

# Defining YOUR Spiritual Teams



Just because messages come from those in the unseen world, even if they call themselves Archangel Michael, does not mean that they are for YOUR HIGHEST GOOD.

The unseen has as many tricksters, criminals, socio-paths, and such as the Earth has..

What to do?

In this walk with Galactic history, we know that there is a Divine Star family from which you came. And, we know that the qualities and intentions in that Star collective was ONLY of Good. Begin by claiming the qualities you would consider of Good for those who are your Spiritual teachers and guides with Reality Statements.

Suggestions:

The qualities of my Spiritual teachers and guides are..... (fill in the blank)

My experiences with my Spiritual teachers and guides cause forms of Good, i.e. (fill in the blank) to emerge.

My Spiritual teachers and guides have my Highest Good as the intention in all that they do.

My Spiritual teachers and guides respect that my voice is the authority in my life and hold boundaries for me.

Now, speak the completed statements through the Reality Shift. Unlike an Affirmation which impacts the lower 3-Dimensions, the Reality Shift brings in Spiritual teams who can impact 64 Dimensions, which includes the higher Galactic realms. All that is done is under the direction of at the level of Soul consciousness.



## The steps:

**Step 1. Writing the Reality Statement:** Describe your ideal world as if you are experiencing it now. This is similar to an affirmation but need not be specific. Write a sentence using personal and present tense, i.e., "I now am...." You are choosing your next experience and in the process old patterns can be transformed.

**Step 2. Say to your Spiritual team,** "Please align every aspect of my consciousness and the consciousness and all to whom I am loving connected to this chosen reality and experience."

pause

**Step 3. Next, ask your Spiritual team,** to "DEEP SIX every energy imprint that would sabotage or prevent this reality and experience, whether the beginning was, Galactic, Group, Genetic, Personal, Inherited, Contractual, Outsider or Other created." pause

**Step 4. Ask your Spiritual team,** "Create the codes for the Highest Expression of this Reality and download the program into the 1st Dimension of my Earth fields, the 5th and Activate its resonance into the entire 64 dimensional energy fields our Galactic Families." pause

Then you can know **That It Is So!**

### Step 5. Feeling

Now that you, as the commander for your life, have chosen a change, a new possibility, it is up to you to feed it. You can begin by taking just 5 minutes periodically, but especially as you drift into

sleep, to imagine yourself in this Reality and FEEL all aspects of it. How does it feel in your body? What colors and shapes are there? Who is in that Reality with you?

**Remain aware** of any contrary thoughts, feelings, or actions and use your tools beginning with DEEP SIX to declare that these imprints for such emerging forms be cleared and healed.

A Reality Shift can be repeated three to four times for the first three days. Treat this energy field like you are building the fire to keep your seed alive and well. Imagine the outcome. Give thanks for the new experience, etc. You can also create a card with your reality statement to post on your mirror, refrigerator, in your office, etc.

Adding a Brain Balance is very valuable.

Brain Balance - video: [LINK](#)

Build the Fire of your values and ideas - video: [LINK](#)