

# Crystal Clear Intuition

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

*Integration*

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.



# Day #1: Integration

WELCOME TO INTEGRATION

A CHAKRA A DAY.

The next 9 days will see us travel over all our Chakras. Be mindful of what Chakra stands out to you the most, you will more than likely be in a particular chakra for the entire week - this is the Chakra specific for you, that you need to tend to in your life.

When you become aware of it, to support yourself you can watch the live stream of that Chakra again to help you. Get ready for just over a week of deep INTEGRATION beautiful Souls!

DAY 1: CROWN CHAKRA

Happy thoughts? Or sad thoughts? Depression, darkness, closed and negative? OR Aliveness, pure light, open and positive? Too open? Or too closed?

Your Crown shows you where you are at. Your Crown shows you what needs to change.

What are you thinking about? What is at the back of your mind? What is on your mind? What are the divine thoughts coming in that are showing you the solution to what you are needing to change/create in your life?

If you are experiencing depression or a sense of 'blocked' - what has been on your mind that you haven't done yet?

In what areas are you needing to let in help and support - that you are not?

This is the fastest way to shift depression - let in and ask for the help that you haven't yet done, because you are scared of the 'how' or letting that unknown of 'how' block you. You don't need to know how, you just need to take the first step and ask.

Don't let your intuition back up and make you depressed because you are holding all that energy at bay, take the step and ask for the help, let the Universe worry about 'how'.

What else is on your mind?

I am getting the message that here today, on the Crown - you are already receiving the divine intuitive, claircognisense thoughts that are the answers to your prayers.

I am also getting the message that your thought FOCUS is of paramount importance here.



# Day #1: Integration

When we ask for our prayers to be answered, for our dreams to happen, for our life purpose to activate and deeply align to - you are already given answers immediately.

The question is - do you act on them, immediately?

Or do you hesitate, resist and not trust that - you are completely supported every step of the way?

Here at Crown Chakra day, I am getting the message of FOCUS your thoughts... to as if it is already here.

Give gratitude for it already have happened - don't give one moment more to your focus on the lack of it.

Know it is already done.

And act like it so.

What would you be doing differently if what you are asking for, would have already been done?

Direct your focus to this - and align, not only your thoughts - but your feelings as well.

Our Heart is automatically activated when we activate and open our Crown Chakra - so by directing your thoughts, to that of your divine claircogniscent thoughts only, your Heart - follows suit, and these feelings you are emitting to the Universe?

Rapidly attracts your desires.

What divine thoughts do you need to let it, align to, take action on and BE?



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



# Day # 2: Integration

## THIRD EYE CHAKRA

You are accurately tuned into the truth! TRUST IT!

What you are seeing right now, is the truth.

I am getting the strong message for you here on Third Eye Chakra day - to trust your intuition!

At the Third Eye, we are seeing the truth of relationships - whatever relationship is right in front of you, you are accurately seeing what is under the core of the surface stuff.

This is not a time to doubt it, but a time to deep CHOOSE it over and over again.

This flows on from the Crown Chakra - for FOCUS is key here.

Wherever our focus for most of the time WILL manifest.

What you have a choice in?

What you manifest?

Is what you are choosing to focus on 99.9% of the time.

The thing with relationships, is that EVERYBODY has stuff - emotional stuff, patterns and more.

Everybody.

The question is with relationship - is what do you CHOOSE to focus on most of the time?

It isn't about turning a blind eye to what is going on under the surface - but choosing to see what is under the surface and dig even deeper for what the core truth is under it all.

The only thing we can control, is what we are choosing in our life, that includes our thinking about a situation and about what we are 'directing those thoughts at and onto and about that person.'

Whatever you are thinking about that person too - will be what you experience most of the time.



## Day # 2: Integration

This doesn't mean we stay in abusive situations.

Yet, it does mean we choose to see the bigger picture, choose to see the truth of the person, choose to be aware of all the dynamics playing out in the bigger picture and choosing what you hold space for, for the person in front of you.

This also means at the same time, we see what our part in the picture is too. We see what our role is, and when to say yes and when to say no. We see what our dynamics intertwined in the big picture also comes into this unfolding of what is going on in front of us and again, choosing what to focus on.

If there was one key Chakra that amplified our intuition the most? It is this one.

Why?  
Because of being able to see the bigger picture, seeing all the dynamics of all the webs that are always at play, seeing the inner world (inner child, shadow etc), outer world, past dynamics, future dynamics, right now dynamics ALL AT ONCE. You see what is really at play and choose to hold space for it - because you see what is really going on, you see all angles all at once, you see the truth of the situation.

This doesn't mean we have to tell the person all of what we see - because with the zillion seconds a minute mind and seeing all different scenarios and the entire picture at once, not everyone can see what we see... and this makes us a gifted holder of space that people wonder... how on Earth do you do that?

It enables us to see what is going on - and then for us to choose how we respond to the dynamics of what is playing out in front of us too. It enables us to have not only a greater understanding of what is going on with the person in front of us, but also how to support ourselves when we have been deeply triggered.

For what is going on out there?

Is what is going on deep inside. If you are not liking what you are seeing your reality - there is something going on inside of you, that you are not liking deep inside.



## *Day # 2: Integration*

And if it is surfacing today? For what is going on out there? Is what is going on deep inside.

If you are not liking what you are seeing your reality - there is something going on inside of you, that you are not liking deep inside.

And if it is surfacing today?

It just means you are stepping up to another level and what is coming out of you right now, this uncomfortableness, this unsettledness, is shifting out, as we bring another layer of awareness down through our body over this next week.

What is going on inside of you - as you see what is going on outside of you?

What is in your reality that you are seeing, that makes you uncomfortable, uneasy?

Perhaps you are not physically seeing it, but you are seeing its energetics in your Third Eye.

What do you need to drop down deep inside of yourself, to best support what this sense is for you?

What, is it bringing up, that you can help the situation - by dropping into the dynamics within - you?



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



# Day # 3: Integration

## EAR CHAKRAS

What are you hearing?

Beyond the veil?

I am getting a sense that today, you will be hearing, way beyond the words - you will hear what someone has said many eons ago - not what they are saying today. You will hear the truth behind their current words - it feels like today, some deep, deep, old truths will come out - so be mindful what you are hearing beyond the veils, beyond today's world.

I am sensing that today, you will be receiving messages through your Clairaudience that related to Past Lives that you have had. It feels like you will be receiving these messages in answer to your prayers about what you are needing to do to resolve this situation that is deep in your awareness today - it feels positive these messages, it is almost like back in time, you set the intention for what is unfolding at present and these messages that stream through today - what you hear in your own Clairaudience, but also from other people - the messages will be crystal clear, do not doubt what you hear.

Be open, to listening... deeply today.

With your dear Ear Chakras - you can extend your Ear Chakra grids, through and into other dimensions and receive divine messages, receive your next level upgrades and receive the support you need - just by opening to listen, with intention through the dimensions and into realities not even conceived in mans mind yet.

What a gift this is!

Imagine bringing things to Earth that aren't even conceived of by man yet - you realise - you have this gift? Just with your intention - you can bring it to Earth. At your Ears, you open, you feel with your Heart and you action it (Base).

Remember, the Ears, Heart and Base and intimately connected, so don't be surprised if by the end of today, you have a surge of passion, power and instinctive action that propels you into your next level of life you've been wanting to create for quite some time.



## *Day # 3: Integration*

Don't question it, just trust it and act on it. Birth it. Now. Be open to receiving the not yet thought of things... this is what you are doing here and why you've been drawn to Reality Awareness in the first place right? Trust.



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



# Day #4: Integration

## THROAT CHAKRA

Even though this is about speaking your truth at the Throat, it also deeply relates to LIVING your truth.

It is the act of unblocking your Throat, so that you can allow all that spiritual divine energy THROUGH your Throat, to activate and ignite your Heart and flow through down to and reconnect with the Earth, through your body.

The divine connection, between the Sun and the Earth, beyond the veils of time and space and the energetic connection that allows you to be grounded solely on this Earth, so you can channel with clarity, your Divine Soul, that deeply houses in your physical body, to birth what it is you are here to do. I am getting the message that today, on Throat Chakra today - if there is something out of alignment with how you are LIVING your truth - you will be DEEPLY shown today.

It feels like you will understand the depth of your being, of your purpose in a deeper way than you have experienced before. I am getting the message that today, on Throat Chakra, you may need to have an uncomfortable conversation, but what this does today?

IT FREES YOUR THROAT - and what that does? IT FREES YOUR LIFE!

The energy is able to move down through your body! Which means your LIFE can FLOW again! It allows you to take action on the direction of your Life Purpose - on the direction of your dreams - because you have not just spoken your truth of what you need to do, but you have taken action on it.

And action - creates energy - like a vortex - when you move forward, there is a trail, a vortex of energy behind you and more can come in to support you when you first take that step. But until you forge that first step.. the energy stays as it is.

What will you choose?

What do you need to say?

What do you... REALLY need to say?

What action do you need to take - that frees you to live your truth?

Today?



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



# Day #5: Integration

## HEART CHAKRA

The callings of your Heart are strong - where is it taking you?

I am getting the message that today is the day you need to remain present and vigilant. I am sensing that today there will be LOTS of energy flying around - you will be feeling LOTS.

Be mindful that 99.9% of what you feel is not yours. When you remember this, you take out what you are feeling and make it less personal. You don't get lost in trying to figure it out - but you are mindful of how to support yourself noticing how sensitive you are, noticing how much you FEEL.

I am getting the message that today, you will be feeling a lot - and under that? Under the zillion things you are feeling at once? Is a deep calling in your Heart, a deep longing to be fulfilled in some way shape or form. What part of your reality - is your Heart calling you to?

Under all the stuff, under all the emotions, under all the zillion things you are feeling today - what is your Heart calling you to?

PRESENCE is your key word today.

Don't get wrapped up in the emotions - be present with them. Don't let things pull you aside or distract you from the truth under all the stuff - of what your Heart is calling you to - be present with it.

Be present with the distractions and see them for what they are - just that, distractions.  
Be present with all the surface stuff. Because your presence?

IS YOUR HEART.

Your Heart is HUGE and can hold space for soooo much - INCLUDING YOU and YOUR EMOTIONS!  
It is a brain training - to allow yourself to be present with ALL that is going on in your Heart space, and outside of it. And the more you tap into PRESENCE - the more you strengthen your presence muscle aka your HEART.

How do you become present?



# *Day #5: Integration*

You take a deep inhale and exhale...

You notice the air temperature on your skin...

You notice the sensation of your clothes touching your skin...

You notice your chest gently rise as you inhale and gently fall as you exhale....

You notice all of your feelings and your complete body feeling them all... but you are witnessing it all...

You are.... PRESENCE.

You are your HEART.

What is your Heart really feeling?

It's tapped into the truth under all the surface stuff... follow your Heart's call.



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



# Day #6: Integration

## SOLAR PLEXUS CHAKRA

Have you been giving your power away to the little things?

Have you been giving your power away to the things that distract you from what you are really meant to be doing?

Have you been giving your power away to the surface things, the things that don't really matter at the end of the day?

What does matter?

I am getting the message that today, on Solar Plexus day - it is a good time to deeply reassess your values, your goals, your deepest truth - of what is most important to you.

When there is conflict, whether in the physical, or internal conflict, the fastest way to resolve it, the fastest way to resolve, doubt, confusion and despair?

Is to get clear on what you value.

To get clear on what is important to you.

Maybe you already are clear on what you value and what is important to you.

And maybe you have forgotten those values.

Maybe you have pushed them aside to be validated by someone else or something else.

And when you do this?

Push aside what is really important to you?

Your self worth and self esteem drops.

Why?



# Day #6: Integration

Because you have:

1. forgotten who you really are
2. given your power away and
3. you cannot ever be validated by anyone else - why?

Because the ONLY person you will EVER be able to receive confirmation, validation, acceptance and LOVE from?

IS YOU.

No one can ever give you what you need. No one. Only you can do that.

And when you realise this and your CORE - you step up, you take utter responsibility for every aspect of your life, you pull in all your energy, your resources, you TAKE YOUR POWER BACK and remember your God given gift of YOUR SOUL'S POWER and deeply REMEMBER WHO YOU ARE. What happens when you do this?

You move mountains. Effortlessly.

Why?

Because you have pulled all your energy back into yourself.

You have taken responsibility for the things you can change and let go of the things you cannot change. You have taken action on the things you know you need to do, to create the future you know you are meant to live.

When you do this, the Universe FEELS this movement, this energy, this forward action and deeply steps in to support you.

The only thing you need to do, is continue to work on the parts of you, that don't feel good enough to receive the life you know you are meant to live.

Because that is, after all, what you were born for, wasn't it?



Write or draw any revelations, aha moments or messages that you received from Day #6 to ground into reality your new sense of awareness:



# Day #7: Integration

## SACRAL CHAKRA

The place where you are nourished to your CORE.

Do you feel that way today?

Do you feel at peace, calm, centred and... that everything is going to work out just fine?

Or are you unsettled, anxious and wondering what is going to happen next?

Where are you with your deepest core nourishment?

Where is that feeling of deep contentment and deepest feelings that you know you are on the right path, that this is the only way you know you need to go - to completely manifest your dreams?

I am getting the message that here, on Sacral Chakra day, you may be given new ideas that help to manifest your dreams things that you didn't see coming, things that you didn't know possible right now, until now. Ideas you may have thought of before, but today - you have a different perspective on the same idea.

Something that you have been wanting to happen for some time, suddenly feels and IS possible today.

Something that your Heart has been longing for? Is now a real possibility - the question is - will you take the leap of faith for it to happen?

Is there any fear of 'but what about that other thing'?

The key here with Sacred Manifestation - that IS your Sacral Chakra - is that when an opportunity presents itself - do you jump on it right away? Do you say yes and figure it out later? Because this? Saying yes and figuring out 'how' later?

Is the fastest way to manifest your dreams, your Life Purpose.



## *Day #7: Integration*

This is where we take that seed that has been offered to us (say yes), we plant it (Sacral), we tend to it - which is all the ideas and figuring it out of how, that once you have planted this seed, is shown to you along the way - you attract all the resources you need and then it is birthed.

Remember when we put energy into something, we are creating it's own vibration. When we take the seed that is offered to us, and tend to it... it grows into our dreams.

The question is - do you take the opportunity that has presented itself?

Will you take that leap of faith and just... say yes?

Do you trust - you will attract all the resources you need to make it happen and just... take action on that yes?

You do know, at this stage of the game, the Universe truly has your back?

You do know, you wouldn't be here on this Chakra journey if so?

You do know, you are ready for this?

So, what is the decision you are making now?



Write or draw any revelations, aha moments or messages that you received from Day #7 to ground into reality your new sense of awareness:



# Day #8: Integration

## BASE CHAKRA

The ultimate leap, lands you on solid ground.

It doesn't mean you won't be scared.

It doesn't mean you may have mini freak outs.

It doesn't mean... you take action on a zillion things at once, because now you HAVE TO.

But what it does mean - is that you've created MASSIVE momentum, because you've taken action.

The vortex has been CREATED because you made a decision and now, with your decision - ah, the Universe can help you!

Remember, you are birthing a new reality - things may seem uneasy, things may seem unsettled - but that isn't really the truth.

The truth is you are just 'landing' a whole new reality and with that, you are just adjusting to change and a new sense of self and reality - that's all.

Remember to BREATHE all the way down to your Base and beyond, deep into the Earth, for the Earth beneath you, will be there wherever you travel across the seas, beyond time and space and back again, you have your body, you have your breath and the Universe has your back, every step of the way, just how it got you to here - it will continue to have you to there.

TRUST it.

Remember, choosing fear or trust is also a decision.

Remember - by choosing TRUST - what you are actually choosing - is your CONNECTION.

Your connection to Spirit.

Your connection to your Soul.



# Day #8: Integration

Your connection to that thing that connects us all.

Your connection to your Intuition.

That place - that led you here - will continue to lead you there. Remember this.

When you start worrying about something - you are forgetting the most important thing.

Your connection to all that is.

And it is here at your Base, deep on Base Chakra day - that your connection is your POWER and your connection is your 'lifeline' that 'saves' you every single time.

Your connection, deeply drops you back into TRUST.

Your connection, deeply aligns you to your Life Purpose.

Your connection - makes you feel safe.

And safety?

Is where not only do you drop back into trust - but your intuition is heightened.

And when your intuition is heightened?

You deeply stay connected to the next thing you are to do and you keep turning up to that next thing.

That deep connection to Source, that your intuition is dramatically heightened when you do so, is what enables you to keep going, to turn up every single day, align you to your Life Purpose and to BE WHO YOU REALLY ARE.

You birth your Life Purpose aka YOU. YOU are the one you've been waiting for.

And in that deep connection to self, to Spirit/Source... you ARE.

And THAT is what the world has been waiting for.



Write or draw any revelations, aha moments or messages that you received from Day #8 to ground into reality your new sense of awareness:



# *Day #9: Integration*

## INTEGRATION DAY

What Chakra - has been most paramount for you over this past 9 days?

Has it been just one?

Or have you felt resonance with all of them?

Or did you only notice one this entire week?

Write your reflections below of your experiences from Integration Week, was it just one Chakra for you, or if you felt them all and how your week has gone as we've moved through a vibration of each, every day for the past 9 days.



Write or draw any revelations, aha moments or messages that you received from Day #9 to ground into reality your new sense of awareness:

