciously divine cake - we hope you enjoy these energetic rewards with much love!

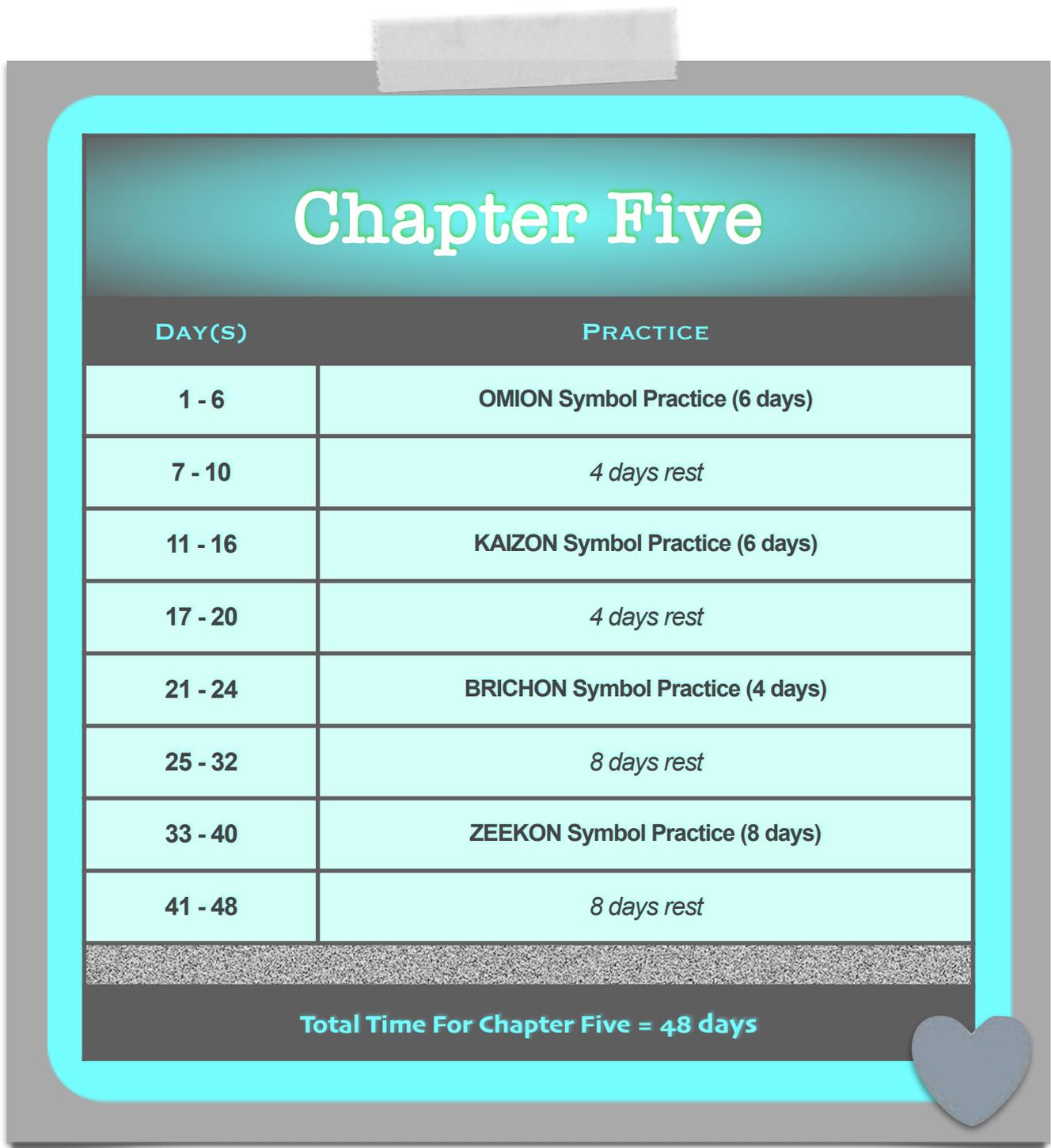
“Once a new level of harmony has been restored (cycle four) and after purging great untruths (cycle three), we are able to enter The Completion Cycle, through which a great many new truth understandings about ourselves are unveiled. For when we no longer look at ourselves through the lense of guilt and punishment, a new deepened sense of love prevails.”



A Crystal ASCENSION II A Crystal Beginning

1. AN OUTLINE OF CHAPTER FIVE:

In order to help awaken these wonderfully divine truths, the Ascended Beings have recommended that four rounds of symbol practices be completed, as shown below:



DAY(S)	PRACTICE
1 - 6	OMION Symbol Practice (6 days)
7 - 10	<i>4 days rest</i>
11 - 16	KAIZON Symbol Practice (6 days)
17 - 20	<i>4 days rest</i>
21 - 24	BRICHON Symbol Practice (4 days)
25 - 32	<i>8 days rest</i>
33 - 40	ZEEKON Symbol Practice (8 days)
41 - 48	<i>8 days rest</i>
Total Time For Chapter Five = 48 days	

2. THE CHAPTER FIVE PRACTICES:

Please find the Chapter Five practices beginning on the next page.

* OMION Symbol Practice (Days 1 - 6)

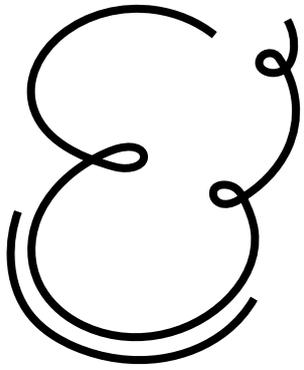
OMION

"Loosening the grip
on how we see ourselves"

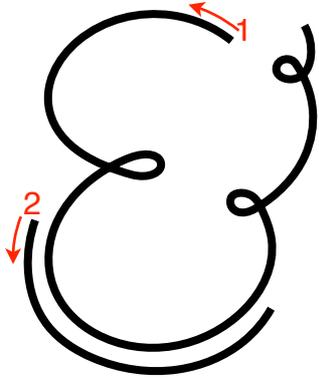


Please place the symbol OMION into the Heart Chakra four times per day, for 6 days, for 3 minutes each time.

OMION
(Pronounced Oh - mee - on)



OMION



HOW TO DRAW OMION



* 4 Days Rest (Days 7 - 10)

* KAIZON Symbol Practice (Days 11 - 16)

KAIZON
"The filaments of light"



Please place the symbol KAIZON into the Crown Chakra four times per day, for 6 days, for 4 minutes each time.

KAIZON
(Pronounced Kai - zon)

KAIZON **HOW TO DRAW KAIZON**



* 4 Days Rest (Days 17 - 20)

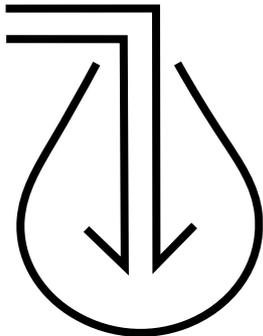
* BRICHON Symbol Practice (Days 21 - 24)

BRICHON
"Instilling heartfulness"



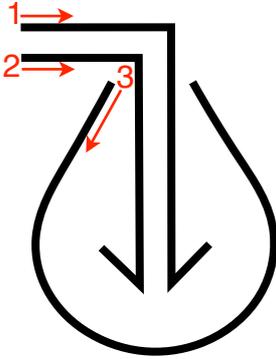
Please place the symbol BRICHON into the Heart Chakra four times per day, for 4 days, for 6-7 minutes each time.

BRICHON
(Pronounced Bry - kon)



• • •

BRICHON



1 →
2 → 3 ↙
4 ● 5 ● 6 ●

HOW TO DRAW BRICHON



* 8 Days Rest (Days 25 - 32)

* ZEEKON Symbol Practice (Days 33 - 40)

ZEEKON
"The finalising sequence"



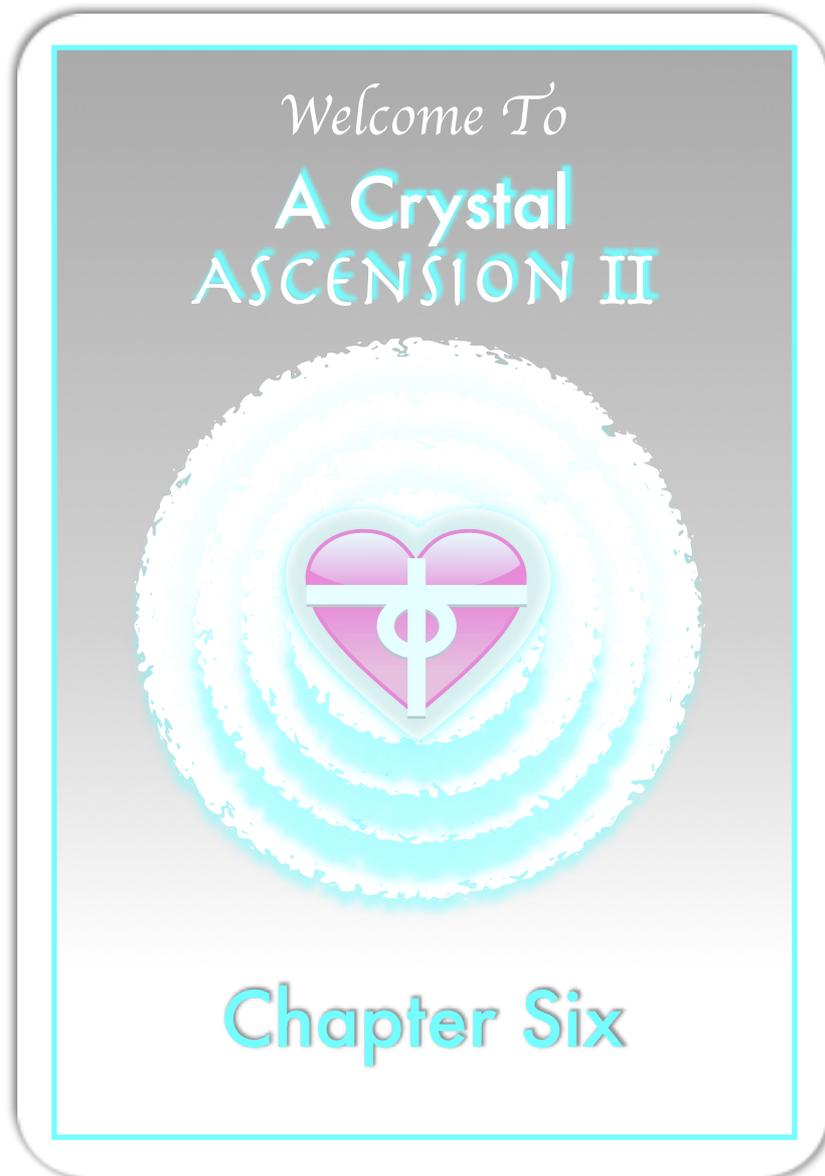
Please place the symbol ZEEKON into the Heart Chakra four times per day, for 8 days, for 3 minutes each time.

ZEEKON
(Pronounced Zee - kon)

ZEEKON **HOW TO DRAW ZEEKON**



* 8 Days Rest (Days 41 - 48)





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A Crystal ASCENSION II Chapter Six

Welcome to Chapter Six - The Radiance Cycle

AN INTRODUCTION TO CHAPTER SIX - THE RADIANCE CYCLE:

Welcome to this final chapter of A Crystal Ascension II where you will be guided towards basking and radiating in your warmth, love and truth as you shine these brilliantly for all to benefit from!

“Welcome warmly and whole-heartedly to this final cycle of A Crystal Ascension II. It is with great and infinite love that we sincerely and gratuitously offer you this precious level of light. For many timeframes you have radiated at a level well below that which you are divinely capable and here at this spectacular level, your light is freed to radiate for all. More deeply, more brightly and more effervescently than ever before, you have now graduated through the second ascension and are about to be endorsed with a new level of radiance. Radiate brightly and brilliantly for all!”



A Crystal ASCENSION II

A Crystal Beginning

1. AN OUTLINE OF CHAPTER SIX:

To help you radiate your new divine brilliance outwards for all, the Ascended Beings have brought through the truly enlightening symbol, Illumine, which can help you to complete this final cycle for A Crystal Ascension II, as you can see outlined below:

DAY(S)	PRACTICE
1 - 24	ILLUMINE Symbol Practice (24 days)
<i>3 weeks rest before commencing A Crystal Ascension III</i>	
Total Time For Chapter Six = 24 days <i>(+ 3 weeks rest before commencing A Crystal Ascension III)</i>	



2. THE CHAPTER SIX PRACTICES:

Please find the Chapter Six practices beginning on the next page.

A Crystal ASCENSION II A Crystal Beginning

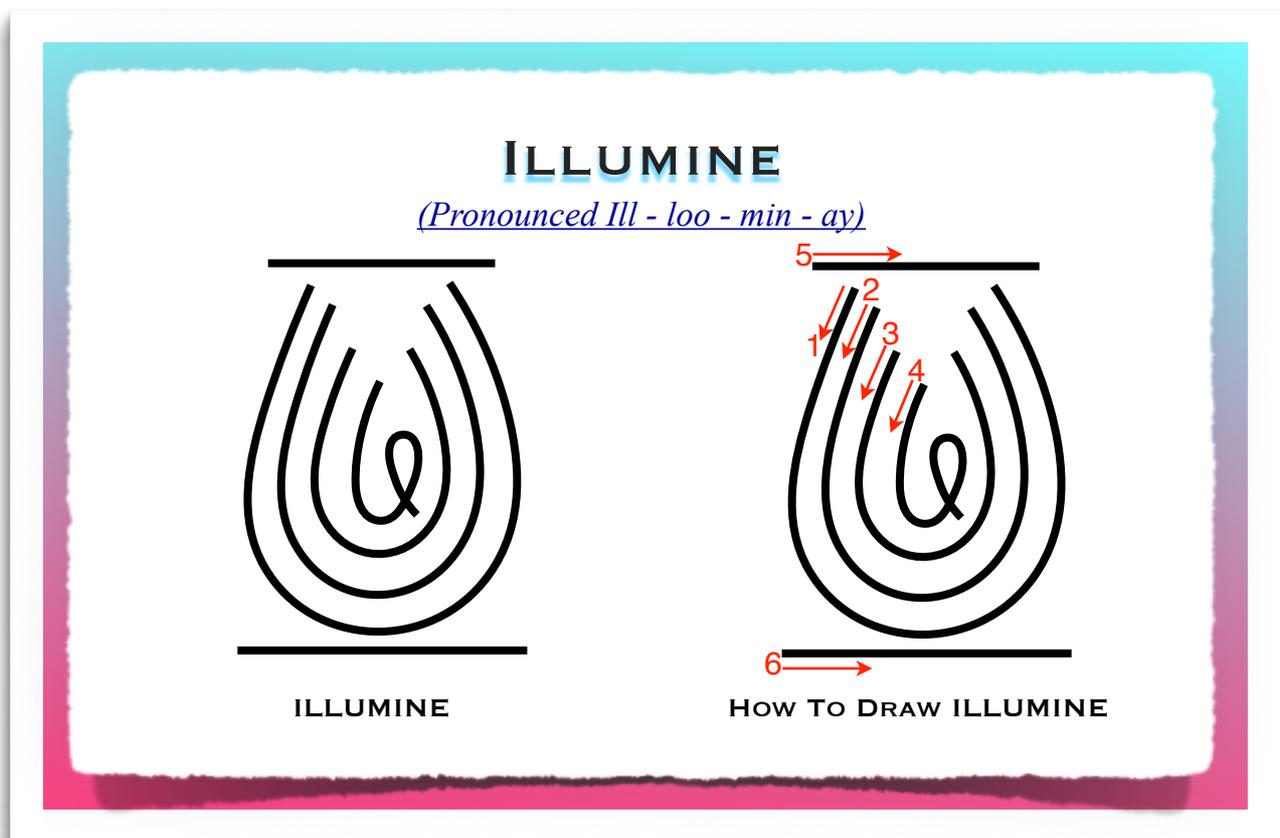
* ILLUMINE Symbol Practice (Days 1 - 24)

ILLUMINE



Please place the symbol ILLUMINE into the Heart Chakra two to three times per day, for 24 days. Do this for 6-12 minutes each time or until the energies drop off. You may find that in the early days, 6 minutes is enough however as you progress, longer timeframes may be required. The Ascended Beings explain further:

“Illumine is a very special symbol and has many depths and qualities. You may use this symbol repeatedly over a 24 day period as it builds its energies, compounding during each use. The light here builds and grows through days 1 - 21 after which a profound exponential radiance takes place during days 22 - 24. Enjoy your new radiance, you have most certainly and profoundly earned this precious new light!”



* 3 Weeks Rest before commencing A Crystal Ascension III

(For more information on the importance of the Ascension Pathway resting timeframes please [see this FAQ.](#))



Congratulations!
You have completed
A Crystal Ascension II



A Crystal ASCENSION II A Crystal Beginning

3. FINAL COMMENTS:

By reaching this point, you have now walked through and assimilated the deeply purifying, healing, uplifting and wonderfully divine energies of A Crystal Ascension II - congratulations!

During this time, we understand that you may have been guided to face some very deep and perhaps painful or hurtful parts of yourself and for this, we want you to know that we are deeply grateful and humbly proud of you for completing this divinely inspired healing work.

Of all people, Marty and Gerry understand the difficult and challenging nature of this kind of ascension based healing work and it is with much love that they again wish to share their sincerest and warmest congratulations with you for reaching this point and for continuing your journey.

Looking ahead now and you will be happy to know that A Crystal Ascension III can be commenced after only three weeks from the completion of your Illumine practice. And it is with much love & warmth that we hope to see you once again in A Crystal Ascension III for this next step forwards, upwards and outwards into new layers of The New Crystal Consciousness.

And finally, as previously mentioned in the Crystal Ascension I ebook, certificates will not be offered at the end of each ebook anymore, but rather an 'end of pathway' certificate for each level of pathway will be offered. You will be able to receive your Crystal Pathway completion certificate at the end of Volume 10, should you wish.

For now though, we truly hope that you enjoy your three week resting period here with these new energies and may they help you to feel a deeper level of divine truth, unconditional love and oneness for the infinite benefit of all!

*With many
Crystal Light
blessings,*

**LOVE INSPIRATION &
MAITRI FOUNDATION**





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Blessings & Thankyou,
LOVE INSPIRATION & MAITRI FOUNDATION

A Crystal ASCENSION II
A Crystal Beginning

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