

**Anni Sennov**

**Extract from the two books:**

**The Crystal Human  
and the Crystallization Process  
Part I and Part II**

The two books contain in total 15 Crystallization cases written by Danish and Norwegian people, whom on their own body have experienced the spirits way into their body.

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# INTRODUCTION

My purpose in writing the two books *'The Crystal Human and the Crystallization Process Part I'* and *'The Crystal Human and the Crystallization Process Part II'* is to outline and explain to my readers, in a tangible way, what it is like to live with and within the Crystal Energy of the New Time; that is to say with Spirit fully or partially integrated into your body and your everyday life. I will also provide some insight into how the Spirit makes its way into our bodies and about those measures that are appropriate to ensure a balanced fusion of body and spirit.

To live with the Spirit fully or partially integrated into your body is a state that everyone, who passes the transition from the Indigo Energy of the 4th dimension to the Crystal Energy of the 5th dimension, will experience at some point in their lives. *'The Crystal Human and the Crystallization Process Part I'* and *'The Crystal Human and the Crystallization Process Part II'* are therefore directed at anyone with an interest in the Crystal Energy. They are also directed at all aura-transformed adults as well as those who are considering an AuraTransformation™, because an AuraTransformation™ leads individuals from the Soul Energy through the Indigo Energy into the Crystal Energy where their Body Crystallization is activated when the time is right.

Many books describe Spiritual Energy as a pure state of being, of a non-physical nature, with which we as humans can connect, through for example meditation and healing. By connecting with this pure state of being, which many choose to call our Higher Selves, we obtain direct contact with our pure spiritual consciousness outside our bodies. This, however, requires us to be at Soul level with our consciousness, which aura-transformed individuals and the Indigo and Crystal Children of today are not. Instead, they are spiritual beings, which for Crystal Humans means that they have their own truth and divine spark, as well as their earthly life missions, deeply hidden within the cell structure of their bodies.

Up until the summer of 1996 when my aura was transformed with the help of a good friend of mine, and without either one of us knowing beforehand what this would entail, I was in touch with my Spiritual Energy almost daily, i.e. my Higher Self, through either healing, meditation or channelling.

From around 2005, however, those energy tools became unnecessary in my life, as I was able instead to just close my eyes or sit quietly by myself with my eyes wide open, without focusing on anything in particular, whenever I felt the need to recharge or gather my thoughts. It also became easier for me to find the solution to various questions in my life when I needed an immediate answer. Simply by focusing on an instant calm within my body, the answers I sought literally popped out of my system. And it still works like that for me.

The difference between 1996 and today is simply that my Spiritual Energy is now a fully integrated part of my body. My aura is very close to my body, which is why I no longer need to travel far outside my body into the outermost aura layers whenever I wish to connect with my Spiritual Energy. This saves a lot of time and effort and has given me so much energy in my everyday life - energy to do the things I want, rather than having to set aside a certain amount of time every day to quietly connect with my inner self for directions on which way to go in life and where to turn next.

If you have a busy life like I do with several children living at home, a wonderful husband and an interesting job, each with great opportunities for development, it is undeniably challenging to find sufficient time in the daily routine to nurture the Spirit as a separate part of your life and personality. It is therefore extremely liberating when your body, mind and Spirit speak the same language in every way, without having to solve any internal conflict before clearly stating your opinion to the outside world on a given topic.

Whether I use my gut feeling or my intuition, or whether I check the feeling in my big toe, I always get the same answer because the Crystal

Energy has worked itself into every part of my body and my aura and therefore into my entire system.

Nowadays for me meditation, healing and other forms of personal energy balancing work are still very enjoyable and relaxing ways to bring calm, clarity, balance and perspective, and I still enjoy this from time to time. However this only gives me a feeling of having slept for a few more hours at night and does not give my system any extraordinary kick at all. On the other hand, I get a kick at a physical level on a daily basis when I act out my ideas and succeed in doing things.

During many years of work - firstly with astrology, followed by healing and then AuraTransformation™ and clairvoyance - I have encountered many interesting, spiritually seeking individuals who, through various kinds of energy work, have worked intensively and exclusively with a focus on the spiritual aspects of life. In my eyes however, the price of this pure spiritual focus has often been that they were forced to move their consciousness focus away from the physical world, and consequently away from their physical bodies and daily lives. The majority of those people have therefore ended up in situations where they lack awareness of their everyday lives regarding their finances, work, home, family, friends, raising children and relationships, if they have indeed been able to maintain a relationship.

Having a thorough knowledge of your Higher Self, and therefore your own spiritual and consciousness potential, is always good and on par with knowing your body very well, i.e. knowing your body's strengths and weaknesses. But why even remove the body consciousness, which is the only physical tool we as humans possess to change external circumstances in our lives and our environment as a whole? After all, the body is a visible, physical manifestation of man's spiritual potential in this earthly universe, so why disallow our body's worth? The body represents our physical mobility, and the Earth is precisely where we are expected to live our current lives and where we are supposed to express ourselves in relation to each other.

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**Rather than applying either/or solutions in our lives, where we as humans both act as and perceive ourselves as pure spiritual beings or as earthly individuals, we must combine the two worlds by helping the Spirit enter into our bodies. This will allow the Spirit to gain a foothold in our physical reality which fully matches the fundamental structure of the Crystal Energy, and that is how the spiritual and more dense material part of us can meet as one sphere in our body to work together with each other - a condition that allows things to work for us at various levels simultaneously, not just the physical or the Spiritual level.**

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The fusion of the body and the Spirit can be activated in earnest if a person undergoes an AuraTransformation™. Through this, we change from being non-autonomous Soul consciousness beings to autonomous and auto-didactic Indigo and Crystal Individuals. As such, we may have one or more specific missions in respect to our earthly lives, which we are expected to act out, and in which we have the freedom or free will to choose the path(s) to that goal. This is in huge contrast to a life at Soul level where everybody has been subject to a general, common consciousness similar to that of many animals but where Soul Individuals, as opposed to animals, are here in order to learn something new and to become wiser and more intelligent in different areas. At Soul level the intention was indeed for humans to acquire knowledge consisting of insight, understanding and development and furthermore integrating foreign energies with a view to possibly cooperating with those energies.

At first an AuraTransformation™ ties our pure spiritual consciousness from the outermost aura to our bodies where the energy takes form as a combined balancing and protecting energy body. In this way, our Spiritual Energy becomes visible to others through our personal charisma. Through an AuraTransformation™ the foundation is laid for directing a large part of the pure spiritual consciousness from our auras into our

physical bodies. This is called the Crystallization Process and can be a very time-consuming process.

There are countless different consciousness-expanding methods around the world, which, each in their own way, aim at increasing consciousness in the aura and the body, either simultaneously or separately. Among these methods are EMF Balancing Technique® (Electromagnetic Field Balancing), DNA Activation, Accelerating DNA Recoding Process, often combined with Multi-Dimensional Keys of Compassion, and more. Since I know little about these methods, however, I have chosen to exclusively refer to AuraTransformation™ in my two books, as that is the consciousness-expanding method that I am personally most familiar with. I leave it up to you, the reader, to learn more about the aforementioned methods, or similar methods, should you feel inspired to do so.

In all its simplicity, the Body Crystallization Process aims to combine our spiritual consciousness and spiritual power with our physical aspects and, once this has happened, it will be much easier for us to fulfill our life mission. As such, we become more mobile at the physical, spiritual, psychological and mental levels, and it becomes easier for us to adjust to our environment or seek alternatives if situations are not working for us.

You see, Crystal Humans of the New Time don't mind making crucial changes in either their everyday lives or their lives in general in order to gain ultimate balance. They always work hard to reach their goals while making every effort to avoid imbalance in their lives. On the other hand, they may take a very direct approach towards those who are not making an adequate contribution to finding a balanced solution to a given problem. When this happens, Crystal Humans are able to completely exclude those individuals from their lives and thoughts, and this can just as easily happen within the framework of family, friends and work. When Crystal Humans are confronted with injustice, backstabbing and ignorance, etc. they have no problem facing up to the individual(s) behind the smear campaign, and they have no problem going public with their discontent, since they play with open cards all the way and have nothing to hide

from the outside world.

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**Only by letting the Spirit enter into the core of the matter and the physical substance, can we as humans increase the frequency in the heaviest and densest earthly and human energy layers, where everything is about survival, physicalisation and materialism.**

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This is knowledge that all Crystal Humans possess deep down at cell level. This is also why they realize that, if they are to succeed with their life mission, they must work hard to get to the bottom and clean out all dense, obdurate, physical energies and obstacles – at first within their auras – and then within their bodies and their immediate environment.

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**During the AuraTransformation™, all emotional imbalances are transformed and thereby completely disappear from the aura. These imbalances will therefore not interfere when you let go of any old physical memories deep down at cell level in connection with your Body Crystallization.**

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The Spirit should not integrate physical matter so quickly, however, that there is a risk that your body will perish or physically break down and in its hurry, the cell structure loses its physical coding and is unable to hold itself together. If the cell structure loses its physical coding, there is indeed a risk of cell dysplasia, which, in extreme cases, can develop into for example cancer or immunodeficiency disorders. It is therefore vital to take extra care of our physical bodies while the Crystallization Process, and in particular the Crystallization of the body, takes place.

You see, neither our physical body nor our physical planet is able to adjust quickly to new and unfamiliar circumstances. Not even if we try

to support the process by sending out lots of positive thoughts. It takes so much longer to carry out any development, whether spiritual or technological, at a physical level than it does at a Spiritual level. For example with technological development, it is nowadays common for people to disassociate mentally from something if development happens too fast. Unfortunately, many people also develop physical allergies to for example electro-magnetic frequencies from PCs and mobile phones, which now must be considered an integral part of modern society. Many people have an almost similar reaction in connection with spiritual development, although in that case, their 'allergies' are of a more mental nature.

For me personally, the Crystallization Phase of my body represented an extremely difficult time health-wise, as I became seriously ill with asthmatic eczema for the second time in my life. This went on for several months at the end of 2003, until I got so sick and my skin was so damaged, that I agreed to receive large amounts of cortisone treatment, with the slight hope of holding together my physical body. I was unaccustomed to consuming chemically produced medication and it really compromised my personal values and beliefs at the time. However, I quickly came to realize that in this particular instance, the medication was able to do something that I myself was not; because it was basically able to hold my body and my entire skin together, although it also triggered several side effects, such as a severe increase in my body weight.

The decision to take chemically produced medication was, therefore, a very costly affair for me physically, but it was only after treatment, that I was able to initiate the very radical integration of my Spiritual Energy all the way down to the cell level of my body.

My body, which of course is the dense and physical part of my energy, was simply unable to cope in the fight against my strong Spiritual Energy even though originally, the intention was for the two to work in equal cooperation. You see, the Spiritual Fire and the desire for truth were burning uncontrollably within my system, to such an extent that my body and my skin lost all its moisture. Back then I didn't understand the

overall dilemma between the spiritual and the physical foundation at all in the way I understand it now. I didn't understand how fundamentally irreconcilable those two forces are, but my illness helped me to really gain clarity about the problem, so I ended up better able to accept the spirit's slow entry into the earthly physicality.

Fortunately, after a long battle, I regained my physical balance, and with the benefit of hindsight I actually find it fascinating that I became so wise regarding the very concept of Spiritual Energy through experiencing the gradual breakdown of my physical body right before my eyes. I would like to add, though, that it is now very difficult for me to recall all the physical pain that my physical breakdown entailed at the time. All I know for sure is that I have absolutely no desire to repeat the experience.

My conclusion to this course of events turned out to be the following: If I, as a spiritually conscious individual, was incapable of containing the pure Spiritual Energy within my physical body, then how could other less spiritually conscious people contain the influx of Spiritual Energy into their physical bodies?

Suddenly I understood that if Spirit in its purest form were suddenly to occupy Earth, as is the true wish of many spiritual people, the physical structure of the planet would simply collapse. All human development as well as development of all kinds of physical intelligence, knowledge and insight would therefore be completely wasted; when the Spirit burns through everything, only the essence of everything remains, which corresponds to a pure state of being, but with no physical memory on which to build human development. If this were to happen, Earth would have to start all over by developing human consciousness from scratch. Better to move ahead a bit more slowly but surely, taking both Spirit and matter into consideration at the same time and in a balanced way.

Although you are free to choose the speed of the Body Crystallization yourself, I do not recommend opening up completely to the integration of the pure spiritual consciousness in your body. I recommend that my

clients, and now you as well, take one step at a time in your Crystallization Process instead and do things at a speed that you can handle. Don't look at what others do, as we all have our own individual way of integrating our spiritual consciousness into our bodies, which you will hopefully appreciate when you have read the many different Crystallization cases that I have included in *'The Crystal Human and the Crystallization Process Part I'* and *'The Crystal Human and the Crystallization Process Part II'*.

My sincere hope is that the two books will help you gain a better insight into your personal Crystallization Process, no matter where you are in the process, so that you may feel inspired to do things that are *right just for you*.

Kind regards,

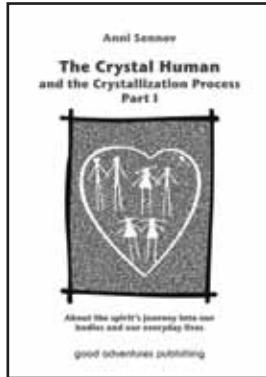
**Anni Sennov**

Copenhagen, Denmark, April 2009

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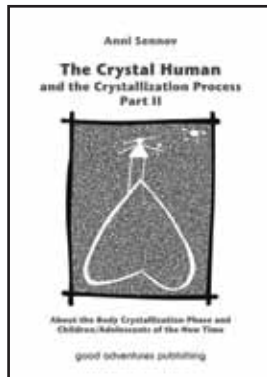
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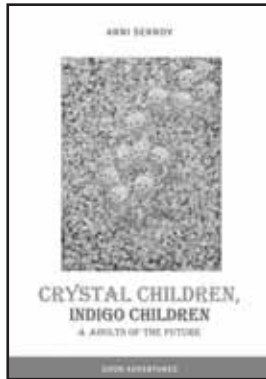
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by Anni & Carsten Sennov

