

Starseed Training World

STAR Training

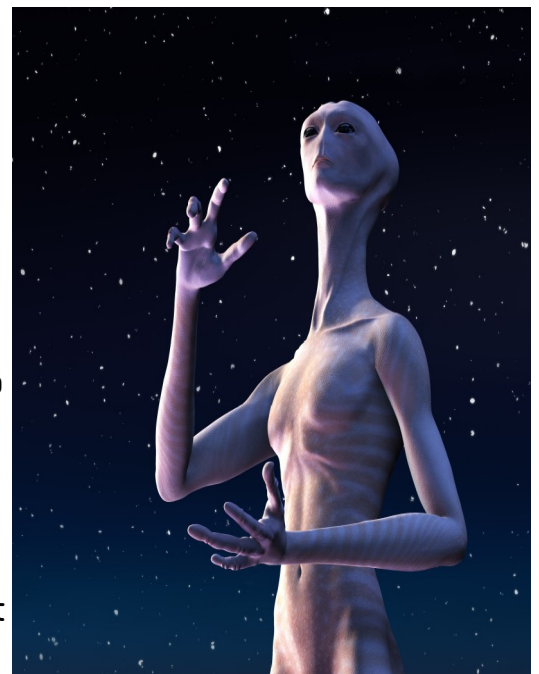
Session 5 – Daniel Scranton Channeling The Arcturian Council

1. In order to experience unconditional love we chose as humans to experience the opposite polarity – conditional love. In this Earth incarnation experience.

2. When you feel a negative emotion come up feel into the energy of it. Let it be there let the energy well up, even intensify. DO NOT focus on the thoughts, ignore the thoughts. Let the energy move, if you can encompass it in love energy or a divine frequency this will

help to transmute it. It may intensify at first but keep going, and don't go back to the thoughts of the mind. You will find you have a tendency to avoid the pain. Don't follow it, keep focused on the energy let it move. Let it reveal itself, observe it, become aware of how it moves. Know it is just part of the ephemeral eternal dream of life.

3. Do not engage with the negative emotions. Let them move - let it go in it's own time. From here you will have the ability to consciously choose your preferred emotions.



4. Everything serves you in some way. Every challenging experience has been chosen by you from the perspective of your higher self. To give you the lessons you need to learn to move to the next level of your expansion into unconditional love.

5. Anything of a higher vibration, (for example crystals), will assist you - but they won't do the work for you.

6. Acknowledge that if something exists it must exist for a positive reason. Anything you define positively can only have a positive outcome because you are the creator of your own reality. There is nothing outside of you that can say otherwise.

