

Star e. Pendant Directions

This is a brief overview of how to work with the Star e. Pendant. You are among the first to receive one; thus your questions and feedback are highly valued.

The Pendant moves a great deal of energy through your body. It has been carefully set up so that only the most positive and healthful energies will affect you. Everyone is different in the way they perceive energy and the issues they have to work on. Be open-minded. Judgements can be a limiting factor in your growth.

Have the Pendant near you at all times (please don't bathe with it though), around your neck or in the protective pouch, in a pocket or purse. At night you should have it 4 feet or less from your bed or tucked under the mattress - if it is under the mattress, be sure to have the Earth Face toward you. It is slowly charging and aligning your body with Universal energies.

Create a ritual when you put your Pendant on - something you say or tone. This activates the energy and makes you aware of what you want to shift or bring into your life. I frequently touch my Pendant during the day as it hangs around my neck. I always notice more energy flow when I give attention to the piece. Energy follows thought and intent.

The two sides of the Pendant are different in the energy that they activate. Turning the Star Face toward the body creates an active, external and higher mental experience (what I chose when writing this overview). This is a great tool to help balance our male (Star Face toward the body) and female energies (Earth Face inward). The Earth Face toward the body is more receptive, grounding and heart centered in nature. This is the side I find comfortable to have toward my body most of the time. Furthermore, this direction stimulates openness and receptivity in the heart area. Being heart and soul centered has been shown to be one of the most important keys to manifestation. Scientific evidence has even demonstrated that a person standing next to a slot machine in Los Vegas and focusing on keeping an open, loving heart can effect the random number generator (computer chip) within the machine. Maintaining that focus is difficult. This is where the Pendant excels in creating a natural flow of energy to help you stay more connected to your higher purpose. The next step is yours to manifest the life you choose. Hold the intention to receive this openhearted energy to make new choices and live more fully.

It is important to see the Pendant as a tool that increases energy flow. It cannot change your life - *YOU change your life* in the ways that you choose.

Write your intentions down. Language your intents as if they had already happened (See yourself *in* a vibrant, loving relationship, rather than putting yourself in a state of wanting.) Read your intentions / goals while touching the pendant. Visualize the energy and feel it moving to create change. Feeling the energy and having a good emotion about it is most important. Ask for assistance. Call upon angels, guidance, Universe/God in your process of empowerment. This is a free will planet and in order to receive, we must for ask.

Allow your new awareness to help avoid negative thoughts, worries and fears. Those thoughts may limit and block your progress. This is what karma is all about--learning and growth. Working with the Pendant may speed up karma, so if something happens, look for the good in it and learn without judging. Review how your perceptions are affecting you and embrace the potential to learn and evolve. See everything as an opportunity and be grateful. Gratitude is one of the strongest emotions for change.

Karma is like a scratch on a record. You repeat the same lesson or interact with the same kind of person again and again. How tiring that can be! The energy of the Pendant helps to move you through the grooves of the record toward the spindle and then you're done with that record. Speeding up karma can move you out of being stuck with the same lessons again and again.

With the added energy of the Pendant you have the power to transform and accept greater clarity, intuition, guidance and health. Draw upon this support. Feel the energy moving inside you. Realize that you are connected to something greater that is clearing your path to soul fulfillment. You are loved and can feel it in your heart. Quietly listen and learn what to do. Align with higher self and be aware of how your personality responds. Don't take yourself too seriously. Watch with an open heart and then act with integrity. Your actions will express the new story.

It is important to realize that even though your intent may be to change a physical condition or relationship, blockages to achieving this goal may extend over a number of levels ---emotional, mental, psychological, etc. Numerous issues on all these levels must be identified and worked with before energy can flow freely. This is a process and that's what life is about. However, now the Pendant can support you with the energy and consciousness to discover and release your blockages more quickly.

When I first started working with the Pendant I had a healing experience with a very intense and strange head cold. I wondered if I had made a mistake with the Pendant. After checking with my doctor and guidance it became evident that the energy from the Pendant was working on my crown chakra, which opened over 30% in two weeks. This opening had caused a release of old energies to make room for the new. This is not just a "feel good" Pendant: it is a tool that really works and urges you to commit to the growth and change that life is offering.

In A Return to Love, Marianne Williamson says: Sometimes people think that calling on God means inviting a force into our lives that will make everything rosy. The truth is, it means inviting everything into our lives that will force us to grow---and growth can be messy. The purpose of life is to grow into our perfection. Once we call on God, everything that could anger us is on the way. Why? Because the place where we go into anger instead of love, is our wall. Any situation that pushes our buttons is a situation where we don't yet have the capacity to be unconditionally loving.

Remember in working with the energy of the Pendant that you have the choice to slow things down and come back to them later. You are in the driver's seat.

The energy that the pendant receives is constantly being upgraded and refined. You are also evolving and shifting. For these reasons and to gain the maximum value from your pendant over time, the Pendant must be returned to Metaforms for realignment and energizing on its yearly anniversary date. The cost for this very important and necessary tune up is only \$25.00 plus \$9.50 s/h. For those who share stories, experiences or bring us new questions or information, the first year's realignment is FREE except for the shipping / handling cost.

ENJOY YOUR PENDANT

©Gregory Hoag 2002