



Starseed Training World  
STAR Training  
Session 7 – Jonathan Channeling the Yahyel

1. Work on *opening* and *energising* chakras to connect to Infinite Self and the human collective consciousness of Earth.

2. Relax into the understanding and experience you are Infinite Self. Take action in physical reality from this relaxed and aligned perspective. Intuit the next best step, but stay in understanding you are Infinite Self.

3. Dive into the darkness to allow the light to shine through. Willingness to face our fear. We need to embrace our fear. Shine light on it. Become aware of it. So we can see it for what it is. A Misaligned perspective of our shadow self.

4. Our consciousness is always expanding, we're always growing in awareness and enlightenment. It's a process of expansion and contraction though. So it can seem we're going up and down. The down is a period of integration though, so learning, growth, and expansion.



5. To enter the channeling state we need to raise our frequency. When we're of a higher frequency we can match the frequency of higher dimensional beings wishing to communicate with us. We can synch with their vibrational field and begin to have similar thought patterns.

6. The illusion of power vs the power of the illusion. Reminding ourselves that we create our own reality. Other people only have power over us if we say they do. Keep focused upon what we prefer.

