

Reality Statements to Anchor Work

TAG, Galactic System of Transformation



Here are some Reality Statements from the TAG Session work.

It is even more powerful when you take the concepts in your awareness and write your

own statements. Either way, it is a very important part of the Session.

I recommend that you speak them through the Reality Shift Process and consider using at least one Brain Balance movement with each one.

A Reality Statement is very much like an Affirmation. You write a statement that is positive and present. The outcome that you are choosing.

Unlike an Affirmation, a Reality Statement does not have to be super focused and specific. Instead of writing, "I have a new red Ford escort that was under \$13,000", you could write, "I have the perfect, safe vehicle that fit within my financial budget."

Reality Statements can also state overall emotional or mental outcome, i.e. "My career supports my life needs and wants within a community that values and respects one another."

Reality Statement are often created by writing what is no okay in your life, i.e. sense of self doubt. The Statement would describe the outcome you want, i.e. "I see the value of my presence in life and have clear intuitive guidance that speaks to me of greater good, creative solutions, and brings experiences of generosity.

Reality Statements to consider:

It is powerful for you to find the words that are yours....

- I am in a world designed by our Divine Star Families.
- All doors no longer needed close as the doors to a strong, stable, joy-filled life open and pull me through.
- I have the authority to command the removal of domination energies to their home of origin through the power of my Solar Plexus wisdom center.
- All toxins in all regions of my Universal life flow is neutralized and removed effortlessly.
- I thrive as I am communities where Souls in Female body suits weave thriving, healing lives with the energy that is imprinted with inspiration by Souls in Male body suits of integrity..

Reality Shift:

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 for myself and those I love.

Step 5. 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. Feelings

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?

[Build the fire! and here is a video](#) that can help.



The Song of the Reality Shift

As soul with power of choice, evolved codes, and songs of Divine I claim a life:

As writer, as painter, as singer of songs
a creator of peace is my aim

Support beyond sight holds me fast and secure
As winds of the change fill my wings

This harmony anchors all parts of my plans
and forms of magnificence sings

Joy bubbles and ripples from deep within me
healed lifetimes released into bliss

All souls in my live connected as One
in dances, in rests and in trysts.

And so it now is!