

# Crystalline Chakra Journey

*The Free Training Series to amplify, expand, enhance and take your intuition to the next level.*

## Solar Plexus Chakra Consciousness

**JOIN US, FOR A NINE WEEK JOURNEY OF  
AWAKENING & ACTIVATING YOUR CRYSTALLINE  
INHERENT TRUE NATURE**

by Hannah Andrews



Reality Awareness™

Awakening the Consciousness of Humanity

## Dedication

To all of the Beings on this planet, having this Human experience, I see you, I feel you, I am here for you. May you always remember your Human self and your Spiritual self both in existence at the same time, may you always remember who you really are and embrace every experience you have, for that, is what you came here for after all, to experience.

With gentleness, Hannah.  
The Life Purpose Queen



## Contents:

- 3. About me
- 4. Crystalline Chakra Activations
- 5. Solar Plexus #1
- 10. Solar Plexus #2
- 14. Solar Plexus #3
- 17. Solar Plexus #4
- 19. Solar Plexus #5



## About Me

Welcome Beautiful Soul!

My name is Hannah and I am an Intuitive Healer and Life Purpose Mentor.

I have been working as a Healer, guide, teacher and more for many, many lifetimes. My gifts are strong, deep, very connected and run back a very long way, back through to Ancient times, when practises of magic, mysticism and Earth based spiritual practises were real, very active and accepted on this planet.

These gifts, live in my blood, they are in my DNA and it is here that I activate my awakening again this lifetime, to serve again, to the highest level of evolution to help humanity awaken back to their true nature.



## Crystalline Chakra Activations

Do you have my Crystalline Chakra Activations?

It is a pack of 9 activations - one for each of the Chakra's that we work through over our Crystalline Chakra 9 week Journey.

You can work with the Crown Chakra Activation on the Crown Chakra Week, The Third Eye Chakra Activation on the Third Eye Chakra Week and so forth.

You may listen to it daily for each of the days we are on that Chakra for that particular week, or you may just listen to it once or a few times that week - which ever intuitively calls you.

- 9 Activations (Meditations), to activate your true Crystalline Nature
- Exclusive Video Trainings for the Crystalline Chakra Activations
- Download each Crystalline Chakra Mp3 Activation and add it to your meditation playlist
- BONUS Advanced Psychic Development Tools

[Click here](#) for the Crystalline Chakra Activations if you don't already have them.



# #1: Solar Plexus Chakra

## THE SEAT OF OUR SELF WORTH

The more you align to your TRUTH. The more you align to your SOLAR PLEXUS. The more you empower yourself by doing WHAT IS RIGHT FOR YOU - EVEN when it goes against ALL CURRENT systems on the planet here - YOU TRUST and do it anyway. Yes you may need to walk away from people and situations that are not aligned anymore. Yes you may feel grief about leaving situations or people leaving you, you thought never would. Or that you have ended up in situations you didn't think you would be in at this time of your life. What this is called? Is ALIGNING.

"Its not who you are moving away from - it is what you are ALIGNING TO" #focus - but honour the grief and letting go process at the same time. #important

What happens - when you are listening to your intuition, when you are trusting it - even when it doesn't make logical sense - what happens when you live in accordance to your inner guidance this way? Is that you not only live in truth and integrity. But you attract people who are doing the same. And the people in your life - who aren't doing the same? Yes, they may fall away. But what also happens? Is that - when you have someone around you, who is not living in their truth, maybe they have been lying to you about something, even white lies - do you know what happens Is that yes, you might sense something is off. But what truly happens? Is that THE UNIVERSE SHOWS YOU. I have been in situation, after situation, where I have given full faith, full commitment, dedication and more to a relationship, situation and taken people's word for something... and if they are lying - I get shown. Simple. The universe shows me. Whatever is not in alignment = WILL come up and out. #simple

When your vibration of your body and life is a certain frequency - what is not in that frequency, cannot stay in that environment and if something is off, and you are not listening to it, or that you already know and not wanting to see it, or that you are just fully trusting a person, WANTING to listen to their words, but something is off - THE UNIVERSE WILL SHOW YOU. You won't even have to go looking for it. It will randomly show up in your Facebook feed. You will randomly get a message from someone showing you the truth of the situation. You will randomly do something out of the norm that you then see it and are like, oh, is that why I randomly did that thing I don't usually do. Okay then. Right.

Sometimes the truth is hard to face, yes. BUT THE UNIVERSE WILL SHOW YOU. Why? TO KEEP YOU IN ALIGNMENT. Because when we are in this space of deep trust, we get on with our Life Purpose. We do our thang. We take care of ourselves, we create our life and more. We just do us.



## #1: Solar Plexus Chakra

Our Solar Plexus, located between our Heart and our belly, is associated with the colour Yellow and is bright like our Sun in the sky. Or is it?

Is your Solar Plexus, bright like the Sun? Or is it dull - check in now with your Solar Plexus? Use your Clair Organs to know that answer right away, or get a sense of it, or maybe you see it. Trust what you message you get about your Solar Plexus being bright and open, or dull and closed... or something else... are their objects or otherwise in there, that are not supposed to be?

"Archangel Micheal 100% Light, can you please clear my Solar Plexus Chakra now, and please remove anything from there that is not supposed to be there, that is not mine and please clear the energy in my Solar Plexus now. Archangel Raphael of 100% Light, please fill me with sustaining healing and replenishing, nourishing energy now. Thank you." = Breathe deeply for minimum 3 deep breaths to absorb this now. Our Solar Plexus is where we take back our power.

We put into motion those things that have been long put off. Those things that are dragging us down. Those things that have been on the back burner for ages, or you've tried to block out of your mind - it is time to action those now.

Why at the Solar Plexus?

Because this is where we feel empowered or disempowered. This is where we feel the sense of being in control, or out of control. (we are never in control of anything btw) This is where we take responsibility for our lives or throw all responsibility out to the wind and await someone to save us. This is where we come to realise that fuck, actually, no one is coming to save me. I am the only one that can do this. Time to sort my shit out. And - NOW. You'll find yourself clearing out old cupboards - even the skeletons in the cupboard.

This week expect to be sorting out contracts from your past as the Solar Plexus isn't just about feeling empowered, but about releasing the contracts, vows and things you wrote down in time a long time ago, coming up in your face for history to be re-written so you can have not only a clean slate for your tomorrows - but enabling a higher manifestation power for freedom without the old weights of your past energetically tying you there.

If you resonate with what this is speaking to you here, a revisit with the Past Life Meditation (that you can find on my website) that you have may be in call this week, before you go to your appointment to just release any other threads still there for you and free not only you, but the entire situation.



# #1: Solar Plexus Chakra

This is the biggest Chakra - ha, well, actually - they are all super important in their own way - I guess, it is a very strong important piece to the puzzle - our Solar Plexus - because it is our:

- ~ self worth
- ~ self esteem
- ~ belief in self
- ~ trust in self
- ~ trust in intuitive messages
- ~ how we 'hold ourselves' in the world

And a lot of past life trauma lives in our Solar Plexus.

When we were killed in the past for living your life - you may be carrying a sense, that you've done something wrong - for BEING WHO YOU ARE.

So at that time of death, you vowed to never do that again because - well, I am going to get killed!

It is a strong part of my course - Trust Your Intuition - that the entire of Module 5 is based on this, for believing in yourself, trusting yourself and empowering yourself - to go against all odds, and trust your intuition this time, to bring to Earth - what you are here to do aka your Life Purpose which comes through your Intuition - which if you don't trust yourself, or have beliefs sitting there (a lot of beliefs are stemmed/based in your Solar Plexus)

The hardest thing to do - is trust yourself - when it seems like everything and everyone is going against you right? Here at the Solar Plexus we learn to trust ourselves, empower ourselves and take radical responsibility for EVERYTHING IN OUR REALITY. If it there - you called it in in SOME WAY. Why? Because it is there to make you more conscious of yourself. What a gift right? More conscious awareness of yourself.

Even the hard times.

Even the ones that ripped your heart out and stomped it on the ground. Twice. Thrice. Even the situations you didn't even know how you were ever going to come back from!

All of them.





# #1: Solar Plexus Chakra

They all made you more conscious of yourself and your life in some way shape or form.

They woke you up in one way or another.

They knocked your self worth down and down and down.

Until you realised... that you became... more... from them.. from.... that situation...

Even through the grief.. even through the pain..

You realise.. That something... Has changed, deep within you.. BECAUSE of that., you are NOT the same person you were when you started that situation/relationship. And at the Solar Plexus - you start to regain your power, you step UP and do the damn work - because you know... That - if I am not there for myself - who is? If I don't step up and fix that thing... who will? And so you start to take steps, no matter how hard they are, or that feel like you are dredging through mud at times... You turn up, and you turn up again and again and you do the damn work and you realise that...

The more you do it, the more you... feel better, even if only slightly... because you know this is leading you somewhere - That you've always wanted to go.

Somewhere, that you are not entirely sure exactly where it is leading you, you do, but you don't, but you FEEL it in your bones, that for the first time ever - something just feels right about this.

For the first time in your life, LIFE is starting to make sense as all the pieces of the puzzle are coming together and you feel... a deep sense of trust in the UNDERLYING process, even though you are grasping to hold on for what seems like dear life at times about the entire process at the same time.

And you drop, deeper, into TRUST, as you just know deep down, this is all meant to be happening, in some way shape or form and you just keep

Turning up...

And trusting the next step..

And the next step...

And the next step...

Even when it doesn't make logical sense..

You TRUST.



Write or draw any revelations, aha moments or messages that you received from #1 to ground into reality your new sense of awareness:



## #2: Solar Plexus Chakra

YOU WILL ALWAYS BE SHOWN ANYWAY.

The more you align to your TRUTH

The more you align to your SOLAR PLEXUS

The more you empower yourself by doing WHAT IS RIGHT FOR YOU - EVEN when it goes against ALL CURRENT systems on the planet here - YOU TRUST and do it anyway.

Yes, you may need to walk away from people and situations that are not aligned anymore.

Yes, you may feel grief about leaving situations or people leaving you, you thought never would.

Or that you have ended up in situations you didn't think you would be in at this time of your life.

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Yes, they may fall away. But what also happens? Is that - when you have someone around you, who is not living in their truth, maybe they have been lying to you about something, even white lies - do you know what happens?

Is that yes, you might sense something is off. But what truly happens? Is that THE UNIVERSE SHOWS YOU. I have been in situation, after situation, where I have given full faith, full commitment, dedication and more to a relationship, situation and taken people's word for something... and if they are lying - I get shown. Simple. The universe shows me. Whatever is not in alignment = WILL come up and out. #simple

When your vibration of your body and life is a certain frequency - what is not in that frequency, cannot stay in that environment and if something is off, and you are not listening to it, or that you already know and not wanting to see it, or that you are just fully trusting a person, WANTING to listen to their words, but something is off - THE UNIVERSE WILL SHOW YOU. You won't even have to go looking for it.

It will randomly show up in your Facebook feed. You will randomly get a message from someone showing you the truth of the situation.

You will randomly do something out of the norm that you then see it and are like, oh, is that why I



## #2: Solar Plexus Chakra

randomly did that thing I don't usually do. Okay then. Right. Sometimes the truth is hard to face, yes. BUT THE UNIVERSE WILL SHOW YOU. Why? TO KEEP YOU IN ALIGNMENT. Because when we are in this space of deep trust, we get on with our Life Purpose. We do our thang. We take care of ourself, we create our life and more. We just do us.

We don't have time or resonate with gossip, small talk or bitch about what they are doing.

Give me universal galaxy talk that is grounded in Earth reality with the downloads that are here to change the current state of the Earth with those that are actually TAKING ACTION on that, not just talking about it any day right?

Do you know what this does? When we take radical responsibility for our entire reality and just get on with what we are here to do? When we live our truth? And trust it?

Do you know what that creates in your life?

A life of TRUST.

Might seem like, yeah, well and so what Hannah?

Well - this means you are not living in FEAR! Not living in fear of what others think... Not living in fear of that there isn't enough.. Not living in fear of every possible outcome that could go wrong if you did that thing - like the list is endless when we talk about fear right? Yet - the point that I am bringing this up for is that it is SUPER IMPORTANT - when we talk in terms of vibrational frequency and how we manifest our life, create our reality and more yes?

Think about it from an internal sense - more so - FEEL IT from an internal vibrational sense - are you vibrating fear or TRUST?

What do you feel - is the platform for manifesting you would rather manifest from?

Things that create fear in your life are:

- ~ past experiences from childhood and further back through past lives and current life relationships
- ~ telling white lies to others and yourself
- ~ breaking little laws (like eating that grape in the supermarket before you buy - yes that is stealing - seemingly small and insignificant right? Energetically? HUGE!

Where do you need to be more truthful with - YOURSELF?

The more you become aware... and hang around aware people.. the more you will feel when



## # 2: Solar Plexus Chakra

something is slightly off WITHIN you with the little things.. and then the more you just don't do those little things anymore.. the more internal relax you will feel... and that is higher manifestation efforts right there that become EFFORTLESS.

(Yes, we are moving into the Sacral Chakra next week, and obviously starting to already, because it is at the Sacral, where we manifest and gestate what we are bringing into reality which is Base Chakra - see how they are all interconnected and deeply important to one another for FULL MANIFESTATION OF YOUR DREAMS?)

Why do you and people do this? Lie? Because they are simply fearful of being rejected if they told you the truth.

But.. the truth always surfaces - so even if someone lies to your face and you know it - just leave it - and let them sit in the uncomfortableness and out of alignment that they have just created for themselves and see what unfolds.. And.. of course - what are these little 'white lies' creating in a vibrational sense, that then attracts in?! #itsallareflexion #letthembe

THE UNIVERSE WILL SHOW YOU.

Living in accordance to your intuition 100% of the time, allows for and internal sense of TRUST.

And the situations where people are lying to you - will become less and less - the more you allow yourself to trust your intuition and follow that instead... because you aren't lying to yourself by not listening to your intuition!

#reflectionplus

Where do you... need to listen to yourself more?

Where do you... need to honour the little things that are out of alignment and apparently - didn't matter before, but now do?

Where do you - need to drop into more TRUST, no matter how shiny and amazing that bright object in front of you is right now?

Where do you - need to follow your inner guidance, even when it doesn't make logical sense?



Write or draw any revelations, aha moments or messages that you received from #2 to ground into reality your new sense of awareness:



## # 3: Solar Plexus Chakra

### BOUNDARIES

Why do you set boundaries within yourself and then break them?

"I am NOT going to contact them anymore, that is IT DONE!" and then five minutes later or later that week... well you've unblocked them and are stalking their profile again?!? Yep, tell me someone who hasn't done that! #human

EVERYONE on this planet - is - just trying to get their needs met!

EVERYONE on this planet - is - just trying to be HEARD

EVERYONE on this planet - is - just wanting to be LOVED and ACCEPTED for WHO THEY ARE - INCLUDING YOU!!

Right?

Yes. Even you. And THAT is why we cross our own boundaries!!! Because we just want to be loved, accepted and more - and that is why we will 'look for love in all the wrong places' if you may. However - it has never been wrong. You were just trying to get needs met, through/with someone - because you have never known any other way. Until now. That is a huge factor in why 'awakenings' and 'wake ups' can be so traumatising and we FEEL so much grief in waking up - because of all the realisations of how abandoned we feel by so many people, how alone we are and sooo much more. Yet, when doing the work, dropping into TRUST and deep radical responsibility for self, something magical starts to happen - we don't feel so alone anymore.

Why?

Because we are meeting our own needs. We are tending to ourselves. And the hugest key factory in not feeling alone? Inner child work. Commit to meeting your inner child daily for 30 days and tell me you still feel alone... I bet your entire reality shifts from that alone.

I'm getting sidetracked...

It is here - at your Solar Plexus where your boundaries are implemented and STUCK TO - because you are empowering yourself by meeting your own needs - instead of relying on others to meet them. Yes, a relationship is a two way street - however - to RELY on your partner to meet your needs steps into unhealthy and unrealistic territory.



## # 3: Solar Plexus Chakra

But magic starts to happen when you tend to your own needs - you start to vibrate differently from WITHIN you, because you are meeting your own needs and not feeling 'empty' - your entire feelings change on things. And as you do this - you feel worthy of Love, because YOU are there for YOU and you feel worthy full stop... and this? This enables your boundaries to become strong!

Why?

Because you are:

1. not relying on people to meet your own needs and so are not swayed by 'them leaving you' or the 'bombs' they drop to get you back and
2. you start to realise how good life is on the side of the fence of taking care of your own needs and what ripple affect that is already starting to have on your life in terms of manifesting not just what you want - but the other authentic people you have in your life and around you most of the time.

And having supportive people around you that totally get your crazy out there highly intuitive ideas that are going to change the world? Well, that enables you to get on purpose doesn't it? And... feel... happy about life again... Rather than being in the pain and trauma..

You have chosen.. your own healthy boundaries, that have started from deep within, taking radical responsibility, for every aspect of your entire life, including your inner world.

For this, is where it all begins.

With you.





Write or draw any revelations, aha moments or messages that you received from #3 to ground into reality your new sense of awareness:



## #4: Solar Plexus Chakra

DOUBT or TRUST?

What if... I just TRUSTED?

What if I just trusted I said the right thing?

What if I just trusted I did the right thing?

What if I just trusted that it was just right for me and that is all that matters?

What if, I just trusted it is all going to work out?

What if, I just trusted, that I am always in total alignment with my Life Purpose?

What if, I am getting better and better at reframing my mindset very quickly and noticing how much my life is starting to change from it already?

What if, I just trusted that I am in the perfect space right now for my Life Purpose, even if it doesn't make sense on how that could possibly be?

What if, there are no limits to what I can do on this Earth?

What if, there is always a way and trusting my intuition is THE way?

What if, I just totally trusted myself in every single situation and scenario?

What if, I just trusted every single thought and feeling I have with deep observation?

What if, I allow the Universe to show me?

What if, everything I need always turned up?

What if, I am always in total alignment?

What if, everything is always working out for my highest good?

What if, I can take my power back, by simply choosing my thoughts and feelings?

What if, the feeling of being able to choose this, is becoming stronger and stronger?

What if, I am attracting and amazing tribe and support team in my life that are enabling me to birth my Life Purpose on this Earth - just like they are?

What if, I choose to TRUST?



Write or draw any revelations, aha moments or messages that you received from #4 to ground into reality your new sense of awareness:



## #5: Solar Plexus Chakra

### EMPOWERMENT

Empowerment Meaning: (From Wikipedia)

"Empowerment refers to measures designed to increase the degree of autonomy and self-determination in people and in communities in order to enable them to represent their interests in a responsible and self-determined way, acting on their own authority. Empowerment refers both to the process of self-empowerment and to professional support of people, which enables them to overcome their sense of powerlessness and lack of influence, and to recognise and eventually to use their resources and chances. The term empowerment is also used for an accomplished state of self-responsibility and self-determination."

Need I say anymore?

I am DEEPLY passionate about supporting you in EMPOWERING YOU - I teach you to catch that fish so you can feed yourself for life. I teach you the tools, to empower yourself for LIFE. So then - you can go and empower others to do the same. Why Because it is the fastest way to 'Awakening the Consciousness of Humanity'. The more of us that are taking radical responsibility for our lives, The more of us that are TRUSTING OUR INTUITION - even when the world feels like it is against us. The more of us that have the tools to be able to transform, support and empower your own lives, the faster Peace on Earth will be returned.

We step out of blame...

We step out of victimhood...

We step out of wondering how we are going to figure it out..

We step out of doing it all on our own...

When you are EMPOWERED - the first place you turn to? Is your Spiritual Support. Your reconnection to self - is there, it is an internal sense of self, a feeling, that no matter what happens, you are connected and 'there' for you... Even through the hardest times, you are still here... And your 'why' starts to kick in... When you don't think you should've made it this far...

Or that, your life isn't the way you thought it would be.. and you start to EMPOWER yourself because your 'why' gets increasingly strong because you know deep down, this isn't the life you thought you'd have by now or even still be here..

And then, as if by magic at times, all these things start happening and unfolding and one thing leads to the next and you end up thinking... okay, maybe there is something MORE to this life than THIS... And so you start searching and moving through things, and attracting resources, and people and information that seems to be pointing to this one thing...



## #5: Solar Plexus Chakra

That you are here for things.. For something... But you are not sure WHAT... but you have always felt different and that you haven't fit in.. But this, pull inside you.. this thing called your Intuition - has kinda always been there...

Even when you didn't listen to it, it was still THERE.

And you realise that... Actually, this entire time... It has been leading you.... RIGHT HERE.

Even though things may be clear, but you can't take action yet... Or you are feeling the pull strongly and massive action is being taken right now.. Or you are just not sure, not, logically sure - but actually it is all making sense even if you can't see the big picture right now, you just know that... The next step is to be taken, moment by moment.

And you are doing it. And actually, always have. Just now, it is amplified and you are becoming aware of sooo much, that can feel overwhelming at times, but you step back and integrate and then come in again and TRUST with all your heart, that you are right...

Exactly where you need to be... And THAT... is empowering... Because you feel connected to something else guiding you...

That... always has. Gosh, what a feeling of re-writing your history and patterns INSTANTLY with THAT realisation - that actually?

I have ALWAYS been supported...

I have ALWAYS had someone there - it is called my intuition.

That I have ALWAYS been on path, even when it hasn't felt like it.

That... everything - has always BEEN... and nothing has ever been wrong.. it just IS.

Gosh. What a shift! Instant healing. Powerful. Empowering.

How fast can I rapidly attract my desires with this sort of power? #empowermentplus



Write or draw any revelations, aha moments or messages that you received from #5 to ground into reality your new sense of awareness:

