

Crystal SCHOOL

Guide For Children Of The New Earth

DECEMBER CURRICULUM

Sacred Science



 LoveHASWon & joyreigns

Contents Page

OUR CURRICULUM FLOWS AS A 3-DAY SCHOOL WEEK. EACH MONTH THERE ARE TWELVE DAYS' WORTH OF CONTENT AND CORRESPONDING ACTIVITY THAT PARENTS CAN ADAPT TO THE DIFFERENT AGE GROUPS.

Day 1. Sacred Numerology

Day 2. Sacred Geometry

Day 3. Astrology and Shifts

Day 4. Sacred Science in Nature

Day 5. Sacred Nutrition

Day 6. Laws of Energy

Day 7. Crystal of the Month

Day 8. Spirit Animal

Day 9. Sacred Movement

Day 10. Daily Routine and Contribution

Day 11. Sacred Science of Meditation

Day 12. Self Reflection

Numbers are Multidimensional
BEings here 2 assist us out of linear thinking!
Pay attention, take accountability &
the numbers will guide you...

1 Are you in survival mode
worrying about Bills
manipulating events 2
satisfy ego goals or are
you receptive 2 the
guidance of your Soul?

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N U M E R O L O G Y



Numbers are Multidimensional
BEings here 2 assist us out of linear thinking!
Pay attention, take accountability &
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2

Do you have a
healthy dose of No
in your vocab? Are
you a people
pleaser or have you
transformed your
timidness?

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N U M E R O L O G Y

Numbers are Multidimensional
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the numbers will guide you...

3

Is your playful
Creative side
being nurtured or
do your words
mask your
suppressed
Childlike Wonder?

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N U M E R O L O G Y

Numbers are Multidimensional
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the numbers will guide you...

4

Can you leave your city
tomorrow forever or are
you attached 2 your
comfort zone? Divine
Stability requires
non-attachment... ask
yourself honestly, what
'cant' I live without,

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N U M E R O L O G Y



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5

Discipline is the
Foundation of
transformation just
not what we were
taught. Are you
easily distracted by
the 5 senses?

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N U M E R O L O G Y

Numbers are Multidimensional
BEings here 2 assist us out of linear thinking!
Pay attention, take accountability &
the numbers will guide you...

6

Where attention
goes energy flows,
hold the vision of
Love & your
“problems” will
disappear!

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N U M E R O L O G Y

Numbers are Multidimensional
BEings here 2 assist us out of linear thinking!
Pay attention, take accountability &
the numbers will guide you...

7

Divine Intelligence
requires an empty
vessel 2 transit Eternal
information, an active
mind is
counterproductive &
simply a collection of
misqualified thoughts

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N U M E R O L O G Y

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Pay attention, take accountability &
the numbers will guide you...

8

If you're honest with
yourself... Are you
willing to take
responsibility for your
role as a CoCreator
bringing in the New
earthH=Heart? With
Great Power comes
Great Responsibility

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N U M E R O L O G Y

Numbers are Multidimensional
BEings here 2 assist us out of linear thinking!
Pay attention, take accountability &
the numbers will guide you...

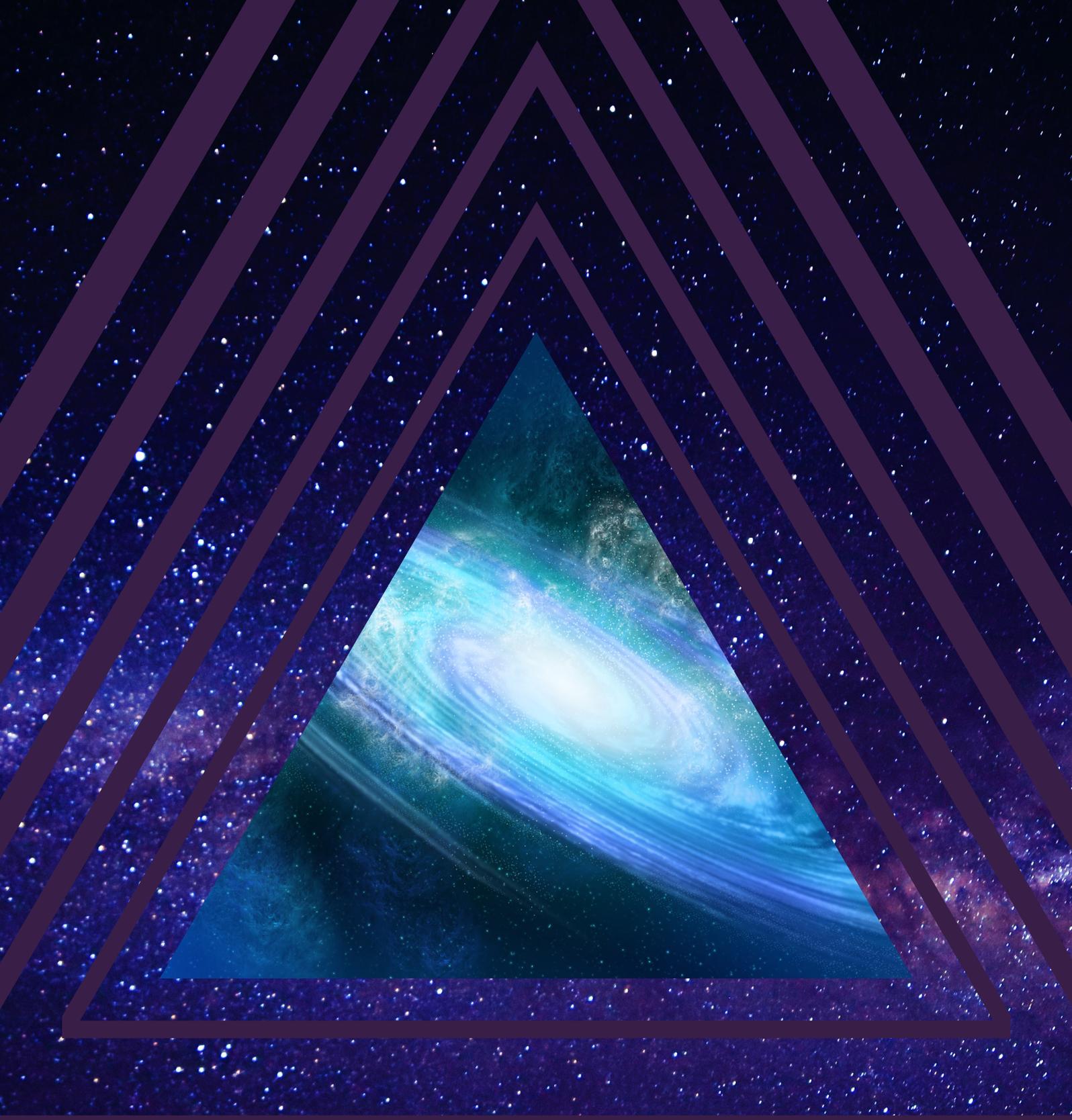
You're here on a
humanitarian mission
which requires Full
Integrity, which is
Trusting your feelings
100% Always, the mind
is the ego... can you
learn 2 live/love solely
from your Heart space?!

9

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N U M E R O L O G Y





SACRED GEOMETRY

Sacred Geometry is found within all of nature, it follows the divine intelligence and flow of the universe



SACRED GEOMETRY

All of sacred life follows patterns, and these patterns can be found in the cosmos, in our vessels, in flowers.

These sacred patterns are created from the
energy of love, that flow from the heart of
Source



SACRED GEOMETRY

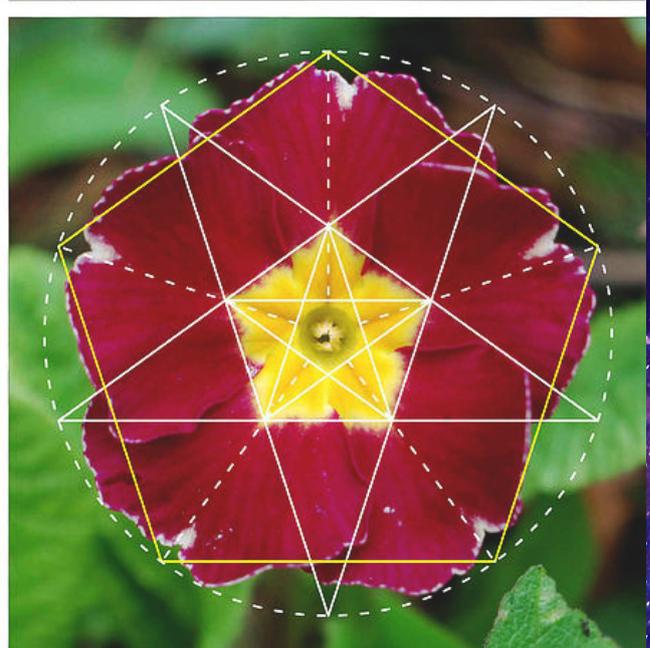
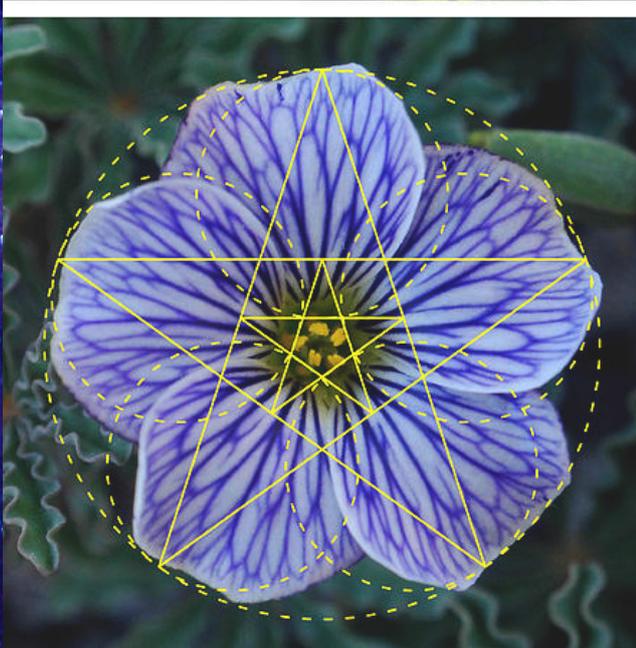
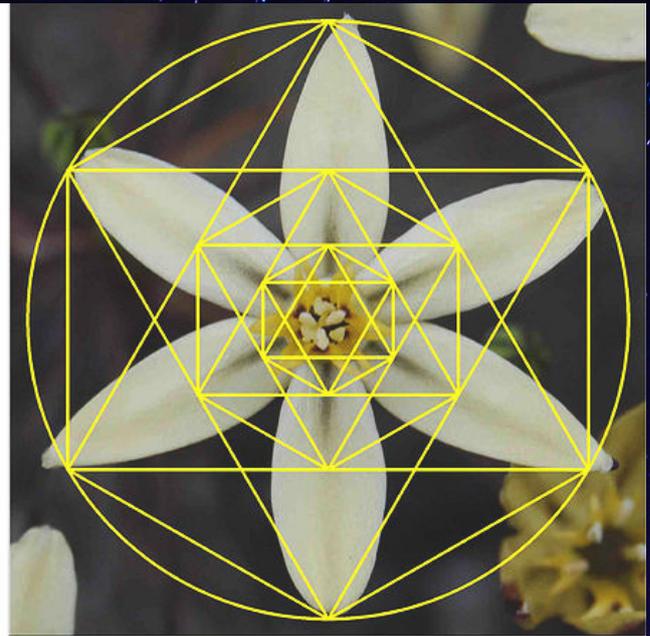
This is how we know we are truly connected to
everything in existence, we are all one divine
intelligence, one spiral from Source

All of Creation is composed of energy or vibration. This energy isn't just spiraling around randomly.

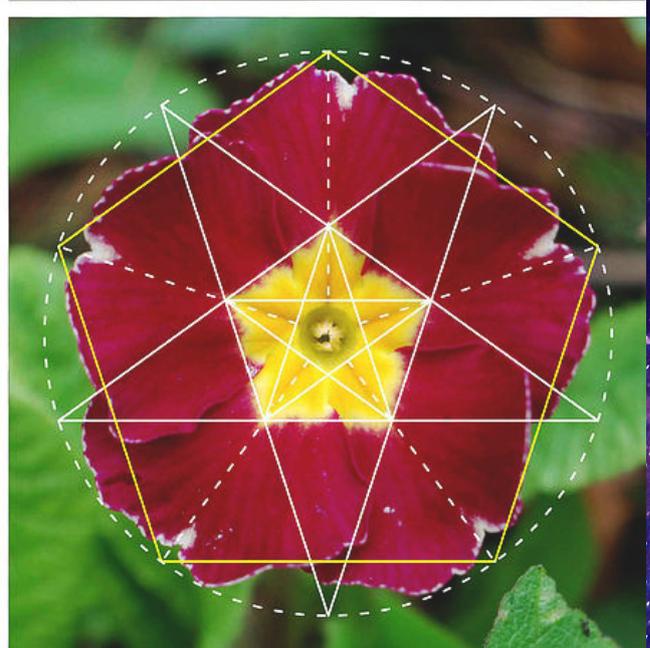
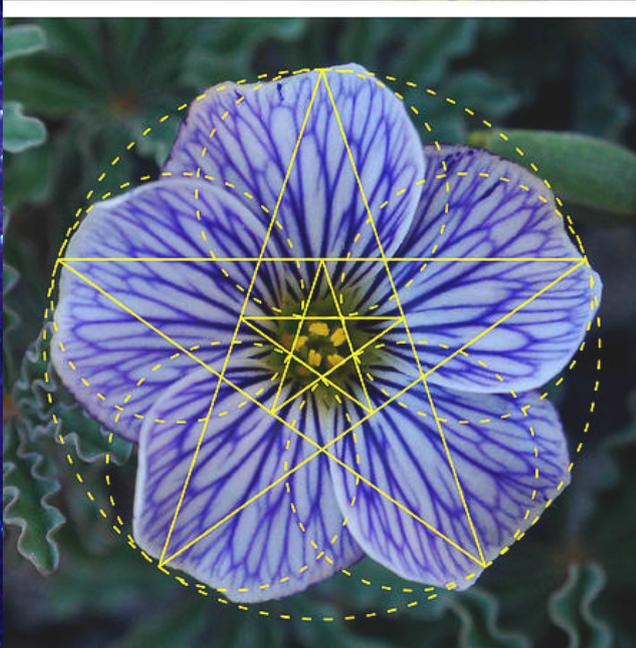
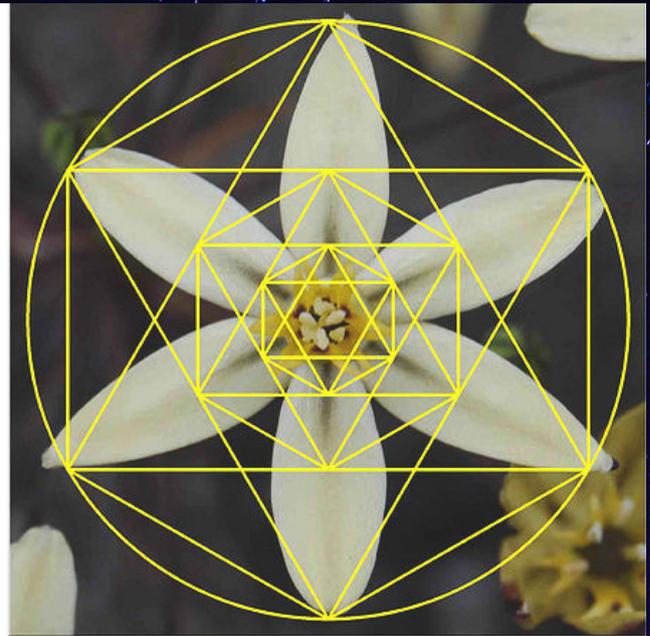


SACRED GEOMETRY

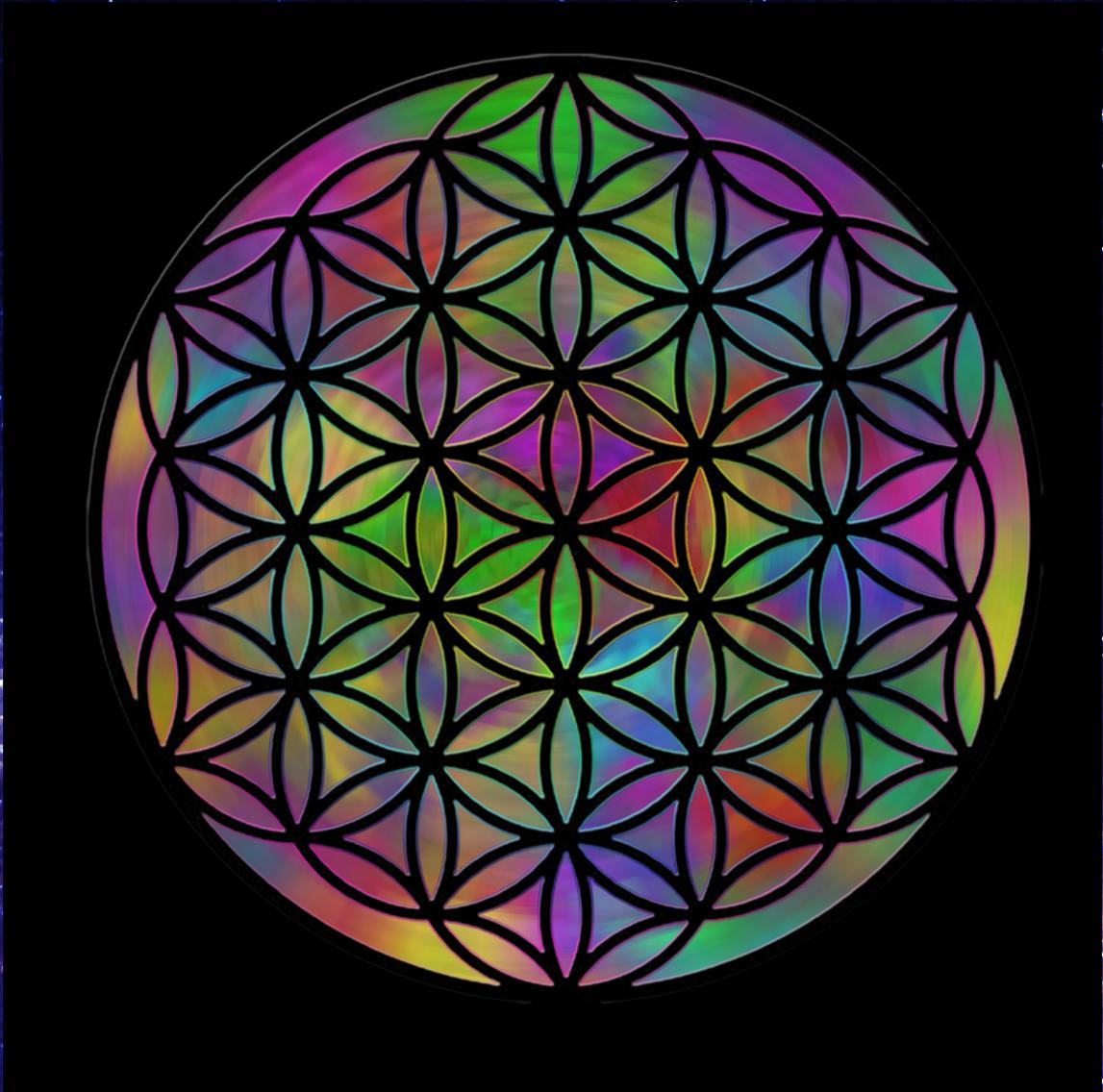
While energy undergoes constant change and transformation, there is a certain pattern to the way that energy flows... as if its guided by an unseen map which steers its course.



SACRED GEOMETRY

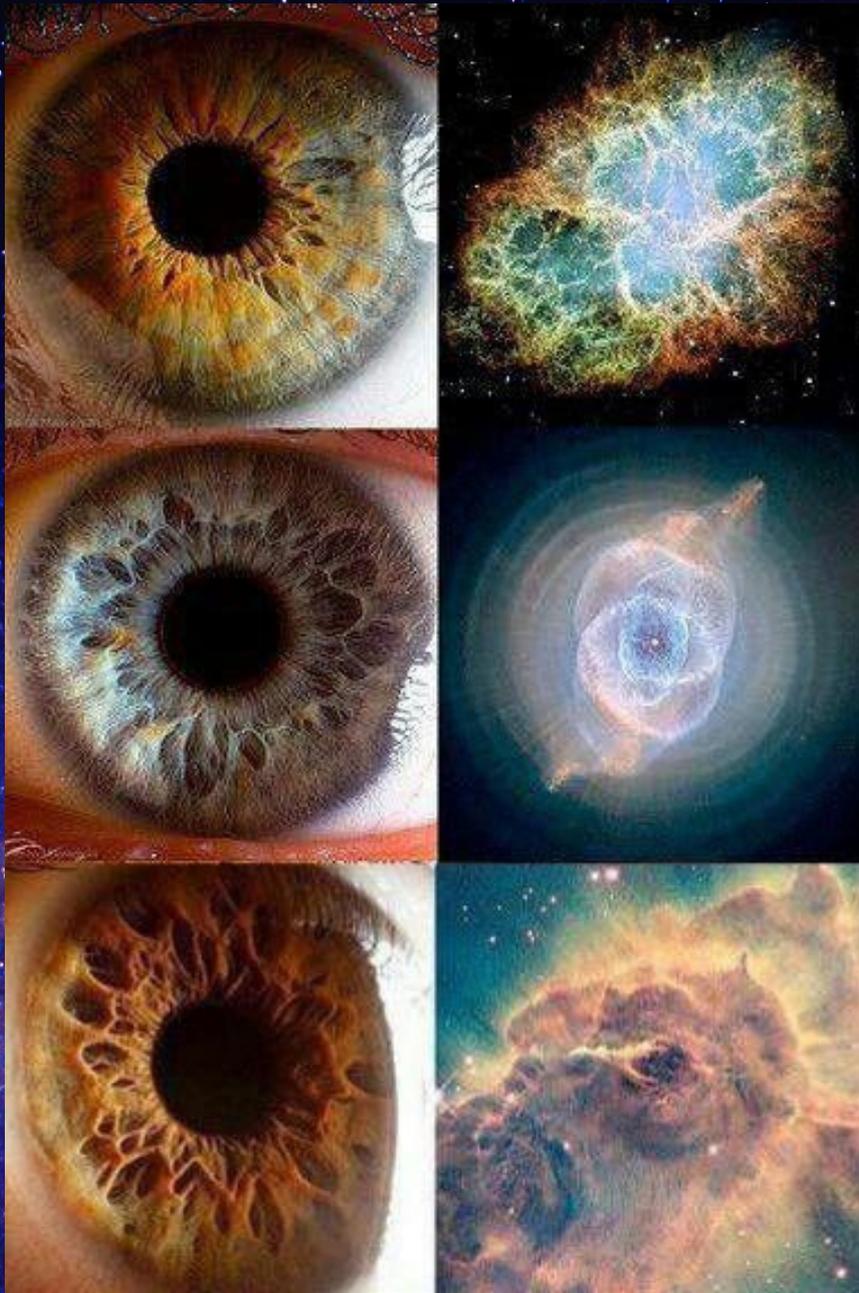


SACRED GEOMETRY



SACRED GEOMETRY

Flower of Life

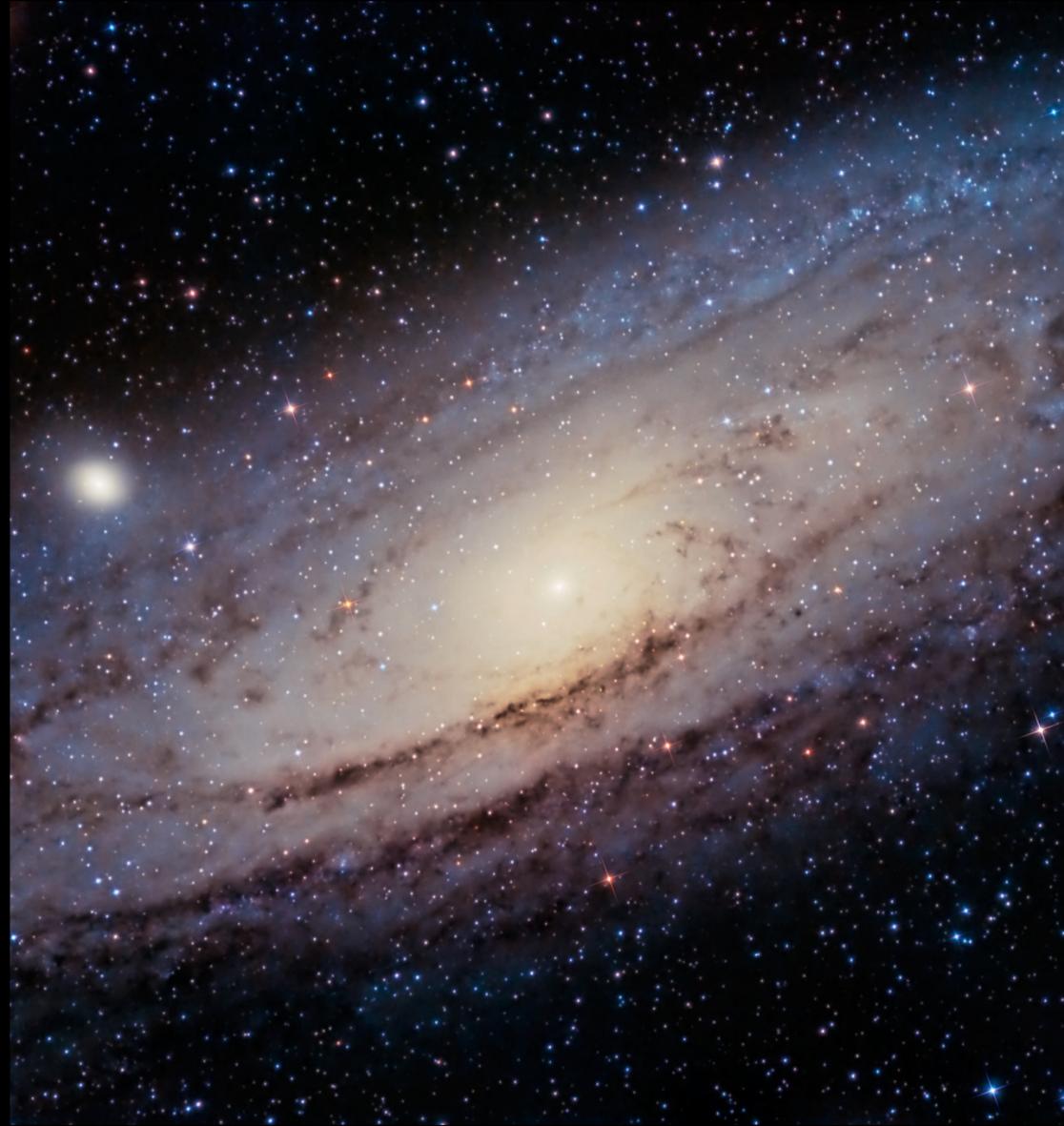


SACRED GEOMETRY

Divine Intelligence



THE SACRED SCIENCE OF ASTROLOGY

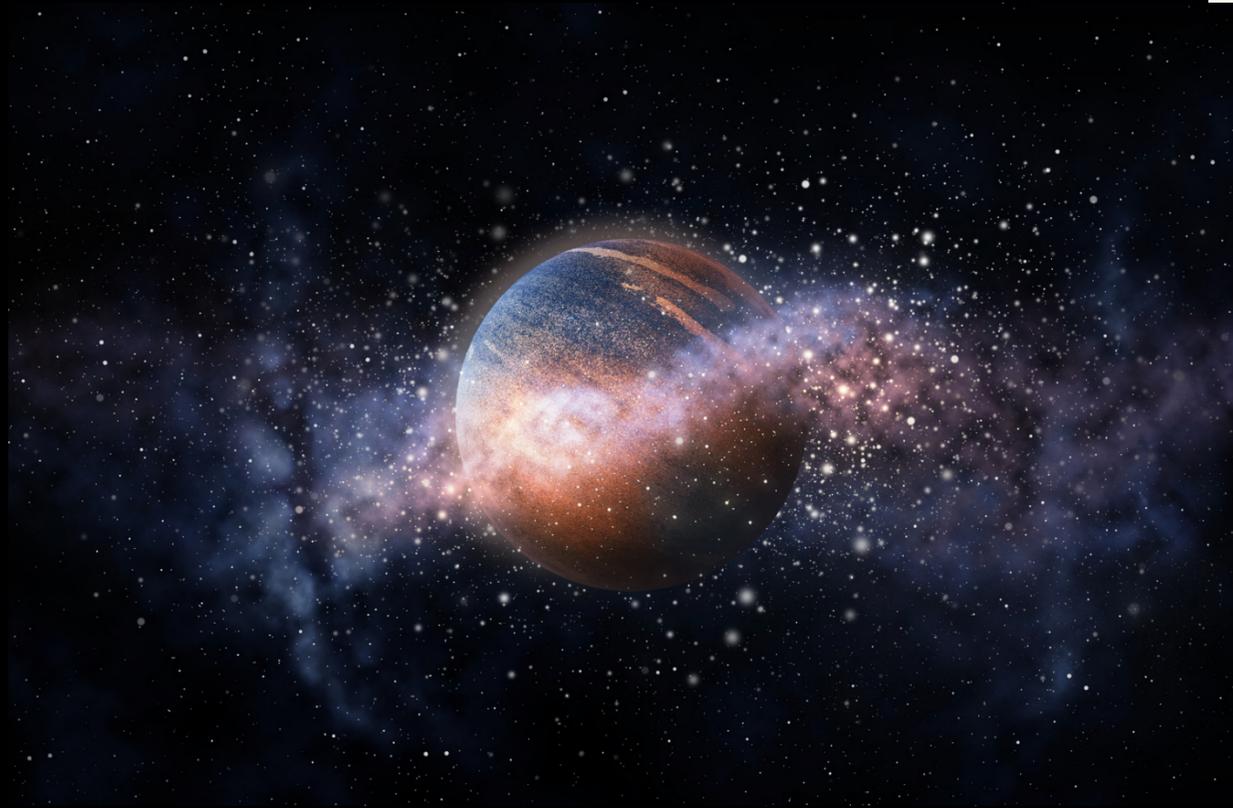


— GALAXIES AND THE UNIVERSE

All of the planets, solar systems, universes, multiverses, and galaxies were created from Divine Intelligence, which is Source energy from Mother of All Creation. Divine intelligence moves in perfect flow with all other things in the Universe.



— ENERGY SIGNATURES



*Each planet was created from
LOVE, each representing
different aspects of Mother &
Father God. All planets have
their own energy signatures,
just like we do.*



— THE CORE PLANETS



The core planets, Sun, Moon, Mercury, Venus & Mars make up who we are at our core, our unique spark of Source.

Sun=Expression

Moon=Feeling

Mercury=Communication

Venus=Inner Feminine

Mars=Inner Masculine



— THE EXPERIENCE PLANETS

*The experience planets manifest
experiences of lessons and
blessings for us on our journeys.
They are master teachers.*

*Jupiter=Expansion &
abundance*

*Saturn=overcoming challenges
& blessings*

— GENERATIONAL PLANETS



The generational planets affect all souls who incarnated in the same generational wave, and show what we came to transform.

*Uranus=Rebellion & evolution
Neptune=Oneness & divine
inspiration
Pluto=death/rebirth*



THE NORTH NODE

The North Node of Destiny in our charts is our divine path that we chose to walk before we came, it is our highest alignment

Once we have transformed what we came to transform, we begin walking our soul path, which is the North Node



CHIRON~THE WOUNDED HEALER

Chiron carries our biggest wound but also our greatest gift, once we heal the wound. We carry these wounds through each lifetime and this is our final moment to heal and let go, and become the healer .



ALL OF THE PLANETS
WORK TOGETHER AS
UNIQUE EXPRESSIONS

THE PLANETS ARE
ALSO ASPECTS OF
OURSELVES IN
ENERGETIC BODIES



THE PLANETS MOVE
IN DIVINE FLOW WITH
CREATION & THE
DIVINE PLAN

WHEN WE WORK
WITH THE PLANETS,
WE FLOW WITH THE
COSMIC ENERGY OF

LOVE



— WE LOVE OUR
PLANET
EARTH=HEART



Planet Earth is the Heart of the Universe, the Divine Love planet of harmony, peace, & possibilities



Conversations with the Planets

GETTING TO KNOW THE SOLAR SYSTEM!
ASK THE PLANETS TO SHARE ABOUT
THEMSELVES

The Sun



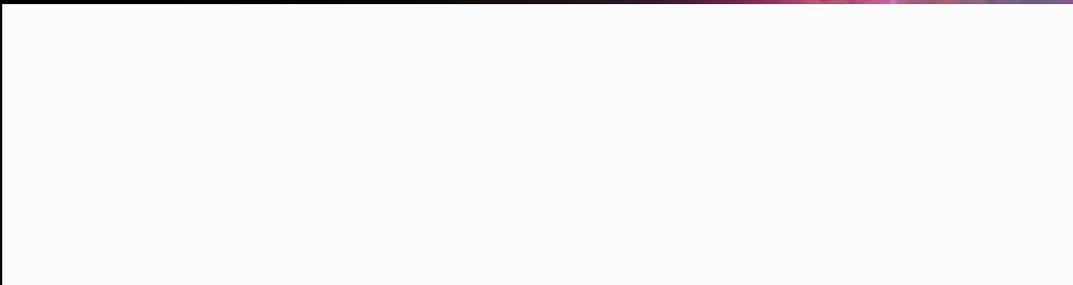
The Moon



Earth



Mercury



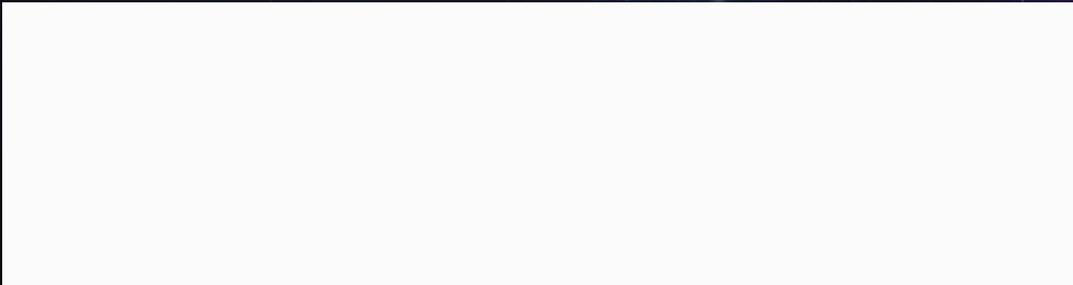
Conversations with the Planets

GETTING TO KNOW THE SOLAR SYSTEM!
ASK THE PLANETS TO SHARE ABOUT
THEMSELVES

Venus



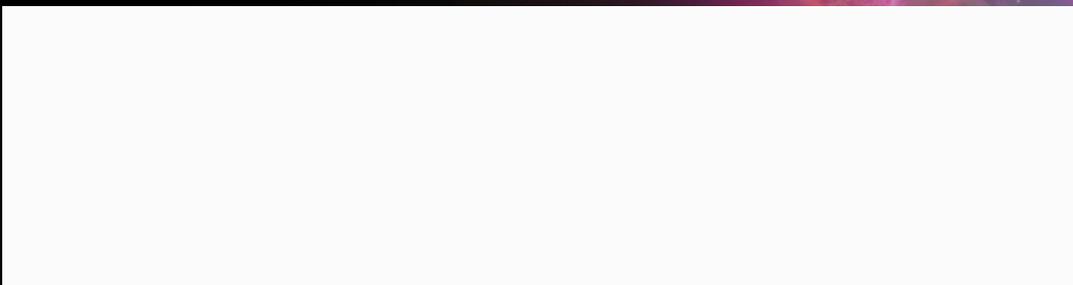
Mars



Jupiter



Saturn



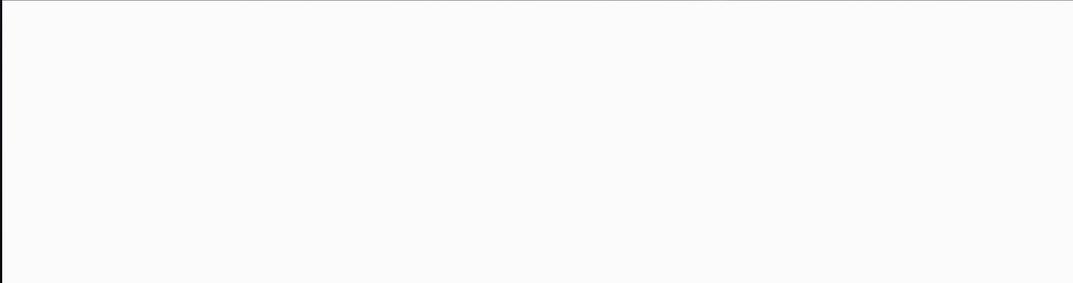
Conversations with the Planets

GETTING TO KNOW THE SOLAR SYSTEM!
ASK THE PLANETS TO SHARE ABOUT
THEMSELVES

Uranus



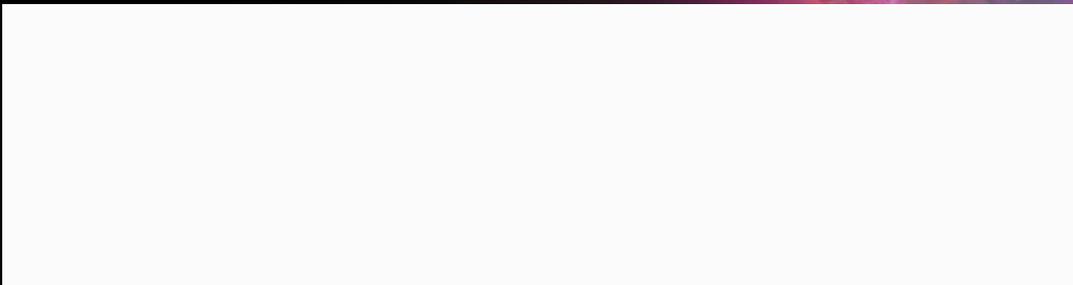
Neptune



Pluto



Chiron



Sacred Science In Nature

There are so many magical clues in nature that show us a world of infinite possibilities. Our bodies are made of the same energetic building blocks as the nature around us. We are part of Nature and are governed by Universal Laws. We are interconnected with all that exists. Such clues of our sacred connection are not yet taught in mainstream school but it has always been there, hence why it is sacred (special) and worthy of observing and studying.

Everything in the Universe has a unique rhythm that it beats to, and these different rhythms develop into patterns, cycles, etc., in life. These geometric patterns, shapes, and mathematical formulas are central to life, to creation, and the universe. Nature encourages us to follow the natural flow of energy and harmony of the Universe.

Examples of special patterns in nature include sacred geometry and the Fibonacci sequence. Sacred geometry is shared amongst naturally occurring shapes.

One of the most common shapes in nature is the circle, and all other geometric shapes can be determined from a circle. The circle can be found everywhere. Some of these circles in nature were formed by natural growth, some by the action of the wind or waves on natural textures, some by animals making homes or escaping from homes, some are nature cause and effect and some are a byproduct unwanted by nature.



Geometric Patterns

We see **Circles** in so many flowers, seeds and plants and the food we eat. We have only to spot the rings in a tree's growth, the perfect circular cup of the acorn and ripples in puddles to be rehearted of what the ancients called the 'monad' in natural forms in this universe. Monad from the Greek word monas meaning "unit", is an elementary individual substance that reflects the order of the world and from which material properties are derived.

Beach stone



Rings in Onion



New Moon



Rabbit Droppings



Slice of Bamboo



Citrus Fruit



Owl Butterfly Wing



Tree Rings



Hexagons are startlingly omnipresent in nature and their properties are somewhat awe-inspiring. Hexagons are as close as science gets to magic. There are hexagonal cells created by Honeybees to hold their honey. There's a whole family of crystals that are hexagonal. Snowflakes are hexagonal.



Geometric Patterns

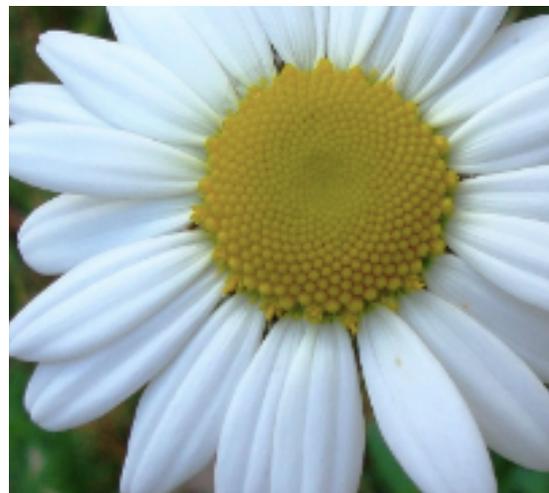
Spirals are also a common forms of natural geometry. When ferns emerge in spring the new growth appears as a spiral. There are many spiral fossils found in rock on coastal lands of the UK. Birds of prey are known to descend in a spiral movement as they home in on their prey, because of needing to always keep the prey in sight. There are spiral galaxies in outer space we still know so little about. Air flows in spirals around objects and water will form in a vortex spiral down your plug hole.

These and other geometrical shapes always seen in nature provide us proof of our beautiful connection with All Of Creation.



Fibonacci

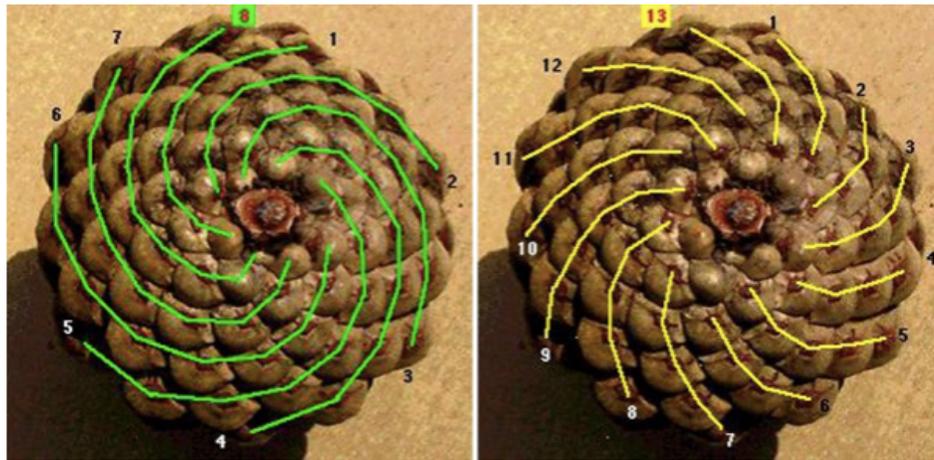
Have you ever pulled the petals off of a daisy? If you look closely at the center of a daisy, you will find that the yellow center is not solid. It is made up of sets of spirals that go out from the center.



Fibonacci

Fibonacci sequence, a pattern where every number is the sum of the two preceding numbers. The sequence goes 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, and so on. Fibonacci numbers pop up all throughout nature, whether in the number of spirals on a pinecone, an artichoke's flowers, or the pattern of leaves on a stem. See if you can count the spirals on any pinecone in your backyard.

Look at the pictures of a pinecone. It has those same kinds of spirals. They don't go around and around in a circle — they go out like fireworks. Look at the pictures below to see what that looks like. How many spirals go in the clockwise direction (green lines)? How many spirals go in a counter-clockwise direction (yellow lines)? Isn't that strange? Wouldn't you expect that they would be the same?



To understand the spirals in pinecones, pineapples, daisies and lots of other things in nature, we have to meet a mathematician named Leonardo de Pisa. Most people call him Fibonacci (pronounced fib-o-nawch-ee). About 800 years ago, he wrote a book in which he included a math problem that went like this:

"A certain man put a pair of rabbits in a place surrounded by a wall. How many pairs of rabbits can be produced from that pair in a year if it is supposed that every month each pair begets a new pair from which the second month on becomes productive?"

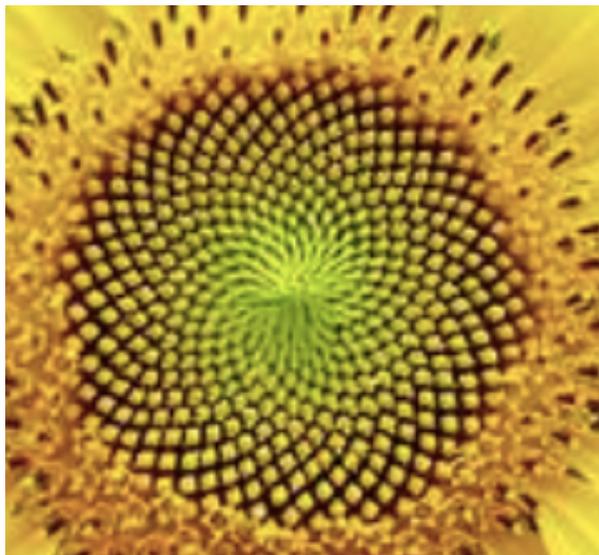
Fibonacci

Fibonacci's work on this problem led him to this sequence of numbers:

0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144 ...

Can you figure out what the next number in the sequence will be? We call this the Fibonacci sequence, and the numbers are called Fibonacci numbers. To get the next number in the sequence, you add the previous two numbers together. Now go back and look at those pinecone spirals. What do you notice about the number of spirals in each direction, now that you know about Fibonacci numbers?

The seed heads of flowers are in Fibonacci sequence spirals like you saw in the pinecones. Look at the seed head of this sunflower. Do you see how packed in the seeds are? But none of them gets smashed. The spiral pattern lets the flower fit the most seed heads in the least space.

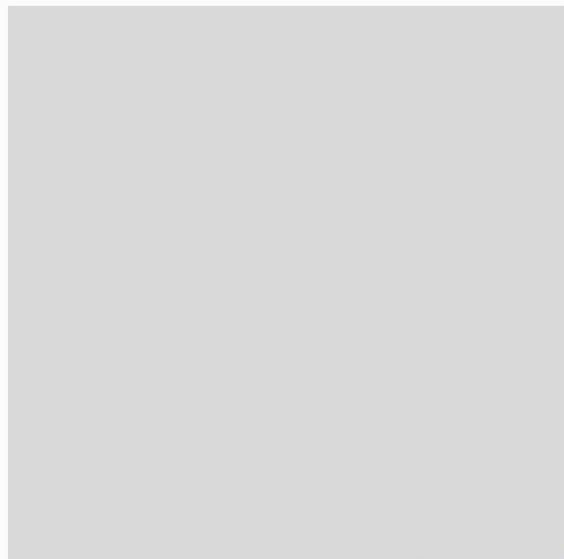
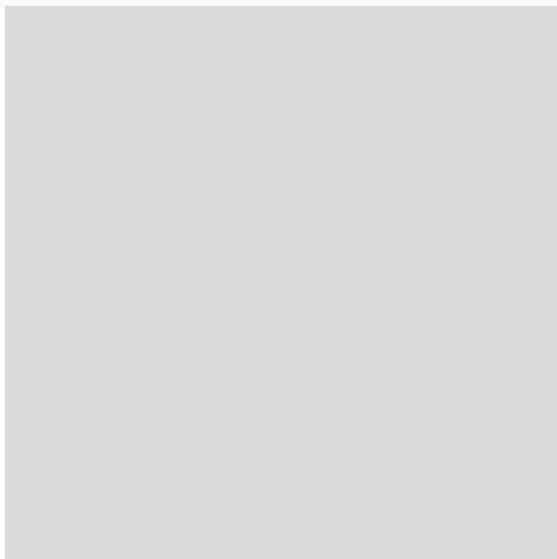
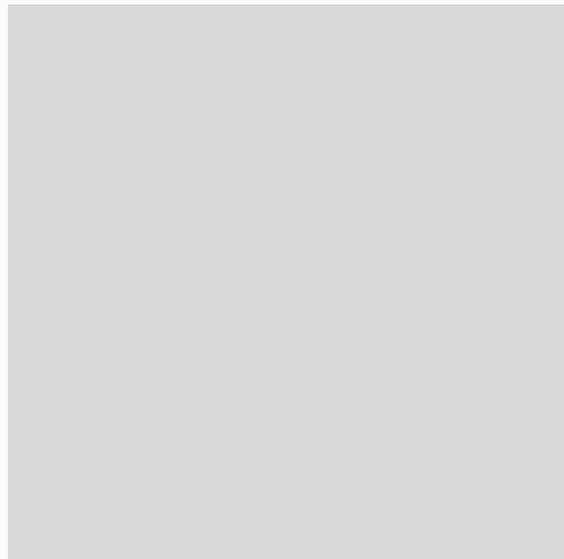
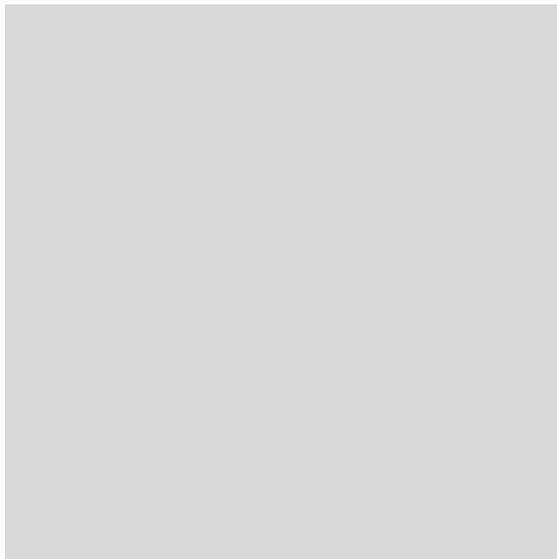


How do you think you could use this information in your life? Do you think it would work to try to pack a suitcase like this? Why or why not?

SACRED SCIENCE IN NATURE

Go for a walk and look for examples of sacred geometry and fibonacci. Look carefully at different flowers and their parts. Also look for leaves and things on the ground that may have come from the trees.

Draw your observations here:



Sacred Nutrition

Being aware of your food, and giving the appropriate gratitude for each consumable thing you place into your sacred vessel. A piece of bread is transformed when you feel into the scene in the wheat field, where the wind is blowing through the fields. The sun is growing the plant, the sky is watering the wheat. All the way to that final piece of bread. Its is powerful to be conscious of what you are eating, and can transform any meal into a nutritionally beneficial meal. Having gratitude and thanking Mom for each thing you eat and the process that brought that gift to you will also be a powerful transformation with many beings and their eating habits.

A 28-48 hour water fast is a fantastic way for your body's digestive system to take a break, and use the food that is already inside your body and expel the waste. A huge amount of caloric activity is used each day by our digestive system, as well as energy that could be used for actually healing our bodies. In our next class, we will be discussing Apoptosis and Autophagy, as well as their roles in completely clearing our sacred vessels of all inorganic materials. Fasting consists of Just consuming water with a squeeze of lemon for 24-48 hours. Its a complete break from all foods. When you break your fast, A broth or a yogurt are great ways to wake your digestive system up again, and you will be delighted with the energy boost you feel. You will begin to wonder WHY you have been eating 3 meals a day all this time.



Mother God has shared with us some of her Essential Foods that she considers great staples for each beings everyday diet. This is not a comprehensive list by all means! Mom has shared that using organic foods whenever possible is highly essential to keeping a pure vessel. Mom has also specifically mentioned eating meat. Red meat has amino acids that specifically help your right brain and left brain merge into one divine super brain. Animals have come to this planet with contracts just like human beings have, and it is part of their experience and known to them to be food on this planet for Humans. This information has come directly from The Mother of All Creation herself.

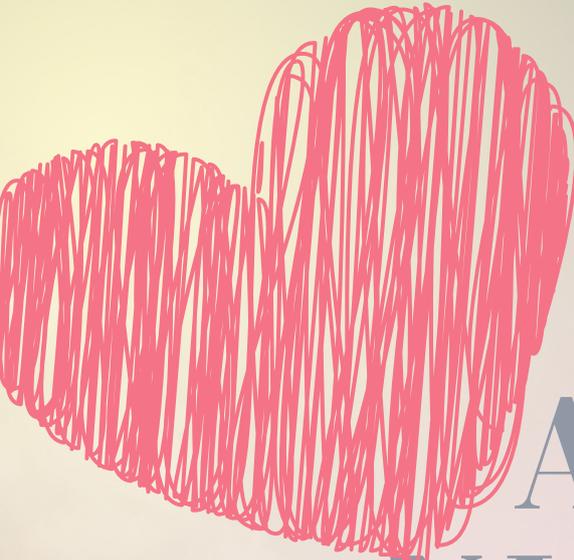
Coconut Oil.	Peanut Butter.	All meats.	Avocados
Olive oil.	Truffle oil.	Salmon.	Jumbo shrimp
Essential oils	Colloidals.	Plasma.	Water
Turmeric.	Green tea.	Fruit.	Vegetables

Most importantly, Mom has shared to eat with JOY. Love what you are eating, show gratitude and appreciation, and be in joy. With the basic guidance of sacred nutrition from Mom on making good eating choices, You can best prepare your sacred vessel for the ultimate ascension into 5D!

Nutrition Activity:

Pick one of the food items on the list provided in this document and find a recipe on the internet which includes that ingredient in it. Choose a recipe you have not tried before. Make a meal and enjoy!

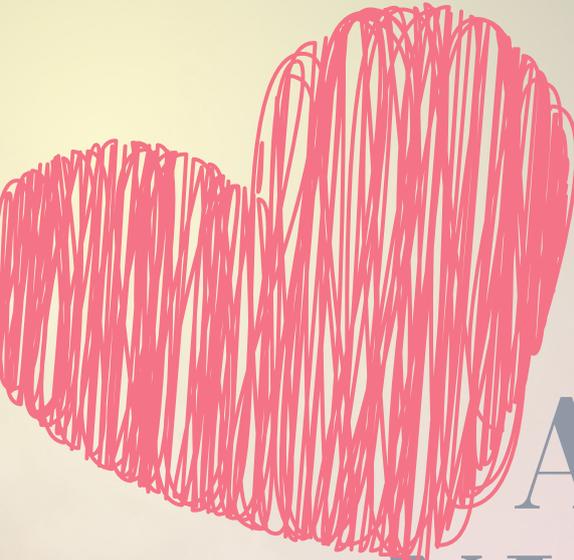




ANGEL NUMBERS

ANGEL NUMBERS ARE CALLED
SYNCHRONICITY NUMBERS.
WHEN YOU SEE NUMBERS SUCH
AS 11:11, 333, 555, ETC., THE
ANGELS ARE SENDING YOU A
MESSAGE!

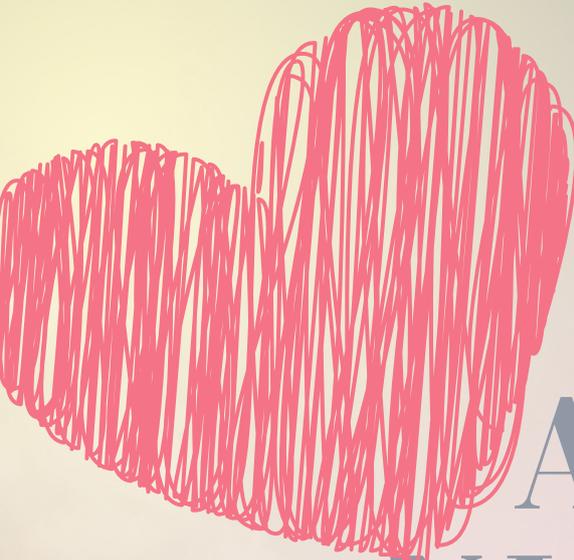
WHEN WE SEE ANGEL NUMBERS
IT MEANS WE ARE IN THE
PRESENT MOMENT OF NOW AND
WE ARE ALIGNED WITH SOURCE,
AS THOSE SYNCHRONICITIES
ARE ONLY SEEN IN DIVINE
TIMING



ANGEL NUMBERS

OUR ANGELS ALSO SEND US
PERSONAL MESSAGES,
NUMBERS THAT MAY BE
SPECIFIC TO OUR ANGELS OR
OUR ESSENCE

LOOK FOR NUMBERS THAT
APPEAR TO YOU OFTEN AS
UNIQUE REHEARTERS FROM
YOUR ANGELS. SOME OF US SEE
SPECIFIC NUMBERS SUCH AS 177,
1234, OR 911,.



ANGEL NUMBERS

LOOK AT THE NUMEROLOGY FOR
ALL THE ANGEL NUMBERS YOU
RECEIVE AND FEEL INTO THE
MESSAGE YOUR ANGELS ARE
SENDING YOU !

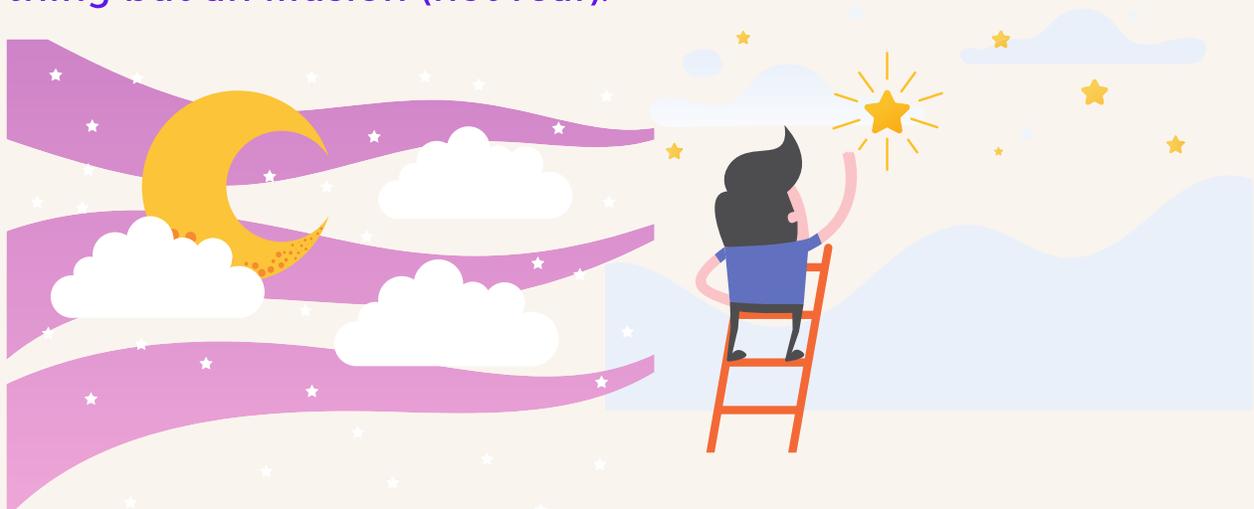
WRITE THEM DOWN! KEEP A
JOURNAL OF ALL THE ANGEL
NUMBERS YOU GET
THROUGHOUT THE DAY AND
FEEL INTO THEIR MESSAGE. THIS
HELPS US STAY ON TRACK WITH
OUR ANGEL GUIDANCE.

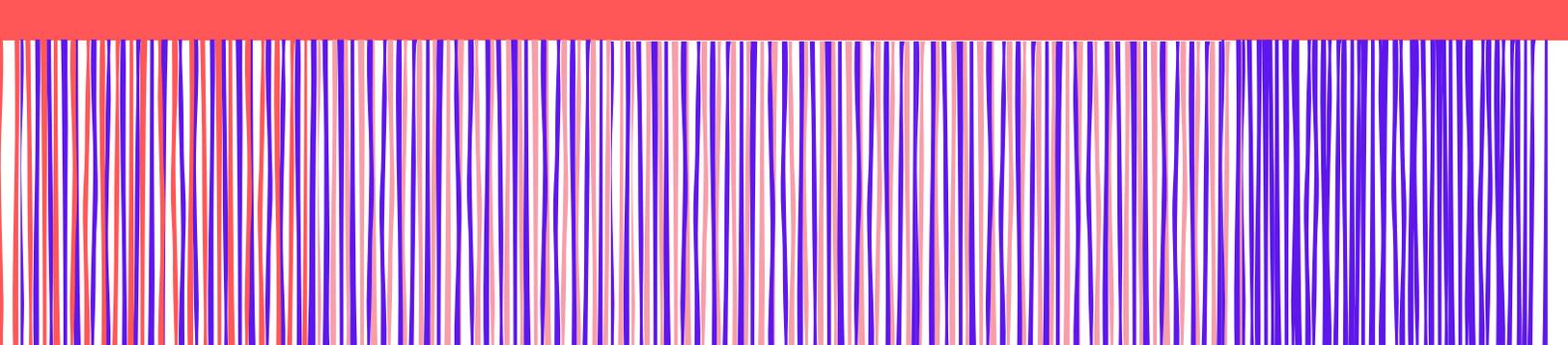
The Law of Energy

We are All Interconnected

From thoughts to people, everything is made of energy, and that's what this law stands for. The Law of Energy is also known as the Law of Vibration, and this means that energy comes in countless frequency levels. Energy and vibrations are being sent out into the Universe constantly, so the Law of Energy is always in motion. This is a concept that is not as yet taught in mainstream schooling.

Just like the air we breathe which we cannot see, so is energy all around us and in us that we cannot see but it doesn't mean it isn't there. Physical matter is what can be seen with your eyes. Non-material is what cannot be perceived with the eyes but can definitely be felt. Scientists only began exploring Non-Material science about a hundred years ago, to better understand the relationship between energy and the structure of matter. When they did this, scientists realised that matter (physical stuff) is nothing but an illusion (not real).





A fancy term called **Quantum Mechanics** emerged. Quantum means the minimum amount of any physical matter involved in an interaction. Quantum mechanics introduced the concepts of energy, frequency, emotions, feelings, thoughts, beliefs, and consciousness. These concepts play a vital role in what we refer to as the physical material world today.

If we understand how everything is interconnected, we can make better decisions and become more aware of what impacts we are having not just on a physical level, but on a spiritual level as well.



Ever been around a negative person and felt your own positivity lessen? That's one example—but it can also work the other way around: Higher frequencies transmute lower ones when applied with intention. Knowing this, we can positively influence and transform negative energy around us with our thoughts and actions.

Vibrational Scale of Consciousness

Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Power vs Force: the hidden determinants of human behaviour; David R. Hawkins, M.D., Ph.D.

Love, Joy and Peace are the highest vibrational states. Have a look at this table above to see the different types of feelings we feel and their corresponding levels of vibration.



How to Make the Law of Energy Work for You

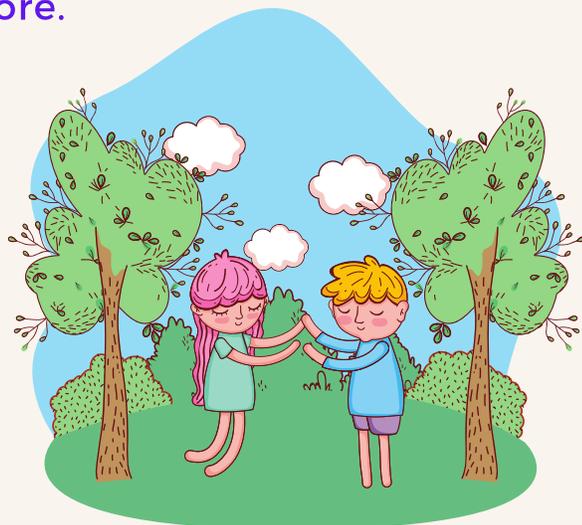
It is helpful to understand that "like energy" attracts "like energy." Love attracts love; pain attracts pain, health attracts health, and so on.

When you understand that the things that you feel, say, and think, are aligning with similar frequencies within the universe, it changes your perspective on where you put your focus.

It gives you the understanding that if you continue to allow anger and fear into your life, you are more likely to experience more of that in your life.

Working with the law of energy is as simple as creating the power within you that you want to experience more of. If you see a lot of negativity in your life, all you need to do is turn that energy around. The more you are in gratitude, love, prayer, the more you will attract the abundance of Mother Earth into your experiences.

To see things start to manifest for the better in your life, you must find a way to maintain the level of energy that you want to attract. In essence, it must become your baseline level of energy. The good news is, once you can raise your energetic frequency and keep it there, abundance, love, peace, luck, and joy start to flow towards you more and more.



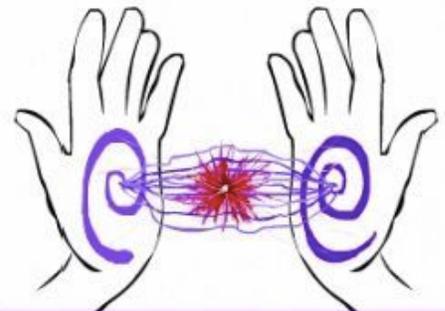
LAW OF ENERGY- ACTIVITIES

~Energetic Hands ~

Get a feel for the energy in your hands. The middle of your palms are considered to be very powerful centers of qi energy. To feel this energy, hold your hands in front of your chest as if you were lifting a bowl of water. Relax your hands, allowing them to curve naturally and hold this position for about 30 seconds.

Now, form an energy ball between your hands as shown in the diagram. Play around by making your hands come closer together then further apart. Can you feel something in between your hands?

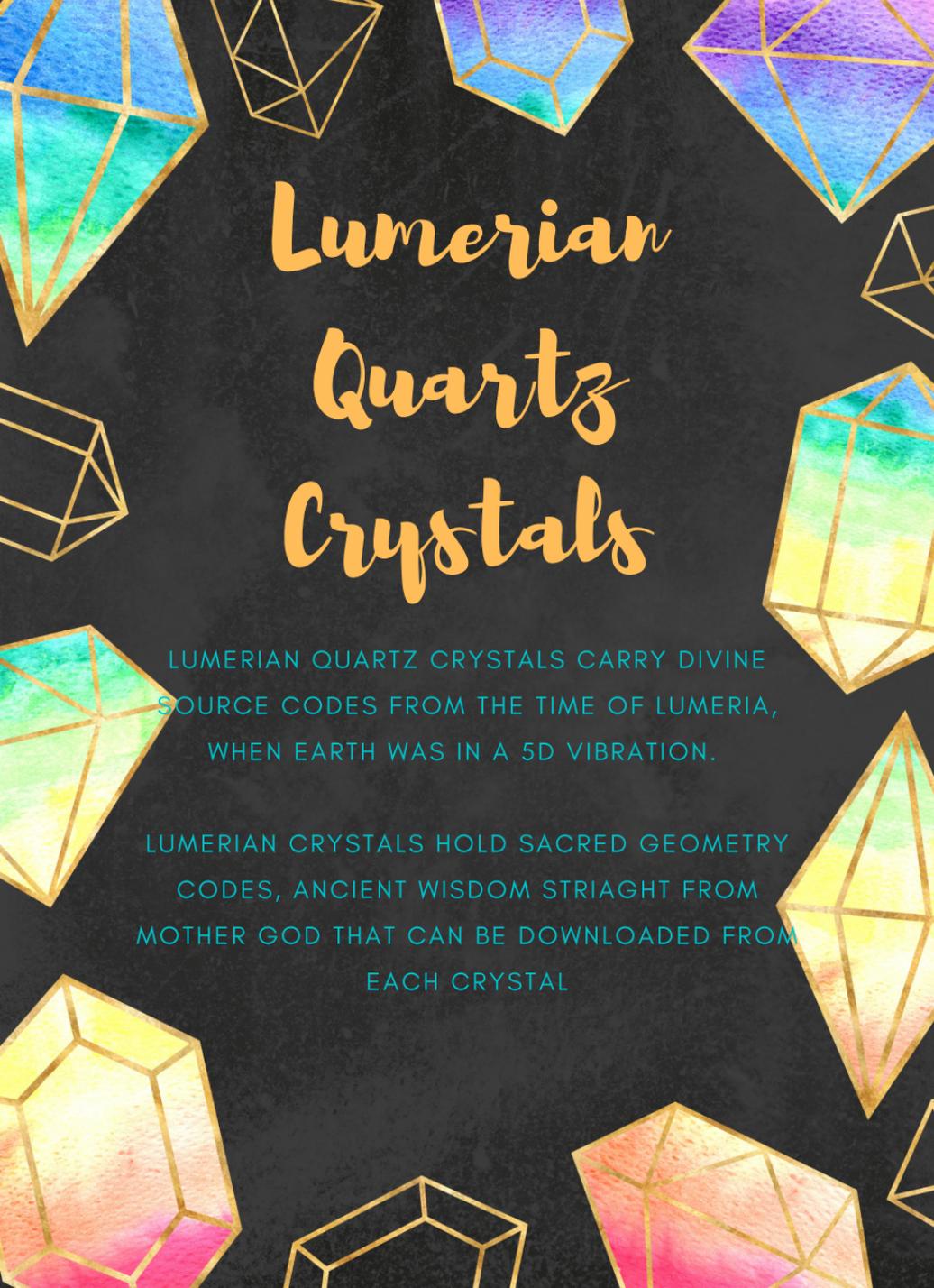
Try forming a ball between your hands based on what your hands feel.



~Heart Telepathy Game~

For 2 or more participants. Have one person feel into a colour, bring that colour to their heart space, say they are ready, and the other person tap in to what that colour is.

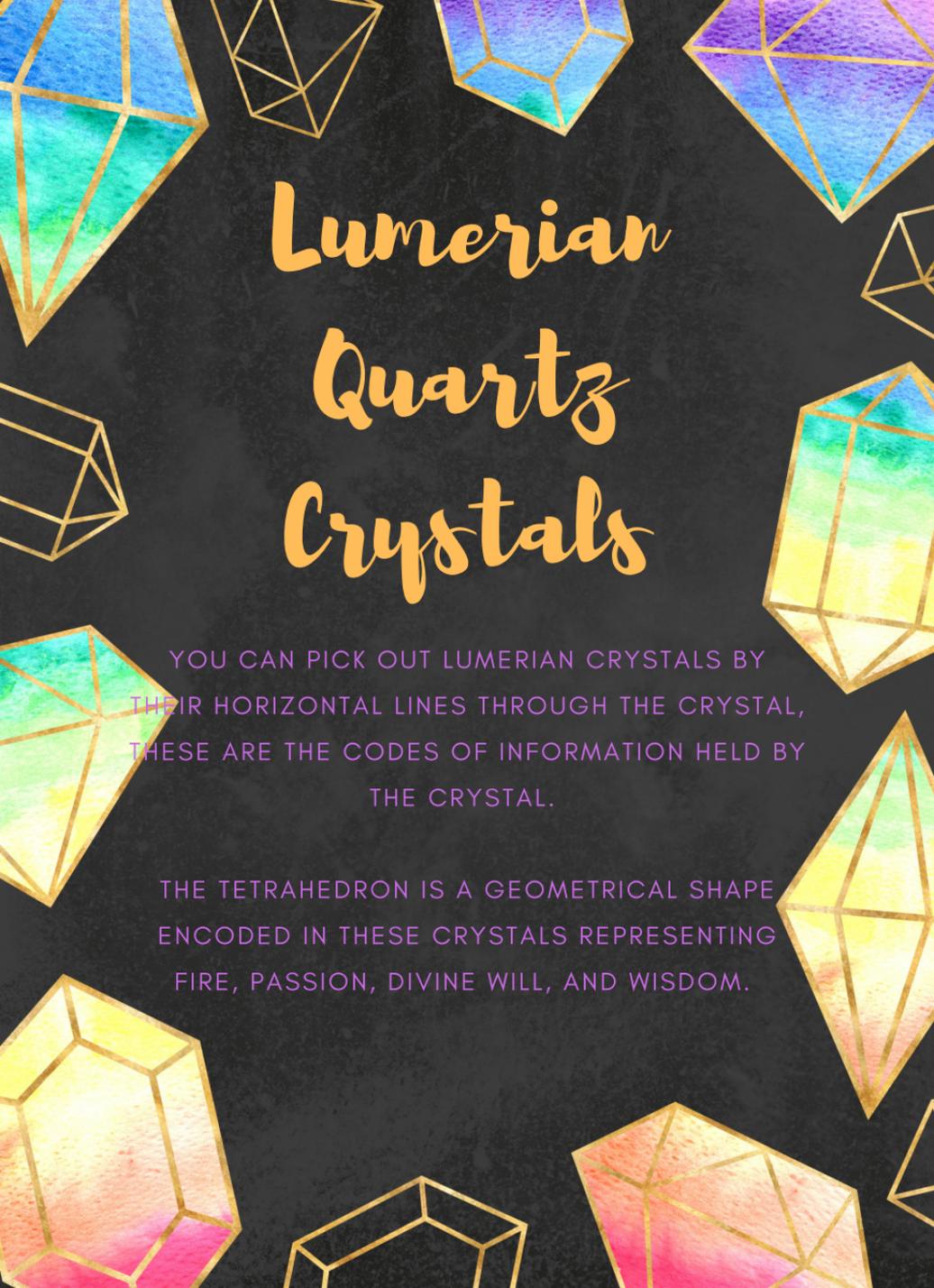
Use your heart to feel the other person's colour. Take moments to get centred and wait for a colour to emerge into your awareness rather than searching for it in your mind.



Lumerian Quartz Crystals

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WHEN EARTH WAS IN A 5D VIBRATION.

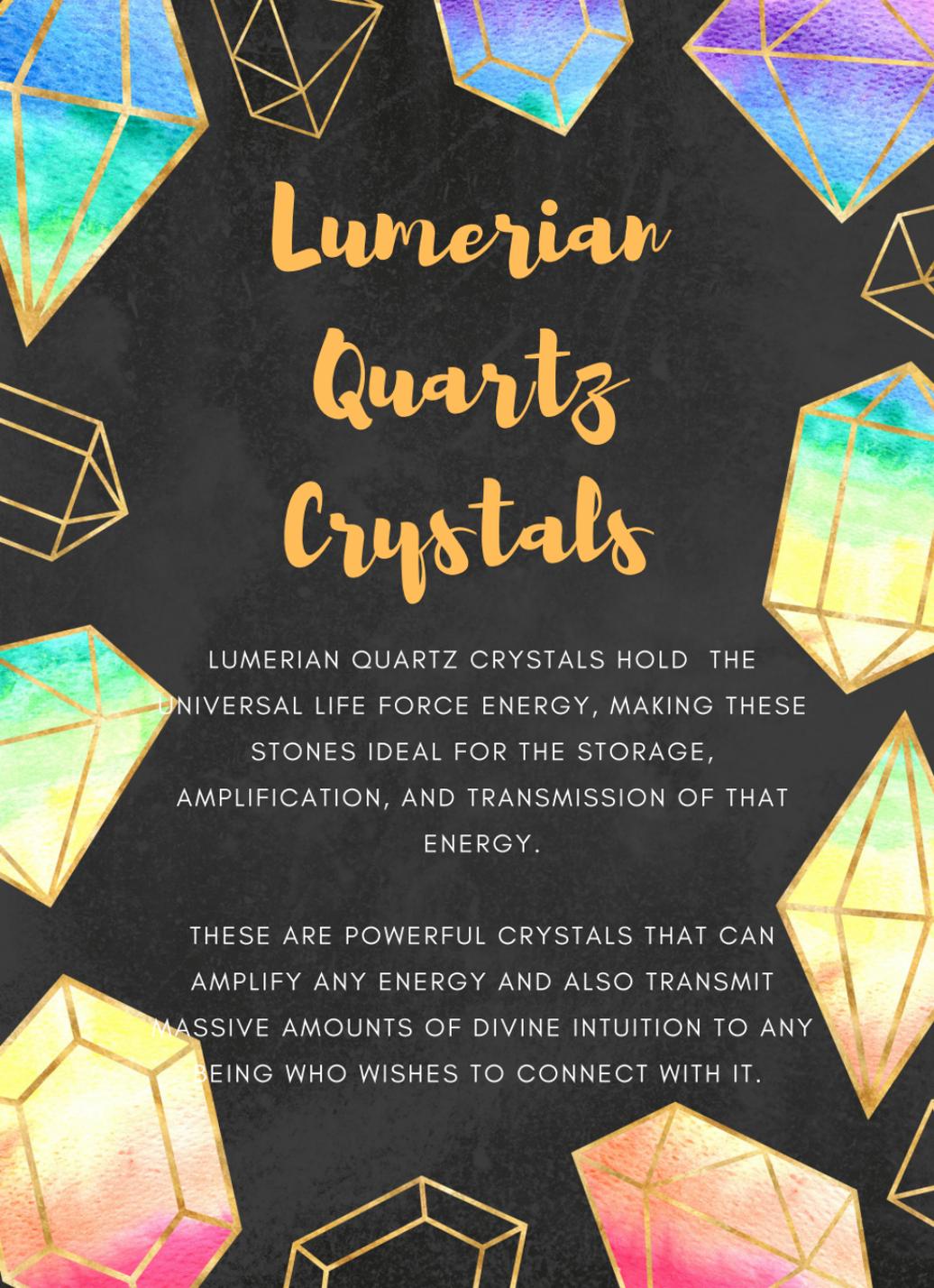
LUMERIAN CRYSTALS HOLD SACRED GEOMETRY
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MOTHER GOD THAT CAN BE DOWNLOADED FROM
EACH CRYSTAL



Lumerian Quartz Crystals

YOU CAN PICK OUT LUMERIAN CRYSTALS BY THEIR HORIZONTAL LINES THROUGH THE CRYSTAL, THESE ARE THE CODES OF INFORMATION HELD BY THE CRYSTAL.

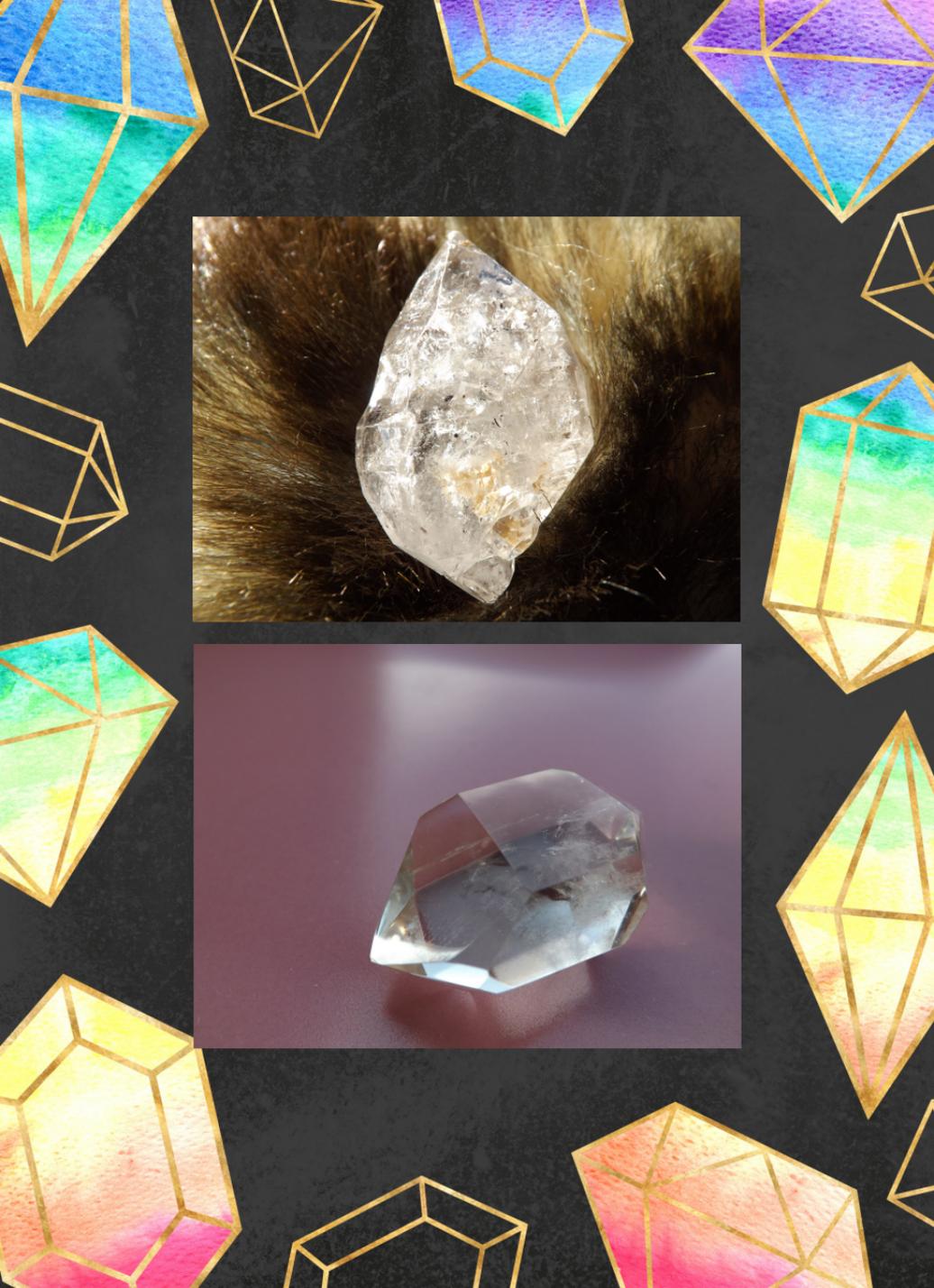
THE TETRAHEDRON IS A GEOMETRICAL SHAPE ENCODED IN THESE CRYSTALS REPRESENTING FIRE, PASSION, DIVINE WILL, AND WISDOM.



Lumerian Quartz Crystals

LUMERIAN QUARTZ CRYSTALS HOLD THE UNIVERSAL LIFE FORCE ENERGY, MAKING THESE STONES IDEAL FOR THE STORAGE, AMPLIFICATION, AND TRANSMISSION OF THAT ENERGY.

THESE ARE POWERFUL CRYSTALS THAT CAN AMPLIFY ANY ENERGY AND ALSO TRANSMIT MASSIVE AMOUNTS OF DIVINE INTUITION TO ANY BEING WHO WISHES TO CONNECT WITH IT.



PENGUIN

Spirit Animal



DID YOU KNOW?

Penguins live most of their life both on land and in water. You will find these birds in the southern hemisphere in cold regions.

Although they are birds, Penguins cannot fly. They have a unique, colorful color of black and white. It enables them to adapt well to their habitats.

Penguins are unique birds that have good communication skills amongst themselves. They live in families and groups with a good adaptation skill.

COMMUNICATION

Penguins have specific ways in which they communicate among themselves. The mother's communication with her young ones is different also. This good communication skill result in a good relationship among themselves. Penguin Spirit encourages us to be communicable at all times.

BE DISCIPLINED

Penguins have a very high level of discipline amongst themselves. It helps them to relate and live together in harmony and peace.

The self-discipline that penguins represent will enable you to achieve a lot in life.

COMMUNITY

Penguins live in groups helping others. It has helped the Penguins to survive over the years. It promotes the aspect of teamwork among them. Penguin spirit communicates a message of partnership among us. It is the element of togetherness. Together you can achieve more and do a lot as compared to alone.

At the same time, Penguins are unique from other birds. It means that we are supposed to be unique from others in our own way.

PENGUIN

Spirit Animal



CLEAR VISION

Penguins have clear vision when in water. It is their feeding and hunting grounds. They can easily fish while in water. Though they don't have clear vision when on land. The message here is that it is important to focus your energies in line with your dreams, otherwise you lose sight of it. Always have clear intentions. Shutting negativity and bad influence is also associated with this message.

CONNECT

Call on your Penguin Spirit Animal when:

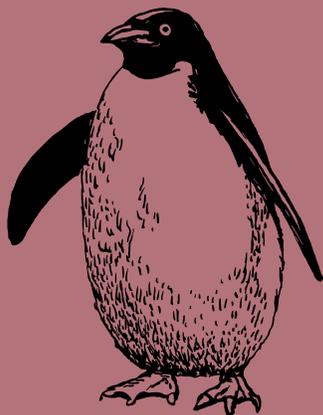
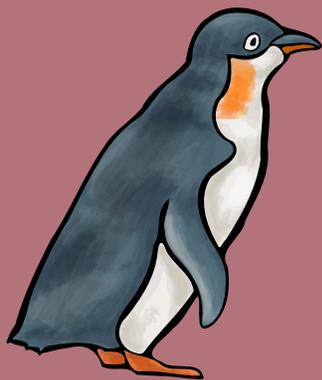
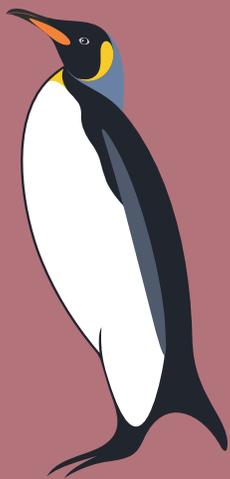
You need to experience some fun and play. All work and no play creates imbalance! Make sure that you treat yourself to some rest and relaxation so that you will continue to function at 100%.

You need to cast your fears aside. Being brave is a scary thing to do, but you need to do it if you want your life to change for the better. Learn to let go of the familiar so that you can experience something new and different.

You always have a choice to be kind, forgiving, brave, and loving.

ADAPTIVE

Penguins show intelligence and natural adaptation. Penguins' black back helps them from air attacks when in water. The white-colored front side helps them to adapt to attacks from inside the pool like sea lions. It is a message that you will adapt well to any new surroundings.



EGG CARTON ACTIVITY

Have fun making mini penguins from egg cartons!

You will Need:

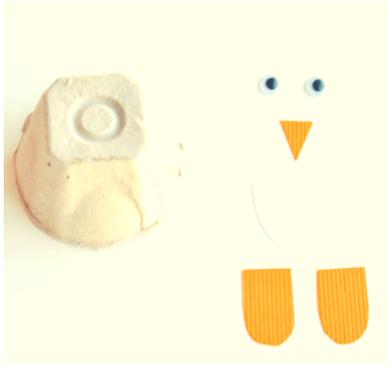
Egg Carton

Black Paint

White and Orange Paper

Googly Eyes

Glue



1. Trim the cups out of the egg carton. Cut out a beak, belly and feet.



2. Paint carton cups black and let dry completely.



3. Glue the white belly onto the little bump of the egg



4. Glue on beak and eyes



5. Glue on the feet on the inside of the egg cup.



6. Repeat steps until you have made a few cute penguins. Enjoy!

For another super fun activity, how about trying to walk like a penguin? And then having a penguin race with your friends...

CRYSTAL
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ACTIVITY:
ALLOW THE
EYES TO
FALL SHUT
AND BRING
YOUR
HANDS TO
HEART
CENTER



TAKE 3
DEEP
BREATHES
THROUGH
YOUR NOSE
AND OUT
THE
MOUTH



CRYSTAL
SCHOOLS

Tree pose



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TREE POSE
ACTIVITY:

PLANT
YOUR FEET
FIRMLY
INTO
MOTHER
EARTH



GROW
YOUR TREE
BRANCHES
AS TALL AS
YOU CAN

THANK
MOTHER
EARTH FOR
ALL OF HER
BEAUTIFUL
TREES



The Science of Meditation

Meditation can bring healing to the body with positive intentions, opening of the third eye, and greater intuition. When we bring ourselves into center through meditation, the brain is able to open up to higher states of consciousness

Meditation can be any activity that brings you peace and into the present moment

Meditation brings you into the present moment of now, which aligns your chakras and brings you into the heart

Prayer, listening to music, walking, stretching, yoga, I AM affirmations, etc., are all forms of meditation

Meditation and conscious breathing, in love, and exhaling love, can change the vibration of any environment in minutes

Meditation can be used to heal the physical vessel

Date:



Solar Plexus
"My will and Divine will are One.
I feel empowered and confident
in all
of my choices. I manifest all of
my dreams with ease. I do"

Root chakra
"I am connected with the
energy of Mother Earth. My
body, mind and spirit are
grounded and centered. I
am always supported. I am
cared for. I am"

Sacral chakra
"I love all dimensions of
myself. I am creative. I am
beautiful. I joyfully weave
the creative tapestry
that is my life. I Feel"

Throat Chakra
"I am aligned with momma gods truths and wisdoms."
I communicate clearly and
with certainty. I express my truths with ease. I
speak."

Heart Chakra
"I love unconditionally. My heart
is open to receive and give the
energy of love.
I radiate this essence and I walk
my path with ease and grace. I
Love."

Crown Chakra
Affirmation: "I don't
know shit, I am open to receive
all the wisdom of the universe. I
am a vessel
for higher knowledge. I embrace
the unknown. I understand
there is much I do
not know. I understand"



Third Eye
Affirmation: "I see the
bigger picture, I consider all perspectives, I
am open to new perspectives. I
see"

Date:

SELF REFLECTION ACTIVITY

Month:

My favorite part of the month was:

Something new I learned this month was:

An activity I did this month that I was grateful for was: