

The Three Crystals  
You Simply Must Have  
During Your Ascension Journey  
And What to Do With Them



Lori Ann Spagna  
[www.LoriSpagna.com](http://www.LoriSpagna.com)

# The Three Crystals You Simply Must Have During Your Ascension Journey

Blessings Fellow Awakening Beings of Love,

In the year of 2011, I fell in LOVE with Crystals.

I was never a Crystal person - I don't know why, maybe I just never 'got' what all the fuss was about, or maybe I never realized how potent and effective they are, or maybe I needed someone to really introduce me to the amazing and awesome power and effectiveness of Crystals, which is ultimately what happened.

In the Summer of 2011, I visited Arkansas for the very first time. To this day, I have no idea why I felt so called to go, except for how my life has radically transformed in the aftermath of my initial visit.

It was the Crystals, of course, that called me to them.

I attended a retreat to learn about Crystals and to meet fellow Lightworkers.

The thing was, even after our first Crystal dig, which was tons of fun, I still wasn't enamored with the Crystals - I was just having fun socializing with likeminded spiritually progressive friends.

As a matter of fact, when all of the other attendees were buying crystals in the local crystal stores, I just stood around, moderately

dumbfounded that people would spend their hard earned money on something so seemingly frivolous as crystals.

It wasn't until later that evening, when one of my now closest friends held a crystal in her hand, opened her mouth, and channeled the most **GLORIOUS** Lightlanguage out of her mouth.

What was perhaps even more glorious and phenomenal than the **Beauty-FULL** Lightlanguage itself, was the fact that she had never before channeled any form of Lightlanguage; in fact, my friend was very, very shy and soft spoken, yet, when she held that Crystal in her hand, she was transformed by it.

For me, that was it.

The very next day, I bought my first crystal, and since then, I have become somewhat of a 'crystal-holic'.

More than that, I have now been leading Crystal Experiences to Arkansas to help others discover the **joy, magnificence** and **potency** of the Crystalline Kingdom.

With this tiny little ebook, it is my sincere hope and desire to introduce YOU: **Be-YOU-ty-FULL ~ Fabulous ~ Glorious ~ UH-Mazing, INCREDIBLE, One-Derful**, YOU ~ to The Crystalline Kingdom.

May it become a life long journey of **AWAKENING TO YOUR DIVINITY** for you, as it has been for me.

In ~ joy!



My Infinite Love, Light and Joy to YOU!

*Lori Ann Spagna*

**Lori Ann Spagna** ~ Best Selling Author, Spiritual Teacher, Ascension Guide, Intuitive, Multi-Dimensional Channel, Animal Communicator, Energy Healer, Starseed, Lightworker, Visionary, Luminary

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# The First Crystal You Simply Must Have During Your Ascension Journey



## Shungite

Shungite has quickly become one of the most helpful healing and clearing crystals which we can no longer live without in our physical earthly reality.

In fact, shungite properties are so beneficial to our bodies and our homes, and the healing energies of Shungite are so potent and magnificent, that this is definitely one of the three most important

crystals for us to have during our Ascension journey; indeed, during our entire lives.

Moreover, we can easily classify Shungite as one of '*The Superfoods*' of The Crystalline Kingdom, which is not to say that it is actually a food, but rather, that the benefits of using and working with Shungite are so profound and expansive, that it would be relatively impossible to list all of those benefits because those benefits are so vast.

Perhaps best of all, Shungite is relatively inexpensive and easy to obtain.

# A Brief History of Shungite

Shungite is found primarily in Russia. The name Shungite was derived from the village of Shunga in Karelia, Russia where this crystal-stone was first discovered.

Shungite has been in existence for an estimated 2 billion+ years, since the paleoproterozoic age, and the earliest Precambrian rocks which consisted of some of the earth's earliest oil deposits.

Shallow, brackish lagoons near chains of volcanos in western Russia were rich with sediments and algae. This contributed to deposits of oil shale and crude oil.

As these deposits were subjected to heat and pressure over eons of time, Shungite formed into an almost pure form of carbon.

This carbon purity, known as *fullerene*, is this mineral's highest and most notable quality.

Fullerenes are carbon molecules that have formed into hollow, globular molecules.

In 1996, the Nobel Prize in Chemistry was awarded jointly to Professor Robert F. Curl, Harold W. Kroto and Richard E. Smalley for their discovery of Fullerenes, discovered naturally in Shungite, also known as Carbon C-60.

This Nobel Prize winning research in verified the healing energy within the stone and after that, people began to wake up to Shungite's healing potential.

Now, Shungite is recognized as '*The Miracle Stone of the 21st Century*'.

Particularly now during our age of technology, Shungite is '*The Go-To*' crystal for electromagnetic field (EMF) protection, purification and

detoxification of the body, as well as general healing and emotional and mental well being.



# A Brief Introduction to Shungite

While most in the rocks~crystals~gemstones community do not recognize Shungite as an official crystal, Shungite is none the less categorized in the higher realms as a part of The Crystalline Family.

Officially, Shungite is a non-crystalline carbon mineraloid.

Regardless of its official category, Shungite is certainly one of the strongest, most potent and most effective mineral healers in The Crystalline Kingdom.

It is worth noting that there are three types of Shungite:

- Regular Shungite ~ aka, Type III Shungite ~ a very dark black color and consists of 30-50% Carbon
- Petrovsky Shungite ~ aka, Type II Shungite ~ a slightly lighter black color, lighter in weight, with 50-70% carbon
- Elite Shungite ~ aka, Type I Shungite ~ a silvery goldish shine, almost semi-metallic, with 90-98% carbon, also considered to be the noble type of Shungite, ie, the highest and purest quality of Shungite

# Shungite Healing Properties

In Russia, shungite has long been used as a water purifier. In fact, Shungite's healing notoriety dates back to Peter the Great, who established the first Russian spa in Karelia, called Martial Waters, where people would bathe in spring water purified by the Shungite of the region where the water flows through and over this potent mineral.

Below are just a few of the healing prosperities of Shungite:

- Shungite healing aids in balancing the chakras and the energy fields of the physical body.
- Shungite protects against electromagnetic radiation and EMF toxicity; it aids in the inhibiting of EMFs, or electromagnetic fields, which are the result of electromagnetic radiation.
- Shungite blocks electromagnetic interference from the external reality.
- Shungite boosts the body's immune system and aids in enhancing immunity.
- Shungite purifies the air and improves air quality; shungite, like all crystals, adds negative ions (in this case, the word 'negative' is actually a good thing!) into the air.
- Shungite purifies the body and organ functions.
- Shungite conducts electricity (try using pure shungite as a battery ~ it works!)
- Shungite WILL protect your physical body energy field from harmful 5G Grid interference.
- Holding and meditating shungite amplifies the shungite healing properties to help reduce and/or eliminate headaches, back pain, body aches, muscle tension, blood pressure, inflammation and other forms of physical pain and discomfort.

- Shungite healing properties are powerful for the emotional body too. Shungite can be used to combat insomnia, boost energy, reduce stress and relieve anxiety.



*Gotta' Love That Shungite!*

# The Second Crystal You Simply Must Have During Your Ascension Journey

## Selenite



Of all the crystal family members, Selenite is the most neutral and generally unbiased in terms of its potential.

Selenite is always neutral, which is to say that it does not take on any

energy from anyone or anything. It holds its own pure, divine neutrality, regardless of what may be in its field.

Because of its extremely high frequency and divinely neutral state, Selenite is wonderful for restoring balance and divine neutrality to any person, animal or place.

Selenite is also fabulous at evoking protection and shielding a person, animal and/or physical space from outside influences and/or lower density energies. It also dispels negative energy and can aid in the transmutation of dense or heavy energy into more divinely neutral energies.

Like most crystals, the powerful energies of Selenite will also help you to connect with your own Higher Self, your guides, guardians, Masters, Spiritual Teachers, Loved Ones in the Non Physical Realms (including animals who have crossed over) and ultimately, The Christ Consciousness.

Selenite calms and soothes, and brings a deep peace and sense of tranquility.

Selenite is always fabulous for grid work around your home or in the corners of a room to create a safe and peaceful space.

Meditating with Selenite aids in access to past and future lives. Selenite brings mental clarity, clearing confusion and revealing the bigger picture behind any problem.

Selenite is a crystallized form of Gypsum, which is used for good luck and protection. The powerful vibration of Selenite can clear, open, and activate the Crown and Higher Chakras and is excellent for all types of spiritual work. Selenite can also be used to strengthen the memory.

Physically, Selenite removes energy blockages from physical and Etheric bodies. It can reverse the effects of “free radicals” to heal and repair on the cellular level. Selenite is associated with the spine and the skeletal system.

Selenite can be used to mitigate problems with Mercury fillings in dental work. Selenite is also good for breast feeding.

In my opinion, Selenite is one of the best crystals to use in and around the bed and sleep space, as they will both protect you during sleep time as well as maintain a balanced, neutral sleep space free from any form of interference to allow for peaceful, balanced, calm, restful and undisturbed sleep time.

Selenite is a soft mineral and should be kept dry; because it will disintegrate if it gets wet.



*Beauty-FULL, Divine, Selenite!*

The Third Crystal  
You Simply Must Have  
During Your Ascension Journey

## Lemurian Quartz Crystal



Lemurian Quartz Crystal are also known as Lemurian Seed Crystals or Lemurian Star Seed Crystals.

As a Starseed, I can honestly say, these are by far, my absolute favorite crystal; and in my opinion, they are among the most powerful and potent and 'diversely talented' crystals of all the Crystalline Kingdom.

# A Brief History of Lemurian Quartz Crystals

The term 'Lemurian' references the land of Lemuria, which was an ancient time-space-reality similar to Atlantis (although Lemuria preceded Atlantis in terms of linear time).

Lemuria is said to have existed in the geographical area of the Hawaiian Islands and extended throughout the Pacific Ocean ~ its reach extended from western United States and Canada to lands in the Indian Ocean and Madagascar.

Indeed, the span of Lemurian energy is so vast that its energy permeated through the entire physical lands of North and South America (even globally), which is where these crystals are primarily found.

As someone who lived in Maui for two years, I can say that I have a deep inner knowing that there is indeed a very strong Lemurian connection in Hawaii.

The reference to Seed Crystals or Star Seed Crystals is because these crystals are specifically designed for ~ but not limited to ~ the DIVINE MISSION work that Starseeds are here on earth to do during the Ascension process.

According to recorded history, Lemurian Crystals were first discovered in Brazil in 1999 near near, but not inside of, a quartz mine.

My own inner knowing is that they were discovered earlier than that, and in multiple locations, without being recorded as discovered.

Regardless, these particular types of crystal was unlike any other crystal previously found in and were not from crystal beds of the quartz in crystal quartz mines.



The first Lemurian crystals found were quite frosty and dull in appearance but with the unusual characteristics of lines (striations, aka, KEYS) along the sides of the crystals.

Since their discovery, these crystals have been found in Brazil, Colombia, Mexico, Peru, Arizona, Arkansas, California, Colorado, Montana, North Carolina, Oklahoma, Washington, Madagascar, Mozambique, Namibia, South Africa, Zambia, Russia, India, China and Tibet although this list seems to be continually growing.

In fact, the greatest concentrations of these crystals seem to be primarily located along the central line of the North America into South America line which goes right through Arkansas and into Brazil.

These Lemurian crystals also often appear in clusters, as well as points, long shafts and individual wands.

# A Brief Introduction to Lemurian Quartz Crystals

There is a difference between Lemurian Crystals and Lemurian Seed Crystals.

- Lemurian Seed Crystals have an alternating pattern of a frosted side on the shaft and then a smooth, very transparent side, then a frosted side and a very transparent side, alternating all the way around.
- Lemurian Crystals will have a random pattern, similar to a Lemurian Seed Crystal, however, the pattern is always random, rather than the predictable pattern as described above.
- Regardless of whether the Crystal is Lemurian or Lemurian Seed Crystal, they also often contain 'Keys'. Which are like naturally appearing cuts and grooves in the crystal. These keys are very significant for healing and transformation.

Either way, a true Lemurian Crystal will always have discernible, detectable striations, lines, grooves and keys or 'key codes' along the sides.

In fact, it is easy to feel these lines/striations, grooves and keys when we run our thumb along the sides of the crystal ~ this makes it very easy to discern true Lemurian Crystals.

One of the primary factors that makes Lemurian Seed Crystals so powerful, is that the crystals were charged, aka, programmed, by our Lemurian ancestors, to preserve and share their knowledge, wisdom, lessons and energies, wisdom, information, lessons, energy and consciousness to assist humanity during future phases of critical evolutionary growth.

Amazingly, these crystals seem to be able to traverse time-space-dimension-reality, because they bring forward information and energy from our decedents and our future generations too.

Needless to say, this time is now; it is **The Ascension Timelines**.

Because of this, the these crystals are being rediscovered (resurrected) to aid humanities' spiritual evolution which is accelerating at an extremely accelerated rate.

# Lemurian Quartz Crystal Healing Properties

Lemurians are exceptional in that, like all crystals, each Lemurian is as entirely unique as a fingerprint, however, they also contain the added exceptionality that each unique crystal also has and contains its own unique story of information, energy and healing abilities.

And while this is generally true of every crystal, each Lemurian is individually coded with very specific information and energy, as unique as a thumbprint, for us to discover and learn from and to utilize for our own healing and evolution.

The Lemurian Seed Crystals are a kind of like 'seeds of information; planted as a crystal tool meant specifically for the energy healer, energy worker, or light worker....these crystals are actually encoded with information and energy to facilitate healing specifically for any individuals Ascension journey and whatever is uniquely appropriate to any particular individual.

In this way, we could call Lemurians adaptable to the particular human and/or animal needs and requirements, in a sense.

In fact, we Indigo Family tribe members (that includes YOU) are meant to retrieve this hidden information and energy and use it for the greater good of ALL beings on earth.

They also invite us to receive very specific information for and about our planet, for Mother Earth ~ Gaia, including solutions to the world's challenges and problems as well as how to heal the planet; basically like the care instructions for Earth.

These crystals also serve as an ideal communication tool between planet Earth, The Galaxy and the rest of the cosmos, including other alien, extra terrestrial races, and above all, our Star Family Races.

Also interestingly, the more they're used, the more activated they get and therefore, the more powerful and effective they become - just as the more we healers do our healing, the more effective we become with the healing arts/tools/gifts/talents and abilities we utilize.

# Lemurian Clear Quartz Crystals

In addition to the unique healing properties of the Lemurians, these crystals are also embedded with all of the healing qualities of The Clear Quartz Crystal Family too.

Clear Quartz is known as the master healer crystal and will amplify and intensify all energy, emotion, thought, and/or vibration. They will also intensify and amplify the energy and affects of other crystals.

Clear Quartz is the most versatile healing stone among all crystals. Quartz is the most powerful healing stone of the mineral kingdom, with the capacity to effectively address and help resolve any and every known condition and/or dis-ease and/or situation and/or circumstance.

There is literally no issue that these crystals cannot in some way serve/support/assist with and/or improve/repair/heal/resolve.

Clear Quartz is known as the stone of power with limitless potential ~ indeed, we are still learning and exploring all of the possible uses and applications of these magnificent and majestic tools.

Since Clear Quartz absorbs energies very easily, it is important to clear these stones on a regular basis; plus, just like us, they love the cleansing too!

# A Few Practical Applications of Lemurian Clear Quartz Crystals

Below are just a FEW of the nearly LIMITLESS potentials and applications of Clear Quartz and Lemurian Quartz Crystals:

## Environmentally:

- \* Cleanses and purifies water
- \* Cleanses and purifies air
- \* Radiates their energies outward, into the surrounding environment to add natural (called negative, but in this case, it is a good/positive benefit) ions to the environment, thereby balancing out/off balancing the technological interference in our environment
- \* Increases the vibratory field around it, thereby elevating vibration and energy of everything it interacts with (including us and our body vehicle :)
- \* Emits its own unique helpful energies
- \* Neutralizes background radiation, including electromagnetic smog or petrochemical emanations
- \* Supports and intensifies all forms of grid work and gate work (Light-worker roles in the Healing for Humanity and Mother Earth ~ Gaia)

## Energetically:

- \* Protects against negativity and various forms of energetic density and lower vibratory states of being,
- \* Attunes to your higher self
- \* Relieves and alleviates physical and/or emotional pain
- \* Enhances and strengthened the aura and the bio energy field
- \* Magnifies energy vibration
- \* Absorbs, stores, releases, regulates and/or transmutes any and all forms of energy

## Spiritual Growth and Development:

- \* Assists with spiritual growth and development
- \* Cleanses the spiritual field
- \* Acts as a deep soul cleanser
- \* Supports deeper meditative states
- \* Helps assimilate and integrate spiritual lessons
- \* Cleanses, opens, activates, and aligns all of the chakras, meridians and energy centers.
- \* Developing and Enhancing Psychic Abilities
- \* Aids in the development of telepathy
- \* Opening the 3rd Eye, aka, Pineal Gland and Pituitary Gland
- \* Clear Quartz can be programmed with intention
- \* Improves and enhances the quality of all healing modalities, including Reiki and all other forms of energy healing
- \* Facilitates connecting with Angelics, The Angelic Kingdom, Ascended Masters, Divine Goddesses, The Animal Kingdom, Nature Spirits, Star Family Races and all forms of Higher Divinity Consciousness in higher realms beyond the physical
- \* Shares ancient mysteries and truths typically unknown to the human realm
- \* Helps support the activation of The Lightbody
- \* Activates dormant potentials, including DNA



Physical Healing ~ Supports all forms of physical healing, including, but not limited to:

- \* Cleanses and enhances all organs, tissues, ligaments, bones, blood and structures and systems of the body
- \* Stimulates the immune system and builds immunity
- \* Supports healing of HIV/AIDS and viruses of any kind
- \* Alleviates burns
- \* Helps with dental related issues
- \* Supports kidney and liver and all organ health
- \* Supports healthy thyroid balance
- \* Restores healthy reproductive balance
- \* Brings the body vehicle into balance
- \* Eliminates vertigo
- \* Revitalizes and reenergizes the physical vehicle
- \* Helps with healing of all physical diseases and disorders of every kind, provided that the practitioner knows how to use them correctly

*There is not a single physical disease these crystals will not aid with; it's just that for physical issues, it is important to remember that they do not work like a pill; results don't become apparent overnight or immediately in the way that western medicine might seem to; none the less, the effects are real and tangible over time.*

Emotional and Mental Healing ~ Supports all forms of emotional and mental healing, including, but not limited to:

- \* Acceptance
- \* Age regression
- \* Aids concentration
- \* Allowance
- \* Harmony
- \* Inner peace
- \* Inspiration
- \* Calmness
- \* Clarity
- \* Joy
- \* Optimism
- \* Overall Clarity of mind and the mental and emotional body
- \* Unlocks memory
- \* Vitality



The Master Crystal: Lemurian Quartz Crystal

# How to Use Your Crystals

Learning to effectively using your Crystals can be a lifelong, full, exciting, fun and fulfilling lesson.

Needless to say, we learn all about some of the most effective ways to use and apply the major gifts of The Crystals during our Sacred Crystal Experience & Retreat in Mount Ida and Hot Springs, Arkansas.

Some of what we address, learn, practice and apply in great detail so that all participants really learn to integrate this as part of their own knowing includes:

- Communicating with Crystals
- Healing for Ourselves, Our Loved Ones and Our Animals using Crystals
- Building Crystal Grids and Grid Working with Crystals
- Using Crystals for Divine Architecture and Stargates
- Using Crystals for Accessing Gateways, Portals, Energetic Doorways
- Activating The DNA Using The Crystals
- Connecting with Our Star Family Races via The Crystalline Kingdom

Get the full details on our Sacred Crystal Experience and Retreat here:

<https://lorispagna.com/starseed-crystal-journey/>

# How to Use Your Crystals, continued...

That said, some of the basic ways you can begin using crystals right away to support and assist yourself (and your animal companions too!) are actually very simple and easy....

Simple and easy:

- Wear your crystals on your body as jewelry, particularly when going through airports, train stations, during air travel and anywhere and everywhere where there is high electronic interference and/or high levels of radiation, including, but not limited to these kinds of places
- Wear your crystals directly over your heart; wearing crystals creates a noticeable shift in your energy field, by detoxifying the physical and energetic systems in your body. Wearing crystals also attunes the crystal to your own bio-energy field and simultaneously strengthens the healing you receive by allowing you to go about your day while the crystal continuously supports you, your body and your energy field throughout the day.
- Remember you can also put crystals on your dog and/or cat collars as well as your other animals who typically wear some form of physical body equipment - the crystals will do the same good for animals as they do for humans!
- I generally recommend you take the crystals off during sleep time (except Selenite since it is so neutral) because the charge may give you more energy that could potentially interfere with full resting sleep time.

# How to Use Your Crystals, continued...

- Place crystals (especially Shungite) directly on all electronic and technological equipment, especially computers, cell phones, iPads, smart TVs, etc. Placing Crystals and especially shungite at the base of a computer, microwave or around your various home electronic devices will not interfere with their operations, but will block out and neutralize some of their free radial output.
- Place Crystals (especially Shungite) directly inside and on top of microwaves and other household appliances (that said, I recommend you **never** use microwaves **at all** and I suggest you **ban them** from your home :)
- Place Crystals in and around the home in every room and even in the bathtub when you bathe.
- Put Crystals in water jugs and pitchers to purify and mineralize water (*NOTE: Some Crystals are NOT for this use ~ for example, Selenite will melt in water; other crystals are not meant to be used in water ~ be sure to do the research regarding the particular crystal in question.*)
- Meditate with your crystals!

# Crystal Meditation and Mantras

Learning the basics of meditating with crystals is simple, easy and effective.

Begin by holding the crystal of your choice in your hands while sitting in a quiet, comfortable space in your home or nature.

If you're feeling afflicted in a certain area of your physical body, you can place or hold the crystal on that area.

If you are experiencing any form of toxic thoughts, mental energy or heavy, dense emotions, you can also place the desired crystals over your forehead area and/or over your heart center (for this placement, its best to lay down).

If you prefer more of an overall soothing effect, then simply hold it your hands.....you can do either/or both.

Take some long, slow, full, rich deep breaths. Feel the sense of literally breathing the crystals into your body and being, through your skin, in the areas where the crystals are touching your physical body.

Allow the crystals to penetrate to the core of your being to bring a sense of calm and an earthy steadiness.

You can also add a simple mantra or affirmation of your choice to your crystal meditation.

Just mentally saying the words, "*Peace, love, oneness...*" will really, really help!

A simple mantra such as, "My mind is pure, my body is restored to health, my spirit is clear," can help to ease the turmoil.

Feel your breath breathe in and cleanse oxygen in, through and around you, and lovingly exhale and expel any and all emotional, mental and/or physical density and/or toxicity you may have been holding onto.

ALWAYS remember that there is no one right way to do this - its always what feels good and right to you, your body and being! Trust yourself that you are doing it with the intention of love and you will never go wrong!

# Where to purchase Your Crystals

In my opinion, the only way to purchase a crystal is in person. This is because we are meant to feel and connect with the crystals and to meet and know them, just as we would a living being before inviting them to our home.

In fact, many crystals have sacred contracts with particular Starseeded individuals and they often call us to them (especially Lemurians!)

Even when a Sacred Contract is not directly involved, crystals and people often do 'pick one' onther based on needs and energetic resonance; aka, how they can best support one another.

The very BEST (in my humble opinion) place to purchase Shungite is in **Hot Springs and Lake Ouachita, Arkansas, The Crystal Capital of The World**...because you can touch it and feel it for yourself and you can pick the perfect pieces for YOU in person.....

For more on how you can join us for our Crystal Experience, visit:  
<https://lorispagna.com/starseed-crystal-journey/>.

Because of my strong ties to the communities in the Hot Springs area, I have many friends who sell the Crystals to us at whole sale prices during our retreat, which means we get THE BEST PRICES eva'!

That said, if you feel you can't wait to join us to purchase your crystals, my favorite and perhaps most affordable places to purchase crystals on the internet is via Etsy <https://www.etsy.com/> or via ebay, <https://www.ebay.com/> or via Amazon [www.amazon.com](http://www.amazon.com).



# Join Us For Our Sacred Crystal Experience



Needless to say, I would LOVE, LOVE, LOVE to have YOU join us LIVE for our Sacred Crystal Experience in Hot Springs and Lake Ouachita, Arkansas, The Crystal Capital of The World.

We get together for a week of the most magnificent fun, sacred ceremony and spiritual healing and unity with our soul and spiritual family members as we reconnect with our Indigo Family ~ Star Family ~ Crystalline Family ~ Soul Tribe.

YOU. Will. LOVE. It!

Get the FULL details here:

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I would LOVE to have YOU join us!

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Lori Ann Spagna is a Best Selling Author, Speaker, Ascension Guide, Multi-Dimensional Channel, Intuitive, Animal Communicator, Energy Healer, Visionary, Light-worker and Starseed who has transformed the lives of thousands of humans and animals via her Channeled Ascension Guidance, Intuition, Sacred Energy Healing and Animal Communication and Telepathy. She provides Ascension Training and Support, Sacred Energy Healing Transmissions, Dormant DNA Activations, Star Code Marking Activations and Sacred Key Code Activations for humans and animals.

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# Sending Crystal Blessings Your Way!



Until Next,

I AM:

Sending YOU My Infinite Love, Light and Joy!

*Lori Ann Spagna*

**Lori Ann Spagna** ~ Best Selling Author, Spiritual Teacher, Ascension Guide, Intuitive, Multi-Dimensional Channel, Animal Communicator, Energy Healer, Starseed, Lightworker, Visionary, Luminary

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