

Crystalline Heart Activation

Eluña Noelle

- 00:02:06 Hello, everyone. Welcome. It is very nice to be here with you. Whether you are in this beautiful zoom room or the beautiful YouTube livestream, it is our really blessed circle community that is gathering this morning for a meditation.
- 00:02:28 And it feels like I have not been with you all in a very long time. And last night I was reflecting and I kept saying it's been it's been a month, it's been over a month, but it hasn't been over a month. It just feels like a very long time since I've seen you all and just been with you in this beautiful heart space.
- 00:02:48 And if you have not yet gotten a moment to tune into your heart and feel this heart field that you are a part of. I welcome you to do that right now, in this moment. Just tuning in to.
- 00:03:08 The absolute love that is present here. The devotion and sincerity to service that is present here. It is certainly palpable.
- 00:03:30 And this song that was played feels like a very intimate song, I suppose, for myself. Forgive my tears, because that song and a lot of music similar to that music.
- 00:03:56 Touch is a place very deep within my heart, and it is something that I have been going toward recently because that type of devotional chanting, specifically as it comes from the Native American church, as that at least from that album, that is what they call it, is healing songs or peyote songs from the Native American church.
- 00:04:25 But chants that come from and are sung in indigenous tongue is something that reaches to this underside of my heart, and not a lot of other things can touch that place, unless it is some kind of grief or pain, which is something that has been very present.
- 00:04:52 Since the start of this year, but particularly because of the events that are taking place on the global stage. But those events that are taking place there that we can see outside. They are allowing us as a collective to come into contact with the darkness that now lives within the human heart field, in a way.
- 00:05:21 And so there is this underbelly to the human collective. Now, it was not there originally, but it is there now. And the events that are taking place right now, the release of the files, everything that is coming from that is, of course, has been prophesized and something I was raised knowing about.
- 00:05:49 And so it's not a surprise. And still and it may not be a surprise for some of you here, perhaps you also have known of what has been going on for a long time. This is not something I've ever chosen to speak about in the circle, even. I don't talk about it publicly or in the circle, but that is actually this coming out.
- 00:06:12 I knew that this was coming. The release specifically of these files and other things that were going to see this year, which is why I have to have a very deep space to talk about things that I haven't been able to talk about before, and with people who are just comfortable with going into these really dark places.
- 00:06:32 And so this recent experience that has been affecting all of us, even though I was not surprised by it, we cannot help but breathe the same air because that is what we do. And so all of the emotions that have been in the collective, it has been rather challenging, I'm sure, for all of us to to really maneuver through our day and just be in a regulated state.

- 00:07:06 I mean, I feel like I practice many things and to be calm, to, to regulate my nervous system. And recently it has called on basically every tool that I have, including this type of music which touches this, this underbelly within me.
- 00:07:27 It touches this deep space inside on just a personal level. And I have had to just let myself sit in grief for a while to just cry on behalf of the collective. And. And so For this time.
- 00:07:50 I know that it is very important for us to have a sacred and very safe community like we are blessed to have with the circle. I'm so grateful and I say my prayers and gratitudes every day for this community. And what I can feel is that there is a need for a strengthening of our of our nervous system and really this this underside of the heart, that it's the only way I can I can describe it.
- 00:08:26 And maybe some of you have felt that too, or or know what I'm talking about. And so today I asked for a lot of help with this, with giving this meditation. And I'm very grateful to say that our the beloved friends of all of humanity. The the Syrians came through and are offering an activation that is very gentle because I don't know if I actually can handle right now, bringing through so much energy and then giving it to everyone else because it's it's really a lot that has been going on and a lot has been a lot of energy has been siphoned from me and for various reasons, for different fields.
- 00:09:17 And so I have asked for extra help, and they have told me that it will be gentle, but it is it is an activation. Still a guided meditation, of course, but it is. It is an activation where you may experience a release of energy and or surges of energy.
- 00:09:39 And so the recommendation that they are giving is to really let yourself soften right now and soften into the space that you're going to be in. And so if that means that you would like to lie down, then I and if you know that you are someone who can surrender or soften more easily in like a supine position or a savasana position, please do so rather than sitting up.
- 00:10:06 If you if you are able to be soft and surrendered sitting up, then by all means choose whatever you wish. So. If you have an eye mask, something to cover your eyes, I always recommend that it's much easier to kind of fall back and let go.
- 00:10:28 And I'm realizing in the midst of all of that, I did not say hello to any new members who are here. There are many new people who have joined this community, and if this is your first time, it's very nice to be with you. Apologies for that intro without saying hello to you first and welcoming you, but it's very nice to have you here if this is your first time.
- 00:10:49 So if you again, if you have an eye mask, if you have something to lie down on, then please make yourself comfortable. I they what they are letting me know is that if you tend to fall asleep, that's okay. And also know that if you are able to hold yourself in between the waking and sleeping, you are more likely to have a mystical experience.
- 00:11:20 You're more likely to interact with the beings that are leading this than if you just fall asleep and remember more easily, I should say so. Just know that it's not a requirement, and it's not something that should make you feel stressed out. It's it's just an observation that I and part of my own personal experience with this.
- 00:11:40 If you're able to stay lingering right there. Your your mind is off, the analytical mind is off, but your consciousness is still aware. So there are kind of special things that can happen in that in that space. So. Thank you all for your beautiful heart energy. Giving me a little hug I can feel.
- 00:12:01 So thank you for that. And for now we will close our eyes. Relax the body. Begin to deepen your breath.

00:12:25 Allowing your body to relax fully. With each exhale, allowing your face to relax, your jaw muscles to relax.

00:12:54 Allowing your shoulders, your neck, and your arms to relax.

00:13:15 Allowing your belly to soften. Relaxing. And bringing your attention to your heart. Center The middle of your chest.

00:13:41 And directing your breath to this space. Inhaling into this space and exhaling out the back of this space. Slowly. Deeply.

00:14:08 Aware of your heart and the energy that each breath brings.

00:14:31 Expanding your heart energy with each inhale. Softening your heart with each exhale.

00:15:19 Aware only of your heart. And the energy that each breath brings.

00:15:48 On your next inhale. Inhale deeply. Hold your breath at the top. Exhale and soften.

00:16:09 Inhale. Hold your breath at the top. Exhale. Soften. Deep. Inhale in.

00:16:31 Hold your breath at the top. Slow. Exhale. Out. Soften. Deep. Inhale in.

00:16:55 Hold at the top. Exhale. Soften. Allow your breath to find a peaceful rhythm.

00:17:18 Long and slow. Natural. Awareness in your heart center. Aware of the energy in your heart.

00:17:42 Noticing the quality of this energy.

00:18:02 Notice the texture of this energy in your heart.

00:18:34 Is the energy soft or sharp? Is the quality heavy or light?

00:19:12 Does it feel warm or cold in your heart?

00:19:54 This dominant energy that you have become aware of is what will be used for release or healing.

00:20:14 Pulling up energy from the earth through your feet. Feel this energy entering through your feet. Moving through your legs.

00:20:36 Surrounding your hips. Filling your lower back. Moving through your spinal column. And entering your heart.

00:20:59 Feel the nurturing of this energy. Feel this energy as the embrace of the mother.

00:21:28 Allow your heart to feel this fully. Relax and soften into this embrace.

00:21:57 Feel your heart shifting. The energy being moved. Transformed. And released.

00:22:28 Notice the deepest space within your heart. Farthest down. The space on which everything else rests.

00:22:55 Become aware of this space. Notice the quality.

00:23:19 What is the energy in this space? Soften to this awareness.

00:23:43 Feel the energy that is present. Express this energy.

00:24:08 As you are called. Release. Return to softness.

00:24:34 And welcome the energy of the mother. To this deep place within you. Allow her embrace. Of this energy. Of this space within you.

00:25:03 Notice the shift and feel it.

00:25:33 Remembering you are not alone in this space. The love of the mother is present everywhere.

00:25:54 So long as you welcome it. Allow her energy to soften you, to warm this place within.

00:26:36 Feel the upliftment of energy. An upward spiral moving through your heart center. Now.

00:26:57 Carrying with it. Layers. Shadows. Places that were kept hidden are now exposed.

00:27:25 There is greater light available in your heart. Now. Feel this expansion within your heart.

00:27:49 And allow yourself. To ooze into this soft energy. To become like silken water.

00:28:28 Allow this energy to move through your body. Feel the softness. The euphoria. The release.

00:28:58 Becoming aware of your spinal column. Notice the crystalline energy coming through. At this time.

00:29:19 Soften and feel the bliss that accompanies this shift in your nervous systems. Continue.

00:29:42 To soften. To become like silken water. Liquid light.

00:30:10 Feel the energy within your spinal column. Allow your breath to soften you. And to feel more deeply this energy.

00:30:47 The crystalline structure of your nervous system is being reintroduced at this time.

00:32:33 This shift will affect your brainstem and your cognitive abilities. It is opening you to your natural state. The original template for humanity.

00:33:06 The return of this template must exist within the fields of those who are alive at this time, in order to anchor the future possibility for those who will come. The children of the New Earth.

00:33:36 Know yourselves for what you are. The elders of the New Earth. Know yourself as an elder of the New Earth.

00:34:10 And walk your path with this humble truth. Recognizing what your role truly is. It is one of preparation for those who are still coming.

00:34:40 Stewards. Tenders. Midwives of this new earth. This crystalline frequency you now carry.

00:35:06 Is present with you and will grow as you tend to it. Give your awareness. To the crystalline structure within your nervous system brainstem, spinal column, heart center, and gut.

00:35:40 As you bring your awareness, you bring the light of consciousness. This expands as all light expands and grows that which it touches.

00:36:00 Use the light of your own consciousness to grow this new crystalline frequency within you. Recognize that.

00:36:21 Which moves against this frequency. And steer clear. Soften and nurture yourself like a mother.

00:36:44 Tend to this crystalline structure Like a child. Like all children, it will grow. And the more love it is given, the stronger it will be.

00:37:21 We thank you. For this time. There is great pleasure in accompanying our family, our human brethren.

00:39:31 Allowing yourself to relax. To stay as you are. If you feel called.

00:39:55 Becoming aware of your body. The space around you. Becoming aware of your breath.

00:40:31 Coming back to this shared space. As you are ready. And as you are able to gently opening your eyes.

00:41:12 Well that was. Not what I thought. My back is tingling right now. It's very interesting feeling.

00:41:33 So that is this experience is making me think that it is important to drink extra salt today. Like electrolytes, but also salt.

00:41:53 Because our our nervous system functions a lot with salt and it is technically a different type of salt. But taking in physical salt supports the the body and hydration. And also if you have access to a bath, then soaking in magnesium and Epsom salts would be highly beneficial.

00:42:20 After this experience, I actually I had known that it was going to be like that. I would have asked for some aftercare tools, so I'm just going to ask right now because salt is the first thing that comes to mind. But I just want to check in.

00:42:41 Okay, so they are mentioning that spinal fluctuations as in move movement of the spine where you are, you are stretching it very gently and along the spine will be very helpful for, for the next. They're saying especially week really the next seven days it will be especially helpful to elongate and stretch the spine.

00:43:06 So however you wish to do that, there are many ways, you know Cat-cow is one one example as well as other yoga poses qigong movements. If you have one of those foam rollers, you could roll yourself along that. That would be helpful.

00:43:27 Again, I really that was I did not know that it was going to be that. But I guess That's that's what we all need. And so and are ready for. So thank you all for being able to hold that space because I just want to remind you, this sort of activation is only possible in this way because of the power of the container which which each of you are holding and and creating, co-creating here with me.

00:44:03 So it speaks to it speaks to what we all are ready and capable of just as a group. And it really and truly is a co-creation. I say this a lot, but I want to just again remind you, I know that I am the one sitting here with the words coming through me, but it's actually only possible because of each of what you bring.

00:44:28 I just happen to be the one having the words come through me at this particular time. It might not always be this way. So. So just to say that this activation is also reflective of that truth, that it's only possible because of of the group. So thank you for surprising and delighting me like you all tend to do, because that is not what I had in mind.

00:44:53 They said gentle, and it kind of was for me. I still felt that a lot. I am curious if you felt that too. I would welcome you to write your experience in the chat or the comments or what have you, because it's nice to know that I'm not alone in what I'm feeling, because it that was a lot.

00:45:15 I felt a lot in in. Yeah. All along my the kind of back side of my body really a lot of tingles. There was a lot of really nice feeling. It was, it was it was pleasurable. It was pleasant. It was not. It was not painful by any means, but it was a lot of energy.

- 00:45:38 So. I would love to read about that. I always read, I read everything after the meeting has ended, just so you know. So whatever you write, I read all of it. And if you are still in a place where you're needing to just stay soft, then I encourage you to stay there.
- 00:46:01 It is always helpful to write down in a journal or whatever feels comfortable to you, what happened to you and what you experienced, particularly because it can help if the mind ever sets in and tries to start telling you that didn't really happen or or whatever, it can be helpful to have something to look at right away and say, no, I really did experience this and it can give you insight into future experiences and also other ways for you to be activating your own self from this experience, because this is something that you are fully capable of doing and calling on yourself as well.
- 00:46:36 So it can be helpful for that reason. And beyond that. I actually am feeling very strong from that experience, which is so nice because I have really been feeling quite weak actually.
- 00:46:57 But I am feeling very strong. If you are feeling weak right now though, then I would say that it is one of those times where it's a healing is taking place, and so sometimes it can feel worse before it feels better. That that tends to be a pattern. So if that is where you are, please be extra gentle and soft with yourself for the next little while the next few days, and know that your strength will return to you.
- 00:47:25 It will come back because that is absolutely what this has just done and I did not expect this at all. I'm still surprised. Very grateful and surprised. So just be. Please be gentle with yourself. And I will say maybe this is only for me, but if you are like me and when you tend to get your strength back, you like go 150% right away.
- 00:47:50 Maybe don't do that. Maybe still take it slow. Even if you're feeling strong. That's maybe that's more for me. But if you fall into that boat, then please, please abide by that as well. To honor yourself, I want to share with all of you first. This has not been announced, but I am going to lead a. I have been called to lead an activation on the Lunar New Year, which is February, Tuesday, February 17th.
- 00:48:17 That will happen at 9 a.m. Pacific Standard Time. And. Oh, okay. They are. Telling me that that's actually why this happened is because I would not have been strong enough to do that if I had not done this, and I would not have been able to receive this if it hadn't been for all of you.
- 00:48:47 So thank you. I love reciprocity, it's amazing. It's my favorite thing. Thank you. Okay, that makes sense. So that is why if you are able to participate on February 17th, I do know that your field, because of now what you have just received will be extremely helpful.
- 00:49:10 So if you are able to be there, even if you're not able to be live, but you just remember, oh yeah, that's happening and you kind of give some energy consciously. That would be really beautiful. I, I am I know that it's something somewhat is significant because they are asking me to work with with Gaia.
- 00:49:35 It's and and it's about it's about supporting the clearing out of this energy that is here right now. And it's I won't let I am a little nervous. I will be honest. I'm a little bit nervous because the last time that that I was asked to participate in the clearing out of energy for the earth, it was the most excruciatingly painful physical experience I've ever, ever experienced in my life.
- 00:50:04 And so we are just. And it was an honor. It still is an honor. And it's okay. I'm not afraid of pain, but it's like my body is a little. I will just be honest. It's a little nervous because that was excruciatingly painful. So maybe.
- 00:50:25 Maybe with everyone's help, it won't be so much. I'm not sure. But I know that it's significant and it's happening on the day. That is also a partial solar eclipse. And so that

means it's also a new moon and it's the Lunar New Year because it's the second new moon, which means it's the beginning of the fire horse year.

- 00:50:48 Fully and officially. Some of you may have already been feeling that, of course, because we've been in this kind of threshold space, especially just this group, we tend to be just a little slightly bringing in the new energy. So we tend to be you may have been feeling that strongly already, but that's the official start, which means the entire collective is going to be brought into this.
- 00:51:12 And so there is a lot of support that can come when people who are more sensitive and choosing to live more consciously. Like like us here. Like we try to. Anyway, it is really helpful to, to kind of bring this in and activate our own selves to support the collective so that that is the idea.
- 00:51:38 But I know that it's also related to a clearing out of Gaia because she is. Yeah, there is there is support that can be given. So I'll just say it like that. So that is happening. And then then after that, on February 22nd, we will have our opening ceremony, which feels like a very long time away because we have this first activation that's going to be taking place.
- 00:52:05 But the opening ceremony for the mystery school that is going to start in a fully in March is happening on February 22nd. And that is where I'm going to really dive into what I mean by that. What are we doing? What is the structure going to look like? What you can kind of expect, and also go over the covenant of of participating in that space.
- 00:52:29 Because what I'm doing is a little bit crazy. I this is like, this is I really considered making this like a closed circle, as in having a cap on the number of people who can participate, because that would be.
- 00:52:50 A more sane thing to do. But it's just I just know that more people than what I would humanly cap it at are meant to participate. That and and that is the only reason why this is an open an open peer group that people can come and go.
- 00:53:11 That's that's not like a normal mystery school. So anyway, we need to talk about what the space is going to look like, particularly given that that it's open. So that's all going to happen on February 22nd after we have this massive activation on the 17th. So let's I'll think about all of that later. But I just want to let you know what's coming up this month.
- 00:53:35 So thank you all very much again truly. Wow. I thank you for this experience and the strengthening because I have really been feeling very weak, and I'm just so grateful that this community is we are able that we are able to to nourish each other so deeply and strengthen each other with our hearts.
- 00:54:00 That is just the greatest gift. So thank you very much for that. And I am also so grateful that you are open to that. We are all able to receive this new crystalline structure as they kept saying, I'm going to have to tune into that more to understand. If you tune into it more and you have your own understandings, please talk about it in the circle so that we can all learn.
- 00:54:25 That would be really helpful. So until I see you all again, I am sending you my love. Oh, if you have questions about anything that is coming up like I mentioned, please look on my website or write to my support team. They're always they're beautiful and always here to help you. So until I get to see you again, I hope that you give yourself some grace and experience some joy today and really move into this space of healing and also strengthening that is coming from this.
- 00:54:57 So I love you all deeply. See you very soon. Bye for now.