

High Vibe Success Keys & Tools

For Your Coaching
Business and Practice

Georgette Star MA. D.Min



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High Vibe Success Key #1: Cultivate Higher Self Alignment

High Vibe Success is the natural outcome of choosing Higher Self Alignment, a choice we can make every moment.

Cultivate Higher Self Alignment

Ask yourself this question: If I were completely aligned with my Higher Self, what would I do today to keep moving in the direction of success?

As practitioners, coaches, and healers we are instruments of transformation, sparks of light in human form here to ignite that spark in others. Whether we are aware of it or not, actions that arise from Higher Self Alignment are what lead to the most transformational and successful results for our clients and prosperous businesses.

Discovered over decades, these **High Vibe Success keys & Tools** ultimately open floodgates to true and fulfilling success both personally and professionally. I offer key #1 as a reminder of what matters most.

Key #1: Cultivate Higher Self Alignment reminds us that Alignment is a daily practice.

It's so easy to get off track!

How does it feel to be out of alignment?

Imagine yourself at the beach, setting up your spot with your towel and picnic basket, and then wading into the warm ocean. You relax, float, and swim in the salty waters, not paying much attention to where you are concerning your spot on the beach.

Time passes. You hear a shout in the distance and look up to see what is happening and realize you have drifted hundreds of feet down the beach without being aware that you've done so. As can often happen in life, it is easy to find ourselves somewhere we weren't planning or expecting to be when we are not consistently checking for Higher Self Alignment.

The good news is that as soon as you realize you are a bit (or a lot) off track you can do something about it.

Finding success through Higher Alignment

Making and maintaining Higher Alignment is the Great Mother of all High Vibe Success Keys!

How do you measure or define success? It is common to think of success as a result, desired outcome, or external accomplishment. The dictionary defines success simply as the accomplishment of an aim or purpose. To be successful means something different to everyone and is usually related to a specific



area of our lives. It constantly changes, as we do. Success can also be just as much about states of consciousness. Peace of mind and living in a state of inherent well-being, independent of what's being accomplished in the world, is an essential form of success.

In my experience, true and fulfilling SUCCESS in business (and in life) is first, and always first, the result of ongoing cultivation of alignment with Higher Self or Soul. For many years I was the founding leader of a spirituality and rites of passage youth organization called Maiden Spirit. The very first teaching in the 4 years of the curriculum was called The REAL YOU. It is a teaching that help the girls learn to turn within to cultivate Higher Self Alignment, connection, and conversation with an inner source of knowledge. With that being said, this primary life navigation and creation skill is not only for children.



Whatever word you use to describe your Wisdom Source, this is the Real You. It is capable of transcending habitual unwanted patterns, and FREE to access fresh and innovative inspiration and ideas. When in alignment we find ourselves doing what we know we are meant to do in every moment and the world reflects the value in every area of our lives.



How to achieve Higher Alignment

Higher Self aligned outcomes arise from an inner state of consciousness and direct access to a Source of intuitive knowing and guidance.

High Vibe Success is the natural outcome of choosing Higher Self Alignment, a choice we can make at every moment. Consistent pursuit of Higher Self Alignment is a key that cannot be over-emphasized. It opens the door for you to shift out of autopilot, remember the truth of who you are, and take action from inspired guidance.

When I begin a *Soul Stream Transformation Journey* with a new client, we explore their Soul Stream Life Map and identify desired outcomes for our work together. Before we can begin the work of clearing what's in the way of those outcomes, we spend time practicing Conscious Alignment. Cultivating this skill will help them more quickly identify when they have drifted too far from the center, too far from Higher Self, too far from their spot on the beach.

How do you know when you (or your client) are IN or OUT of alignment?

One of the Coaches in the Soul Stream Method Certification program described being in (and out of) alignment like this:

When in alignment my body is in a state of ease, I feel energetic but calm. I feel a sense of trust and flow. I tend to stay in the present more easily, I feel useful and curious – I love to learn, ponder and express. My body likes to move (exercise, dance, etc). I love sharing my internal experience and I enjoy being in my head – it's like my soul is amused and enjoying the company of my "human" self.

I get out of alignment when old habitual or conditioned patterns seem to "hijack" me and I do or say something that isn't coming from the soul. Often this is when fear of being judged is present. I feel tight and tense, my mind starts to loop over and over what I "should" have done (my mind also wants me to be in alignment but the guilt and looping aren't very helpful!). I tend to procrastinate and distract myself when I'm in that state. I very regularly get migraines when I'm out of alignment, which seems to be a combination of the tension and maybe my body trying to help me by "pulling me out" of whatever I'm doing?"

How do I know when I (or my client) am IN or OUT of alignment?

I've been meditating, contemplating, and journaling my way to Higher Self Alignment and High Vibe Success for over four decades. This is how I do it.

I often get up extra early for my alignment practice because I consider it to be the most important part of my day. I start with coffee or a matcha green tea, and maybe read something inspiring or listen to some music. Sometimes I meditate. Then I pull out my journal and begin a conversation with my Higher Self. Journaling often begins with a bit of mental detox from whatever has not been processed from the day before. Once I relax into more of a flow state, I might write to my Higher Self for a Q & A session inspired by my mom (aka Mother Love/Grandmother Shirley). She called this journal writing practice her '**Q&A with God**'.



Accessing higher alignment through journaling

Below are some of my favorite journal writing prompts for you to consider.

Dear Higher Self,

Q) What do I need to know or do about? _____?

Example: What do I need to know about a specific client in our next session? What do I need to do to get back into my creative joy flow bubble of High Vibe living?

A) Tune in and stream-of-consciousness write from a Higher Self perspective.

Q) How much should I charge for my next program or service?

Sometimes the answer doesn't come right away so I might write... Well, If I did know, what would it be?

A) Tune in and stream-of-consciousness write from a Higher Self perspective.

Q) If I were completely in alignment, what would I do today?

I might answer repeatedly until I feel I've arrived at the most Soul Aligned guidance for the day.

A) Tune in and stream-of-consciousness write from a Higher Self perspective.

Higher Self Alignment leads to...

Higher Self Guidance

Higher Self Guidance leads to...

Self-Aligned Actions...

which leads to...High Vibe Success!

Alignment is SO important! I hope you found this key a helpful reminder and process to use for yourself and with your clients. Cultivate Higher Self Alignment throughout the day, every day.

- How will you cultivate your Higher Self Alignment and commune with the Wise One within this week?
- How might you encourage others to do the same?



High Vibe Success Key #2: Cultivate Unconditional Trust

I'd like to tell you a little story...

Once upon a time, there was a beautiful girl child named Vasalisa. Tragically, her mom became deathly ill and before she died, she gave her daughter a secret and most precious gift: a tiny doll. She instructed her daughter to consult with the doll whenever she felt lonely or had to make a choice or needed help.

After the death of her mother, Vasalisa's father remarried a cruel stepmother who didn't want Vasalisa and tried everything she could to make Vasalisa's life difficult. One day, the stepmother asked Vasalisa to fetch something from the witch Baba Yaga, believing the terrible witch would devour Vasalisa and she would be rid of Vasalisa for good. So Vasalisa set off, traveling deep into the forest to the house of Baba Yaga.

At every juncture, crossroads, or uncertain moment on the journey, Vasalisa would consult with her magic doll. The doll happily provided guidance and advice to help her make the best choices, including some that helped her escape from Baba Yaga. In the end, Vasalisa overcame every danger and obstacle to her freedom and well-being – eventually destroying the terrible Baba Yaga for good.



Trust in Source/the Universe/God/Higher Self/Soul guidance
is a divine superpower.

YOUR INNER VOICE

Perhaps you have heard this children's tale about Baba Yaga and Vasalisa the Brave. I used this teaching story in **Maiden Spirit**, my girl's spirituality and rites of passage program. This program teaches girls about accessing, trusting, and acting upon Higher Self guidance. Throughout the ages, countless fables and stories have been told about the challenges we humans have faced while learning to access, trust, and be guided by our inner Wisdom Source.

You too have what equates to a magical doll to consult with, that represents the voice of your inner Wisdom Source/Higher Self/Soul. The previous [High Vibes Success Key #1, Making and Maintaining Higher Self Alignment](#), was the highest priority today and for the rest of your life. Now I offer [High Vibe Success Key # 2: Cultivate Unconditional Trust](#).

**Cultivating Unconditional Trust is the practice of tuning in, listening to your
intuitive knowing, trusting, and acting accordingly.**



Cultivating Unconditional Trust allows us to discern between the voice of our ancient wired-in control and safety strategies and the voice of intuitive knowing.

- Unconditional Trust is a state of consciousness AND a way of being.
- Unconditional Trust provides a lifeline for you to take the leap of faith required to evolve and risk. We are rarely in the danger our survival brain wants us to believe we're in. Cultivating Unconditional Trust is the antidote. It is the only source of safety independent of life's changing circumstances.
- It is a moment-by-moment intention and decision to listen to the voice of your inner wisdom source and act on it.
- Unconditional Trust helps you feel safe to free fall through any resistance, uncertainty, or self-doubt that arises, to land effortlessly in a field of inspired actions. You no longer need to wait for all your ducks to be in a row. You only need one duck to take the next step.
- Even – or perhaps especially – when life doesn't meet your expectations, when there is loss or you feel afraid, when you are dealing with life challenges; you can rely on your own inner wisdom to guide you.
- Unconditional Trust makes it possible to view the inevitable perils, pitfalls, and delays along the way with an attitude of "if not this, something better. This is for me not against me, what good can be discovered in the challenge? Who or what can help?".
- This great key to inner freedom unlocks the vaults of creativity, movement, healing, evolution, joy, and our ability to catalyze this state in others.
- Unconditional Trust is another essential component of High Vibe holistic success in every area of your life.

I want to spark a bonfire in your heart for embracing **Key #2: Cultivate Unconditional Trust**. A trust practice begins with discernment, and discernment requires awareness about which "voice" you are listening to.

The insistent (and often loud) voice of the habitual inner critic is a function of the risk averse survival brain that has the noble intention to protect you from harm.

In comparison, the voice of the Soul has a quiet, peaceful certainty that all is well. It is there to guide you safely on your journey. Listening to and trusting that voice of inner wisdom empowers you to move through any confidence gap into trust-inspired action.





Cultivating Unconditional Trust Journal Prompts:

One of my primary trust-building practices is a Higher Self/Soul Guided journaling practice where I set my daily course to Cultivate Unconditional Trust. I pull out my journal and begin a Q&A with Soul. Sometimes it takes a few minutes to get going but once I've relaxed into more of a flow state, the conversation might look like this:

Hello Soul!

- *The voice of fear, doubt, and resistance about _____ (something I'm avoiding or disturbed by and preoccupied with) has been holding me back from _____. Fear says _____. What's the deeper truth? .*
- *Now that I have my answer, I'm going to Trust this and take this aligned action.*
- *Where am I giving away my power to know what is right for me or what is actually happening? What is a more accurate truth about this? What will trusting this guidance open up for me?*

After the Q&A with Soul, my journaling process includes writing affirmations as a statement of intention and declaration of choosing the High Vibe way. Like this:

I perceive, receive, trust, and act upon a steady stream of intuitive guidance every moment.

LOVE HOLDS ME IN THE TRUST FREE FALL!

As someone whose presence influences others, your ability to embody the High Vibe way of being will be the source of your greatest contribution to others.

Cultivating Unconditional Trust is a moment-to-moment choice to trust that you will be guided through whatever happens and whatever is needed will be provided. It opens a flow of creativity and abundance, naturally contributing to the lives of others.

In time your practice of Unconditional Trust in Higher Self Guidance has the potential to become a steady state of consciousness.

Until then, the practice is self-validating because the more you listen to and act from soul knowing, the more life opens to support and empower you. It's an inner muscle that grows stronger with inner workouts. So, drop into the High Vibe Success current and flow, and watch your life change, for good!



High Vibe Success Key #3: Realize Who You (Truly) Are

I am infinite and eternal, unbound by time or space, always here now. I am centered in unconditional love and compassion. Woven into the fabric of all life, I belong. Everyone and everything is included and honored. I am limitless love, abiding presence, immeasurable wisdom, inexhaustible power.

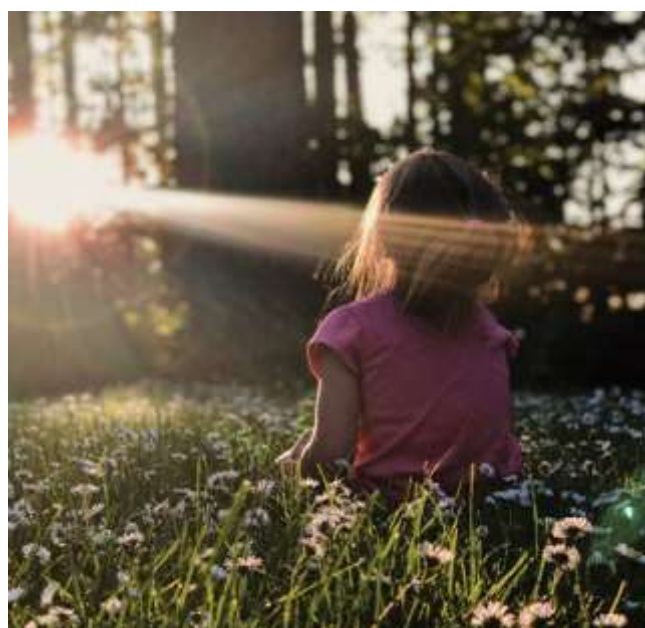
The Truth Of Who You Are

Bright Light, take a moment to say the above statement to yourself. Absorb it, allow it to seep into your deepest consciousness. Believe it. Know it. This is the Real You.

It's what I call Soul, the infinite, unbound, supernatural deeper truth of you that can be discovered beneath the multidimensional influences of your human conditioned personality.

It's the most profound Truth of who you are.
It's the most profound Truth of everyone you know, love, and serve. Your friends, family, local and global neighbors and clients (if you are a practitioner or healer).

And yet... I've observed in myself, my clients, and others how the inner critic can erode confidence, slow down creative momentum or stop us from even trying. It has the power to make us forget the truth of who we are.



Quieting Your Inner Critic

I'm wondering if you've noticed, as I have, that no matter how much evolutionary work you've done, your inner critic still gets activated from time to time? My inner critic certainly STILL gets triggered no matter how far I've come on my evolutionary path. The good news now is that it's never for long!

This High Vibe Success Key #3: Realize Who You (Truly) Are, is one of the tools I find extremely valuable to transcend the inner critic and tap into, to make more REAL, the inherent and unconditional qualities of SOUL, the Real Me and You. I also use it to empower my coaching clients to do the same.

To experience creative successful movement in our lives we must learn to acknowledge the voice of the inner critic as separate from who we truly are. When we can confront it and feel it, without identifying with it, we can ultimately move beyond its outdated beliefs and reactive patterns.



As we practice tapping into the deeper truth of who we are, over and over again, eventually all that will remain will be faint impressions of the power and control the inner critic once had over us.

Just like the acorn is infused with the pattern of its highest potential to become a mighty oak, you too have the potential to realize the Real You; the inherent, unconditional qualities and capacities of SOUL.

Continue reading about ways to know when you are centered in Soul and easy access tools for flipping the Soul Switch when the inner critic takes over.



Five Ways To Recognize When You Are Centered In Soul:

You know you are in touch with the Real You when you are centered within a sense of Self that is infinite, eternal and always in the now, while simultaneously experiencing events within what appears to be time and space.

1. You know you are in touch with the Real You when you are centered in equality and interconnectivity. Even when triggered into feeling inferior or superior and casting judgment of self or others, you choose to align with equality and interconnectivity.
2. You know you are in touch with the Real You when you are centered in love and compassion. Understanding that all fear, anger, all contracted emotions in your human operating system and others are pain in need of healing. And you choose compassion.
3. You know you are centered in the Real You when your sense of belonging is independent and ever present as an undercurrent regardless of the acceptance or rejection of others. You choose to know you belong.
4. You know you are in touch with the Real You when you can let go of resistance and the desire to control what is not yours to control. When you choose to relax, accept, and trust the unfolding in a state of presence.
5. You feel an inherent sense of well-being like a golden current of inner peace running through the center of all your experiences, high and low.

Four Easy Access Tools I Use And Recommend For My Coaching Clients On The Path To True Self Realization:

1. Invite the contracted emotion and limiting thought pattern of the Inner Critic to become fully conscious - give it space to be without fixing. Sometimes, genuine, compassionate, allowing and willingness to be in the discomfort, in and of itself, will help to flip the SOUL switch back to the Real You.
2. Get into Nature and then shift your focus from the contracted energies of the Inner Critic to attune to Nature's inherent unifying qualities; this can also help to flip the Soul Switch back to your True Nature.



3. When the Inner Critic has your focus, regain a foothold on your attention with Soul through journaling to discover what is needed to be seen, felt and, known to flip the Soul Switch in this way.
4. Find a skillful guide and helper to expedite this process. It's often much faster to get help on the path to Self Realization.

BONUS! Journal Writing Prompts For You To Use Or Pass Along:

- What's the quickest and most effective way for me to flip the Soul Switch when my Inner Critic is triggered?
- Imagine you are aware of your infinite and eternal true nature. How would the situation you are most troubled by now look to you? What would change?
- Imagine remaining centered in compassion no matter how loud the inner critic or the criticism of others became?
- How would you show up differently in your life and business over the next month?



My journal sessions often include writing statements to set intentions with a conscious decision. The **High Vibe Success Key, Realize Who You Are Intention Statement** would be something like this:

I am unlimited energy and potential. I am manifested form and matter. I am both/and. I am the infinite within the infinite within the infinite. There is only one unique, extraordinary me, inextricably interconnected with all unique, extraordinary existence. I am Love's center and circumference.

If you are a Practitioner, Coach, or Healer or anyone in a position to empower others, helping them realize the deeper truth of who they are is one of the greatest gifts you could possibly bestow.

Your journey back to what you've always known and what's already inside of you, what your SOUL knows and wants to express, is waiting for you.



High Vibe Success Key #4: Life Is A Sacred Mirror

***We've been conditioned to believe our external world is separate and more real than our internal world.
Do you remember the first time you suspected that perhaps this conventional truth is not actually
true at all?***

A Reflected world

Think back. Do you remember the first time you noticed a glimmering of awareness that what you feel and see inside affects your experience in the world?

Quantum Physics suggests that what's happening on the inside determines what's happening on the outside. Our world is shaped by our thoughts and feelings. Since nothing is fixed and everything is in a state of potential, everything is possible. We co-create our own reality through the way we think and feel – in other words, via our unique and personal perception of reality. We draw into ourselves that which we perceive as real.

I was 11 years old when I first realized, in some mysterious way, that life can serve as a mirror for who and what we are, our beliefs, desires and intentions. Before I tell you about my 'Josephine the Rainbow Snake' light bulb moment, and the Mystical Principle it represents, I want to say you have always known this... you have always known.

Life is a Sacred Mirror even when we are unaware of it.

Realizing the Sacred Mirror

My pivotal moment of conscious realization came when I first experienced my ability to energetically influence reality and it wasn't very pleasant. It started in Mrs's Rizzi's 5th grade classroom. I had studied really hard for an important test, and upon taking it, felt so proud of myself, certain I had aced it!

A few days later Mrs Rizzi slowly walked around the room passing out the graded tests. Excited and impatient to see my test, anticipation built and my stomach churned a bit. She was taking FOREVER to get me my test. Then there were no more tests to be passed out. I listened in disbelief when Mrs. Rizzi told me *she had somehow lost my test*. Incredibly sad with tears threatening, I quickly went from pleased anticipation to frustrated devastation.

Echoes of the feeling of devastation followed me into the classroom the next time I had to take a test. I couldn't shake the anxiety and dread this would happen again.

It happened again. And again.



A Light Bulb Moment

The third time it happened the light bulb went on. This was my first conscious ah-ha moment when I intuited my fearful expectation the test would be lost again was somehow contributing to it happening.

In that light bulb moment, I found myself wondering what would happen if I tried something different. Thankfully, I also remembered another pivotal moment in my young development, from the year before. My 4th grade teacher, Mrs. Parsons created a book report contest for our class with Josephine the 4-foot rainbow colored stuffed snake as the grand prize. That is exactly what happened!

Josephine was mine! I wanted her with every fiber of my being and spent hours and hours at the library writing book report after book report, motivated by a conviction that I could and would win this prize. That is exactly what happened!

I was just a girl when I first recognized I could choose what to believe and where to focus my attention to influence an outcome.

Your “Josephine the Rainbow Snake” Moment

How about you? Can you remember a moment when you chose to believe, and it came to be? One of your “Josephine the rainbow snake” moments?

Can you recall a feeling of absolute conviction, SOUL CERTAINTY when you KNEW something into being. Maybe even despite obstacles that came up along the way?

Life is a mirror of who we are and a reflection of our power to observe, choose, and influence the outcome with how we focus our energy and attention.

What you see, feel, and know as possible already exists. It is real. It waits for you to become a vibrational match to experience in the tangible world; to choose Soul aligned possibility and hold the energy of certainty. This is the state of being we want to cultivate in ourselves, to support and empower in those we serve.

You know this. I’m just here to remind you.



Change the way you look at things
and what you look at changes.

– Wayne Dyer



SOUL ALIGNED HIGH VIBE SUCCESS JOURNAL PROMPTS

Below are suggestions for your self discovery practice or to pass along to clients: They may seem simple but trust me, if you do this work, you will be amazed at what opens up. It's not enough to observe without participating to get results with these success keys. Consistency and repetition are required

Not everyone journals, so any form of creative expression can be used as a way to consciously participate in one's own evolution and life creation process. Alternatives to journaling could include:

- share your response to the journal prompts below with a supportive friend or colleague
- voice record to text on your phone as an alternative to writing
- create a collage, painting, piece of music
- explore body movement or dance to express and embody your responses

LIFE AS A SACRED MIRROR JOURNAL PROMPTS:

- What is the Mirror of Life showing me today? What's the message in this reflection? How can I apply this realization?
- What's the first "Josephine the rainbow snake moment" that comes to mind when something I knew inside, with Soul Certainty manifested? What does Soul Certainty feel like in my body, emotions, thought?
- Notice a place in you or your life circumstance where fear tends to arise and fill in the blanks to refocus into possibility:

I choose to have_____.

I choose to be _____.

I choose to make_____.

I choose to create_____.

I choose to know_____.

I choose to enjoy_____.

I choose to receive_____.

Our practice of observing and understanding Life a Sacred Mirror evolves slowly throughout a lifetime. I understand this principle more comprehensively now than when I was 11, that's for sure! It's still a mystery and yet a vital key to experiencing Soul Aligned-High Vibe Success inside and out.



High Vibe Success Key #5: Clear Your Soul Filter

Hello Bright Light,

I really like what my friend, Rick Archer often states in his interviews on **Buddha at the Gas Pump**, *"Take everything I say as a working hypothesis."* The Great Siddhartha Gautama Buddha put it this way: *"I am a finger pointing to the moon. Don't look at me; look at the moon."*

Every attempt to describe metaphysical (more than physical) dimensions of ourselves and life will always fall short. Yet, here I am trying anyway because human "pointings" to the indescribable can sometimes induce glimpses into a deeper truth. I offer this pointing towards what I have discovered to be an essential **High Vibe Success Key: Clear Your Soul Filter.**



When I first tuned into the focus for Key, the words "SOUL FILTER" dropped in but that was all. I asked some friends what this metaphor meant to them, and each person had a slightly different take. Apparently, there can be many Soul Filters but clearing our Karmic Filter is the work I consider to be the fundamental purpose of human existence. Whatever clogs the filter is here for us to clear for the expansion of joy, love, and experience of Unity.

What is a Karmic Filter?

The Karmic Filter represents the healing and development we came into this life to experience. Our direct experience of the soul's divinity is filtered by the Karmic Filter, the limiting beliefs, unprocessed emotions, and associated behaviors that block the body-mind from being available to more light. ***These are meant to be healed, cleared, and illuminated with SOUL radiance.***

Clogged filters can get pretty dark!

They say what we resist, persists. **That's especially true at the core of the psyche where our Karmic Filters become projections onto the outer world.** There is a certain point on the path of Soul embodiment where making the inner work of clearing the Karmic Filter becomes a top priority.

What qualities and tools can we align with and use to face our triggers and clear the Karmic Filter?



“One does not become enlightened by imagining figures of light, but by making the darkness conscious”

-Carl Jung

Consider Enantiodromia & Compassionate Bravery

Boredom, depression, loneliness, helplessness, shame, fear, anger, and/or grief are some of the symptoms that can indicate a clog in the filter. What if, instead of retreating, we go all the way in, be fully present with the experience until it transforms into its opposite?

“Enantiodromia” is a Jungian term and concept referring to the process whereby one seeks out and embraces an opposing quality from within, Internalizing it in a way that results in individual wholeness.

We know the way out is often ALL the way IN, but that’s no simple task! Our capacity to stay connected with the non-dual qualities of SOUL such as compassion for ourselves is a prerequisite for a successful filter clearing. Compassion replaces the tendency of punishing critical self-judgment so healing can happen.

“One day of compassion is worth a thousand without”

-Thich Nhat Hanh

Great compassion, bravery, courage, and focused intention are required to move through our habitual Karmic Filter avoidance and resistance patterns. It takes commitment to finally welcome, embrace, and fully feel the associated emotions, thought forms, and body sensations. Specifically, those that were once beyond our capacity to safely feel and integrate.

Patience is also required. More often than not, the clearing process of healing and liberation rarely happens all at once. Usually there is an unfolding, layer-by-layer, throughout a lifetime, with each trigger exposing a deeper layer. As more and more light is free to pass through we spend more time in a state of presence and Soul streaming inspired living.

Along with self-compassion and bravery, there are many tools and methods for “Karmic Block SOUL Filter Clearing”. Here are some suggestions:



A FILTER CLEARING VISUALIZATION: FROM FEAR TO PEACE

Practice the art and skill of staying present with destabilizing emotion that arises when a filter clog has been triggered. This visualization is a potent tool for helping you, or someone you are guiding through the process, to feel their way through to resolution.

Let's use an irrational fear perpetuated by a Karmic Filter block as the example:

Imagine yourself as a resourceful, protective, and grounded adult presence while simultaneously watching part of you as a young child climbing into bed and getting ready to sleep. The child is in a completely supported and safe space. Your younger self is nestling into a cozy bed with a favorite stuffed animal, relaxed and settling into sleep. That is until the light goes out and the room becomes dark. Then the child has a thought, "What if there's a monster under the bed?", which sets off a wave of anxiety, fear, and panic.



Notice your empathetic emotional resonance as you watch the child suffering. Tune into where you feel the sensation of fear in your body without trying to take the suffering away. Instead, stay with the sensation and let it move through the body, over the shoulders, down the arms to the hands, and through the legs. Stay with it. Experience the emotion completely. Until it begins to turn into its opposite, an expansive peaceful relaxation of body and mind pouring through you.

In all my decades as a coach and healer it has been my observation and personal experience that mastering the skill of remaining firmly grounded in the adult/Higher Self function while allowing the triggered parts of us to be experienced emotionally and somatically all the way through is directly proportional to our success however we define it.



REACH OUT FOR SUPPORT

Give yourself the gift of reaching out for support. Seek help when you bump into a Karmic Filter clog that is not resolving with your efforts.

REACH IN FOR DIVINE ASSISTANCE

With an SOS to the Divine, we can also reach IN for help from SOUL and SOURCE. Set your intention to receive guidance, healing, and reconnection to the deeper truth through your spiritual practices such as meditation, prayer, or nature connection.

Whatever challenge or struggle you might be experiencing right now I hold you deeply in my heart and prayers for liberation and breakthrough!!!!

Dear precious instrument of the Divine, may your intention and efforts to heal and clear your Karmic Filter be deeply supported and blessed beyond measure with infinite boundless love, healing, and transformative power. May these forces of Grace shine through you as you hold the compassionate space for others moving through their clearing process. So be it.



High Vibe Success Key #6: The Miracle Field & Your North Star

I absolutely believe in the power of focused intention to create successful outcomes.

To that end, for many years now I have created what I call a North Star Vision-Intention Statement. The aim of this practice is to center my focus within the Miracle Field of Possibility for my life. I always begin work with new Soul Stream Coaching clients by guiding them to create their own North Star Statement to align with the changes they intend to make, and the future they most deeply desire to experience.

My Early Life Goals

For a long period in my life my North Star was filled with lists of highly-energized worldly desires and bucket list items big and small.

I wanted to travel, see the world, and live in a magical place surrounded by Nature. Be a great daughter, mom, partner, friend, healer, and all around human being. I wanted to contribute to others and the creation of a better world, to be thinner, more beautiful, and wealthy too! Whew, no small task I'd set for myself...

When I was truly honest about priorities, my intention to know God would be found at the end of the list.

Realization

As many of these visions of possibility became my experience over the years, the realization of what matters most began to dawn. I discovered that the more I focus on spiritual communion, the more easily my heart's desires manifest. Now, instead of trailing sadly behind all my other North Star priorities, to know the infinite radiant Divine is front and center, at the top of the list! My current North Star intention prayer begins with versions of the following:

Holy One, take me I'm yours!

Show me what is in alignment to bring forth, create, move towards, magnetize, or attract into manifestation. Shine Your grace into my heart and help me tune into the Miracle Field to listen carefully and respond to an intuitively felt, aligned soul guidance for choices and actions. Help me remember that Everything is Divine, from the pain in my broken toe to the bliss of sharing a day at the beach with a soul-sister. I bow down at the feet of this Great Mystery in gratitude for ALL of it.

I am a human sunflower, a light catcher constantly turning my face toward Your Light. Naturally producing seeds of nourishment, love, and wisdom to share as a sacrament of the joyful, abundant miracle field of which we are all a part of. So be it and so it is.



Creating A New North Star

I dedicated the month of September 2022 to reset my self-care practices. It, of course, began with the creation of a new North Star. This North Star turned out to be a collective Soul Stream North Star Activation for all who resonate with it. I'd love for you to hear it. [Click Here!](#)

The path of High Vibe Success in all areas of human development will be a unique journey for everyone. No matter where we are on the path, it helps to have a clear vision for where we want to go. A North Star to connect us with the Miracle Field, to guide our choices and actions. I hope I've inspired you to create your North Star and encourage others to do the same.

P.S. Over the years, I've expressed my North Star Vision through a variety of forms including writing, painting, collage, even music and dance. Below is my most recent North Star creative expression, an acrylic painting.



High Vibe Success Key #7: The Sweet Spot Of Stillness & Glory River Of Movement

The Dance!

You flow through your day from one focused activity to the next. Your best days are sprinkled with balancing moments of letting go and letting be. You get things done. You know when it's time to stop, look up, and feel the goodness of whatever is present. Your heart wings unfurl. You embody the mystical principle of a balanced being and becoming.

I experience these magically balanced days more often than not lately, but it hasn't always been easy. Contributing to this world is part of my spiritual DNA, and at times I struggle to maintain a healthy balance between outer and inner focus. I have a feeling you might relate to this struggle!

A joyful, high-vibe personal and professional life includes ongoing cultivation of self-awareness and intentional choice. I practice and encourage my coaching clients to cultivate the sweet spot of stillness within the glory river of movement because when we are out of balance....

Too much activity can lead to anxiety, overwork, and burnout.

Too much stillness can lead to depression, stagnation, and limitation.

Listening To The Body

Last summer I found myself torn between the natural and joyful desire to be a contributor to the world, and the need to pull back from the output that is such a driving force in my life. The quiet voice of soul guidance that kept telling me to disengage from giving out, to just enjoy the beauty and freedom of summer was not unfamiliar, but I ignored it.

The message became more insistent by manifesting as pain in my body. Pain began interfering with my freedom to take the long walks that I'd grown to enjoy and depend on, and I could no longer ignore the message. It became glaringly obvious that I was out of balance. It was time to change my focus, cultivate more stillness and self-care so integral to the sustainability of my capacity to contribute to others.

Because I didn't heed it sooner, the voice of PAIN came as a wakeup call that finally got my full attention. As soon as I decided to lighten my load a bit and not start any new projects, I noticed a weight lift that I hadn't even realized I was carrying. I felt an infusion of the wild free energy of summer; it was mine to do with as I chose! I think what surprised me most was the sense of stillness and peace I experienced while flowing with this wild energy.



It felt like floating in a river where the current consistently keeps moving downstream in an even non-turbulent flow. The world flowed by quietly and gently even though the river underneath was full of power and life. It was easy to steer towards the shore when I wanted to just be still and watch the river flow by. And just as easy to move back into the current and let it carry me.

Because I finally listened, my summer and early fall have been filled with beautiful soul-nourishing moments of freedom and delight replenishing my reserves of creativity. It's made the contributions I was and am still making at home and work feel easy and fun.

**When balanced in the polarity dance of seeming opposites,
these ways of being can merge. You expand to include.**

**Simultaneously you can be the peaceful calm on the surface of the river,
and the wild and immense power of the depths.**

This state of balanced being and becoming is where the magic of your life comes alive!

**If you are a practitioner, coach, healer, leader, or influencer of any kind,
you become more capable of expanding to include all.**

However, this sweet spot is not so easy to find and maintain!

Without awareness of our need to discover and maintain the sweet spot we may find ourselves going too far along the spectrum in either direction. With Soul Alignment, awareness of choice, and activation of will, we can course correct and find our way back to more balanced dance and a healthier, happier, more successful business and life.

What Out Of Balance Looks Like For Me

My dance becomes less fluid and fun when I'm out of balance. I experience uncomfortable symptoms physically, mentally, and emotionally. In general, when I've been too still for too long, I wake up in the morning already feeling a sick kind of sadness in my belly, my body feels achy and fatigued. Emotionally, I feel flat, anxious, and uninspired. It's difficult to get anything done. When I've been in activity for too long, I'm exhausted. My mind goes negative and riddled with catastrophizing or limiting thoughts. I'm accomplishing but not celebrating. My sleep is disrupted, and life can feel like a Groundhog Day.

What About You?

- How do you know when it's time to pull off the river into a quiet eddy?
- How do you know when it's time to push off the bank and start swimming?
- Where are you in this polarity dance today?



Finding Your Way Back To Center

Increased awareness of this **High Vibe Success Key** can make all the difference for your peace of mind, happiness in daily living, and ability to make your greatest contribution to others. And to fulfill your soul's agenda in this lifetime.

As we consciously practice dancing with stillness and movement, we grow to recognize symptoms of imbalance when falling into autopilot or life simply demands we have to sprint, much sooner. Realizing we can choose and recalibrate; we practice what we've discovered works best for finding our way back to center more quickly and easily.

As I moved towards the end of summer, I felt the urge to prepare for the inner stillness that would be coming with Autumn. The opportunity to go into a mostly silent at-home retreat presented itself. As did a personal creative retreat with a close friend. Both of these retreats provided a natural transition from the wild free energy of the summer river to a slower, quieter, and more balanced pace.

Now, I look back and see how perfectly these times for moving inward served my transition into Fall. I'm experiencing a more balanced state. Fuelled by the brilliant bright energy gathered during the summer, I gradually move towards contemplation and stillness. How will you cultivate balance with your dance of being and becoming, stillness and movement with more conscious intent?

If you are a coach or healer, how might you encourage this success key and practice it when working with others?

Recently I felt drawn into a Goodwill store while traveling in the San Francisco Bay Area. I found the print of Krishna and Radha you see above and felt compelled to bring it home. I was drawn to it but until now I didn't know why.

I asked Google about Krishna and discovered Krishna is sometimes referred to as Lord of the Dance!

May your life be filled with the well-being of a balanced dance between being and becoming.

May you consistently cultivate the sweet spot of stillness within the glory river of movement every day.



High Vibe Success Key #8: Look Up, Out...And In

When too caught up in life's details, worries, or frustrations, sometimes all we need to regain peace of mind is to shift and expand to a cosmic view!

This HVSK is dedicated to **High Vibe Success Key #8, Look Up, Out...and In.**

As another important key to High Vibe Success and Soul Stream Living, this key is an invitation to maintain a liberating perspective. By expanding to include both the inner and outer Big Picture we can reset to what's most important and life giving.

I'm sure you can relate. Sometimes the idea that it's all in the details makes me crazy, especially when the details of running my business or personal life aren't cooperating or become all consuming. And, sometimes, my mind becomes fixated on past upsets or worries about the future that are limiting and completely unproductive.

When realizing this has happened, I take a break, look up from whatever I'm working on and expand into the heavens. I look OUT to the billions of years of the Universe's Story and IN to the spiritual journey of my soul through human experience.

GIFTS OF LOOKING UP, OUT...AND IN

When you shift the focus of your attention beyond the day-to-day to a more expansive, holistic, and balanced Big Picture, you are more likely to experience these gifts... and more:

- increased feelings of relaxation, contentment, and well-being
- a sense of absolute knowing you are guided in every situation
- ability to accept, surrender, and flow with whatever is happening
- effortless engagement with daily life
- a sense of being "lit from inside"
- instant access to a healthier, more enjoyable and grounded presence
- more moments of complete awe and wonder in the incomprehensible miracle of it all



Although relevant every day of the year, we're introducing HVSK # 8, Look Up, Out...and In, TODAY, as it coincides with WINTER SOLSTICE, a magical rite-of-passage day, ideal for shifting to a cosmic view of our lives.

I adore the symbolism of this night being the longest night of the year knowing that, every day from now until summer solstice, there will be a little more LIGHT.

I find this certainty in a world of constant change comforting, don't you?

Winter Solstice is a perfect day to remember to look up and out, to notice the power of seasonal change and how it affects us.

We can appreciate winter's natural strong pull inward, into a more contemplative state, even as it heralds the returning light and more outward focus as the New Year progresses.

I often honor solstices and equinoxes with some kind of ritual and encourage those I serve to do the same.

Rituals can help us to zoom out to the Big Picture, pause, reflect, realign and reset to what is most important. Honoring the Winter Solstice with a soul nourishing ritual is a meaningful way to make ourselves available to receive the gifts of winter's velvety darkness and the joy of light returning. Or, to simply expand and reset to the Big Picture of our everyday lives.

Life Blessing Institute's editor, and good friend, Melissa Shaw, and I created a GIFT for you, a video retelling of the Universe Story through a ritual called the Cosmic Walk. The intention of this ritual is to provide an opportunity for us to appreciate the Winter Solstice, but most importantly to look up, out... and in.

Ready to enjoy a reset to a big picture context, both Cosmic and Divine?

Watch the video and join us for the [Cosmic Walk](#) (one of my favorite rituals to celebrate the Winter Solstice, or anytime I want a Big Picture perspective) and experience the HVSK #8 Look Up & Out...and In.



About the Author

Georgette Star MA, D.Min

Georgette Star is Founder of the “LIFE BLESSING INSTITUTE,” a learning community dedicated to empower women, men and youth on the “Path of Awakening” to create fulfilling purpose- driven lives and contribute to the creation of a better world through the actualization of their unique “Soul-Code.”

As a “SOUL STREAM Life Coach and Trainer” Georgette guides her clients and students to discover the “Soul Code” that can be found in their “Soul Maps.” The “Soul Map” is an important tool of the “SOUL STREAM Life Map System.” Refined and passed on for many generations, this System illuminates an individual’s birth template and has roots in “ancient sciences” including Numerology. Georgette learned this System from her own beautiful mother, and is a third generation practitioner of this methodology.

A “Soul Map” provides guidance to reveal answers to deep questions such as: Who am I? Why am I here? And, What am I to do? It illuminates Life Purpose, Soul Needs, Natural Abilities and Karmic Learning Pathways.

With “map in hand”, Georgette supports her clients and students to make and maintain SOUL CONNECTION, transform karma into free energy, develop new capacities, and live in a flow of joyful aliveness.

Over the past 18 years, LBI has offered a variety of educational programs for both youth and adults. Program examples include the youth empowerment programs: **MAIDEN SPIRIT**, **PEACE-WARRIORS** and **BEAUTIFUL YOU: From Girl to Woman** and the on-line Summits, “Radiant Moms’ & Girls’ Revolution”, “Every Woman’s Mystical Treasure Chest,” and “COACHING MASTERY MAGIC World Summit.” Georgette’s current passion is to teach the “SOUL STREAM Client Breakthrough Method” to Holistic Healers, Coaches, and Consultants.



Contact

Georgette Star MA, D.Min

georgette@lifeblessing.com 503-631-3906



**To learn more, visit the
“Life Blessing Institute” website
www.lifeblessing.com**

**Contact georgette@lifeblessing.com to receive
a Complimentary Mini Reading with one of
our coaches**

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