



Crystalline Process



Guide

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www.5dfulldisclosure.org



Crystalline Process

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for the quantum vessel



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Dissolving Addictions

All of Humanity are addicts, as addiction, attachment + co-dependency have been programmed into the DNA. Humanity's greatest addiction is to energy, which then translates into the physical addictions and dependencies on people, places + things. Our addictive behaviors and thought processes are both inherited + reinforced through programmed, learned behavior.

All of our addictions feed off of the EGO's needs, wants + desires, which link to our lower 3 chakras: the Root, Sacral + Solar Plexus.

If we look at Maslow's Hierarchy of needs, we will see physical survival needs at the base. This corresponds to the Root Chakra and physical body, which rules over our sense of safety and survival. The Root Chakra has been enslaved by the system of MONEY, which keeps us in deep fight or flight as we attempt to meet our most basic needs. We are enslaved by our NEEDS which can include food, water, shelter, sleep, + warmth and/or comfort.

Humanity is thus permanently in the addictive cycle of meeting these needs, which keep us in the loop of fight or flight.



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Dissolving Addictions

Our DESIRES come from our emotional body + our Sacral Chakra. Due to the high levels of stress that are induced from being in constant fight or flight, trying to meet the "needs" of the Root/Physical Body, our Emotional Bodies + Sacral Chakras fall into hijacked desires. Ultimately, our desires are manipulated and cause us to run from our uncomfortability and sense of pain + suffering

We then become a slave to our desires, an endless loop of trying to escape our suffering only to end up re-creating it through attachments and co-dependency. Desires include sex, drugs, substances, emotional highs + lows, drama, cravings/urges, and unhealthy relationships

This directly leads us to the WANTS of our Solar Plexus, where the EGO resides and ultimately hijacks the Solar Plexus, also known as the second brain. The Solar Plexus connects to our mental body, which is often why many in the healing community talk about healing the gut/brain connection. When the Solar Plexus is damaged, and/or in addiction and dependency, it hijacks our mental body and our thought systems.

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Dissolving Addictions

Our WANTS become mental thought processes that we act upon, constantly in a loop of seeking "wants" in order to fill the void space within. We seek instant gratification and EGO validation, rather than fulfilling experiences that are based on empowerment and joy.

These 3 chakras + bodies are the key to freeing ourselves from the EGO needs, wants + desires, and cleansing our physical, emotional and mental bodies.





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Clearing + Purging the
Chakras

Clearing, purging + detoxing these 3 chakras and bodies is a delicate process that cannot be done all at once. We must move in stages with this process so that we do not overwhelm the system. Gentleness and self-care are also very important during this process.

The goal of these cleanses are to detox our physical, emotional + mental body of any density, toxins, attachments, addictions and co-dependencies.

The key with the Crystalline Process is to create balance, harmony and homeostasis within the body. This means that we often have to break our addictions and attachments before we can incorporate those tools, patterns, people, or behaviors back into our life.

"Never" and "always" are both spectrums of addiction. In order to stay in balance, we dissolve all belief systems about "good" and "bad", and realize that everything goes through cycles and phases. Nothing in creation is ever permanent, but also changing, evolving and growing.



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Tools + Techniques

The best tools for detoxing the Physical Body and Root Chakra are to start cutting down on what we perceive as "needs", in order to allow true sovereignty over our physical vessel to be developed.

Fasting 72 hours: Water with lemon, juices + teas may be incorporated

Sleep: Cutting sleep down to 5 hours per night (3x per week)

Substances: Detoxing from all substances for at least 72 hours including alcohol, marijuana, tobacco, medication (when possible), coffee, etc.

Cold Showers: Taking cold showers, either before or after a hot shower, helps the body purge toxins

Sugar: Cutting out sugar completely is highly recommended for detoxing, and is best to be cut out for a min of 30 days.

Garlic Cleanse: 1 clove per day x 7 days helps cleanse the body of toxins and chemical

Heavy Metal detox: This is recommended if you feel your body has a lot of heavy metals that need to be released

Technology: Detoxing from technology including cell phones, social media, television etc., for a min of 24 hours assists the body in releasing any addictions



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Tools + Techniques

The best tools for detoxing the Emotional Body and Sacral Chakra are to start cutting out what we perceive as "desires", in order to allow true sovereignty over our emotional vessel to be developed.

Celibacy: Celibacy is highly recommended for at least 30 days or more, depending on your guidance, in order to allow the body time to process its feelings + stabilize into your own energy field.

Cravings/Urges: Compulsive behavior like eating, drinking, shopping etc., one must allow those cravings to come up WITHOUT acting upon them.

Salt Baths: Epsom salt baths are highly beneficial for the cleansing + detoxing of the emotional body

Saunas/Sweat Lodges: Any activity which allows the body to purge through heavy sweating is beneficial for emotional body clearing

Journaling: Journaling your emotions, what is coming up, as well as any past emotions that must be expressed

Ceremonies: Ceremonies for releasing, purging, forgiveness, etc., are very helpful with emotional releases

Solitude: It is highly recommended to spend moments in pure solitude for hours, days or weeks, spending moments in silence + meditation



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Tools + Techniques

The best tools for detoxing the Mental Body and Solar Plexus Chakra are to start cutting out what we perceive as "wants", in order to allow true sovereignty over our mental vessel to be developed.

Sun Gazing: Sun gazing + spending time in the Sun helps purge our Solar Plexus and activate our divine intelligence systems

I AM Affirmations: These help re-wire the Solar Plexus into empowerment rather than co-dependency

Parasite Cleanses: These are recommended for those who have gut issues that require cleansing

EGO Death Ceremonies: These ceremonies speed up the process of EGO death and thus return empowerment to the Solar Plexus

Acceptance + Surrender: Accepting and surrendering to your current experience, rather than "wanting" to change it.

Gratitude journaling: Practicing gratitude is highly beneficial to re-wiring the Solar Plexus

Get Uncomfortable: The EGO lives in the Solar Plexus, and hijacks us through our "wants". We avoid going outside our comfort zones for this reason. Our best recommendation is to go CAMPING! This tends to be the most uncomfortable experience for the EGO, but is also the most transformational.



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Dissolving Belief Systems

Belief Systems are what keeps us sick, and in pain + suffering. It is our narrow perception of the world that keeps us limited. Belief systems are ruled by judgement: good/bad, black/white, right/wrong, should/shouldn't, etc. All of our bodies listen to our belief systems and respond accordingly.

FOOD

Some of the deepest belief systems surround food and the way in which we consume it. We have so many beliefs about what is "good" or "bad" for you, and our body is always listening to these. The first step is to dissolve everything you think you know of what is good or bad food. There is no such thing. Yes, there are certain foods such as organic produce that is designed to be beneficial to the body, and yes there are foods that have chemicals, toxins and other inorganic things in them. HOWEVER, our fear or belief about how "bad" these foods are, cause them to create sickness.

Example: If I eat McDonald's, and I believe that it is "bad" for me, my body will immediately respond to this by creating sickness from ingesting such food.



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Dissolving Belief Systems

This is why you will see those with deep belief systems about food such as vegans, vegetarians, or "health nuts", will often still suffer from pain, illness + disease despite their "healthy" eating. You will also see this with those who "diet", and often still gain weight or cannot lose weight despite their dieting. IT IS ALL ENERGY.

ALCOHOL/TOBACCO

There are many belief systems around alcohol and tobacco, that they are "bad" for you. Both alcohol + tobacco derive from organic material. Tobacco grows in the ground naturally, and most alcohol is made from organic fermentation of wheat, grapes, potatoes, grains, etc. It is simply the misuse of these tools, belief systems, etc., that create dysfunction, illness + disease.

MARIJUANA/SUBSTANCES

There are many belief systems about marijuana and other substances that they are "bad" or they are labeled "drugs." Again, it is only our dysfunctional co-dependence, attachment, and belief systems around these tools that create negative effects. The tools themselves are neutral, it is the user of the tools that decides how it effects their experience.



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Dissolving Belief Systems

WORKING OUT

Many have become obsessed with the concept of "working out", and how much working out is required to be "healthy." This is also a belief system, as movement is our natural state of being. We organically go between movement + rest as our natural state of being. It is only due to the illusionary society we have created, that we no longer organically move but have to schedule time to "work out." Right action, walking, stretching, yoga, cleaning, building, etc., are also natural movement that the body requires.

All belief systems must be dissolved in order to go through the Crystalline Process + return to our natural, organic state. The more organic we become, the faster our crystalline process. Remove all judgments and thinking of right/wrong, should/shouldn't, good/bad from your thought processes.

Follow your body's guidance, bless your food + water, be in gratitude and joy, and watch your life naturally change into a beautiful, healthy and organic flow!



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5D HEALING

The true 5D healing is about understanding the energetic + emotional root causes of your pain, illness or disease. There is NO external thing that will cure you other than your own consciousness. Getting familiar with the metaphysical root causes of your symptoms is a great place to start. Next, is understanding that you are a 5D healing device, and all healing happens within you.

We highly recommend reducing and/or getting off of all external medications, pain pills, or 3D "healing" modalities as these only put a bandaid on your problem. YOU ARE THE MEDBED.

5D Healing Modalities include:

- Self Love Disciplines
- EGO dissolvment

-Nervous System Regulation: this can be done through conscious breath work, meditation, + addiction dissolvment

- Plasma Technology
- Movement + Self Care of the body
- Sunlight + Grounding
- Music + Art therapy



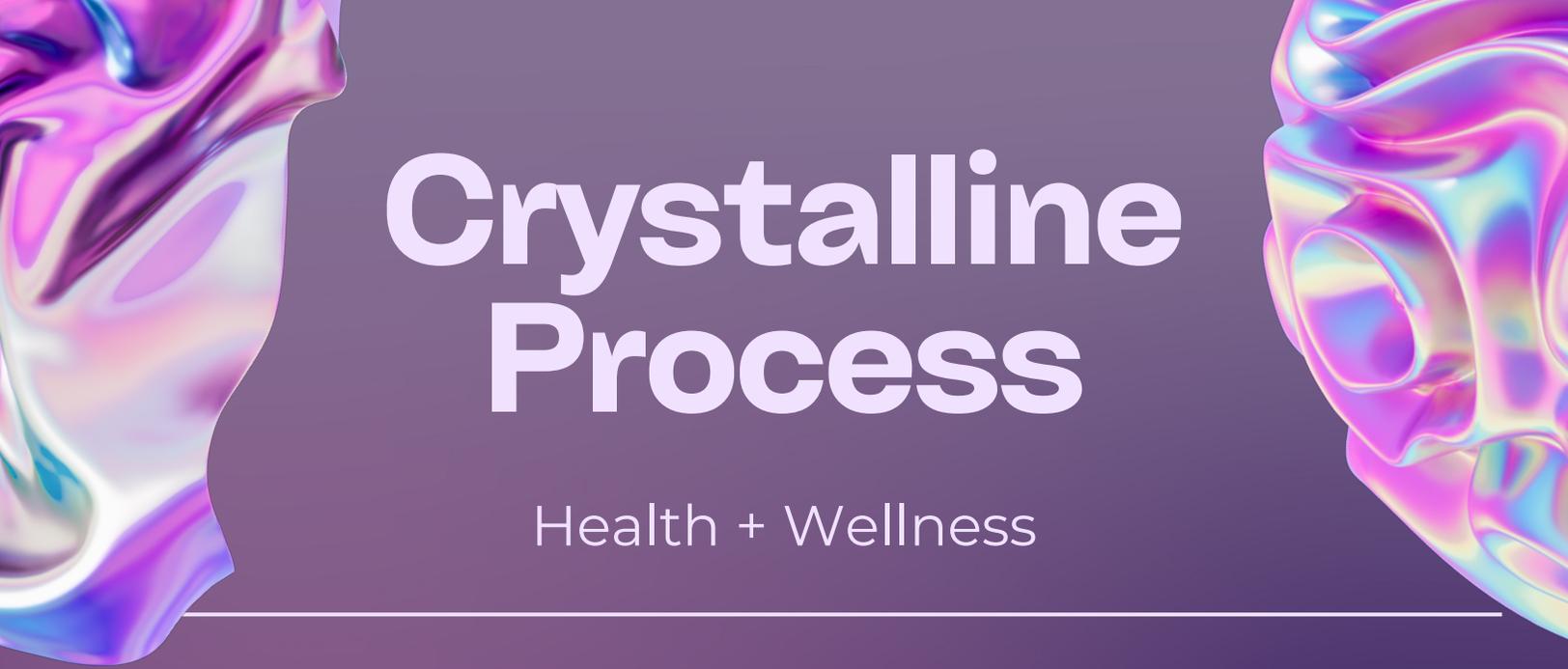
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Health + Wellness

The true health + wellness of the 5D Quantum Vessels lie in the higher vibrations of Love, Joy, Peace + Abundance. These vibrations are cultivated within and are the foundational vibrations of our health and wellness.

The following are recommended for continued health + wellness through the Crystalline Process:

- Balance between DOing + BEing
 - Self Love Disciplines
 - EGO Dissolvement
- Addiction/Attachment Dissolvement
 - Organic Movement
 - Connection to Spirit
 - Creativity
 - Co-Creation with others
- Being comfortable being uncomfortable
 - Meditation/Moving Meditation
 - Joy + Peace
- Accept, Embrace + Allow



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Health + Wellness

The Crystalline Process is the art of dissolving and releasing density, heavy emotions, lower thought systems, toxins, trauma + wounding from the vessel. This is the first part of the process. This allows space and a higher vibrational vessel that can anchor in + embody more light=consciousness, allowing the Higher Self aspects to come into being. This is the second part of the process.

By Healing our past aspects + embodying our future aspects, we become a Quantum Vessel that is able to access cosmic consciousness, self-healing, age reversal, instant travel, instant manifestation, etc.

There is no "time frame" for how this process occurs. Once it begins, it is an organic process that happens in spontaneous stages. However, the more we participate actively in the process through self awareness, intention, + self-love, the more seamless our transition from carbon based to crystalline form.



Crystalline Process

Crystalline Retreat

The following is our recommendation from experience + example of a Crystalline Retreat that one can create to assist them in their Crystalline Process.

GO CAMPING! If weather does not permit you to do this, then get creative and set up a camping site in your backyard, living room, etc. This is recommended for at least 72 hours.

Detox from all substances/external tools during this time including alcohol, tobacco, food, technology, etc. Drink lots of water, spend time outside + in nature, and in solitude.

Practice the self-love disciplines including grounding, I AM affirmations, cold showers, sun gazing, journaling, ceremonies, etc.

Make time for creative + healing outlets such as painting, music, crafts, drawing, etc. Connect with your angels + get comfortable being uncomfortable in the void space!

The best relationship you will ever cultivate is with yourself + Spirit.