

THE STARSEED

L.I.F.T.

The Angelic Formula for Problem Solving

by

THE ABBOTTS



A free E Book

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By The Abbotts



What is a Starseed?

Briefly, a Starseed is a human man or woman who has previously lived in the Pleiades Constellation. Almost 80% of people born since the mid- 1960's to current day (2003) have in previous incarnations been of Pleiadian descent, living on the sixth and higher dimensions. These sensitive, psychic people have incarnated in human form to raise the consciousness of the entire planet Earth, to create Unity and Unconditional Love, amongst all people. To live their own philosophies and truths and inspire others to find their angelic nature within themselves.

Here are some dominant characteristics of Starseeds –

- 1. Relaxed, tolerant of others and easy going.**
- 2. Very creative in fields of art, sculpture, music, colour and writing.**
- 3. Strong dislike of rules, regulations, time-keeping, structure and repetition.**
- 4. Resists convention and may be prone to addictions such as drugs and alcohol to temporarily escape from harsh, 3rd dimensional reality.**
- 5. Often lethargic, suffers from depression and finds making decisions difficult.**
- 6. Strong environmental beliefs and often vegetarian.**
- 7. Strong psychic abilities such as clairvoyance (seeing spirit), ESP, telepathy etc.**
- 8. Keen interest in spiritual philosophies such as the New Age movement.**
- 9. Strong belief in UFO's and aliens.**
- 10. A dislike of cruelty, power, the mundane and authority figures.**
- 11. Have an instinctive interest in technology such as computers, electronics etc.**
- 12. A strong desire to unite with others for some higher cause.**

Starseeds may have some or all of these characteristics.

Physically Starseeds are often –

- 1. Androgynous in appearance (male/female).**
- 2. Soft, handsome facial features.**
- 3. Slim and tall/short and light boned.**
- 4. Large eyes and wide mouthed.**

5. Female Starseeds are often narrower in the hips and have smaller busts than previous generations.

Are you a Starseed?

Why you came to Earth

The Starseeds have consciously decided to lower themselves spiritually from a very high vibrational level (6th, 7th or higher) and leave the peace and security of the Pleiades' planets to take on incarnations as human beings on Earth in a 3rd or 4th dimensional body, in order to help humanity raise it's spiritual vibration, to one of a higher level. To bring Unity and peace to the planet, repair the environmental damage that humankind has brought about and bring in new Higher concepts of how to live in an angelic, spiritual manner. Unfortunately, when we all reincarnate to Earth (Gaia) a veil of amnesia is placed over us at birth and we forget who we are and why we have come! The Starseeds have forgotten their mission. But it can be remembered and their lives can be an inspiration to others!

Starseed Problems

Because the Starseeds have forgotten that they are angels in human form and not merely human, they have felt bewildered at living in such a harsh, unsympathetic environment. People just don't understand their sensitive feelings, fears and longings for a more peaceful, secure and loving society. They do not want the traditional goals of wealth, power and social status. They would much rather find contentment, caring and Oneness with others, not compete with them. They do not like rules and regulations, control and power plays. Marriage and responsibility do not appeal to their carefree natures.

Unfortunately, they may become involved in minor criminal activities, have multiple, uncaring sex partners and become addicted to drugs or alcohol, in their defiance of current Earth values. Unused to the negative aspects of life, they are often strangely attracted to them. This often makes living on Earth as a human, very depressing, confusing and frightening. Does this sound like you? Well, we will now show you how you can raise your spiritual vibration, remember who you are and why you are here and sort out those earthly difficulties in one easy step!

Benefits of raising your spiritual vibration

When you begin to consciously raise you spiritual vibration, wonderful things happen to you. Suddenly life makes sense! You understand now who you are and why you're here. Life is no longer a series of random incidents with no apparent meaning, but instead, a learning experience that you can take control of now and in the future!

You come to realise that everything has a deeper spiritual meaning. The person who helps you, may be repaying a long established karmic debt. Perhaps, you helped them once in a past lifetime and they are now repaying the debt, by being kind to you. Similarly you may have hurt someone in a past life and they are now repaying you with bad karma. You also realise that what you do in this current lifetime on Earth, will effect all your future lives, so you purposely set out to make no further bad karma for yourself. You treat everyone with kindness and unconditional love.

Starseeds also feel the Unity of all life forms and know that they are all linked on a higher level. When you hurt or harm someone else, (human, animal or vegetable) you are actually harming yourself! Instead you treat all humans and animals with love and respect. You set out to live life as an angelic, higher being – a Starseed, so you begin to drop your negative traits such as fear, jealousy, hate, envy, anger, malice, lies and lust and instead replace them with the higher angelic traits of unconditional love, inspiration, truth, forgiveness, empathy, joy, hope, faith and positivity. You can do it!


The rewards may be at first, hardly noticeable. Your actions, thoughts and words may at first seem false and forced, but soon you will be living as a higher angelic, Starseed. People will learn to react positively to the new you. Your positive, loving attitude will be reflected back to you. You will make positive changes in your relationships, work, health and spirituality. You will rediscover your purpose for incarnating and begin to live it. You will be an inspiration to others!

As you raise your spiritual vibration, your long hidden spiritual and psychic abilities will come to the fore. You will be able to work on your clairvoyant skills – seeing, hearing and feeling higher spirits, angels and Ascended Masters around you. Your auras will blaze with positive light and your chakra or energy centres, become fully functional for greater psychic contact and better health. Your telepathy with others will increase and you will develop your ESP abilities and astral travelling techniques. You will learn to become a talented healer or spiritual counsellor. Your own special mission in life – to heal, counsel, write, entertain, create art works, aid with music or other, will be fully remembered and activated. Your life will take on a deeper spiritual meaning.



As a spiritually higher vibrational Starseed, you will successfully work on your family relationships and find new positive friends and work colleagues. You will find work that you

love to do and suits your abilities. You will make positive changes to your living environment and live in a harmonious home where you can relax, entertain and meditate in peaceful surroundings. You will work towards finding your Twin Flame or Higher Soul Mate and build a lasting, loving, caring relationship with that special person. You will feel empowered, loving, free and spiritually alive!

But many of you may feel that current everyday problems are holding you back from accomplishing this new, wonderful life. You don't know how to tackle these problems in a spiritual way, like an angelic Starseed! Here is our solution, given by Spirit, to help you work out these problems and use in the future for keeping the Starseed values alive within you! It is called L.I.F.T. 

L.I.F.T. IS THE STARSEED SOLUTION

Here is an amazing affirmation that we ask you to memorize and use to sort out all your earthly problems, worries and cares. And it works!

"I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!"


L.I.F.T.  stands for –

L. love

I. inspiration

F. forgiveness

T. truth

Sounds simple doesn't it? But in every situation in life, you can ask yourself – "Does this L.I.F.T.  me to my angelic vibration?" If in the situation you can't express your love, inspiration, forgiveness and truth, change it around or walk away from it! You want to live your life as an angelic Starseed not as a mixed up human.

A Fuller Explanation of L.I.F.T.

The letters L,I,F,T, are an acronym for the word 'lift'. They are taken from the first letters of the following words – love, inspiration, forgiveness and truth.

By *Love*, we mean of course unconditional love. Loving others as you love yourself, wanting the best for them physically, emotionally, mentally and spiritually. Conditional love means expecting something in return, unconditional love is giving love without restrictions. But at the same time, acting as an Ascended Master such as Jesus, Buddha, Krishna, Allah, Mother Mary, Isis and Kwan Yin would, being compassionate, tolerant and caring, but not debasing



themselves or allowing themselves to be abused by others.

By **Inspiration**, we mean living as a higher, more angelic example to others. Inspiring them to follow your guide and increase the angelic nature of themselves. When your words, thoughts and actions are of a lower nature, you pull yourself and others down in vibration. L.I.F.T.

 up don't fall!

By **Forgiveness**, we mean, fully and wholly forgiving others for any hurt and harm they may have done to you, in this lifetime and in past incarnations. When you fail to forgive another person, you hold on to the hurt and it causes you mental and emotional pain. It may also cause sickness within you. It is Divine to forgive and an attribute of the angels. Only humans hold onto grudges and hurt. Let it go and be angelic!

By **Truth**, we mean not only being truthful in your thoughts, words and actions, but also speaking your own inner Truth, your beliefs, philosophies and feelings in a way that resolves a situation. Letting others know your true opinions, this allows confusion to be dissolved.


By assessing every situation, using the formula of Love, Inspiration, Forgiveness and Truth, you will easily find a solution that will help you raise your angelic vibration, not lower it. We have added a pair of angel wings to remind you that when you L.I.F.T.  yourself up, you are behaving like an angelic Starseed! You can also use this L.I.F.T.  formula to assess the actions of others involved in the problem or situation. Are they raising their own spiritual vibration by behaving as they are or are they letting their angelic vibration fall?


When your angelic vibration begins to **F.A.L.L.** you are giving into Fear, Anger, Lust and Lies. This is how many people react instinctively to problems and negative situations in life.

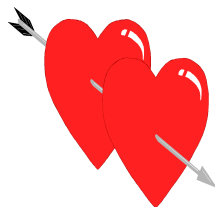
But, this is not the way of the Starseed! L.I.F.T.  your angelic vibration upward!

EVERYDAY SITUATIONS USING L.I.F.T.

Starseeds will find that the following problems and situations may commonly occur in their lives. By using the affirmation, "I am a Starseed, my thoughts, words and actions L.I.F.T.




 me to my angelic vibration!" You can fully assess the problem and find a workable, angelic solution that raises your own (and everyone else who is involved) angelic vibration. These problems involve, Love, Sex, Crime, Drugs, Work/School, Family, Friends and Spirituality.

Just ask yourself, "Does this L.I.F.T.  me?"



LOVE PROBLEMS

The Stolen Boyfriend

Dana was madly in love with her new boyfriend Jason, but her friend Karla also wanted him. Karla seduced Jason and he cruelly dumped Dana. She felt used, hurt and revengeful. She wanted to get even with them both. However, Dana knew that she was a Starseed and she had heard of the L.I.F.T.  formula. She said to herself, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about her vengeful thoughts and then she asked herself, "Does this L.I.F.T.  me?"


L for Love. Did she feel enough unconditional love for Karla and Jason to stop her vengeful thoughts, words and actions? Yes, although it was difficult, she decided to send them mentally her Love. They are angels too!


I for Inspiration. Could the way she thought, spoke and act influence her former friends to scrutinize their own bad behaviour and be an example for them to behave more openly, caring and truthfully? She decided that her tolerant, caring attitude would surprise them and inspire them both, to more angelic behaviour in the future.

F for Forgiveness. Could she learn to truly forgive them and allow the pain within her to be dissolved, freeing her up for future positive love relationships? She decided that she would and could forgive them. After all she is a Starseed, an angelic being!

T for Truth. Could she speak her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! Bravery is a Starseed attribute!


She decided to L.I.F.T.  her angelic vibration.

Dana invited Karla and Jason to her home for coffee and a talk. She told them that she still had unconditional love for them both, despite the way that they had hurt her. Her caring, compassionate manner made the two feel very ashamed of their actions. They both resolved to be more truthful and honest in the future. She forgave them and felt good that she had expressed her truth. She realised that Jason could not be her Soul Mate if he was so easily seduced by Karla, so she let the hurt dissolve and began to develop her spiritual nature and abilities. At an Aura workshop she met Ben, who was her Soul Mate. They are now happily together and use the L.I.F.T.  formula every day!

Had Dana, however, given into her need for Fear, Anger, Lust and Lies she may have acted in a debased, negative way and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. In a similar circumstance would you L.I.F.T.  or F.A.L.L.?

To take a Lover or not?

Tom had been happily married for ten years and had two, fine sons from the marriage. He loved his wife Mandy, but he thought that their love life was boring. He wanted to have an affair with a work colleague who was young and pretty. His male friends encouraged him to go ahead. He was a Starseed and wanted to be spiritual. Was an affair so wrong?

He said to himself, "I am a Starseed, my thoughts, words and actions L.I.F.T. me to my angelic vibration!" He thought about his lustful thoughts and then he asked himself, "Does this L.I.F.T.  me?"

L for Love. Did he feel enough unconditional love for Mandy and his sons to stop his lustful thoughts, words and actions? Yes, although it was difficult, he decided to send them all mentally his Love. They are angels too!

I for Inspiration. Could the way he thought, spoke and acted influence others to scrutinize their own bad behaviour and be an example for them to behave more openly, caring and honorably? He decided that his caring attitude would inspire his work friends to more angelic behaviour in the future.

F for Forgiveness. Could he learn to truly forgive himself for his lustful thoughts and allow the pain within him to be dissolved, freeing him up for future positive love relations with his own wife? He decided that God would forgive him, so he forgave himself. After all he is a Starseed, an angelic being!

T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show his angelic intentions? He decided that he could and would!


He decided to L.I.F.T.  his angelic vibration. He asked himself "Would an affair L.I.F.T.  me?" The answer was NO!


He chose a quiet moment with his wife, Mandy to explain that he felt that their marriage, while stable and secure, was lacking romance. He wanted to find romance within his marriage, as he believed that she was his soul mate. They decided to spend more time alone together and go on short romantic vacations. He fell in love with his wife Mandy, all over again and their love life is now exciting and fulfilling. He explained his actions to his male friends at work and told them why he had decided to L.I.F.T. his angelic vibration. They understood his reasons and he has inspired them to be more angelic in their own marriages!

Had Tom decided to F.A.L.L. in his angelic vibration he would have given into Fear, Anger, Lust and Lies. His marriage may have broken up and he would have lost the love of his family and his own self-respect. As a Starseed he can do better than this!

Unrequited Love

Jenny had been in love with Mark for five years, He regarded her as a good friend, but failed

to react to her constant adoration. She heard of the L.I.F.T.  formula and applied it to her unrequited love for Mark.

She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T. me to my angelic vibration!" She thought about her infatuation for Mark and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself and Mark to stop her unfulfilling thoughts, words and actions? Yes, although it was difficult, she decided to mentally and emotionally disconnect from Mark and unconditionally love herself. She is an angel too and deserves love and respect!

I for Inspiration. Could the way she thought, spoke and act influence others to scrutinize their own obsessive behaviour and be an example for them to behave with more self respect? She decided that her new self-confident attitude would surprise them and inspire them to more angelic behaviour in the future.


F for Forgiveness. Could she learn to truly forgive Mark and herself and allow the pain within her to be dissolved, freeing her up for future positive love relationships? She decided that she would and could forgive all concerned. After all she is a Starseed, an angelic being!

T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! She also came to realise that Mark was acting out his own inner truth. He regarded her as a friend, but not his soul mate. She now realised that he was not her soul mate or her feelings would be returned.

She decided to L.I.F.T.  her angelic vibration.

Jenny decided to not see Mark for some time, until she had full control of her emotions. She decided that whenever she began to think romantically about him, to stop herself and change her thoughts to one of friendship. Some time later, she met Mark accidentally at a party and found that her feelings to him had changed. He felt like a good, old friend and nothing more. She is now involved in a loving relationship with a handsome, young man Neil who adores her.


She now uses the L.I.F.T.  formula every day!


Had Jenny, however, given into her need for Fear, Anger, Lust and Lies she may have acted in a jealous, depressed and negative way and instead of raising her spiritual angelic vibration, it would have F.A.L.L.en. In a similar circumstance would you L.I.F.T.  or F.A.L.L.?

Unfaithful Girlfriend

John's girlfriend Teri admitted to him that she had slept with an older man for money and drugs. She was very casual about the situation and justified her actions, by saying that they

weren't married and that she could do with her body what she liked. It was no big deal!

John was very upset at the revelation. Teri's actions repulsed and hurt him and he did not know if he wanted to continue the relationship. He decided to use the L.I.F.T.  formula to help him decide what to do.

He said to himself, "I am a Starseed, my thoughts, words and actions L.I.F.T. me to my angelic vibration!" He thought about his confused thoughts concerning his relationship with Teri and then he asked himself, "Does this L.I.F.T.  me?"

L for Love. Did he feel enough unconditional love for Teri to forgive her lustful actions? Yes, although it was difficult, he decided to send her mentally his Love. She is an angel too!


I for Inspiration. Could the way he thought, spoke and act influence her to scrutinize her own bad behaviour and be an example for her to behave more openly, caring and honourably? He decided that his caring attitude could inspire Teri to more angelic behaviour in the future.

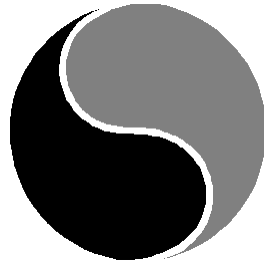
F for Forgiveness. Could he learn to truly forgive Teri for her lustful behaviour and allow the pain within him to be dissolved, freeing him up for future positive love relations with her? He decided that he could forgive her providing she did not continue with such behaviour in the future.

T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show Teri his angelic intentions? However, he knew that should she dismiss his feelings and continue with future promiscuous behaviour, he would have to leave the relationship. He wanted a soul mate not a casual relationship. He decided that he could and would!

He decided to L.I.F.T. his angelic vibration. He asked himself "Would forgiving Teri L.I.F.T.  me?" The answer was Yes!

He chose a quiet moment with his girlfriend Teri to explain that he felt that their relationship should be based on faithfulness and respect. He wanted Teri to be his soul mate and work for higher causes with him. He wanted her to find the joy of raising her own angelic vibration. Teri however rejected his forgiveness, love and truth. She spoke her own truth that she did not want an exclusive relationship with John and did not want to lift her angelic vibration.

Teri consciously decided to F.A.L.L. in her angelic vibration. She gave into Fear, Anger, Lust and Lies. Though disappointed, John decided to end the relationship with Teri, their Truths and goals were too different to succeed in a loving relationship. She remains a friend in his life and he is consciously seeking a real soul mate with whom he will share his higher dreams. He realised that to remain with Teri he would eventually F.A.L.L. in his angelic vibration. He chose instead to L.I.F.T.  to a higher angelic Starseed vibration.



Sex Problems

Looking for Love through Sex

Tanya was nineteen and desperately wanted to be loved by a man. Despite her longings for love, she was often alone. At night she would go to clubs and raves and pickup a man for a night of passionate sex. In the morning she would feel deflated and angry at herself for her promiscuous behaviour. Sex was no substitute for love. She feared being alone, but her overly sexual behaviour was gaining her a bad reputation with the men in her town. What could she do? A friend told her about the L.I.F.T. 🦋 formula and she decided to try it to assess her lifestyle.

She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T. me to my angelic vibration!" She thought about her overly sexual behaviour and then she asked herself, "Does this L.I.F.T. 🦋 me?"

L for Love. Did she feel enough unconditional love for herself to stop her unfulfilling thoughts, words and actions? Yes, although it was difficult, she decided to mentally and emotionally disconnect from her obsessive search for love through sexual acts and unconditionally love herself. She is an angel too and deserves love and respect!

I for Inspiration. Could the way she thought, spoke and act influence other confused friends to scrutinize their own self destructive behaviour and be an example for them to behave with more self respect? She decided that her new self-confident and more spiritual attitude would surprise them and inspire them to more angelic behaviour in the future.


F for Forgiveness. Could she learn to truly forgive herself and allow the pain within her to be dissolved, freeing her up for future positive love relationships? She decided that she would and could forgive herself and all the men who had sexually used her. After all she is a Starseed, an angelic being!

T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! But it would involve change. Was she prepared to do that? Yes! Bravery is a Starseed attribute!




She decided to L.I.F.T.  her angelic vibration.

Tanya decided to cease her search for love and control her sexual behaviour. She visited a psychologist weekly and worked through her obsessive need for love and attention. She began to work on raising her own inner self-confidence through artistic activities. She found that she had a talent for painting and produced many expressive oil paintings. She visited art galleries and art classes and made new platonic friends. She gave up going to clubs to search for men. In time, with her new enhanced self esteem she met a caring, artistic man called Tom, who took time to get to know her and did not expect sexual favors from her. They are now in a loving relationship and her life is now much more rewarding and joyful.

She now uses the L.I.F.T.  formula whenever she has a problem!

Had Tanya, however, given into her need for Fear, Anger, Lust and Lies she may have reacted in a fearful, angry and negative way and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.  herself to a better life!

Sexual Pressure

Anna was in love with Rob and wanted a close, loving relationship with him, but he was constantly pressuring her for sex. She felt that at sixteen, she was too young to have a full sexual relationship. Rob however, threatened to leave her and go with a more compliant girl, if she did not give into his sexual demands. Anna was shocked at his ultimatum. She decided to use the L.I.F.T.  formula to sort out her feelings. She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about Rob's sexual pressure and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself and Rob to stop her performing unwanted sexual thoughts, words and actions at his demand? Yes! She is an angel too and deserves love and respect!

I for Inspiration. Could the way she thought, spoke and act influence other confused friends to scrutinise their own self destructive sexual behaviour and be an example for them to behave with more self respect? She decided that her new self-confident and more spiritual attitude would surprise them and inspire them to more angelic behaviour in the future. Perhaps Rob too, would learn to be less demanding and more understanding.

F for Forgiveness. Could she learn to truly forgive Rob and allow the pain within her to be dissolved, freeing her up for future positive love relationships? She decided that she would and could forgive Rob but she would not give into his greedy sexual demands. After all she is a Starseed, an angelic being!

T for Truth. Could she act out her truth and inner feelings and express them in a positive way


that would show her angelic intentions? She decided that she could and would! But it could involve change. Rob may not see it her way. If he did not he was obviously not her soul mate. Was she prepared to lose him? Yes! Bravery is a Starseed attribute!

She decided to L.I.F.T.  her angelic vibration.


Anna arranged to speak to Rob in a quiet place. She expressed her truth, that she was not ready for a sexual relationship with him. Love yes, but sex, no! She would not be threatened or coerced. If he did not truly love and respect her, then she was prepared to finish the relationship. Rob was impressed by her new unconditional love, inspiring behaviour, forgiveness and truthful behaviour. He apologised to her and asked for her forgiveness. They are now seeing and treating each other as loving equals. One day they may choose to have sex, but it will be a mutual choice made from higher motives not through pressure and threats!



They both now use the L.I.F.T. formula every day!

Had however, Anna given into her need for Fear, Anger, Lust and Lies she may have reacted in a fearful, angry and negative way and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.

 herself to a better life!

Prostitution

Sara was a prostitute who was at first, pleased with the easy money that she earned. Over time however, she came to hate the men who came to her as clients. She even despised her boyfriends and could not find inner peace within herself. She often visited tarot readers and clairvoyants, trying to find some way out of her dilemma. Surely, there was a better life path for her to follow? Sara was told about the L.I.F.T.  formula and used it successfully to solve minor problems in her life. Now she decided to examine her life style. She stated to the

Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about her prostitution work and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself and her clients to stop her unfulfilling thoughts, words and actions? Yes, although it was difficult, she decided to mentally and emotionally disconnect from her chosen work and unconditionally love herself. She is an angel too and deserves love and respect!

I for Inspiration. Could the way she thought, spoke and act influence other prostitute friends to scrutinise their own self destructive behaviour and be an example for them to behave with more self respect? She decided that her new self-confident and more spiritual attitude would surprise them and inspire them to more angelic behaviour in the future.

F for Forgiveness. Could she learn to truly forgive herself and allow the pain within her to be dissolved, freeing her up for future positive love relationships? She decided that she would

and could forgive herself and all the men who had formerly paid her for sex. After all she is a Starseed, an angelic being!


T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! But it would involve change. Was she prepared to do that? Yes!

She decided to L.I.F.T.  her angelic vibration.

She quit her prostitution work and searched for a profession which would inspire and please her. One that gave her self respect and self assurance. She studied a course on floristry, as she had always loved flowers. In time she opened up her own flower shop and her life is now much more rewarding and content.

She now uses the L.I.F.T.  formula every day!

Had Sara, however, given into her need for Fear, Anger, Lust and Lies she may have reacted in a fearful, angry and negative way and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.

 herself to a better life!

Homosexuality

Darren was a twenty-eight year old homosexual man who had had many male lovers. Now he had met a man, Jeff who he dearly loved. He wondered if he could remain faithful to Jeff and if it was wrong of him to explain his homosexual feelings to his parents. His parents were very religious and saw homosexuality as a sin. He was very confused. He said to himself, "I am a Starseed, my thoughts, words and actions L.I.F.T. me to my angelic vibration!"



He thought about his confused thoughts about his relationship with Jeff and then he asked himself, "Does this L.I.F.T.  me?"

L for Love. Did he feel enough unconditional love for Jeff to remain faithful to him? Yes. Could he love his parents despite their condemning thoughts and actions about his sexuality? Yes, he felt that he could understand and love them despite their different outlook. He decided to send them mentally, his Love. They are angels too!

I for Inspiration. Could the way he thought, spoke and act influence other homosexual and heterosexual friends to scrutinise their own unloving behaviour and be an example for them to behave more openly, caring and honourably? Yes. Then, he decided that his caring, non-judgmental attitude could inspire his parents to achieve more angelic behaviour in the future.



F for Forgiveness. Could he learn to truly forgive his parents for their unloving, judgmental behaviour and allow the pain within him to be dissolved, freeing him up for a future positive, love relationship with Jeff? He decided that he could forgive them.

T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show his parents and Jeff his angelic intentions? He wanted a soul mate not a casual relationship. Darren wanted his parents to accept and love him for what he was. He decided that he could and would!


He decided to L.I.F.T.  his angelic vibration. He asked himself "Will forgiving my parents and loving Jeff L.I.F.T.  me?" The answer was Yes!

He chose a quiet moment with his lover Jeff, to explain that he felt that their relationship should be based on faithfulness and respect. He wanted Jeff to be his soul mate and work for higher causes with him. He wanted him to find the joy of raising his own angelic vibration. Jeff agreed that this is what he wanted and their relationship has been a very happy, fulfilling one.

Darren approached his parents and tried to explain, by speaking his Truth, his feelings for Jeff and why he was homosexual. He told them that he respected and loved them unconditionally and forgave them any hurt that they had inflicted upon him. His behaviour was an inspiration to his mother and father, who decided to accept his homosexuality and told him that they loved him unreservedly. Their relationship with him is now based on honesty and kindness.

Had Darren consciously decided to F.A.L.L. in his angelic vibration and give into Fear, Anger, Lust and Lies, he would not have spoken his truth and confronted his parents. He would have missed a chance to make them understand his lifestyle and lost a valuable chance to renew their former loving relationship. By assessing his love for Jeff, using the L.I.F.T.  formula, he was able to see that they could have a loving soul mate relationship. Darren chose instead to L.I.F.T.  to a higher angelic Starseed vibration in all his future dealings with other people.

Sexual perversion

Carl was sexually abused as a small boy by an older man and he could only find sexual release from indulging in child pornography on the net. He knew that his actions were immoral and anti-social, but his inner compulsion was strong. In many other ways, he was kind, generous and caring, but this one aberration ruled his thoughts, words and actions. He was disgusted with his sordid life and he decided to use the L.I.F.T.  formula to find a solution.

He said to himself, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!"

He thought about his confused sexual thoughts and actions and then he asked himself, "Does this L.I.F.T.  me?"



L for Love. Did he feel enough unconditional love for the children (his imaginary victims) to

stop indulging in child pornography? Yes. Could he love himself despite his debased thoughts and negative actions about his sexuality? Yes, he felt that he could understand and love himself, providing he gave up his negative abusive behaviour. He decided to send mentally, his former imaginary sexual victims, his unconditional Love. They are angels too!

I for Inspiration. Could the way he now thought, spoke and act influence other sexual deviants to scrutinize their own unloving behaviour and be an example for them to behave more openly, caring and honourably? Yes.

F for Forgiveness. Could he learn to truly forgive himself and his childhood abuser? Yes, he could now allow the pain within him to be dissolved, freeing him up for future positive loving and sexual relations. He prayed for forgiveness from the children whom he had mentally abused sexually and vowed to never commit such an offence again. He asked God to forgive him for his debased behaviour and felt a lifting of his burden.



T for Truth. Could he speak his truth, control his thoughts and inner feelings and express them in a positive way in the future that would show everyone his angelic intentions? He wanted a pure life of hope and inner respect. He decided that he could and would!

He decided to L.I.F.T.  his angelic vibration. He asked himself "Will changing my former negative behaviour, L.I.F.T.  me?" The answer was Yes!

It would have been easy for Carl to F.A.L.L. in his behaviour. For him to be afraid to change his sexual pattern and to be angry at the world. To give into lust and lies and maintain his futile, shady lifestyle. Instead, he had the courage to ask for forgiveness and take control of his thoughts and actions in a higher, angelic Starseed way. He is now seeking psychological help and feels that life now holds hope and promise.

Threesome Pressure

Mai was a loving, tolerant person who had a big heart and warm nature. She was not in a current loving relationship with a man. Her friends Tara and Malcolm wanted her to join them in a sexual threesome. She was confused about the situation. Morally it was not an issue for her, but was it spiritually right for her?

She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about her threesome dilemma and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself and her friends to have a sexual threesome with them? No. While she cared for her friends, it was not in a sexual way. She knew that unconditional love does not mean doing everything someone asks you. She is an angel too and deserves love and respect!


I for Inspiration. Could the way she thought, spoke and act, influence other vulnerable friends


to scrutinize their own self destructive behaviour and be an example for them to behave with more self respect? She decided that her new self-confident and more spiritual attitude would surprise them and inspire them to more angelic behaviour in the future.

F for Forgiveness. Could she learn to truly forgive her friends and allow the inner conflict within her to be dissolved, freeing her up for future positive love relationships? She decided that she would and could forgive them. After all she is a Starseed, an angelic being!

T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! But it would involve being courageous and being perceived as unloving. Was she prepared to do that? Yes!

She decided to L.I.F.T.  her angelic vibration.

Mai spoke to her two friends kindly and without judgement. She spoke her truth that she believed sexuality should be between two loving adults, not a casual experience with many people. She was searching for her soul mate, and would not find him in a committed couple. Her friends understood her truth and have reverted to their usual caring friendship. They respect her for her angelic stance. She now uses the L.I.F.T.  formula every day!

Had Mai however, given into her need for Fear, Anger, Lust and Lies she may have reacted in a lustful and negative way and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.  herself to a better life!



Family Relationships

Arguments in the Family

Toby and his family were always arguing with one another or insulting each other verbally. Insults flew around their small suburban home from breakfast to supper. They all had hot tempers and lost them frequently with one another. Toby's father Jack thought that his Starseed son was lazy and good for nothing. Toby's mother Maria thought that Toby was slovenly and indecisive. Toby thought his parents were overly critical and demanding. If he had the finances he would have left home long ago, but unfortunately, he was jobless and

broke!

Toby heard about the L.I.F.T.  formula from a friend and decided to try it out. What could he stand to lose, but a lot of earache!



He asked himself, "Does this continual arguing L.I.F.T.  me?"

L for Love. Could he love his parents despite their condemning thoughts and actions about his lifestyle? Yes, he felt that he could understand and love them despite their different outlook. He decided to send them mentally, his Love. They are angels too!


I for Inspiration. Could the way he thought, spoke and act influence other Starseed friends to scrutinise their own unloving, irresponsible behaviour and be an example for them to behave more openly, caring and responsibly? Yes. Then, he decided that his caring, non-judgmental attitude could inspire his parents to more angelic behaviour in the future.

F for Forgiveness. Could he learn to truly forgive his parents for their unloving, judgmental behaviour and allow the pain within him to be dissolved, freeing him up for future positive relations with them? He decided that he could forgive them. He also asked that he would be forgiven by them both, for his careless and slovenly behaviour.


T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show his parents his angelic intentions? He wanted to do something special with his life, not just live a mundane existence. He asked for their help in choosing a profession that would achieve this. At the same time, Toby wanted his parents to accept and love him for who he was. He decided that he could and would!



He decided to L.I.F.T.  his angelic vibration. He asked himself "Will making peace with my parents and asking for their help, L.I.F.T.  me?" The answer was Yes!

Toby approached his parents and tried to explain, by speaking his Truth, his feelings of sadness at their continual fighting and arguing. He told them that he respected and loved them unconditionally and forgave them any hurt that they had inflicted upon him. He asked for forgiveness for his irresponsible behaviour. He would try to be more tidy and motivated in the future. His open behaviour was an inspiration to his mother and father, who decided to accept his need for a more supportive, caring family environment. They helped him choose a profession, landscape gardening, which truly appealed to him and helped him enroll in a study course, to achieve this. Their relationship with him is now based on honesty and kindness and the home environment is much more caring and peaceful!

Had Toby consciously decided to F.A.L.L. in his angelic vibration and give into Fear, Anger, Lust and Lies, he would not have spoken his truth and confronted his parents. He would have missed a chance to make them understand his lifestyle and lost a valuable chance to renew their former loving relationship. Toby chose instead to L.I.F.T.  to a higher angelic Starseed vibration in all his future dealings with other people.

The Abusive Family

Dendy was an eighteen year old girl whose mother and father were alcoholics. When drunk, they often physically fought with one another and slapped and swore at Dendy. She often went to school with bruises and her self-esteem was very low. Her schoolwork suffered because of the aggressive mood in the family home. One day she collapsed in tears in class and the school counselor arranged a long counselling session with her. Dendy confided to the kind counselor about her abusive home life. The counsellor told her about the L.I.F.T.  formula and asked her to apply it to her current problem. Should she stay in an abusive home?

She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about her abusive home dilemma and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself and her parents to remain in a negative abusive situation with them? No. While she cared for her parents, it was not raising their own spiritual vibration or her own, while she remained with them. She knew that unconditional love does not mean accepting everything someone does to you. She is an angel too and deserves love and respect!

I for Inspiration. Could the way she thought, spoke and act influence her parents to scrutinize their own self destructive behaviour and be an example for them to behave with more self respect? She decided that her new self confident, self-responsible and more spiritual attitude would surprise them and inspire them to more angelic behaviour in the future.

F for Forgiveness. Could she learn to truly forgive her parents and allow the inner conflict within her to be dissolved, freeing her up for future positive family relationships? She decided that she would and could forgive them. After all she is a Starseed, an angelic being!


T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! But it would involve being courageous and perhaps being perceived as unloving and selfish. Was she prepared to do that? Yes! Bravery is a Starseed attribute!

She decided to L.I.F.T.  her angelic vibration.


Dendy and the school counsellor spoke to her parents kindly and without judgement. She spoke her truth that she believed the family lifestyle was destructive and lacked love and respect. She would move into assisted accommodation arranged by the counsellor and continue her studies. Dendy forgave her parents, but made it clear to them that until they mended their ways, she would not return to the family home.

The counsellor recommended that they join Alcoholics Anonymous and receive counseling

about their addictions and abusive behaviour. Her parents understood her truth and have since tried to overcome their problems. They are all attempting to revert to their old caring relationship. Meanwhile, Dendy has adapted to her new peaceful environment, made new friends and has improved her school grades. Her parents respect her for her angelic stance.




She now uses the L.I.F.T.  formula every day and tells her friends how to use it for problem solving!

Had Dendy however, given into her need for Fear, Anger, Lust and Lies she may have reacted in a resentful, fearful and negative way and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.

 herself to a better life!

Jealousy

Susan's family all adored her younger brother Brian, but often treated her in an offhand manner. Susan was 13 and Brian 10 years of age. She was hurt by their indifference and began to torment Brian, whenever they were alone. She would pinch him and break his possessions. Although Brian ran to his parents for sympathy and Susan was severely punished by her parents, she could not stop her jealous behaviour.

A friend told her of the L.I.F.T.  formula for solving Starseed problems. Susan had read about Starseeds on the world wide web and felt that she was one. She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about her jealousy towards Brian and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself, Brian and her parents to unconditionally love them? Yes. She cared for her parents and her younger brother, but she needed to sort this problem out so that she also felt their unconditional love. She is an angel too and deserves love and respect!


I for Inspiration. Could the way she thought, spoke and act influence her parents to scrutinise their own self absorbed behaviour and be an example for them to behave with more love towards her? She decided that her new self confident, compassionate and more spiritual attitude would surprise them and inspire them to more angelic behaviour in the future.


F for Forgiveness. Could she learn to truly forgive her parents and allow the inner conflict within her to be dissolved, freeing her up for a future positive family relationship? She decided that she would and could forgive them. After all she is a Starseed, an angelic being!

T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! But it would involve being courageous and exposing her hurt feelings. Was she prepared to do this? Yes!

She decided to L.I.F.T.  her angelic vibration.


Susan spoke to her parents and Brian kindly and without judgement. She spoke her truth that she believed the family lifestyle was destructive and lacked love and respect. She explained that she was hurt by their dismissal of her feelings and favoritism towards Brian. Susan forgave her parents and told them that she loved them and Brian, but made it clear to them that unless changes were made in the home, she would leave home when she turned sixteen and they could lose her affection, forever!

Her parents understood her truth and were ashamed at their callous behaviour and have since tried to overcome their problems. They are all attempting to revert to their old caring relationship. Meanwhile, Susan has begun new interesting activities outside of the home, to increase her inner feelings of self worth. She now behaves much more kindly to Brian and her parents treat her with much more respect and love. She now uses the L.I.F.T.  formula every day for solving her problems!

Susan could have given into her need for Fear, Anger, Lust and Lies and she may then have reacted in a resentful, fearful and negative way and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.  herself to a better life!

Friends

Criminal Gang

Peter's friends at school had become reckless and began to engage in minor criminal behaviour, shoplifting and defacing property. He wanted to remain one of the gang, but felt that their behaviour was wrong and risky. He was a Starseed and felt that people should help one another not create distress and trouble. His friends were planning a robbery and wanted him to join in. He was troubled about it and decided to use the L.I.F.T.  formula to solve his dilemma.



He asked himself, "Does this criminal behaviour L.I.F.T.  me?"

L for Love. Could he unconditionally love his friends despite their criminal thoughts and actions? Yes, he felt that he could understand and love them despite their different outlook, but he didn't have to join them in their negative activities. He decided to send them mentally, his Love. They are angels too!


I for Inspiration. Could the way he thought, spoke and act, influence other Starseed friends to scrutinise their own unloving, irresponsible behaviour and be an example for them to behave more openly, caring and responsibly? Yes.

F for Forgiveness. Could he learn to truly forgive his friends for their unloving, negative behaviour? Yes, he decided that he could forgive them.


T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show his friends his angelic intentions? He wanted to do something special with his life, not just live a common criminal existence. At the same time, he wanted his friends to accept and love him for what he was. He decided that he could and would! Bravery is a Starseed attribute!



He decided to L.I.F.T.  his angelic vibration. He asked himself "Would joining my friends in their criminal activities, L.I.F.T.  me?" The answer was No!

Peter approached his friends and tried to explain, by speaking his Truth, his feelings of worry and sadness at their criminal activities. He told them that he wanted to do more with his life. He told them that he respected them unconditionally, but he would not join them in any future criminal activities. Some of the boys were sarcastic about his feelings, but two friends admitted that they agreed with him and left the gang. They are now his best friends and admire him for speaking his truth and carrying out his convictions. The other gang members committed the robbery and were caught by the police. Peter visits them in jail and is supportive of them, but has made it clear to them that he has chosen another path in life. That of a Starseed!

Had Peter consciously decided to F.A.L.L. in his angelic vibration and give into Fear, Anger, Lust and Lies, he would not have spoken his truth and confronted his friends. He would have joined them in the robbery, through peer pressure and landed in jail! Peter chose instead to L.I.F.T.  to a higher angelic Starseed vibration in all his future dealings with other people.

Drugs

Celia's friends all regularly smoked marihuana and took illegal pills when they attended parties and raves. They regarded girls who did not indulge, as nerds and geeks. Celia tried the drugs a few times, but they made her feel sick and dizzy. She knew that as a Starseed she was susceptible to addictions and she had read that chemicals in the drugs would limit her spiritual vibration. She was afraid to be seen as a nerd and lose her friends, but she was also tired of slavishly following their lead in everything. She had heard of the L.I.F.T.  formula and decided to use it in this instance.

She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about her drug use and her friends' attitude and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself and her friends to unconditionally love them? Yes. She cared for her friends, but she needed to sort this problem out so that she also felt their unconditional love. She is an angel too and deserves love and respect!

I for Inspiration. Could the way she thought, spoke and act influence her friends to scrutinise their own self absorbed behaviour and be an example for them to behave with more respect for their minds and bodies? She decided that her new self confident, compassionate and more


spiritual attitude would surprise them and inspire them to more angelic behaviour in the future.


F for Forgiveness. Could she learn to truly forgive her friends for their arrogant, demanding behaviour and perhaps future rejection of herself? She decided that she would and could forgive them. After all she is a Starseed, an angelic being!

T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? Celia decided that she could and would! But it would involve being courageous and stating her beliefs. Was she prepared to do that? Yes!


Celia decided to L.I.F.T.  her angelic vibration.

Celia spoke to her friends kindly and without judgement. She spoke her truth that she believed their drug-taking pattern was destructive and lacked love and respect. She explained that she was trying to raise her spiritual vibration, not lower it. The choice was hers. She would no longer take drugs! Her friends understood her truth and were surprised that she had not spoken up before. They agreed that she could remain drug free, yet still be their friend. They have reverted to their old, caring friendship.

Meanwhile, Celia has begun new interesting spiritual activities outside of the home to increase her inner feelings of self worth. She now behaves much more openly to her friends and they treat her with much more respect and love. She now uses the L.I.F.T.  formula every day!

Celia could have given into her need for Fear, Anger, Lust and Lies and she may then have reacted in a resentful, fearful and submissive way and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.  herself to a better life!

Depression and drugs

Larry was a heavy user of illegal drugs. He had no friends, no girlfriend and no job. At first the drugs seemed to help him escape from the harshness of life. But in time, he could not get through the day without them. He became very depressed and often thought of suicide. His drug dealer offered him heroin and he thought of injecting himself and overdosing. He had just had enough of his low, demoralizing, harsh life. Sitting at a bus stop one day, he overheard a woman talking about the L.I.F.T.  formula to a friend. She explained the idea fully. As he sat there, he worked through the formula in his head.

He asked himself, "Does this drug taking, L.I.F.T.  me?"



L for Love. Could he unconditionally love himself, despite how far he had fallen in life? Could he forgive his negative thoughts, words and actions? Yes, he felt that he could forgive and love himself, but he would need to change his life around and gain his former self-respect. He decided to send himself mentally, his own unconditional Love. He is an angel too! He also

asked for Spirit's help in sending him unconditional Love.


I for Inspiration. Could the way he thought, spoke and act, influence other drug taking Starseeds to scrutinize their own unloving, irresponsible behaviour and be an example for them to behave more openly, caring and responsibly? Yes.

F for Forgiveness. Could he learn to truly forgive himself for his unloving, negative behaviour? Yes, he decided that he could forgive himself! He is a Starseed and can give and accept forgiveness!

T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show everyone his new angelic intentions? He wanted to do something special with his life, not just live a depressing, drug taking existence. At the same time, he would need to make major changes in his life that would lift his life, not lower it. He decided that he could and would!

He decided to L.I.F.T.  his angelic vibration. He asked himself "Would continuing to take these drugs, L.I.F.T.  me?" The answer was No!

Larry approached a drug counsellor that he knew, and told her of his decision to change his life for the better. She booked him into a rehabilitation centre and in six months, he overcame his drug habit. Afterwards, he was housed in a Half Way house, and he began to study counselling at college. He wanted to use his negative drug taking experience to help others overcome their addictions and depression. Larry now has an inspiring career, new friends and a loving girlfriend, all because he overheard a conversation about L.I.F.T. and decided to use it!



Had Larry consciously decided to F.A.L.L. in his angelic vibration and give into Fear, Anger, Lust and Lies, he would not have spoken and acted his truth. He would have fallen further into drug use and probably overdosed and killed himself. Larry chose instead to L.I.F.T.  to a higher angelic Starseed vibration in all his future life decisions.

Living your Truth

Aiden was a young man who lived in a small town. All his life he had wanted to travel overseas, see exotic sights and meet unusual people. He worked as a mechanic and had saved steadily for two years, to achieve his dream. Three of his friends had agreed to accompany him on the trip, however as the dateline for the long planned adventure grew closer, they all began to have second thoughts.

One friend decided that he would instead, use his savings for a deposit on an apartment and have his girlfriend move in with him. Another friend felt that he would like to buy a fancy car,

instead of 'squandering the lot on travelling for several months!' The last friend had not managed to save much of the money needed and said that, "He couldn't really be bothered to travel. Why leave home? It could be dangerous and he had everything he needed here!" Aiden was very disappointed in his friends' attitudes. He wondered if he should go on the trip alone or just like his friends, be satisfied with a mundane existence.



He had heard of the L.I.F.T.  formula and decided to use it in this instance. He asked himself, "Does giving up this long awaited trip, L.I.F.T.  me?"

L for Love. Could he still unconditionally love his friends, despite them letting him down on this matter? Yes, he felt that he could understand and love them despite their different outlooks, but he didn't have to join them in their monotonous, tedious attitude to life. He is a Starseed and deserves an exciting life!


I for Inspiration. Could the way he thought, spoke and act influence other Starseed friends to scrutinize their own dull, uninteresting behaviour and be an example for them to behave more adventurously and self-responsibly? Yes.

F for Forgiveness. Could he learn to truly forgive his friends for their unloving, negative behaviour? Yes, he decided that he could forgive them. But could he forgive himself, if he turned down the adventure of a lifetime? No.

T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show his friends his angelic intentions? He wanted to do something special with his life, not just live a common, boring existence. At the same time, he wanted his friends to accept and love him for what he was. He decided that he could and would live his truth and go on the trip!

He decided to L.I.F.T.  his angelic vibration. He asked himself "Would giving up this long awaited trip, L.I.F.T.  me?" The answer was No!


Aiden approached his friends and tried to explain, by speaking his Truth, his feelings of wanting adventure, colour and excitement. He told them that he wanted to do more with his life. He told them that he respected them unconditionally, but he would not give up his chance to do something so special, through fear or indifference. His three friends admired him for speaking his truth and carrying out his convictions. They were sorry that they had let him down. They gave him a great send-off party, the night before he left on his dream trip. He was gone a year and loved every moment of it. When he returned to his friends, he was more mature and self responsible. He is now working in a new field of interest and is planning his next trip. Aiden has made it clear to his friends that he has chosen an exciting path in life. That of a Starseed!

Had Aiden consciously decided to F.A.L.L. in his angelic vibration and give into Fear, Anger, Lust and Lies, he would not have spoken his truth and confronted his friends. He would have joined them in living a mundane, unfulfilling life. Aiden chose instead to L.I.F.T.  to a higher, angelic Starseed vibration in all his future life style choices.



Work and School

Stealing/theft

Jerry worked in a small timber yard in his local town. He disliked his boss and often was tempted to steal small amounts of timber and tools, as revenge. "Surely, they are perks of the job?" He thought to himself. He saw other employees doing the same. Jerry knew that he was a Starseed and tried to live to a higher angelic vibration, but when he was unfairly criticized by his boss one day, he was sorely tempted to 'borrow' some tools that would not be missed for some time. His girlfriend told him about the L.I.F.T.  formula for resolving problems and so he decided to try it out in this instance.



He asked himself, "Would this criminal behaviour L.I.F.T.  me?"

L for Love. Could he unconditionally love his boss despite their differences? Yes, he felt that he could understand and love him despite their different outlook. He is an angel too!

I for Inspiration. Could the way he thought, spoke and act influence other Starseed friends and work mates to scrutinize their own unloving, irresponsible behaviour and be an example for them to behave more openly, honestly and responsibly? Yes.


F for Forgiveness. Could he learn to truly forgive his boss for his unloving, negative behaviour? Yes, he decided that he could forgive him.

T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show his boss his angelic intentions? He wanted to do something special with his life, not just live a common criminal existence. At the same time, he decided that if his boss's actions and manner towards him did not change, that he would seek employment elsewhere. He decided that he could and would live his truth!


He decided to L.I.F.T.  his angelic vibration. He asked himself, "Will engaging in criminal, revengeful actions, L.I.F.T.  me?" The answer was No!



Jerry approached his boss and tried to explain, by speaking his Truth, his feelings of

disappointment at the way he treated him, when he was trying to do his best at work. He told him that he wanted to do more with his life. He told him that he respected him unconditionally, but he would not continue working there, if his attitude to him did not change. His boss was surprised at his open attitude and realised that he would be losing a good, honest worker. He changed his attitude to Jerry and later promoted him to a more responsible position. Jerry has made it clear to his fellow employees and his boss that he has chosen a higher path in life. That of a Starseed!

Had Jerry consciously decided to F.A.L.L. in his angelic vibration and give into Fear, Anger, Lust and Lies, he would not have spoken his truth and confronted his boss. He would have joined the other employees in stealing goods and through peer pressure and revenge, even landed in jail! Jerry chose instead to L.I.F.T.  to a higher angelic Starseed vibration in all his future dealings with other people at work.

Pressure to Cheat

Fran was a good student at school, but a little shaky in history. She was about to sit a major examination. Her friend Donna had managed to get a copy of the test and for \$20 Fran could buy a copy and easily pass the exam with flying colours. Fran had never cheated in an exam before. She wondered if it was so wrong, since everyone else was doing it! She learnt about the L.I.F.T. formula  on The Abbott's website and decided to try it out on this problem.

She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about her intention to cheat in the exam and her friends' attitude and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself and her friends to unconditionally love them? Yes. She cared for her friends, but she needed to sort this problem out, so that she could also feel good about herself. She is an angel too and deserves love and respect!

I for Inspiration. Could the way she thought, spoke and act influence her friends to scrutinize their own self absorbed, dishonest behaviour and be an example for them to behave with more honesty? She decided that her new self confident, honesty and more spiritual attitude would surprise them and inspire them to more angelic behaviour in the future.


F for Forgiveness. Could she learn to truly forgive her friends for their dishonest behaviour? She decided that she would and could forgive them. After all she is a Starseed, an angelic being!


T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! But it would involve being courageous and stating her beliefs. Was she prepared to do that? Yes!

She decided to L.I.F.T.  her angelic vibration.

Fran spoke to her friends kindly and without judgement. She spoke her truth that she believed that cheating in the exam was dishonest, destructive and lacked love and respect. She explained that she was trying to raise her spiritual vibration, not lower it. The choice was hers. She would not buy the 'cheat notes'! Her friends understood her truth and were surprised that she had not spoken up before. They agreed that she had a choice in the matter and that she would still be their friend. They chose however, to cheat in the exam.


Fran threw herself into studying history and asked her friends to help her in revision. Some helped, while others refused. On the day of the test, they all were shocked to find that the examination had been changed and new questions were being asked. Fran passed with great success, but her friends failed miserably.



Meanwhile, Fran has begun new interesting spiritual activities out side of the home, to increase her inner feelings of self worth. She now behaves much more openly to her friends and they treat her with much more respect and love. She now uses the L.I.F.T.  formula every day to solve minor and major problems in her life!

Fran could have given into her need for Fear, Anger, Lust and Lies and she may then have reacted in a fearful and submissive way, giving in to her friends' peer pressure and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.  herself to a better life!

Promotion through Harshness

Sandy was in a high powered position at work that was very competitive. As a junior manager, she needed to increase the efficiency of the staff under her, if she was to get promoted. She copied an old boss who had been harsh speaking and acting towards his staff. They had all been afraid of him and were hard workers, fearful of losing their jobs. For a while this harsh approach worked, her staff worked efficiently, but their hatred of her was very apparent.

One day, she had to ask them for a favour, to do overtime to get out an important, unexpected order. They refused to help her. This was their way of getting revenge for all the hurtful things she had said to them and her autocratic behaviour. She was hurt by their refusal and lost prestige, due to her failure to deliver the special order. She read an article about the L.I.F.T.  formula in a magazine and decided to use it, to reassess her feelings towards her fellow workers.

She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about her harsh attitude towards her fellow workers and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself and her staff to unconditionally

love them? Yes. She cared for her fellow workers, but she needed to sort this problem out, so that she also felt their unconditional love. She is an angel too and deserves love and respect!

I for Inspiration. Could the way she thought, spoke and act influence her staff to scrutinize their own revengeful behaviour and be an example for them to behave with more respect and care for themselves and her? She decided that her new self confident, compassionate and more spiritual attitude would surprise them and inspire them to more angelic behaviour in the future.


F for Forgiveness. Could she learn to truly forgive her staff for their petty, hurtful behaviour and perhaps ask their forgiveness for her dictatorial, harsh manner in the past towards them all? She decided that she would and could forgive them. After all she is a Starseed, an angelic being!


T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! But it would involve being courageous and changing her attitude towards promotion, work and her staff. Was she prepared to do that? Yes!

She decided to L.I.F.T.  her angelic vibration.

Sandy spoke to her staff in a kindly manner and without judgement. She spoke her truth that she believed that she had behaved badly towards them in the past and this was due to her need to succeed in her chosen profession. She now realised her mistake. Her former behaviour was destructive and lacked love and respect. She explained that she was now trying to raise her spiritual vibration, not lower it. She asked for their forgiveness and support. She would in future, be a less demanding, kinder boss!

Her fellow workers understood her truth and were surprised that she had had a change of heart. They agreed to start their association afresh and forget previous hurt on both sides. They now all work amiably together and in time, Sandy gained her promotion, not through efficiency, but because she worked so positively with her staff!

She now behaves much more openly to her work colleagues and they treat her with much more respect and love. She now uses the L.I.F.T.  formula every day!

Sandy could have given into her need for Fear, Anger, Lust and Lies and she may then have reacted in a resentful, fearful and autocratic way and instead of raising her spiritual angelic vibration it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.  herself to a better work life!





Spiritual Life

Black magic

Jack was very keen on developing his psychic powers of healing through whatever means he could find. He attended a meditation circle and joined psychic development classes. However, he heard from old friends of a black magic coven that claimed to have advanced psychic powers. They encouraged him to join them in "a bit of fun"!

He asked a spiritual medium what she thought about the idea of joining the coven and she warned him, that gradually developing his spiritual powers was safer, than opening himself to faster, but dangerous psychic influences. He had always worked in the Light as a Starseed, using his healing powers for good. He had heard that the coven engaged in some very negative practices such as the ritual killing of animals.



Was Jack prepared to lower his vibration, in the hope of gaining more psychic power? The spiritual medium advised him to use the L.I.F.T.  formula to work out his own answers. He asked himself, "Would this lower psychic behaviour, L.I.F.T.  me?"

L for Love. Could he unconditionally love himself and others if he behaved in a debased, lower manner, just to gain nebulous psychic powers? No. He could easily lose his unconditional love for others and his own self respect. He is a Starseed and is inspired to follow angelic practices in thought, word and actions!

I for Inspiration. Could the way he thought, spoke and act influence other confused Starseed friends to scrutinize their own unloving, irresponsible behaviour and be an example for them to behave more openly, cleanly, angelically and responsibly? Yes.

F for Forgiveness. Could he learn to truly forgive those involved in the dark, lower behaviour? Yes, he decided that he could forgive them, but he didn't have to join them!


T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show these friends his angelic intentions? He wanted to do something special with his life, not just live a hidden, dark existence in the hope of gaining psychic power. He decided that he could and would speak and live his truth!

He decided to L.I.F.T.  his angelic vibration. He asked himself, "Would engaging in these dark, lower vibration actions, L.I.F.T.  me?" The answer was No!

Jack approached his friends and tried to explain, by speaking his Truth, his feelings of sadness about their actions. He told them that he believed that they had taken a lower, negative path that would eventually ruin their lives. He told him that he wanted to do more with his life. He told him that he loved them unconditionally, but he would not join them in


their lower activities. His friends were surprised at his open attitude and objections. They told him that they respected his disapproval, but they were going to continue with the coven meetings.



Jack heard later that his friends had left the group after a few months, as they found the meetings seedy and instead of gaining spiritual/psychic powers, they became confused and frightened. Jack continued with his slow, but steady spiritual progress and he is now a respected spiritual healer. He has chosen a higher path in life. That of a Starseed and always working in the Light!

Had Jack consciously decided to F.A.L.L. in his angelic vibration and give into Fear, Anger, Lust and Lies, he would not have spoken his truth and confronted his friends. He would have joined the coven and become as confused and frightened as his friends. Jack chose instead to L.I.F.T.  to a higher angelic Starseed vibration in all his future dealings with the spiritual world.

Pressure to Conform

Diana and her family belonged to a very strict religion that frowned on any New Age philosophies. Their religion did not encourage free- thinking. Diana began to surf the net and found some very interesting spiritual sites that spoke of starseeds, off planet lives and new concepts about the meaning of life. She related to this information more deeply then she did to her family's strict religion. When she told them about her interest in pursuing these new philosophies, her family was very hurt and angry. They accused her of siding with the devil and told her to give up her spiritual investigations or leave home! They punished her, by not talking to her for a week.

Diana was astounded by their closed, unloving behaviour. At 20 years of age, she wanted to live her own life. She seriously thought of leaving home, but wondered if it was the right thing to do. A friend told her about the L.I.F.T.  formula and she decided to try it out.

She stated to the Universe, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!" She thought about her desire to leave home and follow her own spiritual life and then she asked herself, "Does this L.I.F.T.  me?"

L for Love. Did she feel enough unconditional love for herself and her family to unconditionally love them? Yes. She cared for her family, but she needed to sort this problem out, so that she also felt their unconditional love. She is an angel too and deserves love and respect!

I for Inspiration. Could the way she thought, spoke and act influence her family to scrutinise their own closed, fearful behaviour and be an example for them to behave with more respect and openness for themselves and her? She decided that her new self confident, compassionate and more spiritual attitude would surprise them and inspire them to more angelic behaviour in the future.


F for Forgiveness. Could she learn to truly forgive her family for their petty, hurtful behaviour? **Yes.** She decided that she would and could forgive them. After all she is a Starseed, an angelic being!

T for Truth. Could she act out her truth and inner feelings and express them in a positive way that would show her angelic intentions? She decided that she could and would! But it would involve being courageous and perhaps leaving home, to follow her own spiritual path. Was she prepared to do that? **Yes!**


She decided to L.I.F.T.  her angelic vibration.

Diana spoke to her family kindly and without judgement. She spoke her truth that she believed that she had a special spiritual path to follow and that she could do this within the family home or if they objected, live and pursue her interests outside it. She explained that she was now trying to raise her spiritual vibration, not lower it. She asked for their forgiveness, love and support. Her family came to understand her truths and were surprised at her strong convictions. They agreed to allow her to follow her own spiritual path, providing that she did not try to influence them. She agreed to do so and found much genuine knowledge and joy in her new philosophies. She made many Starseed friends and in time, voluntarily left home to follow a career that combined her New Age philosophies and her own creative talents.

She still behaves lovingly and openly with her family and they treat her with much more respect and love. She now uses the L.I.F.T.  formula every day and teaches it to others!

Diana could have given into her need for Fear, Anger, Lust and Lies and she may then have reacted in a resentful, fearful and submissive way and instead of raising her spiritual angelic vibration, it would have F.A.L.L.en. Instead, she chose to use her power as a Starseed to L.I.F.T.  herself to a better life!

Spirituality All the Time?

Danny was a Starseed who wanted to live his beliefs as much as possible. He could do so with his friends and family, who appreciated his openness, kindness and compassion. However at work, as a car salesman, he often had to lie and cheat to get a sale. When a car he had sold that week was involved in an accident due to faulty brakes, he felt it was time to reexamine his spiritual beliefs. Things did not seem right! He was used to using the L.I.F.T.  method for other problems, now he had to use it for something bigger!



He asked himself, "Would continuing to work using lies and cheating others, L.I.F.T.  me?"

L for Love. Could he unconditionally love himself and others, if he behaved in a debased lower manner, just to gain money? **No.** He could easily lose his unconditional love for others and his own self-respect. He is a Starseed and should follow angelic practices in thought, word and actions!

I for Inspiration. Could the way he thought, spoke and act influence other unscrupulous car salesmen to scrutinize their own unloving, irresponsible behaviour and be an example for them to behave more openly, cleanly, angelically and responsibly? Yes.


F for Forgiveness. Could he learn to forgive himself for his earlier dark behaviour? Yes, he decided that he could forgive himself, but he could no longer continue to work in the same way. He also decided to ask in prayer, for forgiveness from all the people he had previously wronged by his selfish actions.

T for Truth. Could he speak his truth and inner feelings and express them in a positive way that would show his colleagues his angelic intentions? He wanted to do something special with his life, not just live a semi spiritual existence, it must encompass his entire life! He decided that he could and would speak and live his truth! Bravery is a Starseed attribute!

He decided to L.I.F.T.  his angelic vibration. He asked himself, "Would continuing to work in these lying, lower vibration actions, L.I.F.T.  me?" The answer was No!

Danny approached his boss and fellow salesmen and tried to explain, by speaking his Truth, his feelings of regret and sadness about his past actions. He told them that he believed that he had taken a lower, negative path that would eventually ruin his spiritual life. He told them that he wanted to do more with his life. He told them that he respected them unconditionally, but he would not join them in their lower activities. His boss and colleagues were surprised at his open attitude and objections. They told him that they respected his disapproval, but they were going to continue with their usual behaviour. His boss allowed him to try the new approach of honesty, but if the sales didn't come in, he would be fired!


Danny at first found the new spiritual, honest sales technique difficult. People treated him very oddly, as they did not expect honesty! He persevered and in time, he became noted for his honesty and good will. People came to trust his judgement when buying a car and he always checked that it was safe and road worthy, before he sold it. Now, he is the best salesman in the yard. He has chosen a higher path that encompasses all his life. That of a Starseed!

Had Danny consciously decided to F.A.L.L. in his angelic vibration and give into Fear, Anger, Lust and Lies, he would not have spoken his truth and confronted his boss and work mates. He would have joined the other salesmen in their unscrupulous behaviour and lowered his spiritual vibration. Danny chose instead to L.I.F.T.  to a higher angelic Starseed vibration in all his life dealings with the spiritual world.

Your Problem

Perhaps your special problem has not been represented in this ebook. Why not follow the

steps to finding a higher solution using the L.I.F.T.  formula?

Think of your special problem. Then state, "I am a Starseed, my thoughts, words and actions L.I.F.T.  me to my angelic vibration!"



Ask yourself, "Would this?..... (your problem) behaviour or situation, L.I.F.T.  me?"

L for Love. Could you unconditionally love yourself and others if you behaved in a lower manner, just to gain?...? No/Yes. You are a Starseed and must follow angelic practices in thought, word and actions!

I for Inspiration. Could the way you think, speak and act influence other confused Starseed friends to scrutinize their own unloving, irresponsible behaviour and be an example for them to behave more openly, cleanly, angelically and responsibly? Yes/No

F for Forgiveness. Could you learn to truly forgive those involved in the situation? Yes/No. You may decide to forgive them, but you don't have to join them!

T for Truth. Could you speak your truth and inner feelings and express them in a positive way that would show others your angelic intentions? You want to do something special with your life, not just live a hidden, dark existence in the hope of gaining things of lower worth. You decide that you can and will speak and live your truth!

You decide to L.I.F.T.  your angelic vibration. You asked yourself, "Would engaging in these ...?.... thoughts/words/actions, L.I.F.T.  me?" The answer is Yes or No!

It is now up to you to Love, Inspire, Forgive and speak, think and act your Truth. You have chosen a higher path in life. That of a Starseed! Remember that a Starseed is brave and feels inspired to think, speak and act in an angelic way!

Don't choose the easy path and F.A.L.L. in vibration due to Fear, Anger, Lust and Lies.

L.I.F.T.  yourself instead!

We hope that you have found this book and the Starseed L.I.F.T.  formula of value in your life. It works! Try it!

Love and Light to All the Starseeds,

The Abbotts

Robyn and Tony Abbott

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