



Starseed Training World  
STAR Training  
Session 11 – Aligning to our True Nature

1. The Zeta Reticulum Greys or the Marsé as we may call them are from a parallel reality version of Earth that they destroyed. They came to our dimension seeking DNA to prolong the existence of their race.

2. Sacred knowledge such as Sacred Geometry has been known on Earth since the times of Atlantis and beyond.

3. Pranayama, (yogic breathing) is extremely good for us. It increases our overall health, balances our energy body, increases our oxygen levels, and raises our frequency.

4. All things in reality are a distortion of the One Truth. There is only one thing that is ultimately true in creation. That is Oneness – the fact we are all one and the same consciousness - the same being. All other things, beliefs, thoughts, people, objects, are a distortion of that one truth. A fractal symbol mirroring back to us our current exploration of infinite self. So all beliefs are ultimately untrue. The less we hold on to



our beliefs. The more we see our beliefs are always changing. And the more we become like the Infinite One Creator. OUR TRUE SELF.

5. Let your beliefs, thoughts and perspectives dissolve into you. Know they are just energy, just perspectives of your infinite self. Do not hold on to them - let them melt into the centre of your being. Rest in the paradox state where all things are true and nothing is you.

6. Know yourself, Accept yourself, Become The Creator ~ Ra, The Law of One. Acceptance: when we embrace the pain and suffering in ourselves - we become our complete self. We begin to merge with the creator.

7. When we rest as pure consciousness, in the place of paradox and deep acceptance. We accept all points of view as equally valid. We become naturally centred in the Infinite state of pure acceptance. We rest as Infinite Creator experiencing our Self in every way our Self can experience our Self. Infinitely.

8. There's a dimension within our higher consciousness we can call the blueprint or template level reality. From here we conceive what we're going to experience during our day. While we sleep we connect with this template reality in dream time, we come to agreements with other people about where we'll meet and what we we'll talk about. We plan our synchronicities. What we think are just random events in our life are actually pre-orchestrated from higher dimensions of our consciousness.

9. We can't truly create our reality when we're in resistance to the darkness. Because what we resists persists. Whatever we give attention to we create more of. So if we're trying to get rid of something in our life, we just keep attracting more of it to us. The secret is to accept everything for what it is, a valid perspective of the One Source Consciousness that we all are. When we allow things to be as they are,

with no resistance to them. We can begin to choose otherwise. We can begin to choose the reality we prefer. As we're not putting negative spin on things, attracting things to us that we don't prefer. Allow all things to be as they are whilst always choosing our highest resonance.

10. 1. Physical Mind Perceives. 2. Physical Brain Receives. 3. Higher Mind Conceives. The job of the physical mind is to perceive what's happening in the present moment. Its job is NOT to understand how the future will unfold. The physical brain is a receiver of information, an antennae. It's job is to receive downloads, insights, excitements and inspirations from the Higher Mind so we know which direction to move in while we're centred in the present moment. Higher Mind conceives what we will experience in our reality based on what it feels will be of greatest service to us individually and collectively.

11. Fear is a sign we have an out of alignment belief. Any time we experience fear it's our higher self giving us a sign that something's off. We have a belief or perspective that we need to bring back into alignment with our higher wisdom.

12. Ultimately it's all a choice. We can choose to dwell in emotional pain or we can choose to focus upon something that raises our frequency. It's of utmost importance at this time that we choose to align to the highest frequencies we can. Because ultimately this is what determines our future - both individually and collectively!

