

- 1) **Housekeeping:** Each time you take this Unity in Action journey you will need three things.
 - a) **Angel Guide** – First, you will need to select an Angel Guide for this journey.
 - i) This can be one of the 9 healing angels that you select by picking an angel card or bag of blessings card, thus, in essence the angel will select you by guiding you to pick a specific card.
 - ii) Or you can select your favorite angel, or the angel you are just drawn to at the time.
 - b) **Crystal** – Next you will need a crystal that will be transformed into your personal “Crystal Key”. You can use any crystal you like.
 - c) **List of activities you are passionate about** –There is a part of this process in which we will learn how to test which activities in our life are in alignment with our Heart’s Code and are therefore activities supported by Divine Direction, and which are not. The easiest way to begin is to test those activities that we are currently passionate about, since they will most likely be in alignment with our Heart’s code. So it is helpful to make a short mental list of activities that you are passionate about before you begin this process.

- 2) **Unity In Action – Phase 1 – Something we call the Journey inward to the Crystal City**
 - a) **Heartlink and prayer**
 - i) Offer an angelic heartlink to Angel Ariel, The Healing Angels of the Energy Field, your own personal, angels, and the angel who selected you to be your guide for this process. Reach up with your heartlink and connect with the very highest vibration of divinity you can connect with at this time.
 - ii) In prayer ask the angels to work with you and through you, to guide you, direct you, surround you and protect you, and ask that this Unity in Action Process be for your highest good and highest healing.
 - b) **Clear Karma**
 - i) We will begin to prepare our energy fields for our shift to the crystalline vibration by clearing ourselves of the energy of any unwanted, limiting Karmic patterns.
 - ii) **Do the Automatic Karma Clearing Re-Activation:** The IET Karma Clearing process can be automatically re-activated by touching the thumb to the ring finger of either or both hands.

iii) Touch Karma Points: Release the automatic activation and use your fingers to touch the karma clearing integration points that are located at the back of your head in the occipital region of your skull, on either side of the neck just up under the back of the skull.

iv) Gently release your connection with the Karma Integration Points.

c) Forgiveness

i) **Do the Automatic Forgiveness Re-Activation:** We can automatically reactivate the forgiveness process by placing the palms of our hands together and instantly bring in the power of the IET forgiveness process.

ii) You can now release your hands from the Forgiveness automatic hand position.

d) Empowered Heart

i) **Do the Automatic Empowered Heart Re-Activation:** the automatic activation is based on a special mudra or hand position that creates a figure 8 with the thumbs and index fingers.

(1) Left index finger to right thumb

(2) Right index finger to left thumb (this creates a figure 8).

(3) Left middle finger to right middle finger

(4) Left ring finger to right ring finger

(5) Then form a steeple by touching the tips of your middle, ring and pinky fingers together.

ii) You can now release your hands from the Empowered Heart automatic hand position.

e) Homecoming

i) **Do the Automatic Homecoming Re-Activation:** The Automatic Activation of the Homecoming process is based on an IET technique called a “Heart Hug” in which you extend your right hand palm out, and place your left hand over your heart. In this Automatic Activation you are going to Heart Hug with your special Angel Guide.

(1) Begin by imagining that your angel guide is standing right in front of you.

(2) Send a heartlink from your heart to your Angel Guide’s heart.

(3) Now, gently extend your right arm out in front of you as though you were placing your right hand on your Angel’s heart center.

- (4) Then imagine in your minds eye that your Angel is extending their right arm out and place their right hand on your heart center.
- (5) Now use your left hand to embrace this flow of Unity by placing your left hand over your own heart center covering your Angel's hand.
- (6) With your inner vision see your Angel place their left hand over their heart center covering your right hand.
- (7) Having automatically activated the Homecoming process you can feel your heart fill with the energy of Unity.
- (8) You can now release your heart hug.

3) Unity In Action – Phase 2 – Unlocking your Heart's Code with your Crystal Key

a) Unity Shift to the Crystal Vibration

- i) We are now going to begin the process of Unlocking your Heart's Code with your Crystal Key. This process starts with a Unity Shift to the Crystal Vibration in which the angels are going to infuse our special gathering with a very high level of this Unity Shift Energy and bring us as a group into the crystalline vibration now.
- ii) Imagine that floating high above us is a starburst of angelic energy, like the start burst we receive from the angels at the start of our IET sessions, only this starburst is so large that it can fill our entire room.
- iii) Now imagine if you will that the angels begin to slowly lower this giant starburst of angelic energy, dropping it physically and vibrationally, from the angelic realm to our physical realm.
- iv) Experience yourself sitting now inside of a giant starburst of angelic energy.
- v) Now feel the angels begin to shift the energy inside of this starburst higher and higher as they bring us into an experience of the energy Unity Shift.
- vi) As a group we have now reached the vibration of the Unity Shift, the crystalline vibration.

b) Entering The Crystal Library

- i) Once again bring to mind an image of your Angel Guide. ...
- ii) See how luminous your Angel Guide's energy field is... See how it glows.
...

- iii) As your inner vision adjusts, begin to see that you are standing in front of a wonderful cathedral like building that is made of crystal.
- iv) Allow your Angel Guide to take your hand and lead you towards this building. ...
- v) This building is the Crystal Library, the great hall of wisdom. ...
- vi) Let your Angel Guide lead you lovingly into this magnificent Crystal Library....
- vii) As you enter this library feel vibration begin to rise even higher. ...
- viii) As your eyes adjust to the brilliance of the inside of this Crystal Library, see that there is a wonderful gathering of angels waiting for you.
- ix) These angels are like Divine Librarians and they are glowing with the most incredible brilliant light. ... They radiate power, they radiate love.
- x) These angels are here to infuse your crystal with light language, which will transform the crystal into a crystal key that will unlock your Heart's Code.

c) Encode your Crystal Key

- i) Carefully place your special crystal in the palm of your right hand.
- ii) Close your right hand around your crystal so you won't drop it.
- iii) Place your left hand over your right hand so that your crystal is enclosed by both of your hands.
- iv) Bring your hands, with your enclosed crystal, and hold them in front of your heart.
- v) Keep your hands enclosed around your crystal, and without dropping your crystal, slowly extend your hands outward towards the group of angels.
- vi) When your arms are fully outstretched, slowly and carefully open your hands, palms up, so that your crystal is resting in the palm of your outstretched right hand.
- vii) See the group of angels approach your outstretched hands and place their hands around yours.
- viii) See their hands glow even more brightly as they infuse your crystal with light language from the very book of your soul and transformed it into the crystal key that will unlock your Heart's Code.

- ix) Feel the intensity of their energy radiate into your crystal and even into your hands. ... You may feel your crystal, pulsing and vibrating in the palm of your hand. [pause]
- x) The crystal encoding process is now completing and the Angel librarians having completed their task are now moving slowly away from you.
- xi) Thank these angels and without dropping your crystal, transfer your crystal from your right hand and let it rest in the palm of your left hand.
- xii) Now close your left hand gently around your crystal so you won't drop it.

d) Align your Crystal Key with your Heart Center

- i) And close your right hand over your left hand so that your crystal is enclosed by both of your hands.
- ii) Now, bend your arms and bring your hands back to your heart and press your hands, with your crystal key inside, against your heart center.
- iii) As you do, feel the luminous energy of your crystal key begin to pulse and vibrate. In your mind's eye you may see it glowing with the brilliance that of the light language it possesses.
- iv) Now feel the energy and encoded light language information pass from your crystal key into your heart center.
- v) Feel the vibration, see the brilliance, and feel the warmth that is beginning to grow in your heart center.
- vi) See your heart center beginning to glow even more brightly as your heart light shines every more brilliantly.
- vii) You have unlocked your Heart's Code and your heart center is now in the perfect state for you to receive the energy and Divine Direction of the Energy of Unity.
- viii) You can now lower your hands from your heart but keep your crystal key safely in your left hand.
- ix) Our work in the crystal library is now done and it is time for us to leave the library, so in your mind's eye please see your angel guide leading you back out of the library and back into the center of the sphere of crystalline angelic energy.

4) Unity In Action – Phase 3 – Learning to receive Divine Direction

- a) We are going to use our Crystal Key to show us which of our actions are in alignment with our Heart's Code and in harmony with Divine Direction and which are not.
- b) Start by placing your Crystal Key in the palm of your left hand and gently close your hand around your Crystal Key so it won't fall out of your hand.
- c) Now hold your left hand with your Crystal Key inside in front of your Heart Center.
- d) Now place your right hand on top of your left hand.
- e) Your crystal key is programmed to stay in front of your heart when you bring to mind an activity that is in alignment with your Heart's Code and it will drop from the area of your Heart Center when you think of an activity that may not be in alignment with your Heart's Code.
- f) Bring to mind an activity that you are passionate about and lightly press down with your right hand and see how your left hand which is holding your crystal key, remains firmly at the level of your heart.
- g) Bring to mind an activity that you are fairly disinterested in. Something that would be ok with you but would be a "who cares" sort of activity.
- h) Now hold you crystal key in your left hand and hold your left hand in front of your heart. Place your right hand on top of your left hand and as you bring to mind an activity that you are fairly disinterested in, lightly press down with your right hand and see how your left hand easily drops from the area of your heart center.
- i) You can use your crystal key to test other activities. To do this, hold you crystal key in your left hand and hold your left hand in front of your heart. Place your right hand on top of your left hand and as you bring to mind an activity. Then press down lightly with your right hand.
 - i) If your left hand remains in front of your heart, then the activity is in alignment with your Heart's Code.
 - ii) If your left hand drops down, then the activity may not be in alignment with your Heart's Code.

- j) Grounding:
- i) It is time for us to leave the energy of the crystalline vibration so I would like you to imagine the giant angelic starburst of crystalline energy beginning to rise as the angel lit this starburst back into the angelic realm.
 - ii) As the starburst lifts higher and higher I would like you to thank your Angel Guide for working with you today.
 - iii) Being careful not to drop your Crystal Key, I would like you to please offer yourself some grounding by placing your left hand on your right knee and your right hand on your left knee.
 - iv) Please place your right hand on your left knee and your left hand on your right knee.