

## CREATING A SECOND CRYSTAL TRIANGLE.

As many of you know, Master Jesus came to Elizabeth Kruger in 1980 and gave her the Crystal Triangle as an aid to humanity. He told her that she would have to travel the world and teach it to everyone so that we will know how to protect ourselves during the times of extremely high energy to come. That time is now and the Crystal Triangle has become essential for lightworkers to maintain a clear mind - You could even say ...keep our sanity!

The Crystal Triangle is based on a three-dimensional structure mathematicians call a tetrahedron. Consisting of four equilateral triangles - one under the feet and three around the body - it moves as we do; turning and self-adjusting continually according to the balance required by our auras.

Using it brings protection from negative energies, as well as offering new sensitivity, psychic abilities and the opening up of the sub-consciousness. From the moment it's placed around us, we're in the Universal Cosmic Light, 'checked in' to the Christ Consciousness, our Masters, Deities, Upper Council and Guides, helping us to be seen, heard and receive guidance from them.

In 2003, EK received further guidance. Humanity was struggling to move from the third to the fourth dimension. She was shown that by adding a fourth dimensional aspect to the Crystal Triangle - by invoking a **second Crystal Triangle to become As One with the first** - the additional vibration would aid us in our growth by modifying impurities as it worked its way through our system. At the same time, it would bring extra protection for pure spirit and help our very cells and atoms become conscious.

She was also told that this work of moving from the third to the fourth dimension would mostly be done at night during the sleep state. So it became imperative to invoke the new double Crystal Triangle when going to bed, as well as every morning on waking. Regular practise of this new double Crystal Triangle will help you learn to use the vehicle you've been given in this incarnation and all its attributes to its fullest capacity.

### SUGGESTIONS

**Every morning:** Say, "I am in my Crystal Triangle. Your will be done, not mine. I ask for a Crystal Triangle for every one I come into contact with on any level whatsoever." If you wish to protect your family, each person should have a separate Crystal Triangle.

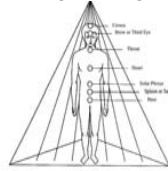
**Every evening:** Say, "I thank my Guides for helping me during the day. I create a new Crystal Triangle for the night, to heal my physical body, my spirit body, & my mind, so that I will be protected and healed during my sleep and so I wake up feeling refreshed." This programs the requested energy into positive flow for the next day.

**Reinforce your Crystal Triangle** whenever you meet someone with whom you feel uncomfortable or if you experience a huge surge of energy.

Place a **Ring Pass Not** around the Crystal Triangle as well. Imagine 3 bands of light, about a foot wide, encircling your head, your feet and, finally, the spleen/solar plexus/heart area. The Ring Pass Not is a powerful energy field that only permits that which comes from the Universe to enter your energy field and is essential these days.

**Before you sit or lie down**, project white light into the chair or bed. This will help to clear it of any undesirable energies.

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## Elizabeth Kruger

Psychic Healer and Clairvoyant

Elizabeth, better known as EK, has selflessly served the Light for over 30 years. Her loving and compassionate understanding of the trials and tribulations we set up in order to evolve and learn more about ourselves stems from her own fair share of them, including time spent in a Japanese concentration camp as a child and conquering her own life-threatening illness.

Honouring all beliefs, Elizabeth is an example of selfless service to humanity. A firm believer of practicing what she preaches, her presence in people's lives has led to amazing and often miraculous changes for the better.

Souls best communicate with one another through open and harmless hearts. It should come as no surprise that EK can communicate very clearly with not only the client's soul, but higher beings - like the Karma Lords - who wish to be heard and want to guide the people who come to see her.

A true instrument of divine and powerful healing, EK is trusted by spirit to deliver her messages of life-changing hope, guidance and blessings with love. She has touched many lives and extraordinary results are common.

Originally from Dutch Indonesia, Elizabeth has lived on the Gold Coast in Australia for many years. Known as Master EK in the East, she has led Wesak festivals in Singapore since 1983. Over the years she has expanded into other Eastern areas, as well as many places in the West, including Africa, America and Europe.

Many thousands have come to hear her teachings, receive healing and blessings from her. Throughout it all, Elizabeth has always said that her gifts aren't hers, but simply flow through her from the Universal Masters who guide her steps.

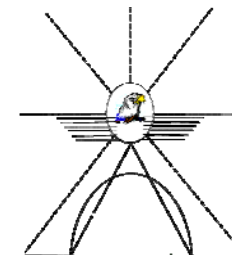
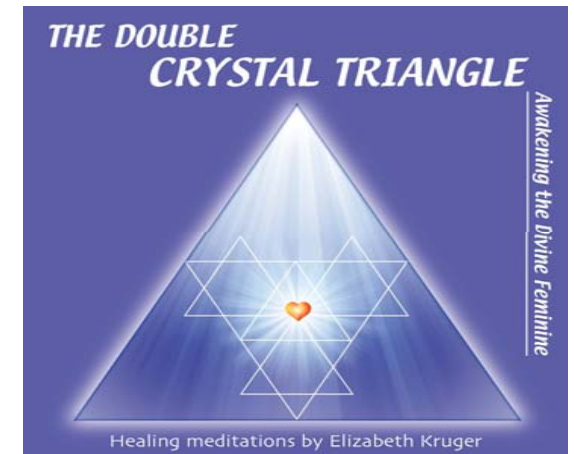
Elizabeth Kruger has written two books, recorded two healing meditation CDs and is in the process of writing a much-awaited third book.



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# Moving Beyond the Third Dimension



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# The Crystal Triangle Meditation

Concentrate on your breathing for a few moments. Breathe in all that is good, breathe out any cares and worries. Breathe in the peace of the Universe, breathe out any tension or stress.

Breathe in the Love of the Universe, cherishing yourself. As you breathe out, cherish those around you.

Now draw a molecule of energy from the Creative Source and place it at your feet. See this molecule of light slowly expand outwards to form the shape of an equilateral triangle flat on the ground underneath you. It's large enough for you to sit or stand in and strong enough to hold your weight.

From each corner of the base of the triangle, imagine a line going up, angling in to meet about 30cm above your head, forming the apex of a tetrahedron (which is the mathematical term for a 3-dimensional triangle). Adjust the tip where it meets so it encloses your Soul Star. Now check under your feet again and make sure the base is at least 30cm below your feet, enclosing your Earth Star.

Fill the sides and base with pure liquid energy so that it glows and shimmers in the pearlescent light of Pure Spirit. This Crystal Triangle will contract and expand as you move, is not restrictive in any way and is large enough to encompass all of your bodies.

Feel the sides becoming clear, pure quartz crystal around you and, as they do so, visualise a further Crystal Triangle of Pure Spirit drawing closer to you. This is not a merkabah, so the tip of the Crystal Triangle drawing near still points upward. It has no specific colour to it, so just allow it to be any colour you may see it as.

Bring it through your Soul Star, down into your crown chakra and into the central column of your physical body. As it moves, it clears your being of heavy negative matter. First your spinal column, then your chakras and your Spirit Body. Draw those discarded energies down through your Earth Star into the centre of Mother Earth, where they will be transmuted and transformed for Her use.

Still using your breath, pull the second Crystal Triangle of pure Spirit through each of your bodies in turn. Fill them with golden light as any negativity is discarded into the centre of Mother Ghia for transmutation. Move the Crystal Triangle through the organs, cells and atoms of your physical body ... to your Spirit Body ... your etheric ... to your astral ... your lower mental ... your higher mental ... your Buddhic ... and, finally, your Ahtmic body ... until it meets and merges with the first Crystal Triangle you erected earlier.

If you're feeling a limitation, simply bring your breathe into the place of stagnation and release the blockage through your mouth with it held slightly open.

By pulling this second Crystal Triangle out through your bodies, you're taking away both the negativity and third

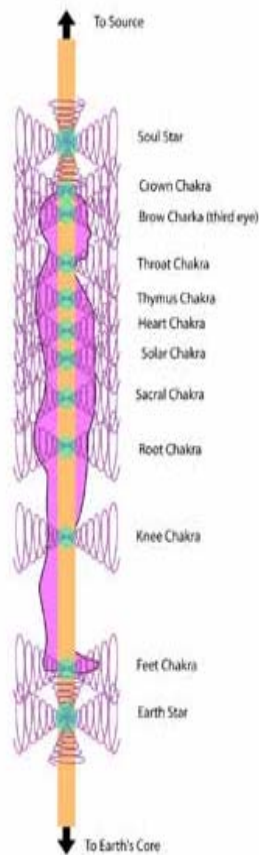
dimensional stagnation from your system so that the veil of consciousness can be drawn aside. Regular practise of this new double Crystal Triangle will help you learn to use the vehicle you've been given in this incarnation and all its attributes to its fullest capacity.

Now, breathe into your heart for a few moments, feel it glowing with the pure light of Source. Blend and become one with it.

As your awareness comes back fully into your body, send your light from your base chakra, to your earth star about 30cm below your feet, then right down into the centre of Mother Ghia, grounding you and connecting you to the planet.

Then bring your light back up through your Earth Star and anchor it in your base chakra. Link its energy into your Heart Chakra so your whole identity is connected as one force on the planet. When you are ready, stretch and open your eyes.

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## Chakra Cleansing Exercise

Focus on the base of the spine between your legs. This is the root chakra. Its energy is red, and it governs your physical health and vitality. Mentally study how it looks. Note its colour, vitality and state of balance. Have you been caring well for your body? If your chakra is dusty, dirty, torn, or otherwise less than a perfectly brilliant red whirling vortex, imagine invisible hands repairing the imperfections and cleaning away any dirt, throwing it into a pail with a lid.

When the chakra is clean, mentally take the pail and hurl it into the sun. Watch it as it travels through space and then bursts into a zillion bits of energy upon solar contact. Allow the sun to recycle this energy back into the Universe.

Now turn your attention back to the root chakra. It is clean and red. You are surrounded by infinite root energy. Feel its strength and power as it fills your root chakra until it is so vital that it extends several feet out

from your body, a brilliant red swirling vortex.

Now bring your focus up to your abdomen, to the area just under your belly button. This is the orange chakra, which controls clear thinking and creativity. Observe its colour and vitality. Is it clean

and strong or is there work to be done? Go through the same cleansing process as the root chakra. When you're ready, ask the Universe for orange creative energy and feel it swirl into your chakra, charging it with vitality, creativity and clear thought. Watch your orange chakra grows, until it extends out from your body for several feet, just as the red root chakra is.

Now move up to the yellow solar plexus chakra, which governs will and ambition. Take a few moments to examine it. Have you been lazy of late, or perhaps too driven? Examine your will through this chakra. Once again, go through the same cleansing process until the chakra is clear and whole. Ask the Universe, to send you yellow will energy, energy to achieve your goals, to work for that which you value and desire. Feel the yellow energy swirl into your solar plexus.

Your red/root chakra, orange/spleen chakra and yellow/solar plexus chakras are glowing and pulsing brilliantly, all extending several feet out from your body.

Now turn your attention to the middle of your chest, to the green heart chakra, which governs your emotional connections to others, the Universe, to life itself. Go through the same cleansing process, reflecting on how you've been feeling lately and whether the chakra is tight and hard with pain or anger. Call to the Universe to send you green energy and ask that your heart be opened and filled with compassion and love so that you may, in turn, give love to others. Feel the green energy whirling into your heart so it grows and glows hugely with energy.

Move to the blue throat centre, which governs communication and personal magnetism. Perhaps you haven't been speaking out, or honouring your own beliefs, talking over others or not listening well. Maybe you've been feeling shy and afraid to communicate. Go through the cleansing process again until you feel the throat open as blue Universal energy swirls into it, charging your aura with magnetism and drawing others to you.

Focus on the middle of your forehead, the third eye chakra, which governs psychic vision and intuition. Perhaps it is locked up due to fear or no longer spins out of neglect or stagnation. Cleanse it like you have the others, knowing there is psychic energy beyond measure available to you. Feel it fill your chakra so the third eye opens, noting any mental visions as this occurs. Now is a good time to pray for increased psychic power. Now move to the crown of your head. This chakra is violet near the body, fading to white. It governs your connection to God/Goddess/Creator of All That Is. Reflect on your spirituality of late. Go through the same cleansing process. Mentally reach out to that which you consider your source and pray for the peace and joy of a strong crown chakra connection until it becomes brilliantly violet with glowing white edges. See the white energy expand further until it surrounds your entire body.

All your chakras are now clean, charged and balanced. You feel so refreshed, calm and peaceful. When ready, open your eyes.

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