

STACEY LUM

# CRYSTAL VISION:

A Path to Your Higher Self





This Crystal Vision  
masterclass is a  
ceremony.

These rituals and  
practices are about  
bringing the sacred in.

It is my greatest joy to guide you on your path to empower you to remember your worth, what you desire, and how to continually align yourself to your personal power. This booklet contains tools, yogic, and energy medicine practices that support intentional living so you can begin to connect deeper to your essence in order to live in optimum alignment with it.

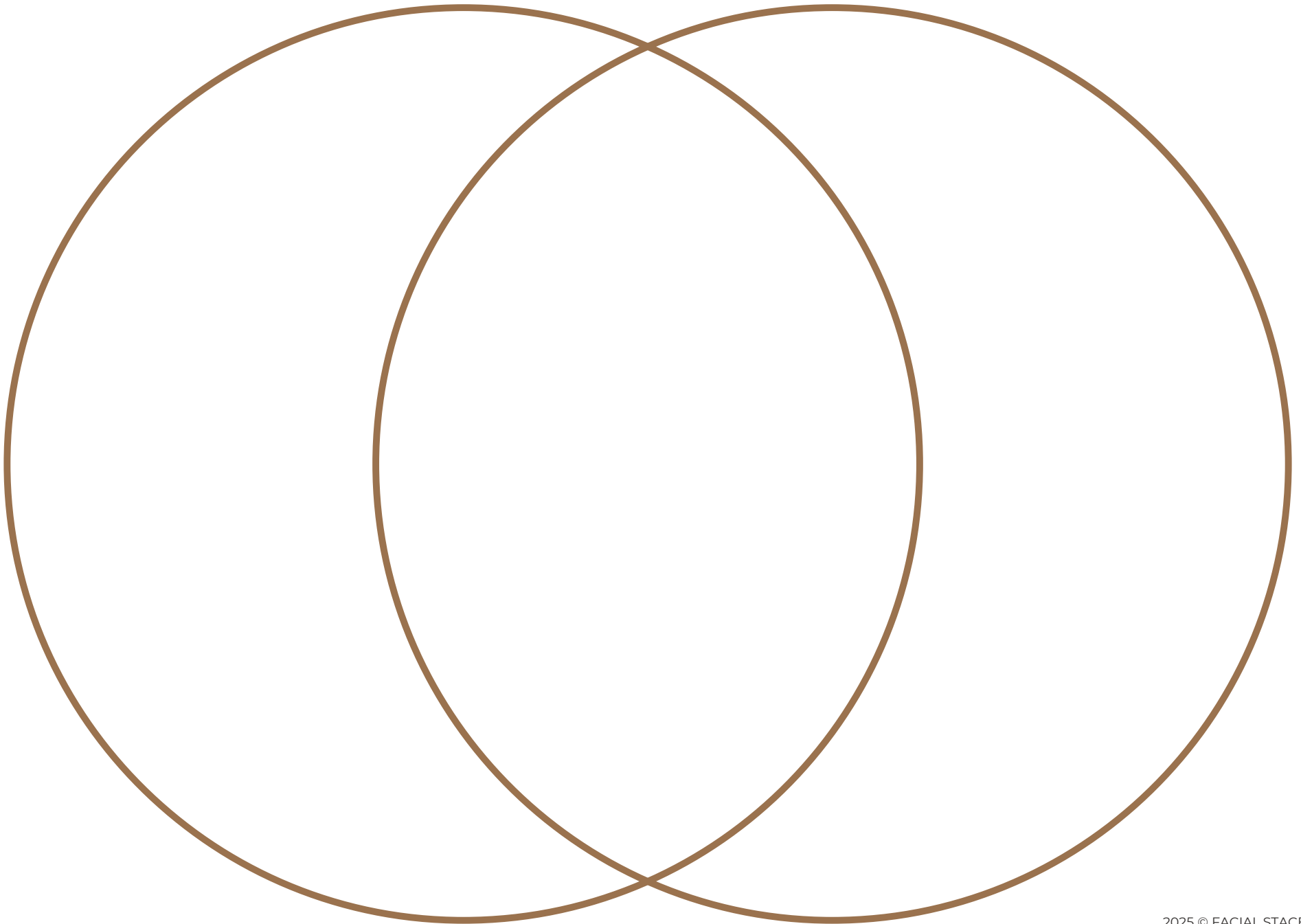
We live in a material world,  
and the big reminder is  
there is nothing we can get  
from outside of ourselves.  
When we learn to dive inside  
we can shape our inner  
landscape, expand our  
awareness, visions and  
perceptions. We then can  
bring the constellation of our  
desires down to earth. By  
giving attention to our  
intentions, we can internally  
learn how to harness it all  
within ourselves.

## INTENTION SETTING:

Make your prayer or recognition reflecting what you wish to cultivate; this will nurture your subtle body and becomes your guiding force, supporting your journey of personal growth and long-term expansion.

# THE CRYSTAL VISION

THE FREQUENCY OF YOUR ESSENCE



## Reflection of the vision.

Observe and witness how you connected with yourself in the practice.

Reflect on the pathways you take to tune in. What is your unique way of entering this connection with self? How do you nurture a sense of safety within you—allowing yourself to feel seen, safe, and loved? This is your framework.

In these practices, you actualize your highest visions by remembering and embodying the frequency of your essence. This collection of energy resides within you, always accessible, guiding you toward alignment with your deepest desires and authentic truth.

By staying connected to your essence, you can align your higher mind and heart. Let this guidance assist you in bringing your visions to life. Use the momentum of this alignment to move confidently toward your future self.

## The Frequency of Your Essence - Actualize the Vision

The place where the Vesica Piscis symbol overlaps is the visionary space of aligned action, and is in the physical place between your eyebrows. Write down what surfaced from the frequency of your blueprint and the predictions that you saw in your visions in order to sustain forward momentum.

Your sanctuary—is a sacred space that exists within you.

Imagine placing your altar here, arranging objects and symbols that feel deeply meaningful to you. Who or what holds a sacred presence in your life? Draw them into this womb-like space, weaving them into the fabric of your place of safety.

As you bring this vision to life, reflect on how this space makes you feel safe, seen, and loved. What sensations or emotions arise when you connect with this sacred place?

Allow your higher heart to speak—what messages or insights come through as you sit with this vision? Write them down, knowing you can always return to this sanctuary whenever you need guidance, clarity, or a deeper connection to your essence.

# YOUR SANCTUARY

Take a moment to envision and sketch your inner sanctuary—

For home practice: Take time to integrate. Journal your thoughts, feelings, and reflections that allow you to gain higher perspective.

2025 is the year where we refine the subtle body. The subtle body is the frequency of your embodied self.

This is where you witness reflection of what has already happened as you have actualized your visions.

Write down what surfaced from your own visions, which you can call “predictions” of what you saw happen ( there is less of a gap between dream and reality which makes your visions more accessible this way).

Simply journal these predictions that came from your higher self and heart after the practice. Write in past tense as if you are reflecting back on your growth and expansion. Save this document to look back on and reflect.



In my personal evolution, what are the the personal shifts that came in 2025?

What are the things that came into fruition for me this year?

What are the spaces and places I went to get gain a higher perspective?



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BEND, OR

# EXPAND THE CONNECTION

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