

## Galactic to Gaia Odyssey



### Daily Routine for protection, guidance, healing

- I surround each member of my family, (you could name them one at a time), in the triple cocooned space encased in a hazmat suit. I activate their Causal, TAG and PTO teams to work for their highest good.
- I disconnect from all contracts and cords connecting me to each member. The cords and contracts have fulfilled their purposes, are complete and ended.
- I place each into the field of Wholeness to be moved for their Highest Good.
- As the Evolutionary Blueprint expands our inner wiring and codes to love and wholeness, the field will draw us together in respect, generosity, joy, and peace.

#### **Reality Statement:**

- *My space, life, home, family and beyond are living in the vibrational field of our Divine Star Family's agendas of all aspects of Love.*

Then do the Reality Shift protocol, including you and all to whom you are connected in Love.

These are the steps:

#### **Step 1. Read the Reality Statement**

**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 is, has or 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](#)

