

# The Polar Shift Technology

## Introduction

The Polar Shift Technology was manifested in a rather unique way. Just before the first team of walk-ins at Starbuilders was scheduled to arrive, they sent the technology through the original inhabitants so that, they, the first walk-in team, could use it to “clear some psychic space” and to be able to “move around like masters” more easily.

For some beings, the Polar Shift is one of the finest tools for exploring, accepting, and clearing root issues. Its structure allows us to investigate, as objectively as possible, our deepest fears and sufferings without the need to rationalize or run from them. Its framework guides us in clearing the astral plane of any entities, energies, and implants that might be supporting those illusions.

After we explore and accept our hallucinations, and clear the astral plane, we then have the opportunity to receive information about our True Self, directly from the source. In conjunction with the work that is done by the off-planet teams, The Polar Shift Technology uses the newly released energies to open a doorway to the I AM. It is through this doorway that we receive esoteric information about either our True Self (the I AM), or the reality base in which the True Self resides.

With consistent use, the whole approach to “problem solving” shifts: we have an alternative to the “fight or flight” mode of dealing with negative experiences.

Enjoy this book; take it easily. Once you’ve read it through, you will have understood the technique.

You can get a lot of mileage out of The Polar Shift Technology. Once you have mastered the technique – and it is easy to do – you will find yourself moving through “blocks” and “negative experiences” in minutes, rather than in weeks, months or even years, and receiving more information about the magnificent being that you truly are.

6/14/06

Before we begin, I want to add a “14-years-of Hindsight” commentary.

This technology was the first one I developed as a walk-in. When the first higher-plane entity “walked-in” to my body in 1992, his first response was that psychologically, my personality was too cramped. To make more room, he (“Zal-Zen”) developed this technique.

I was heavily influenced at the time through my relationship with Earth Mission, although I never felt comfortable with the “ET” part of it. I went along with it, to try it on, but discovered that “other-dimensional-” or “higher-plane consciousness” felt more real to me. I only felt “alien” in the sense that the practices of war, domination, and humiliation were repulsive to me.

Concerning the perspective presented here that negative experiences should be viewed as hallucinations or illusions, I would clarify this by saying they are illusions *relative to our spiritual or immortal nature*. Some things still hurt, regardless of what we label them; and illusion or not, the experience of pain is, at least at the existential level, real.

# THE FIRST TEMPLATE: *EXPLORATION AND ACCEPTANCE*

**(1) “Thank you spirit for allowing me to experience the illusion of \_\_\_\_\_.”**

## Overview

The Polar Shift Technology is a multifaceted tool of consciousness. We use it to systematically explore, accept, and clear those aspects within our psyche that are usually considered “negative.” Additionally, by using the energy that is released by this process, we receive information, from the I AM, about our True Self.

We use The Polar Shift Technology whenever we find ourselves “hallucinating,” that is, experiencing something that doesn’t fit into our picture of Heaven on Earth. (If you haven’t already written out your version of what Heaven on Earth would be like, you might consider doing it. This will give you a more concrete vision your purpose here.)

The Polar Shift Technolgy is comprised of three Templates. They are “Exploration and Acceptance,” “Astral Clearing,” and “Invoking Vision and Embodiment Of Truth.” The First Template deals with exploring and coming to terms with our hallucinations and taking even the most trivial illusions to their deepest level so that they may be released. The Second Template is used to remove fourth-dimensional implants, energies, and Dark Force entities that support these hallucinations. The Third Template, “Invoking Vision and Embodiment,” deals with the actual reception and grounding of information received from the I AM.

In all, it is a simple procedure that can move us through the most intense hallucinations with ease. Perhaps the most challenging aspect is that it takes concentration and determination to see it through. In this way, it can be viewed as a meditation. Additionally, it provides us with information about our Divinity, which allows us to embody aspects of the masters that we are.

# Exploration and Acceptance:

## Separating the Wheat from the Chaff

THE ART OF SEEING WHAT WE'RE REALLY DOING.

It's good to know what is real, or at least to be aware of what we are calling real. Most beings on the planet just take all of their experiences and throw them into one category: "If it's happening to me, then it is real; I have to deal with it." But there is another way to classify our experiences. It is by separating them into two categories: They are either "real" or "hallucinations." How can this division benefit us?

"The universe rearranges itself to accommodate your picture of reality." If we are labeling everything in our life as "real," then the universe will just keep rearranging itself according to those patterns. But, if we begin to discriminate as to what's real and what's not, something happens: The universe shifts: the experiences that we have labeled "hallucinations" begin to taper off (because it rearranges itself to accommodate our picture of *reality*, not illusions). So, it's good to know what's real and what isn't. Where do we draw the line?

The criteria which we use for determining what's real is based on this: If we were in Heaven (or Nirvana, Utopia, the fifth dimension, or your choice), would it be possible to have this experience? For example, someone calls us a "total loser"; we feel bad. We then ask ourselves, "Are there losers in Heaven?" and we conclude, "No." So when someone calls us a "loser," we would say, "They are hallucinating." But, *we did feel bad* about it. And since "feeling bad" can't happen in Heaven, we say "I'm hallucinating." So, there is something inside of us that believes "feeling bad" is real and that we are "losers." But, before we go on, we'll take a moment to digress.

Some might ask, "But how could Heaven (which I can't see) be real, and what I experience in my physical reality be an hallucination?" To answer this, we need to fine-tune our definition of "hallucinations." There are two kinds of hallucinations: "functional" and "dysfunctional." An example of a functional hallucination would be the act of eating food. For us, in our vision of Heaven, we don't eat food, because we're in our Light bodies. But, we are in flesh and bone bodies that must eat to live, and it's good to live, because we're using these bodies to participate in the co-creation of Heaven on Earth. So, we eat. An example of a dysfunctional hallucination is that we lie to others, because we are too proud to admit that we are wrong. We can live without that, and it does not effectively serve the Mission.

How can Heaven be real? Do we have to accept it on faith, or is there a way to experience it? Consider the possibility that we are multidimensional beings existing simultaneously on various dimensions. At least one of our bodies exists on the fifth dimension (the dimension we call "Heaven"). Consider, also, the possibility that we have a "knowing" about things and that this knowing originates from the mind of our fifth-dimensional (or True) self. All that we need to do is accept what we know is true, and we will have all of the proof we need that Heaven exists.

Once our picture of reality shifts, the whole universe shifts with us. If we know that Heaven is real and we begin to take a stand for its truths, then the universe will start to rearrange itself and manifest those miraculous aspects for us. This is a good way to contribute to the co-creation of Heaven on Earth.

To continue: It's important, then, to know if our experiences are real or if they are hallucinations. This is easy enough: just ask, "Would this happen if we were in Heaven?" If not, then we are experiencing a "manifested illusion" or an hallucination.

## Exploration

When we hallucinate, we are experiencing something that is unreal; yet, there is something within us that accepts it as real. What is it? We use the First Template to find out. The First Template uses the following steps of self inquiry:

1. We recite the Template, filling in the blank with our hallucination.
2. We ask ourselves “How does this feel.”
3. We ask ourselves “What does this imply about me?” and then we repeat the cycle (going back to step 1), this time filling in the blank with our answer to “What does this imply about me.”

Throughout this book, we will be using the same hallucination as an example for going through the steps of The Polar Shift Technology. The hallucination goes like this:

You’ve just explained something to your Team Mate (friend, spouse, neighbor, or child) and they “pretend” that they didn’t understand you. So you explain again and they *still* pretend that they don’t understand. You get angry and begin to act aloof; you say, “Fine!” and shut down. You feel bad; you realize that you are hallucinating. So, you invoke the First Template by saying:

**“Thank you spirit for allowing me to experience the illusion \_\_\_\_ (that I am angry) \_\_\_\_.”**

You fill in the blank with a short description of what you are experiencing. Here are two points to remember for formulating your description.

1. Don’t blame others. Don’t say things like, “He made me feel bad,” or, “If he would have just listened to me and quit pretending that he didn’t understand, then I wouldn’t feel this way.”
2. Make the description short, direct and to the point; avoid wordiness. You want to use words that increase the intensity of the experience, not diffuse it. In our example, you wouldn’t say, “I think there is a feeling of non-acceptance” or “I believe I could have behaved differently.” Instead, saying something emotionally hot, like “I feel angry!” authentically expresses the mood of the moment.

So, using this example, you would repeat The First Template: “Thank you spirit for allowing me to experience the illusion that I am angry.”

Then you would do the second step – explore the feeling: ask yourself, “How does it feel to be angry?” Be precise. First, check your physical body. Are your hands squeezed into a fist? Is your jaw clenched? Are your shoulders tight? Is your breathing shallow? Then check your emotional body. Do you feel distant? Separated? Have you thrown him out of your heart?

Then take the third step: ask, “What does this imply about me?” You reply, “I probably could have explained myself better to him. This implies that I’m proud (in an egotistical way).” You condense this to “I’m proud” and go back to step 1, repeating the First Template, filling in the blank with this new information (“I’m proud”): “Thank you spirit for allowing me to experience the illusion that I am proud,” then ask “How does this feel” and then, “What does this imply about me.”

Here’s a recap:

1. Find a basic, heart-felt description of what you’re experiencing and recite the Template, filling in the blank with that description.
2. Ask yourself how this feels. Check the physical and emotional bodies.
3. Ask, “What does this imply about me?” This takes the exploration one step deeper.
4. Go back to step 1, repeating the Template, filling in the blank with the new answer, and continue the cycle.

## Getting to the Bottom of It

Eventually, you will get to a point where you cannot go any deeper; either you have reached the core issue, or it is not time to uncover it. In any event, once you feel that you can't go any further, then you know you've finished with this template. Let's use the previous example and take it to the bottom.

You start by discovering that, "I'm angry." You repeat the Template, filling in the blank with "I'm angry." You then ask, "How does this feel?" and you check your emotional and physical bodies for the answer. You then ask, "What does this imply about me?" You find that it implies "I'm proud." You repeat the cycle.

You repeat the Template, filling in the blank with "I'm proud." You then ask, "How does this feel?" and you check your emotional and physical bodies for the answer. You then ask, "What does this imply about me?" You find that it implies that you "are rotten."

You repeat the Template, filling in the blank with "I'm rotten." You then ask, "How does this feel?" and you check your emotional and physical bodies for the answer. You then ask, "What does this imply about me?"

Let's say that you feel very bad about being rotten, and you can't think of anything worse or go any deeper into the illusion. At this point, you have reached the end of the exploration. To connect with this feeling even more, you may say, "I invite the feeling of \_\_\_(being rotten)\_\_\_ to be fully experienced in my body."

## Pitfalls, Detours, and General Info

There are a few points that you should keep in mind while using the First Template doing.

First, avoid rationalizing; this diminishes the emotional charge. It's easy to let the mental body take charge of this process; however, the core of the hallucination usually lies in the emotional body. Keep the charge up; if you find yourself losing the feeling, chances are the mental body is taking over. Drop that particular line of reasoning and try again.

Second, go as deep as you can. You should notice that when you answer the question, "What does this imply about me?" that you experience greater heaviness and intensity. It should feel very real. If it doesn't, then you aren't going deeper; you're getting side-tracked (either by your mental body, the Dark Forces, or both). The point is to get to the root of the hallucination.

Third, remember the point is to *explore an hallucination*. At some point you might say, "I'm proud...but I know I'm not really." Sure, that's true – you're not. But you are exploring that part of yourself – that hallucination – that believes *it is true*. If you quit your exploration because you "know it's not true" (at one level), then the hallucination will remain within your psyche and will reappear when triggered by the right circumstances.

Fourth, many beings leave out the phrase "...to experience..." in the Template. They say, "Thank you spirit for allowing me the illusion \_\_\_\_\_." What this indicates is the wish to avoid the experience; it is a hiding technique. Do not be afraid to look at and fully experience the illusions that you feel are real.

Fifth, *be honest!* Be open to having a close look at your illusory self. Remember, you are saying "Thank you spirit for allowing me to experience *the illusion*...." No matter what you discover, it is not real.

Lastly, you may want to link your response together. For example, you might say, "Thank you spirit for allowing me to experience the illusion that I am rotten, because I am proud." This gives your line of reasoning some continuity. Experiment with this possibility.

## Acceptance

At some point during the Exploration process, it is necessary to come to terms with the hallucination. We need to be able to be thankful for it. We need to truly mean “*Thank you spirit* for allowing me to experience...” Can we thank spirit for allowing us to be angry? to be proud? to be rotten? without having to rationalize? Acceptance is a necessary part of this process; after all, our hallucinations are part of our wholeness.

Spirit has allowed us to hallucinate; we suffer. What reasons are there to be thankful to spirit for this? We offer a standard “Acceptance Rationale”; it goes like this: “This hallucination has value because it will open a doorway to the I AM and I will receive a valuable piece of information about my True Self or True Reality.” Is a bit of suffering worth discovering more about who we truly are? Can we be thankful for this?

The first time that we use The Polar Shift Technology we don’t know for sure whether we will receive valuable information or not, so we have to take it on faith; however, after we have seen it work, faith is no longer needed.

## Summary

***The First Template: “Thank you spirit for allowing me to experience the illusion \_\_\_\_\_.”***

\* When you ask, “What does this imply about me?” always search for the shortest, most pithy sentiment; if possible, keep it at five words or less. Select “I feel” type expressions over “I think” types. Don’t blame anyone for your hallucinations.

\* After you find the right words, recite the Template, filling in the blank with what you are feeling. be conscious of what you’re saying.

\* When you ask yourself, “How does this feel?” it is important to *feel the reality* of the hallucination. Feel its heaviness.

\* Continue to go as deep as you can, until you can go no deeper.

\* When you have gone as deep as you can go, thank your spirit for allowing you to hallucinate; it is a doorway – you are going to discover something divine about yourself.

\* Be honest with yourself!

# THE SECOND TEMPLATE: *CLEARING THE ASTRAL PLANE*

***“I now release to the Light all energies, entities, and energetic structure that have been involved in maintaining those illusions.”***

## Clearing the Astral Plane

### HALLUCINATIONS AND THE ASTRAL PLANE

The astral plane, or fourth dimension, is a vast, gray realm inhabited by a wide assortment of beings. The Dark Forces reside there; part of their work is to keep beings in the dark about their True Identities. If everyone acted as if they were Divine and immortal beings – their True Selves – then the game would be over: the Dark Forces would be out of a job. The foot soldiers of these dark legions are “disembodied spirits” (humans who have died, but didn’t make it into the Light at “the end of the tunnel”). They are also known as “ghosts.”

Fourth-dimensional entities have a dimensional edge over third-dimensional beings. They can read the minds of humans, can discern what a person wants and, in some cases, grant them their wishes. They usually, however, withhold what the person wants. This technique is usually more effective for keeping people in “struggle mode.”

When we hallucinate, fourth-dimensional influences are at work supporting and reinforcing our belief that our distorted perceptions are real. For more information about these beings, we recommend “Transcending the 4th Dimension” by E.T. Earth Mission (part of “The E.T. Masters Tool Kit”).

The Second Template of the Polar Shift Technology is designed to clear away not only the disembodied spirits who are supporting our illusions, but astral implants and negative energy fields, as well.

## What to Look For

Disembodied spirits, negative energy fields, and implants all support our beliefs that our hallucinations are real. How do we recognize these forces?

### *DISEMBODIED SPIRITS*

With a little practice, disembodied spirits can be seen rather easily; usually, they have a humanoid form which is dark and somewhat elastic. (Some astral entities, however, can take on horrendous forms. No problem; as fifth-dimensional masters, we have the dimensional advantage to release them to the Light.) It is usually easier to see them with our eyes closed, because we view them with our astral vision. Their main defense is to remain hidden; once they are spotted, we can send them to the Light.

Some of them may try to talk with us. They try and convince us that we need them for protection or for some other advantage. These sales pitches may be logical on the third and fourth dimensions, but if you

buy into them, then you are agreeing that third- and fourth-dimensional realities are real for you. After all, how much protection does an immortal being need?

#### *NEGATIVE ENERGY FIELDS*

For some beings, negative energy fields are not as easy to see; instead, they are felt or sensed. Any number of means can create and sustain these fields, ranging from chronic depressive moods to them being sent, either consciously or unconsciously, by black magic.

#### *ETHERIC IMPLANTS*

Implants help bind us to cramped identities. They are etheric devices that can be identified by the fact that they appear decidedly inorganic. They come in many shapes and sizes: some look like small, peculiar, old, rusty machines, others like metal I-beams, hooks, or cages. The forms vary greatly; they may even appear as shells that cover the body. The key point to remember is that they are inorganic.

By shattering negative force fields, dismantling implants, and sending disembodied spirits to the Light, we not only do ourselves a favor, we also serve the disembodied spirits by releasing them from their purgatory, and, more importantly, we serve the Planetary Consciousness by making it lighter, which is why we're here in the first place.

## Clearing: The Process

Now that we know what to look for, let's do it. So, here we are: We've just finished the First Template and we are thankful for being able to experience the illusion of being rotten.

We now focus on this illusory feeling, making it as intense as possible; we are not avoiding it or running from it: we are facing our illusion fully. We can say again, "I invite feeling rotten to be fully experienced in my body."

We then close our eyes and imagine ourselves in a tunnel that stretches upward, through the darkness, and ends in a point of incredibly beautiful Light. The darkness that the tunnel transverses is the fourth dimension; the point of Light marks the entrance to the fifth dimension. After we visualize this, we invoke the Second Template. We say:

***"I now release to the Light all energies, entities, and energetic structures that have been involved in maintaining those illusions."***

Next, we look around (from inside the tunnel) and call forth all of the astral beings who have been involved in the illusion-making process. We thank them for their splendid work (after all, they did have us believing the hallucination was real) and send them up the tunnel into the Light. We don't take No for an answer. As masters from the fifth dimension (or higher), we have a dimensional edge on them: the power of Light will always dominate. After all of them have been liberated, we search for implants.

With our eyes still closed, we start at our feet and work upwards, scanning for anything that looks or feels inorganic, dense, or blocking. As they are discovered, we remove them and send them into the Light.

Next, to shatter and dispel negative energy fields, we envision a "shock wave" heading towards us from an explosion of Light that emanates from the end of the tunnel. We feel the wave rushing through our body.

Finally, we call forth a stream of transformative golden Light that fills and cleans the areas once occupied by the darkness. The work of the Second Template is done.

## Summary

***“I now release to the Light all energies, entities, and energetic structures that have been involved in maintaining those illusions.”***

\* Don't be afraid to send all of the disembodied spirits to the Light. When in doubt, cast them out (with love).

\* Disembodied spirits will tell us anything in order to convince us that we should let them stay. Logic is their weapon – what they say *will make sense* in a third- or fourth-dimensional context. Remember, though, that we are now choosing to have spirit be our guide.

\* These beings are not our enemies. They, too, are Children of God. They are just temporarily playing the bad guy, which we've probably all done at one time or another.

\* A tactic of the dark Forces is to get us to fight with them. This engages in a struggle on their level. Just send them to the Light..

\* After you've done the clearing, say: “I am \_\_\_\_ (rotten) \_\_\_\_.” If it still feels real to you, go back into the tunnel and do more clearing.

# THE THIRD TEMPLATE: *INVOKING VISION & EMBODIMENT*

***“I ask spirit to consistently accent those experiences that demonstrate \_\_\_\_\_, so that I can continue my Mission of co-creating Heaven on Earth with other masters with greater efficiency. I now embrace and embody this truth. ”***

## Invoking Vision & Embodiment

### *Problem Solving: The Dilemma*

In “Limitation systems” – probabilities that allow us to hallucinate – there are two approaches to solving problems. We must either “fight or (take) flight.” In the beginning, man used this biologically ingrained strategy to deal with direct threats to his survival and his hierarchical positioning, just like all of the other animals did. But as mankind became more civilized, this instinct, too, became socialized. We will look at this instinct in terms of “hallucinations.”

Ordinarily, when we are faced with an external, negative situation (or internally, when we view our actions as wrong), our responses are either (1) fight it – try to get rid of it or defeat it, or (2) run from it – rush into our mental body and rationalize it away. Unfortunately, neither of these techniques are effective for our purposes; in fact, they actually support the Limitation system. Here’s how.

If we choose to fight the aberrant behavior, we are showing the universe that this hallucination is real for us and is worthy of our energy and attention. The universe sees this as confirmation that this hallucination is real. It therefore continues to produce that phenomenon (because the universe rearranges itself to accommodate our picture of *reality*). If, on the other hand, we choose to ignore it or try and rationalize it away, the program lurks in the background of our consciousness until circumstances trigger it into action again. Neither of the responses are of much progressive value to masters who are here to co-create Heaven on Earth.

Enter The Polar Shift Technology. When we use this tool to deal with our hallucinations, we explore, accept, and clear the astral plane of their supports; but we also take it one step further. Using the energies that are released by our work with the First and Second Template (along with reconfigurations by the off-planet teams), we open a door through which we can receive information about *an alternative reality*. In this alternate reality, fight or flight responses don’t happen, because the situation is no longer perceived as a threat or problem.

## Making Contact

So, we've just finished the Second Template. Before we move on, we check the "reality status" of our hallucination. We say, "I am rotten," and observe how real it feels. (Remember how real it felt when we started?) If we had been thorough in our work, we would see that the hallucination has become light. Now we see it for what it is: an hallucination.

We then proceed to the Third Template. We say the first part of it:

***"I ask spirit to consistently accent those experiences that demonstrate ...."***

and then we go inside and ask our spirit what it wants us to know. To do this, we close our eyes and ask questions such as, "If Heaven on Earth were already manifested, what would be the truth of this matter?" or "In Heaven, what is true about me in this situation?"

## Horizontal Mind, Vertical Mind

It is at this point that we need to address "Horizontal Mind/Vertical Mind." The Horizontal (linear) Mind is the third-dimensional, cause and effect, reality measuring instrument that we use for processing data from our physical, mental, emotional, and spiritual bodies. If we were to listen to the mental body's feedback while using this Template, we would get a linear response to our questions. For example, a Horizontal answer to the hallucination "I am rotten" would be something like "I am not rotten"; or, to the hallucination "I am sad," the answer would be "I am happy": We get the linear opposite. If we receive one of these answers when we are asking our spirit for information, chances are that it's our mental body chiming in. Just ignore it and ask again.

Conversely, the Vertical Mind produces insights that usually are not "logically" related to the hallucination. Using the example of "I am rotten," the Vertical answer could be "I am an expansive being." (Other Vertical keys could be: for "I'm afraid," we receive "Behind every form there is only love"; for "I am weak," the Higher truth could be "We are One.")

As we use this technology more and more, we begin to see a pattern emerge. We see that our spirit is consistently giving us new and valuable information *that we can take a stand for*. And when the same situation arises again that would ordinarily cause us to hallucinate, instead of fighting or running, *we take a stand for the truth that our spirit has revealed to us*. It is through these actions that our lives begin to accelerate in a most positive direction. Let's see how we can take a stand for our truth.

Using the "I'm rotten" example, let's look back and see how the scenario unfolded. We tried to explain something to our team mate, but they pretended not to understand. We became proud and shut down, and then felt rotten about it.

Now, let's re-live the scenario, this time taking a stand for the reality our spirit has given us. Instead of acting angry and proud, we act from the truth "I am an expansive being." How do expansive beings react in this situation? We might lovingly say something like, "Oh, how am I being unclear? Can you tell me what doesn't make sense to you?" By remaining in our truth – our Integrity – the "I am rotten" probability never manifests.

## The Vision and Embodiment

So, we've gone inside and asked our spirit about the truth of this hallucination. Once we receive it, we repeat the entire Third Template, filling in the blank with what we've just received from spirit. We say:

***“I ask spirit to consistently accent those experiences that demonstrate \_\_\_\_\_ (that I am an expansive being)\_, so that I can continue my mission of co-creating Heaven on Earth with other masters. I now embrace and embody this truth.”***

## What This Template Tells Us and the Universe

Let's analyze the Third Template piece by piece.

1. “I ask spirit to consistently accent those experiences that demonstrate \_\_\_\_\_...”

\* This makes it very clear which aspects of ourselves we want manifested. After all, whatever we're fascinated with, we get more of. We are fascinated with the aspects presented to us by spirit; we want more.

2. “...so that I can continue my mission of co-creating Heaven on Earth...”

\* This reconfirms the work we are here to do.

3. “...with other masters...”

\* This implies who we are and who we are working with.

4. “...with greater efficiency.”

\* Which is a more efficient way to do our work: by feeling rotten, or by acting as an expansive being?

## Summary

***“I ask spirit to consistently accent those experiences that demonstrate \_\_\_\_\_, so that I can continue my mission of co-creating Heaven on Earth with other masters. I now embrace and embody this truth.”***

\* When you go inside to receive your Truth from spirit, check to see if the answer is from the Horizontal or Vertical Mind.

\* Be as open as you can and be prepared to accept the first thing that you receive, even if it doesn't make sense to you at first.

\* Use the information you receive from your spirit. Once you receive your answer, spend the next few days consciously “trying on” the new picture of reality.

\* The answers you receive will either be about the nature of your Divine identity or of your Divine reality base.

# Conclusion

By using The Polar Shift Technology (whenever spirit directs), we begin to move into a position beyond the common “fight or flight” syndrome, which is innate in Earth’s species. As we transcend this survival strategy, we begin to use these incidents (hallucinations) as stepping stones to embodying more of our Divine nature; instead of problems, they become sources of revelation.

This *shifting of perspective* has a profound impact on the way we behave. First, we become less swayed by the hypnotic effect of illusions; we don’t take them so seriously. Second, as elements of our True Reality stream in, a whole new reality base takes form. We are, in a sense, reborn, because what was real for us in the past no longer carries that much weight. We think, act, and feel new; we *are* new.

# Appendix A

## An Example of Using the Technology

### THE SCENARIO

Say you have a fine relationship with your team mate. One day, your physical body gets a sexual craving for another person; it's plain lust. As we are all androgynous beings in our True Reality, sex is an hallucination. But is this an example of a functional or dysfunctional hallucination? Does it serve the Mission? Does spirit support this? (It is not a morality issue.) Let's say that you've determined that you would be stepping out of your Integrity to pursue this relationship. You want to do a Polar Shift on it. Let's see how it could go.

1. You invoke the First Template and say, *"Thank you spirit for allowing me to experience the illusion of being sexually attracted to this person."*
2. You ask, "How does this feel?" and "What does this imply about me?" and answer, "I am out of my Integrity."
3. You repeat, *"Thank you spirit for allowing me to experience the illusion of being out of my Integrity."*
4. You ask, "How does this make me feel?" You answer, "Distracted."
5. You repeat, *"Thank you spirit for allowing me to experience the illusion of being distracted, because I'm out of my Integrity."*
6. You ask, "What does this imply about me?" and answer, "That I am a slave to my physical body's desires."
7. You repeat, *"Thank you spirit for allowing me to experience the illusion of being a slave to the physical body's desires."*
8. You ask, "How does this make me feel?" and answer, "Out of control."
9. You repeat, *"Thank you spirit for allowing me to experience the illusion of being out of control because I am a slave to the desires of my physical body."*
10. You ask, "What does that imply about me?" and answer, "I am not a master."
11. You repeat, *"Thank you spirit for allowing me to experience the illusion that I am not a master."*
12. You ask, "How does this make me feel?" and answer, "Bad."

At this point, you feel you can't go any deeper, so *you feel the reality of this hallucination*. You say: "I invite this feeling to be fully experienced in my body." Then you proceed to the Second Template. You say:

*"I now release to the Light all energies, entities, and energetic structures that have been maintaining those illusions to the Light."*

You then:

1. send all of the entities up the tunnel into the Light,
2. go through your body, removing etheric implants,
3. trigger an explosion of Light at the end of the tunnel and let the shock waves shatter any negative energy fields that have been supporting those illusions.

4. allow golden Light to fill, heal, and transform all of the now empty spaces.

When that has been done, you recite **the Third Template**. You say:

*"I ask spirit to consistently accent those experiences that demonstrate..."*

and then you go inside and hear, for example, "We are one." You continue:

*"I ask spirit to consistently accent those experiences that demonstrate that We are one, so that I can continue my mission of co-creating Heaven on Earth with other masters."*

Whenever that situation comes up again, you take a stand for our truth that "We are one."