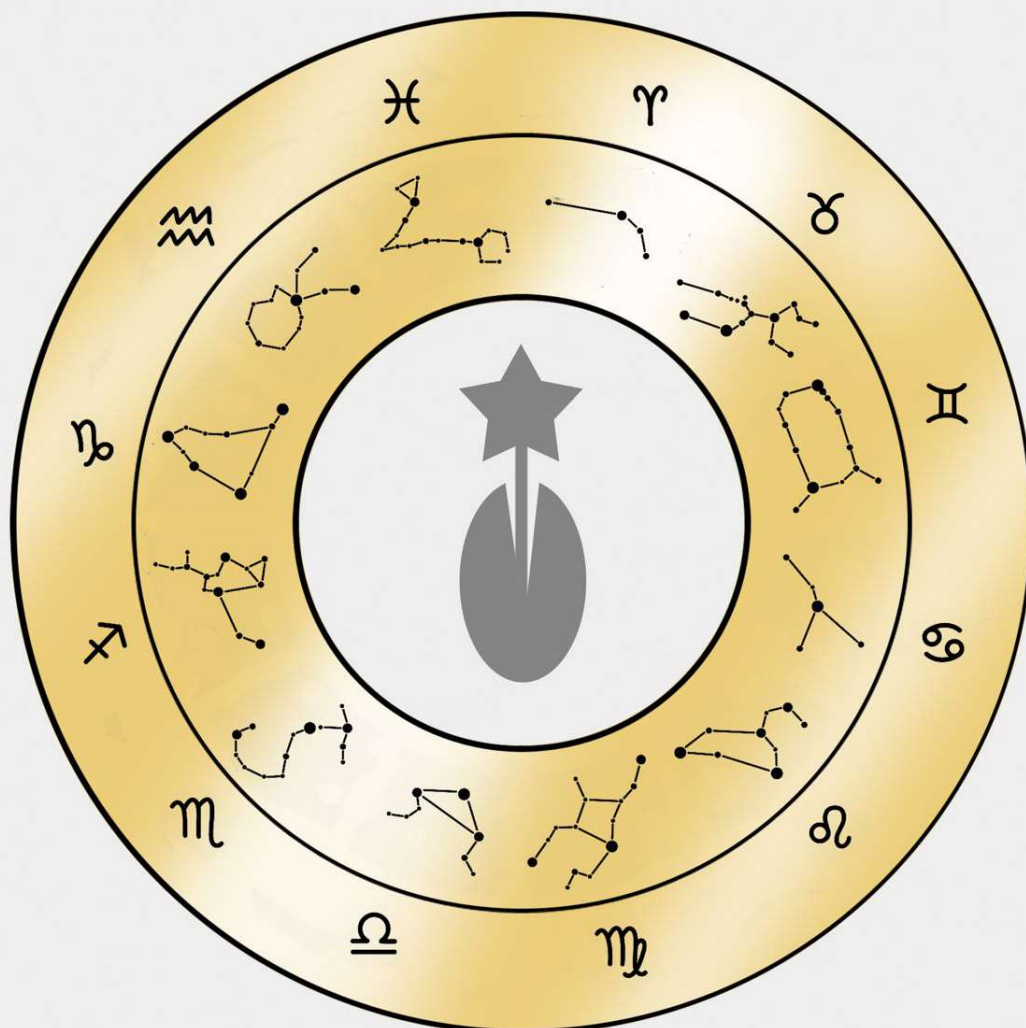
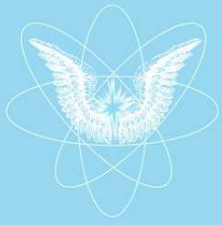


STAR TEACHINGS PROTOCOL

STARSEED'S GUIDEBOOK



<https://starteachingsprotocol.com>



STARSEED'S GUIDEBOOK

INTRODUCTION

WHAT IS A STARSEED?

- Discover what is the definition of a StarSeed

ARE YOU A STARSEED?

- Find out with the StarSeed's check-list

ACTIVATIONS & AWAKENINGS

- Activate the StarSeed within you
- Break free of the 3D matrix of Duality
- Unlock your divine talents and your special gifts
- Upgrade your dormant D.N.A. Codes to
- unlock your latent potential

STARSEED SUPERPOWERS

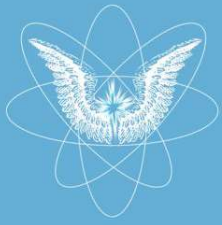
- Discover your natural calling and Earth Mission

CONNECT WITH YOUR STAR FAMILY

- Find out your personal Cosmic Ancestry and your Extraterrestrial genetic lineage

QUANTUM CONSCIOUSNESS

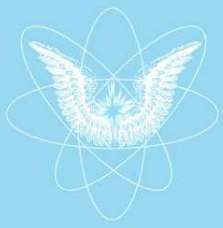
- Learn about how to upgrade the way you think



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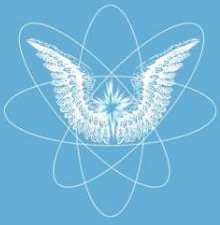
01

WELCOME STARSEED!



The info contained within this Guidebook is for those having their "Aha!" moments of Self Realisation, and who are moving up into higher frequencies by expanding their conscious awareness levels

It is only for those that have the eyes to see, and ears to hear, this information will not resonate with you if you are not an activated Starseed, or aware you are one. So this info is only for those that resonate with it as many are not yet aware they are a Starseed.



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THE LYRIAN (HUMAN) TEMPLATE

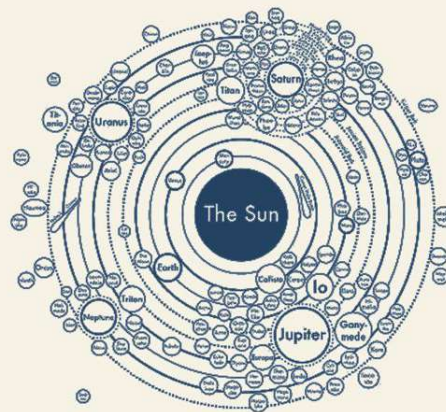


SPECIES:
Human Being
(Homo Sapien Vessel)

LOCATION:
Planet EARTH

LOCAL STAR:
M13 SUN (SOL)

GALAXY:
THE MILKY WAY

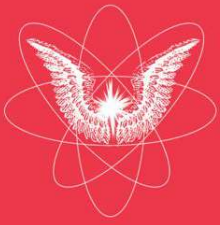


M13 SOLAR SYSTEM

LYRIAN BIO-VESSEL TEMPLATE/KATRA

Basically all Humans that you see on planet Earth are in the form of the Lyrian (Human) biological form. There is much diversity, shape and colouring of just this one biological template

The Lyrian Human form comes from the Lyrian constellation in the Vega star system, and has travelled here to planet Earth as a result of the "Great Expansion", a period in cosmic history where many species were forced to leave their home planets under invasion. So your Star Family brought you to Earth, and since that time, you have lost all knowledge of this event and which Star System your Star Family are from.



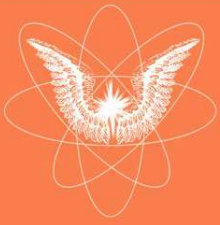
STARSEED'S GUIDEBOOK

WHAT IS A STARSEED?

- A person on Earth in a Human template, who feels like they don't belong here but somewhere else.
- A person who is not originally from this planet they currently inhabit. Such as you may feel about being here on Planet Earth, and feel like you are based somewhere else.
- A person whose family were seeded here a very, very, very long time ago in the distant past by their Star Family, or from persecution by regressive E.T. beings who arrived here and set-up colonies, and have since lost contact with their Star Family and ancient cosmic ancestors.
- A person who understands reality from a different perspective that does not conform to the mainstream and has come to understand the madness and harmful ways in which Humans treat each other.
- A person who is going through a "Spiritual Awakening."
- A person who is rapidly expanding their consciousness and awareness.
- A person who is an "Elite Divine Being" that volunteered to be on a mission to come and incarnate here on Earth, to change the frequency of the whole planet and its collective agreements and consciousness.
- A person that has evolved previously on other planets and other Star Systems before coming to incarnate here on planet Earth.

ALL LIFE WAS SEEDED ON EARTH

- All life on planet Earth was seeded here millions of years ago, so some people are starting to realise that this is not their original planet and so are starting to remember that they are a Starseed here on a mission. All life was seeded here, natural life-forms that make up all of the planet Earths eco-systems.



STARSEED'S GUIDEBOOK

WHO IS A STARSEED?

- You may feel that you are from a different place than Earth.
- A person who may have experienced trauma in their childhood.
- A person who likes to help others.
- A person who has empathy for others.
- A person who feels like they don't belong here on planet Earth originally, but perhaps maybe from or on another planet, or Star System, or onboard another craft as your home that is far away from Earth.
- A person who is mostly, but not always an introvert.
- A person who loves animals and nature.
- A person who is usually the black sheep of the family, and who's views differ from their families.
- A person who daydreams.
- A person who sees life from many different perspectives, other than their own subjective perception.
- A person who sees life from many different perspectives and angles than ordinary normal mainstream people.
- A person who gets into trouble from their own personal views.
- A person who feels alone and a bit of an outcast.
- A person who would be considered a conspiracy theorist.
- A person who does not like inequality and injustice.
- If you think and feel that you are a Starseed, you most probably are one! Trust your instincts or that inner calling and gut feelings, because usually it is correct. So trust that you are a Starseed if you feel that you are one. There is no machine or detector on Earth in human control, that can detect if you are, or are not a Starseed, but Star Family with their advanced technology can. Some new diagnostic tools will be released to the human populations soon. So go with what your heart is telling you.

STARSEED TYPES

There are two main types of Starseed, 1) Starseeds that have more of a fixed lineage of species, gender or location. 2) Wandering Starseeds that like to change species, gender and location more often along their Soul journey.



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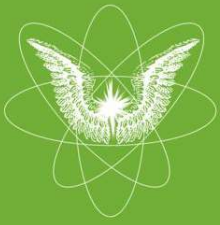
SELF REALISATION WHAT NEXT?

You have 3 choices ahead

- You have a CHOICE to go back into the 3D mental slavery matrix illusion?
(Hive mind group think collective)
- Or upgrade yourself and be part of a new Holistic Society working in the Heart based Unity Consciousness, with access to the advanced technology?
- Or do neither, and carve your own independent path forward?



However, if you do not feel motivated enough to find out more about yourself. then that is your free will choice. There is no right or wrong choice.



STARSEED'S GUIDEBOOK

A STARSEED'S PATH

THE PATH OF THE STARSEED

Everyone is on their own unique individual path, whether you are a Starseed or not, there is no correct or incorrect path.

The path is created by the choices that we make, from day to day it unfolds itself in the expression of our choices.

THE WAY OF THE STARSEED

The "way" to achieving enlightenment and expanded consciousness is to "Go Within" and explore the universe and the connection to Source that is operating you, and as part of you.

This is achieved by reaching self awareness first, then achieving balance and harmonics of the frequencies within you second.

"The path is "the way", and "the way is the path", as you think, so shall you be.

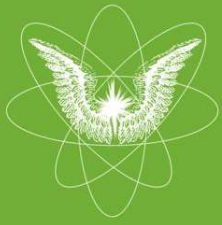
THE UNIQUE PATH OF THE STARSEED

Every Starseed is on their own epic journey of self discovery, we spend the first third of our lives trying to fit into a toxic society full of falsehoods and which is sick, due to its harmful and competitive practices on each other. This hierarchy of order from the top overlords, giving commands down the chain, is how the worlds governments maintain control over their populations. They use media brainwashing and social engineering, along with various public influencers to be the keepers of the illusion, and maintain control over peoples perceptions of reality.

GATEKEEPERS

You as a Starseed have been able to see through this illusion of reality at a much deeper level of understanding than the normal public, who are under mind control. You have noticed that the so-called societal systems and institutions and governments that are thought to be the authorities, are in fact the gatekeepers. They are protecting a constructed illusion of reality that is designed to control what you think and how you think.

The very same institutions and organisations that you would go to, for assistance, resolution and remedy, are the very same institutions that are preventing you and the public from achieving it.



STARSEED'S GUIDEBOOK

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A STARSEED'S PATH

THE PATH OF THE STARSEED CONTINUED

As a Starseed, you will have noticed that there is a difference between what people say they will do, and what they actually do. That words are cheap, and actions speak louder about peoples true motives, rather than what they say.

Everyone has their own path to forge ahead of them, everyone has choices at any given moment of the day, we make those choices and the universe reflects back to us the consequences of those choices. This then means that the path you are standing on right now is unique to you. It has brought you to this place right here and right now.

What place are you at currently? Is it a nice place? Or not such a nice a place?

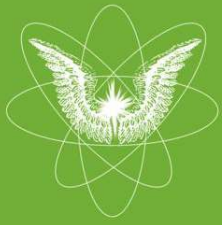
The truth is that, everyone has a path, and to start with a path that is circumstantial, it is the place you arrived, and the situation you arrived within. It is the set of variables, and combination of elements that you were first presented with, on your path as your path started. Some of us are dealt a really good hand of cards, and some of us seemingly get the worthless cards, it depends on how you play them, as to how your path will unfold in front of you.

So with any set of circumstances, seemingly good or bad, it just depends on how you understand them to be you, obstacles? or benefits?

It depends on how you understand these situations, as to how you react to them. The way you react to these situations, will determine the outcome of those situations.

This means that at all times, we are presented with circumstances, and depending on how we respond to them, and that depends on how we are internally, what we feel about ourselves, how we've been "treated" in life, whether our judgement or self esteem is low or high, and depending on our ego, and whether it controls you through your emotions or you control your ego by being able to control your emotions.

So depending on our own personal internal thought contents, will depend on how we respond to situations and will create our perception and views on life. The external reality is just a reflection then of that is within you. If you are angry, the reality you will have, will also be angry. If you are sad, then you will see a sad world. If you are happy and full of gratitude and forgiveness, then you will see a more friendly and happy world also full of joy. Equally you will be observing the world as said same.



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A STARSEED'S PATH

THE PATH OF THE STARSEED CONTINUED 01

So yes the path you are on, is full of ups and downs, yes it is challenging, we all face challenges. But also too, your path is a direct result of your internal choices that brought you the set of consequences, of those choices, and then reflected back to you with the matching frequencies. This creates the reality that is specific to you, and the circumstances you created by choices and decisions. Your individual and collective agreements with others about reality.

This means then, that you can change those circumstances by changing the way you respond to them, and changing your internal contents, will then change your path. If you cannot change the circumstances around you, you can change the way you respond and react to them internally and change your self instead. Which so happens to then change the outcome of those very circumstances that you initially thought you could not change. Changing your response, changes the outcome of any given situation.

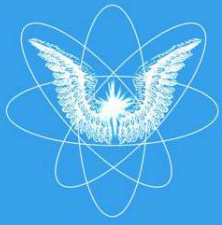
TIMELINES

Everyone is on their own unique timeline, not only that, each individual is also their own time bubble. They are a portal and so are within time and space and that is relevant to the individuals soul journey and soul contracts. For example, in one reincarnation you may be the type of person who is always in a hurry, or in another reincarnation you may have been someone who is very laid back. It depends on the collection of ideas that your consciousness has created and the set of agreement and collective agreements you have made for this current incarnation that is expressing itself in the eternal now moment, reading these words.

The culmination of your life choices, decisions, thoughts, actions and words, along with your ability to adapt to change and also affect change, is what you call a timeline. It is your unique personal timeline that is part of the collective timelines you share with others. Remember that the future is written in the present moment and how we navigate that now. It is never a forgone conclusion. You are not trapped and can change your situations.

QUANTUM JUMPING

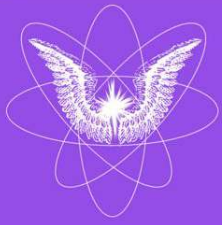
Is when you hit rock bottom and make a decision to radically change your established thought patterns and choices. People who quantum jump, tend to radically upgrade their situation and circumstances, making quantum jumps along their timeline. Generally this tends to be when they have had enough of the current life situation and decide to make a big change in their lives.



ASCENSION SYMPTOMS

As we go through becoming self aware, and awakening to our more expanded state of being, we start to receive more light into our bodies through higher frequencies and at higher states of energetic vibration. This increases the bodies internal structure, which does not necessarily happen evenly all over, but rather it happens in more specific areas, and so is not always an even process. Various organs and bodily systems often feel the aches and strains or resonating at the higher densities.

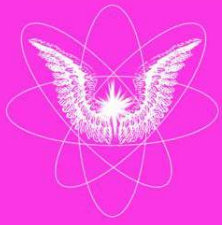
- Ringing in the ears, one or both sides, together or at different times (Internal Modem)
- Feeling drained of energy, more than normal, ascension fatigue
- Migranes, Headaches, eye and temple strain
- Shoulder and Neck strain
- Irritable, dry or itchy skin
- Dehydration or thirsty more than normal
- Feeling nauseous and sick
- Foggy head, confused and or slow thinking
- Shorter or less deep sleep, more disrupted sleep, especially at full moon periods
- Feeling wired, or fully awake at unusual times
- Feeling actively present in the moment with conscious awareness
- Being able to read peoples thoughts, through their non verbal body language
- Seeing repeated numbers, like 11:11, 22:22, 15:51, 12:21 etc. Recognising you are recognising the last time you saw repeated numbers, and or seeing the same specific number repeating over and over in different places.



REGENERATION PROTOCOLS

As our bodies are in constant regeneration, through the form of coalescing then radial energy, we need to be aware of the best ways in which to maintain our optimum health and vitality. Here are some essential protocols for being able to regularly maximise your homeostasis. These protocols are in no particular order of priority.

- Mind over Matter
Your thoughts create your reality
- Your Auric Field
Managing your vibration
- Sacred Living Space
Essential regular practice
- Grounding/Earthing
Essential for conductivity
- Meditation
Essential regular practice
- Swimming in "Live" water
Clean rivers, streams and oceans
- Shinrin Yoku - Forest Bathing
Walks in woods, forests and nature
- Sound Healing
Listening to Solfeggio music, sound baths, singing, listening to sounds of nature and saying or listening to mantras
- Diet
Whole foods and organic produce, natural wild foods and local and seasonal foods, variety is the key.
- Sun Gazing
Sun gazing, sun eating, sun bathing



STARSEED'S GUIDEBOOK

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ACTIVATIONS!

WHAT IS ACTIVATION?

As a Starseed, you will be getting self realisations, epiphanies, Ahaa! Moments, connecting-the-dots, and deeper comprehensions of truths that you understand more about, than you ever did before. It is like deeper truths and layers are revealing themselves to you. Things that were thought of "as so", are in fact not just what you thought they were, and actually when you research more into that topic or situation, depending on the type of questions you ask, and in the way you ask them too, will depend on the information you will be able to receive back to you. So having a balanced view or neutral observers view about the topic or situation, can bring you the most un-biased data back for your deeper understandings of it at that much deeper level.

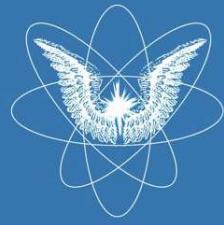
These are your "Activations", your Ahaa! moments, the moments you realise something new to you.

The moment when you see something in a new light, or make a much deeper understanding, or comprehension of what your attention (consciousness) is upon.

Anyone can be activated at any period of their life, in fact some Starseeds can come through the Birth Portal and still remember their past life or lives.

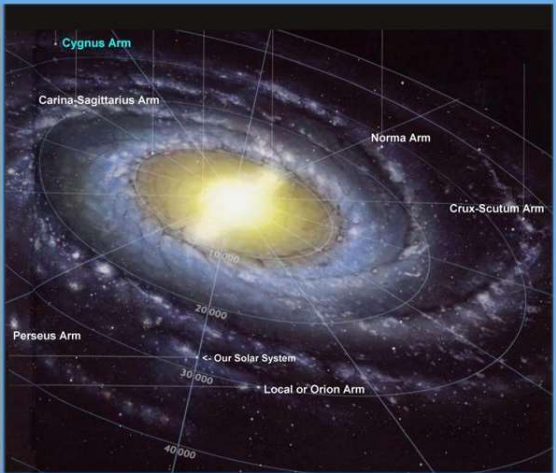
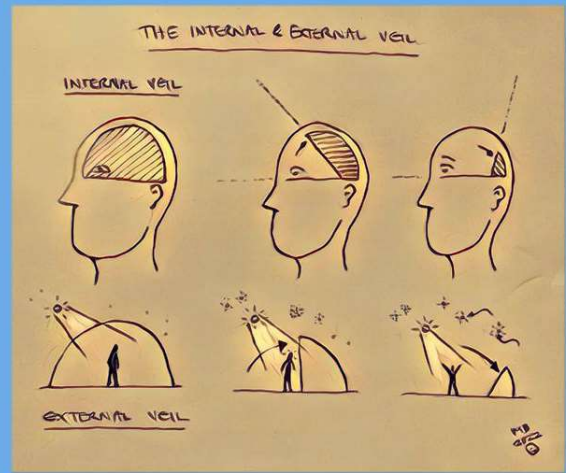
WHAT CAUSES ACTIVATION?

Generally the causes of activation are from periods of stress or trauma, when you have had a period of misfortune, or circumstances and people in your life have been harmful or abusive. Also circumstances of loss or upsetting scenarios that affects the behaviour to change direction of the individual. A place where people have reached the bottom of the barrel, when you have hit rock-bottom. Where the individual feels like they have none to little options, either wither, fade and die, or to have a sudden realisation that the only way now is up, because from that position, they have lost everything that was holding them down too. There is a shift in perception of the self, as one realises that in fact, you have more awareness of "who" you are, and now the awareness that you are in fact stronger and more resourceful and resilient than you had previously thought, and in fact you have insider knowledge about peoples behaviours, or the dynamics of various types of life situations, because you have experienced more of those variables of life. Through this process, you also remember past life scenarios and some events remind you of other places you have previously visited before.



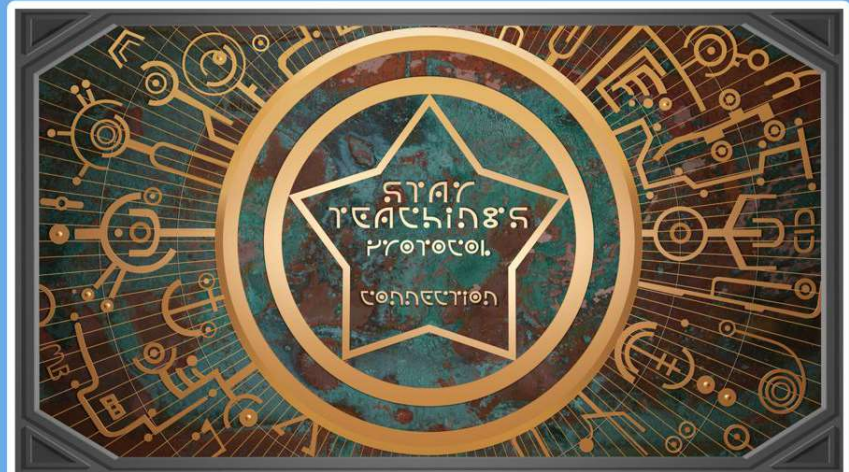
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CONNECT WITH STAR FAMILY

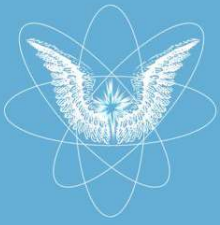


We live on a small planet floating in space, amongst the cosmos, in a galaxy and universe full of life. The saying, "Absence of evidence or truth, is not evidence of absence of truth." Just because you have not seen it, doesn't mean that it is proof that it doesn't exist. It just doesn't exist to you yet, because you are not yet aware of it, that's all.

Most people are taught how to think and what to think from birth, never questioning what they think they know, they will live the rest to their lives in their ego that will tell them that they know better, never exploring the new possibilities with an open mind to be informed. "You cannot learn something new, as a person who already thinks they know."



Use the "Connection Protocol" on the Star Teachings Website or telegram page to connect with your Star Family.



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UNLOCK & ACTIVATE YOUR DORMANT D.N.A.

When you connect with your Star Family, that means that you use your eyes and heart felt intentions to concentrate your gaze at the star, 1-2-1 no middle man or device, you receive the light codes emanating from the "star craft". This is a sequence of coloured light wavelengths that then activate your dormant D.N.A.

Junk DNA

Scientists say that our bodies only use a small percent of our DNA, and the rest is so called "junk DNA." This is the human Earth science, which still has a long way to go. Myself and Star Family have a different understanding of what DNA actually is, and that what Earth scientists don't realise, is that actually it is just "dormant" DNA, and it can be unlocked and activated to come in to full working operation. This is done through the intention of the individuals consciousness.

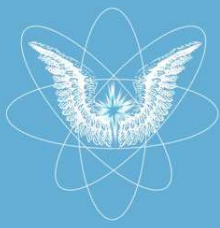
DNA Signal

Your DNA is a self generating, self replicating code. It is a crystal antenna array that is broadcasting a signal into physicality, into every cell of the body, a set of unique frequencies on a unique energy channel, which each cell also resonates at. This "broadcast" is from the various frequencies, or "Cymatics", of the universe, and this forms the coalescing standing wave pattern which is what you know as your physical form, your vessel, your Katra, or known as your body, which is made from soundwaves that transform into light, as the frequencies lose their charge and decay into lightwaves.

We are constantly radiating these unique set of coalescing frequencies, and through the filter of our 5-6 Human senses; sight, hearing, smell, taste, touch, and thinking. All of these sensing "devices" translate reality for the individual, it is your lens of your subjective reality.

New Information Realised

We are on a constant learning curve through life, always learning new things and adapting to them, or not. The more life experiences you have, with a broad variety of challenges, the more you receive information, and the more you become aware of these variables in life. You build up a general awareness of how reality works and that is your subjective reality. The more you teach yourself, research and reason for yourself, the more you will understand for yourself, which is motivated only by your own curiosity, the more light enters your coalescing frequencies, because "to seek" is to pull light into you, not only to seek, but to comprehend the information presented, is the key. The more you experience the world, the more you will know of yourself in return, and how you will handle the various life situations with a certain mindset.



STARSEED'S GUIDEBOOK

LIGHT CODES D.N.A. ACTIVATION

Light codes are a set, or a sequence of events, that have presented you with a new learning experience, for and to you. Most people who talk about "Light Codes" are under a misconception that looking at sunlight twinkling on water, or getting a photo of multicoloured weird camera lens flare effects, are light codes.

All the light patterns presented to you, around you and as you, are light codes. Yet more specifically, new experiences, and your new awareness of these variables, and yourself experiencing those variables, then the more you integrate and process it, and then express it as part of you.



This process unlocks the dormant DNA light codes within you, this is because you have expanded your awareness from being not aware before. As such, new pathways of light, or connections are made, which are light switches for turning on the higher frequencies of DNA strand activations.



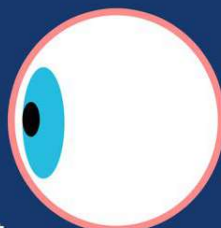
Natural Light-Code Frequencies (healing)

Artificial Light-Code Frequencies (harmful)

Diet

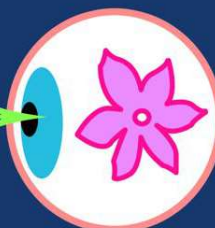
So light is also an important part of your health, the play of life that is presented and projected into you the canvas, based on the internal qualities you have, and you always have an option to change the environment you are in, if it is making you suffer. You are the quality of light you receive and transmit.

Not Yet Experienced

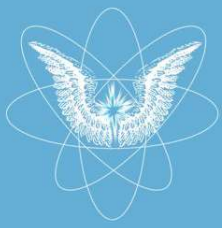


The light is not outside of you.

Experienced Within



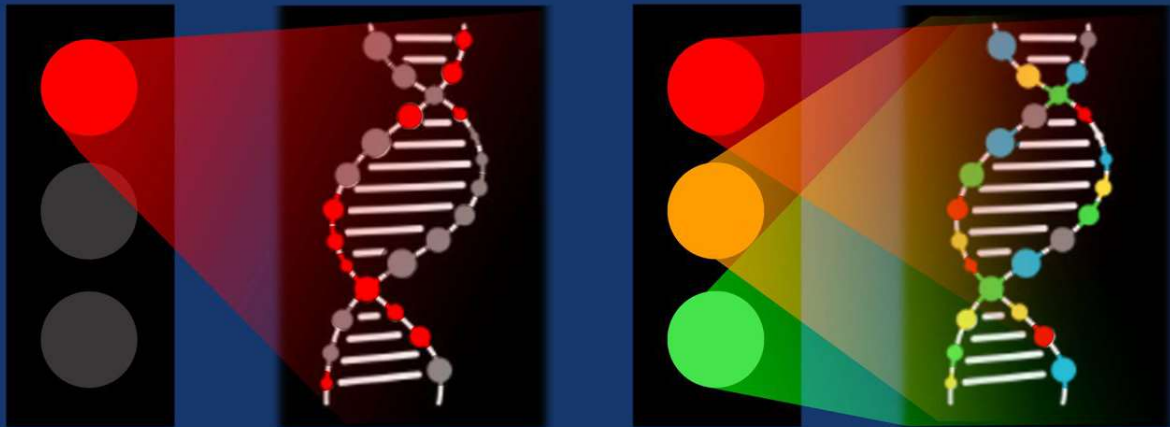
The light is already within you for it to register awareness of it



STARSEED'S GUIDEBOOK

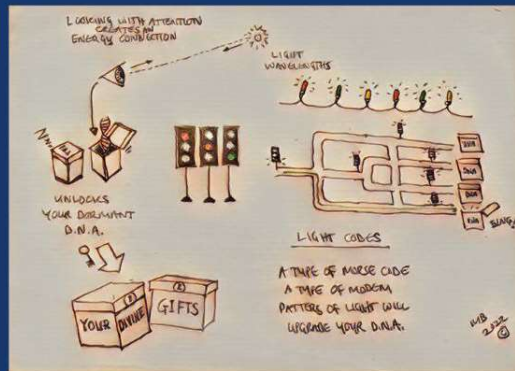
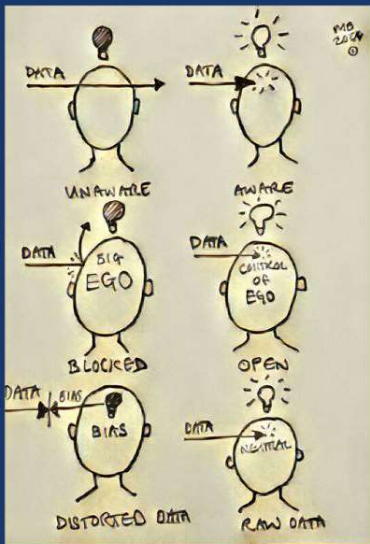
LIGHT CODES D.N.A. ACTIVATION

So depending on the lightwave frequencies you absorb, natural or artificial, and their percentages, will depend on the quality of light your vessel generates and your thoughts and behaviours determine the quality of light your vessel or body can regenerate and receive equally. Humans need sunlight to charge-up and restore electromagnetic wellbeing and optimum homeostasis. So the best of all frequencies for you are natural ones, that have the full colour spectrum range.

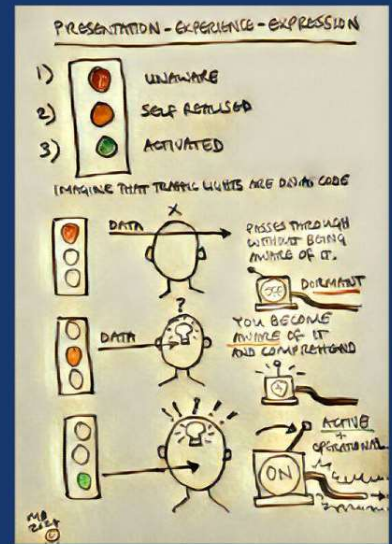


DNA Not Activated

DNA Activated

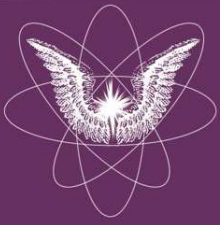


- 1) Unaware dormant DNA presented
- 2) Now Aware DNA experiences
- 3) Aware DNA then Activates "ON"



So first, something is "Presented" to you, then it is "Experienced" by you, and then it is "Expressed" by you. The more of life experiences and awareness you grow, the more you harmonise about yourself, the more that is reflected in the external world.

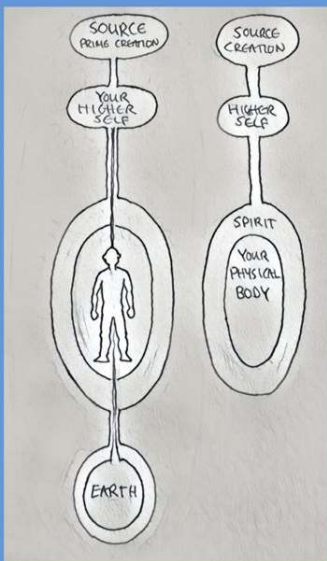
As more and more of your DNA becomes activated, so too does your frequency rise, you are then easier able to connect with Source light within.



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CONNECTING TO HIGHER SELF

Connecting with your Higher Self is when you “Go Within”, when you meditate or daydream or sit and wonder to yourself with your thoughts.

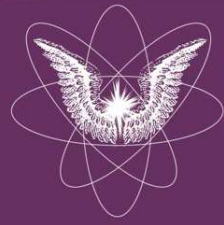


The Whole situation is in reverse, you are not in the universe living a physical life, no, the universe or Source or God, or Consciousness is in you. You are not the body or the mind, you are in fact the awareness of these things, those are just your translation devices to help you navigate a limited physical version of yourself with for this lifetime. We all share consciousness, some of which we still don't recognise as being conscious, like rock or an elastic band, but they are, and are being presented to you as part of your 3D physical experience incarnated here on Earth.

We are eternal beings, we reincarnate over and over again so we can experience life in all its wonderful variety, and from as many perspectives as possible while we play out the various incarnations. Imagine if you were a god, you would be bored of knowing everything and nothing new would happen for ever, so we gave ourselves the power to forget, so we could find our way back to our Source again each lifetime, which is us as our “Higher Self” as Source.

When we are growing-up, we all create an identity, things we like and absorb and from things we don't like and reject. Both influence the way that we create our identities and ego constructs. This is our public face, but not necessarily the genuine authentic private self. It is the way we want to present ourselves to the outside world, but this is a construct of what we think we should be and not as our true authentic self. Most people are too afraid to let out their genuine selves and would rather play out their construct mask. This is an unfortunate tactic, because everything is subjective, and there will be many versions of you in other people's minds from their own constructs, but they will never be the real you, just projections of what they think you are, and not actually what you are. So connecting and finding out who your true self is, without the ego and lies you tell yourselves about yourself, is the first step to connecting with your Higher Self, who is that expanded whole universe, a divine version of ourselves residing within us.

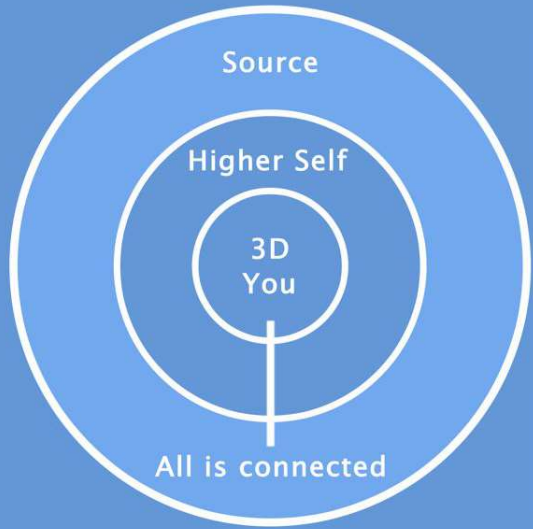
Being able to be honest about yourself, to yourself taking a good look at yourself from neutral ground, and non-judgemental perspective, will help you to find that inner voice, your inner monologue. That conscience that you hear inside you, that little voice in your head is your higher self, it is your in-built connection to your Higher Self and Source itself. The reason they say people are crazy if they hear a voice in their head, is designed to stop you listening to your higher self and to keep you seeking external validation from a false authority. Yes people do have voices in their head if they have poor mental health, but that is usually from the result of outsourcing power to others who then damage the consciousness.



STARSEED'S GUIDEBOOK

CONNECTING TO HIGHER SELF

Everyone has a Higher Self, whether they know it or not. Most people are too scared to analyse themselves for fear of finding monsters, but really what is within, is your authentic connection to your higher self, and Source itself.



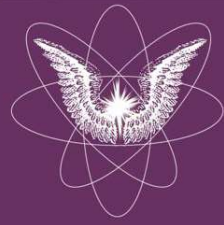
- The Whole collective Consciousnesses.
- ↓
- Generates unique subjective consciousness.
- ↓
- Projecting an individual mind.
- ↓
- Which Projects an individual body.

All is contained within the whole, and the whole generates what is within.

All it takes is a good, hard and honest look at yourself, whilst being kind and non self judgemental, to forgive your earlier version of your younger self, to not hold on to any grudges and to not be divided about what others do. To be able to see the parts of you that you need to forgive and let go of the past issues. Tomorrow is a new day, you don't have to bring that baggage with you. Only you hold on to those concepts, only you hold on to those injuries, no one else does. These are the layers of you that need to be looked at, forgiven and peeled off, so you can be your authentic self again and be empowered by finding that inner true self.

There is a back channel to Source/God/Creator/Spirit etc, whatever you prefer to call it. You see, you are immersed within a system, thinking you are a separate being, but in fact you are the whole body of Source that is generating fractal versions of itself, so you are all beings having a one off attention in each. Time is a human construct and so is Space, those are ways to stop you from perceiving that you are all, in the here and now, and that infinite variety of life and all information, is within you, within this eternal now. All you have to do is be present, and aware of yourself in the eternal present moment, that is all that exists. The past does not exist, only as memory, and the future does not exist, as it has not happened yet, and that is just projection. So the only thing that is real and true, is the eternal here and now.

Listening to that inner monologue, your inner voice that says your thoughts in your mind, that is your Higher Self. You also shape the way that inner voice speaks and thinks, if it is not friendly or supportive, then you may have fooled your higher self into believing your ego and all your detractors. So make sure that inner voice is your genuine higher self and not your limited ego version.

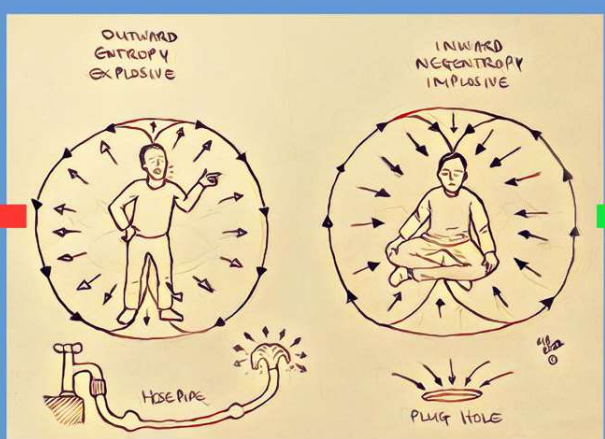


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CONNECTING TO HIGHER SELF

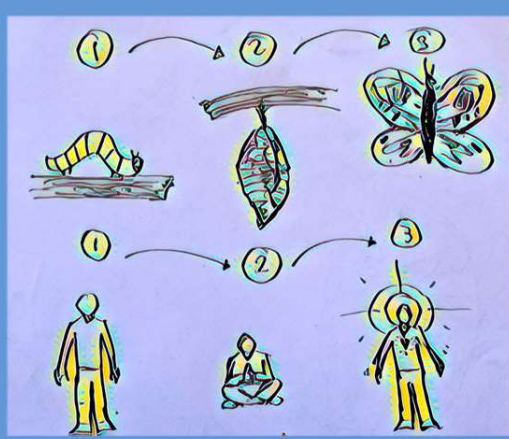
For access to your Higher Self, it can only be reached through you! Through states of mind in meditation or contemplation and observation. The more still the mind, the more information flows towards you. In performance mode it flows away from you.

- Extrovert Mode (transmit)**
- Talking
 - Singing
 - Performance
 - Showing off
- Demonstrating unaware radial outwards consciousness



- Introvert Mode (receive)**
- Listening
 - Thinking
 - Observing
 - Meditating
- Demonstrating aware coalescing inwards consciousness

When you are in a performing mode, you are not really aware of what you look like to others, and so are not getting insight about yourself from seeing the other peoples responses. So just like when we are talking, we are not able to properly listen, hear things yes, but not listen because we are in performance extrovert mode.

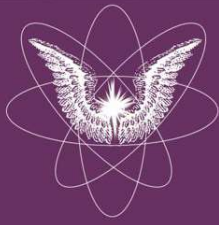


However...when you are in listening, thinking meditative, reflective or daydream states of stillness and introspection with just your thoughts, you can hear your inner monologue speaking and voicing your thoughts, this is you as your higher self, speaking through you, as your higher self to you.

People are so used to being distracted by external things, that when they do try to meditate, they find that they cannot control the noisy chatter of their own thoughts, not realising that most of those are not their own but other channels.

Your mind is not a part of your body, western science asserts that your mind is a product of the brain, but it is not. As explained previously, your consciousness is projecting your individual mind frequencies, that through the mind then generates the physical body. If this were not the case then the Placebo effect would not work. So it really is mind over matter, and your mind exists because it can project your individual signal frequency that coalesces through negentropy, like pregnancy, into the standing waveform looking like you. As a product of all these energies coming together, creating a toroidal "auric" energy bio-field around you.

So depending on your diet of frequencies, thoughts, words and actions, will then be matched with corresponding frequencies but also the insight as to what the opposite frequencies are too, the key is be contented within, about oneself.



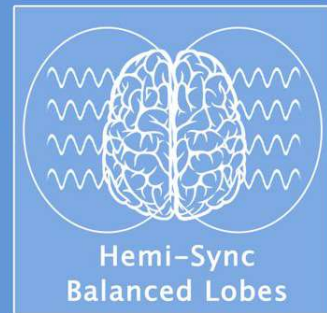
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CONNECTING TO HIGHER SELF

WHAT IS THE HIGHER SELF?

So your "Higher Self", is your eternal, conscious, an omniscient and intelligent being, that is your true highest self expression. The Higher Self has the higher states of expanded Self-Awareness. Which is the understanding of the choices and their consequences, before one makes a decision, so being able to see the array of choice "options" before you make a choice as to how you will respond. Attributes of a Higher Self and the Higher Mind are things like the ability to access the right mind.

- Self-Awareness.
- Resistance to adapting negative thought forms.
- Resilience against ego constructs and their false beliefs.
- Generosity.
- Humility.
- Insight and vision
- Responsibility

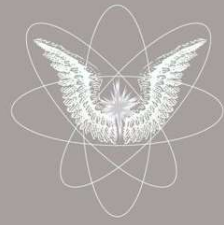


BRAINWAVE STATES

-  Lambda 100 - 200 Hz
-  Gamma 31 - 120 Hz
-  Beta 13 - 30 Hz
-  Alpha 8 - 12 Hz
-  Theta 4 - 7 Hz
-  Delta 5 - 3 Hz
-  Epsilon <.5 Hz

Wholeness, Integration and Oneness, Hemi-Sync
Intense Concentration and Learning
Problem-solving and Engaging
Relaxing and Recharging
Dreaming, "Auto-Pilot" States, Learning
Deep dreamless sleep
Alive, but with no obvious life signs, suspended animation

The good news is that energy is a 2-way street, it is bi-directional (both ways). So the divine Source energy that is generating you, is also accessible back up the flow, up and back to your Higher Self, through Self-Awareness back directly to Source. You access Source by training your mind to enter the various higher brain wave states like Gamma, or Lambda frequencies, and when integrating both your shadow and light sides united in harmonic mirrored brainwaves, called Hemi-Sync. Clearing and letting go, forgiveness and meditation are key.

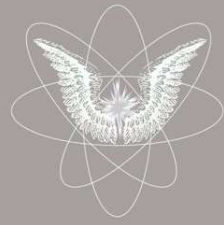


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DISCOVERING YOUR TRUE LIGHT



MBM 2021



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DISCOVERING YOUR TRUE LIGHT

WHAT IS YOUR TRUE LIGHT?

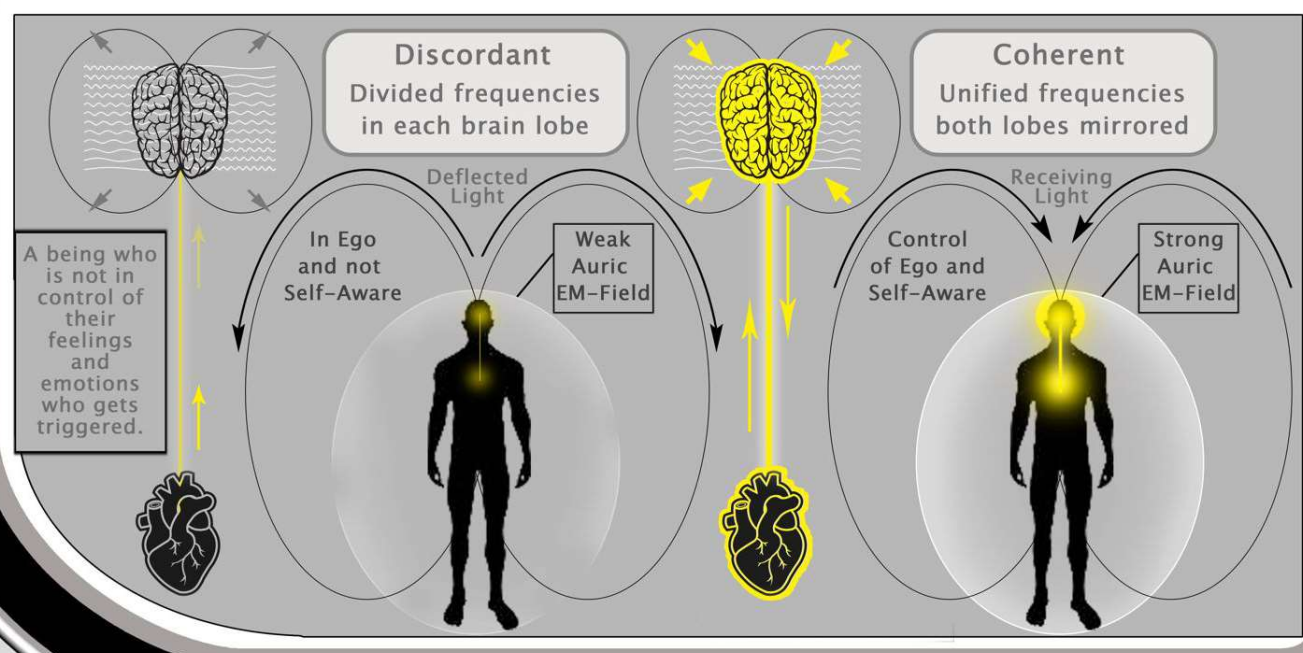
Your "True Light" is your unique and individual frequency signature, it's the energy signature that makes you a one of a kind happening event, visible for only one lifetime at a go. It is the sum of the set of concepts and ideas that you call as you. It is the energy of the universe, which comes together to form like a core mini sun which grows, blossoms then fades back into the infinite latent potential energy of Source once more.

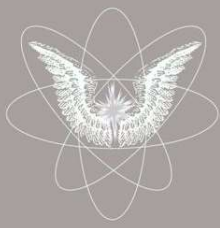
Everything that you call the "physical", or "matter", is in fact just the end result of frequencies of vibration, Cymatics losing their energy charge and emitting light as the result. So all that you see as the material world, is made from electro-magnetic bonds and fields of energy interacting, some attract, and some repel. You are also made of light and you emit this light and that is how you see yourself as a "physical" being, so you are coalescing energies of sound that then condense into a form and structure based on that frequency signal DNA code, that then broadcasts your physicality. So you have outer radial light, but you also have inner light too, as your core template generating essence, which comes through your heart as the projector into the physical from the metaphysical aether or spirit realm.

As you raise your frequencies by meditating and becoming more harmonious within you start to become aware of your inner light. Examples of this is when you are in a happy and glowing mood and notice that your presence in that location has an effect on others sharing your hearts bio-field.

3 types of reactions to your inner light-

- 1) Deer caught in the headlights, staring open eyed daydream like.
- 2) They come and open up to you, tell you their life story as a complete stranger.
- 3) They get spooked or agitated in some way, and feel like moving away from fear.

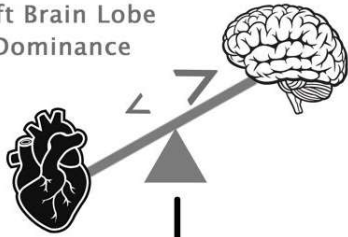




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DISCOVERING YOUR TRUE LIGHT

Left Brain Lobe Dominance



HEAD ENERGY

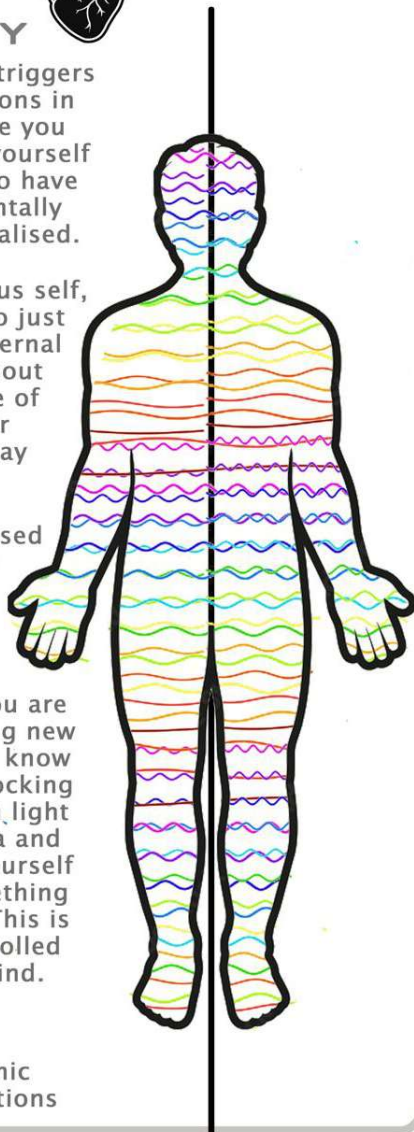
Anything that triggers strong emotions in you, is where you have divided yourself from it and so have become mentally compartmentalised.

The unconscious self, someone who just reacts to external events without being aware of what their reaction may cause.

Fractured & Biased frequencies

Every time you are told something new and think you know it, you are blocking yourself from light which is data and preventing yourself learning something new to you. This is an Ego controlled arrogant mind.

Non-Harmonic Internal vibrations



Heart & Mind Coherence



HEART ENERGY

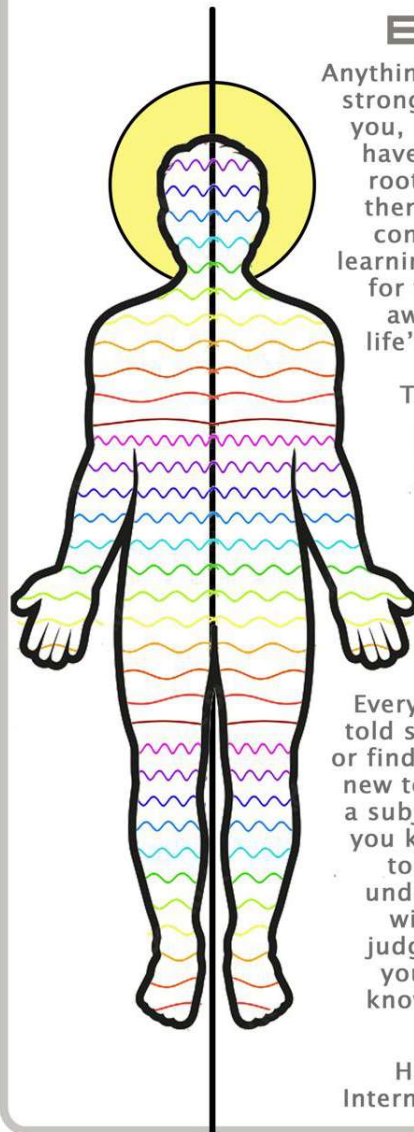
Anything that triggers strong emotions in you, is where you have to find the root cause and then change its context into a learning experience for your added awareness of life's variables.

The expanding consciously Self-Aware, non-reactive contented individual

Balanced & mirrored frequencies

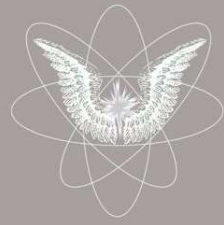
Every time you are told something new or find out something new to you, even on a subject you think you know, be open to hearing or understanding it without your judgement, as if you had never known it before.

Harmonic Internal vibrations



The more discontent you feel about yourself, the lower your self esteem and the more conflict you will see and generate in your reality, the lower your frequencies will be, and the more you will be prone to disease and illness, as your electromagnetic field will be getting weaker.

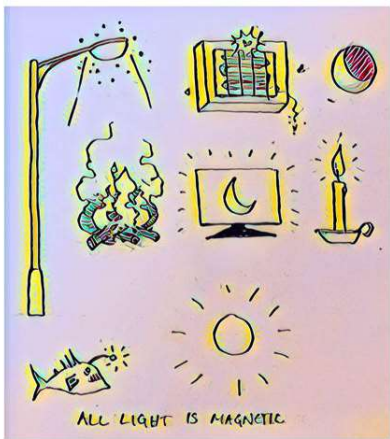
The more contented you feel about yourself, the higher your self esteem, and the less conflict you will see and generate in your reality, the higher your frequencies will be, and the more you will be able to maintain good health, as your electromagnetic field will be getting stronger. It is a conscious choice to make how we choose to understand ourselves.



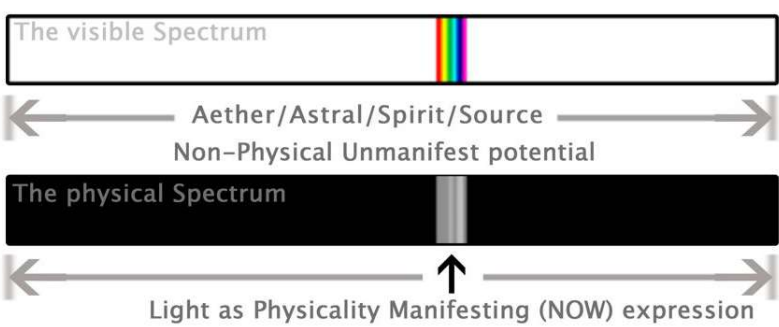
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“Light is a sound wave in the Aether” Nikola Tesla



Light comes from the transformation of cymatic soundwaves of Aether frequencies losing their vibrational and energetic charge. From this comes all the physical world and what we see as the light spectrum. Which we call our physical reality.



THE ENERGY SPECTRUM

The whole Energy Spectrum is made-up from Aether, potential waiting to be realised by mind. All of it is Source, and called the Unified Source Information Field, or the Unified Field, which is to say that it is all within one united and immersive field that all of everything is contained within. That within this field there is a range of energy where light is expressed, and in that range, we call that the material and physical world.

LIGHT MAGNETIC

Light is magnetic, it draws your attention to it. Street lamps attract both predators and prey, as light is magnetic and draws attention to it by nature of its attractive magnetic qualities. Have you ever noticed how hypnotic a real fire in a fireplace or log fire at night can be? Have you ever noticed the UV light machines attracting then zapping insects drawn to them? These are just examples of light being an attractor. Light is also information, it is raw data for you to experience and also generate and translate. Light is the medium with which we gain most of our awareness through our eyes with, more than any other sense of our body.

LIGHT ELECTRIC

Light is also electrical, it carries energy through it like a flowing river, but with electrons and photons and all sorts of other wonderful exotic energies that it carries through its medium. You cannot have light that is absent of either magnetic or electrical properties, just as above, so below, you cannot have dark without light. The two are both a part of the whole one system.

BI-DIRECTIONAL LIGHT

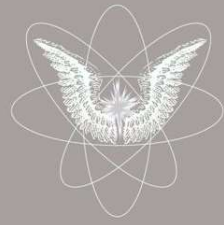
Light is also a 2-way medium, like a string-and-cup telephone, vibrations and energies flow both ways along the string, so too with light and energy frequencies along a light beam or within the field or influence of the light.

NATURAL LIGHT

We are beings from Source that are made from sounds turned into light and then expressed in the physical world. So with the knowledge that you are made from sound into light, and then knowing that the qualities of these mediums of energy are based on your consciousness, as its prime source, you can then influence the strength or the weakness of your own light, by the way you perceive yourself, and that will then determine how you will see yourself and others, and the quality of your reality will match those frequencies. We all need natural light and dark to be able to regenerate our bodies electromagnetic field strength. Without natural light we would perish and die because we are ourselves made of natural energies.



Light represented as ideas of self realisation



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DISCOVERING YOUR TRUE LIGHT

LIGHT AS INFORMATION

All light is information, it is pure data, which your mind then process and translates into a physical representation of your "physical" reality. Therefore light itself, is knowledge. If you walk into a dark room with no light on, you won't know what is inside the room and you may have an accident from not being aware of any potential obstacles and hazards that you could not see and become aware of in order to avoid injury. If however, you are not the type to walk into dark rooms and prefer to switch the light on, you then will become informed of what is in the once dark but now illuminated room. The light has provided you with information about what is a potential hazard, if any and what is not. Allowing your informed self to navigate the room safely without any fear of injury or death.

LIGHT AS MIND

The term "Enlightenment" means to enlighten, to illuminate or let light upon something, or to let light shine upon or within something, and the word ment, meaning of the mind. So enlightenment just means the bringing of light into the mind. The more the mind has light or information that it understands, the more the mind understands itself by the process. This is what the meaning of "To know thyself" is all about.



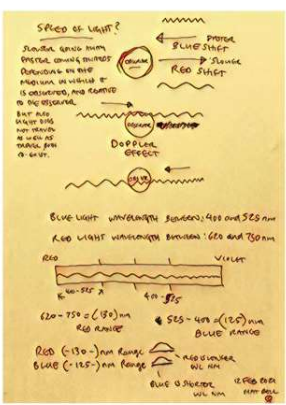
Your mind has the ability to use both creative and or destructive forces, the way you can manifest and create new things, is by the energies of love and joy and empathy and your attention, these attract Aether and it coalesces.



It is well known in ancient esoteric traditions, that your mind has the ability to attract and then condense energy and then to manifest that into the physical material world from your matching intentions.

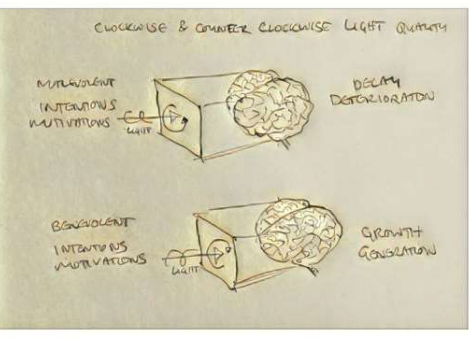
LIGHT'S SPEED IS VARIABLE

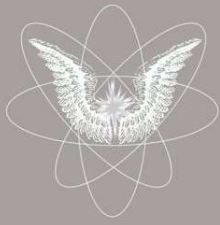
As with sound having the "Doppler Effect", so too does light. Have you ever heard an ambulance or police car wizz past you, and its siren changes sound from higher to lower pitch as soon as it past you? Well the same physics can be applied to light. The old thinking was that if you send out light to an object that you know its distance away from you, and it bounces back to a receiver at your known measured location, you can calculate a speed, by how long the journey took for it to return, and then halve that time. But this was not correct, as light travels towards us faster, and travels away from us at a slower rate. The speed of light is also dependent on the medium that it travels through. For example they can freeze light in a gas, but also depending on its gravitational effects that can curve and bend light and can create a lens type of effect. Light has many flexible attributes to it.



TOXIC LIGHT

Depending on the source of the light, natural or artificial will depend on whether the photons are spinning in a Clockwise or Anti-Clockwise direction. Most natural light has clockwise spin, and most artificial light has an anti-clockwise direction. For example computer screens, televisions and mobile phone and digital devices use liquid crystal, LED, and other forms of artificial light. These carry more harmful forms of light, which can have various damaging affects on your health, such as blue lightwave frequencies from screens, plus they also emit radiation and ultra violet energy and lightwaves, all are not natural and damage the body after prolonged exposure. Essentially they are missing the full spectrum of natural light and dark that is healing and regenerative for the body.





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DISCOVERING YOUR TRUE LIGHT

OUTER EXTERNAL NOISE

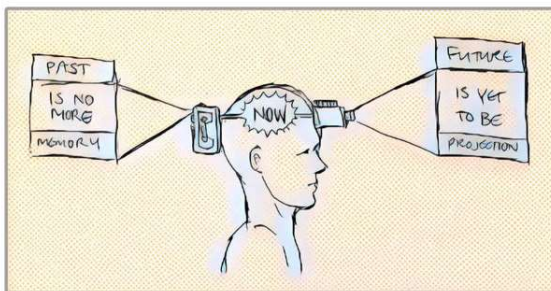
Have you ever been to a bar or club or venue where there are groups of people who are friends, that's because everyone is insecure, they are all progressively speaking louder and louder, until the one with the loudest voice or the one who is most extrovert gets the groups attention? Now when you multiply this with several groups all doing the same, you end up not being able to have a decent conversation with the person next to you as you cannot hear what they are saying and they cannot hear you either, so it just ends up you nodding and pulling the right facial reaction to what you think they were saying.

CONFUSING LIGHT

There are places on motorways and highways, road junctions and roundabouts, and in various arrangements of pedestrian and road layouts, where people get confused from too many signs that are distracting and giving conflicting or confusing directions or instructions to the driver or the pedestrians. These areas may have bad layout of signs, or not clear and defined road markings, or for other reasons it creates a high probability of accidents, crashes and deaths. There are many factors involved in these, but one of them is that there is either conflicting messaging or not enough clear messaging, which leaves drivers or pedestrians confused as to what to do. These are areas of visual overload, or lack of visual awareness, or being in a confused mind. Anything to stop you being in the 'present' self aware, with your thoughts.

DISTRACTING LIGHT

All of these are forms of noise, audio and visual noise, the television and mainstream media, sports, politics and religion, and computer games, or apps where you can interact with a program to keep you even more distracted. These and many more, are all forms of noise and a type of distraction to keep your attention busy and shape your perception of reality. They feed off your attention, keeping you distracted in the past or the future if you let them, and for all of your life.



The PAST has gone, it does not exist, except in your memories.

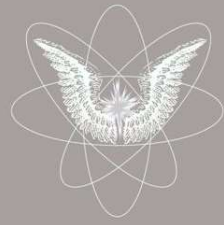
The FUTURE has not happened yet, it does not exist, except in your projections.

The only thing that exists, is the eternal and PRESENT NOW. Both memories and projections live in only your NOW. If you can change the way you are in your NOW, then that changes the way you see your past and future and helps gain more context from a different perspective.

A FLASHLIGHT AND THE SUN

If you had a torch or a flashlight, and you were floating in space and shining your light at the Earth from a position in front of the sun. Do you think that anyone would be able to see your light, in amongst the vast light source shining from the sun? Your little flashlight speck of light would be invisible to a camera or eyes looking at the sun (not advised), you would not be able to differentiate the flashlight from sunlight, it would be lost amongst the brighter light from the sun.

The same situation goes with your own "Inner" light, which is your sacred connection with the divine light, that comes directly, and eternally from the infinite Source that you are. So it is not ever separate from you, as it is only a greater aspect of you. So if you are the type of mind who dwells in the past, or is always anxiously trying to predict the future, either way, you have been successfully distracted from living in the present moments, and distracted from seeing your own powers within you. Society is constructed and engineered in this way because when people find their true inner light, they start to find a much deeper insight into the universe, reality and themselves, they start to be more able to shape and nudge their reality in a more conscious way, and shape their future with less conflict.



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DISCOVERING YOUR TRUE LIGHT

YOUR INNER LIGHT

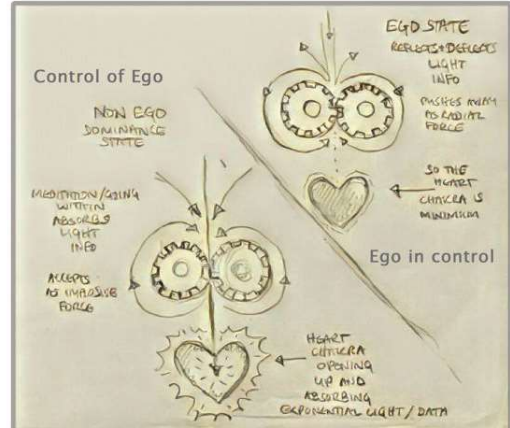
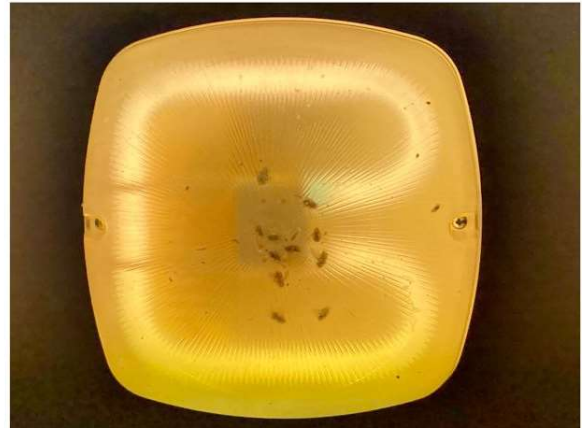
So as explained previously, you can become aware of your true inner light when your attention is not being distracted by external stimulus. If you daydream, meditate, or sit with your thoughts, contemplate, ponder, reflect and become aware of your thinking processes, if you become self-aware of your now present being, and you have become contented with who you are, a work in progress, then everything in the external world will become more harmonious as a matching set of frequencies that present themselves in your reality. When your mind and heart are acting in unity and in conjunction with your gut instincts. When your decisions are made from the heart, rather than the head, then that is how you start to condense more light into you.

If you can find happiness and joy in your life, whatever the circumstances, difficult or easy, whether you face challenges or not, then you will increase your life and quality of health, you will be more resilient and resourceful, you will affect the hearts of more people, and you will be able to live your fully actualised highest self. If you are able to forgive others that have harmed you, and if you can forgive yourself first, then there will be nothing that can hold you back or prevent you from living a full and contented life that is rich with experiences.

Your TRUE INNER LIGHT is the essence of you, it is your unique personality that makes you different from anyone else. It is the life-force energy that is the whole of Source concentrated into a unique set of frequencies, that include both the light, and the inverse light, which is darkness, and between them both is also you, in the neutral bridge between dark and light. Between both dark and light, is the full colour spectrum of life, it is the grey area of flux from one to the other and the polar inner forces that all life possesses. Tune into that unique self, turn up the vibe, assist others to shine brighter, and you will shine brighter in return.

DARK & LIGHT

You can be blinded by both dark and light, to ignore one is to be blinded by the other.

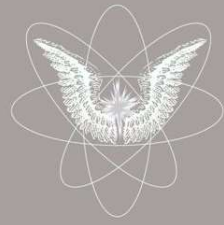


As the saying goes "You cannot banish out darkness with more dark, only light can do that. You cannot banish hate with more hate, only love can do that." When you merge the dark and light into the eternal neutral space, you become the power of combined forces and that then increases your true inner light, as all comes through the neutral space and so you can see either the dark, or the light, but you can also choose to see neither too, because you are now both Light and dark, but neither at the same instance. Enabling you to see all as it is.

INNER LIGHT EXERCISE

The light is already inside you.

If you stare at the black candle illustration, which is at the front of this section on Discovering your True Light for 20 seconds, then close your eyes, what do you see?



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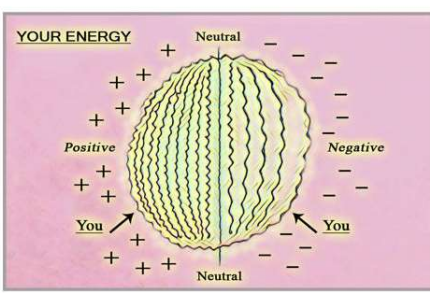
DISCOVERING YOUR TRUE LIGHT

GOD'S LIGHT SHINES ETERNALLY WITHIN

This is the message, we are all, each of us, Source, broadcasting in the "Here and Now" on an infinite unique frequency sound channel, which is transforming into light. The very thing that is making you visible, manifest, as light itself, in the "physical" world, and with a unique personality that cannot be replicated. That is your magic that you bring to life with others which the universe and Source deemed necessary. Life created you, you are an expression of life, which is broadcasting all visible things and from a non physical or visible source.

So with reference to the meaning of the word God, I am talking about your God, I am talking about the phenomena, and not the man made brand version of it, so I am also including your own versions of what you deem to call your creator, the creator, Great Spirit, or Source, or the Source Information Field, or the Unified Field, or a supreme being called God, and I'm including the pagan and all the other religions and even the atheist religion of no god, and also the beliefs that's just the way that life is arranged viewpoint, as well as the scientific and physics perspectives. I am including all of these in the word God, for simplicity, in this instance, because it is a process rather than a label. It is for common understanding that we are all really describing the same phenomena, but from our own unique belief systems and our knowing awareness, and none are correct or incorrect, they are just incorrect or correct for you. Which is how it should be, because its about you as the individual.

You dear Starseed, are the sum of all the ideas that you think that you are, the collection of life through a unique filter and expression that is you, and the quality of that expression that you are, is your attitude about yourself, which is vitally important, and determines the reality and quality of life you will have. Tapping into your True Light, the essence of your being, and living that authentically with self love, is using that super power you have waiting to unlock itself by your own self awareness and self realisation of it being a genuine phenomena within you. You are a mini-sun that is bursting with light, both externally radiating the contents of within, which is your awareness and thoughts about yourself displayed to the world, and then reflected back to you, as your subjective reality, and it is also what you yourself become manifest as. You are the quality of what's inside you, and that is always evolving.

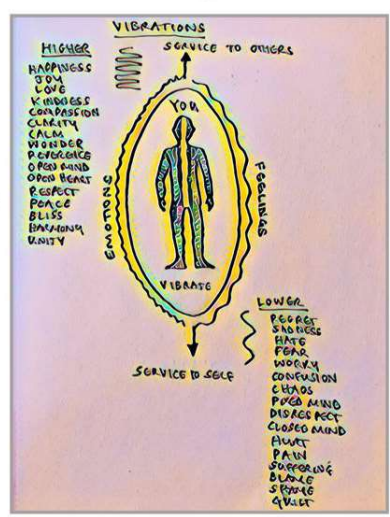


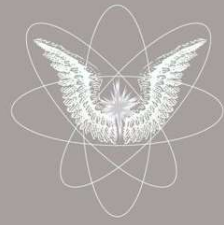
A wonderful unique DNA code, once in a lifetime expression of the consciousness of Source configured into a channel of energy that can be housed in a biological vessel, animated by your life-force and awareness.

A constantly learning and fluctuating bundle of divine energy from Source, emanating as a Lyrian/Human Starseed and incarnated into a lower existential density realm.

THOUGHTS ARE FREQUENCIES

The way that you handle your life challenges and whether they keep you in suffering, or move you forwards in happiness is all up to you. Nobody else can determine how you perceive the world, whether it's treated you badly or not, that's not the issue because we all face challenges big and small, its how we cope with them that makes the quality of us within. How we paint a narrative of who we are and the type of personality we are. Do we stay in our comfort zones and trapped in convenience, or do we work on improving ourselves and accepting ourselves as we authentically are? To have self acceptance rather than self loathing, is the spiral upwards. Careful of what you think of, as you then bring that to you. Examples of frequencies are their vibrational aspects with moods, feelings and emotions. What thoughts and frequencies you focus on, will determine the vibration of you, and the quality within about yourself.





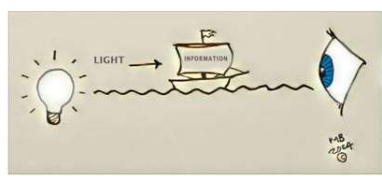
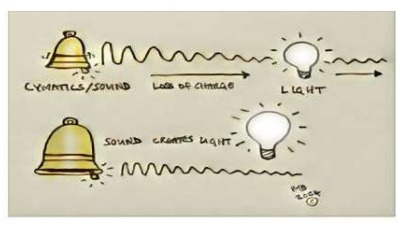
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DISCOVERING YOUR TRUE LIGHT

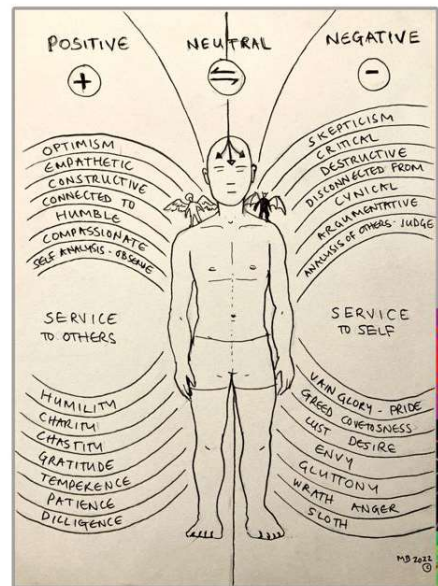
SOUND TRANSFORMS INTO LIGHT

Frequencies make cymatics, cymatics make standing waves, standing waves, then form energy nodes, these energy nodes coalesce the frequencies into flow through the energy nodes with those matching frequencies. These then form more and more complex sacred geometric energy structures out of the aether, which then loses its energetic and magnetic charge after forming their energetic configurations in the standing wave visible expression, and that loss of electromagnetic charge is displayed as light. This light is the basis of all what is called the physical world.

In 2011 the Russian Biophysicist Pjotr Garjajev conducted experiments in modifying DNA using only sound and light frequencies. They successfully transformed frog embryos to salamander embryos, simply by transmitting the DNA information patterns via frequencies alone from one to the other.

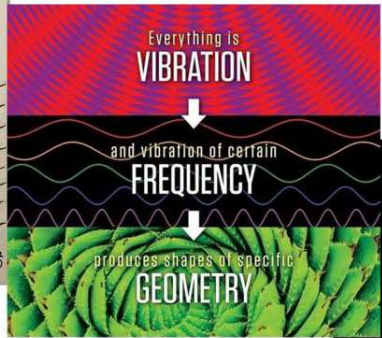


So frequency is what your mind attracts to you and absorbs into you, that is then a part of you, These frequencies are negative or neutral or positive.

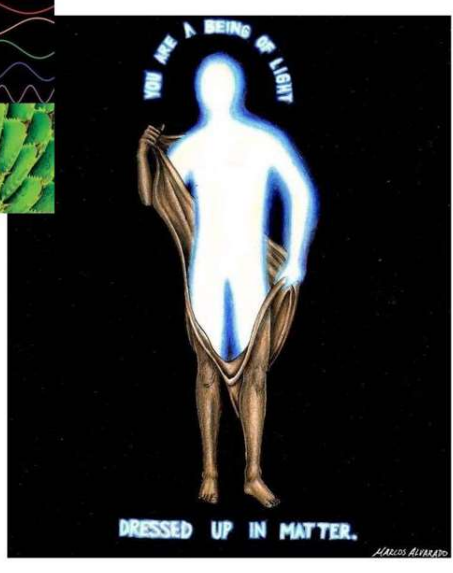


There is some truth to the old idea that we have the seven deadly sins and the seven heavenly virtues, except it doesn't work like that. It is more a case of whatever you think of, whatever you surround yourself with and absorb, is what you become. Our thoughts create things, then we create those things in reality by our actions and words.

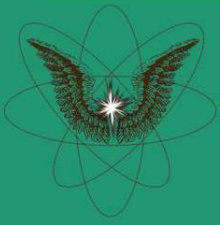
Each frequency has a certain matching energy signature, and the flows that come with these signatures then determine the type of person you become. So depending on which thoughts you place your attention upon, will by consequence then generate the physical version of that, within you and as you.



From vibration into frequency the frequency into geometry and from geometry into light.



This information has come from many beings, and it is ancient knowledge for those that are able to see its true worth to them, in their own personal self-development. It is a practical way in which you can work on your triggers and what the root cause of your suffering may be, and it is a way in which you can reshape whatever current reality you have presently, into a better one that can be much more beneficial. Coming into Heart and Mind coherence and inner harmony through self-acceptance, and raising your internal vibration. This is the conduit between you and the higher self and Source, it is the rainbow bridge to our Star Family and all the Earth's Rainbow tribes of starseeds and peoples of all nations, as the old prophecies speak of, all coming together as one.

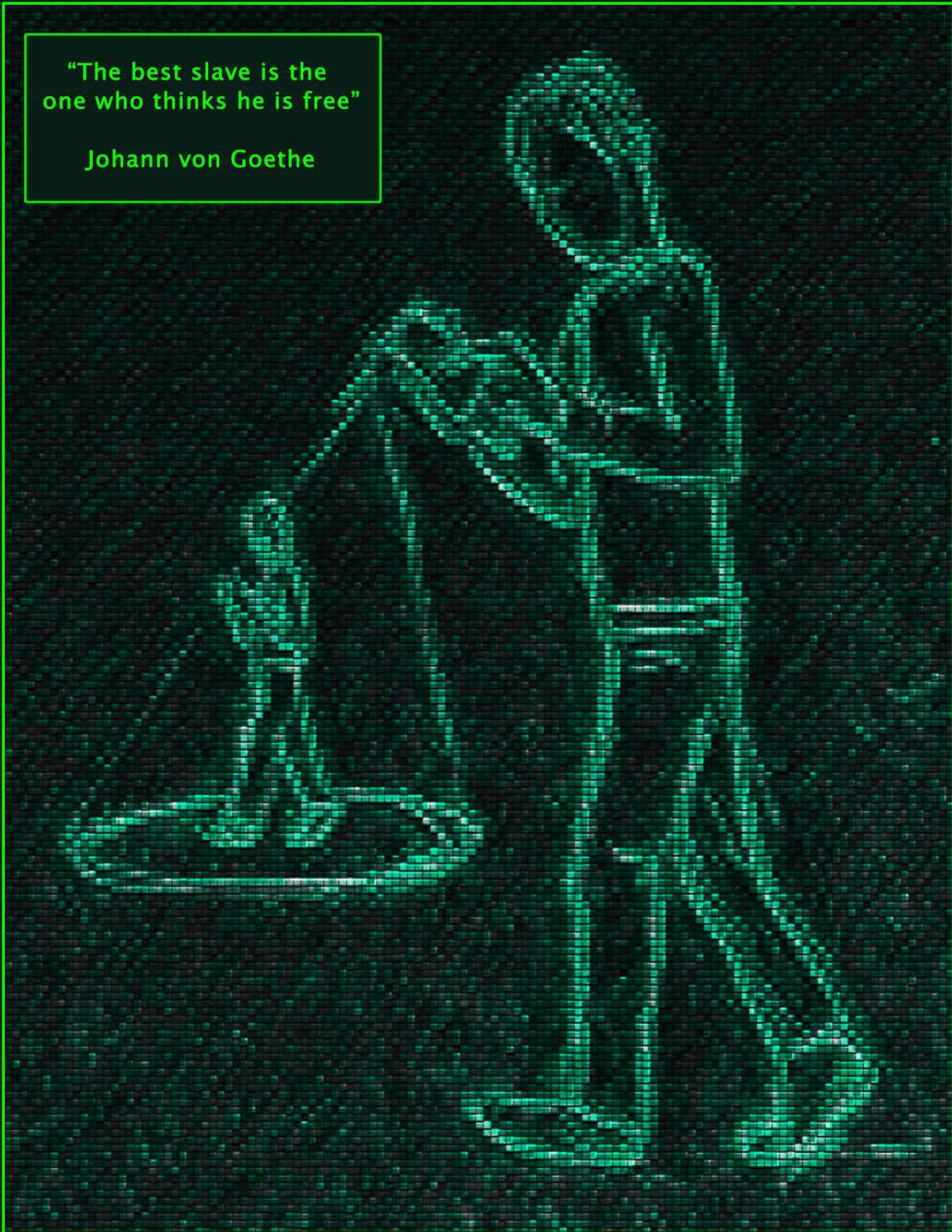


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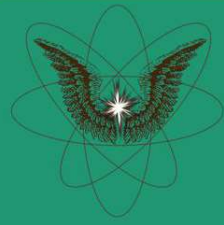
ESCAPING THE MATRIX

"The best slave is the
one who thinks he is free"

Johann von Goethe



The "Matrix" means many different things to people, some consider it to be a type of constructed reality, designed to keep them as slaves from ever waking up to their true potential, which to some extent is true but also not true at the same instant, it really depends on an individuals perception of it.



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ESCAPING THE MATRIX

WHICH MATRIX?

That all depends on which Matrix you are wanting to escape from, because there are several different types of Matrix, or Matrices, and not just one, but all of them do fit into the one whole Divine Matrix.

THE DIVINE MATRIX

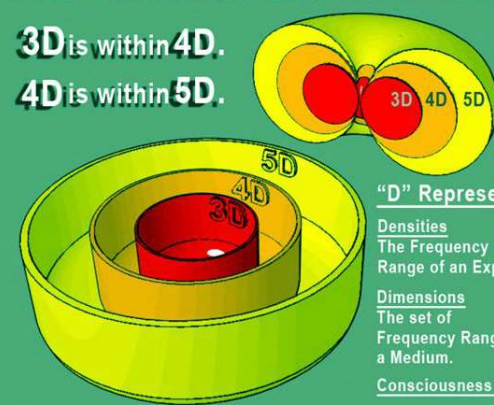
The Divine Matrix is the Matrix in which all other Matrices (plural) live. We inhabit a world within worlds, and within us are still yet more worlds within worlds. We are all connected through these various different worlds, or universes, or multi-verses, or metaverses, or multidimensional, existential realms of existence via consciousness.



The Divine Matrix, is the Matrix interconnector of all life

WORLDS WITHIN WORLDS WITHIN WORLDS

3D is within 4D.
4D is within 5D.



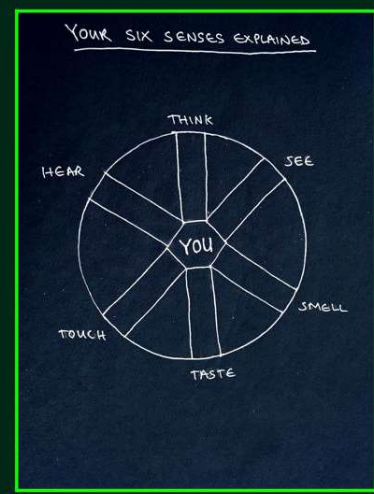
"D" Represents
Densities
The Frequency
Range of an Expression.
Dimensions
The set of
Frequency Ranges in
a Medium.
Consciousness States

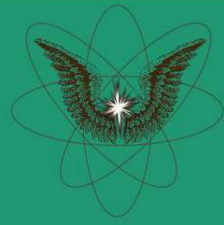
The Divine Matrix is Source itself, it is outside of Time & Space, and it is one whole entity, nothing is outside of it, and all is contained within it. You cannot escape this matrix, because it is the very Source of your own existence, and to try and escape it, would be like trying to escape breathing or living, and to escape from every known concept or idea that was ever to exist. Even escaping the idea of non-ideas, or of non-existence, because is is also a concept. So the Divine Matrix is neutral, negative and positive, all playing out together at once for eternity, infinitely..

MATRIX TRANSLATORS

Your Mind and body, with its 5-6 senses, is the energy translator of reality. You have been given these abilities to detect danger, to adapt and survive, a mind with which to interpret and translate sound and light patterns, as well as a consciousness, with which to have self awareness and all these attributes help you to navigate your own realities.

The level of Matrix that you perceive, is directly related to the amount of life experience you have, along with an ability to see beyond what is presented to you on the surface. The Matrix is made of many layers, some are artificial, and all are contained within the natural divine Matrix that encompasses all things.



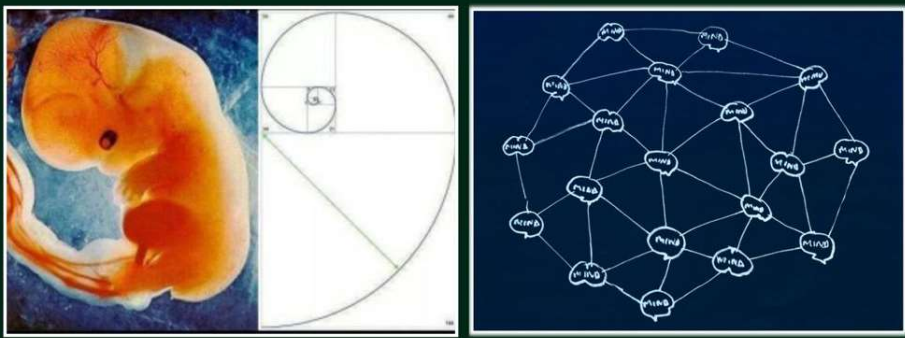
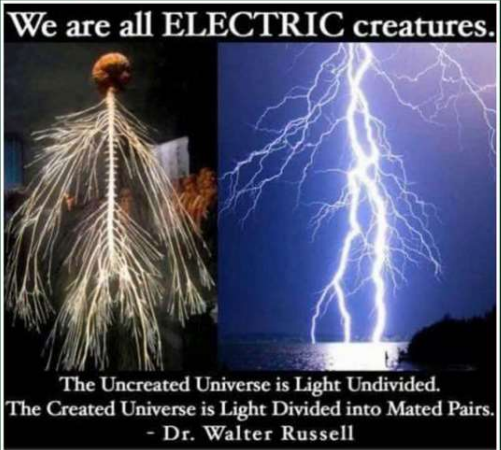
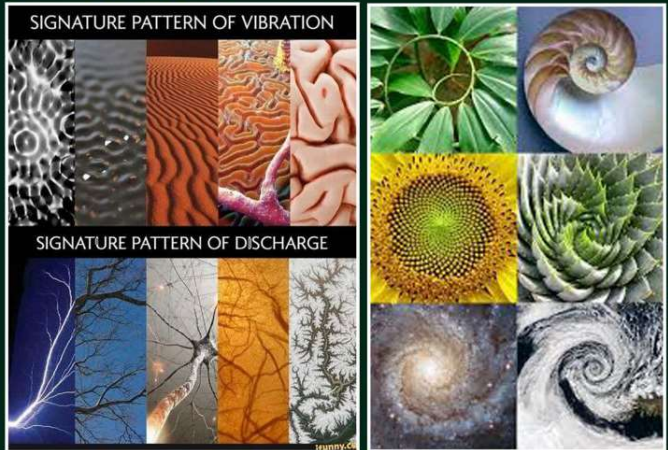


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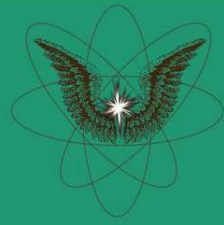
ESCAPING THE MATRIX

THE DIVINE MATRIX

The Divine Matrix is composed of pure collective consciousness, it is made from the combination of all the other consciousnesses, in fact it generates individual fractal consciousness versions of itself. It is the matrix of consciousnesses. Everything is divine, and there is nothing that exists outside of the Divine Matrix.



The essence of Source flows through all things, this is the Divine Matrix, the collective consciousnesses, the unified information field that generates all realities through the individuals perception of it.



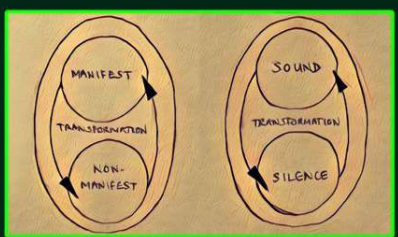
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ESCAPING THE MATRIX

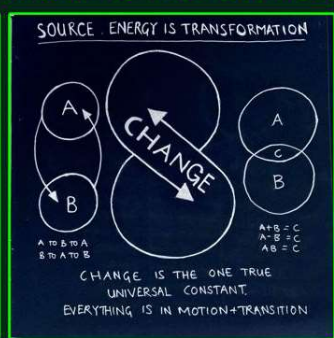
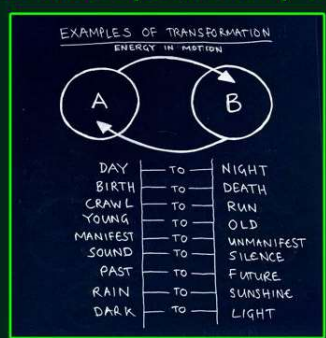
THE DIVINE MATRIX

Every single product or material has come from nature (Source), nothing is exempt from nature being at its base core level and its initial starting point. There is a certain perspective that says that there are "natural things" and there are artificial things that are made by man or machine or artificial intelligence, but even these are originating from nature and Source, from the Divine Matrix. So there is no such thing as unnatural or artificial or synthetic, they are just ways of perceiving the various levels of the Matrix from that level of consciousness. When you really think about it, you will realise that even if something is so called "man made", it is still natural, as mankind is of nature, and so then, is all that is created by the hands of mankind. The Divine Matrix composes all elements together in different structures, and we use these elements to sustain us, and for all our needs.

Everything is energy, so energy cannot be destroyed, it only transforms into a different state.



Change/Transformation is a universal constant



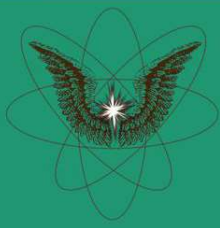
THE ARTIFICIAL MATRIX

As humanity has learned to utilise all the natural elements of the planet, we have been able to learn about how to use their properties and then make new things that were never created by natural processes before. These are the results of understanding the nature of our reality, and from exploring its various properties, so that we can survive and thrive. The Earth provides for all our needs, she is a self generating, generator of life, and so is an eternal provider. In modern times, we are able to harness the powers of nature in more and more inventive ways, and use them to suit our needs. Our understanding of the universe, and all that is within it is growing and we continue to harvest and exploit all the natural materials out of balance with nature. This is a result of allowing other humans to take advantage and creates an imbalance and inequality of life on Earth. This use of materials to create infrastructures and construct civilisations, to mass produce products and create social and energy systems is what is called the artificial matrix, or the "Techno-sphere."

THE TECHNO-SPHERE

If you were to remove all natural processes and all natural organic things from the planet and anything natural, all that would be left behind, would be the constructions of humanity. From stone buildings to roads and railways, from all the pipes and urban underground infrastructures, tunnels, canals, cities, vehicles, technology etc. This is called the "Techno-sphere", it is all the things remaining that are manipulated nature.

There have been ET races also responsible for some of the constructions that we see on the planet Earth, like the pyramids and other ancient architecture.

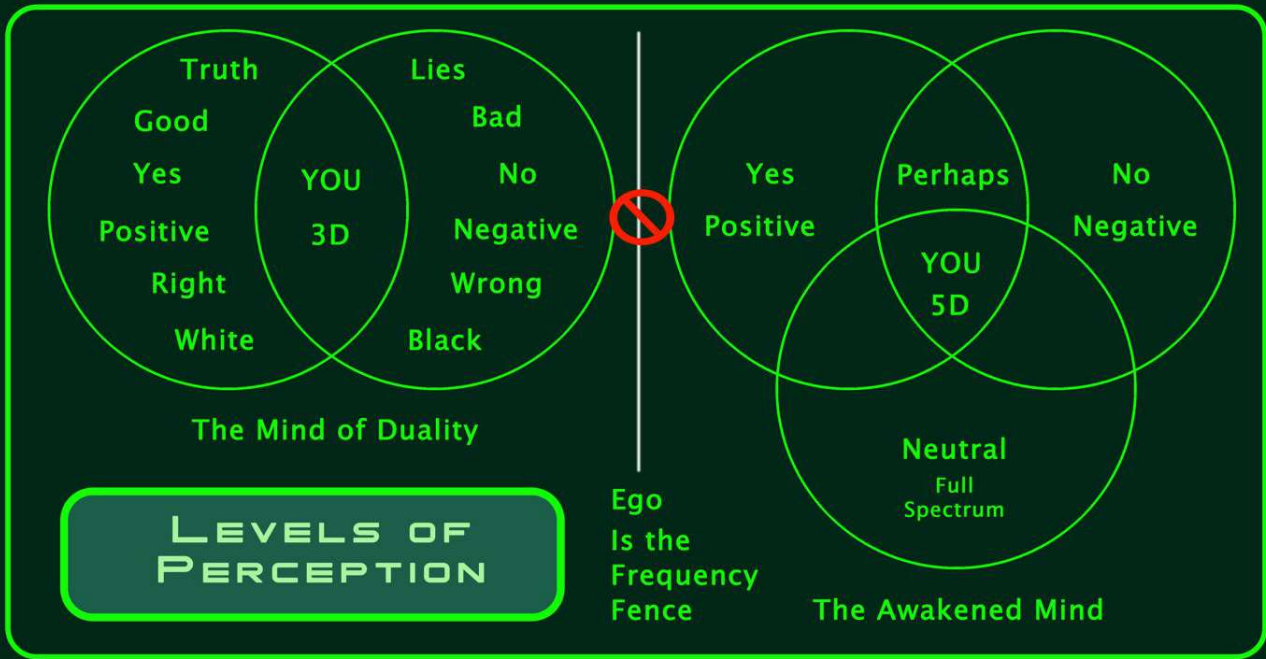


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ESCAPING THE MATRIX

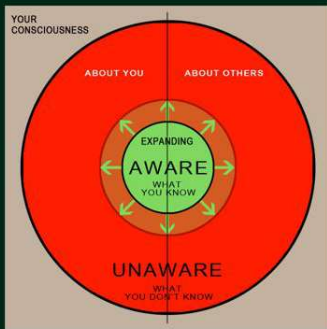
THE TECHNO-SPHERE

So the Techno-sphere is part of our reality, it is interwoven throughout our society, it is an interconnected system in of itself, but also separate from, and in some ways it is also completely toxic to the natural Divine Matrix and all the eco-systems of this beautiful planet. Also we are each responsible for manifesting our collective reality.

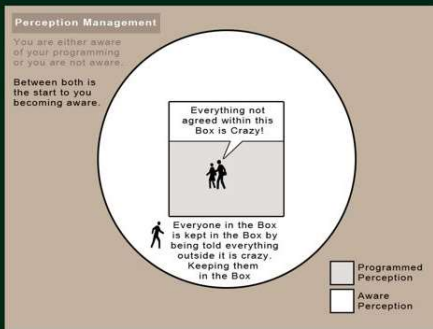


THE FREQUENCY FENCE

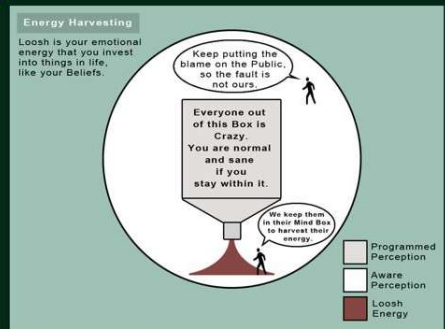
“The Frequency Fence” is the level of programming and indoctrination you have had, it is the perception filter of your subjective realities and the level of psychological manipulation and mind control that you are under. It is the mental barrier that has created your belief systems, and is maintained over you and others to control your perception of the world and therefore your perception of your own reality.



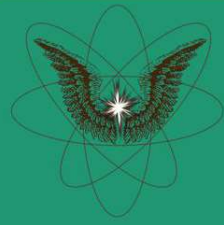
There is what you are aware of, and there is what you are not yet aware of.



There is collective agreement and individual agreement, as to what is a real something or what is not a real something. Society protects what it thinks is true, even if it is not truth.



So our reality is constructed in a way as to create a false reality to the individual, so that they can maintain the perception of the illusion to be controlled how to think.



STARSEED'S GUIDEBOOK

ESCAPING THE MATRIX

MIND CONTROL

There are good people in this world, and there are not good people in this world, it is a fact of life. The bad people want to take advantage of the good people, and the good people don't want to think about how bad people are, so they only look at good things and look for the good in people. This gives an advantage to the bad people, because they know that they can pretend to be good people, whilst getting away with it, because they have no problem with being liars and deceitful to the good people, because they know that good people will not be looking for, or able to see the bad peoples levels of deceit. So many bad people have joined together in various organisations to harvest faith, money, and energy from good people. Most of the bad people will take on roles of trust and power, they will cloak themselves in virtues and goodness, so that they cannot be approached or considered ever to be bad people. It will seem as if it is wrong for a good person to question these types of bad people hiding in plain sight. So again making it seem like a good person is a bad person for asking.

"It is far easier to fool people, than it is to convince them that they have been fooled."

THE USE OF RULES & LAWS

This is just a very basic example of the energy dynamic that is now being played out in our societies. It is how the rules to govern societies are used to maintain control, while the rule makers ignore them to gain their advantage over those that do abide by rules.

"Evil knows no rules"

PSYCHOLOGICAL EXPERIMENTS

Here are some examples for you to research of Mind Control/ Perception Management.

THE MILGRAM EXPERIMENT

The Milgram Experiment

The Dunning-Kruger effect
The Dunning-Kruger effect occurs when incompetent people not only fail to realise their incompetence, but consider themselves much more competent than everyone else.

Basically, they're too stupid to know that they're stupid.

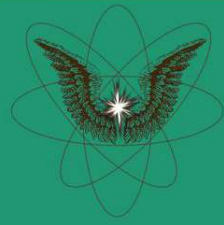
The Dunning-Kruger Effect

Every time a monkey went up the ladder, the scientists soaked the rest of the monkeys with cold water.

The Cadged Monkeys Banana Experiment

There are many more experiments that have been done in order to find out how to control a human mind. Most of it is done by imparting subliminal messages induced through trauma disassociation, or trance and hypnotism, and also by repetition and social engineering. Making things socially acceptable and not socially acceptable.

- Stockholm Syndrome
- Baadher-Meinhof phenomena
- The Jar of Fleas
- Frog in a boiling pot
- Bethan's Elevator conformity experiment
- Social Conformity Waiting Room experiment
- John C.Lilly Waves
- Pavlov's Dog
- J Bowlby's Attachment Theory



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ESCAPING THE MATRIX

LANGUAGE PROGRAMMING ALGORITHMS

Language is one of the most used forms of mind control, repetition, and using scripted sentences. If you are a Physicist, Mathematician, Computer Programmer, Lawyer, Script Writer, Speech Writer, Song Writer, or a Foreign Language Interpreter, you will be able to understand the power of words. When you try to get the words to be spelt corectly, this is called "Spelling". Curses, hexes, affirmations, proclamations, Mantras, decrees, oaths, contracts, Legalese and song lyrics are all forms of "Spells."

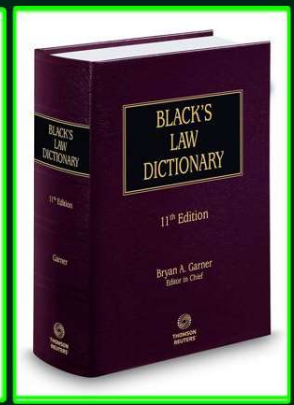
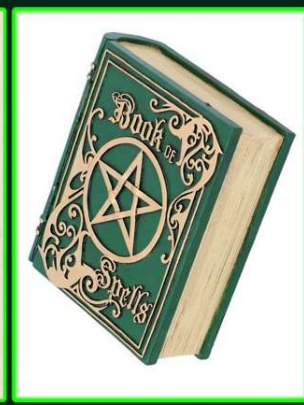
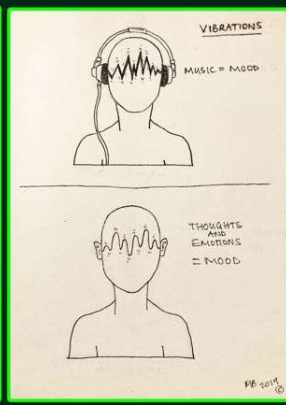
SPELLS & SELF PROGRAMMING

Music is frequency, sound is frequency and vibration, which is also the same with our emotions and the words we use. Our subconscious does not recognise the difference between words we are thinking and words we are believing, so the entertainment and music industry is able to craft music to certain frequencies filled with certain lyrics within them, these lyrics are algorithms that you program yourself with, and when you do that, you are scripting the way that you think. These scripts then program your behaviours and shapes the way you think about things, people and situations. They flavour our thoughts and that flavours our behaviour. What you think, you become, and that can be influenced, then you become what someone else wants you to be and think in a controlled and limited way they want you to think.

Abracadabra

Did you know the difference between 'Abracadabra' and 'Avada Kedavra' is: Abracadabra means "I will Create when I speak" and Avada Kedavra means "I will destroy as I speak" The words come from ancient Aramaic and was said to be used by witches in spell work. Abracadabra is a powerful spell it looks like this below. You would write this downwards to rid yourself of evil, and write upwards for good luck. people of the ancient world wore it as an amulet.

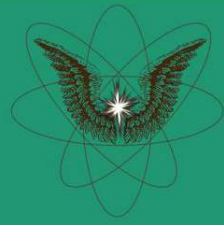
A-B-R-A-C-A-D-A-B-R-A
 A-B-R-A-C-A-D-A-B-R
 A-B-R-A-C-A-D-A-B
 A-B-R-A-C-A-D-A
 A-B-R-A-C-A-D
 A-B-R-A-C-A
 A-B-R-A-C
 A-B-R-A
 A-B-R
 A-B
 A



So how you think about yourself, is how you will perceive the world, most people are not self aware, and are unconscious of the way they are thinking, this is because they are convinced by their ego and constructed identity, that they cannot be fooled. Which means that these types of arrogant personalities are the easiest to deceive and fool.

ENCHANTMENT & JOINDER

If you believe something to be true, then you will act in accordance to that truth you're believing. So this is how curses and enchantment spells work, because the recipient is under the belief that it is a real thing. Voodoo works in a similar way, in that it is you who gives belief to something, then you give your power to that something, if thats a Voodoo doll, or a contract, or an order from a court. Joinder is when two parties come together or are associated together, whether by legal entities or not, so can be a deceptive way to use language with a different meaning than to the one presented. Legalise is black magic language does this to get you to agree to something that you think is one thing, but actually is something else. If you can convince someone to do what they think is by their free will choice, then there is no comeback to you.



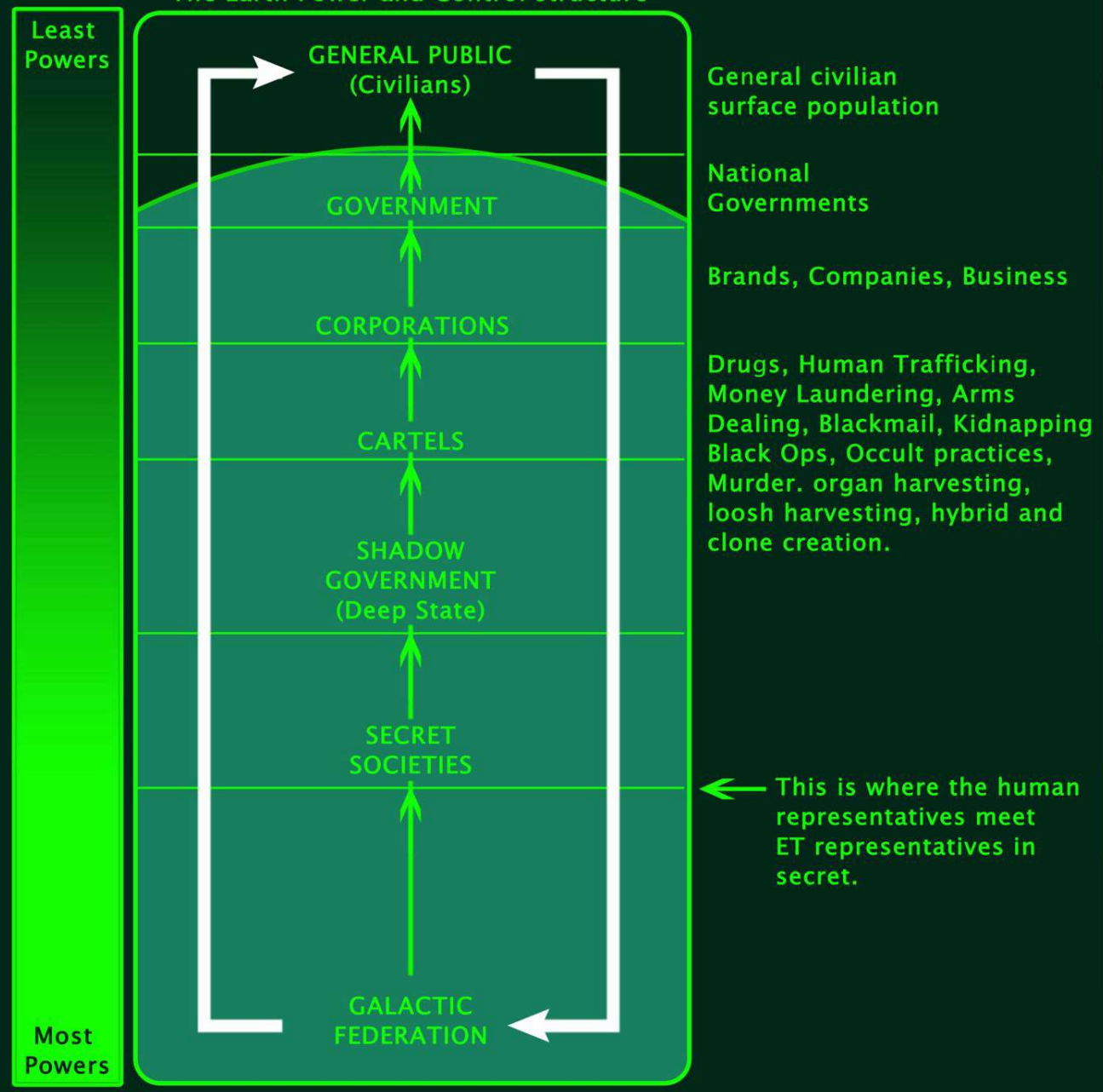
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ESCAPING THE MATRIX

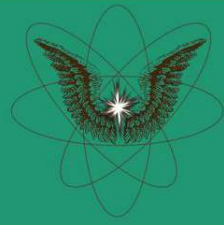
WHO CONTROLS PLANET EARTH?

The Earth Power and Control structure is run by Extraterrestrials operating in the shadows, from their base in Antarctica and directing orders to the human and human hybrid slaves who are part of the global deep state and are within the secret societies.

The Earth Power and Control structure



The Galactic Federation, a huge off-world organisation of many races and star cultures, comprised of many groups and councils, it has a mix of pro-humanity, and also anti-humanity factions, with no clear accountability or known leaders at the top, and is currently enforcing the Prime Directive, while manipulating and breaking it too.



STARSEED'S GUIDEBOOK

ESCAPING THE MATRIX

THE COLLECTIVE UNCONSCIOUS

The truth is that each one of us, through our own collective unconscious, we create and generate the psychological and physical manifestations of our subjective and collective realities that we now have on planet Earth today. Consciousness is a type of frequency we all share, and through our collection of subjective filters, based on whom we think we are, then generates that reality you are then within.



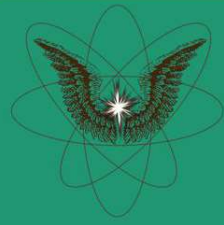
DEBT & CREDIT CONTROL

We work our whole lives to be able to support ourselves and our family, only to not have much at the end of it. We borrow credit to pay for things that we cannot afford, for the lifestyle we wish to have. Credit is a slavery tool using debt to control you and make you have to earn enough to make the credit payments. Why do we have to pay to live on a planet that provides all our needs naturally and in a sustainable way? Mother nature keeps giving and some humanity keeps taking and wanting more. This is not our default human nature, it is a constructed slave system that was created by weak and evil people and with the advanced knowledge of regressive ET's that know how humans operate, more than humans themselves do. This control system is now starting to be revealed to those who are awakening out of the false Matrix reality of illusion and have the eyes and ears to see and hear it.

ENERGY CHORDS OF ATTACHMENT

These are the chords of energy attachment, they are what we feed or give our energies to, but they are also what is attached to us and feed off us too, and some of those energy attachments both ways, may not be serving you or supporting or nurturing you, or are no longer a part of you. We are constantly learning and evolving and upgrading, so may need to review this energy dynamic regularly, and if necessary, then be able to cut and release these unhelpful or bad and constraining energy entanglements to allow new progress to happen.



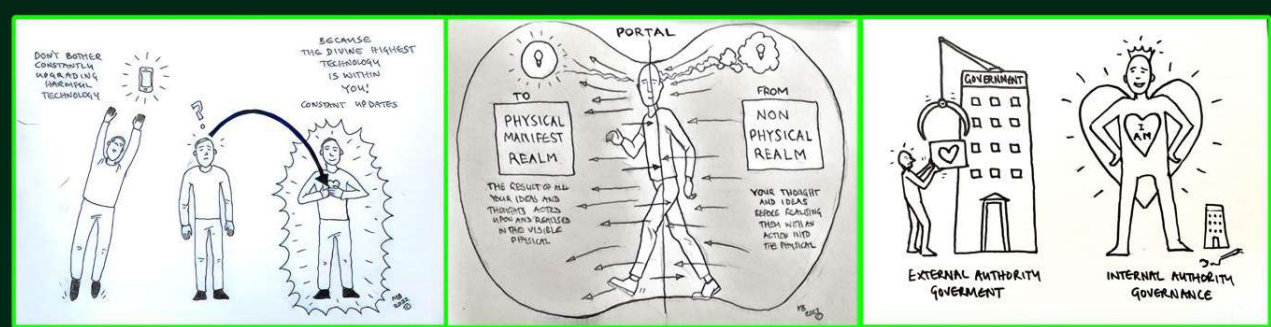


STARSEED'S GUIDEBOOK

ESCAPING THE MATRIX

ACTIONS AND CONSEQUENCES

Ultimately it all boils down to the beliefs you invest in, the authority you trust in, and what energy systems you feed. Nobody can do this for you, as only you can decide what is best for you. It depends on whether you research what you believe, and who you trust to be genuine or false. There are some basic principles that can help you in the choices that you make, and what is ultimately the best course of action for you.



If you put your trust and faith in material things then you are a slave to the material world.

You are a Portal, you bring your thoughts from the non-physical and into the physical world through you.

It is about finding out if the authorities you trust have your genuine best welfare at heart or not.

SELF GOVERNANCE

- 1) All reality is NOT Objective, because it is Subjective, as you generate the experience of life by the way you experience it, and then react to, and express it, which will then generate the quality of life that you experience and will have.
- 2) All external authority is false, you do not know the agendas of the Government, or the motives of the people within it. Giving away your powers to unknown entities or organisations, means that you are at their controls, and not in control of yourself. So cut those chords of attachment to bring back to you, your own discernment and self governance, then you are no longer a slave to others. You are in control of you then.
- 3) Stop following orders! If anyone tells you that you must do something, always ask them why? Don't just blindly believe them. If it is for your best interests, then it won't mind being questioned and scrutinised. If it is false then it won't like being questioned.
- 4) Believing something, is not knowing if it is true or not. Knowing is better than belief, you don't believe you have parents do you?, No, you know you do. Comprehending and understanding something, is always better than just knowing it, as anyone can "know" stuff, but it does not necessarily mean that they understand its processes.

So it's a very small amount of people that can make these changes in their lives, many are too dependent on the government, or on credit debt systems etc. Being able to rely on yourself to decide and make the best choices for you, is escaping the slavery matrix, and it is making it obsolete. Using love and unity consciousness is the holistic way of the New Earth energies where we the people get to decide our ultimate future. As more people do this, the quicker the slavery matrix dissolves away.

