

Sovereign Light Crystal Elixirs

“Intelligence, knowledge, freedom from doubt and delusion, forgiveness, truthfulness, self-control and calmness, pleasure and pain, birth, death, fear, fearlessness, nonviolence, equanimity, satisfaction, austerity, charity, fame and infamy are created by Me alone.” — Krishna, Bhagavad-gita, The Opulence of the Absolute, Text 4-5

As our world transitions there is a real and urgent need to change. External circumstances perpetuate the already abundant level of fear. Anger, confusion and mistrust all contribute to a society that is overwhelmed.

Regardless of what belief we live by: Christianity, Buddhism, Judaism and Islam we all have emotional issues and basically seek the same things in life—love and happiness. Rarely though, are we confident enough to trust the self to enjoy happiness and love. Spiritual paths guide us to our true Self where we discover innate parts, love and worthiness. Without ever knowing these parts we have nothing and experience disappointments, frustration, fear, doubt and worry. In other words, we become lost and frightened and separate from God/Goddesses’ sovereign light. Now, more than ever it is time to enlighten our inner darkness and permanently change. One of the main reasons we incarnate onto Earth is to heal the separation from the lower and higher Self. As we do this we release the lower self from fear and unite with universal love (unconditional Love) and find ourselves Awake.

In 1994 I created Sovereign Light Crystal Elixir a healing system that enlightens (allows-the-light-in) the emotional body. The emotional body is



the key to spiritual advancement. The crystal elixirs benefit anyone who seeks a deeper level of awareness—individuals like you, who have made a commitment to spiritual growth and seek alignment to the true Self.

The crystal elixirs are designed to unlock wisdom already inlaid into the cellular memory. They awaken inner wisdom permitting us to truly accomplish our spiritual goals and fulfill our destiny here on Earth. The elixirs are subtle, yet extremely powerful codes of Light. Working much like a drip system, the elixirs anoint the cells reminding them to let go of old layers of limitation. Layers of unworthiness, fear, denial and confusion gently peel away, while a radiant and knowing part of you emerges.

Changing the negative charge in the cells memory, the elixirs are similar to chords played on a piano; their uniqueness releases a particular vibrational tone into the cells. This stimulates and awakens memory with a frequency tone. As this memory awakens, it releases any negative aspects of the belief patterns. This causes us to become less dense and more illuminated. When we let go of negativity and limitation we begin to truly understand who we are. This ends the separation between the lower and higher Self and releases us into our Divine Self. We are literally enlightening the emotional and physical bodies and taking them to a new vibrational pattern.

For example, when *I Am Worthy* elixir is used it is like a tiny beeper going off inside saying, “I am worthy, I am worthy, I am worthy” at a very deep energetic level. This impact into the cells frees ‘stuck’ emotional energy. They also help to chip away at self-defeating inner dialogue like ‘yah but’, ‘I am not’, ‘what if’ and other statements we make about the self.

Like old friends we become very attached to our limitation and old ways. When it’s time for them to leave we become possessive and stubborn. Or imagine old patterns like the grooves on a record album. Every time we want to make change we must fill in the grooves. Otherwise we fall back into old habits and patterns. To create permanent change takes a conscious effort. When we take time to make conscious change, it deeply alters the subconscious.

Strengthening our emotional foundation, the elixirs construct a sturdy base to rebuild a life full of happiness, free of disease and maintain a purified temple for the Soul to live in.



The Sovereign Light Series

The Core Series:

I Believe
I Am Worthy
I Am Love
Smooth Transitions

The Release Series: Six basic patterns that everyone experiences

Fear
Confusion
Anger
Denial
Resistance
Emotional Addictions

The Integration Series: Support elixirs

Forgiveness
Sacred Union
I Surrender
Courage-Trust

Two archetypal patterns:

Healing Feminine
Healing Masculine

Awaken Series: Awakens dormant cellular memories

I Am That I Am
Mastery
Sanat Kumara
I Re-Member
Open to Receive



Core Series

I often hear clients say, “I have done so much work and nothing seems to change,” or “I get to this certain point and nothing is taking effect.” This occurs because one of the three core patterns is out of sync and is dictating the outcome of life.

There are three core patterns: I Believe, I Am Worthy and I Am Love. A sturdy base of any structure is triangular like a piano with three legs for support. The same is true here. The number three creates our foundation. The three core patterns operate in each and every person and they are the basis in which our lives take shape. When the ‘core’ of our being, at an energetic level, comes into perfect alignment with our Soul’s ‘blueprint pattern’, healing, purpose and love manifest.

I Believe, I Am Worthy and I Am Love are imbedded in our Soul. By the time we reach the age of two or three years old we have changed the perception of the world around us. We begin shifting the core patterns of I Believe, I Am Worthy and I Am Love, to ‘I don’t believe’, ‘I am not worthy’ and ‘I am not loved’. These are not conscious thoughts and not everyone changes all three core patterns at once, but most do.

At birth the Soul downloads any and all unresolved patterns from past lives through a vibrational sequence into the physical body. The cells become the receptacles of this data. It is hard to imagine that at such a young age, we already have set the stage for the remainder of our life. This inner system continues to operate until it is altered later. It is one, or a combination of the ‘core’ patterns that begin to break down the physical body later on.

Almost all disease and injury is created from limiting belief patterns. Of course we don’t actually hear the exact phrases of ‘I am not worthy’ or ‘I am not loved’. Rather it is the perception of events that causes us to believe we are not worthy or we are not loved. It is often the life experiences we had between the ages of zero and four years old, when we are unable to make concrete change or walk away, that begin to undermine us.

