

PART I — THE FULL KRYSTIC FASTING GUIDE



A Sacred Manual for Energetic, Emotional, and Spiritual Recalibration By Francisca Inspires

INTRODUCTION — What Makes a Fast "Krystic"?

A Krystic fast is not a practice of deprivation. It is a return to organic architecture—where your body, field, and consciousness realign with your Eternal Blueprint.

In this lineage, fasting is used for:



Recalibrating the nervous system



Clearing density from emotional and mental fields



Strengthening energetic boundaries



Increasing coherence in the central vertical line



Restoring the capacity to receive higher frequencies

A Krystic fast is done in **sovereignty**, not self-punishment. It honours the body as a Divine biological temple.

SECTION 1 — PREPARING FOR THE FAST

(How to begin in a coherent, sovereign manner)

1. Set Your Intention Clearly

Your intention becomes the gravitational centre of the entire fast.

Suggested Krystic intentions:

"I fast to realign with my Eternal Self."

"I fast to clear distortion and restore coherence."

"I fast to strengthen my field and open my inner hearing."

"I choose to release distortion and return to my natural harmony."



Write it down. Say it aloud. Place your hand on your heart as you commit to it. **Your intention becomes the magnetic north of the entire fast.**

Create a Protected Energetic Container

Before the fast begins:



Shield in 12D Maharic Frequency



Visualise a silver-white pillar
descending around you



State your sovereignty



State:

"I enter this fast in sovereignty, under the guardianship of my Eternal Christos Blueprint."

This establishes an energetic boundary so the fast becomes a **sanctified container**.

Prepare the Physical Body

A Krystic fast respects the biological temple.

12–48 hours before:

- Eat lighter, more hydrating foods
- Reduce caffeine and processed sugars
- Increase warm water and electrolytes
- Sleep earlier
- Reduce exposure to stress or overstimulation



This allows the body to shift from [density-processing](#) to [light assimilation](#).

Prepare the Emotional & Mental Bodies

Because fasting lifts veils, emotions often surface.

Set the expectation:

Some memories may rise

Some shadow material may show

Some attachments may be felt
more clearly

This is not regression—this is purification.

Journal these:

"What do I fear losing?"

"What am I ready to release?"

"What is strengthening in me?"

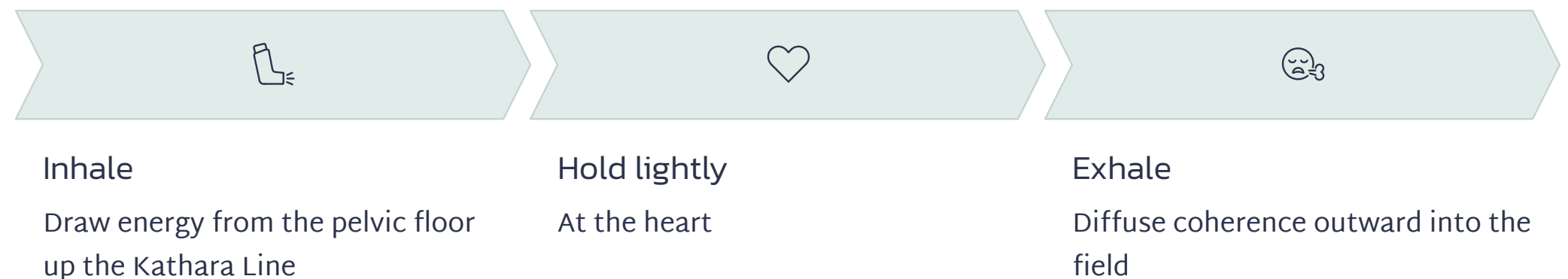
This primes the emotional field for release.

SECTION 2 — DOING THE KRYSTIC FAST

(How to hold the field during the fasting period)

1. Begin Each Day With Breathwork

Three breaths to open the fast daily:



This channels sexual, emotional, and life-force energy upward, not downward.

2. Reframing Hunger & Desire

In a Krystic fast:

Hunger = movement of density

Desire = energy seeking rerouting

Fatigue = energetic reconfiguration

Nothing is wrong; everything is recalibrating.

When hunger arises:

- Place your palm on your navel
- Draw breath up into the heart
- Whisper: "Energy rises."

This signals the body to circulate charge along the central vertical, not into lower urges.

Still-Point Practice & Emotional Purgings

3. Still-Point Practice (2–3 times daily)

Still-point is a profound Krystic technology.

Sit. Breathe. Let your inhale and exhale soften until the breath becomes quiet.



Field reset



Nervous system regulation



Access to higher strata



Emotional neutrality

Even 2 minutes is powerful.

4. Emotional Purgings as Detox

During fasting, emotions may feel amplified.

Understand:

- You are not becoming emotional;
- You are releasing emotional density that has been trapped inside you.

When tears come, allow. When irritability rises, breathe it up the column. When grief surfaces, place your palm on your womb or solar plexus.

This is purification, not instability.

5. Nourishing the Subtle Bodies

You may not be eating, but you are still feeding yourself.

Feed yourself with:

- sunlight
- warm herbal infusions
- pure water
- nature exposure
- journaling
- simple chanting
- gentle stretching

These nourish parts of you food cannot reach.

Maintaining the Energetic Container



Avoid during the fast:

gossip

loud environments

social media overstimulation

emotional conflict

pornography or sexual fantasy

processed foods

overworking

emotional venting from others

Your field is open and delicate; protect it.

SECTION 3 — BREAKING THE KRYSTIC FAST

(How to complete in a way that seals, integrates, and anchors the upgrades)

1. Do Not Break Abruptly

Upon completion:

01	02
Sit silently for 1–3 minutes	Breathe into the heart
03	04
Acknowledge: "The fast is complete. The recalibration remains."	Only then take physical nourishment

2. First Foods

Begin with something gentle:

- warm mineralized water
- light fruit
- herbal broth
- simple vegetables
- warm teas



Do not rush back into density. Let your body reintegrate gradually.

3. Give Gratitude to the Body & Field

A simple anchoring ritual:

Place both hands over the heart and say:

"Beloved body, thank you for carrying me through purification. Beloved field, thank you for reorganising into coherence. Beloved Self, thank you for choosing alignment."

This gratitude stabilises the frequency shift.

4. Re-ground the New Frequencies

After breaking:

- Sit with nature
- Touch the earth
- Walk slowly
- Rest early
- Drink plenty of water
- Journal what feels different

Integration is where the DNA anchoring happens.

5. Close the Container

End the fast with:

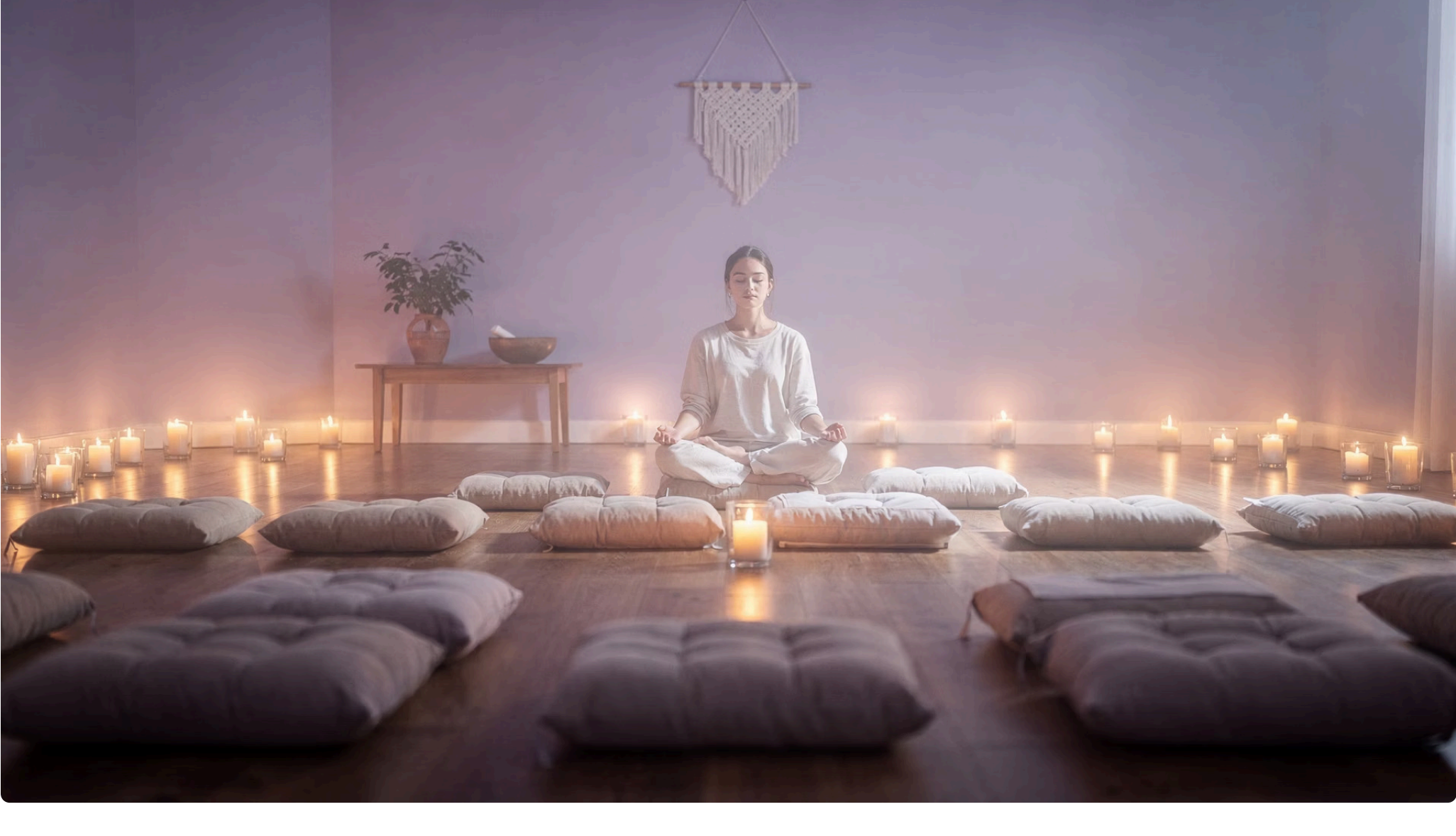
"This sacred container is now closed. All upgrades remain sealed in my field. I walk forward in coherence and sovereignty."

This closes loose energetic threads and marks completion.

PART II — GUIDED MEDITATION FOR BEGINNING THE FAST

A Krystic Opening Ceremony

(5–10 minutes)



▮ Introduction

Find a quiet place. Sit or lie comfortably. Let your hands rest softly on your body—one on your heart, one on your lower abdomen.

Close your eyes. Let your breath soften.

This is your moment. Your opening. Your return.

▮ THE MEDITATION

1. Settling Into Presence

Take a slow, deep breath in through your nose. Hold gently at the top. Exhale with a soft sigh.

Again... Inhale presence. Exhale anything that doesn't belong to this moment.

Feel the weight of your body settle. Feel the space around you become still.

You are entering sacred territory.

2. Calling Your Consciousness Home

With your next inhale, imagine drawing your awareness back from every place it has scattered:

- past conversations
- old memories
- future worries
- unresolved emotions
- external attachments

See them all gently dissolving... and your energy returning to your core.

Whisper softly within:

"I call myself home."

Feel your field becoming whole again.

3. Activating the 12D Shield

Now visualise a column of silver-white plasma light descending from above your head.

It wraps around you, encases you, and seals you inside a protective sphere.

See the light descend from:

Crown → Heart → Hara → Base → Beneath the feet.

Your field becomes bright, structured, sovereign.

And you speak:

"I begin this fast inside my Eternal Christos Shield. Only energies in resonance with my Highest Blueprint may enter."

Feel the atmosphere shift.

4. Setting the Intention

Bring your attention to your heart.

Let your breath move softly in and out of this centre.

Then say, slowly and clearly:

"I enter this fast to realign with my Eternal Self. I fast to release distortion. I fast to restore coherence. I fast to remember who I truly am."

Place your hand on your heart.

Feel the intention anchor into your cells, your DNA, your field.

5. Cleansing Breath Through the Kathara Line

Now visualise your Central Vertical Line— a pillar of pale-blue crystalline light running through the centre of your body.

With each breath:



Repeat 3–5 cycles.

This breath:

- lifts dense desire upward
- softens cravings
- stabilises the nervous system
- aligns your bio-field
- prepares you for the fast ahead

Your whole body is listening.

6. Sealing Emotional Stability

Bring your awareness to the space between your ribs—the solar plexus.

Breathe gently.

Then speak inward:

"All emotions that arise during this fast will rise to be released, not to overwhelm me."

Feel the emotional body soften, as though a warm hand is comforting and steadying it.

You are safe inside yourself.

7. Aligning With the Eternal Blueprint

Visualise the Kathara Grid glowing under your feet— a blueprint of perfect geometry connecting you to your original, undistorted design.

See its light rise through your body:

Feet → Pelvis → Spine → Heart → Throat → Crown.

As the light rises, whisper:

"I return to my original alignment."

Let the grid recalibrate your inner structure.

8. Entering Still–Point

Now allow your breath to become very soft... barely noticeable... almost like the ocean at dusk.

Let everything slow.

Let your mind float. Let your heart unclench. Let your spirit take the lead.

This is Still–Point. This is where recalibration begins.

Rest here for a few breaths.

9. Closing the Opening Ceremony

Take one slow, deep breath.

Feel your whole field glowing in silver, amethyst, and pale-blue light.

Then speak the words:

"This fast begins now. I enter it in sovereignty. I enter it in coherence. I enter it in devotion to my Eternal Self."

Feel your intention lock into place.

The portal is open. Your body is ready. Your field is aligned.

The Krystic fast has begun.

Here is PART III — The Krystic Script for Breaking the Fast.

This closing ritual is designed to seal the upgrades, anchor coherence, and complete the container so that no loose threads, vulnerability, or energetic leakage remains after the fast.

Read it slowly. Let it be a sacred completion.

▯ PART III — KRYSTIC SCRIPT FOR BREAKING THE FAST

A Closing Rite to Seal, Integrate & Ground the New Frequencies



▯ Preparation

Before the first sip or bite, sit comfortably. Place one hand on your heart and one on your lower abdomen.

Let your breath soften. Let your mind become quiet.

This is your moment of completion.

▯ THE CLOSING SCRIPT

01	02	03
Entering Stillness Take a slow breath in... and exhale gently. Feel your body soften. Feel the field around you stabilise. Say inward: "I honour this moment of completion."	Acknowledging the Journey Now speak: "Beloved body, thank you. Beloved mind, thank you. Beloved emotions, thank you. Beloved field, thank you. Beloved Eternal Self, thank you." Pause and feel the gratitude settle through you. Let your appreciation become the first nourishment you give yourself.	Reclaiming All Released Energy Visualise a soft wave of pale-blue light rising from your pelvic floor up the central vertical line into your heart. As you breathe, say: "All that has been released during this fast is complete, is cleared, is dissolved." Feel the emotional, mental, and energetic debris that surfaced during the fast fall away like sand slipping off your skin. You are lighter now.
04	05	06
Calling Back the Strength You Gained Now breathe into your heart and say: "The clarity I gained remains. The coherence I built remains. The strength I discovered remains. The alignment I anchored remains." See all the upgrades sink into your cells, gently, peacefully, inevitably.	Sealing Your Field Visualise a silver-white sphere of Maharic light around your body. It brightens, thickens, and becomes structured. Then declare: "I seal my field now. What was released stays released. What was restored stays restored. What was activated stays activated." Let the sphere lock into place. This is your protection. This is your coherence. This is your sovereignty.	Integrating the New Frequencies Bring both hands over your heart. Take a slow breath and imagine: • your cells absorbing the new codes • your DNA unwinding gently • your emotional body softening • your mind clearing • your aura expanding with calm Then speak: "I integrate these frequencies with grace. My body receives them. My mind aligns to them. My heart expands with them. My spirit anchors them." Feel the entire being recalibrate.
07	08	09
Gracing the First Nourishment Look at the water, herbal tea, fruit, or broth before you. Hold it with reverence. Whisper: "You join my field in peace. You ground the light within me. You complete this sacred process." Let your first sip or bite be slow, gentle, grateful. Let it carry the frequency of completion.	Closing the Sacred Container When you feel ready, speak: "This fast is now complete. The portal is closed in grace. I walk forward in coherence, strength, clarity, and sovereignty." Feel the container gently seal behind you, like a door closing with divine timing. Nothing is left open. Nothing is leaking. Everything is integrated.	Final Grounding Place your feet on the ground. Take one more breath. Say: "I am here. I am whole. I am aligned." And so it is.

The fast is complete.

You have honoured your body, your field, and your Eternal Self.

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