



STARSEEDS

**Time to Wake Up and Embrace
the 5D Love–Unity Revolution!**

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INTRODUCTION

Dear Starseed,

This book is not for everyone. Not everyone here on the earth is a Starseed. This eBook explores the signs of being a Starseed and their role on the earth at this time. Assuming that you are a Starseed here are a few ideas to get you going: You are a multidimensional spiritual being, You have experienced many worlds/dimensions of existence, You are a high frequency being of light, Your true nature is love and unity consciousness, You feel different because you are, This 3D dimension is not your natural home, You are here for a reason, a mission, You are more resourceful than you know, You are not alone, you are supported, The world is going through a huge transition, This transition involves a massive 5D shift in consciousness.

ON AWAKENINGS

Let me begin by stating the obvious. I am a Starseed. This understanding has given me a greater clarity about who I am and what I am doing here in this 3D dimension of earth. It is my hope that the information in this book will give you a similar sense of clarity also. To begin this eBook, I am going to tell you something of my experience of living in this 3D world and my subsequent awakenings. As a child I did not have the understanding or language for what I was feeling. I felt the Universe was a magical and wondrous place. I felt connected to the magic of life through play and stories. This magical connection began to wane, slowly but surely, as I entered secondary school. By the time I was 16 I had completely suppressed by magical side and a few years later I entered the very and mundane world of international banking. This was a very bad idea right from the word go since I was probably better suited to a more creative career and the results were not great. Depression followed hot on my heels for the next decade and a half. However, I married young and by the age of 25 I had two lovely children and a mortgage to support. The bars of a golden cage had slowly but surely closed in on me. After several years of slogging away working in the city, I hit burnout and wanted to resign. Ana, my wife at the time was very against this idea and so I kept on going until I could take it no more. One day I decided to press the eject button on this life but needless to say it did not work out as planned. A voice from spirit or perhaps a future self spoke to me and said, "There is hope". That was it, nothing else was said. This same short sentence was repeated two more times in a voice that was not one of the ones I was used to hearing in my head. So, I called for help and that was that. After an unpleasant visit to the A&E Department at St. Thomas's Hospital (right across the river from the Houses of Parliament) I was discharged and referred to a psychiatrist. Thus began several years of 121 and group therapy.

A Teacher Appears

After a year of convalescing, I began a new career in local government (around the late 80's) which was more people orientated. However, I had moved into a very different work environment, one that was quite

politically charged and politically correct. On the positive side the job gave me lots of free time whilst on the job which helped me further down the line study all kinds of spiritual teachings. Then my father passed over in January 1991. This ignited something in me that I could not fully articulate at the time. In the months that followed a yearning to find greater meaning grew. This led me to an incredible array of synchronicities where each one led to the next. I met a witch who pointed me towards a crystal healer who pointed me to an amazing spiritual teacher named Gill Edwards. This amazing lady (sadly no longer with us) opened my mind and heart which helped me to trust in my unfolding journey. Very soon I was exploring lots of channelled writing and recordings of lectures. All my free time at work was used to absorb as much spiritual information I could get my hands on. Much of this material confounded my mind and at the same time greatly opened my heart. This was the beginning of a profound adventure. As well as being a magical time in my life it was at the same time deeply painful since my marriage was under great strain and collapsed by the end of 1993. It was in the fire of this pain that my first awakening occurred. I experienced great waves of pain and guilt for leaving my children and this lasted daily for nearly two years before it began to ease off. The pain would come and go as I sat in meditation. Meditation could trigger the pain but also ease it. I also began to feel a level of bliss I had never felt before. At times of course I felt I was losing the plot. But once I learnt to accept this everything seemed alright again.



The Adventure Begins

This was an awakening through fire. Around this time, I joined Alternatives (a not-for-profit organisation based in St. James's Church, Piccadilly, London) as a volunteer and this proved to be a very important decision. In Alternatives I was exposed to all kinds of spiritual philosophies and tools for transformation. At the same time, I was attending a year-long training course with Gill Edwards which opened me up to many new spiritual paths including Shamanism, Wicca, and Lightbody training. I also explored energy healing and found Spiritual Response Therapy which has been a life saver over the past 20+ years. In 1998 Alternatives offered me a position as their full-time administrator. This was a role that did not exactly play to my strengths and fortunately, after some odd internal dynamics in the organisation I was appointed a director in 2000. Fast forward a year or so, in 2001 (not sure when exactly but it was before 9/11) there were some more interesting dynamics which resulted in the other two directors leaving. This meant I was left holding the organisation virtually on my own. Fortunately, I had a friend and ally in Tom Cook who was a non-executive director meaning that he was mostly an advisor and mentor of sorts. I also had developed a good connection with my guides and Higher Self which I called upon for business guidance. Trusting my guidance and intuition I made some decisions and appointments that generally turned out surprisingly well. Within a year or so the finances turned around and the organisation began to fly once again. By 2002 the organisation was feeling really

solid financially. My personal life around this time was feeling more in the flow. I was living with a new partner who shared my path and passion for spirituality. We both explored personal development courses including Insight Seminars and Tantra. We were also doing lots of exploring apart. One evening, in the bath, I had an inspiration to write a book. As fate would have it I was offered a book contract within a very short space of time. When I told Gill, my spiritual teacher about this, she replied, "Spirit must want you to write." This comment came after some less favourable ones when I asked her for feedback on some of my initial writing. To be fair she was quite right it just felt a little hard to hear at the time. On the plus side this episode helped me separate from Gill's work. I was becoming, what Gill often referred to as, a spiritual adult. This was a painful but necessary period. It also heralded a time of increasing challenge within Alternatives. Around 2005 there was a rather serious episode involving a volunteer that ended in a court case. This and another internal fight that followed soon after seemed to be nudging me. In hindsight it seemed my Higher Self was hinting that it was soon time to move on. This was something I resisted since I loved the organisation dearly. I had made many friends there and I felt the place was more like family than work. This nudging by my HS was telling me that I was heading into a new phase of the journey, one that would more fully awaken me to my Starseed nature. However, it would still take some years since I was rather attached to my old identity as a director of a fabulous organisation.



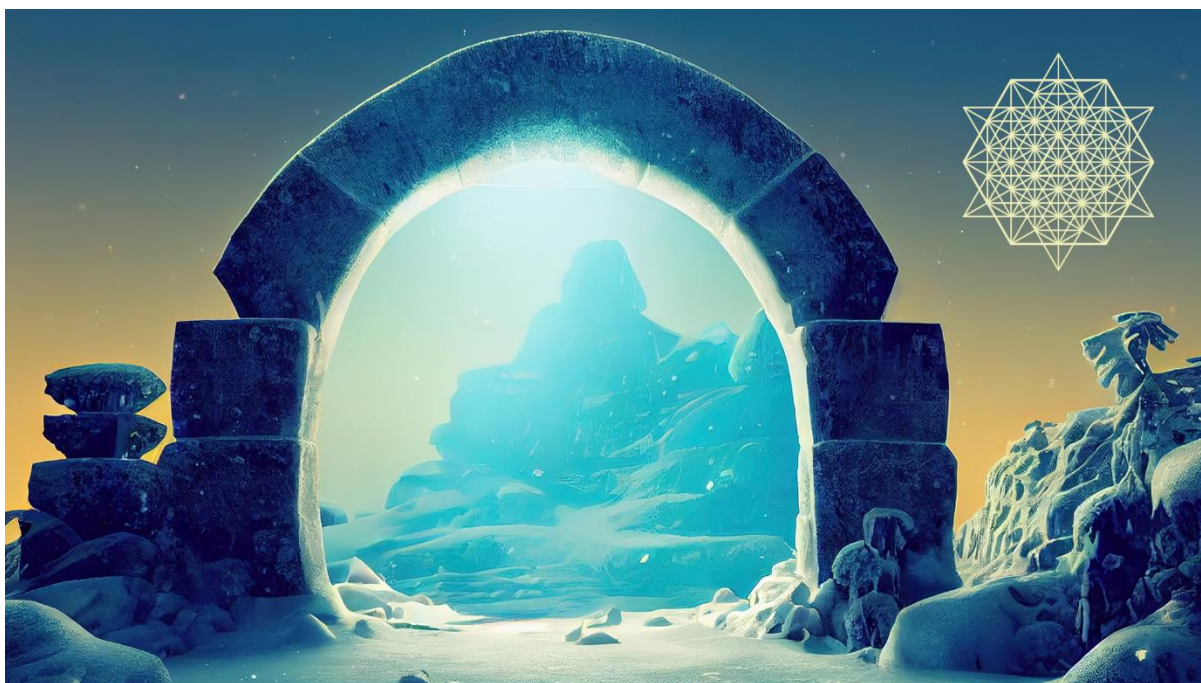
My Second Awakening

From 2007 I felt I was struggling in the organisation. There was a strange nagging dis-ease inside me I could not explain. I tried having bodywork, seeing healers, changing my work schedule, but nothing seemed to work. I teamed up with a couple of friends and started running workshops and retreats with them. These were great fun and I learnt a lot more about marketing. But it did not really resolve anything. Actually, I seemed to be spending less time with my partner, Ursula, and this put a strain on our relationship. Gradually it dawned on me that something was also not right in my relationship. I tried talking about it with her but somehow that only seemed to make matters worse. Then in early 2010 my life imploded. This was the beginning of the biggest transition of my life. I have written about this in my last book *Personal Transitions* and so there is no need to go into all the details here. One of my close friends who was also a gifted channel and knew me at the time of my last awakening told me that this one would feel much bigger. What I can say is that my relationship was in free fall, and it was a very difficult period. We finally split around November 2011. Her son Ian was by now a teenager and getting into all sorts of mischief. (At the time of writing Ian is well on track in his life and is currently studying Business Studies and Spanish at Cardiff University). My time at Alternatives had come to an end and I formally resigned at a board meeting in early 2012. I gave one year's notice so they could find a suitable replacement. I was

heading into unknown waters. I had given little thought to my own future timeline since I had been more preoccupied with being overly responsible for easing my successor into her new role. This period of awakening was very tough. There were two periods where I descended into what I can only call a dark night of the soul. Perhaps the term dark night of the ego is a better way of describing it. These periods were much worse than my depressive episodes I felt in my twenties working in banking.

Exploding Crystals

During this time there was a period when my energy fields were so agitated and volatile that I began blowing up electrics and crystals. This went on for about 10 days and got quite embarrassing at times. Computers and internet connections seemed to go a little haywire around me and certain electrical devices and crystals started to explode. This happened usually if I touched them. One memorable incident happened when I was given the gift of a large black tourmaline crystal. It was quite large, large enough to fit snugly in the palm of my hand. I accepted the gift, unwrapped it and then it just blew up into two separate pieces before my eyes. (I still have the largest of the two pieces next to my desktop computer at home). I quickly re-wrapped the gift and thanked my friend. She did not seem to notice what happened! I have also lost some valuable crystal rings this way. One crystal ring (with an Ethiopian fire opal) just shattered. I replaced the stone and the same thing happened again. During this time I also managed to blow up the projector in the iMax cinema at Waterloo. I took my son to see a film and the whole audience had their tickets refunded because the main projector stopped working. Naturally I did not mention anything to him at the time!



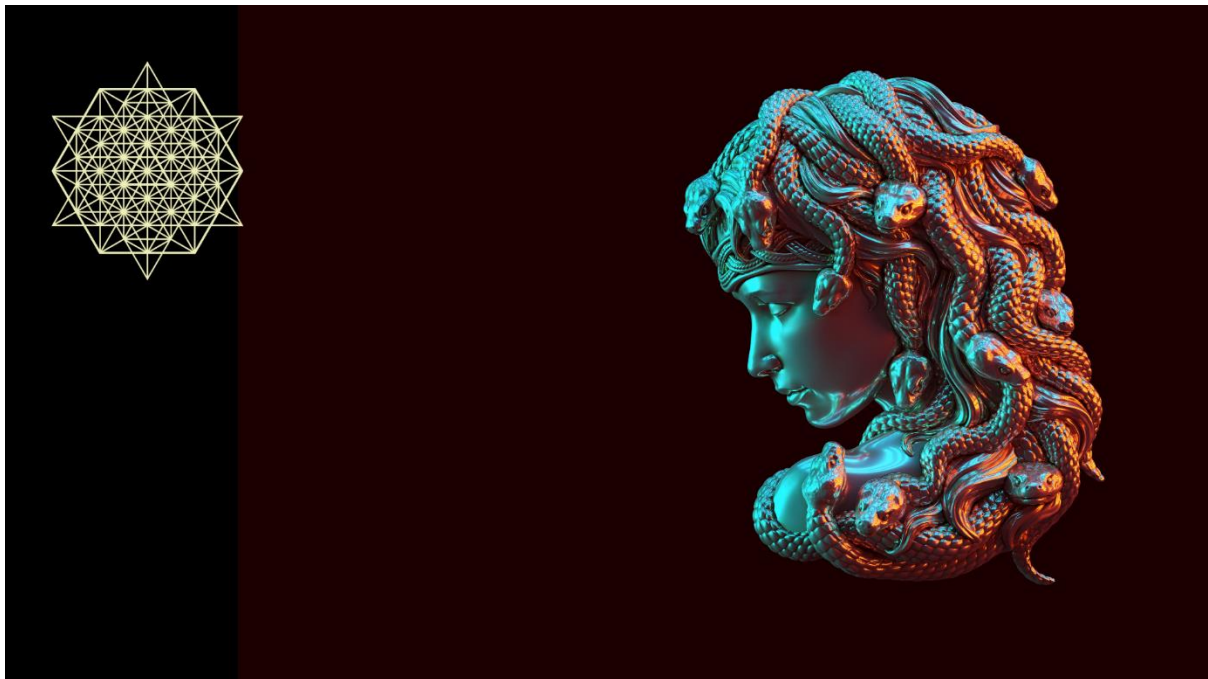
New Spiritual Home

Just before leaving Alternatives, I moved into a small spiritual community in Bethnal Green. (This is still my home at this time of writing). It is a haven of creative and spiritual people. Many interesting guests also visit from time to time. In this house, in my room, I have spent many happy hours writing this eBook. I have had some interesting magical adventures in this house, and it feels like a sanctuary as much as a home. It is probably the greenest place I have lived in. Victoria Park is just 5 minutes' walk away and the Regents Canal, filled with all manner of colourful boats, runs close by. The local people are very friendly, and the area has become increasingly vibrant and diverse in recent years as different ethnic groups have moved into the area.

Two Twinkling Stars

I forgot to mention that by the end of 2012 two new twinkling stars had arrived in the world. I now have two granddaughters called Eva and Isabella. So much else was happening that I did not pay much attention to this important delivery. I only really started connecting with them as they emerged into toddlerhood. Then I began to dedicate a day a week to doing stuff with them. In the first couple of years of this new grandfather role I would take them to the local play centre. They seemed to love it here and I would sit and watch them run, tumble, jump and bump around with many other toddlers. The more I got to hang out with

them and the older they became the more I realised that they were also Starseeds. (I continue to watch them grow and have recently introduced them to the Star Wars films which they seem to really love. They both particularly like Ray, the heroine of "*The Force Awakens*". Eva seemed to totally get what 'The Force' is all about. One day I asked her if she knew what The Force was, she replied "*The Force is around everything and in everything*"! Then again, these girls seemed to grasp all kinds of technology much quicker than I ever did. 'The Force' is no doubt with them!



A Near Death Experience

The next year, 2013 was a very mixed year. On a happier note, my third book, *The Enlightenment of Work*, had just been published. (It has since been updated and given the new title of *Joy at Work*). I was having some success with a new series of writing workshops and retreats. On a more challenging note, in January I helped put out a major house fire before the fire brigade arrived. Even though I was given oxygen by the Fire Brigade afterwards and had a check-up with my GP which seemed to indicate everything was fine, I was to later find out this was not the case. I had breathed in some toxic fumes which caused a serious problem with my breathing when swimming in a rough sea in Greece that summer. I nearly drowned in the sea, but I was not ready to go, there was still so

much to do (I had no clear idea what that was but the feeling was very strong). So, I sent out a prayer to my Higher Self and in that moment, I was noticed by a young man swimming. He called out to me asking if I was alright. I could not answer I had swallowed too much water and was gasping for breath. My non-reply brought help and I was rescued by two young guys. In what seemed to be an eternity I was dropped back on solid ground. As I lay on the beach, I felt very grateful that Spirit heard my call! This was a powerful reminder of my mortality. So, fast forward once again - the next couple of years brought lots of challenges but also a wonderful new loving and supportive relationship. Emily injected a new level of fire and enthusiasm into my life and in many ways seemed like Trinity pulling Neo out of The Matrix. Spirit seemed to have sent her to knock me back on track and 2016 seemed to bring a new level of light and possibility. I started doing workshops and then 1-2-1 sessions for Starseeds. And then voila this eBook was born. So, there you have a summary of my journey of awakening. Before you dive into the next bit, please be aware the core message in this book comes from personal experience, research and revelation. My advice to you at this point is believe nothing, be open to everything!

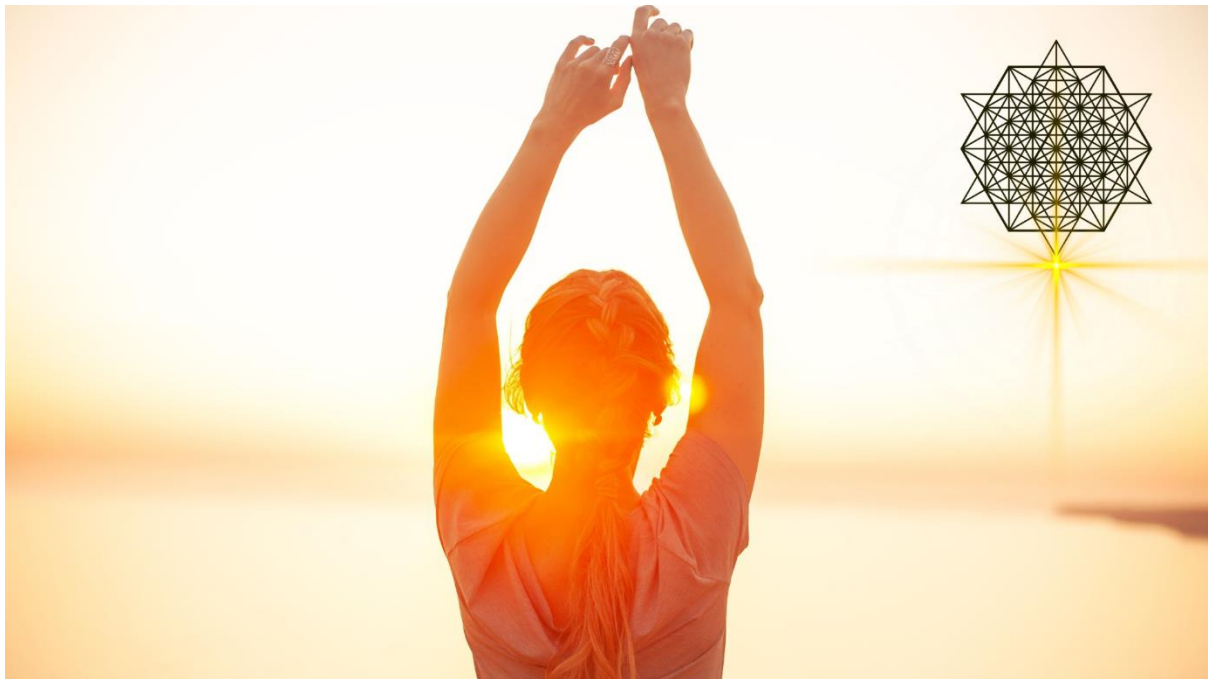
5D LOVE REVOLUTION

A few years ago, I would never have imagined I would write this eBook about Starseeds. I came across the concept some years back along with Indigo and Rainbow children but did not really take much notice until the last few years. The events of the past few years have really opened me up to this subject. I remember earlier this year when I decided to run my first Starseeds event. I woke up and a voice in my head said, "Please tell me you're not going through with this!" This was just a fearful voice expressing some concern that I was not going to publicly humiliate myself. The workshop was well received, and that voice has to date never re-emerged. What I have discovered in doing many podcasts on ascension, spiritual awakening, energy healing and Starseeds is that there is a growing interest in these subjects. Many of us are identifying with the signs of being a Starseed. Just to say at this point that a Starseed is someone not native to this dimension of earth. Now saying that it is also true that everyone here has Starseed material within them. The difference is that Earthseeds have been here for such a long time that they have shut down to their magical and spiritual roots. If you talk to an Earthseed about ascension and the global awakening happening now their eyes will quite likely glaze over. If you start to talk about other dimensions and the multidimensionality of human beings, they may even start to worry about your sanity. So do not seek to persuade Earthseeds, rather go and find your Starseed tribe.

Winter Solstice 2012 a Powerful Marker

Many are feeling the tug of spiritual awakening and the transition process that can accompany this. We are standing at a very crucial and powerful crossroads. The Winter Solstice of 2012 was a powerful marker, but it was not the end point, rather it marks the mid-point of a period of intense spiritual transition. From what I understand the planet is passing through this transition which will not ease off until 2030. The Winter Solstice 2012 was the point at which our entire solar system entered the photon belt which has meant that we have been bombarded with high frequency light from the Galactic centre since that time. This is responsible for producing a large amount of chaos. The more intense the light the deeper the shadow and this dimension of earth has a very dark

collective shadow. But all this is changing and has been changing for a couple of decades. This planet has been going through a period of great spiritual darkness and now that is over. Now is a time where spiritual light and connection is in the ascendance. This is the core of what the 5D Love-Unity Revolution is about. I'm not talking about a return to flower power and Woodstock. We do not have to grow long hair and dance naked in the rain if we do not want to. Some may choose to follow the hippy trail, but this time period is different. The 60's was a time of getting ready for the shift. Now the shift is upon us. Our world is changing, many old systems will eventually wobble and collapse. Much darkness is being revealed in the light and is being transmuted. As this occurs do not be too concerned. All is happening in divine timing. The inner light or inner teacher, which we could call soul or Higher Self or the God/Goddess within, is impulsing many to wake up. When we start to wake up, we realise we are not alone. In the next chapter we will explore the signs of being a Starseed along with some of the energetic challenges of being here.



Clearing, Healing and Resolution.

The 5D element is about a great shift in vibration across the planet. For thousands of years this has been a 3D world with a certain glass ceiling on spiritual awakening and development. Now you might rightly look

around the world and you will see lots of examples of not-love going on. The old 3D Matrix is highly controlled. The real issue is that a small number of people have been running the show. When you look at the world in its current state you can quickly see these are not the ones with the highest consciousness. The 0.001% running the show are losing control. There are those amongst this group that are aware of the spiritual revolution going on and are doing their best to block it. This group have orchestrated many scenarios to keep the vibration of confusion and fear on the planet as high as possible. Perhaps the most prominent of these was 911. This was designed and enacted to keep the world in perpetual fear and war. It was also designed to create a new enemy. Fear creates war. War divides nations. War is highly profitable for a small band of people. The elite controlling this 3D dualistic timeline are attempting to move the planet towards more violence, war and manipulation. This 3D timeline-matrix is maintained through keeping a low vibration on the planet. As the default vibration of the planet shifts from fear and suppressed rage towards more light, joy, wonder and possibility then it becomes easier to notice the antics of the wizards at work behind the 3D curtain. More revelations are likely to occur over the next decade or so that will help to dismantle the old timeline-matrix. The new 5D timeline that only came about in the last few decades has altered the most likely outcome for this planet which was nuclear destruction by the year 2000. We are passed that point and as the light ascends on the planet, we are now passing through a time of transition which may seem slow, but which is actually amazingly fast.



The 5D Timeline of Opportunity

This is a bit like winter in nature. Nothing seems to be happening on the surface but underneath there is a lot of activity preparing for spring. Situations across the earth may appear dark and unsolvable but this is not actually the case. It often appears darkest before the more beautiful dawn. During this period of transition there is much light spreading out beneath the surface and the light is growing in momentum. This build-up of light is helping us make the shift into 5D. As we shift in consciousness then this will assist other civilisations in other planets and realms to make a similar shift up the vibrational scale. So we are in a time where two timelines are existing side by side. This is why so many feel they have a foot in each of these worlds. On the one hand there is the hope of the dawning light and on the other there is a world in chaos. This is how the game of awakening feels. As we move more fully into waking up from the dream of 3D reality then we can more firmly anchor into the ascending energies of the shift. As we do this then not only our inner worlds shift but also our external reality also. For the world is our mirror. As we release 3D from our psyche then we will see and feel more of the 5D emerging light. As this 5D timeline becomes more fully anchored on the earth-plane then I believe we will witness the trend towards greater spiritual awareness, more technological innovation, greater care for the environment. Most importantly the 5D timeline is heading towards a time of peace and cooperation on the earth. Another important marker on the

5D timeline is an end to relying on oil for energy and the utilisation of cleaner and more abundant sources of energy. Our financial and political systems, which currently serve the few over the many, will shift to help create greater social inclusion and justice.

STARSEED KNOW THYSELF

Starseeds are here for several reasons and the main one is to hold and ground the high frequencies of light that is creating a new matrix. Without the help from millions of Starseeds it would be impossible to shift humanity into a new era of enlightened living. However, Starseeds are not just here to sit around meditating they are also here to do stuff. Broadly speaking Starseeds belong to six main groups. Within these groups there are many different sub-groups. Basically, Starseeds are a new kind of frequency and light that are being injected into this dark world. As the light breaks down many old structures from the inside out a new world becomes possible.

Starseeds Advance Guard

Some Starseeds (and I include myself in this) have a long-ish history in this dimension of earth. There are Starseeds that form an advance guard who are essentially here to scout the terrain and help pave the way for the many Starseeds coming in now. The vast majority of this new wave have never been here before. They can struggle greatly with 3D authority and especially the education system. These are the ones being diagnosed with a range of disorders such as autism and ADHD. Although the new waves have many challenges with the old 3D systems, the advance guard have had it much tougher. They incarnated before many other Starseeds were here and before this planet entered the photon belt. They entered families that did not recognise them for who they truly were and so became cast into the role of the black sheep of the family. They also came up against some very dark authoritarian systems. (Just think of the Inquisition a few centuries ago and you will get the picture). Many of the advance guard have picked up other life programs, of being exiled, humiliated, punished or killed for being different or expressing something that the mass mind was not able to comprehend. (All of the great spiritual teachers were a special kind of Starseed, here I am talking along the lines of The Buddha and The Christ). Advance guard Starseeds can accumulate layers of karmic 'stuff' which interferes with their naturally high frequency energy fields, their connection to Source energy and their inner guidance. This 'stuff' includes the programs, imprints and soul contracts that need to be

cleared. Problems encountered can relate to this life or other lifetimes. One common problem I find in advance guard Starseeds is 'escape' programs which manifest as a desire to leave the planet (and can even push the soul to suicidal tendencies). This is because the programming plus the planetary energies can feel too challenging and too dense. Often advance guard Starseeds have come up against 'dark' forces in this dimension that seek to block spiritual expression and awakening. These 'dark' forces have long infiltrated different centres of power. They are found active today in centres of political, financial, military, scientific and corporate power. The kind of 'stuff' Starseeds have picked up over time can include negative 'portals', rips and tears in the energy fields, astral junk and discarnates (earth-bound souls) creating energy leakages and other forms of interference. More difficult blocks include encounters with 'dark' lower astral entities. (This kind of interference usually occurs with Starseeds who are more in the public arena. It happens far less if you are not really influencing lots of people). When it comes to clearing the rule of thumb is the bigger the trauma, whether in this life or another, the bigger the inner psychic block. If these blocks are not cleared properly then the Starseed will feel confused and will not feel very empowered to move forward in any meaningful way. There are a few methods that can do this. The good news is that all karma can now be cleared quite quickly through various spiritual dispensations that have been granted to the human race. I have created Soul Matrix Healing to help advance guard Starseeds.



The New Wave of Starseeds

The good news is there are many more Starseeds on the planet now than even a decade ago. Many more are incarnating. This means that many more Starseeds are available as parents or guardians for the coming waves of incoming Starseeds. This makes the whole process of incarnating here so much easier. However, not all of this new wave will incarnate into Starseed families. This will not happen for a few years yet and still presents a major problem. The good news is that with many more Starseeds around on the planet it is easier for them to find their soul tribe as they enter their teens and early adult years. The Internet is very helpful here since Starseeds naturally take to the idea of one global interconnected village. This new wave will thrive in Starseed families but where the family members do not really “get” them Starseed children will seek alone time or friends that make up their soul tribe. 3D authoritarian education systems cannot really handle or help this new wave. This is because these children have a different kind of intelligence from those souls who have been in 3D for a long time. These children have an innate wisdom that allows them to simply know or download information. The lesson for Starseeds is not to go head-to-head with a rather obstinate system. This rarely works. In time Starseeds are here to change the system. Starseeds are already infiltrating the education systems and facilitating change from the inside out. Actually, Starseeds are infiltrating all of the old rigid 3D systems. (Starseeds will become the

decision makers in the future and then everything will change). Some Starseeds have chosen to be born into 'dark' families and cultures that do not really promote freedom or self-expression. Some cultures are also very suspicious of spirituality which can make it more challenging for Starseeds to know and express their true multidimensional nature. But there are resources around that can help. The internet can be useful in connecting with like-minded souls. There is a great deal of information and many tools and techniques available online for ascension and spiritual awakening. Meditation designed to raise the light quotient and connection with the HS and guides can be very helpful. Connecting with and being in nature is of course universally helpful.

Signs of Being a Starseed

The common signs of being a Starseed:

1. Earth does not feel like home. You have a sense of being different and you do not really fit in. You may even be seen and judged by others in the 3D consensus reality as being different, weird, eccentric, or mad. You may judge yourself for being different. You try to fit in but this only leads to unhappiness and depression. You may feel ungrounded (because you do not feel earth is your home). To feel more connected to the earth you need to learn to connect and ground into the high frequencies within the earth core (which can be seen or sensed as a white crystalline sun).
2. You have a high sensitivity. You may have an aversion to bright and unnatural lighting or loud or chaotic noise. You are naturally psychic and empathic and can feel energy and easily read people. You feel the thoughts and feelings of others and because of this you avoid certain groups and crowds because it can lead you to feel overwhelmed. (This can be like listening to many different radio stations at once). This sensitivity can extend to alcohol, drugs, medicine, and any chemicals in the environment. You may also feel sensitive to Wi-Fi.
3. You have been cast as the black sheep of the family. You are a sort of release valve for family karma. Your natural sensitivity allows you to feel and express energies in the family that others in the family system want to avoid or suppress. (This is necessary to help heal many family systems that would remain very stuck otherwise). You may feel rejected by some family members who do not understand you. You may have even fantasied or wondered at times whether you were adopted!

4. You have a different kind of intelligence. You are highly intuitive and creative rather than very left-brained. (If you were trained to think in an overly left-brain way you will need to unlearn this and re-balance later on. Your genius comes from an ability to synergise left and right brain types of thinking. Imaginative and also logical). You tend to be solution focused, futuristic and visionary. You do not need to work things out in a conventional way, you just know. You can think in innovative ways. You can dream the future and have a sense of personal mission even if you do not know what that is.

5. You are drawn to explore alternative lifestyles. You are perhaps drawn to; yoga, martial arts, different healthy ways of eating including going vegan or including raw food in the diet. You may feel organic and fair trade is preferable. You are into cooperation rather than competition. You may feel an urge to explore community living. You may love to travel and explore a different way of living than simply joining the rat race. Doing work that you love is a concept that you get immediately since you are not very good at doing boring mundane jobs.

6 You are drawn to cutting edge spirituality. You avoid authoritarian religion and also spiritual groups or gurus that try to overly influence or control your spiritual direction. You feel drawn to search out the missing elements of spiritual teachings that are not found in religion. You search for similarities and parallels in spiritual teachings and seek to find the unifying and underlying principles with them. You feel a strong connection to nature which you find healing and restorative. You have a natural connection to spirit guides and angelic forces and are drawn to energy healing work. You may feel different forms of light magic. You may be attracted to new age spirituality and channelling. you feel attracted to the stars and feel an inner 'calling' or connection to the cosmos.

7. You are a Unity Consciousness Manifestor. This one applies once you have woken up from 3D dualistic living. When this happens you naturally feel connected to your HS and all the higher frequencies available in the Universe. You feel there are unseen hands guiding your path. You feel connected to the myriad of angels and guides around you. You know how to create or magnetise your reality. You are drawn to learn more about the Law of Attraction. You know reality is more fluid than most people realise. You feel the world is increasingly dreamlike. You know and experience that energy can be shifted and transformed through

intention, focus, and imagination. Perhaps you feel drawn to work with ritual, sound and symbols to manifest what you want. You may somehow know the laws of this 3D world can be bent and in some instances transcended. You experience all sorts of synchronicities and miracles in your life.

MISSION STARSEED

"There's a Starman waiting in the sky. He'd like to come and meet us But he thinks he'd blow our minds. There's a Starman waiting in the sky. He's told us not to blow it. Cause he knows it's all worthwhile. He told me: Let the children lose it. Let the children use it. Let all the children boogie." - David Bowie.

So let us jump straight into the main reasons why Starseeds are here at this time. As already said the bigger picture is the establishment of a new 5D timeline-matrix. They do this through holding a new frequency on the earth. When asleep this is not really happening but once they wake up then the frequencies shift up the scale and they can look and feel like a completely new person. This waking up process is often scheduled ahead of time. A certain scenario is set up that triggers the awakening process. However, since reality is becoming increasingly fluid with the shifting vibrations on the planet this awakening process is subject to change. Some have felt the awakening impulse a few years before the 2012 marker, and some are due to be awakened after this marker. (I believe that 2016-2018 will be a period where a vast number of Starseeds get a wake-up call). The awaking period can be a confusing and chaotic time. The old life is leaving and the new has not yet begun. (There are several signs that the awakening process is underway which I will describe later in this chapter). The awakening process can be easy, challenging and extremely challenging. At the present time most of the awakened Starseeds I have met have been through the challenging or extremely challenging process. This is because there has been the need for a sufficient force to be applied by life release the old identity. it is not uncommon for Starseeds to wake up through a traumatic period of some kind. In the future I feel it will become more common for the more easy-blissful experiences of awakening to occur. For instance, through a powerful meditation or dream that shifts the life path into a more 5D direction. After the awakening has happened a period of adjustment is needed for the Starseed to feel ready to get on track with their mission. This mission roughly falls into six different areas:

1. Lightworkers and Healers - These are the people interested in ascension and enlightenment practises such as connecting with the HS,

angels and guides. They are into channelling, awakening the light-body, DNA activation and connecting with the Planetary Grids and the Cosmic Christ. They are interested in various forms of energy healing such as Angelic Reiki and they can be found hanging out around most spiritual meetup groups and busy centres of spiritual learning.

2. Earthworkers and Bodyworkers - This group are into sacred sites, leylines, permaculture and earth healing in a big way. They are often into communities and living off-grid. You can find many at the various summer festivals letting their hair down with drumming, dancing and various creative pursuits. You may find these travelling around different communities checking out how others are living closer to the land. Another sub-group are into working magically with nature spirits and elementals. In this group are those working with the body - bodyworkers, dancers and martial artists.

3. System Busters - These are the ones that go into a system to eventually break ranks and reveal some of the hidden ways of that system. This is a challenging role since many get prosecuted and even imprisoned. Yet this is a very effective way to bring about meaningful change especially with the huge impact of the internet and social media. A few examples of Starseed whistleblowers are: Julian Assange (Wikileaks), and Edward Snowden (NSA).

4. Technical Innovators - There are many Starseeds coming in now whose focus is scientific advancement and technical innovation. An example of a Starseed who had this focus is Steve Jobs. Steve Jobs was a visionary and a creative genius and he left behind a legacy that changed the computer, music, film and wireless industries. There are many more souls of his calibre incarnating now and further along the 5D timeline. As we move further along this higher frequency timeline there will be an acceleration of our ability to access higher forms of technology. This will affect the way we live on earth forever. Starseeds have already shifted areas such as communications and many are interested in developing free energy technology. Already we are living in a global Village where we can all connect if we have access to the internet. There is much work that needs to be done to clean up the planet. As we go further into 5D we will find ways to bring our need for technological development together with building a safe and sustainable planet.

5. Dark Arts Practitioners - This is a rather specialised group, and its main purpose is to neutralise and redeem the 'dark' forces on the planet. The dark is comprised of those souls who have volunteered to play for the side hindering and blocking spiritual awakening. (It should be noted that many Starseeds have other lifetime experiences of incarnating into the dark). Those in this group are mostly advance guard souls who have incarnated here a number of times to get a feel for the 3D Matrix. As with any of the other groups you know if this work is calling you. Perhaps you have encountered the dark in this life and by necessity feel drawn to the work. Often those drawn to psychic self-defence are in this group. I have some connection with this group as my work with Soul Matrix Healing has taught me to clear astral interference, dark entities in the energy fields, negative cords, negative portals as well as contracts/vows with the 'dark' made in other lifetimes. I also had some dealing with the dark during my recent awakening. This path can seem quite solitary, but it does not have to be. If you are on this path, then it is a good idea to meet other Dark Arts practitioners since you may need some help from time to time.

6. Soul Awakeners - There have been many who have come here to awaken us from our slumber of 3D living. Many great spiritual teachers such as The Buddha and The Christ were Starseeds of a very high vibration. Starseeds in this group include artists and musicians. Advance guard members of this group include the composer Mozart and the painter Chagall. More contemporary Starseeds include musicians David Bowie, John Lennon, George Harrison and Bob Marley who have opened many up of us to a new way of living and loving. Many soul awakeners are parents of Starseeds who are guiding these new souls as they grow in light and wisdom. There are many spiritual teachers on the planet now who are here to wake up Starseeds to their true multidimensional potential. This work only begins once the Starseed has awoken and integrated the high frequencies of this process in their energy fields. This is not a mission that can be rushed. You may belong to more than one of the groups mentioned but one will tend to be a primary focus. The awakening process usually begins with a certain discontent with your existing life or trajectory. This may lead to yearnings to know yourself more deeply, to live a more authentic life, to make certain changes that may feel radical but necessary. The awakening process will involve a clean break from an old life that can include a stepping away from a relationship or line of work. The awakening

process may put you in a sort of void where you are waiting to move forward. This is a bit like the caterpillar waiting in the chrysalis for the time of awakening to approach. When the awakening happens you start to move towards a new phase of life where you feel increasingly drawn to people and situations that are more firmly anchored on the 5D love-unity timeline.



Non-Starseeds

Currently the majority of souls on the planet are non Starseeds, however this is changing rapidly and within a generation or two will be reversed. Those who are not Starseeds I call Earthseeds. This division between Starseeds and Earthseeds is not meant to mean that Starseeds are in anyway better than their earthlier brothers and sisters. Actually, everyone on the planet has come from Stardust. Earthseeds were originally seeded by our Star brothers and Sisters. Pleiadian DNA formed much of the early template and also other Star DNA was involved. The Earthseeds have lost this connection to their origins. All souls on the planet are multidimensional it is just that Earthseeds feel disconnected from their stellar origins and multidimensional abilities. Earthseeds once upon a time lived in a Garden of Eden upon the earth but at a certain point the decision was made to explore more dense physicality. Over time on this planet there have been many alien interventions by

negatively orientated groups and races. These beings have tampered human DNA. (It is important to note that most extra-terrestrial groups involved with this planet are of a positive orientation and want to be of service). During this intervention ten of the twelve strands of DNA were unplugged which greatly reduced the ability of humanity to access their multidimensional birthright. This interference has also had the effect of creating a more aggressive and spiritually disconnected human being. This is a very brief overview of why the planet is in the state it is in right now. Many Earthseeds will begin to awaken in this transition period. However, the signs are there that a number will continue their evolution elsewhere as they are not ready to embrace intense light of the 5D Matrix. Another factor in the karma brought here by many coming from other star systems. For instance, many have incarnated here from the Orion system. Many of these souls are still working out unresolved warlike tendencies here. (The Orion system was the ground for a great Galactic war and The Star Wars films were inspired by actual events on Orion). There are souls here from many different places. There are souls here from 3D Mars and the planet Maldek (which was destroyed, the remnants now form the asteroid belt). Each group has come with its own flavour of karma to work out and resolve at this time. Many have the opportunity now to step more into the light and embrace the 5D love-unity Matrix. Earthseeds are also from the stars, yet the only difference is they have been here for a very long time and they have been subject to genetic interference. Earthseeds include groups from places like Mars and Orion. Earthseeds are more used to the density here. Earthseeds have experienced war and bloodshed. This has created some deep karma they are still working through. Earthseeds can have a great desire for social justice and at the same time have had the experience that meaningful change usually takes a long time to achieve. Therefore, it is understandable why some Earthseeds can be quite cynical. They have seen it and tried it all before. However, they cannot really see the 3D Matrix because they have nothing to compare it with since 3D reality is so ubiquitous. (Starseeds on the other hand have a conscious or unconscious connection to higher dimensions of light and so feel there is something very wrong going on here). Earthseeds can be spiritual but tend to look down on 'New Age' spirituality as airy-fairy nonsense. Earthseeds are attracted to religious hierarchical structures. These can give a sense of structure, power, and security. They can be intuitive and can be good mediums for instance but are not so attracted to channelling high frequency beings. Earthseeds are often suspicious of

conspiracy theories since they find it hard to accept, they have been so controlled and manipulated. Starseeds find it much easier to see through this mass deception. However, the attraction some Starseeds have for conspiracy theories can get them into difficulty since there is much disinformation being deliberately spread therein and because the group thought forms conspiracy theory groups create can contain much collective anger and fear. As we progress through this conscious revolution then a great number of the Earthseeds will wake up. This waking up will happen as certain revelations are made about how this 3D Matrix has been set up and run. There is so much that is now coming to light and these revelations will be deeply shocking to those who have been here a long time. It is likely that there will be considerable anger when the extent of what has been going on here is revealed. Starseeds are the first to wake up to their full light and multidimensional potential. In the awakening period the dormant 10 strands will begin to be activated. (These 10 strands are in the etheric body at this time and will not yet be visible in the physical body. At some future point when humanity reaches a certain vibratory level all 12 strands will be visible in the physical body).



Starseeds And Walk-In's

Some of the new wave Starseeds arrive here via a walk-in process. There are many advantages and disadvantages to incarnating this way. A walk-in is a method of soul entry for a high vibrational soul to incarnate into a physical body without having to go through the usual birth process. (If a high frequency soul were to choose to incarnate through an Earthseed mother there is a high possibility of a miscarriage due to the incompatibility of frequencies). A walk-in is essentially an agreement between two souls where one leaves the physical body and the other takes it over. The process often happens during a period of physical or emotional trauma, for example an illness or accident. In this process the outgoing soul can feel a sense of completion with their old life and can spend time saying goodbye to people they have been close to. In the exchange the old spiritual, mental and emotional bodies are released and new ones from the incoming walk-in soul are adopted. A walk-in provides a boost to the latent potential of the personality; however, this change can be difficult for family and friends who may not feel comfortable with the new soul. This is not an easy process for the incoming soul because the body consciousness, which is maintained throughout the exchange, may reject the new soul and associated energy fields. This is because the body consciousness feels the departure of the outgoing soul and believes it is dying. It takes time for the soul to fully integrate into the body and for the body to release the old emotional patterns and pictures of reality of the first soul. This can lead to the personality feeling somewhat schizophrenic at times. This is a difficult process and walk-ins may need specialist help. You can find more information on this process [here](#).

Divine Dispensation

Advance guard Starseeds have been here for anything between 5-70 lifetimes. Thus, they have inevitably accumulated karma. The good news is Starseeds in this time have been granted a number of divine dispensations to clear this karma with rapid speed. This is also helpful in clearing the way for the soul mission to occur, one of the most powerful dispensations is the violet flame which is a powerful tool that can reach into the Akashic Records of each soul and clear old programs, vows and soul contracts that limit spiritual and physical expression. The violet flame is an alchemical tool that can literally burn away 3D density in the subconscious and unconscious minds. (The subconscious stores

memories and programs from this lifetime and the unconscious is a deeper layer that stores memories and programs from other lifetimes). The violet flame can be invoked by decree and through creative visualisation. One version is the following, "I AM a being of violet fire! I AM the purity God desires!" Then close your eyes and concentrate on visualizing the violet flame. See this violet flame being about nine feet high and six feet wide. See the flames pulsating and undulating in endless shades of violet, purple and pink. Then imagine stepping into the flame. Imagine your body being transparent as you immerse yourself in this fire. Ask your HS and the angelic beings associated with this fire to cleanse any programs and promises in these layers of the mind that are blocking your spiritual path. You can also use the violet flame to help family and friends. First just ask your HS in meditation if this is appropriate for them. If you hold the thought and get an inner yes or feeling of expansion, then you can proceed. (Please note this will not be appropriate for everyone as it may interfere with the evolutionary process of some Earthseeds. For Starseeds it is rarer to get a no to using this process). If you get a yes then simply make the decree for them and then visualize them being immersed in the violet flame. Here is an example of a decree you can use: "In the name of Masters and Angels guiding human evolution on this earth-plane I ask that (name) be bathed in the transmutational power of the violet flame. May it cleanse and heal all it touches." There are many other dispensations available right now including the Diamond-White Flame. I find this one very powerful for clearing karmic patterns. I am working now with transmitting these rays and other energies that are useful for the ascension process. Here is another transmission that will connect you to the high-level frequencies of The Central Sun. If you are interested in this work, then please sign up for the Free Resource Library on my website where you can access all the transmissions.

WAKE UP TO 5D

Waking up is a process that happens when your soul says it is time. This is something that can be encouraged but not forced. (For walk-in's the incarnation and awakening process are connected). There are a number of signs that can indicate you are waking up. Of course, the more of these signs you have the more likely it is you are in an awakening process. The first set of signs are about feeling an impulse to do something different. Perhaps you have a sense of impending change or a desire to break free from certain restrictive circumstances, life-draining jobs, consumptive lifestyles, or toxic people or situations. You may also feel a desire to move away from noise and crowds to find time for more introspection, and solitude. The second set of signs have to do with changing physical patterns. You may experience a certain degree of restlessness, you may feel unusually tired, or you may go through a change in sleep patterns. You may have episodes of intense energy followed by periods of lethargy and fatigue. One sign is through changes in your eating habits and weight. Another very common sign is ongoing headaches, backaches, neck pains, flu-like symptoms (commonly known as vibrational flu in ascension circles). You may experience an amplification of the senses. An example of this is blurry vision or increased/decreased hearing. The second set of signs have to do with the emotions and the mind. You may feel like you are going through an emotional roller coaster at times where you feel overwhelmed by sudden waves of emotion that seem to erupt out of nowhere. You may feel mental confusion, a difficulty in focusing or bouts of feeling spacey, scattered or dizzy. Old memories may surface, and you may remember experiences from your early years particularly times of unresolved trauma or shock. The third set of signs are more spiritually orientated. You may sense energy vibrating on top of the head, as if energy is about to erupt from your head in some spectacular shower of light. You can feel energy pouring in through the crown centre. You can have vivid dreams and feel that time is accelerating. Memories can surface of past lives and/or parallel lives. You may have glimpses into the future. You can feel the presence of Spirit or invisible beings around you at night talking to you. You may have bursts of creative expression. You can have experiences of synchronicity and you may see signs, portents,

visions, or patterns of numbers (most commonly 11:11, 22:22 and 33:33) which are a communication from your HS. As your energy fields increase in frequency electrical and mechanical equipment may malfunction around you. Light bulbs may flicker or blow, your computer may freeze, the internet goes haywire whenever you are around. You may have episodes of clairvoyance, out of body experiences, or other psychic phenomena. You may feel even more sensitive than usual and experience a deeper connection to your essence, your authentic self. You may start to channel spontaneously and feel connected to certain spiritual masters such as the Christ energy.



Encouraging the Process

Naturally when a number of these signs occur at the same time it can create a certain amount of concern or anxiety. (This is less so when you have an idea of what is really going on). Clearing processes such as the violet and diamond white flames can be very helpful. Also, methods such as Soul Matrix Healing can clear much interference. Meditation is often very helpful (you can find some free downloads on The Soul Matrix website).

Everything is a Choice between Love and Fear. This might sound a rather simplistic view but when it comes to the 3D and 5D timeline this is

exactly the choice you have. Choose with your heart but do not exclude your head. Heart and head together can make a brilliant team if you allow it. Examine and process any limiting beliefs. There are many methods for reversing limiting beliefs. There are a number of affirmations and meditations on the Soul Matrix that will assist you in raising your sense of possibility in a number of areas.

Meditate Daily. There are so many different types of meditation to choose from. Mindfulness meditations are a good place to start. There are also many creative visualisation approaches that are useful to explore. From there begin to meditate with the rising sun. Explore breathing in light from the sun into your belly. Allow this light to grow into a mini sun within you. Feel this light guide you throughout the day. In this meditation practise on the out breath letting go of any stagnant energy within you that is ready to be released. You can do this more with the setting sun. With the setting sun you can also reflect on gratitude and appreciation for all the small mercies, gifts and blessings you have received through the day.

Release Other People's Energy. This is a step that will give you more psychic space (of course an entire book could be dedicated to this subject). This is about practicing good energy hygiene. In this 3D world it is easy for sensitive Starseeds to pick up energy that can drag them down. We can pick up other people's emotional and mental energy. This includes other people's anger, sadness, judgements and mental projections that are not that helpful. In extreme cases this taking on of energy can feel depressing and block meaningful forward movement. There are many techniques for releasing other people's energy. Imagine standing under a waterfall of light that washes away any heavy energies you are carrying. Or imagine using the sun meditation to release energy on the outbreath.

Upgrade All of Your Relationships. Examine all your relationships including your work and romantic relationships. Ask yourself if each one is uplifting or depleting your energy. (In 5D relationships are there to support and uplift you). Relationships that are very 3D based are founded on guilt, duty, blame, shame and judgement. Release those relationships with love that cannot be transformed and lifted to next level.

Connect with your Higher Self and Guides. Your HS is the real you, your soul consciousness. You are just a projection of the consciousness of

your HS. Your HS is the complete and authentic you. Your HS is not 'out there' somewhere in upper space or even outer space for that matter. Your HS is intimately connected to you at all times here in this plane of existence via your heart and gut. Thus, it is important to remain connected to our physical body no matter the spiritual practise going on. In many ways your HS acts as a gatekeeper connecting you to all manner of guides in the spirit worlds. These are the ones most suitable for your earth-walk and soul lessons at any given time. Take time out, reflect, go on retreat. Connect to rhythms of wild nature. These can all help. Meditate and open the Solar-Gaia channel within you. (This is the channel that runs along the spine from the base to the crown of the head. This channel extends deep into the earth and connects you to the crystalline core and extends above the head and into the core of the sun). As you open to the descending energies from heaven and the ascending from the core of the earth you will be opened to the guidance of your HS.

Follow Your Intuition. Meditating to open the lines of communication between you and your Higher Self will help in opening your intuition. Intuition is basically your ability to tune into your subconscious mind, which is where you "archive" all kinds of information you don't remember on a conscious level. Hold a question in your mind or think of an issue. Then just listen to your gut and to your feelings. Notice in your body whether you feel open or contracted, heavy or light in relation to the question or issue. Start to trust your feelings. The more connected you are to your body and emotions the clearer your intuition will be. Take time in silence each day to become familiar with the ego voices running around your head. This will help you separate the gentle whispers from your Higher Self as opposed to the most fearful and demanding voices of the ego. Your intuition will help you make better choices. It will tell you to stop doing certain things. It may help you see new choices over time. Tune into your intuition to help you take better care of your health. (This will become especially important when the wake up process begins).

Focus on Your Dreams. Now is a good time to dream and dwell on what your heart truly wants. Include the small details and the bigger picture. Dwell in possibility, ask yourself what would a miraculous life look and feel like? Problems and fear keep us anchored in 3D whereas dreaming about what is desirable and possible can be a delicious gateway into the 5D timeline. What would you love to do with this precious life?

Embrace Change. It is most often true that it is better to initiate changes ourselves than to let life progress willy-nilly down a path until change is imposed somehow. When we take charge of our lives then we can explore the world and examine many of the possibilities available to us. Seek out new opportunities, be brave and face your fear. The world isn't as scary as you might think and there are lots of things out there that are life enhancing. There is no long-term security in living a fearful life. Trust that your life is unfolding perfectly. Know that your challenges are there to make you more resilient and more resourceful. Courage and faith are needed before you will feel ready to step out of the familiarity zone.

Living in 5D

We are in a time of great transition, and it is hard to exactly predict events as we move into a 5D earth. This is the time that all the prophecies (such as Revelations in the Bible and the Mayan Calendar) have spoken about. A time of great darkness followed by a long period of peace and light on the earth. It is likely by 2030 5D will be more firmly anchored here. During this period expect some big shakeups to occur. This birthing process will not going to be smooth and pain free for the planet. We are moving into a new world. Some of us are there already. In 5D we are living more in a state of continual unity consciousness, flow and joy. In 5D we are more connected to our Higher Self, and Guides. Reality becomes more fluid and movable as many of the fixed 3D systems fall away. When we awaken to 5D life becomes more dreamlike as many of the hard edges of 3D fall away. When psychics have looked into 5D on the planet in the future they tend to see the same things. A world without war. A world that is united. A world that values human communities. A world that values the planet. A greener more fertile planet. I am not sure how long it will take to fully anchor in 5D but the point is you do not have to wait for the planet to shift, you can embrace 5D now!

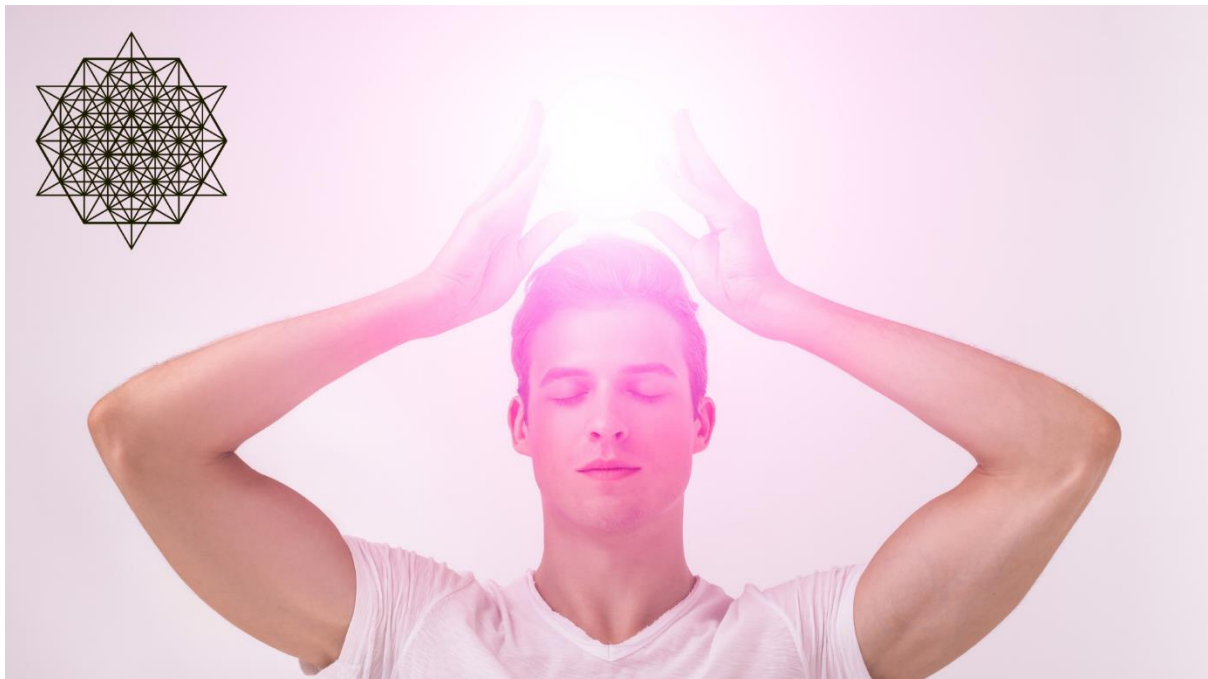
ADDITIONAL NOTES

Since writing this eBook my work with Starseeds has truly taken off. Now, in 2023 I have large followings of Starseeds across the planet on different platforms. Since 2013 I have been receiving transmissions which I began to take more seriously and publically around 2016. Currently (2023) I have around 360 tracks on YouTube and a following there of over 170K. Sometime, early 2018 I moved out of London to live in a place called St. Leonards. After the global lockdown eased, I moved to Brighton, which is where I am currently living. In my personal life I am now a grandfather of four girls, all of which seem to be attracted to my crystal collection! The oldest two were also impressed when I got the blue tick of verification on Instagram.

Thank you for reading my eBook. I hope it has been helpful or insightful in some way.

Many Blessings.

Steve Ahnael Nobel



The Author

Steve Ahnael Nobel is an [author](#) (who has six published books including this eBook), book mentor and coach. He was the director of a not-for-profit spiritual organisation called [Alternatives](#) (based in St. James's Church, Piccadilly, London W1) for 13 years. He is the creator of a healing system called Soul Matrix Healing which is designed to help Starseeds in this time.

For more information is Steve's 1-2-1 services and events or to access all his free audio's please visit TheSoulMatrix.Com

He has a Free social media site for Starseeds, please visit OurSocialMatrix.com

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