



THE
CRYSTALLINE
HEART

A LIVING TEMPLE OF LIGHT
HIGHER CONSCIOUSNESS * STABLE EMBODIMENT * SOUL REMEMBRANCE

Creating Life With Your Soul

The Crystalline Heart is an eight-month Crystalline Embodiment Journey and living Temple of Light for the awakening soul who feels ready to deepen their connection to their heart, body, soul and multidimensional self, while learning how to embody their awakening within everyday human life.

We are living within an extraordinary time of consciousness expansion, where many of us are remembering that there is so much more to who we are than our human experience alone. As our awareness expands, we can begin to feel more deeply, receive more intuitively and recognise the intelligence that lives within our heart, body, soul and consciousness.

The Crystalline Heart is a journey into this remembrance, while also supporting the physical body and nervous system to create greater capacity to safely receive, hold, integrate and embody what is awakening within us.

For me, this is part of the evolution of the New Earth Human. We are not leaving our humanity behind. We are allowing more of our soul consciousness, love, awareness and truth to be lived through our human experience.

Welcoming in the Councils of Light

Throughout The Crystalline Heart, I channel and work alongside the Councils and Beings of Light that come forward to support the souls within the Temple and the collective journey we are moving through together.

These may include Pleiadian, Arcturian, Sirian and Lyran Beings of Light, Angelic realms and other higher-dimensional Councils and consciousness that support our remembrance, activation and embodiment.

Each journey is alive, and what comes forward is received in response to the souls within the space and what is ready to be remembered, activated, released, integrated and embodied.

Through channelled teachings, Light Language, energetic transmissions, quantum technologies and activations, we open to information and frequencies that can move beyond the conscious human mind and connect us more deeply with the intelligence held within our soul and cellular consciousness.

From Carbon (Survival) Consciousness to Crystalline Consciousness

Our human body holds extraordinary intelligence through our nervous system, cells, organs, brain, heart, DNA and physical systems. Within The Crystalline Heart, we honour this human intelligence while exploring another layer of ourselves through the lens of crystalline consciousness.

For me, becoming more crystalline is not about physically becoming crystal or rejecting our biological body. It is about becoming a clearer receiver, holder and transmitter of consciousness while remaining deeply grounded within our body and our life here on Earth.

As old conditioning, inherited patterns, survival responses, subconscious beliefs and emotional residue begin to soften and shift, we can create greater internal space for a different way of living.

A way of living that is less governed by fear and survival and more deeply connected to our heart, intuition, love, consciousness, soul remembrance and inner knowing.

The journey becomes one of expanding our capacity to safely hold and embody more of who we truly are.

The Crystalline New Earth Human

The New Earth Human is an evolution in how we experience being human. We are moving from living predominantly through the mind and survival into greater heart awareness, consciousness, soul connection and embodiment.

We are becoming more connected to our soul while remaining deeply human. Our body becomes the vessel through which more of our soul can be received, expressed and lived.

As our consciousness expands, we strengthen the bridge between our human self and soul self, while our heart, nervous system and physical body develop greater capacity to receive and hold our soul light.

This can open deeper connection with our intuition, creativity, love, multidimensional awareness, soul gifts and the unique expression we are here to bring into this world.

For me, this is the remembrance and embodiment of the New Earth Human Template.

My Journey

There was a version of me who felt lost, anxious, disconnected and unsure of why I was here. I honour that version of myself deeply because she became the beginning of everything that has unfolded within my own awakening.

My journey has not been about becoming someone else. It has been about remembering who I have always been beneath the conditioning, fear, ancestral patterns and layers I had accumulated throughout my human experience.

Through deep inner work, nervous system support, soul remembrance and multidimensional awakening, my life has changed profoundly.

One of the greatest understandings I have received is that our evolution is not simply about how much energy, information or higher consciousness we can access.

It is also about developing the capacity within our human body, heart and nervous system to safely hold, integrate and embody what we receive.

This understanding now forms one of the deepest foundations of The Crystalline Heart.

Within The Crystalline Heart

The Crystalline Heart

Awakening the dormant crystalline filaments within and around the heart, supporting the heart to become a clearer receiver and transmitter of our soul light, love, intuition and consciousness.

Crystalline Nervous System

Supporting the nervous system and physical body to develop greater capacity to safely receive, integrate and embody expanding frequencies of consciousness while remaining grounded and present.

Higher Inner Child Restoration

Reconnecting with the innocence, joy, creativity and soul expression that existed before we learned who we thought we needed to become.

Crystalline DNA & Cellular Remembrance

Working with deeper layers of cellular consciousness and soul information as inherited programming softens and dormant aspects of our multidimensional self become more available.

Light Language

Receiving and awakening Light Language as a multidimensional expression of frequency and communication that can move beyond the limitations of the conscious mind.

Within The Crystalline Heart

Cosmic, Galactic & Angelic Reconnection

Deepening our connection with the Councils and Beings of Light that support our soul journey, while remaining grounded within our human body and life.

Quantum Technologies

Receiving channelled quantum technologies, energetic transmissions and activations that support the evolving crystalline architecture of our energy field and embodiment.

Sacred Feminine & Masculine Union

Bringing the feminine and masculine aspects within ourselves into greater harmony so that we can create, receive, express and lead from greater wholeness.

Crystalline Chakra System

Exploring the expanded chakra system and crystalline pillar as our energetic architecture develops greater capacity to hold and transmit consciousness.

Pineal & Crystalline Heart Technologies

Deepening our intuitive reception, inner knowing and ability to receive information through the heart, pineal and higher sensory awareness.

Soul Remembrance & Embodiment

Gaia, Source & Universe Connection

Deepening our relationship with Gaia, Source and the Universe so that expansion does not take us away from our body or the Earth, but supports us to become more deeply present, anchored and embodied within them.

Ancient & Multidimensional Remembrance

Opening to soul information, ancient wisdom and multidimensional remembrance that may become available as our consciousness expands and our own inner knowing strengthens.

Becoming the New Earth Human

The Crystalline Heart is not about continually searching outside ourselves for the next activation, answer or frequency. It is about remembrance and developing our capacity to receive, hold, integrate and embody more of who we truly are.

This journey invites you into a deeper relationship with your body, heart, consciousness, soul and the multidimensional intelligence that lives within you.

WHAT THE CRYSTALLINE HEART SUPPORTS

The Crystalline Heart supports the journey from awakening into embodiment, so that what you are remembering spiritually can begin to become part of how you live, create, relate, receive and lead within your everyday human life.

- Nervous system recalibration and expanding your capacity to receive, hold and integrate.
- Soul remembrance and authentic soul expression.
- Awakening the dormant crystalline filaments within and around the heart.
- Heart consciousness, intuition and deeper inner knowing.
- Light Language and multidimensional remembrance.
- Higher Inner Child restoration and emotional integration.
- Sacred feminine and masculine union.
- Gaia, Source, Universe and higher-realm connection.
- Crystalline DNA, cellular remembrance and the New Earth Human Template.
- Awakening and embodying your unique soul gifts, voice and expression.

Inside Your 8-Month Journey

12 Pre-Work Activations

Preparing your body, heart, nervous system and energetic field for the journey ahead.

Two-Day Opening Immersion

Opening The Crystalline Heart Temple and beginning our journey of soul remembrance, embodiment and connection together.

6 Half-Day Embodiment Immersions

Deep channelled teachings, activations, Light Language, energetic recalibration, quantum technologies and embodiment.

9 Integration Sessions

Creating space to support what is unfolding between immersions so that what is received can be integrated into your body and everyday life.

Private Temple Community

A deeply held community space for connection, reflection, support and sharing throughout our eight months together.

Lifetime Access Portal

Lifetime access to the teachings, activations, transmissions and practices held within The Crystalline Heart journey.

The Frequency of The Crystalline Heart

The Crystalline Heart is a journey of remembrance and embodiment. It is about creating greater capacity within the body, nervous system and heart to receive, hold and embody more of our soul light, while remaining grounded within our humanity and our life here on Earth.

Testimonial

"My experience inside Bel's previously called Awoken container has been extraordinary.

When I entered Awoken, I was curious about light language, but honestly, I didn't believe it was something I would be able to access or activate myself. I also wasn't connected to my intuition, and I often questioned whether the information, sensations and inner dialogue I received was actually meaningful, accurate or even worthy of my attention.

What I didn't understand yet was just how many unconscious beliefs, ancestral patterns and multidimensional imprints were quietly running in the background of my life influencing my choices, my perceptions, my relationships and the way I experienced myself without me even realising it.

Over the last 7 months of Awoken, a lot has shifted. I feel as though I have transformed on multiple layers and dimensions, firstly by releasing old patterns and self beliefs and then, once unburdened, by remembering and accessing more of who I already am, or as Bel calls it, my 'soul light'.

Bel has created a space that feels incredibly safe, held and energetically precise. Her ability to channel, guide, teach and hold the field is extraordinary.



Testimonial

"There is a depth to her work that is difficult to explain unless you have experienced it for yourself. She somehow creates the conditions for you to move beyond simply understanding something intellectually and instead actually experience the shift within yourself. One of the most profound changes for me has been my relationship with my own intuition.

What was once something I questioned or dismissed has become something I listen to, explore and trust. I have become much more aware of the subtle information moving through me and around me, and I am learning to recognise the difference between the voice of old programming and my quieter, clearer inner voice.

Learning to access and activate light language alone has been incredibly empowering and it has opened up a whole new relationship with my own energy, expression and creativity, and with the possibility that there is so much more available to us than we have been conditioned to believe.

The transformation hasn't been one single dramatic moment. It has been layered and cumulative. It has shown up in the way I perceive myself, the way I relate to my intuition, the synchronicities I notice, the choices I make, and the increasing sense that I am living in a much more conscious and connected way. I also feel more spacious, centred, trusting and curious.



Testimonial

"One of the greatest gifts of Bel's work for me is that she doesn't simply give you an experience, she helps you discover that you have access to your own inner wisdom and your own capacity for transformation.

I am leaving Awoken with a much deeper sense of who I am and what is possible for me. I feel as though doors have opened inside me that I didn't even know existed.

I am deeply grateful for Bel, for the space she holds, and for everything this journey has awakened within me."

Elise May
Embodiment & Somatic
Teacher / Facilitator



Testimonial

“Before joining AWOKEN, one of the biggest challenges I was experiencing was within my mind. I found it difficult to fully relax because my thoughts would loop, and when I did not understand what was happening within my awakening, I could begin to feel overwhelmed and spiral.

This was also impacting my body. I could feel that my nervous system was holding a lot, and I did not always feel that my body had the capacity to receive the downloads, energetic shifts and ascension upgrades that were coming through for me.

In my very first session with Bel, I described my vagus nerve as feeling ‘fried,’ while my body felt like it was spinning and my mind was trying to understand everything that was happening.

Being part of AWOKEN has supported me in such a gentle, grounding and deeply held way. Rather than feeling like I needed to push through what I was experiencing, I have been supported to understand my body, nervous system, energy and multidimensional self in a way that has helped me feel safer within my own awakening.

Through the journey, I have received practical and energetic tools that have supported me to come back into my body, soften my mind and build greater trust in what I am receiving.



Testimonial

“One of the biggest shifts for me has been moving from needing my mind to understand everything first, into developing greater trust in myself, my body, my guides and my own inner knowing.

In my first session with Bel, I shared that I needed more information and needed to understand how everything worked, otherwise I felt like I was spiralling.

Over time, I have felt a deeper sense of stability and connection within myself. I have also loved getting to know more of my multidimensional self and my guides. This part of the journey has been enjoyable, expansive and deeply meaningful for me.

AWOKEN has not only supported my spiritual growth, but also helped me bring that growth into my body and my everyday life.

I feel more grounded, more aware of what my body needs and more able to receive what is opening for me without the same level of fear, stress or overwhelm.

Bel lives and breathes this work, and having her support, guidance and understanding throughout the journey has given me so much hope for what is possible within my own path of ascension.



Testimonial

“I am incredibly grateful for the support, the tools, the connection and the space that has been created for me throughout AWOKEN.”

Nicole Snudden
Yin Yoga Teacher & Kinesiologist



Testimonial

“AWOKEN has been life-changing, not because it activated something new, but because it stabilised what was already awakening within me.

Each session deepened my awareness, but more importantly, it anchored it into my daily life.

I stopped feeling like my spiritual experiences were separate from my human reality.

I now trust my inner knowing. I have practical tools that help me regulate, integrate, and lead from a grounded place.

Bel doesn't just create a sacred space, she creates a coherent field where real identity shifts occur.

This journey did not just awaken me.
It strengthened me.”

Margie L.
Aged Care Nurse



Testimonial

“Before working with Bel, I sensed there were deeper energetic imprints affecting my body and leadership.

During the process, I felt layers of density unwind, not in a dramatic way, but in a steady, grounded way.

What changed most was my relationship with myself.

I feel calmer. More regulated. More at home in my body.

There is a lightness, yes, but also a strength. A clarity in how I show up with my family and in my life.

Bel bridges multidimensional healing with practical embodiment in a way that feels safe and sustainable.

This wasn't just energetic work.
It was recalibration.”

Kristy Marie Davies
Ascension Guide &
Soul Embodiment Mentor





November '26						
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Behind the scene Quantum work
 Preparing your field for the 1-day event (over four days) & supporting your integration.
- 
1 day (over 4 evenings) online immersion with Bel
 7pm - 9pm Sydney Australia Time
- 
4hour online immersion with Bel (over 2 evenings 2 hrs)
 7pm - 9pm Sydney Australia Time
- 
2hour online immersion with Bel
 7pm - 9pm Sydney Australia Time

ALL TIMES ARE EUROPEAN TIME ZONE FRIENDLY

Your Next Step

If something within you feels deeply connected to AWOKEN and you feel the inner knowing that you are ready to journey deeper into your soul remembrance and embodiment, I warmly invite you to connect with me.

AWOKEN begins with a private Connection Call, where we can connect, explore where you are within your journey and feel into whether AWOKEN is aligned for you at this time.

This is a beautiful opportunity for you to ask questions, learn more about the journey and feel whether this is the space you are ready to step into.

If AWOKEN feels aligned for you, I would be deeply honoured to walk beside you as you remember, receive and embody more of who you truly are.

Creating Life With Your Soul. 💖

→ **Book Your CRYSTALLINE HEART Connection Call**

Bel 💖

Bel Smith
Founder of Crystalline Heart
Conscious New Earth Leader

