

# Crystalline Chakra Journey

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

## Sacral 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



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## 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: Sacral Chakra

THE PLACE WE ARE NOURISHED TO OUR CORE

And at this core? We probably hit a whole pile of deep uncontrollable grief!

Why? Because this is the first place we are nourished from on a physical level when we come into this Earth and usually that is ripped away through unnatural circumstances as one core place to start.

Our umbilical cord from our placenta, is where we receive this nourishment, that connects to our Mother. We receive everything we need, even our oxygen. When we are born, that cord is usually cut and fast and we are yanked out or through Caesarean or so many other factors can happen and come into play.

If we didn't have skin to skin contact with our Mother as soon as we were born, or didn't have any contact with our Birth Mother, and then get put in a crib on our own and 'cry it out' and wonder why we don't use our voice, because we cried for help all the way back then and no one was there so 'what's the point'. Let alone not letting anyone in to support/help us or LET LOVE IN - because that is like the most foreign thing on Earth to us - because we didn't feel that when we were the youngest and very first time we needed it that constant holding and TOUCH!! (I could write an entire book on this subject alone!) Oh - there is so much here already yes?

Talk about dropping into the core today!

HOLDING YOU!!

You know I work right at the core and get there fast - because then we can clear the main part going on, and work 'upwards' from there, clearing the layers. Yet, the thing that happens when we go straight to the core first, is that most of the other stuff naturally falls away, or doesn't take much to shift, because that main anchor underneath it all, isn't there anymore.

Our Sacral Chakra is connected to the Large Intestine and stores - Grief!! So, no wonder when you do a detox - all your emotions surface right?! But gosh, what a release and relief to not have to carry it anymore - literally and metaphysically! The weight shifts effortlessly - when you are FEELING YOUR EMOTIONS THAT SURFACE TOO! THAT is why most people do diets and can't shift the weight - if they are not bawling their eyes out most of the time too!



# #1: Sacral Chakra

We are dropping down into the depths of reality here. We are almost at Base Chakra - where we birth our reality into 3D - we take our Divine Ideas (Claircognisense) and bring them all the way down here to our Base.

So why do we hit that grief when we arrive at the Sacral? There are many factors that cause the grief, and when we drop to the main original core one first - we can start shifting out a lot from here upwards' through the layers.

We've moved through the Heart, we start to understand how to feel, we allow ourself to feel our emotions and be present for ourselves with them (and call Archangel Gabriel in with it!) When our main original source (umbilical cord) of where we are nourished 'have been taken away/cut away' way quicker than 'natural timing' we are always constantly searching for our placenta - for that thing that nourished us from the very start - it IS us! And we wonder why we have dogs on leads that we are attached to?

Speaking of attachments... this is where they stem from - in our Sacral. Addictions/Attachments, cover up feelings of pain/grief - and we use addictions (and ANYTHING can become an addiction btw - even spirituality!) to 1. cover up pain 2. try and fill us up. And the only thing that can truly nourish us and fill us up? Is our Soul!

When we have a pile of pain, grief, separation anxiety and more sitting there, that core of it stems from our birthing experience and what we experienced when we were in our Mother's womb, we carry the imprints from what our Mother experienced and if you haven't cleared these consciously, they are still sitting there.

Whilst this is DEEP - this is also powerful and that is why I am always harping on about Inner Child work and integration and this just takes it one step further.

If you are struggling to lose weight in your stomach area, if you are wondering why your physical manifestations haven't shown up yet, if you are feeling abandoned and carry deep grief that you know is there, but don't know where to start, I feel called to give you this [Healing Womb Meditation](#) for FREE, because I want you to heal and drop into shifting these carried feelings from what you experienced when you were in your Mother's womb and more.



# #1: Sacral Chakra

It is a deep reconnection to your Mother, to healing pain and trauma from your birth experience and reconnecting you back to our Divine Mother - our True Mother.

This isn't for the faint hearted, but if you have been following this Chakra journey, then you're definitely ready for this.

You can do this meditation frequently, to drop deep into healing and allowing of this energetic space to be cleared, reconnected to your Birth Mother, heal pain from the disconnection you feel/felt there and drop deep into your Sacral to nourish yourself at your CORE.

Would love to hear your experiences when you've done it.

Be okay, if you start bawling your eyes out crying. Call upon Archangel Gabriel, whom is like a Mother, with Her big Healing Womb of Orange Light to surround you whilst you bawl your eyes out.. and let the tears flow. Make sure you drink lots of water for days after you do this meditation to help flush out the toxins you are releasing through this powerful meditation.

You are safe now. You always have been. Now, even more so. We got you.

[Click here to download this Free Healing Womb Meditation.](#)



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



## #2: Sacral Chakra

RELATIONSHIP PATTERNS ARE STORED HERE

The old patterns are STORED here. The new patterns are stored here. Sounds weird right - in your Sacral? You'd think it would be brain right?

However, at the Sacral - when we talk about this deep seated nourishment, this deep seated contentment, this Buddha belly of contentment - it would make sense right?

We are not just seeing or knowing here, we are feeling it at one of the deepest parts of the core of our being - that place where true nourishment was first EVER felt in this physical life. So of course - this is where the first 'imprint' if you may, of what this actually FEELS like, lives. Is stored.

Clean your Sacral - clean your life.

If you want to re-create, re-embed - you know, control alt delete patterns for good - look to your Womb. And the Womb before you. And before that. The Triple Goddess Healing & Integration Meditation - does just this. Clears and re-patterns/re-writes generational lineage of this exact space.

The Third Eye Chakra and the Sacral Chakra and DEEPLY connected.

At the Third Eye we see what is going on with relationships, we see the threads, the dynamics, what plays out, what is connected, what web links to what, what cord is where, this life, past life, future life, who is beside you in the physical world and the spiritual world.

At the Sacral Chakra, we are nourished by them... or not. If we continue in the unhealthy patterns, our gut suffers. In physical health - our gut LOOKS like our brain - so our gut health is imperative to a healthy brain/mind.

Hence why the WHOLE method is important - not just the spiritual work - or not just the physical work - it is ALL THE WORK.

IT IS ALL CONNECTED. THERE IS NO SEPARATION.



## #2: Sacral Chakra

Hence why when we crave a particular food (stomach/sacral) it can remind us of childhood memories and 'fill us up' because we are actually craving the emotional connection to say our family.

Yet, if we don't eat the foods we used to eat as a kid and we do just what I mentioned, we can feel sick from the actual food, because our physical body/vibration doesn't match that anymore. Yet - when we can tap into the spiritual/emotional connection here like I just mentioned - it will be the fastest way you loose weight ever.

When we start working with our Sacred Womb, (Sacral) you may have clean outs at the toilet unexpectedly and you haven't even changed your diet! The emotional clean out is REAL

It is here at the Sacral Chakra where the DEEP FEELINGS of the patterns are coming out. Uncontrollable crying, shifting and feeling OLD OLD OLD patterns, from childhood and deep beyond, from the separation from a loved one in your past somewhere along the line. Clearing emotional and energetic space... for the new patterns to embed.

At our Sacral Chakra, this is also our place where we gestate our Life Purpose. And if you have ever started a project and then left it in the past - you will also have grief around this too.

This is also where are manifestations are given birth (wait until we see what unfolds for us all on Base Chakra week next week!)

If you have been doing a lot of internal work recently, you are probably feeling a lot of grief and unsettledness and relationship patterns are shifting and changing in your physical reality more than ever before in your life.

This may be uncomfortable to you, yet, this what is happening? Is the physical manifestation of your reality starting to shift and change.

You have attracted these new situations and people in your life, you have been working damn hard for them and now they are here. It may not be what you are used to - but you have done the work to get here.

Don't let sabotage kick in and push them away. Grief the process from the old to the new... and anchor this new in... it has been, what you've been doing all this work for after all right?



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



## # 3: Sacral Chakra

THE PLACE WHERE EVERYTHING IS BIRTHED. Well, gestated.

The thing about manifestation work - is that people give up too soon. It takes 9-10 months for a baby to grow before it is birthed. And then it needs another solid 5-18years of dedicated work - geez does it ever really end?!

So - can you apply this to whatever you are working on in your life?

Do whatever you're doing UNTIL it happens.

That doesn't mean you won't have cry days. Or days where you don't feel like doing it. Just like parenting right?

But that does mean - you keep going. Somehow you manage to get through. You turn up and you do what you need to do.

Whether that is:

- ~ tend to stuff around the house
- ~ go to work
- ~ do your inner work
- ~ do the tasks you really don't want to do
- ~ have uncomfortable conversations even when you don't want to
- ~ change your diet and stick to a strict food plan even though you want other things
- ~ nourish yourself in ways with a new exercise regime even though you don't want to

Because at times - this get's easier. You push through when you don't want to.

You don't let sabotage stop you, even though some days are a struggle and you wonder what hit you that day.

Some days you FLY and some days it is like crawling through the mud.

And just like there is a womb inside a womb, inside a womb inside a womb - every time you expand - it feels 'rough'.



## # 3: Sacral Chakra

Just like the web is stretched to reach the other tree to expand it's circumference, the old patterns and structures are broken to replace them with new, more fitting and supportive structures to hold the new capacity of what you are creating.

Look at a Mother's womb - how big her stomach stretches to accompany the growing space. A pregnant Mother - doesn't not feel emotional half or more of the time whilst she is expanding in this space??

Just because you don't feel like it, doesn't mean you don't do it.

Now - this is different to not listening to your intuition when it is telling you to get out of a situation.

But when you know this is something you have to do.

When you know you have resistance.

When you know that deep down in the longings of your Soul, this is something you have to pursue, create and follow - do you TRUST?

Do you let any little block stop you?

Or do you find a way?

The key to Sacred Manifestation is simple - do not give up.

If you can visualise it in your mind's eye - you have the ability to create and attain it.

Anything is possible.

It just depends what Sacred Patterning's you are choosing to embody in your CORE SACRED WOMB. What are you shifting out, letting go of and what are you choosing to replace them with?

So what are you choosing?



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



## #4: Sacral Chakra

THE SLATE IS CLEARED - GET COMFORTABLE WITH SPACE

Get comfortable with the UNKNOWN.

But that? Gosh - easy? Not really! Not for strong minded control freaks... like myself! (or is that just leadership qualities?!) )

What happens when we let go of control? We feel. And what happens when we feel? It creates SPACE. And in that SPACE - what can come IN? Anything we choose! (aka our Manifestations!)

It is our Womb remember!

Sometimes we don't know why things feel like they are falling apart - because here at the Sacral? A whole new reality is being birthed. (Base/Birth)

You have just travelled through ALL of the Chakras this last several weeks and brought along with you an entire awareness of life - on all levels and this - is being birthed into your reality right now through your Womb space.

This process here - things come IN (sperm) and the egg receives it and it leaves the space completely TRANSFORMED - as a baby.

That can be applied to anything - a project or renovation where things are being brought IN and changed and they leave the space different.

This is exactly what is happening here in your Sacred Womb. There has been an 'awakening' a 'clean out' and it has created SPACE. And in this SPACE - things can come in - but not if you are hurriedly trying to fill the SPACE UP!

Can you... be comfortable in the space? Can you... be okay in the unknown?  
Or do you freak out?

Do you need to know what is going to unfold - or can you be okay in the space?



## #4: Sacral Chakra

It is a bit like having a child for the first time - you know it is huge change, you know you are going to get through it somehow - but it is the first time you've ever done this and you are walking deep into the unknown... even though others have done it, even though you know it is possible and even though you know you can and will do it and get through it - it is just all... new.. isn't it?

No surprise - Base Chakra is all about TRUST.

TRUST or fear!

You are either in one or the other... and you can be in BOTH - because... you feel the fear and do it anyway right?

So when you come into this SPACE - this UNKNOWN - which can come for and from several factors - can you walk forward with - instead of fear or worry - can you walk forward with DEEP CURIOSITY?

You walk forward with every step, grounded, present, here, "I wonder what the Universe is going to bring into this space. I wonder how this is all going to unfold. I wonder what amazing possibilities the Universe makes happen for me, as I now walk forward in trust and deep curiosity... I wonder..."

Of course, mindset is CRUCIAL here... for you have just cleared the slate... so... what are you focusing on?

You have cleared and this is the CORE of where our patterns are shifted - so what - are you choosing now?

What - are you focusing on now? What are you anchoring in as your new normal?

And with this mindset...what deep openness, deep curiosity, grounded, solidarity of self, knowing in deep trust - the Universe has your back - that you - train yourself to - be comfortable in the unknown?

In that... Womb of Creation - where ALL possibilities lay?

Can you let go that much... so that it (old patterns) CAN be cleared... to allow the SPACE... to FILL YOU?



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



## #5: Sacral Chakra

### COMPLETE SATIETY

You've heard me talk about eating and eating and eating or using any other addiction to fill us up, because it is here when we do this, we are usually filling up a hole that only our Soul nourishment can fulfil.

Animals have an intense drive to hunt for food all the time - it is what they do... and so do we... yet, as we become human, we move away from our instinctual 'need' for food and we find that true nourishment, that place where we feel completely FULL on a SOUL level - deeply resides here.

We take in food through our mouth and stomach... yet, we can also 'take in food' through our tummy/stomach directly.

We can imagine and 'take in' LIGHT into our stomach.

You might have gone off your food, or notice yourself not hungry, or feeling 'full' because you are sourcing yourself from the true Source...

We can nourish our Sacral with this Light, but we also nourish ourselves with our Soul... with those things that our Soul calls us to do.

For instance, what brings your Soul ALIVE? What brings you JOY?

This JOY - yes, whilst at the Solar Plexus - fills us up and that deep, deep contentment, that deep Satiety - we actually RECONNECT to our SOUL to our SOURCE - and we don't even need food.

Have you heard of Breatharians? They live on Air. Yep. For this reason. We can take in food in so many other ways.

We can take in food in all ways - through our skin, through our thoughts, through our willingness - through anything.

We literally can do anything we imagine or believe. We just have to do it. And have a strong self of self that let no one 'knock' us (Solar Plexus) with our own beliefs and more so we can trust ourselves (Solar Plexus) to allow our manifestations (Sacral) occur.



## #5: Sacral Chakra

When we feel this fullness - what has actually happened is the deep reconnection to self has occurred. Deep reconnection to Spirit/Source - that thing - that first ever touched us, nourished us, fulfilled us, sustained us.

And when we have this deep connection to Source?

We become unstoppable.

We know that nothing can be taken away from us - even when it 'does' - we aren't moved by it - because the true Source of things... aren't really taken away from us.

We have that connection to that thing or person... the physical may go.. or stay - but the true connection is never gone. We can still feel it - just by tuning into it. There is no separation when it comes to energy and everything is made up of energy.

And it is here that even death becomes not, easier, but the depth of 'loss' isn't so deep - because we realise and feel that we aren't really separate from them. Just their physical body isn't here anymore and we are building a different relationship with them - because their Soul - is still very present and alive. You can feel it with that gentle breeze on your skin... and more.

Because... we realise that the true connection is with self and we don't just realise it but we FEEL it.

It doesn't mean that we don't feel the wave of human emotions - but we know how to ride that wave. And it is here we step into our cyclic Goddess power when we do this here in our Sacred Womb, our Sacral Chakra. And we do it - with DEEP connection to Source, and that we become unmovable, unshakable... at our CORE.

And this CORE healing?

This CORE space of deep unshakable BEINGNESS?

Woah... what a vibration to emit to the Universe hey?

Now that.... is where the true manifestations occur.

And fast.



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

