

ANNI SENNOV
www.annisenov.com

EXCERPT FROM THE BOOK:

BALANCE ON ALL LEVELS

WITH THE CRYSTAL AND INDIGO ENERGIES

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Introduction

This book is a combined and updated version of my two books "*Balance on All Levels*" from 2002 and "*Crystal Children, Indigo Children and Adults of the Future*" from 2004.

This book tells you what an AuraTransformation™ is. It also describes the difference between the three aura structures – the old time soul aura, the New Time Indigo aura and Crystal aura. You are also shown how different areas of life – both personal and energetic – are each in their own way affected by an AuraTransformation™.

There is also a discussion of the concepts of masculine and feminine, which are of great importance for the balancing which is always a follow-up to an AuraTransformation™. The latter part of the book will give you insight into the phenomenon of AuraTransformation™ from a spiritual perspective.

If after reading this you are interested in having an AuraTransformation™, you can find a selection of qualified Aura Mediators at **www.auratransformation.com**.

I wish you the best of luck on your path and really hope that at some time you will choose the New Time aura with the opportunities it has to offer you, if it feels right for you to do so.

Best wishes

Anni Sennov
Spring 2011

The Story Behind AuraTransformation™

When I was very young, I had no idea that there was anything called the alternative world. I only knew about horoscopes in magazines, which I was very interested in – imagine being able to predict the future!

When I was 17 years old, I began to read about astrology, which became my all-consuming hobby and at the age of 22 I became acquainted with healing, meditation, planet journeys and regression therapy and my personal concept of the world really began to break down. So I decided to put aside this newly acquired knowledge of alternative lifestyles for the next few years.

When I was 27 I became seriously ill for three and a half years with very severe eczema. During this period I was given a whole range of treatments by members of the established medical system but with no tangible results. I also tried everything in the world of alternative therapies but nothing helped much for this very painful condition.

One hot summer's day I made up my mind that I would be healthy no matter what, and that the responsibility for being well in the future had to be my own and that I would stop constantly putting my life in the hands of different therapists. It was then that a 'miracle' took place.

In under two weeks my eczema was gone and I was also pregnant. These two things seemed to me to have arisen from my conscious choice to take responsibility for my own life.

However I was not yet aware that, unlike most other people, I had no energy bodies in my aura. Several years passed where I limited myself to horoscope reading and healing, as well as

looking after my small son, before receiving the message that became AuraTransformation™ as the solution to my previous skin problem suddenly came through. It was at this point that things really started to take off in my healing practice. This provoked a great deal of resistance from the outside world. The people around me and a number of alternative practitioners clearly felt that I had a screw loose. How on earth was I able to pick up energy states which were so far beyond any previous channelled spiritual knowledge?

This can be explained by the fact that other people's auras were still intact whereas mine was not, due to the fact of my illness. Strangely enough this was not picked up by any of the psychics I visited during this period. They were unable to relate to energy states in me that were far beyond their own framework of understanding, something which still prevails in some spiritual circles to this day, although fortunately the understanding of energy is far more advanced these days.

There is no doubt that I must have seemed to be extremely provocative to many of my alternative therapy colleagues when I seriously began to work on spreading the concept of AuraTransformation™.

Today, however, there are many trained Aura Mediators, particularly in Scandinavia, who, fortunately, are all able to speak about the concept in a more moderate way than I did when I made my breakthrough in 1996.

My own AuraTransformation™ came about with the help of a friend who was a healer and able to channel very powerful energies.

Before the healing, I had received some clear signals that I needed to integrate stronger protection around my body and that it should happen quickly because my aura was 'leaking'

energy into my surroundings. Of course I had no idea that it was an AuraTransformation™ that was about to take place.

My friend was almost in a trance during the healing but fortunately, because of my psychic abilities, I was able to keep myself oriented during the procedure, in which my spiritual consciousness became fully connected to my body. This method, quickly seized upon by the majority of my clients over a short period of time, then became the basis for bringing the New Time energy to many people.

Where Are We Going?

The world and our lives are always going somewhere new. That is what spirit and life do as they are in constant motion.

It is only through the compressed materiality and matter on this Earth that things can remain stable and retain their shape and structure over a very long time.

If people are able to keep themselves as still as the very heaviest matter then life is not possible. If people are entirely or partially stuck, be it emotionally, mentally or bodily and do not understand or are unable to flow with the eternal life-stream, life is blocked and physical and mental imbalances occur.

It is therefore crucial to remain in constant inner motion as this gives optimal living conditions for the spirit. It is also essential to remember to rest the physical body on a regular basis, so that the battery does not run flat. The mind does not get tired, as it can easily stay awake if something interests it enough.

People's need for sleep and rest is entirely due to the body and brain, as these two work hard at feeding the system, creating the framework and holding together the whole system.

How many people in love sleep all the time? Not many, because they would rather be living and feeling and floating around in their mental state of pure pleasure. The body's basic need for rest has to be met at some other time when life, the spirit and energy are not quite so intensely occupied. It is very interesting to note that your body is not in fact really tired if life and love are

pulsing through it at full speed. Life and the spirit are the very essence of existence and are indeed its elixir. They can keep the body and the whole system running at full steam and therefore create the basis for a longer physical life than if everything in the system were running in a slower, heavier or more depressed way.

No-one suddenly decides they need a good sleep after the first intense period of being in love has passed. Getting rest is not a problem if the mind is lively and happy.

Spirit is life and when life is flowing in a positive way, it creates the conditions that allow spirit to give your body stronger life energy and greater happiness than usual.

So, where are we humans headed now?

We are on the way to creating more space in our human systems so that spirit energy and life can enter into us to the fullest degree. When we look at the small children whose completely new energies are flowing to Earth at this time, we can see energies that cannot be suppressed by anything other than the body's physical limitations or adult human ignorance and lack of understanding of the inner structure that these new creatures are equipped with from birth.

Outwardly these children are pretty small in size and may not yet be able to speak or understand adult language completely but inside, they are often equipped with a far greater spiritual capacity than their parents or other adults.

As adults we must therefore learn to accommodate the fact that children in particular and we too of course, can make spirit blossom in an optimal way through the body so that we can live life to the full. We also need to help children accept that they have to function within the 'old' existing frameworks and structures within society until they have been changed so much that they are perfectly in tune with the New Time energy. Then, children

will be able to internally identify with them.

The world is now constantly moving in the direction of ever-increasing New Time energy. Therefore, the parents of a New Time child have a major responsibility to bear, though fortunately there are a lot of them to share this responsibility if they are open to doing so.

As adults represent the bridge between the old and the new times, they need to teach their children to live with a physical and spiritual balance in their lives where the adults themselves are a product of the old time outer-focused energy, which is based on everything that can be seen, heard and felt.

Unlike adults, children of today arrive here with an internally-guided intuitive and totally unstructured spirit energy and life force embedded directly in their systems. This is fully visible to even the most limited of adults. Adults will need to learn to embrace this energy as their own and not relate to it as if it were undesirable and to be suppressed or eliminated as soon as possible.

The New Time children are, in general, very intelligent children with great human insight and through their openness to everything new, they are able to help inspire their parents and other adults in their personal growth. However adults need to be open and positive towards the children's input in their daily lives.

Anyone can see that the New Time children are different from the children of previous times because these children are so full of life that it is almost too much for their parents, teachers and adult acquaintances when they truly open up. If the adults do not have any New Time energy in them, their systems can 'short circuit' several times a day as they try to accommodate the children's internal and external rapidity. It is a fact that these children are here to stay and that there will continue to be more of them, since adults themselves choose to bring them into this

world. It is therefore up to the adults to find quick and effective solutions to any cooperation and communication problems across the generations.

The New Time Energy

The New Time is here to stay, as is the energy with which all the new children are arriving. The adult population therefore needs to show much greater flexibility in allowing these new and unstructured energies into their lives more efficiently than they have done so far. At the same time adults need to be much more on their toes regarding the setting of their personal boundaries in relation to these new children.

A new era has begun where children's energies are in many cases much stronger than their parents', which is why the parents must have boundary setting and consistency as important tools in their personal toolbox.

New Time children must obviously not be allowed to overwhelm the adults with their strong, often uninhibited and boundary-crossing energies and language, although nowadays this is unfortunately the case in many places in the world.

Both children and adults need to show each other respect.

Looking at the positive aspects of the integration of these unstructured New Time energies, it is evident that many adults in the future will have to reassess their parenting and also their own attitude to the world. Children function as excellent eye-openers for adults, particularly their parents, since they often mirror the adult's behaviour, right down to the smallest detail. Unfortunately children just do not use the delete key on the keyboard, which is why the parents' less fortunate characteristics can quickly show up in the behaviour of their children!

If your children seem to reflect some of the personal traits that you cannot accept in yourself and do not feel good about, you could start by looking at yourself and changing things within, then you will be able to start positively imprinting on your child.

New Time children must often be helped to understand and respect the customary ways of doing things both in the community and at home in the family. When and only when this understanding is in place, can they begin to be consulted or have any input at home or in their immediate environment. They will then come up with lots of constructive proposals for changes, especially the kinds that involve making short cuts.

Children must be able to manage their own energy before they can hope to have greater influence over their own lives and surroundings. As the amount of energy that these new children bring is not tiny, to say the least, the energies must not be released prematurely into the community without supervision and without the necessary self-control in place. That would be like allowing a swarm of bees to come in through the front door of your home – and what's more, you will have invited the problems inside yourself.

Parents of New Time children should therefore ensure that the children can manage their own personal on/off switch safely before they are let loose into the big wide world. This is a responsibility that more and more parents are coming to realize the further we move into the New Time, where honesty, direct confrontation, consistency and accountability become the daily routine for many people.

When adults choose to have children in this time, they cannot afford just to allow a part of their child into their hearts just because they cannot accommodate the being of the entire child. It is the whole child or no child, otherwise they should choose instead to delegate full responsibility to others and then not expect to get a free pass as a parent later in life when others have done all of the parenting work for them.

New Time children are in fact just as loyal to their teachers in life as previous children were to even the most irresponsible

parents.

Today, parents have no guarantee that their children will be attached to them for life unless they act in a positive way as the child grows up, which is, of course, quite fair. You do not get attention and energy from your children by simply being their biological parents but rather from the good that you bring to their lives.

In the future, the spirit and the body will be one. People who are close to each other in their hearts and who always act from the impulses of the heart will be the ones who follow each other both in spirit and in physical life.

You Must Help the Development Yourself

In the spiritual world there has been awareness for many years that around the year 2000 the Earth would go into the New Time but only very few people understood that the new influx of consciousness to the Earth would require a concrete effort from every single adult person.

Many people believed that in the New Time they should solely focus on *thinking positively* and *living healthily* but unfortunately this is not enough for everyone. Of course, positive thinking and healthy living are good things but now an overall shift in consciousness in the minds of most adults is also necessary. The New Time energy is not only about children.

From the point of view of consciousness, the New Time energy represents a completely different, more energetic and love-oriented energy influx into our planet than we have been accustomed to. This influx affects everyone on Earth and was going on long before the actual millennium change, right back to the mid-1980s.

The New Time energy came to Earth all by itself but it does not slip into people's energy systems all by itself.

The energy will lead to everyone integrating new values into their lives, each at their own speed, thereby acquiring new ways of living. In order for the New Time values to get a reasonable force of penetration among the Earth's population as a whole, it will be necessary, in the meantime, for the frequency level of the Earth and its population to increase sharply in order to match the new energy influx. However, this will not happen by itself, contrary to what many people may hope and believe. There must be a manifesting force from the outside in the form of a therapist to attach the energy in the new aura to the body.

The old time karma-driven soul energy must be replaced with

the New Time free and unstructured spirit energy, so that adults can acquire the value norms of either the Indigo or Crystal energy and have it fully integrated into their consciousness and thereby achieve a balance between their inner and outer personality.

The only people who do not need to change the value norms of their consciousness system are the Indigo and Crystal children and young Indigo children, as they are born with the New Time aura structure fully integrated from birth.

The New Time Indigo and Crystal energies do not just appear by themselves. They must be chosen consciously. Therefore no adults with the old time aura structure will have the experience of waking up one morning and being completely transformed, so that they are pure Indigo or Crystal people. It is simply not possible to materialize the New Time aura structure oneself so that it surrounds the body permanently.

People with a soul aura may well attract the Indigo and Crystal energy themselves but they *cannot* maintain the energy permanently in their aura without constantly having to stay focused on this, which would naturally take their focus from other important things in their life.

There *must* be a materializing force from the outside, which itself has the energy in place in order to connect the spirit energy with the body through the Indigo balance body or the Crystal aura.

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AuraTransformation™

What is an AuraTransformation™?

An AuraTransformation™ is a permanent change in one's aura and personal radiance. Instead of having the old type of aura that everyone used to be born with, the AuraTransformation™ will equip you with a new one - one that is fully updated and in tune with the New Time energy here on Earth, which was fully activated around the turn of the twentieth century.

The AuraTransformation™ can, over time, lead to many benefits on a personal level.

In short, the AuraTransformation™ connects your intuition to your decision-making capacity and enhances your personal charisma and radiance as well as your powers of manifestation. This is done by eliminating (dissolving) the old energy bodies – the etheric body, the astral body and the lower mental body – in the old aura, which is also called the soul aura. The energy in these energy bodies is transformed into an enhanced balance body as described in the chapter *Indigo Children*, or into an even stronger aura, as described in the chapter *Crystal Children* earlier in this book.

An AuraTransformation™ is performed by an Aura Mediator™, a therapist who maintains strong inner balance and who has a powerful ability to both dematerialize (dissolve) and materialize (augment) the energy in the aura.

An Aura Mediator™ works with 'balance energy' and in carrying out the AuraTransformation™ the Aura Mediator™ can so completely integrate balance into the client's system that the client will no longer be able to see the world and things around him or her as being black or white, or light and dark. Clients

receive and achieve balance, both in their energy field, corresponding to their aura and radiance and they also acquire a deep inner balance that cannot be expressed in words.

This state of balance simply has to be experienced!

When choosing an Aura Mediator™, it is important to feel for yourself regarding who seems right for you. It is therefore important as a client to use your inner guidance when choosing one. As a rule, there will always be some small indication as to whether it should be one Aura Mediator™ or another, so you will not be in any doubt.

AuraTransformation™ is a method of consciousness transformation which seriously activates the influx of the New Time energy, so that it is only a short step from thought to action. However, it is absolutely not something that you should get done just to try it out. An AuraTransformation™ is a permanent and radical expansion of your consciousness and radiance and you cannot turn the clock back once it has been done.

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In brief, an AuraTransformation™ results in the following:

- Integration of the Crystal aura but there are still people who will have the Indigo aura integrated
- Personal development acceleration
- Better intuition and wider overview
- Intuition and decision-making strength working together, giving greater decisiveness
- More intensity about the things you are involved in and more passion about your basic ideals
- Increase in radiance and personal power of mani-

festation

- Diminished reaction towards resistance, strength regarding other people's views and opinions
- Greater endurance
- Inner peace, greater self-esteem and more confidence
- More true to self and own needs
- Stronger awareness of mental, emotional and physical needs therefore improved self-definition and ability to break through and set boundaries in relation to others and self
- Increased joy in life and refusal to be dictated to by other people's hidden agendas
- No longer giving everything you have without ensuring something in return (win-win)
- Easier to show openness in relation to others without constantly having to be on guard behind the scenes
- Improved capacity for living in the moment, increased spontaneity and less rigid planning.
- People around have a strong sense of your personal viewpoint in life, often without you saying a word
- Release of old karma and focus instead on dharma, your life purpose

...

It can sometimes come as a surprise to many aura-transformed people that after an AuraTransformation™ it is not always possible for clairvoyant people, who are able to read the astral body in the soul aura, to see that there has been a radical change in their aura and consciousness. This is because people with the soul aura and consciousness cannot always get deep-down into the consciousness, whereas spirit energy clairvoyant people can always orient themselves down into the system.

The astral clairvoyant often sees and reads the client's aura in a way that they may relate to him or herself.

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The Founder of AuraTransformation™

Anni Sennov

Anni Sennov is the woman behind AuraTransformation™ and the founder of the Aura Mediator Courses™ which take place in different countries, mainly in Europe (**www.auratransformation.com**).

She works on a daily basis with the course instructors of the Aura Mediator Courses™ in several countries.

Anni Sennov is a clairvoyant advisor, international lecturer and the author of more than 20 books about energy, consciousness and self-development, as well as New Time children and relationships, several of which have been translated from Danish into a number of languages.

Together with her husband Carsten Sennov, she is a partner in the publishing company Good Adventures Publishing (**www.good-adventures.com**) and the management consulting and coaching company SennovPartners (**www.sennovpartners.com**), where she is a consultant in the fields of personal development, energy and consciousness.

Anni and Carsten Sennov have developed the personality type indicator the four element profile™ (**www.fourelementprofile.eu**), that consists of four main energies corresponding to the four elements of Fire, Water, Earth and Air, which are each present in everyone in a variety of combinations of balance and strength. Multiple courses are offered on how to understand and integrate these elements both for private people as well as

businesses.

Anni Sennov was born in Denmark in 1962 and originally began her career in the financial world. Since 1993 she has had her own practice of personal counselling and her great strength is her ability to clairvoyantly perceive multiple relevant circumstances pertaining to her clients' personality and consciousness.

Anni Sennov's work and books are mentioned in numerous magazines, newspapers and have featured on radio and television in many countries, both in and outside of Europe.

You can connect to Anni Sennov's profile on LinkedIn, Google+, Twitter and Facebook, where she has an English author profile:

facebook.com/pages/Anni-Sennov/141606735859411

You can follow her blog and subscribe to her English newsletter at **www.annisennov.com**.

Furthermore, you can subscribe to the English four element profile™ newsletter at **www.fourelementprofile.eu**.

Last but not least, you can watch videos about AuraTransformation™ at **www.youtube.com/sennovpartners** and about the four element profile™ at **www.youtube.com/fourelementprofile**.

Anni Sennov's Authorship

Current books:

Balance on All Levels with the Crystal and Indigo Energies (English)

Balance på alle planer med krystal- & indigoenergien (Danish)

Kristalli- ja indigoenergiat ja kokonaisvaltainen tasapaino (Finnish)

Les Énergies Cristal et Indigo : un équilibre à tous les niveaux (French)

Balanse på alle plan med krystall- og indigoenergien (Norwegian)

Balans på alla plan med kristall- och indigoenergin (Swedish)

The Crystal Human and the Crystallization Process Part I (English)

The Crystal Human and the Crystallization Process Part II (English)

Krystalmennesket & Krystalliseringsprocessen (Danish)

Kristallmänniskan och Kristalliseringsprocessen (Swedish)

Golden Age, Golden Earth (English)

Den Gyldne Jord (Danish)

Jordens Gyllene Tid (Swedish)

Karma-free in the New Time (English)

Karmasta vapaana uuteen aikakauteen (Finnish)

Karmafri i den nye tiden (Norwegian)

Karmafri i den nya tiden (Swedish)

Spirit Mates - The New Time Relationship - Co-author: Carsten Sennov (English)

Henkikumppanuus – uuden aikakauden suhde (Finnish)

Spirit Mates – The New Time Relationship (Japanese)

Andedualitet - Den Nya Tidens förhållande (Swedish)

Get Your Power Back Now! - Co-author: Carsten Sennov (English)

Tag din kraft tilbage nu! (Danish)

Astu omaan voimaasi! (Finnish)

Récupère ton pouvoir maintenant! (French)

Energy of the Art of Self-defense (Japanese) (*2-in-1: The Little Energy Guide 1 + Get*)

Your Power Back Now!

Ta tilbake kraften din nå! (Norwegian)

Ta tillbaka din kraft nu! (Swedish)

The Little Energy Guide 1 - Co-author: Carsten Sennov (English)

Malý energetický průvodce 1 (Czech)

Den lille energiguide 1 (Danish)

Väike energia teejuht 1 (Estonian)

Pieni energiaopas 1 (Finnish)

Le petit guide de l'énergie 1 (French)

Energy of the Art of Self-defense (Japanese) (*2-in-1: The Little Energy Guide 1 + Get Your Power Back Now!*)

Den lille energiguiden 1 (Norwegian)

Мини-руководство по работе с энергией, часть 1 (Russian)

Den lilla energiguiden 1 (Swedish)

Crystal Children, Indigo Children and Adults of the Future (English)

Kristall-lapsed, indigolapsed ja uue ajastu täiskasvanud (Estonian)

Pure Indigo & Pure Crystal Children (Japanese)

Кристалльные дети, дети Индигои взрослые нового времени (Russian)

Kristallbarn, indigobarn och framtidens vuxna (Swedish)

Love, Sex and Attraction - A Short Guide to a Successful Relationship (English)

(Be a Conscious Leader in your own Life)

Bliv bevidst leder i dit eget liv (Danish) - Co-author: Carsten Sennov

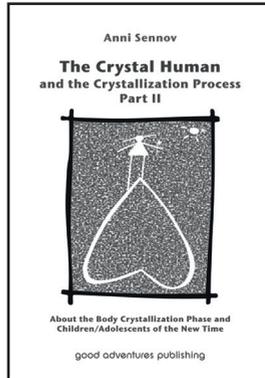
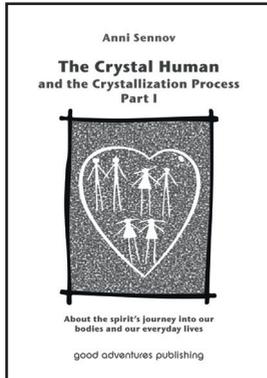
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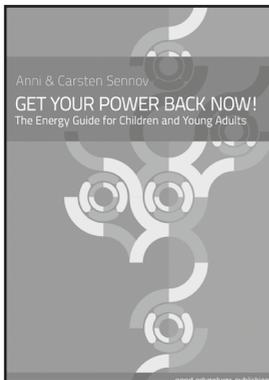
The Crystal Human and the Crystallization Process Part I and Part II

by Anni Sennov



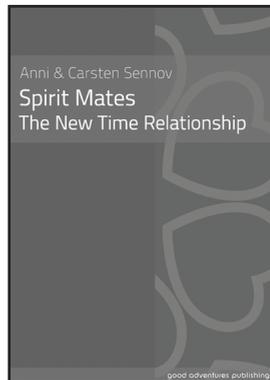
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by Anni & Carsten Sennov



Spirit Mates The New Time Relationship

by Anni & Carsten Sennov



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The Aura Mediator Courses™

The Aura Mediator Course is a 5-day intensive course whereby the participants obtain all the abilities and experience necessary to successfully perform AuraTransformation treatments.

Who can take the course?

- People with a passion and sensitivity for working with themselves, with other individuals and/or with society at large through a development and expansion of consciousness and awareness standpoint
- Those who wish to enhance their own abilities, life skills and overall quality of life
- People who wish to help others by synchronizing and updating their energy fields with the rapidly changing energies of our time
- People who wish to use their skills with AuraTransformation™ as an add-on to their already established business, or as the main focus of what they offer to clients

All participants are required to have had an AuraTransformation™ at least 2 months prior to the course.

What happens during the Aura Mediator Course?

This course is an intensive process which is experienced both theoretically, as well as within one's own physical body and aura. The work with AuraTransformation™ and therefore the Aura Mediator Course, deals with integrating and balancing the new aspects of the four elements (Fire, Water, Earth and Air) as a

part of the crystallizing process where one integrates the spirit into the aura and all the way into the physical body.

One gets a thorough understanding of working with balance, frequencies and how to maintain one's own energy sovereignty as well as how to work with different characteristic types of clients.

The first part of the course is an individual consultation lasting 3½-4 hours. The course participant's individual Crystal life purpose will begin to unfold more clearly from this process. One's Crystal source and potential as an Aura Mediator™ will be opened and activated as a preparation for part 2, the practical and theoretical part of the course.

The second part of the course is held in small groups of 4 to 8 participants with the course instructor and an assistant if the group is large. There will be a dynamic and interactive passage through the theoretical sections of the course material. There will also be hands-on experience working professionally with clients under direct supervision from the course instructor.

Following the initial 5-day intensive course there will be a 2-month support phase by phone and email for questions and advice regarding work with AuraTransformation™ clients.

Registration

See current courses and sign up for the Aura Mediator Course at **www.auratransformation.com**.