

BODY CRYSTALLIZATION

- A miniguide

By Anni Sennov – September 2007

As part of the Earth's overall energy-wise development, all children who are born from the year 2009 and on will be born with a fully crystallized aura. These children will also be born with a fully crystallized body that will be in complete harmony with their aura.

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

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

When today's adults have their Crystal aura integrated by undergoing an AuraTransformation™, the Crystal structure is created, which enables them to begin their Body Crystallization Process.

An AuraTransformation™ will change an adult from the Old Time Energy (born before 1987) to the New Time Energy (starting with the Indigo Energy). If the adult, who undergoes an AuraTransformation™, has the ability to consciously adapt to the frequencies of the Crystal Energy (*and not only the Indigo frequency*), the Crystallization Process will begin.

The Body Crystallization is by far the lengthiest part of the Crystallization Process. It takes about three to four years for an adult body to crystallize, provided that the individual is living a somewhat balanced life.

In some cases when adults have taken especially good care of their body, the Body Crystallization Process has begun long before the decision was made to have the aura crystallized through an AuraTransformation™.

For children who are born in 2009 and on, the Crystallization Process will begin and end sometime between conception and birth, assuming that the baby is healthy and is nurtured and protected in the mother's womb without disruption.

**In the Crystal Energy the spirit and the body are one.
A 'true' Crystal Individual has fully crystallized
their aura as well as their body.**

Advice on how you can help your body crystallize smoothly and effectively

Even though I have seen many newborn Crystal Children with a fairly developed Crystal aura over the last couple of years, I have yet to see a newborn child with a fully crystallized body. This indicates that the fully crystallized human is in store for the period from 2009 and on.

You could say that with the Crystal Energy, many people have an opportunity to be reborn both consciousness-wise and within their body.

The present can be considered a time when people have an opportunity to begin and complete their Crystallization, thus ending up in harmony with the new energy system when it arrives.

It can be quite a challenge to crystallize the body. Each little cell in the entire physical organism must be increased in frequency in order to increase the frequency of the entire body.

Doing this while maintaining an overall balance in your life is a challenging task. Because of this, I have been looking for body and health products that might help speed up and/or help the Body Crystallization Process in order to minimize any imbalances. Existing European laws within the health industry do not allow me to specify non-documented effects of various vitamins and health products on my website, so unfortunately the products do not specify their effect in connection with the Body Crystallization Process.

The products are currently presented in Danish only and can be purchased through my Danish website www.annisenov.dk.

On days when the Crystallization Process is particularly intense, the body can benefit from strong dietary supplements, cleansing of old body slag, and strengthening of the immune system.

Consumption of the appropriate dietary supplements is based largely on intuition, as no two days are the same during an individual's Body Crystallization Process. I therefore recommend that you have a variety of products available to choose from. Not getting the necessary dietary supplements can often create challenging conditions in the body and also in the mind. Fortunately, many of these challenges can often be easily overcome or disappear with the intake of the required dietary supplements.

One small imbalance will not break the crystallizing person, but quite often even the feeling of a small imbalance can take up disproportionate room in people's consciousness during their Body Crystallization as they are constantly focused on their health and balance in all contexts. It is therefore comforting for people if the required health products are within reach at all times to balance their system. Consuming various vitamins and health products as well as exercising definitely contribute to a much faster and balanced Body Crystallization. It also helps to use your intuition to seek services from body therapists to help the body regain its balance and become relaxed.