

Welcome to Your Star Community



Galactic to Gaia Sacred Ground Collective Community

Good Mind

We bury (hold still) the arrows (triggers) of anger, revenge, blame and actively become aware of our thoughts. We agree to notice the movement away from love/ respect/ unity and move into our practices to transform the cause of our own imbalance.

When you are out of Good Mind, stop all outer interactions.

You are triggered, or flooded and no Good actions or decisions can emerge in that state. If you are in physical danger, remove yourself.

Use your tools, your support circles, whatever it takes to go within, heal your story, and see what unfolds in the situation. You may see new ways to see, to speak, or new actions to take.

Wisdom processes will restore you to Good Mind. It is in being spiritually in tune with the Creative Good that allows you to use your time and talents to fulfill our purpose on Earth.

In drama triangle terms, when we are triggered, feeling a bad guy, we take actions to heal our inner story and stay off the triangle.

In collaboration, it is the one who points out a problem that will cause the solution to be more effective, expansive,

Determine the qualities that signify Good Mind to YOU.

The qualities that radiate from my Presence are: