

About your STAR – Cosmic Light Wave Activation Programme

To be listened to after you have gone through either a live Launch with Anna or the Cosmic Light Wave Activation Programme Induction audio.

The Shining Star is an integral part of your Light Crew energies and it's essential you understand how to use it and activate it correctly.

In the Cosmic Light Wave Activation Programme, once you have: set up your White Light Being and White Light Sphere, entered the Inner Planes and been filled with the Golden Light of Creation, you then activate your Shining Star.

Starting at the deepest core of your Solar Plexus Centre, visualise forming a radiant Shining Star made up of 8 main dazzling, mostly Golden Rays plus many more Rays as well. You literally become dazzling radiant Light. Feel the intensity building within you as you contain the Shining Star energy within your White Light Being, Aura and White Light Sphere. It is truly a potent and dazzling experience.

The qualities of the 8 main Rays exude Divine: Love, Peace, Compassion, Wisdom, Power, Balance, Harmony and Synthesis.

Why do we open our Shining Star from our Solar Plexus Centre rather than our Heart Centre? The Solar Plexus area is generally the physical body's seat of the Soul area and contains an intense concentration of Cosmic Energy, from here you can activate the Star of your Being, naturally, once you know how to. Heart Centre has strong Divine Love focus. Divine Love focus will come into play within other aspects of the Light Crew Volunteer work we do. For now, we must get our Inner Core foundation in place and strong. Why? So we can build our inner Light and thus become more magnetic to the Cosmic Light Energies and, maintain a stable balanced core which allows Divine Light Waves to slowly grow and spread further around the Planet/Cosmos. The stronger your Light Core the more energy you can work with and the more the energy can work with you.

Keep all the Shining Star energies within the perimeters of your White Light Being, Aura and White Light Sphere. Why? Because the combination of your activated White Light Being and White Light Sphere blended with the dazzling energy of your Shining Star radiating out from your Solar Plexus Core, creates the most remarkable Divine Light,

Divine Power, Divine Energy Magnetism and much more. It also sets up an Energetic Safety/Buffer Zone/Filter (i.e. good stuff can enter bad stuff can't) within your Being.

As you are going through the Light Wave Activation Programme, when it is time for the Rays of your Shining Star to start moving out past your White Light Sphere

perimeter, your Solar Plexus Core Star Radiance acts as an anchor, holding your personal energies strong, pure, and stable yet cosmically radiant. From here, when doing the Light Wave Activation Programme you can readily and safely extend the Rays of your Star so they can merge with Divine Cosmic energies and continue into epic proportions forming vast Waves of Cosmic Light moving out through the Ethers, far and wide into the Cosmos. This is your Light Crew Service.

Each time you begin concluding your Cosmic Light Wave Activation Programme the drawing back of all the energies commences. Once your Shining Star is back within the perimeter of your White Light Sphere, it's up to you how much of your Star's radiance you continue to keep active within you. This is something you can experiment with to see what works best for you.

Shining STAR modus operandi outside of the Cosmic Light Wave Activation programme format

You are invited, independent of the Cosmic Light Wave Activation programme, to embody your Shining Star as often as you like. Simply intend/visualise/sense/cultivate your White Light Being, White Light Sphere, Golden Light of Creation flowing in and radiating Shining Star at any time. The more frequently the better. However, always keep everything within the perimeter of your White Light Sphere. Why? Because you are being trained to build an Inner Core of indescribably non-negotiable potent White Light Purity (i.e. White Light Being & White Light Sphere) and Divine Cosmic Light (i.e. radiant Shining Star). This Inner Core is the foundation piece of your Light Crew training and is planned to evolve and elevate your energies, safely and gradually, on all levels of your Being. These things must not be rushed, or you will become unbalanced energetically.

Please always remember, everything you do under the auspices of the Light Crew Volunteer Programme is designed to evolve your Body, Emotions, Mind, Soul and Spirit into more Divine Love, Peace, Compassion, Wisdom, Power, Balance, Harmony and

Synthesis...and ultimately to render you available for energetic service to all Life with increasing capacity. This mutual benefit is truly Divine in every conceivable and inconceivable way!