

BEING A WHOLE HUMAN

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CRYSTAL BALL

6/11/2020

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This week a crystal ball appeared in my [Inner Flame Meditation](#), unbidden.

I've revised the meditation narrative (version 19.0), so it follows the vision of my Third Eye.

After seeing the crystal ball in meditation, I went web surfing, felt attracted to clear crystal balls offered online, and ordered one. This crystal ball will be more to me than a meditation prop, I know from my experience of communing with crystal stones. A few years ago a stone called to me from a river bed and we had conversations, which are recorded in the [Heartstone](#) posts. The crystal ball, especially in meditation, is to me a metaphor of the soul.

Seeing the crystal ball in meditation, and bringing a physical one into my space, is a natural next step. I will update when there has been actual experience with the coming [Amlong](#) crystal ball.

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Excerpt (with the crystal ball) from the *Inner Flame*

Meditation:

Inhale Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos. Exhale from the Eye of Ra, into the elixir field in the center of the brain, radiating the Christos energies out, feeling the light penetrating the brain. Inhale deeply, pulling Christos energies through the Eye of Ra, down your energy column and into the sphere around your heart.

Enter that space, and see a figure standing, the guardian of your heart, your mediator with the One Light. Exhale slowly, lower your head, and radiate your light energies, as a greeting to your inner guide, of knowing and wisdom. Then, breathe smoothly and regularly. Feel deeply these words, and speak them, if you choose.

O Spirit, of the One Light, that shines through the Cosmos! Shine through this body, I yield to thy Light. Lighten each cell, with the flame of thy Fire.

Draw my flame closer, in harmony to thee. Draw me in power to melt in thy furnace. Remove from me dross, that I may be free.

Free to be one, with the source of all Love. Free to be one, with the source of all Light.

Open your heart, as the guardian, holding a clear crystal ball, transmits to you from the One Light.

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Inhale, as you absorb the energies deeply into your whole body, and hold both hands, palms up, in front of you, to receive. Exhale slowly, as you feel the guardian place into your hands, the crystal ball, charged with energies from the One Light.

Inhale deeply, pulling the energies from the crystal ball, deeply into the sphere around your heart.

Exhale as you feel the crystal energies radiate outward, and circulate throughout your body. Inhale, pulling the crystal energies into the inner sphere. Move the crystal ball in your hands, to your mouth, and surround it with a breath of rainbow colored light.

Inhale deeply, pulling the One Light back into the sphere around your heart. Turn your hands, palms up, then breathe out gently, feel the beauty of the butterfly, as it flies, and smile with appreciation.



Description of the Crystal Ball Ordered

(I will follow-up with my experience of it.)

- Our flawless crystal ball is handmade, polished, and inspected to ensure the highest K9 quality and consistency. Each crystal sphere is examined for clarity, and impurities before being packaged. It is made from 100% reconstituted quartz crystal. This process includes melting the quartz down and reforming at high temperature to ensure the highest clarity possible. A crystal ball has many uses, among the most common are photography, healing, meditation, Feng Shui, and home décor. [[K9 Crystal Explained](#)]
- When you think of a crystal ball, you usually will think of an image of a fortune teller, waving their hands around a crystal ball to conjure images inside the ball but a gazing ball is merely a tool for focusing your mind and freeing your third eye. The images you see will be in your mind's eye, not in the ball itself. Use it for divinations and meditation purposes. Crystal gazing is your unconscious and conscious mind acting together. Let the images flow and change and take you wherever.
- This classic clear crystal ball will add a touch of elegance to any room. The alluring clear quartz crystal conversation piece is also thought to bring harmony and balance into your life. According to feng shui belief, clear crystal balls not only attract positive energy to a room, but also stimulate existing energy.
- ...The crystal ball has the energy of harmony and perfection owing to its spherical shape. In Feng Shui, you can place a crystal ball or two

around to increase the positivity in your home or office.

- The crystal ball is... paired with a mahogany colored wood stand that represents growth and creativity. The wood element can help when your vision seems unclear or your energy is low. Wood is believed to strengthen your health or encourage the energy of abundance...



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