

## Reality Shift Process

### Becoming High Octane with Spiritual Teams



This is the tool you can use to redesign and expand your life. 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.

Sometimes you choose something new because an old repeating situation becomes unbearable. Other times, you just have the urge to open the door to something new.

Ideas for Reality Statements from our session today:

- I have learned to recognize what makes me feel good and what makes me feel stressed in order to say "yes" or "no".
- I have begun to navigate my life.
- Myself and my family are safe and stable because we listen to and act on our subtle messages.
- If I don't know my sensations mean, I ask someone who can teach me.

For you to use in declaring the clearing of all negative energy patterns marked for removal.... as often as you feel to during the next two month:

"I call to those in spirit who are assigned this task. DEEP Six all negative patterns in my, Julianna's, Talia's birth plan that are marked for removal."

Reality Shift Process:

Here are the steps that take a Reality Statement from the level of affirmation work into the 64 dimensions of our entire Galactic and Gaia bio-field.

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. You can use the ones above along with any others you want to write.

Step 2. Say to your Causal 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 Causal 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. I call to the Causal Spiritual teams of all in this field. "I and all the Galactic Council Collective, declare all contracts made to manifest Outsider's energy for its identification and removal is complete. The Shift to Outsider extinction in our Living Bio-Field is complete." pause

Step 5. Ask your Spiritual team, "Create the programs for the Highest Expression of this Reality and download the codes into the 1st Dimension of my Earth fields, anchor them into the 5th Dimension, and Activate their resonance into the entire 64 dimensional energy fields our Galactic Families." pause  
Then you can know That It Is So!

Step 6. 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?

Step 7. 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](#)

