

Blocks to connecting to Higher States of Consciousness - Higher Self - Guides - Soul Path etc. As with all that I share. Take that which resonates assists and leave that which does not. Here are some hacks to assist shifting perception and raising awareness vibration to the idea of being blocked.

- Notice how you describe experiences with statements such as "I have these blocks" "I am blocked" or "I feel blocked". These statements attach us to the experience. So we feel stuck. We own the blocks. The blocks are controlling us. We have no say on these 'blocks' being there. When we become aware this is programming we can release ourselves and free up our resonance and vibration. Opening our Heart which assists in being clear channels.
- Block resonates with blame. We feel we are doing something wrong. And if we can't figure the why's there is something inherently wrong with us. We did something bad. Judgement. Judgement is a resonance of separation. Which creates miscommunication.
- Blocks are keys to unlocking knowledge. They are holding information a story. Observe the story with compassion and curiosity. This allows a wider higher perspective there by accessing the greater awareness.
- Blocks are placed there out of necessity. They are not bad.
- Blocks can be collective for instance ancestral family group. And therefore are not personal.
- Blocks are energy. The word 'block' holds a resonance of heaviness immovability. Shift how you describe your experience and this shifts the energy. Allowing exploration and therefore discovery. And therefore expansion.
- The idea of having a block moves us into future. I will be blocked. Empty the mind be in the now. This opens up the space for energy to move and new experiences.
- The idea of block is frequently due to energy chording to Lack resonance. Tune into gratitude joy play to open up to new experiences. This allows the inner child resonance to come in. Opening up to Abundance clears lack. We can do this through acknowledging appreciating beauty. Inverted 3D Matrix is complexity and confusion. There is never enough. Opening up to receiving is a resonance which is simple and is abundant. We have been programmed to believe that to achieve knowledge we must accumulate increasing amounts of information. This is unnecessary to be in tune and to access Higher States of Consciousness Wisdom Knowledge states of being.
- The resonance of block is frequently attached to not trusting. Needing to be in control. Not feeling safe. This is the inverted 3d matrix programming of the ego/mind. You can shift through this by grounding and opening the Heart chakra.
- Blocks are often 'crossed wires'. When functioning in the 3D world we had been used to hidden messages when people communicate. People say one thing verbally but think and feel many different things. Becoming more aware of our own unconscious thoughts feelings enables us to be more transparent. Clearer resonance. We do not have conflicting intentions when seeking communication with Higher Dimensions and Beings. Again focusing with the Heart Chakra and observing our feelings in our body assists with being pure channels.
- We are multi-dimensional beings that are always connected.
- We choose how when who we communicate with. If we have issues with relationships relating communicating with ourselves and other human beings in the physical 3D this will carry over into how we feel we can communicate in all dimensions. Same healthy

way of relating applies - Being embodied - grounded - boundaries - clear intention - open hearted - loving oneself - mindfulness.

- We can revisit programming when we have another awakening or expansion. For all is a Spiral. We have not gone backwards if we have the experience of being 'blocked'
- I have witnessed that often those who have been used to using one sense when asking to expand another sense. Their original main sense will switch off. This is one way that we get shifted into another way of being and the other sense gets turned on.
- As Starseeds the way that has been taught in western spiritual courses to open up might not be in tune with how you resonate and are 'wired up'. And can create 'blocks'. Such as 'opening up and closing down chakras'. This is a big topic and I won't go into that here. But deposit this as it is important to mention. There are different ways of being and different ways of learning.
- Starseeds will often be called 'highly sensitive' or 'empathic'. Where this can be helpful they can also become blocks. With the programming that if you have this label then you are too much or experience too much. Rather than the environment and Dimensional resonance is not in harmony. And you are needing ways to manage the energy discordance so that you do not get overwhelmed. This comes under energy management. And we can also create blocks in order to not be over stimulated.

Much LOVE [Zahara Celestial](#)