

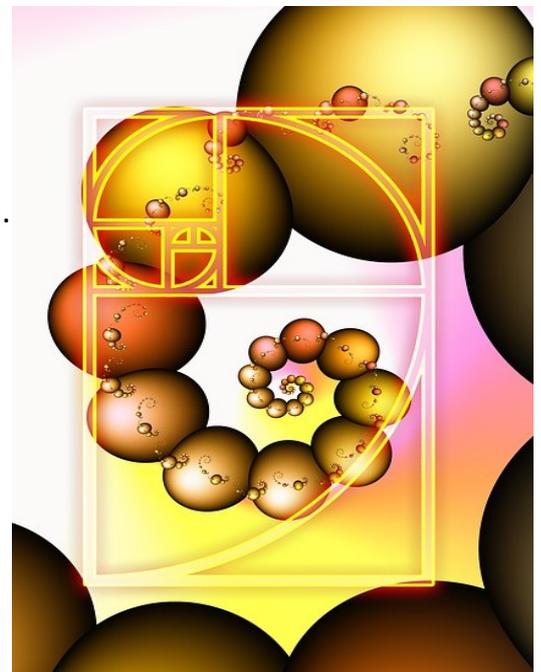
Starseed Training World
STAR Training
Session 3 – The Reality Creation Process

1. We create our reality through focused attention. Whatever we focus upon we create more of. Our beliefs determine what we focus upon. Therefore our beliefs create our reality.

2. We need to begin to change our beliefs to align with the love/light nature of reality. Trust, abundance, love, compassion, well being, excitement, joy, creativity are frequencies aligned to the love/light nature of reality.

3. We need to redefine out of alignment fear based beliefs. Based in fear, hatred, greed, anger, jealousy etc. These beliefs do not serve us and only create negative experiences for us.

4. The longer we focus upon a particular reality the more energy and manifestation power we give to that reality.



5. Reality is cyclical and spiral in nature. If you research the Fibonacci Spiral, Phi, The Golden Ration & Sacred Geometry, you will see life expands in a spiral growth pattern. We can use this knowledge to our advantage.

5b. Life is cyclical in nature. We experience the same kind of experiences according to cycles. Every morning we wake in a similar state of mind. Every year we experience similar things at similar times of year. If you look back to what you were doing this time last year, or 2 years ago. You may be shocked to find you were going through a similar life experience. This is due to the cyclical nature of reality. And is very much connected to astrology.

6. We can use this knowledge of cycles to our advantage. The secret is to continue to focus upon our desired reality over multiple cycles. Be it daily, weekly, yearly, or according to 9 year cycles. When we focus upon a certain reality. And continue to focus upon it through a complete cycle. We add exponential manifestation power to it. We're using the spiral building blocks of creation to our advantage.

