

## Exeter Conference 2008

### High Frequency Stones by Hazel Raven

**Vibrational Ascension** - An experiential venture into some crystals that have been used for 'light body' activation and consciousness transformation (spiritual evolution, enlightenment or Moksha, Satori....definition.....the acquisition of wisdom enabling clarity of perception interdimensionally)

#### What is a Light body?

The Light-body is a common philosophical element in many traditions. It is another term for the subtle-body (psycho-spiritual). This 'energy' body vibrates at a higher frequency (more yang) than the physical body. It can be used as a 'vehicle' (merkabah) for the soul to link into higher consciousness. It is the part that can leave the corporeal body and carry one's consciousness during meditation and other altered states of awareness to the higher spiritual realms. The-Light body is brought into 'being' by chakra activation (removing blocks in consciousness) and kundalini awakening (raising the female serpent - yin energy). The blockages in our consciousness affect our overall chakra function and vitality (for the word vitality you could use frequency, resonance or vibration). We can fully activate (awaken/balance) our chakras by cleansing them of our fears, grief, phobias, indoctrinations, issues and misconceptions. Issue identification, fear identification, etc requires us to study each of the master chakra centres and cleanse, heal, balance, harmonise, align and raise their vibration or frequency. It is thought these transformation process will bring possible changes to your RNA (Ribonucleic acid) and DNA (Deoxyribonucleic acid).

#### What is full consciousness?

Full-Consciousness is the same as Self-realisation and God-realisation, which is the true nature of self. It is the ultimate goal (*Moksha*) attainment of liberation from the cycle of birth and death. The path of ascension into cosmic consciousness is the return to the one heart, one soul-mind of god/goddess. This merging of your physical-self with your spiritual-self can also be viewed as the freeing of your Divine spark which is within the Gnostic overview of reality.

#### What is the veil?

The veil is the illusion that we are disconnected from our higher-selves and our true glorious nature. Once the veil is removed by Light body activation and we reconnect to our true spiritual nature it is impossible for us to hide our radiant divine-light.

#### Crystal Vial Pendants:

**Ascension:** Azeztulite, Petalite, Danburite, Herderite, Phenacite. For raising one's

vibrational frequency to the highest possible vibration. Helping to expand awareness to the realm of pure Spirit.

**Phenacite:** Spiritual Initiation, Visionary Experiences, Opens interdimensional portals for conscious 'Interdimensional' Travel, 'Light Body' activation and harmoniously consciously connecting the 'Light Body' with the physical body. Intense auric cleanser.

**Angel Light:** Azeztulite, Seraphinite, Danburite, Angelite. These crystals are the most highly attuned to the angelic realm. This vial facilitates conscious attunement with one's own guardian angel and other angelic teachers, messengers and helpers. Heightens meditation practice and dream experiences.

**Angelic Realm:** Azeztulite, Petalite, Angelite, Seraphinite, Celestite. Opens communication to the angelic realms via attunement to the frequencies of your guardian angel, spirit guides and other beings of love and light who will assist and guide you.

**Evolution:** Moldavite, Herderite, Azeztulite. These three crystals are the most highly attuned to the purpose of facilitating one's spiritual evolution. A 'quickening' of the awakening process, bringing transformation. Bringing forth the pattern of the Divine Blueprint (Mandala) of one's highest destiny, and giving the power, love, humility and courage to manifest it!

**Light Body:** Rainbow Moonstone, Azeztulite. Stimulates, clears and strengthens the 'Rainbow Body of Light' which is the fully awakened human energy field. Clears disharmonious energies allowing the activation of the full spiritual radiance.

**Merkabah:** Azeztulite, Moldavite, Herderite, Brookite, Azeztulite, Phenacite, Merkabite Calcite. For activating the 'Light Body' (also known as the Merkabah vehicle of Light). These crystal are very stimulating to one's energy-field, assisting in expanding one's consciousness and learning to travel interdimensionally.

**Initiation:** Phenacite, Natrolite, Cryolite, Azez. These crystals activate the upper chakras, to awakening spiritual vision and facilitate inner initiation. This combination is experiential and is used with focused intent to call in one's spirit guides to assist one in learning to consciously function in the higher frequency domains.

**Synergy Seven:** Moldavite, Azeztulite, Danburite, Phenacite, Tanzanite, Herderite, Tibetan Tektite. For full activation of one's subtle energies, stimulation of the 'Light Body' and awakening to higher consciousness.

**Synergy Ten:** Moldavite, Azeztulite, Danburite, Phenacite, Tanzanite, Herderite, Tibetan Tektite, Satyaloka Quartz, Brookite, Petalite. See synergy seven.

**Synergy Twelve:** Moldavite, Azeztulite, Danburite, Phenacite, Tanzanite, Herderite, Tibetan Tektite, Satyaloka Quartz, Brookite, Petalite, Natrolite, Scolocite. See synergy seven.

**Synergy Combinations:** Uplifting energy which can.....*especially* with focused intent activate and integrate all of the 'energy' bodies (extended energy fields not limited to the space time illusion) with the physical body. These stones act as magical bridges able to traverse the chasm between spiritual and physical realms. In truth the 'chasm' is an illusion a simple 'step' across a shift in perception.

**Ascension:** Normally utilises stones of the pure white light ray which open's ones connection to the 'highest' spiritual domains. Transformation of the ego 'self' to the 'awakened' spiritual human who is able to reclaim the capacities of clairvoyance, clairsentience, rejuvenation, etc in our genetic memory bank of cells.

**The fifteen 'High Vibrational' crystal as listed in the crystal vials:**

**Azeztulite Quartz TM:** Carries the energy of the 'Nameless Light' for 'Light Body' activation

**Brookite:** Stabilises interdimensional communication and travel. (Grounds the experience)

**Danburite:** Angelic connection and communication, aids transition between 'states' - eases stress.

**Herderite:** Expands consciousness, opens the crown chakra, quickens evolution

**Merkabite Calcite:** Cleanses the auric field of blockages brings access to higher knowledge.

**Moldavite:** Rapid spiritual evolution and transformation. Activating, cleansing, protecting.

**Natrolite:** Visionary experiences, quantum leap into higher awareness.

**Petalite:** Expansion of awareness, tranquillity, bringing spirit into the physical.

**Phenacite:** Spiritual Initiation, Visionary Experiences, Opens interdimensional portals for conscious Interdimensional Travel, 'Light Body' activation and harmoniously consciously connecting the 'Light Body' with the physical body. Intense auric cleanser.

**Rainbow Moonstone:** Activates the 'Rainbow Body of Light'. Releases old patterns of fear and grief. Increases vitality and life force. Protective, brings emotional balance. Joyful. Wear or carry for prolonged periods (if it gets too intensive - stop for a while and use Tibetan tektite or Brookite to stabiles the energy field)

**Satyaloka Quartz TM:** Carries the energy of the 'Nameless Light' for 'Light Body' activation

**Scolocite:** Interdimensional Travel, Inner Peace and Tranquillity, Enhances Meditation Practise.

**Seraphinite:** Healing, Purification, Regeneration, Angelic Communication.

**Tanzanite:** Harmonising the heart, mind and spirit. Altered states of reality.

**Tibetan Tektite:** Kundalini activation, awakening to cosmic consciousness.

**Essences used on the Conference Workshop:**

**Accession into Cosmic Consciousness** - leaflet - A synergy of Amblygonite, Angelite, Clear Quartz, Danburite, , Moldavite, Petalite, Phenacite

**Archangel Metatron (Angel of Ascension)** - leaflet.- A pure energy of 'White Light' also called the 'Nameless Light' 49ct of **Phenacite**, six pointed star in the 'Metatron' ascension pyramid.

**Meditations:**

**Meditation One:**

Archangel Metatron (Angel of Ascension) with the group. This will be a moving meditation to align all the seven master chakras. Then we will align all the seven trans-dimensional chakras (transpersonal). We will then align with our 'Soul' to connect on a Soul level with the crystals. (Soul-engaged perspective).

**Cosmic Consciousness and Light Body Activation** - This amazing essence creates a vortex of energy which aligns all the chakras on the physical body and activates the 8th to 14th transcendental chakras above the head. Use for heightened meditation practice, light body activation and spiritual evolution.

**Meditation Two:**

Ascension into Cosmic Consciousness - with the group. Emerging Light. Group to experience the essence. This angelic essence supports enhanced states of cosmic awareness, Soul Star activation and integration of the twelve chakras. The ten 'etheric' strands of DNA are activated to regain the full twelve strands of DNA. Reconnecting of genetic codes.

**Crystals: Amblygonite, Angelite, Clear Quartz, Danburite, Moldavite, Petalite, Phenacite**