



Starseed Training World
STAR Training
Session 1 – Our Calling Frequency, Mission & Highest
Excitement

1. Our calling - our mission here on Earth that we chose before incarnation is a frequency. It's a frequency connected to the expansion of love/light consciousness on Earth. We're here to raise the frequency on Earth.

2. Everyone's calling is a unique expression of Source love/light consciousness. We're here to help others experience our calling frequency. For example, we're here to help others

experience: unconditional love, peace, unity, freedom, heaven, abundance etc. These are all expressions of love/light consciousness and common callings on Earth.

3. Once you begin to hone in on your calling you'll know it. Just saying the word or thinking about it will begin to make you feel good. Also people will recognise it in you. It's that energy you bring to a room when you're on a high.



4. Write down the 3 best and 3 worst experiences of your life. The 3 best experiences will tend to have a common theme. For example my calling is "Unity". My best experiences involved either expanded states of Unity Consciousness or bringing people together. This helped me to see my calling was "Unity". Your worst experiences will tend to be where you experienced the opposite of your calling. Or a challenging situation that brought you into greater alignment with your calling.

5. Another great way to find your calling is through following your Highest Excitement. Our excitement is the guidance of our higher mind. Our higher self suggesting a direction of most benefit for us. As we follow our excitement day to day we start to see a common thread.

5b. As a side note. Even if we feel we completely know our calling we should follow our excitement in every moment. This is key to fully aligning to our calling.

