



Starseed Training World
STAR Training
Session 10 – Channeling 2

1. The 2020 Window of extraterrestrial contact. I talk on my recent contact experiences and how windows of contact are opening up.

2. “What we are looking for is where we are looking from.” ~ St Francis of Assisi. What we are seeking is the awareness that we already are. We are always aware of what is happening. This awareness is who we are. The secret is to identify with this awareness and not our thoughts.



3. What remains when you drop everything? All thoughts, all ideas, all perspectives. Something remains. What is it? Is it you?

4. Your greatest challenges at present are not just for your own healing. They are healing the human collective also. The challenges you’re going through, you’re doing it for the whole planet, (and the whole universe), not just yourself.

5. We are the consciousness and the awareness that is aware of our reality. But we are also the consciousness that gives birth to and is in all of reality. We are reality. Reality is within us.

6. When we know that we are infinite we know that we are all beings in creation. And we know that we can communicate with all beings in creation.

7. Every beat our heart emits an electromagnetic signal across the universe. If we begin to tune our heart to the frequency of love and light, imbued with the intent to connect with ET's they will pick up on this frequency and may engage with us. At some point we will likely synch with a member of our soul family and begin to create a telepathic bond.

8. If we have an interest in a particular ET race(s). This is a sign we likely have soul agreements with them in this incarnation..

9. Try sensing into your infinite self. Sense how you as an energy being exist in everything. Feel how you are everything. From here begin to tune into different frequencies. How does a rock feel? Does it feel different from a plant?

10. Physical reality is a dream, a projection of our consciousness.

11. We are evolving into homo galacticus. We are moving into the age of Aquarius and a now Fourth Density consciousness on Earth.

