

Being Spiritually Rich

By

Starr Fuentes



Being Spiritually Rich

Introduction

As an intuitive for 55 years, every time I mention manifestation, I see piles of cash and red sports cars floating around the heads of the people I'm talking to. Most people approach manifestation with the concept that they can fill the hole in their life with fancy material things that will impress other people and make them like them.

The soul lives in the physical body and in cosmic consciousness. The ego lives only in the physical realm. So when ego is in charge, all energetic vibrations remain on the physical realm. This is not a good thing.

The most important thing that you need to know about manifestation is that the ego NEVER manifests anything. It is a combination of your heart, soul, and mind... that as they come into agreement, emanate the powerful vibrations that draw back to you an agreed upon manifestation.

As we know, the ego is hollow. The shell that contains the ego is made up of:
What will other people think.
How good I will look.
The impression my things make upon the world.

The construct of the shell is always pulled out of reality by negative statements. The ego will use guilt, shame, and blame to make your world stay the same so that the ego will be comfortable.

Most of us have already learned that trying to manifest winning the lottery, a huge stack of cash, or an anonymous gift of millions, does not work. True manifestation comes from an alignment of your heart, mind, and soul. All of your manifestations must be inside of you before they can manifest in the material plane.

When we speak of the words "The highest good for all concerned" we manifest the most powerful way. The lessons, teachings, and blessings you will acquire learning and earning will certainly be lost if a huge pile of hundreds appear instantly in front of you. Let's move together to learn how to create manifestation inside of ourselves so that manifestation outside of us becomes gentle, easy, and quick.

*"Being Materially Rich
Depends On Being
Spiritually Rich.
You Cannot Have the First
Without the Second."*

Starr Fuentes

Activity vs. Accomplishment

Work vs. Revenue

Loyalty vs. Fealty

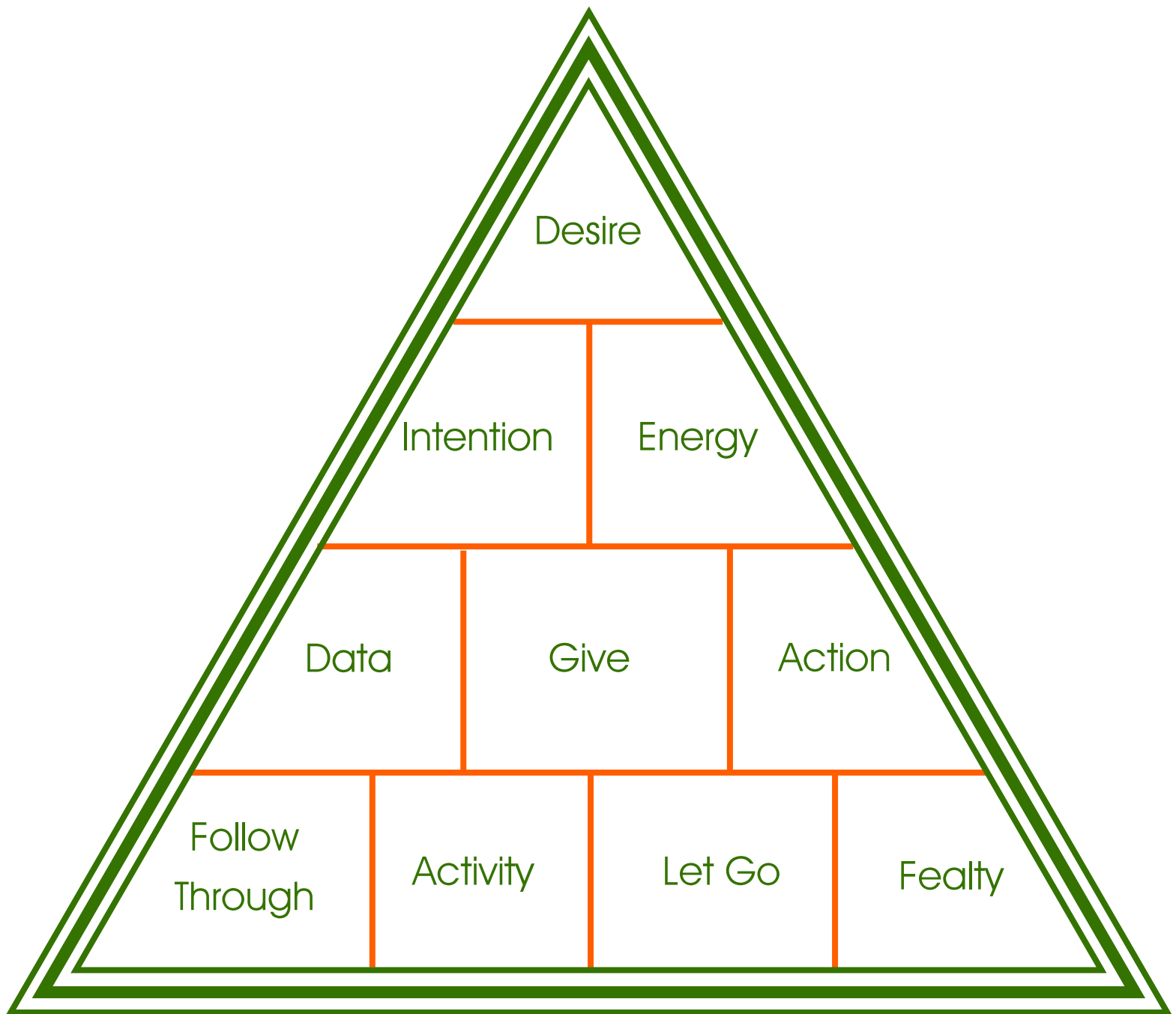
Feelings vs. Commitments

Busy vs. Profit

Energy to create form, doesn't fix or solve problems.

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The Manifestation Pyramid



1. *Desire*

Desire is a deep profound energy. Liking something tells spirit that that is okay. Wanting something tells spirit that you like to have it. When you desire something, the mind, the heart, and the soul are in agreement that it is in your highest good. Desires usually live along your spiritual path. If you are a healer, and you want a football team, you probably won't manifest it because it is off your beaten path. A desire will satisfy you. It will make you content, and after you receive it you will show deep gratitude. Now think of your possessions. Which ones are you grateful for? Those were your desires. The rest of them, you just wanted.

What do I need to do clarify my desire?

Skills, mentor, books, web, tools to help me with my desire:

2. *Intention*

Energy follows thought. Intention multiplies that energy. If you are “intending” something to satisfy your mate, your lover, your social peers, the intention does not multiply the energy that goes out into the world and creates the manifestation. Your intention must come from your true self. The “imposter” that wants to be like other people and the “pattern” that wants you to stay the same, negate any intention that is not in alignment with true self. Intentions are not words. They are not thoughts. They are not treasure maps. They are frequency attuned to your highest good.

What do I need to do help me become clear on my intentions?

Skills, mentor, books, web, tools to help me with my intentions:

3. *Energy*

We have heard it a thousand times. Be here now. Get grounded. Stay in your body. Manifestation begins in the now. When your mind is in the past there are zero energies sent towards your manifestations. When your mind is in the future you can negate energies sent to your manifestation. When you are spaced out, buzzed, high, and in the throes of addiction, the rate at which you manifest declines. It's all about energy. How do you spend yours?

What do I need to do to clarify my energies?

Skills, mentor, books, web, tools to help me with my energy:

4. *Data*

Be specific. What do you know about what you want to manifest? How many are there in your country, your state, and in the world? What details are different? What details are the same? Read the statistics. Look at the pictures. Study the reviews and collect every tip about what you want to manifest. Is the quality and the quantity of this energy appropriate for you as a manifestation?

What do I need to do find this data?

Skills, mentor, books, web, tools to help me with obtaining my data:

5. Give

There is a universal law that states, give what you want to receive. Maybe at this point in time in your life, you're incapable of giving your desired manifestation to others. You always have the ability to help others manifest their desires. All of us have the capacity to give advice, to listen to others, and most importantly, to speak from a place of wisdom in manifesting. If you're a teacher, and you want to manifest more students in your classes, know that you have to be a student in someone else's classes. And with the cash manifestations, know that that 10% tithe will grind you to a screaming halt if you don't give it, and propel you into fast forward if you do give it. Learn when to give and know when to receive.

What do I need to do to learn to give?

Skills, mentor, books, web, tools to help me with my giving:

6. Action

All manifestations need action in the physical plane. Action means feeding your manifestation the work and the energy that is required for it to appear in your life. When I first heard the word discipline, I rebelled against it. One of my teachers taught me later that discipline is being a disciple of what you're in line with. That changed my life. Do not mistake activity for accomplishment.

What do I need to do take my action steps?

Skills, mentor, books, web, tools to help me learn what my action steps are:

7. Follow-Through

There is nothing worse than one small detail "losing your keys" that creates you being in the right place at the wrong time. Follow through comes from having foresight that cares for all the details in the path of manifestation. A good mentor will give you details in creating your manifestation. Be strong enough to follow through on constructive criticism rather than dismissing it.

What do I need to do to learn what I need to follow through?

Skills, mentor, books, web, tools to help me follow through:

8. Activity

Activity is the capacity to perceive the flow of your manifestation. Do we need more action or do we need more patience? What other steps could help this manifestation, and can I track my progress in the material plane with this manifestation?

What do I need to do to discern what activity is necessary?

Skills, mentor, books, web, tools to help me choose appropriate activity:

9. *Let Go*

Do and be all you can. Observe your manifestation and then surrender. Surrender is the easiest or hardest process in the world. Choose which it will be for you.

What do I need to let go?

Skills, mentor, books, web, tools to help me let go:

10. Fealty

Loyalty is a devoted attachment to your manifestation. Fealty is an allegiance with your manifestation. Know the difference and become obligated to your manifestation.

What do I need to do to have fealty?

Skills, mentor, books, web, tools to teach me fealty:

Being spiritually rich is simple, yet not easy. You know! You need to breathe to connect your world with the outside world. You have to be able to filter between ego and higher self. You need to know your intentions like the back of your hand. Keep your energies in the here and now. Be present. Be kind. Be whole.

You need large quantities of data about yourself, the world around you, and most importantly, how they work together. (And sometimes how they refuse to work together!) You need to be open to the opportunities to give and share the little things and the big things. Your ideas, your words, your heart must be available in an appropriate manner to all who enter your life. Learn which of your actions truly accomplish on the highest level of being. That all of the big stuff and all of the little stuff are always important and need consistent follow through.

Just like the wheels on the car turn to move the car forward, so must your activities mount leading to your manifestation. And when you let go of your attachment to it, be sure you don't give up. Become in allegiance with your manifestations so they know that they are one with you.

NO's

1. *Playing 'Let's Make A Deal'*

Psychic agreements with self and God - Source

- *Costume*

Pretending integrity, morale + values, Being above, Being Below

- *Cheer*

Support war stories, let people fail, make people fail.

- *Pretend*

You don't need help. Pretend

2. *Duh*

No positive, no negative

3. *Hard, Exhausted (No Time)*

Dissolving words

4. *Blame*

Why you didn't because someone

5. *Not my Table*

Pretending lack of awareness

NO's

1. Desire

Fancy car - Million bucks, lottery win, help others, feeding hole - Energy suck

2. Intention

Belief filler, distraction, activity won't step into your power

3. Energy

Low, "No" Thoughts, War stories, Tired words

4. Data

Informed, details, maintenance, energy upkeeps

5. Give

Give what you want to receive.

6. Action

Time, Energy, Innovation, Correct, Do Not Protest

7. Follow-Through

Details, calls, affirmation

8. Activity

Activity vs. Accomplishment

9. Let Go

Surrender

10. Fealty

In allegiance with your desire

Author Biography



After decades of study with shamans, healers, Curenderos and Masters, Starr Fuentes has dedicated her life to helping others with the full unfolding of their purposes, paths and destinies. A master healer, spiritual teacher and intuitive, Starr teaches more than 400 subjects and has guided countless individuals down the path of healing, self-awareness and truth.

She combines the use of modern psychological tools with ancient healing and shamanistic traditions, presenting a fountain of information in a teaching style that is animated, dynamic, and full of life. She has trained over one-hundred teachers who continue to spread her alternative healing wisdom throughout the United States, Europe, Israel, Brazil, Australia, Canada, and Asia.

Starr continues to teach and is a frequent presenter and lecturer at Energetic, Spiritual, and Metaphysical conferences and expo's across the United States. Additionally, Starr is very active in the local Metaphysical community, hosting numerous events from her own center in Arkansas where she does one-on-one tutoring, customizes classes, and often receives guest Master Teachers who come to study with her from a wide variety of metaphysical disciplines.

Starr has published 8 books and won the 'Best Health & Healing Book' from the Coalition of Visionary Resources for her 2008 release '*Healing with Energy*'.



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