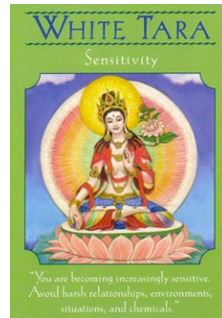


# USING STAR LAYOUT AS A GUIDANCE SYSTEM



**Spirit**— what lies in your heart

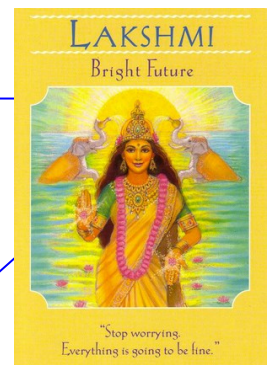
**5**

**Water** — How this effects your emotions/feelings

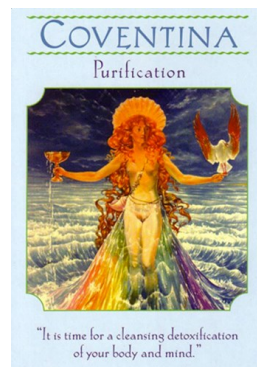


**2**

**Air**— How this issue affects your thoughts (head issues)



**3**



**6**

**Outcome**

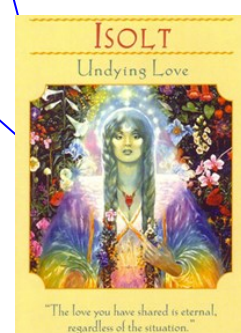
**Culmination of the cards**

**Fire**— what you may need to surrender to move forward



**4**

**Earth**— The Physical Issue



**1**

**The aim of doing this layout is to give you an understanding of all the layers that go into creating your desired result through the Power of Intention**

Choose something you wish to create or change from the following areas of your life:

Personally, Relationships, Finances, Career/work

**Star Point 1. Earth—The Physical Issue** — to collapse down into matter and anchor it in the Earth Star.

If you don't earth your intention—it will be hard to materialize it.

Focused on and observed in the quantum field using the 17 –68 second method will collapse it down into matter.

**Intention** means to get ready do -it is your As Above energy, it signals the energy to be on notice—we are about to create

E.g. the act of standing up requires an intention, without it you simply would not have the firing of energy or electricity through the body to achieve it.

**Intention** is the electrical impulse that goes to the sex chakra mixes with an emotion that has a history to a belief and then creates a frequency that is specific to that belief.

Electrical Impulse = Intention = Thought—**Doing energy**

Then hits the Sex Chakra (seat of emotion)

Emotion in the Sex Chakra is – **Being Energy**

We have to bring thought & emotions together, which meets at the heart, it then becomes a **frequency**, which emits out of the body—this will then be echoed backed by a matching field of frequency.

If the belief is an old one it will have also fired up a corresponding neural net and the chemicals related to it will be released into the body flooding the cells with peptides which the body will now be addicted to.

**Physical intent— Preparation**

When you are planning event such as a wedding—how much detail does a person usually go into—they spend weeks creating a colour scheme right down to the last minute detail.

To materialize what you want, you need to see it as if it has already happened.

We then have to earth our intention by—taking **ACTION**

Without the action it is just fantasy

**How will it look when I have it?**

**E.g. if your physical issue is wanting to be more confident**

**How would you walk into a room?**

- Posture
- Gait
- facial expression

How would you dress?

How would you speak?

- Tone
- eye contact
- diction

**Choosing the Card**—Before you pick oracle cards you need to invoke first to make sure the energies are pure. You must use etheric hygiene when using the unseen.

**When you are ready to pull the card for Earth—The Physical Issue** create the intention  
**“Who or what will help me physically earth this desire?”**

Write to the card and ask “What **do I need to do** to achieve this?”

“How **will you** help me achieve this?”

## 2. Water—how the issue affects your feelings

### Step 1

When I tried to create my desire in the past what are some of the emotions that may have stopped me?

List the emotions then look at each one and ask -

How am I reacting to this emotions?

1. Do I get angry?
2. Do I withdraw?
3. Do I push against it?
4. Do I ignore it?
5. Am I overwhelmed by it?
6. Am I defeated by it?

Write to the emotions and ask ***“What are you here to teach me?”***

See how this aligns with your numbers.

### Step 2

Now think about what you want to bring into being - re-imagine yourself through step one.

What will it look like when I have it— then start to positively emote how you will feel when you have created this.

**What will it feel like when I have this?**

You need to be able to emote this on all levels -***mentally, emotionally, spiritually, physically***

This is what is meant to be holistic.

Emotions are the expression of ***“Being”*** - “ to Be” means to be attuned to — congruent

**Using the example of—Being Confident**

**Spiritually** — I will feel peace

**Mentally** — my mind will feel clear

**Emotionally** — I will feel joyful

**Physically** — I will feel -energized

**When you are ready to pull the card for *Water* create the intention**

***“Who or what will help me feel these positive emotions on all levels?”***

To re-earth this step -

Think about your behavior again - **How will I act when -**

**Spiritually** — I will feel peace — e.g. I will be able to stay balanced despite the situation

**Mentally** — my mind will feel clear — e.g. I will make decisive decisions, stay focused

**Emotionally** — I will feel joyful — e.g. The day will seem brighter and lighter

**Physically** — I will feel energized — e.g. I will be able to achieve more

**Write to the card and ask** “What do ***I need to do*** to achieve this state of being?”

“How ***will you*** help me achieve this state of being?”

***Always remember happiness is not something that happens to you—it is always a choice***

### 3. Air —how the issue affects your thoughts—Head Issues

**There is only one reason why I haven't brought my desire into my life.**

**That reason is because I have resistance on some level.**

#### Step 1

Your thoughts become your beliefs and then your beliefs become your thoughts and so the loops in your neo—cortex become firmly rooted and become your behaviours and your repeated behaviours become your destiny.

**When I tried to create my desire in the past what were some of the thoughts that kept playing in my mind?**

**List them all down - if you did your wall at the 2010 retreat you will find many of them there.**

What does the “committee of they” whisper to you? - the voices in your head?

Where did these thoughts come from?

When we say “I am .....” we become frequency specific with it.

- I am stupid
- I am broke
- I am hopeless
- I am not enough

**People, places, times and events align to support these beliefs.**

Thoughts are the energy of creation — you have to learn to be aware of where your thoughts are at any given time—energy leaving your body, feeling fearful or overwhelmed, is a clear indicator that you have moved into ego based thinking and you have disconnected from your Higher Self and are now at the mercy of negative emotions,

If you have done Inner Child see if you can pinpoint what age child is still believing the illusions that have been inflicted on you?

What made you pick the weaknesses you did in your personality profiles?

How do your thoughts align with the negative polarity of your numbers?

Write to your negative thoughts and ask them “What are you here to teach me?”

**Think about the ways you have sabotaged yourself in the past –e.g. thoughts, behavior, actions.**

**What situations did I draw into my life that confirmed that I could not have it?**

#### Step 2

Thoughts are an expression of “**Doing**” - “to Do” means to take **action**. Whether we think positively or negatively we are actively creating our life.

In the beginning was the word— **consciousness**

and the word was with God—creative energy - **frequency**

and the word was made flesh—bringing into being, collapsing down the particles in the quantum field.

And dwelt among us—**materializing**.

**Using the example of—Being Confident**

**Mentally** — I will consciously choose a higher thought

**Emotionally** — I will be aware of my states of being and choose interdependence when interacting with others not co-dependence or independence

**Spiritually** — I will feel connected to source energy

**Physically** — I will live my values

**When you are ready to pull the card for **Air**—create the intention**

**“Who or what will help me change my thoughts?”**

Write to the card and ask “What do **I need to do** to achieve a state of higher being?”

“How **will you** help me achieve this state of being?”

## 4. Fire—What you may need to surrender to move forward

### In Alchemy this is known as Calcination—burning off the dross

**Negative Habits are formed through behavior**—they are the personas we use to get energy from others. We have to use our persona as our negative thoughts have built walls around our authentic self disconnecting us from pure Source energy.

Your **thoughts** become your **beliefs** and your beliefs become your **actions** which becomes you **habits**—habits are **patterns** of behavior—a way of being which is frequency specific.

Look through your list of patterns ( masterclass notes) and see which ones of these may be involved in you not being able to materialize the desire you have put down.

Again list them **Mentally — Emotionally — Spiritually — Physically**

### Using the example of—Being Confident

**Mentally —** Pattern 1. Comparing myself to another person

**Emotionally —** Pattern 52. Feeling like I can't live without someone or something

**Spiritually —** Pattern 32. Deferring the truth of what I think, feel or want

**Physically —** Pattern 37. Endlessly making plans

What are the negative patterns related to **your numbers** that you are playing out?

In your list of **Values and Needs** there is a page after the needs that list how we feel when our needs are not being met. Look at what you highlighted.

These feelings associated with our unmet needs can cause us to form **control dramas** which become habits. We then use these to try and get our needs met by others. The result is that what we **focus on is where we send our energy and where we send our energy is our point of connection**. As we feel we are in lack, our energy is depleted, further compounding the belief that we need others and things to make us feel alright and so the cycle goes on.

### Step 2

**Habits are the action stage of Thought and Feeling** —they play out the frequencies we are emitting and are controlled by the 4 major archetypes and your 8 other archetypes that rule your 12 houses

In the **negative polarity** they keep us imprisoned away from our authentic self.

In the **positive polarity** they connect us to our authentic self.

Negative Polarity: **Saboteur** — Positive polarity: **Guardian of Choice** —choosing a higher thought, being open to all 3 levels of intuition, 13th chakra –Archetypal symbolic life

Negative Polarity: **Victim** — Positive polarity: **Guardian of Self Esteem** — choosing a higher thought, closing the gaps in the emotional scale. Awareness of energy levels

Negative Polarity: **Prostitute**— Positive polarity: **Guardian of Faith** — having the courage to follow you own Vision for your life without having to know all the outcomes

Negative Polarity: **Wounded** — Positive polarity: **Divine Child** — Willingness to let go of control. Flow **Child**

You can work through the negative and positive of your other 8 archetypes to get answers on how to shift your patterns that are playing out in your life.

What could you do **Mentally — Emotionally — Spiritually — Physically** – to create new habits out of the ones that have been sabotaging you efforts to get what you desire

### When you are ready to pull the card for **Fire** —create the intention

**“Who or what will help me break my old sabotaging habits?”**

Write to the card and ask “What do **I need to do** to change this habit?”

“How **will you** help me bring in and stabilize my new habit?”

**Do Park Bench Meditation to bring in a new polarity to an old habit**

## **5. Spirit—What lies in your heart— As a man thinketh in his heart so he is**

*Search your heart Search our soul When you find me there you will search no more. Don't tell me its not worth fighting for ....."(Everything I Do) I Do It For You"*

**Spirit is your Higher Self—when you are connected to your Higher Self your heart chakra is open and you have access to Divine energy which will sustain you instead of you trying to steal energies from others.**

The Intention here is to discover **“What is at the heart of the matter?”** —

Write to your Higher self and ask **“Why is this important to me?”**

Look at the answer and discover how this works in with the purpose of your numbers

Based on the purpose of my numbers, how can I make a difference in the world by achieving this desire?

When you are ready to pull the card for **Spirit** —create the intention

**“Who or what will help me find the heart of the matter?”**

Write to the card and ask “What do **I need to do** to integrate this is my heart?”

“How **will you** help me to integrate this is my heart?”

## **6. Outcome—the culmination of the cards**

### **I am a vibrational being in a vibrational environment**

Create the intention & pull the card for Outcome —

**“Please give me the card that ties all the others together for a quantum leap – a quickening—a vibrational shift”**

Write to the card and ask “What do **I need to do** to create a vibrational shift?”

“How **will you** help me to create a vibrational shift?”

### **How big can you dream?**

**Something that has laid on your heart for a period of more than two years has a much deeper and wider meaning than you first thought—a feeling of emptiness is telling me something important**

### **What will change in my life when I acquire it?**

Create a Vision using everything you have found out about your desire by doing this exercise—Write your vision down telling it like a story so that the reader gets a thorough picture of the way the character thinks and feels and what the difference was that manifested in their lives due to their willingness to be authentic.

### **Living authentically is an act of Free Will**

**Free Will**— Freedom is our choice to react whichever way we feel.

Freedom to be free from habits that disassociate us from our True Self.

We always have choice.

**What would be a word or small phrase you could use to trigger a positive response when said to help you move quickly through this shift: E.g.**

Mine is “Grace”

Andrew's is “Reach ”

**Send me your word so we can encourage you.**

“You will only every perform as well as the voice in your head is telling you to”.....quote from the Biggest Loser