

## The Three Stars from a Soul Healing Perspective

We've already looked at the three stars briefly, so here is a larger picture from a Soul perspective.

The Soul is the larger energy of ourselves, who we are, in all the multi-dimensional aspects of ourselves. The word self here is synonymous with Soul. The Soul contains the theme, the energetic essence of who we are as a hologram of Source. Our mission for this lifetime and all lifetimes is contained as an energetic memory imprint within the Soul. From an energy perspective we might call this essence the RNA of the Soul. The Three Stars are anchor points of the Soul within the Subtle Body Vessel.

The Earth Star - beneath the feet. We already know that the Earth star is essential for keeping grounded. The Earth Star is our connection to Mother Earth, the creative yin negative charged energy of Earth. Therefore it is an important energy point. When activated, the Earth star helps us to manifest our Soul's mission upon the Earth in the lifetime. It helps us to rise up consciously and actually be in a 5th dimensional state giving us the sense of freedom to BE and DO our life's mission regardless of narratives projected by traumas and other memories held within the Soul's multidimensional nature. The Earth Star is our anchor to being fully present and from this point we can totally connect to all we are within the Soul.

The Incarnational Star - lies within the gold area of the body, which is the hara point, between the solar plexus and the sacral chakra. The centre of the body. Here lies the star which carries with it the very nature and wisdom of the Soul itself. Within this star is the memory of all we have ever been and shall be. It is said to be a mandala with a pale blue background and a bright yellow five pointed star at the centre. From a healing perspective - when a crystal is placed here, the memories of the Soul are activated, we remember more of who we are, our wisdom of lifetimes, our active knowingness. We also have an increased awareness of being present, being here in the fullness of our Soul's energy and we are able to act from a place of innate wisdom.

The Soul Star - lies around 8 inches above the head, above the crown. The associated colour is bright magenta pink. It is the gateway to the Akashic records, the energetic library which can in this lifetime offer us information from the emotional memories we carry within the Soul to help us become all we need to become in this lifetime on Earth. The Soul Star is from a Soul perspective and in other lifetimes on Earth and other planets a part of the physical or etheric body itself and not just a part of the aura. When the soul star is activated we are again, linking ourselves to our greater Soul's essence, all we truly are and can find the in-spirations for this lifetime. We bring through the ideas, dreams, memories which we are here to co-create with Source, which will help us fulfil the Soul's mission here.

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The Three stars are not chakras but anchor points. When they are activated by crystal energies they become stronger and shine. Therefore helping us to shine in our full multi-dimensional nature! We become overall more PRESENT, more GROUNDED, more AWARE OF OUR AMAZING TRUTH. When we are fully present within the Soul self, we are aligned and therefore any traumas, old narratives, timelines can be healed spontaneously.

When we move into healing the timeline of the Soul, healing is instant. There is no need to suffer or process at length, consciousness and a reconnection to Light/Source happens quickly. This is 5th dimensional reality.

You will see from the diagram which is an Aura Soma subtle anatomy diagram that the energy rises up from the Earth star through the chakras into the Incarnational Star, and the energy travels downward from the Soul star through the upper chakras and into the heart. The heart is the centre, the opening or portal to feeling, giving and receiving love, and therein lies our Truth.

We shall look at the heart and upper heart shortly.

If you need clarification on any of this, please contact me.