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# **Introducing AuraTransformation™**

**Consciousness Expansion & The New Time Energies**

**by Anni & Carsten Sennov  
with Partners**

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**AuraTransformation™**  
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# Welcome

Welcome to AuraTransformation™, consciousness expansion and the New Time Energies!

If you are interested in learning more about these topics without reading the entire book *“Balance on All Levels with the Crystal and Indigo Energies”* by Anni Sennov, the founder of AuraTransformation™, this e-book is an alternate source for the required reading prior to getting an AuraTransformation™.

It is our hope that this text will provide clarity and understanding of what life could be like for those who choose to get an AuraTransformation™.

While this document is a summary of the information within the book *“Balance on All Levels with the Crystal and Indigo Energies,”* and not all-encompassing, it should help you with your decision-making process.

Once you have read this e-book, you may still need time to reflect on what you have read and learned, but it is our intention that by reading this text, you will be able to make an informed decision about AuraTransformation™, and if it is right for you.

If your interest is piqued further, you may want to read the entire book prior to making a decision or reaching out to an Aura Mediator™ with any questions. You can find a list of Aura Mediators in your country on our official website [auratransformation.com](http://auratransformation.com). Whatever decision you make, we trust it will be the right one for you.

Enjoy reading!

With Love,  
Anni & Carsten Sennov with Partners

# New Time Energies and AuraTransformation™

## Energy Affects Us All

Our lives are filled with constant movement and change. This constant movement takes us towards something new, and enables our development physically, mentally and spiritually. A balance between the movement of life, and the need to rest required by our physical bodies, will guarantee optimal living conditions for our spiritual energy – our own personal power.

The amount of sleep and rest we need varies between individuals, and it's linked to how our brain and body co-operate. Our mind, however, does not need rest in a similar way; it can stay awake and alert for a long time, when it has something interesting to do. It is a fascinating fact that our bodies also experience less fatigue if we feel we are living a life that is both right for us, and filled with love.

For life to continue, movement is required. Situations where our life is or feels stagnant may emerge when we are stuck emotionally, spiritually or physically. As a result of being stagnant, we experience physical and mental imbalances.

Life is the core of all being, and our spiritual energy is life's individual fuel. Life keeps our systems going at full power and creates a base for our physical existence. When our lives are flowing forward in a positive way, spiritual energy offers our bodies a powerful consciousness, and an experience of happiness.

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**Our spiritual energy is life's individual fuel.**

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## The Arrival of New Energies

Already prior to the new millennium, many of those acquainted with spiritual matters were aware that at the start of the 21<sup>st</sup> century, the Earth would enter into a new era. Only a few understood, however, that the consciousness of this new era would also require concrete actions from every adult. The consciousness in this new era is referred

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to as the New Time energies, and its arrival has, and will continue to impact and provoke change to all life on Earth.

While children have been born with various evolutions of the New Time energy systems starting as recently as 1987, adults born before then have not. Instead, all those born prior to 1987 were born with an older energy system, referred to as the soul energies, or Old Time energies.

Until recently, life as we know it had not changed much for thousands of years. While at one time, positive thinking, a good diet and a healthy way of living were sufficient, this is unfortunately no longer the case. While these are all still important things to incorporate into our lives, most adults are also required to make a comprehensive change of their consciousness.

From the consciousness point-of-view, the New Time energies represent a completely new kind of energy flow on our planet: they are noticeably high vibrating, can rapidly inspire change, and are heart-conscious. This new flow has affected everyone on Earth from the late 1980s, and is still continuing to evolve and impact life as we know it.

Although the New Time energies have arrived on Earth on their own, they will not automatically become a part of the traditional soul energy system (Old Time energies), which were in place until recently. Instead, the New Time energies will provoke a change of consciousness, so that we will incorporate new values and learn new ways of life, each at our own pace. However, while those living in the soul energy structure can attract the New Time energies into their outdated energy system and aura structure, the maintenance of keeping these energies in the soul's energy structure requires constant concentration. This is neither an ideal, nor an efficient way to live. To maximize the benefits of the New Time energies, adults will require outside help, such as getting an AuraTransformation™ provided by an Aura Mediator™. An Aura Mediator™ can permanently attach our spiritual energy onto our physical body, and install the New Time energy structure for us.

## **New Energies, New Direction**

The New Time energies involve everyone now and in the future, not only those born in or after 1987. It is difficult for many adults, however, to accept that their energies or operating systems are no longer current. For parents, it may be frustrating to notice how

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children outsmart them, and seem to master computers, for example, as though they were born with instruction manuals inside. Adults have other qualities in which they are more skilled than their children, but certain matters requiring a novel way of thinking or acting (such as actions and thought patterns influenced by the New Time energies), are better understood by those who already have a New Time energy structure.

With the birth of our children, completely new kinds of energies began arriving on Earth as early as 1987. We can see the qualities of these energies in our children's strong inner light and energy. This new energy potential is incredibly powerful and resilient, and won't break down unless it gets exposed to the restrictions of the physical body, or by strong oppression carried out by parents, caregivers or old structures in society. The development of children with the New Time energies will be limited if they are mostly surrounded by adults with the Old Time energies, as the adults are neither able to understand a wider spiritual capacity, nor the New Time energies as a whole.

Adults carrying the traditional Old Time energy structure (created for the soul energy), need to adapt to the fact that those in the New Time energies have the capability of connecting with their own body, mind and energy. Those with the Old Time energy system can have a full life, as long as they receive guidance on how they can live to make the most out of life within today's society.

Our mission is to help the children, adolescents and young adults living in the New Time structure to accept that for a while longer, they have to function in the current frames of a society that feels "old" for them. These frames and structures will, in time, adjust to become harmonious with the New Time energies, and therefore easier for those with the New Time energies to identify with.

As the New Time energies on Earth are becoming stronger, the parents of children born into the new energy structure have a great responsibility since the adults are a bridge between the old and the new. The adults were born during a time when existence was based on everything that could be seen, heard and felt. Children born into the New Time energy structure, on the other hand, possess a strong heart-consciousness and intuition, which are already a part of their systems. A child's mental capacity is therefore larger than that of the parents, but the parents have experience on how to function in the existing society in a balanced way, so they can be valuable guides for children and young adults.

Those born into the New Time energies are so full of life that everyone can easily see the difference between them, and those who were born earlier. If those living in the new

energy structure go about their lives without understanding the old energy structure, there will be situations where adults of the traditional energy structure will likely experience burnout, and those of the new energy structure may become frustrated and rebellious. This is why adults would benefit from an AuraTransformation™, as it would support a good co-operation and communication between generations.

## Expansion of Consciousness

### Life in the New Time

The New Time and its energies are here to stay. It would be beneficial for adults to find ways to let the energy that is heart-conscious, and connects the body with the spiritual energy, into their lives. The positive charge brought on by this energy will guide them to assess both their outlook on life and their manner of parenting.

Because those living in the new energy structure are very strong, boundaries and consistency are essential both in parenting, and in the way adults act and guide younger people. Those living in the new structure will also have to learn to control their energy, as only then can they have a positive and constructive influence over their lives and their environment. Once there is enough comprehension of both the traditional and new energy structures, concessions can be made, and both sides can be equal and operate respectfully.

The New Time is characterized by increased honesty, and facing and dealing with issues directly, consistently and with responsibility.

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**The person of the future is a merged being of body-mind-energy,  
with a strong internal connection and a heart-conscious way of acting.**

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The new energies flowing onto the Earth at this time will help strengthen our intuition, and as a result, our trust in our own inner guidance will become stronger. We will also

dare to trust ourselves more and more, in that the answers to questions most important to us can be found within ourselves.

Sometimes our past, or the upbringing we have had, makes it harder for us to hear our own heart's consciousness, as we also observe the world through our experiences and personality. This is why it is beneficial to also listen to the thoughts and experiences of other people on the same wavelength as us. This way we can also find points of comparison for our own thoughts and for the way we act.

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**Deep inside, we always know what is best for us,  
and it is beneficial to act accordingly.**

*This concept represents the New Time energies very well.*

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The high-frequency energies of the New Time help us open up to our personal needs, and to issues that we are passionate about. They also motivate our readiness in taking responsibility for our own life choices, and help us to organize our life. When any problems arise, both the willingness and desire to sort things out quickly are increased.

In the coming times, no one will be rewarded anymore for wearing themselves out, mentally or physically. Battling hard to reach one's own goals, or finding overly complicated ways to get there, is definitely a thing of the past.

## Learning from Our Children

A good way to understand the New Time energies is through our children. The wide consciousness of those in the New Time energy structure, primarily children, can teach a lot to the parents in the family. Children and adolescents often mirror their parents' behavior down to the smallest detail, and as such, they can easily reflect both the strengths of the adults and the areas where development is needed. This way, all the qualities of the parents can easily be seen in the children's behavior. To change things for the better, we need to focus on our own development first.

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Those born into the new energy structure require complete acceptance from their parents; without it, it is difficult for the children to become close to them. The New Time children are, above all, loyal to those who guide them and teach them how we live here and now, and these people are not necessarily their parents. We will not gain attention, acceptance or love from our children simply by being their biological parents, but instead by being present, supportive and helpful.

Those born into the new energy structure are automatically acting with guidance from their intuition, trusting their instincts. They can easily manifest their thoughts into their reality, and unlike adults, they will not spend a long time thinking or wondering about the future. They trust that their own inner guidance will show them the right direction, and then act accordingly.

The children and adolescents of today seem to be able to deal with difficult situations and crises better than their parents; for example, serious illness, divorce and death. When things are discussed openly and clearly, these things can be observed from several points of view, and then be internalized and understood, so that life can continue.

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**The energy flow of the New Time is intuitive and knows whether aspects of different situations are right or wrong. Children and young adults prefer to follow their own heart-consciousness rather than the truths of their parents, and this enables them to deal with stressful situations in a more realistic and straightforward way.**

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The New Time children are not happy if their parents are together without genuine or true love. If the parents don't have a strong bond with each other, children are more often happier after divorce, and once their parents find balance on their own. Children living in their heart-consciousness are impossible to trick into believing everything is well, if that is not the case. Adults, on the other hand, are capable of making themselves believe – even for long periods of time – that something is working, when in reality it is not.

Different situations, new friends and possibly changing schools in the case of a split, can at first be tough, but children are often able to deal with things in a more balanced manner than adults. In any case, change is an improvement from the old situation.

Everyone's thought processes expand with new experiences, and parents are guaranteed to receive positive feedback from their children for being brave enough to move their lives in a happier direction.

The children of the New Time are creative, and they always aim to find new possibilities and ways to do things. They will come up with new operational models to deal with grief and crises. In the future, matters will advance much faster, because the New Time children will urge their parents to come up with solutions sooner. Thus on a societal level, the process of moving from thoughts and decisions to practical applications will be quicker. The New Time children and adults of tomorrow will do things differently.

## **When Is It Time for a Change in Consciousness?**

Most people on Earth require a new energy structure that matches our current circumstances and environment. It will expand our consciousness and the creation of a balanced and well-lived, every-day life.

We have developed a need to gain more space for our thoughts and our mind, and our old consciousness structure is simply too restricted and outdated to accommodate that. People's ways of rearranging their thoughts and lives have traditionally been a complex and slow process. Those born into the New Time energy structures seem to be able to quickly forget negative things, and they aim to (mainly) seek solutions and keep moving forward in life.

Those with the traditional energy structure may not be able to let go of their old behaviors, even though they would like to advance in life. A reason for this may be in the old belief that things happen in a certain order, and a certain amount of suffering is a part of life. This idea, where happiness only comes after suffering, is truly a thing of the past. At the moment, and especially in the future, there is not just one correct way to think, feel and live, and most will find a way that serves both them and those around them.

Those born into the New Time energies have received a much wider and deeper consciousness than their parents and grandparents. This will help them to break away from many unhelpful models of behavior that in the past were formed during childhood, and transmitted from generation to generation.

The old energy structure is no longer relevant for anyone living on this planet, and as many people have already realized, it no longer offers our body adequate protection. The stronger the New Time energies on Earth become, the more likely it is that people will start to suffer physical symptoms.

On the physical level, many people may feel more vulnerable than before. The behavior of others can feel insulting and like an attack, as though someone is too close to you or even under your skin without permission. This strong sensation is usually caused by the weakening of the old aura structure surrounding the body. In the Old Time energy structure, there is no longer an adequate, intact protection around the physical body.

Maybe you will recognize yourself in one or more of these statements:

- I need to have better boundaries and be able to keep my energy to myself.
- I am very sensitive and have a difficult time separating myself from other people's energies.
- I get very tired when I am at big gatherings.
- I feel vulnerable for no apparent reason.
- I am stuck in old behaviors, and seem to repeat the same patterns over and over.
- I feel as if I am not in charge of my life.
- I have trouble focusing on my goals and finishing projects.
- I am very tired at the end of the day, and I wake up as exhausted as I was when I went to bed.
- I would love to be able to speak my truth and be authentic in a bigger way.
- I feel like I am invisible in society, and have lost my charisma.
- I used to be powerful but seem to have lost my strength.
- My inner truth and guidance is weakened.
- There is too much drama in my life.

These are some of the many reasons that may inspire us to change our consciousness and energy structure. Adults may feel the need to update their energy structure to match those of their children or grandchildren, or they may simply want to feel more in alignment with the world around them. Some may also want the protection that comes from a strong and intact aura. Various physical symptoms can be an indicator that it's time to expand one's consciousness.

Here are a few examples of what has inspired others to take action to upgrade their protection and enhance their life-quality through an AuraTransformation™:

- I would love to expand my consciousness.
- I would like to become more radiant and charismatic.
- It would be a dream come true to feel grounded and embody my spirit.
- I am curious to see what more life has in store for me; I feel I have unrealized potential.
- I would love to live in balance and be more energetically self-sufficient.
- I would love to share my gifts as an Aura Mediator™ (join one of the Aura Mediator Courses™).
- I would love to connect with today's children and their higher frequency in a deeper way.
- I would love to be able to experience more joy, self-love, meaning and purpose in my life.
- It would be wonderful to be heart-conscious and think, live and act from the heart.

If we fail to acknowledge our inner or consciousness-related needs, our body may show us what is not up-to-date in our systems by, for example, bringing any imbalances to the surface through an illness or muscle pain. Physical symptoms are easy to notice, but fixing the underlying cause can be more complex. That said, AuraTransformation™ is in no way intended to fix or cure any medical illness, and you should absolutely visit a doctor for medical advice regarding any symptoms you may be experiencing.

With this in mind, symptoms that can suggest an imbalance in one's energy system include:

- Feeling vulnerable to other people and surroundings.
- Sensitivity to light, stinging or redness in the eyes.
- Feeling out of breath, or symptoms of asthma.
- Pain in the joints, bones and the body, or a fever that is not improved with medication.
- An itchy rash, eczema, or allergies and/or hay fever.
- A sore throat not caused by a viral or bacterial infection.
- Ringing in the ears, or tinnitus.
- Dizziness, tiredness, or sudden exhaustion.
- Sleep difficulties and/or needing more sleep than usual, disturbed sleep rhythm, or not feeling rested even after a long night's sleep.
- A migraine-type headache that is not improved with medication.

## AuraTransformation™ Is More Than Healing

It is possible for almost everyone to heal and calm their bodies, thoughts and minds to some degree – you just have to find a way that works for you. While fulfilling and acknowledging our own needs is often more difficult than taking care of others, being in balance requires that we pay attention to our own wellbeing.

The range of alternative and supplementary treatments available is extensive. What many of these treatments have in common is the way they encourage the body or mind to achieve balance in natural ways. This has an effect on the life-force energy that is inside every person. With the help of our own life-force energy, our body and mind are capable of more effective self-healing.

In the Western world, those offering alternative and supplementary therapies, and those representing traditional medicine, have often had almost opposite views regarding treatment plans. However, these days the line is slightly blurred. A combination of different therapies may help us achieve the best possible results, while also strengthening our wellbeing.

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When it comes to AuraTransformation™, an Aura Mediator™ is needed to facilitate this process, and they aim to strengthen the client's physical, mental and emotional resources through healing, and create a better balance. Through the treatment, the clients may get in touch with their life purpose and feel stronger and more energetically protected.

The energy of an Aura Mediator™ is strong and balanced. S/he is able to safely merge the client's spiritual energy with the body and create a permanent new aura and energy structure. The energy of the New Time is strong and high vibrating, which is why no one should try to integrate it into themselves or others just out of curiosity. When considering an AuraTransformation™, it is recommended to have early contact with a professionally trained Aura Mediator™.

AuraTransformation™ is a permanent change in the client's energy system and aura structure. This balance between the body and the consciousness is difficult to compare with other treatments, as the change is comprehensive and permanent. The old energy structure is not repaired, but instead completely updated.

After AuraTransformation™ we are able to relax faster, more easily recharge and balance ourselves internally and externally, and our intuition becomes stronger. Often the need for different energy treatments is reduced. However, physical treatments are often seen as useful, because during the crystallization process that starts immediately after an AuraTransformation™, treating and caring for the body will advance the merging of the spiritual energy and the body. It is always beneficial if the person providing the physical treatments has updated their own energy system with the help of an AuraTransformation™.

## **Who Needs an AuraTransformation™?**

Almost everyone born before 1995 needs and will benefit from an AuraTransformation™. It has been noted that those seeking out this treatment are usually people who are feeling internal restrictions, or who want to let go of parts of their lives that are old and no longer functioning in an efficient way. They may have the desire to live with more positive thought patterns, get their personal power back and take control of their own lives.

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People born from 1987-1991 are already partly connected with the New Time energies, and for them, the greatest benefit of the treatment is finding their own place and becoming visible to both themselves and others.

For those born from 1992-1994, Indigo energy (one of the earliest iterations of the New Time energies) is already forming a large part of their energy system. Their manifesting power is vast, but they lack protection and the ability to set boundaries for themselves and others. Through an AuraTransformation™, this age group will discover clear boundaries and be able to use their immense power in a more balanced way.

It is important to note that AuraTransformation™ will not solve or remove your problems, but through this treatment, you will learn to better deal with situations that are difficult or problematic to you. Boundaries between people will become clearer – people either like and want the best for each other, or simply will not show up on each other's radar.

With an AuraTransformation™, you may be able to permanently hold on to all resources, energies and, for example, benefits from treatment that belong to you. The difference from being in the traditional energy structure is clear – in the old energy structure, the energy integrated into the body from an alternate energy treatment easily leaks out of the system, as a result of stress, for example. After an AuraTransformation™ however, energy leakages are less likely to happen. Instead, your energy can only disappear if you allow it to, or if you let energy that does not belong to you into your structure. During AuraTransformation™, the Aura Mediator™ will instruct you on how to take care of your own energy and personal balance, so that it may be easier to avoid unbalanced situations going forward.

Thoughts can be used to let the Universe know that we would like to integrate, balance and manifest more of the New Time energies into our body-mind-energy structure. The more our consciousness expands, the quicker insights and solutions present themselves to us. After that, it is up to each one of us to decide what to do and what it is that we want. Every one of us must make our own decision on whether we are ready for the comprehensive updating of our energy systems or not. This is everyone's own responsibility, and the decision to change is always an individual one.

## **Who Does Not Need an AuraTransformation™?**

Those born from 1995-2003 are considered to be pure Indigos, and they do not need an AuraTransformation™. It is beneficial, however, that the parents, guardians and/or other

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caretakers of Indigos who still live at home, have an AuraTransformation™. Indigos will benefit from the occasional balancing treatment, and from spending time with adults in the New Time energy structure.

Those born from 2004-2008 have an energy structure that is a mixture of Indigo and Crystal energies, and they do not need an AuraTransformation™ either. The closer to 2009 their birthdate falls, the clearer their Crystal aura is, and the more crystallized their bodies are. The aura structure consisting of Indigo and Crystal energies will develop on its own, and at its own pace, towards a clear Crystal structure by adulthood. Upbringing, and the amount of attention paid to the consciousness development at home and in their daily surroundings, will affect this change. Those in this age group can greatly benefit from physical treatments that advance the crystallization process, and also from the company of people who already have their Crystal energy integrated. A good rule of thumb is to always aim to update the energy structure of the parents first, so they can help and understand their children in the best possible way.

Those born from 2009-2012 are pure Crystal beings, and from birth their spiritual energy is fully integrated into their bodies, and both their aura and body are already fully crystallized. They do not need an AuraTransformation™.

Those born in or after 2013 do not require an AuraTransformation™ either. In these individuals, the Golden energy from Earth is directly integrated into their physical bodies, giving them a strong creative power. In addition to their energy structure, the energy of the network they operate in is also crystallized. This group is very aware of who they deal with and why. Starting from childhood, they often feel a close connection to people they have not yet met, or with whom the connection cannot be logically explained. This is because they recognize the energy of these people from some other level of consciousness.

## **When Is AuraTransformation™ Not Recommended?**

An AuraTransformation™ is not recommended for those of an older age (75+), or for those with an acute or serious illness (e.g. cancer, dialysis etc.) The treatment is also not appropriate for those who like to hold on to old behaviors, things and attitudes. It is not suitable for those with mental health issues, those on continuous medication for these issues, alcoholics, or for those using illegal and/or recreational drugs.

After stopping the use of all alcohol and/or drugs, there is a minimum six-month waiting period that is required prior to the AuraTransformation™ treatment. This is because intoxicating and chemical substances accumulate in the body and can affect the person for a long time afterwards, hindering his or her ability to make clear, consistent observations of themselves and also the environment. If you are on prescription drugs for a chronic illness (diabetes, thyroid disease etc.), be sure to mention this to an Aura Mediator™ to see if this could affect the possibility or timing of having an AuraTransformation™.

## The AuraTransformation™ Treatment

AuraTransformation™ is a once-in-a-lifetime energy treatment that permanently changes the body-mind-energy system, so that it matches the frequency of the New Time. This New Time energy, which is flowing on Earth right now, was fully activated at the start of the new millennium, and is the new energetic foundation for this planet going forward. With an AuraTransformation™, we will receive a new, perfectly updated, heart-conscious energy structure to replace the old one we have had since birth. This treatment is highly beneficial on a personal level. It will join together our intuition and decision power, and improve our aura's magnetism and capability for materialization. Staying in our own energies will also be easier.

An AuraTransformation™ treatment should always be carried out by a trained Aura Mediator™, who has a strong inner balance and ability to work with different energies. The New Time energy structure that forms during the treatment will offer the client a possibility to experience inner balance, which also manifests on the physical level. During the treatment, our energy structure becomes stronger, more grounded, and better balanced. Because the change following AuraTransformation™ is permanent, everyone must make a well-informed and conscious decision to undergo the treatment, and choose an Aura Mediator™ that is the right fit for them.

It is important to note that having an AuraTransformation™ will expand our consciousness and activate the energy flow of the New Time within our energy field, thereby expediting the journey from thoughts to actions. If we have the new time energy structure, but are not ready to live with the high-frequency energies of the New Time, we will likely encounter challenges in our everyday life. However, when we accept our

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abilities and capacities to do things that serve not just ourselves but everything and everyone around us, change often comes quickly.

Following an AuraTransformation™, our ability to use our own power to create a life that is right for us will be stronger. It also gives us a chance to get to know ourselves and our potential, without outside distractions. We will start to make decisions and carry out actions about our own lives, and willingly take full responsibility for them. An AuraTransformation™ will offer a controlled, balanced merging of our body and energy system through spiritual energy. The crystallization process that begins immediately after an AuraTransformation™ refers to the merging of our body-mind-energy structure. The length of this process is always individual, and it proceeds with respect to the limitations of the physical body, in particular.

While physical treatments can assist in the crystallization process following an AuraTransformation™, balancing treatments carried out by an Aura Mediator™ can be especially helpful. The balancing treatment directs our spiritual energy and system to balance the four elements (fire, water, earth and air), and our masculine and feminine energies. We can also advance and support the crystallization process with rest, nutrition, exercise and, overall, everything that has to do with our wellbeing.

When the crystallization process is complete, the new Crystal aura and Crystal body, along with our energy centers (chakras) will have melted together. Further details about the various energy structures (soul, Indigo, Crystal, and Crystal-Gold) and respective chakra systems are elaborated on later in this document.

## **Benefits of an AuraTransformation™**

To sum up the possible benefits of an AuraTransformation™, here is a list of what might be experienced both during and after the crystallization process:

- We will receive the New Time energy structure.
- Our personal development will be faster.
- Our intuition will be enhanced, and our experience of life in general will be expanded.
- Our intuition and ability to solve things will begin to co-operate, and decision-making will become faster and easier.

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- We will commit more readily to what is true, and listen more closely to ourselves.
- Both our magnetism, our desires and our capability to manifest will strengthen.
- Resistance from others will not bring us down, and we will not collapse emotionally if others disagree with us.
- Our resilience will be improved.
- The experience of inner peace, confidence and self-esteem will be strengthened.
- We will become more honest with ourselves and others.
- Awareness of our own mental, physical and emotional needs will become clearer. We will be able to define ourselves better, break boundaries that no longer serve us, and also set boundaries for ourselves and towards others.
- We will enjoy life more, and have the choice to not let others influence us and tell us what to do.
- Having an equal exchange with others becomes important in maintaining our balance. We will be more likely to have equal trades and exchanges, instead of giving more of ourselves than what we are likely to receive in return.
- We will be able to relate to others without constantly being on our guard.
- The ability to live in the moment, go with the flow and be spontaneous will increase.
- People around us will start to understand us better, even if we do not say a word.
- We will have an easier time letting go of the things and habits that no longer serve us.
- We will stop living from a place of karma, and finally be able to find and live out our Dharma, and life missions.

## **What Happens during an AuraTransformation™?**

Since we are all different, AuraTransformation™ is not experienced in the same way for everyone. It is an individual treatment, which is why those comparing their experiences will not necessarily find much in common since it is entirely dependent on who we are to begin with, and what our individual Dharma is.

AuraTransformation™ is a contact treatment, where the Aura Mediator™ is connected to the client throughout the treatment, either through the hands or the feet.

AuraTransformation™ cannot be compared with other energy treatments, because it leads to a direct contact between the physical body and the consciousness. That is why the emotional states and the consciousness of the client will begin to change during the treatment, while the body requires more time to adjust to the new energy structure.

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**The emotional states and the consciousness of the client will begin to change during the treatment, whereas the body requires more time to adjust to the new aura/energy structure.**

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The AuraTransformation™ itself is usually approx. 2.5 hours in duration, and the subsequent balancing treatments last for approx. 1 hour. During these sessions the issues, energies and phenomena that emerge may be discussed. The point of this discussion is to offer the mind a “map” with which the crystallization process will have an easier start. For some clients, the individual process during these sessions requires a lot of discussion, while for others it’s preferable to ponder the new state of consciousness on their own.

Gathering the new aura structure requires a very strong consciousness and inner balance from the Aura Mediator™. Upgrade of the energy structure calls for a conscious, wide flow of energy and a strong grounding, which all Aura Mediators™ integrate into themselves and learn during their training. The client can always use our international website ([auratransformation.com](http://auratransformation.com)) to make sure that their Aura Mediator has undergone the Aura Mediator Course™.

Choosing the right Aura Mediator™ is important so that the client feels comfortable, relaxed and safe when they arrive for their AuraTransformation™ and subsequent balancing session.

An AuraTransformation™ begins with the Aura Mediator™ checking the client’s energy system for any healing needed. After the body and the energy system have been filled with healing energy, many clients experience different physical sensations. This is



usually a sign that the client is ready to let go of the old energy and is ready to receive their new aura.

When the old energy structure is released, the client is ready to receive their own spiritual energy, or consciousness. This is a long phase, during which the entire energy potential of the client will start to integrate; many enjoy this phase especially as they feel they are finally regaining their own strength and the space they require. Some people enjoy the energies working in their bodies and minds, while others have a need to talk about things that emerge such as thoughts, emotions, distant memories and pictures during the treatment. This phase of the consciousness expansion is individual and when it is finished, the client often experiences calmness, joy and a sensation of coming home to themselves.

During this process, the Aura Mediator™ will work consciously and in a focused manner, as the new aura structure must surround the client's body fully in order to act as a strong protection. Many clients can feel the balance building around their body; the sensations may resemble the entire body being wrapped up in a warm blanket, or it can be felt as though they are receiving an unusual amount of safety and protection.

As the aura structure joins with the body, the client's potential for functioning is improved, and their grounding becomes stronger. At the end of the treatment, the aura and the body will be balanced, with the activation of the four elements and the balancing of the masculine and feminine energies. During treatment, a practical exercise on caring for, and maintaining the client's own energy will be carried out, and instructions on how to look after the new energy structure will be provided. Following treatment, a mandatory balancing session is required, which you can learn more about in the next section.

There may be various reasons to choose an AuraTransformation™ treatment. For some, it is to gain more strength and bravery towards a larger personal life change, whereas others take a different route and have the treatment after this change has already happened, instead seeking to get a new, fundamental balance into their lives. Some choose the treatment after losing their job, separating from their partner or when they feel the need for a life change, and in this case, AuraTransformation™ can be a way to work through your past (among other things). Others simply feel an inner need for an energy upgrade, in order to gain understanding and become more conscious about themselves, and the things and people around them. An increase in manifestation power and bringing matters to the visible, physical level is another reason some choose to get an AuraTransformation™.

It is no wonder, then, that some will literally be thrown into changes immediately following the treatment, while others will throw themselves into change. Some experience moving towards new things slowly, without immediately noticing changes. However, the people around us will always notice our personality change, whether or not we do ourselves, as we are more radiant and magnetic following the treatment.

## After the AuraTransformation™

The mandatory balancing session included in the AuraTransformation™ should ideally be done within a day, or a maximum of two weeks after the AuraTransformation™. Additional balancing treatments are recommended for everyone who has had an AuraTransformation™, because the merging of the spiritual energy into our physical body may need some extra support during the crystallization process. Having an AuraTransformation™ does not mean that all our problems are now resolved, but we are better equipped to deal with whatever happens in our lives. It is recommended to take time to process this intense treatment, and find one's truth and ways to live harmoniously with the new and upgraded energy system, both now and in the future.

For many people who have had an AuraTransformation™, it may come as a surprise that traditional clairvoyants will not be able to sense the change brought about by the treatment, nor anything about the person in general anymore. This is because clairvoyants with the traditional (soul) energy structure are used to looking at things through the astral level, which has been upgraded during the AuraTransformation™.

If after the treatment you feel like previous life events or past lives are still affecting you, it might be that you have chosen these themes as challenges and development tasks in your current life as well. This might not immediately seem positive, but when you grasp the issues that emerge, you will see that you are able to face them and deal with them faster and better than before, because you are now able to stay in your own power.

People who experience difficult times in their lives may feel it easier to accept help and advice from those who have also experienced challenges in their lives. Most helpers, including Aura Mediators™, have experiences they are able to draw from when helping others, so be sure to choose an Aura Mediator™ who feels right for you.

As mentioned above, in the next few days following an AuraTransformation™, the mandatory balancing treatment is needed. During this balancing treatment, the

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development and merging of the client's new energy system will start to seamlessly allow the crystallization process to be initiated. During the balancing treatment, the client's entire energy system is checked and balanced through the basic elements and their own spiritual energy. When balancing the spiritual body, masculine energy and feminine energy will be taken into account. The balance created between the different elements and the spiritual energy is a requirement for the progression of the crystallization process.

Everyone's individual way of expressing themselves and their actions will often improve with additional balancing sessions, beyond the initial one that is required after an AuraTransformation™. The energies of the four elements that are integrated into both our body and our aura, representing the different aspects of our own power, will begin to function in a more harmonious way during any additional balancing sessions.

Out of the elements, fire represents inspiration, truth, desire for life and inner wisdom. Water embodies emotions, flow, adaptability and social relationships. Earth creates structure and stability, and helps us to manifest things into a visible, physical level. The element of air channels our world of ideas, visions, creativity and knowledge. All elements together, when in balance, help to provide a good grounding.

Additional balancing sessions may be considered when you feel your energy is unbalanced, you're tired, you feel restless, or a stressful life situation is affecting your daily life.

The balancing treatment is not only restricted to balancing the elements, or the masculine and feminine energies. During the treatment your consciousness expands, which merges into the New Time energy structure as the crystallization process progresses.

While those born in or after 1995 do not need an AuraTransformation™, they will often benefit from a balancing treatment by an Aura Mediator™. Indigo people can be sensitive to their environment, and sometimes struggle to maintain their inner balance. The balancing treatment will strengthen their ability to remain in balance, and lessen the strain that their environment can bring into their lives. The balancing will also help to restore the sensation of peace and the trustful feeling that all is well. This is why the Crystal and Crystal-Golden people, born in or after 2009, will also enjoy a balancing treatment and the fine-tuning of their energies.

Those with Indigo- and Crystal structures are remarkably strong, and it is easy for them to connect with their thoughts, intuition and spiritual energy. As the spiritual energy is connected directly to the body, intuition no longer seems like a distant consciousness that we cannot fully trust. The path from thought to action is short, and things start to materialize in the visible world quicker.

Many experience a clear sensation of integrity following AuraTransformation™, and their energy system functions, both internally and externally, in harmony with the physical body. When the body receives as much attention as the consciousness and the mind, we will avoid many bodily reactions brought on by, for example, a stressful work situation or imbalance in relationships.

The New Time energies are all about balance, and while AuraTransformation™ can turn things around completely, it is good to remember the body-mind-energy system and the balance between different areas of life. Once the new energy structure is fully functional, perhaps after a few additional balancing sessions, we can enjoy many things that were not previously possible for us, thanks to our expanded consciousness, inspired mind and relaxed body.

The reactions to, and changes brought on by AuraTransformation™ can vary. Many feel the effects of the new structure immediately, when distressing inner states and external conditions no longer disturb or prevent us from hearing and knowing our own intuition.

Others will first need to understand what has happened and take some time to get used to being the leader of their own life. Life with the new energy structure is different for everyone, and it depends on the way we relate to ourselves, the world around us and life in general. It is okay to not immediately be able to identify with our inner consciousness, and it is good to remember that change will always progress at the right time and way for everyone, with guidance from our own spiritual energy.

# Getting to Know Your New Energies

## Four Energy Structures

Amongst the Old and New Time energies, there are four different energy structures. The first is the soul energy structure of the Old Time, consisting of a heavy, dense, multi-layered aura, which contains many different energies. The word *aura* refers to the energy field around our physical body. The soul energy structure has seven energy centers, or chakras. At the moment, very few of those who still have the old structure have an intact aura around their physical body.

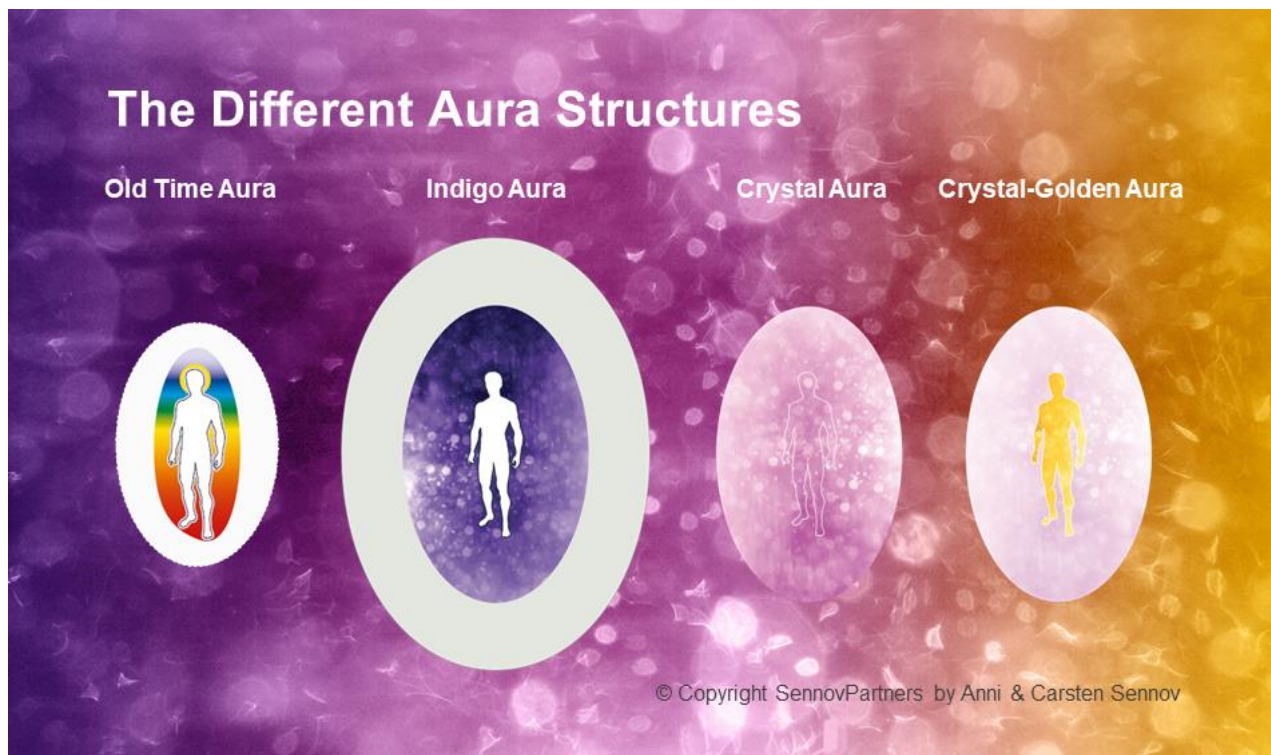
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**The word *aura* refers to the energy field around our physical body.**

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The traditional aura structure can be unraveled by many situations where the person has faced traumatic, physical or mental impacts from the outside that cross their personal boundaries. As a result, the person lacks energetic protection, and they are often sensitive and vulnerable. An AuraTransformation™ is a quick, controlled way to update the traditional soul energy structure to the energies of the New Time, and offers a strong protection.

There are currently three different energy structures within the ever-evolving New Time energies: Indigo, Crystal, and Crystal-Golden. In the next picture, the New Time Auras are presented to the right of the Old Time Aura. Please note that the different aura structures are presented in a proportional manner, as each has a different size and/or quality to it.



An **Indigo aura structure** is formed by the balance body, three chakras and an upper mental body consisting of the person's own, pure spiritual energy. The mental body surrounds the balance body. The balance body is often described as a brilliant dark blue (Indigo) aura structure around the physical body. The balance body is a magnetic, grounding, dense and pure energy structure that attaches to the physical body. It is responsible for sending mental impulses of consciousness and energy to the physical body, and vice versa. The communication is constant and reciprocal.

In addition, the Indigo aura structure contains three energy centers, or chakras. These three chakras contain all the information of the original seven energy centers, but arranged in a new way.

A **Crystal aura structure** in its pure form is made up of Crystal-spiritual energy, matching the size of the Indigo structure's balance body. It contains one Heart chakra, where all of the original seven energy centers energetically have united. The integrity and balance based on heart-consciousness are the foundation of life with a Crystal aura structure.



In the Crystal aura structure, the Heart chakra expands to embody the entire body-aura structure. The whole structure is conscious; for example, each cell in the body knows its own task, along with the task of every other cell. This enables comprehensive wellbeing on the body-mind-energy level, and the person will advance in life through balance. As the crystallization process moves forward, everyone will also receive a strong, conscious Crystal network, which advances and simplifies the realizations of ideas that are important to you, either on your own or with others who share similar interests.

In a **Crystal-Golden aura structure**, the Earth's ancient Golden energy of consciousness and creativity can finally safely assimilate into the body. As in the Crystal aura structure, the Heart chakra contains all information from the united energy centers, and the strong, high-frequency Crystal aura surrounds the physical body. The Golden energy has been activated in the body all the way to the cellular level, and it can be seen in the aura as Crystal-Golden or Golden energy, even though it's not actually in the aura. The Crystal aura merely reflects the Golden energy that is in the body.

The Golden energy is a creational power that strongly activates a person's life missions and helps to manifest things on the physical, visible level. The Golden energy also balances the Crystal energy, helping us to maintain a good work-life balance. The Crystal network around the aura structure will support the movement of life in the direction that is right for each one of us.

The New Time energy structures creates a foundation from which everyone can act in a more comprehensive way, so that each area of life is joined together seamlessly. Personal needs will also be taken into account better than in the Old Time. By focusing on listening to our inner wisdom, we can direct our energies towards what is right for us. Integrity, the focusing of energies, and balance will create the best possible circumstances for living our life in this New Time era harmoniously, with both ourselves and our environment.

## Karma

A person's past, present and future can be read from the astral body of the soul aura, where they are present as karmic matters. In other words, what goes around, comes around. For thousands of years, karma has controlled people's lives and many might now be paying for the things they have done in past lives, which in our time, may feel unfair and difficult to understand.

To experience inner freedom and create a life we would love to live, we cannot remain in the old soul energy system. It may not even be possible to see and understand what is stopping us, slowing us down or bringing us negativity in our current life situation.

If we remain in the soul's energy structure and consciousness from our past lives (e.g. karma), we will not be able to experience inner freedom.

If we want to expand and move forward in a balanced way, the New Time energies ask us to take full responsibility for our actions, here and now, and if we are looking to develop ourselves in a positive direction, an AuraTransformation™ could be the way forward. If we want the development of both ourselves and the Earth to progress in a positive direction, living in the New Time is the way forward.

## Our Mental Library and Consciousness

The lower mental body of the soul's energy structure is part of the old aura construction. It is located around the head and acts as a library of sorts, containing all knowledge and things we have learned. However, as life is now progressing and changing faster and faster, it is essential to expand our knowledge, every day. The space of our old mental library is running out, and in the future we will not be able to store information like we used to. As a result, the brain has to dispose of old knowledge, and people may notice they can no longer access previously learned information.

Because there is a lack of space in the brain and the consciousness, it makes sense to permanently join intuition and consciousness as a part of our physical body, through the help of an AuraTransformation™. When this happens, intuition and our expanded consciousness can constantly remind us of things, situations and events we have to remember, in both our working and private lives.

The higher mental body, which, in the soul's energy structure is located on the perimeter of the aura, represents intuition and spiritual energy. In order to gain contact with our

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intuition in the old structure, we have to move through three energy bodies (etheral, astral and lower mental bodies). For some, gaining this connection is easy; however, others will practically never reach it, because the different layers of the aura also contain energies that do not belong to us, making it difficult to create consciousness and effective communication between the body and the spiritual energy. This is also the reason why moving through the energy bodies can feel heavy and exhausting at times.

It is possible to connect with our spiritual energy even in the old energy structure. Perhaps the best-known way is through meditation, where some work consciously in a state of deep focus or peace, in order to make this connection. Through meditation and other methods, some seek answers to questions they have about both their personal matters and life in general.

There is, however, a problem with meditation and other methods for some people: they lose their grounding and the connection to their physical body in the process, because the focal point of attention is moved away from the physical body. Thought and consciousness move outside of the body and the grounding is lost.

The New Time energy and the updated energy structure offer a direct, easy way to expand consciousness, and to maintain the connection with our own intuition and spiritual energy without having to meditate. The connection is there 24/7, because when the body-mind-energy structure merge together, all parts of our entire being are one – they are equal and also equally strong.

## Setting Boundaries

The energy structure of the New Time is very strong, and once the Indigo- or Crystal aura has been received in an AuraTransformation™, it cannot be removed. Sometimes the protection, and partly also the magnetism, can be weakened, even though it is rare. In the New Time it is our own responsibility to take care of and maintain a good balance in our aura structure.

To have the new aura structure directly connected to the body makes it easier for us to attract the right people and situations into our life. The increased magnetism we have will make us more visible and charismatic. We can also keep certain people and situations away from us, or set boundaries for the outside world, if our life situation calls for it. Setting boundaries with people around us can sometimes demand clear thoughts

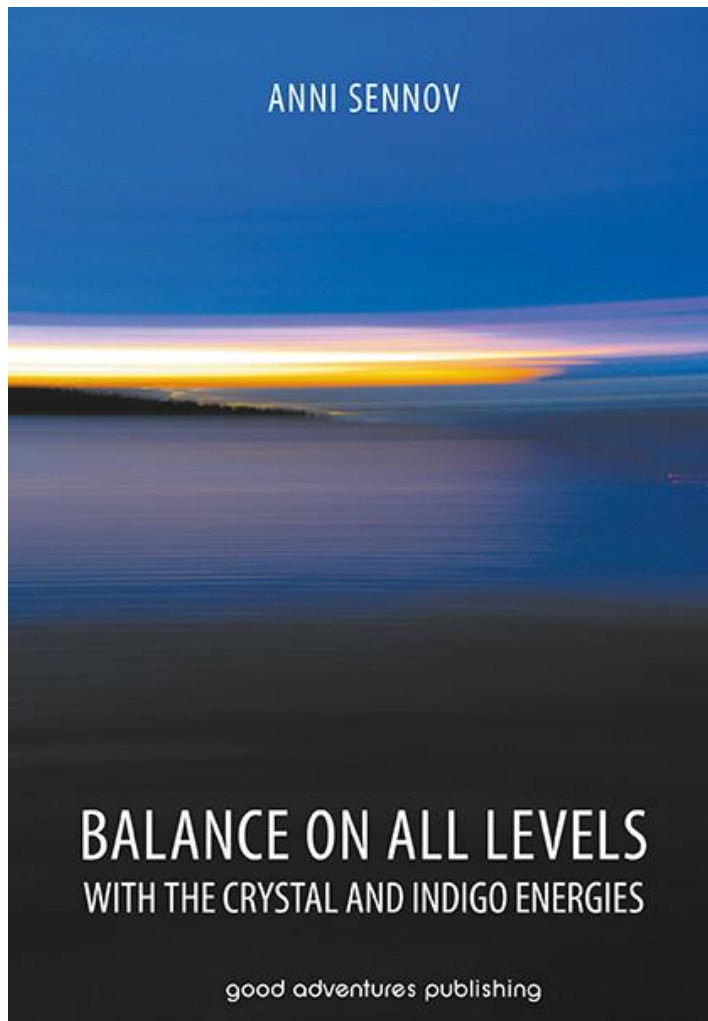
and actions, so that our personal opinion and our position about issues are clearly visible to everyone.

Honesty comes first in the New Time energies, and if we feel the people around us are not doing things in a right and/or balanced way, it will show up as a change in our emotional state and in the way we react. If we have a difficult day, know that in the New Time we can influence how we feel and react to things happening outside of us, as well as how long we stay in a strong emotional state and how we react – whether it is positive or negative.

When we have updated our aura structure, we may experience a faster manifestation of our thoughts, and this is due to our energy field becoming more magnetic and us becoming clearer and more visible than before.

## Additional Reading

As you can see from reading through this document about AuraTransformation™, there is a lot to be aware of and consider before making a decision that could fundamentally change your life. Take the time you need to make a well-informed decision one way or the other.



While we have tried to cover as much as possible in this summary of AuraTransformation™ from the "*Balance on All Levels with the Crystal and Indigo Energies*" book by Anni Sennov, it is just that – a summary.

If you find yourself with more questions than answers, would like more details, and/or want the complete preparation for an AuraTransformation™ through reading material, then we strongly encourage you to read this book in its entirety.

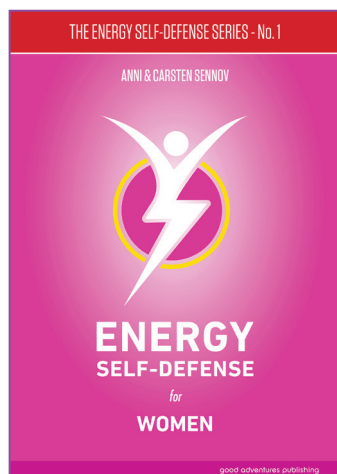
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Anni Sennov's books are available in 10+ languages. For a sample of books by Anni Sennov, please see the next few pages.

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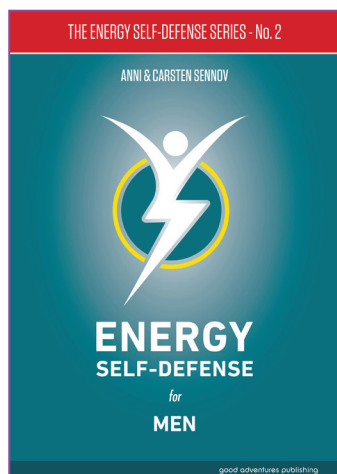
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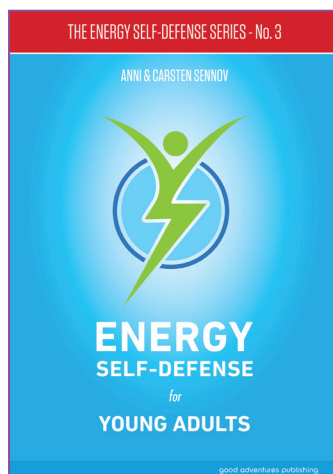
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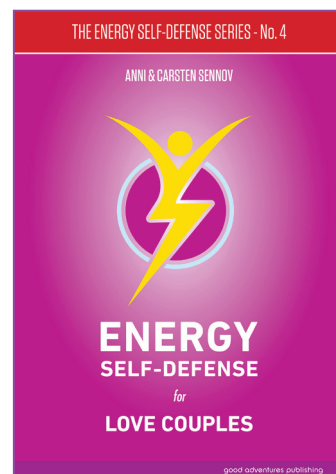
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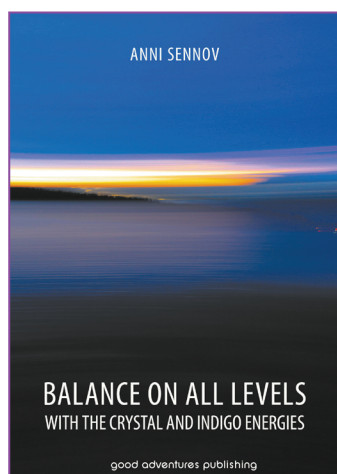
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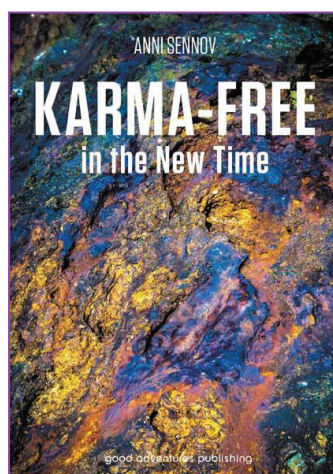
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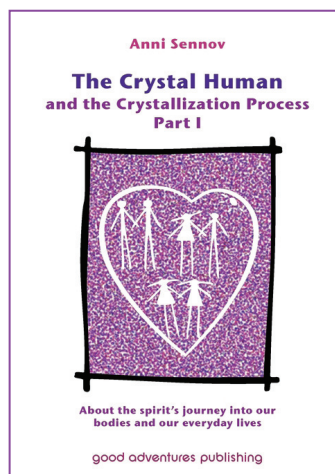


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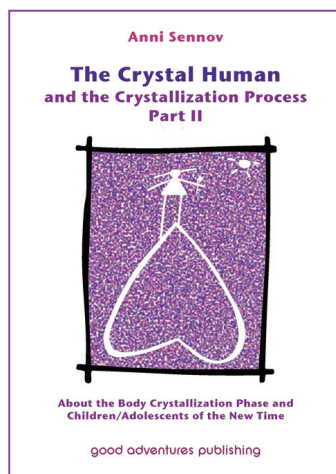




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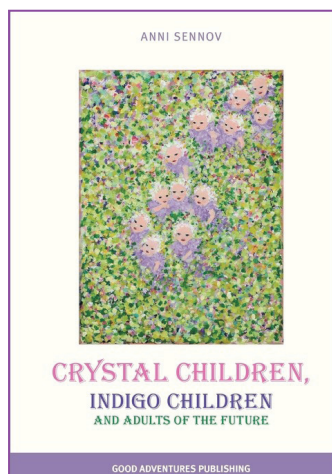
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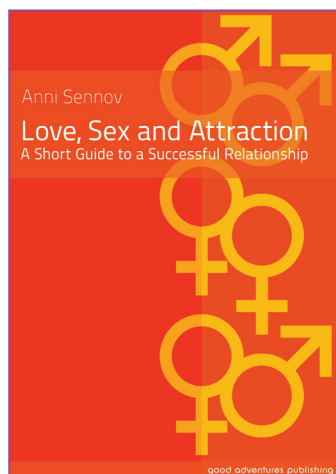
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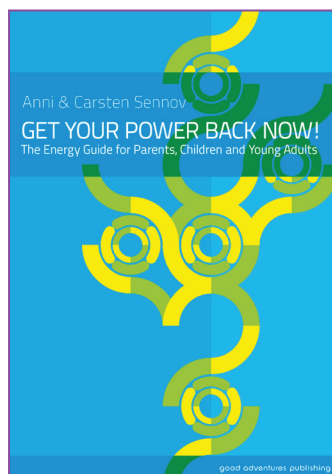
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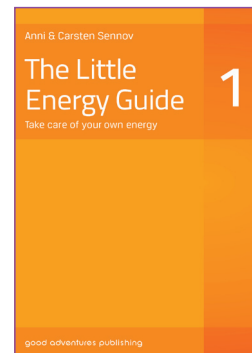
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