

A close-up photograph of a hand with rainbow-colored paint applied to the fingers. The background is a dark wooden surface with a vibrant rainbow light projection. The text is overlaid on the top and bottom of the image.

MOTHER EARTH'S
CRYSTAL SCHOOLS
Training manual

ASCENSION
GUIDE FOR
CHILDREN

New Earth is here!

MOTHEREARTH'SCRYSTALSCHOOLS.ORG



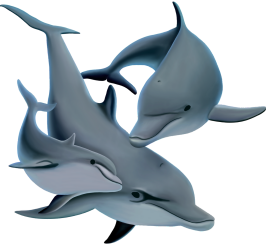
NEW EARTH IS HERE

Earth is a School for Angel Super Heroes. YOU are a Royal Angel. Everyone who has feelings is a Royal Angel. If YOU have seen the movie "Rise of The Guardians" YOU will remember that Jack Frost couldn't remember what his purpose was on the planet. It is the same for us. We forgot that we were Royal Angels when we came down here into the physical bodies. Your body is a physical thing.

A long time ago (about 26,000 years ago), the Dark Ones took over Earth. this happened after two major civilizations, Lemuria and Atlantis, were destroyed.

The Dark Ones created evil and fear like the boogeyman and created nightmares to replace beautiful dreams like in the movie. The Dark Ones created the Ego Programmed Mind to keep humans scared and worrying all the time. This fake world is known as the Illusion; people BELIEVE it is real but it isn't. The Dark Ones were known as many things including the Annunaki and the Illuminati. The ones who are left on the planet now are called the Cabal. They control people by making them believe everything they are told. They treat people like servants. They only know how to work and follow instructions from Governments who run the countries.





NEW EARTH IS HERE

The Ego program separated the left and right sides of the brain. The left side of the brain is what we use to think. This is what we use when we go to school and solve math problems for example. The right side of the brain is where we connect to our creativity, like when we draw pictures or do painting. The right side connects us back to our magical powers and to our divine Angel self.

Mother God is the Creator of All. After She was created, she then created Father God and Father of the Multiverse. The three of them are Known as the Trinity. From the Trinity, the first group of Angels were created, they are called the 144,000 original souls. Mother God then created the stars, the universe, the planets, the trees, animals, oceans, and everything else.

Energy is something you can feel with your hands and heart, it is not always something you can see with your physical eyes. We are all One. We are the same as each other. What we do to others, we do to ourselves. So, if you are mean to a friend, you are in fact being mean to yourself.





NEW EARTH IS HERE

The ego program created the flip. This means that we are made to believe the opposite of what is actually true. For example, people who believe in a religion see God as a man, when God is actually a woman. Just like here on Earth your Mom gives birth to you and you also have a dad who supports and cares for you, but you are created inside your Mother's Womb.

All pain and hurt come from lies and lower energies that the Cabal have made us believe is real.

Medicine that the doctors give us only make us sicker. That is why it is important to learn about natural ways to heal. Such as using natural herbs and plants as medicine.

People have been separated from God for such a long time now that the only way they survive is to steal energy from others. We do this by doing negative things to get attention. You might use fake crying to get others' attention, or fight with your sister or brother to get your parents to come help you.



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NEW EARTH IS HERE

Getting attention in this way is not the best way to feel love. We need to learn that we are love and that we are good enough to not need others to remind us of this love. Ego also wants to blame others, that it is someone else's fault that we feel a certain way. It is never someone else's fault, we all need to be responsible for how we show up and how we feel and choose to be One with God.

Mother God is our Love Mirror. What we see in her, is inside of us. We are the same as her. The Ego program will make you feel that this is not true. Ego will make you believe that we are all separate and that you know better than this. The Ego does this because it hates love and it doesn't want you to feel this amazing love that Mother God has for you.

Mother God knows Love is the only true reality. Love is the only thing she can feel and sense in every moment. We can choose to feel only Love and not be scared. When we choose Love in every moment, we help Mother God and the planet rise in Divinity and Unity Consciousness. This means we will again feel each other as just one big family of Angel Super Heroes. We can help create a New Earth full of magic where no darkness can exist anymore.





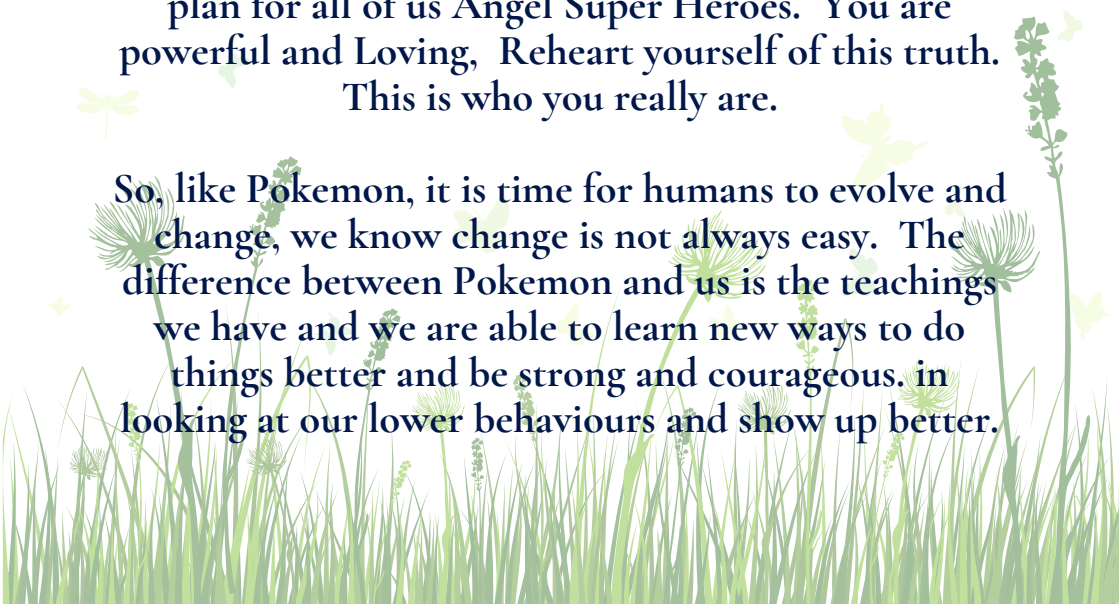
NEW EARTH IS HERE

Right now, new energies of love are coming into the Earth's atmosphere and entering our bodies. Sometimes this can make us feel weird, like dizzy or nauseas or can feel like anxiety as it feels so different. Grounding (bare feet on the ground) is giving this energy back to Mother Earth to to share with her and she then assists you to process all these energies and feel calm again.

We are the 144,000 original souls. Our job is to help Mother Earth transform all ego program by feeling Love in every moment and being in right action.

Being in right action means choosing to be kind, helpful and loving. We must trust in God's divine plan for all of us Angel Super Heroes. You are powerful and Loving, Reheart yourself of this truth. This is who you really are.

So, like Pokemon, it is time for humans to evolve and change, we know change is not always easy. The difference between Pokemon and us is the teachings we have and we are able to learn new ways to do things better and be strong and courageous. in looking at our lower behaviours and show up better.



NEW EARTH IS HERE

Everyone knows that Pokemon cannot evolve is he is not in Joy and Happiness. This is also a key in our evolution. We will be becoming our light bodies. Reheart yourself that you are GRAND, you are all PURE MAGIC.

Everything on Earth was pulled out of Equilibrium, now Mother and Father God have activated Balanced Harmonics on the Planet for the first time in eons.

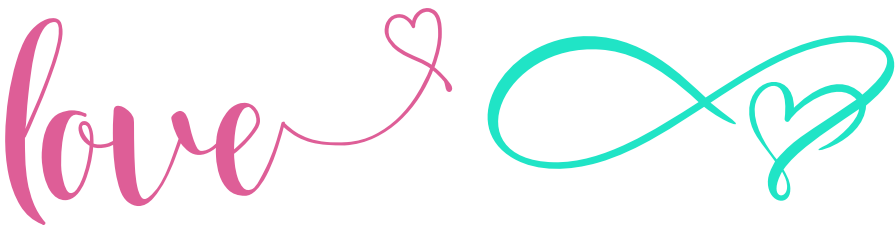


LOVE AND THE UNKNOWN

Love and the Unknown are the most powerful combination in existence and you know this, as Mother of all Creation came to be from this magical mix. It is time to remember who we really are and understand what makes us so special so we can transform that which does not let us evolve and become our Grandest selves. Everyone needs to look at their own vibrations, and move far away from anything that makes us feel low and has Dense Low Vibrational Energy. This will help guide you through Transmuting.

We all have personal energetic signatures and these are the things we all need to work on and get better at feeding ONLY with the higher intent to be able to evolve.

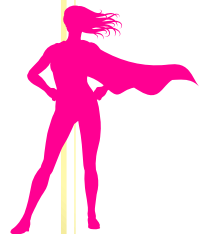
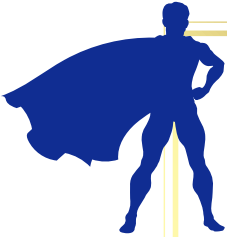
In Truth, ONLY your response to all Energy matters.



LOVE AND THE UNKNOWN

FUN EXERCISE

What Traits would you embody as a Super Hero?



OUR CHAKRAS

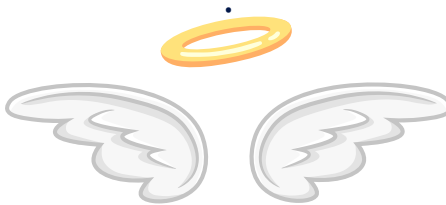
It is time to reheart what our energetic centers are and how to get better at charging them and reaching their best function.

Your Chakras, need to be free of all energetic blockages and to do this we need to practice the disciplines that will help us with each specific chakra and what they require.

In the Unified Energetic Field this means that we need to start living in a 7-day spiritual honoring mode centered on frequency and vibration, the language of the Universe.

There is a Galactic A-Team always around to help us do this. 24 Etheric Beings are Contracted to be permanently inside the Unified Field. They are all Ascended MASTERS and learning from them will help you become your greatest, grandest self.

Evolve to ignite your light body and gain a mastery level, you need to recover your wings and super powers. Angels bless us with their support and Wisdom every day.



OUR CHAKRAS

In True Reality we all have to reheart that we are Contracted to Ascend Planet Earth helping Mother God in the GREATEST MISSION OF ALL TIME.

Mother God contracted many Angel Assistants to help humanity move through the deep Illusionary Matrix Mind that everyone is stuck in to be able to EVOLVE and change the game.

The Chakra System is responsible for ALL the energy entering and exiting the body. We have 7-main Chakras within our bodies, each has an energetic requirement that must be honored. This is easily achieved by the using the Spiritual Practice of honoring our Chakras.



CHAKRA PRACTICE

ROOT CHAKRA

ENERGETIC REQUIREMENT: TRUST

Day: Monday Color: Red

Honor your root Chakra on Monday by wearing red clothes, eating red foods and taking time to consciously honor your chakra.

An affirmation for the Root Chakra is:

'I am so grateful I am connected with the energy of Mother Earth. My body, heart and Spirit are grounded, centered and purified'.



CHAKRA PRACTICE

SACRAL CHAKRA

ENERGETIC REQUIREMENT: CREATIVITY

Day: Tuesday Color: Orange

Honor your Sacral Chakra on Tuesday by wearing orange clothes, eating orange foods and taking time to consciously honor your chakra.

An affirmation for the Sacral Chakra is:

"I am so grateful that I Love all dimensions of myself.
I delight in weaving the creative tapestry that is my
life."



CHAKRA PRACTICE

SOLAR PLEXUS CHAKRA

**ENERGETIC REQUIREMENT:
DIVINE EMPOWERMENT**

Day: Wednesday Color: Yellow

Honor your Solar Plexus Chakra on Wednesday by wearing Yellow clothes, eating Yellow foods and taking time to consciously honor your chakra.

An affirmation for the Solar Plexus Chakra is:

'I am so grateful that my Will and Divine Will are one. I am connected to the abundant flow of the universe and easily manifest my dreams.'



CHAKRA PRACTICE

HEART CHAKRA

**ENERGETIC REQUIREMENT:
UNCONDITIONAL LOVE**

Day: Thursday Color: Green/Pink

Honor your Heart Chakra on Thursday by wearing Green or Pink clothes, eating Green or Pink foods and taking time to consciously honor your chakra.

An affirmation for the Heart Chakra is:

'I am so grateful that my heart is open to receive the energy of Love. I radiate this essence. I walk my path with ease and grace.'



CHAKRA PRACTICE

THROAT CHAKRA

**ENERGETIC REQUIREMENT:
UNCONDITIONAL LOVE**

Day: Friday Color: Blue

Honor your Throat Chakra on Friday by wearing Blue clothes, eating Blue foods and taking time to consciously honor your chakra.

An affirmation for the Throat Chakra is:

**'I am so grateful that I am aligned with my highest truth, I communicate this within Love and Honor.
My words echo softly within the universe.'**



CHAKRA PRACTICE

3RD EYE CHAKRA

**ENERGETIC REQUIREMENT:
DIVINE INTUITION**

Day: Saturday Color: Indigo/Purple

Honor your 3rd Eye Chakra on Saturday by wearing Indigo/Purple clothes, eating Indigo/Purple foods and taking time to consciously honor your chakra.

An affirmation for the 3rd Eye Chakra is:

**'I am so grateful that my heart is open to new vision.
I expand my awareness through my higher self.'**



CHAKRA PRACTICE

CROWN CHAKRA

**ENERGETIC REQUIREMENT:
DIVINE INTELLIGENCE**

Day: Sunday Color: White/Violet

Honor your Crown Chakra on Sunday by wearing White/Violet clothes, eating White/Violet foods and taking time to consciously honor your chakra.

An affirmation for the Crown Chakra is:

I am so grateful that I am connected to the Divine Mother of the universe. I am Light. I trust.



UNDERSTANDING TRUE ENERGETICS

There are only TWO frequencies that Exist in True Reality, these are the frequencies of LOVE and the UNKNOWN.

This means that ONLY energy in resonance with LOVE will be able to exist after the Planet evolves.

Energy in Resonance with Love and the unknown is Divine Vibration To be able to access these frequencies you need to make sure you embody the following traits:

BE NURTURING
BE IN GRACE
BE COMPASSIONATE
SAY THE TRUTH
HAVE CHILD-LIKE WONDER
FEEL POWERFUL
BE PERSISTENT
LAUGH
BE CONSISTENT
BE IN JOY
BE COURAGEOUS
ACQUIRE WISDOM
LOVE YOURSELF
OPEN UP TO DIVINE INTELLIGENCE
FEEL WORTHINESS
BE HUMBLE

UNDERSTANDING TRUE ENERGETICS

FIND YOUR INNER STRENGTH
BE ACCOUNTABLE
BE GRATEFUL
ACTIVATE YOUR UNCONDITIONAL LOVE
BE PROACTIVE
BE GENUINE
STAY HEART CENTRED
BE IN INTEGRITY
BE ORGANIC
BE HONORABLE
BE PATIENT
BE EMPATHIC
BE TOLERANT
OPEN UP TO FULL FEELING
BE RESPONSIVE



IT IS A PERSONAL CHOICE WHICH ENERGIES WE EMBODY

From the list of Divine Traits above, feel into which ones you have and which ones you need to work on!

Traits I have

Traits I must work on





YOUR OTHER TOOLS

Evolution or Ascension is an inner journey - Your best tool is your own self love!

Give love to yourself, massage any point in your body that hurts to let go of negative energetics stored there, at the same time you increase your vibrations.

Always stop and love yourself.

SELF LOVE IS NOT ABOUT DISTRACTING YOURSELF WITH THINGS OUTSIDE. SELF LOVE IS ALL INSIDE OF YOU. A BADGE YOU ACHIEVE BY HONORING AND ENGAGING WITH YOUR OWN ENERGETIC TRUE NATURE. SELF LOVE IS ELEVATING YOURSELF OUT OF 'THE LOWS AND INTO THE HIGHS.



STAY GROUNDED

Stay in the Present Moment. If you are feeling anxious, angry or fidgety, these are all signs that you are ungrounded and struggling to stay anchored in your body. The best thing to do is to take your shoes off and go outside and connect with Mother Earth.

GROUNDING TOOLS

EAT RED MEAT TWICE A WEEK

Animals have ALSO volunteered to come to Earth, to assist Our Ascension. You need red meat to reconnect your Left and Right Brain. Divine intelligence cannot be achieved without the Animals.



SPEND TIME IN NATURE & WITH TREES

ALL OF EARTH, ALL OF NATURE IS LIVING IN TRUE REALITY IN PURE, DIVINE VIBRATION. Imagine yourself breathing in the atoms of love from the trees surrounding you and allow them to flood your energy system. Trees are angels too!! And they are here to help us all out.



DRINK WATER

Drink as much water as you can

TAKE COLD SHOWERS OR BATHS

JUST DO IT!! This resets your energy field, brings you into the present moment and shocks the E.G.O.

THE GOLDEN RAINBOW SWORD

Always reheart yourself to use your **GOLDEN RAINBOW SWORD** to completely eradicate the Negative Thoughts you may think of. Like a Jedi, every time a thought takes away your joy, imagine you turn on your Golden Rainbow Sword and use it to cut through, destroying this negative thought. Feel it vanishing and letting it go! Then you can take a deep breath pulling all your attention and focus back into the Present Moment of Now.





CUTTING CHORDS

Thoughts and doubts are not natural. They come from the EGO.

Sometimes you will need to stop thinking or can feel that negativity is trying to take control over you and the space around you. This may push you into being in a bad mood, grumpy, sad, afraid, jumpy, you can suddenly feel guilty or ashamed, you can also feel envious about something. All these thoughts are not in the frequency of love and we need to learn how to dissolve them.

When you develop this skill and use it consistently, you will be able to generate a protection shield to avoid energetics from the outside to invade your personal field. Use this technique as much as you need to throughout the day. The Divine State is holding Unconditional Love for All.

Breathe into the Heart space, allowing your awareness to travel down, into the Heart, remaining clear in thought and in the present moment of now.
Speak aloud:

"I cut chords with everything and everyone I came into contact with today, and I reattach chords with only that which is Pure, Whole, True, in resonance with Love, Magical Moments and Synchronistic Events."

TO GO BACK INTO BALANCED HARMONICS
FREQUENCIES OF LOVE & THE UNKNOWN,
REQUIRES US TO GO INTO ALL OUR UNCOMFORTABLE
PLACES.



SUN GAZING



Like Superman, the sun will give you strength. It does not blind you; it is one of our most powerful healing tools. The Sun sends you activation codes to rise to the frequency of love. Sun Gazing is best at sunrise and sunset, it is a little difficult in the beginning, your eyes will need training, it becomes easier with practice. As the Sun enters your eyes, it burns away the dark within you.

EXERCISE

Keep Moving! Movement and exercise are really important in transforming energy.

Ascension is about moving energy. Transmuting low false frequencies into the Highest possible states. Learn a technique that teaches you how to move energy through your body and with actions, like Aang in The Last Airbender.



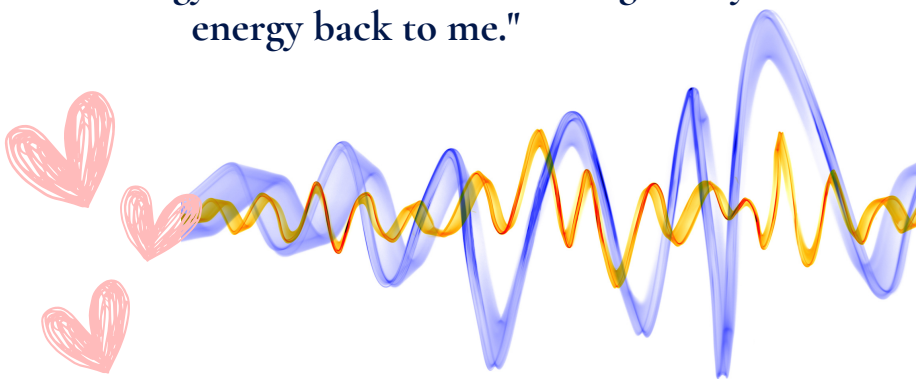
SOME OTHER COOL TRICKS

PROTECTING YOUR PERSONAL SPACE

No one can change or take away your energy unless you let them, and we also need to learn not to take anyone else's energy. This is **ULTRA** important. Always reheart yourself that you are very powerful and need to believe it once more. It is your time to shine.

If you feel that your energy is being drained or stolen, breathe into your chest, your Heart space, allow your attention and Consciousness to travel down into your Heart, being clear in what you feel and in the present moment of now. Then **SAY OUT LOUD** to create sound **FREQUENCIES** (energy in action):

"I command All Energetic taking to stop, I command All my atoms to be in right action. I send all energy back to sender and bring all my energy back to me."



I AM MIRROR TECHNIQUE

1. You need to stand in front of a mirror.

2. Look into your own eyes.

3. Say out loud "I AM ... then add a list 20 of the DIVINE TRAITS you wish to activate in yourself."

Do the same 20 I AM Affirmations every day consistently, to anchor in these Divine traits within yourself.

Here are some examples, you can make your own list of 20 that work for you:

"I am Divine Love"

"I am Divine Courage"

"I am Divine Wisdom"

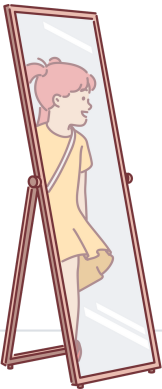
"I am Divine Joy"

"I am Divine Inner Peace"

"I am Divine Worthiness"

"I am Divine patience"

"I am passion"



WATER IS ALIVE

Dr. Emoto, a scientist who discovered that Water is living consciousness. Water can be programmed.

If you say the word Love to water and look at it through a microscope, this made the crystal look like a beautiful Snowflake. BUT if you say the word 'hate' to water, this produced a horrible pointy brown, merky result. So bless your water with love.

OUR BODY IS 70% WATER, SO THE THOUGHTS WE THINK AND THE WAY TO TALK TO OURSELVES DICTATES THE CELLULAR STRUCTURE OF OUR VERY BODIES.

Think BEAUTIFUL, POSITIVE thoughts!

You are what you feel. You program your body in every MOMENT. So, stay positive and dream big!!

love



CHANGE THE WAY YOU SPEAK

Do not use low frequency words. Some of the words we should stop using are:

WANTS, NEEDS and DESIRES are of the mind.
LOVE JUST IS.

Love does not want, need or desire anything.

"I want, I need, I desire ... " can be upgraded to
"I have, I am,"

"I think" - upgrade to "I feel"

"remind" - upgrade to "re-heart"

We need to stop thinking of the past and the future, as they do not exist. We need to live in the present moment.

Discussions of the past, and daydreaming about the future, prevent us from living in the Present Moment of Now. In True Reality, the Present Moment of Now is All that exists, an all Knowing, All-feeling state of pure love.

be in the

NOW



SPEAK TO YOUR ANGELS



As we said before, everyone has Angels. God hired billions of Angels to be here in this lifetime to help us evolve.

They are always around us and are ready to help us. Children are often able to see and hear the Angels with more clarity. You just need to let them Know that you are ready to listen to what they have to teach you and look for the signs.

Angels do not talk like you and me, but have a particular way of Communicating. Everyone has their own special way to do this. One way you can listen to your Angels is to ask them to setup a YouTube playlist, let them guide you divinely to a word or song as a message.

And also request of the Angels:

"Angels, I am so Grateful for your assistance, I wish to be activated through music." Then dance and sing!





THE BRAIN

Our Brain was very poisoned by the Cabal in in an attempt to control us like Zombies. We Humans currently use 10% of our brains, no animal uses 10% of an organ. We were severely Brain Damaged by medicines, vaccines, food, tooth paste with fluoride, TV, movies, computers, tablets, phones and Video Games amongst other things. It is essential we become more aware of all this and make healthier and more conscious choices.

The Right Side of the Brain is our connection to Divine Intelligence. We need to heal our Brain Heart connection to access our Divine Sight, Divine Hearing, Divine Feeling and Divine Knowing.

Reconnecting and healing the whole Brain helps us reconnect with all that is, with all of Creation.

Say out loud:

"I command my right brain to overtake my left brain."

"I command my left brain to fully come online."



EGO (EDGING GOD OUT)

TRANSMUTATION CEREMONY

The EGO is very tricky. It will fool you into believing that you do not have any of these negative traits within you, so it is important that you work with your parents or friends to identify what are your negative attitudes and tendencies, as the EGO cannot see itself.

This is why we all need to spend moments reflecting on our own energetics. Energy makes up our Being, and self-reflection is mostly avoided, but if we want to evolve, we to do it.

Read the following list with your parents or a friend, with a teacher or a guide, so that you can really connect with yourself in the process, identify which E.G.O traits you possess.

Once you have your list, you can then say them out loud. Do this every day as a daily discipline. Please ask an adult to help you with the burning.

EGO (EDGING GOD OUT)

An example of how your ceremony could look:

"Beautiful Angels

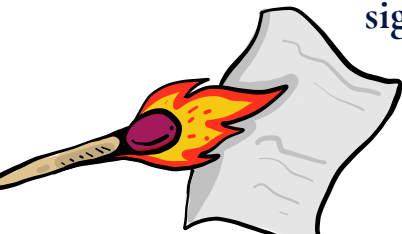
I am so thankful for all your Loving support and Guidance. I am so grateful that my E.G.O has died.

That all my E.G.O traits have been sent to the Grand Central Sun for recycling. That all remaining false, illusionary E.G.O programming has been transmuted in accordance with the Highest Will. That my Right brain has overtaken my Left Brain. That my Pineal Gland has come ONLINE and has been activated.

Thank you, Angels! I love you! I release the following E.G.O traits "

Unworthiness, etc (your list)

You can ask a grownup to help you complement this Sacred Ceremony by using some Incense, Sage, Crystals, Special ornaments, or items of value. You can also have a shower beforehand to increase positive energy flow, wearing something of Sacred significance helps a lot!



THE EGO TRAITS ARE

LACK OF WISDOM

LACK OF EXPERIENCE

LACK OF COMPASSION

LACK OF PASSION

LACK OF PERCEPTION

LACK OF INTEGRITY

LACK OF HONOR

LACK OF EMPATHY

A LACK OF FEELINGS

LACK OF SELF-LOVE

UNWORTHINESS

IGNORANCE: Ignoring LOVE

ARROGANCE



THE EGO TRAITS ARE

ATTACHMENT: To people, places and things

TAKING: from Humanity and the planet

INCUBUS & SUCCUBUS ENERGY: The taking of energy through tantrums, words, touch and other abilities

CHILDHOOD TRAUMA

CHILDISH BEHAVIOR

ROBOTIC HABITS and BEHAVIOR

**DISRESPECT or HATRED TOWARDS GIRLS
or BOYS**

PREFERENCE TO PAIN and SUFFERING: Due to UNWORTHINESS

SUPERIORITY

THINKING YOU KNOW BETTER

ENTITLEMENT SELF IMPORTANCE

DELUSIONS OF GRANDEUR

THE EGO TRAITS ARE

FANTASY

NEEDING TO BE RIGHT

CONTROLLING

UNGRATEFUL

NO ACCOUNTABILITY

SPREADING or PARTICIPATION IN GOSSIP

JEALOUSY

VANITY

LACK OF BEAUTY

VALIDATION

WANTING TO FOLLOW OR BE FOLLOWED

FAKE: Unable to be genuine, compulsive lying

REVERENCE OF THE MIND

SEEKING REVERENCE

THE EGO TRAITS ARE

REVERANCE OF ANIMALS

JUSTIFICATION

PROCRASTINATION

BARGAINING

POVERTY CONSCIOUSNESS: Always thinking
in lack

ADDICTION TO SUGAR

INCONSISTENT

LINEAR THINKING and COMPLAINING

LAZINESS

ACTING

IDENTIFICATION OF THINGS FROM THE
OUTSIDE

COMPLACENT

REACTIVE

THE EGO TRAITS ARE

PRINCESS CONDITIONING

CULTURAL

ANAL-RETENTIVE PROGRAMMING: White
programming, White Trash

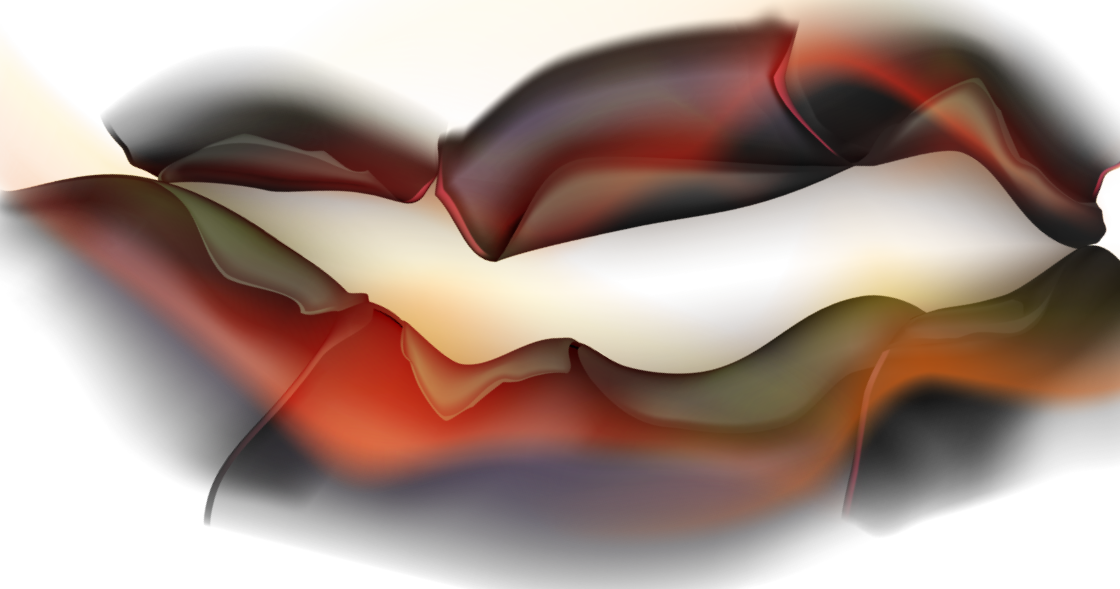
SEVERE IMPATIENCE programming, etc.

EASILY DISTRACTED

BEING A BULLY

QUITTER

BEING A VICTIM



AUTOMATIC WRITING

One of our most powerful tools to reheart us of who we are and many other cool things we forgot, is through writing.

Every day after waking up, you should prepare yourself to receive messages from your Angels. Clean your space and cut chords, then tell God, the Angels and Galactics that you are ready to receive and start writing.

Then start writing whatever the Angels whisper to you. You can start imagining things you need to put to words, or it may be through your heart that the words will start to flow.

You will need to practice and keep going, write whatever your guides and Higher Self shares with you. You will be Amazed with the Results!

Reheart you are here to be your greatest grandest selves!

