

The Starseed's Guide to Awakening



By Starseed Mentor Saiedah Luna

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Introduction

Welcome everyone to the Starseed's Guide to Awakening. I want to thank you for taking the time out to join me as I touch upon the key points starseeds need to know for their awakening process. I also want to thank you for your courage, for your ability to look beyond the surface and get down to the truth of your existence. This is no easy task. Many people on the Earth today never get past the surface and so it is a blessing that you have been called to look deeper and discover more about yourself. It is of no mistake that you are called to this subject. Your interest in this is not random: it is a call from the Universe, from your heart to make a change in your life. Your internal alarm clock, which all starseeds have, has either gone off or is about to. This alarm will sound and tear the veil between you and the truth and once this has begun, there is no turning back. No need to fear. This is an exciting journey that will transform you from the inside out! This journey you undertake, precious one, is deeper than you think. The label of "starseed" serves as a means to help you go deep into the realms of existence, where labels and separation no longer exist. You, dear one, will guide others there also. I ask that you read this book with an open mind and open heart. Pay attention to the feelings and sensations in your body when you read this book. They are the Creator's messages to you about who you are and what you are meant to do here. This book has been charged with activation codes to aid in your spiritual awakening. Enjoy.

“Dear children! We are thrilled to serve you on this journey back home. It is our highest hope that you will benefit from us helping you along the way. Please take time to honor yourselves on this journey and give thanks to all the experiences you had that have served to awaken your consciousness to all that is available for you. You are being called. Love is the answer dear ones. Love is the answer. And it is here for you right here, right now.”- Your Family in the Light



Who are the starseeds? Why are they here?

Brilliant, wise and penetrative, starseeds are people that have incarnated on Earth as human beings but whose souls originated in other star systems and galaxies. These brilliant people bring to the Earth, the knowledge and wisdom of their home worlds to assist in the evolution of all beings on the planet. Starseeds have been incarnating on Earth since the beginning, but in recent years, there has been an influx of starseeds being born. Humans have gone through a period of spiritual de-evolution, causing them to forget their connection to each other and the Universe. However, times are changing and the energy of the planet is shifting. This is where starseeds play an important role, as it is a pivotal time for humanity's reawakening to the truth. Starseeds come in already programmed with a Divine mission to shift the consciousness of those on Earth, helping them to remember who they are and why they are here. The goal of starseeds, whether they realize it or not is to bring change to the planet, to deconstruct the systems which are not working for humanity's evolution. They are here to help people see beyond the illusion of separation and to act as catalysts for awakening. Many starseeds help other fellow starseeds to realize who they are so they can be a part of this collective effort.

It cannot be done alone. Love is at the core of everything and everyone and starseeds will help to remove the blindfold that prevents people from seeing the love that is inherent within everyone. What is important for starseeds to realize is that to awaken others, they must first move beyond their own programs of fear. Once they rid themselves of these fear programs, they become a more light filled version of themselves which serves as the catalyst that will activate the light within others. Even before healing, a starseed still has the capacity to heal others. They are healers by nature because of their energy signature. Their presence alone is sometimes enough to heal those around them although not completely. People, whether they realize or not, pick up on the core energies of those around them. People in close proximity of a starseed will feel different, even when they cannot find the words to explain it. Imagine what can occur once a starseed removes their fears and old wounds and becomes in tune with their higher selves. The effects are beyond explanation. Once a starseed transforms and becomes reborn, those in alignment will follow suit.



Qualities of starseeds

Before I get into this portion of the book, I want to make clear that not all starseeds exhibit the same qualities. This is important and I wish I had been told this from the beginning. The qualities listed are common amongst starseeds but if you are missing a few, it does not mean that you are not a starseed. Although a starseed, you are a being that in truth is beyond labels and cannot be confined to a box. Let this serve as a guide to help you during this part of your journey:

A feeling of not being from Earth. Not necessarily from another planet but just a general feeling of not belonging. They may have a hard time making friends and feeling included. They may still feel alone even when their “friends” are around.

Strong intuition. Getting feelings about people and situations they cannot explain. If there isn't an awareness of this ability, it can manifest either as a strong like or dislike towards certain people or situations.

Sensitivity. Crying at the drop of a hat. This is also linked with strong intuition as intuition is connected to the emotions.

Attraction to Spirituality including crystals, astronomy, astrology, magic, the occult, the paranormal, aliens and UFOs as well as life after death.

An affinity towards ancient civilizations such as the Mayans, Aztecs, Egyptians, Sumerians as well as civilizations around the Celtic region. A portion of starseeds had incarnations in these civilizations, as these groups were in touch with their star ancestors. Many were being prepared for their mission by incarnating in these civilizations.

Strong connection to nature. Some starseeds may feel called to spend time in nature and some may want to stay inside all the time. The latter can be due to strong sensitivity and not wanting to be exposed to other people's energy.

Being wise beyond their years. While not all starseeds are “old souls”, many of them are. Anchoring the light of their home star worlds on Earth, they bring the wisdom necessary to facilitate spiritual growth. Their parents are usually stunned at the level of wisdom their young children have.

Feeling a strong sense of purpose. The feeling like there is something big to accomplish. This one may not be obvious for all starseeds at first. Depending on a person’s upbringing, their sense of purpose can be dulled by traumatic experiences and wounds.

Disinterest in the mundane. Feeling like the normal everyday concerns of the average person such as money, 9-5 jobs and status serve little importance. However, some starseeds have a calling to help people bring more wealth into their lives, bridging the gap between spirituality and abundance

Wanting to heal others and take away the world’s pain. Many starseeds are called to healing work such as Reiki, Shamanism, magic, sound healing and others. They have a strong empathy which gives them a desire to ease the suffering of others. Learning how to establish firm boundaries with their own energy is essential if they truly want to help those around them.

Rebelling against the status quo. There’s a desire to do things differently from the crowd. This is one of the main reasons why starseeds incarnate- to

help people see things from a new perspective and steer people in a new, more beneficial direction.

While this is not a comprehensive list of starseed qualities, it is a lot of what I've noticed starseeds, including myself tend to feel and the behaviors they display.



“How do I know for sure if I’m a starseed?”

Many starseeds, even after reading the list of qualities, still don’t feel sure if they are truly starseeds. I think this is fair. There will be people who connect to that list in some way, but still have a different calling than that of starseeds.

The solution to this dilemma is simple- Your heart knows. You must understand how the Universe sends us signs. First, you stumbled upon this information somehow. Out of all the things you could have delved into (and there are a lot of topics), this information made its way to you. A sequence of events led you to this very point. Ask yourself if this truly could have been an accident. Now, pay attention to how your heart is feeling. Is there a sensation of fullness? A yearning? A tingling? These are all signs that what you are focusing on, is in alignment with your soul. If you find that you cannot turn away from it, if you cannot ignore it, then you need to heed the signs and listen carefully. It is common for people to feel silly when following their hearts and that is because society has taught us not to. We ignore our feelings for the responsibilities and demands of the day-to-day, leaving no time for us to take all of that energy and turn it inward. As a result, we have forgotten who we really are, which has created a warped perception of ourselves. That

is where you, precious starseed, will create a shift. You will show people how to regain their sense of self worth and remove the false identifications which have been planted in their minds by society. You will show people how to go within and tune into the heart space for the truth, which is indeed our Divine connection. If you still choose not to trust your heart, do not fret. You will be called to people, places and situations which will further confirm your feelings. When you look back however, you will realize that you were right all along.

To give you another perspective, I want you to look into your heart and observe all of the things that you're interested in. All of those things which catch your interest are not random: they are soul memories, imprints of who you were and who you are today. Starseeds tend to have past lives that help them utilize the wisdom they gained from their home star systems. During these lives, they pick up Earth skills which are needed in preparation for their mission. Through time, whether in this lifetime or previous lifetimes, you have been triggered to awaken your Divine talents and higher wisdom. The memories from those previous lifetimes manifest as either passions or fears. Look at what makes your soul sing. That is your indication of what you are meant to share here on Earth. Look at what you are afraid of. That is an

indication of what you are meant to understand, overcome and integrate so you can be the highest version of yourself.



“I think I’m a starseed. What do I do now?”

If you feel more certainty about your starseed essence, the best thing you can do for yourself now is to surrender. Surrender to the process and wait. Your acknowledgment and openness to the process will trigger your growth and aid in the cultivation of your mission. Know that the Universe will aid in your evolution and will send you the right people and situations to bring you to the next level. Do not force or push anything. Everything is occurring in the timing it was meant to. Be flexible with this process and know that everything is occurring for your highest good.



The Awakening

Now that you have initiated this process of self exploration, your awakening has begun and the Universe will respond. It will support your self discovery by placing you in positions which trigger deeper levels of awakening. It is important to note here that your awakening is not confined to a day. It is a process which can take years to unfold. In this process, you will change. You will shed your old skin. The person you thought you were will be destroyed to reveal your inner truth, your core essence. The programs of fear and manipulation which have been placed upon you by your family, your friends

and society will become apparent to you so you can release them for the new you, the true you. As you shift within, the world around you will shift as well. You may lose friends, family members and jobs. Your perspective on life will change. The things you once found interesting will either fall away or grow depending on what purpose they are meant to serve for you in this lifetime. This is a necessary part of the process and an important step that all starseeds and keepers of the light have to experience. Through this, you will understand more deeply who you are and help others to do the same. Continue to live from the heart space. In the end, it is the heart that connects us to the Divine and it is the heart that will set us free. You will know what to do and when, as long as you stay in alignment with your heart. Be aware that the more attention you place on the heart, the more you will see your own pain that needs to be healed. It is ok to be afraid when this occurs but do not let this fear determine your decisions. Sit with your feelings and acknowledge them.

Of course, you will not have to go through this alone. Your soul family, which is your spiritual family on Earth that agreed to help you in this lifetime, will be called in to help you work through your awakening process. They will give you the tools and support you need to honor your calling. They may indeed be

your blood family members but many times they are your friends and mentors. Be open to receiving this love from the Universe and do not feel obliged to be independent. While it is in your nature to be independent, it is not necessary all the time. You will be helped. You deserve to be helped.

Look for the signs, as they will be all around you. The signs will change for every person but there is a thread of commonality to be found as well. Some people will begin to see number sequences over and over again. A big one for starseeds is 11:11 which is the number sequence of awakening. Pay attention not only to the numbers but how you feel when you see them. Most importantly, do not look for them. Stay open and receptive to how the Universe will send you signs. Another common sign of awakening is seeing recurring images and figures that stand out to you along with certain songs that play on the radio that hold important messages. You may see pictures or figures of angels, goddesses or even important animals that hold a special connection for you. And they show up in the most unusual places. Your star family and spirit guides, which I will discuss in a moment, will begin to reach out to you through your environment in ways that resonate with you. Be aware of what they show you as these are indications of where you are and where the energy is going. Connect to your body and pay attention to how you

feel. The biggest sign of transformation is within the physical and energetic bodies. You may just feel different even if you don't know how to explain it. Strange moods may come and go, causing you to either feel reclusive or social, tired or energetic. The way you eat may change over time to welcome a higher frequency which is being integrated within you. Relationships may change, especially if they are toxic and not serving you. This is a strong sign that you have outgrown the old ways. Don't try to manipulate the unfolding of this awakening. It is happening exactly as it is meant to. Take care of yourself during this time. Eat foods that make you feel light, spend time alone and do things which bring you peace. There is something deep going on that you cannot fully understand at this time. The most exciting of all the awakening signs however, is the entrance of your star family and your spirit guides.

Working with your Star Family

When the time is right, at some point during your awakening process, your star family will reach out to you. Your star family includes your star sisters, star brothers and maybe even star parents from your home star systems that are contracted to help you in this lifetime. This is another process which cannot be rushed. The energy and the timing must be right and you must be in

alignment in order to receive contact from them. This is highly important as some starseeds try to force contact and this does not benefit anyone. All you need to do on your end is set your intention and send love to them. That is all that needs to be done. Let them know that you are ready to receive the highest vibration of light and love from them when the time is right. From there, go about your day and be open to receiving. I also want to add that listening to your feelings is vital to building a link with your star family. Star beings are energetic beings, streams of consciousness that work through the mental and emotional bodies. So when you get an intuitive feeling about something or someone, know that they are guiding you from a higher dimension.

Initially, your star family may reach out to you through important people in your life. You may notice your friends, family or associates saying things that are unusual for them but resonate with you on a deep level, such as what you are meant to do or actions you need to take. This is your star family's way of speaking with you indirectly as they know that people tend to trust what is said by those around them more than they trust themselves. Pay close attention to your dreams and the state you're in as you are waking up or falling asleep. Your star family may try to contact you through your dreams as

well as during a hypnagogic (state between wakefulness and sleep) or hypnopompic state (state between sleep and wakefulness) through visions. I would also recommend taking time out during the day to meditate as this will calm the logical mind and put you in a place of being receptive. They may contact you during meditation but stay open and detached from the outcome.

If you get to a point where you do sense your star family coming through for contact with you through meditation or during a receptive state, always question the energy. Ask 3 times “Are you of love and light?” and wait for the answer. If they say yes, then allow the energy to come through. Pay attention to what you sense, see, hear, feel or get a knowing about. Your star family will communicate with you in a different way than you communicate with your loved ones here on Earth. They will make you feel things and communicate with you telepathically. Their messages should always be of love and honesty, never ego driven such as “You’re the **best** healer”. They will be honest with you about your mission but they will never try to stroke your ego. Sometimes, the initial contact between you and your star family can be intense. Always remember that you are in control of this experience. Be aware that if you find that you are scared of being in the midst of their energy, it is your right to

send them away. It will not hurt their feelings or cause harm to them. They will come back when you are ready and through a medium that you are more receptive to. Once you establish a strong link with your star family, feel free to ask them for help or guidance when needed.



Answering the Call

As you continue to awaken, your calling will become stronger and more apparent to you. Many starseeds have a passion for helping others and end up becoming teachers, writers, activists, spiritual mentors and things of that nature. Sometimes, the calling is more creative like an artist or musician. Other

starseeds feel called to work within the law to stand up against violence and injustice. However your calling manifests for you, trust what you feel called to. It is no mistake: it is an integral part of the mission you were prewired with before you came here. Your calling may not manifest in a conventional way. Many starseeds don't like to be restricted and will do that which brings them the most freedom. Trust how things unfold for you and that you will be guided to the path that works best for you.

Conclusion

All that you need to know is within you already precious light. The support you have is beyond what you imagine. Take care during this time of awakening and expansion. Always listen to your heart and stand your ground with your beliefs. Do not let anyone steer you away from your calling. Stay true to your path and let nothing stop you. Your path will be an inspiration for those who come after you that are ready to ascend.

“We are with you. Now and always”- Your Family in the Light

About Saiedah

Saiedah Luna is a Starseed Mentor, Intuitive Counselor and Healing Conduit whose goal is to help the children of Earth reconnect with their soul purpose.



Saiedah helps people to gain a closer connection to the Divine and their higher self by removing false layers of identification and healing old wounds. Through clearing the past and embracing the present, Saiedah helps people embrace their greatest potential, helping them to soar to new heights and exceed their own expectations.

Saiedah's experiences as a starseed have catapulted her to higher levels of awareness and evolution. She now helps starseeds on their journey of ascension so they can be the purest version of themselves.