

HOW TO MAINTAIN STILLNESS INTEGRITY WHEN OTHERS AROUND US ARE IN UNCONSCIOUSNESS

It is likely that most of us are experiencing conflict drama on the increase in the collective. And this has affected our relationships with our family friends and in work.

As we are becoming more consciously aware along our Awakening. We will be shifting from the old pattern's ways of behaving.

Here is a brief step by step guide in navigating unconsciousness - shown as either stuck habitual behaviour or drama and conflict.



KEY to this is realising not just through the mind intellect but also the body that all is ENERGY. This is powerful. For this does two things. It assists us gain wider broader perspective and releases us from being attached to the conflict mentally emotionally. This creates Space.

3d Inverted matrix hologram is energetically oppressed suppressed 'narrow minded'. There is energetically less space. It is not a permissive expansive dimension reality environment. There are rules 'should' controls and mandates on thought speech behaviour.

SO, creating SPACE is KEY. If the situation is perpetuating, we need to tune into how we are feeling FIRST. For if we are stressed, we are less likely to be assisting. SECOND are we or they actively openly LISTENing? If not stop talking stop doing. Pause. BE. THIRD what is the frequency ENERGY vibration. Is there SPACE or is the energy one of urgency.



SHORT TERM *tips exercises approach in response to density situations such as conflict or in states of stress and fear.*

- 1. Take a breath. BREATHING will calm and regulate and SLOW the vibration down. From urgency to calm.*
- 2.. Place your physical HAND on your centre of Chest and breathe in LOVE.*
- 3. GROUND and Earth*
- 4. Name your awareness of the energy and the lack of space*
- 5. Suggest using a 'Talking Stick' in Circle. Where everyone uses 'I' statements. And those who hold the stick speak and no one interrupts. Everyone must use 'I' statements.*
- 6. If those around us are not able to take responsibility for the situation create space. This may mean you LISTEN do not speak! Or if the situation is chronic walking away.*



MID TO LONG TERM – Preventative

1st KEY

PEACE

Drama is a powerful energy and feeds into the trigger ENERGY threat danger and of urgency. The trigger on an unconscious level resides in the Root Chakra of flight/fight/freeze. For as humans we rely on our survival on being accepted. We need each other literally to survive. To belong. Being rejected not accepted not belonging is a powerful force in controlling our behaviour responses. Realising this and addressing this individually is the most powerful and affective way in assisting to release ourselves and others from this unconsciousness. We can literally check are we actually in danger in that moment.

2nd KEY

MICRO MACRO

Realising therefore that the individual is linked to the collective. Micro Macro. And so how we are individually will affect the collective, how we can navigate challenging situations and how we can change our reality dimension. So we focus

on ourselves not on the external. Knowing this is the most effective powerful tool to affect change not just for ourselves but also the collective.

This way removes ourselves from 'taking things personally' and we shift out of judgment criticism to LOVING AWARENESS. So we are able to LISTEN when we shift consciously. We are not perpetuating the separation polarisation of comparing judging blaming shaming making 'bad'. Either ourselves or others. WE move into acceptance and compassion.

Looking after ourselves first assists everyone. It is not selfish it is taking responsibility and is the most caring way of being. We are Mind Body Spirit. So every part needs to be in flow. If we are tired we are more likely to be stressed. We will have less resources energetically and will more easily be pulled into drama conflict. When we are able to embrace states of unease in ourselves individually we are stronger and more flexible in mind emotion energy to navigate 'rough waters'. See KEY 6

3rd KEY

SIMPLICITY

Remembering the answer is simple. The 3d inverted Matrix is complexity and confusion. When we breathe we shift our awareness consciously to the Heart. Which is Spacious and holds clarity. All the layers of history karma drama complexity of arguments layers of pain we are able to experience perceive as an energetic - intention purpose creation. It is a dimension. And one which we can CHOOSE not to be in.

4th KEY

TRAUMA RELEASE

We are able to choose through clearing our own unconscious trauma. That which is unconscious will create hidden agenda motivation attached to the survival mode. We need to keep clearing realising the layers of trauma. That way we are able to detach from the collective entanglement.

5th KEY

ACTIVE EMPOWERMENT

Check where you are on either wanting to rescue fix or to be rescued or fixed. For the 3d inverted Matrix hologram resonates perpetuates through victim energy. Powerlessness. Lack of confidence in ourselves others. LACK resonance. Of limited possibilities and outcomes.

The most powerful gift for ourselves and others is to CHOOSE to believe and therefore KNOW trust that we each ARE releasing healing ourselves. Rescuing and wanting to be rescued is part of being in disempowerment. Assisting enabling witnessing are all ways of empowering ourselves and others to be in health and SHINE.

6th KEY

MINDFULNESS

Practice Mindfulness Meditation. When we are able to BE with ourselves all of ourselves in a detached compassionate way. We are able more and more to be with ourselves and with others in the spectrum of human experience. And not 'just' that we experience the gifts in all our experience. We shift into possibility abundance.

7th KEY

GRATITUDE

This opens up abundance with so many beautiful opportunities. Powerfully making energetic pathways internally from ourselves to the external. Connections are made with synchronicities which is the manifestation of shifting out of Linear time to Quantum. Magic occurs more and more as the multiverse reflects back gifts that are beyond our ego mind. We shift more into ease and grace. We are inhabiting New Earth 5d Consciousness with LOVE. And this becomes our main flow.

8th KEY LOVE. Needs no explanation

With LOVE [Zahara Celestial](#)