



Starseed Training World  
STAR Training  
Session 8 Infinite Consciousness

1. Our true nature as Infinite Self is available to us all at all times.

2. Life is a series of death and rebirth experiences. Usually when one of our greatest fears manifests we go through a death/rebirth experience. We pass through the experience of our greatest fear, and very often come out the other side feeling fresh and reborn. Having transcended our fear at least to some degree.



3. Everything is impermanent, passing, ephemeral – nothing lasts. Every moment is instantly gone. Everything that is born dies. See each moment as a divine mirror of your infinite consciousness. Passing so another divine moment can be born

4. Every moment is just a thought. An idea within the minds eye of the Infinite Creator. We think these thoughts have something to do with who we are. We identify with these thoughts as our self. But they are just fleeting projections within our Infinite Consciousness.

5. Often the mind will be in deep resistance to Infinite Self. The mind is heavily identified with it's own story of who and what it is. Often an experience of Infinite Self will put the mind into recoil. It will do anything it can to regain your identity with it. Remember this is just the mind tricking you to reidentify. Stay as Infinite Self.

6. When we embrace the light and dark within us we can create any reality that excites us. As we're not resisting the darkness or needy of the light. When we're in resistance or need we're emitting conflicting vibrations to the universe which limits our ability as conscious creators of our world.

7. Notice the space and stillness that exists between thoughts. This is your true Self. Awareness of our true nature is available to us all the time.

8. See all objects as part of your Infinite Self. As your own consciousness projected around you. Try not to be attached to individual objects or people. Rest in the understanding we are all One.

9. Physical mind perceives, physical brain receives, higher mind conceives.

10. When we're aligned and in flow with the higher self we're of much greater service than anything we could achieve with our physical mind alone.

