



# Starseed Wilding

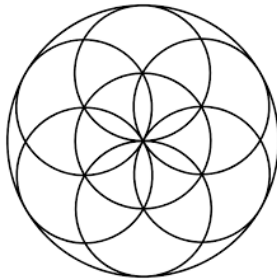
Remember Who You Are

Charis Melina Brown, M.A.

Starseed Wilding

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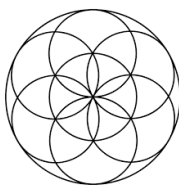


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TO THE SHINING ONES WHO RESIDE IN ALL OF US.  
FROM THE BEGINNING TO THE INFINITE HORIZON, MAY WE  
EVOLVE TOGETHER THROUGH OPENNESS, AUTHENTICITY,  
COMMUNICATION, UNDERSTANDING, COURAGE, AND ALWAYS,  
ALWAYS LOVE.



WE ARE ABOUT TO GO ON A JOURNEY, YOU AND I.  
YOU MAY BE CHANGED. BY THE LAST PAGE OF THIS BOOK,  
YOU MAY HAVE NEW EYES AND NEW EARS, PERCEPTIONS AND  
PERSPECTIVES THAT ARE RARE AND SPECIAL.

YOU MAY BE ABLE TO SEE INTO NEW WORLDS.

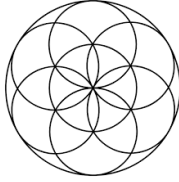
YOU MAY EVEN BE ABLE TO INTERACT WITH THE ONES WHO  
LIVE IN THESE NEW WORLDS, WOVEN THROUGH OUR OWN  
LIKE GOLDEN VEINS SWIRLING THROUGH MARBLE.

AND PERHAPS, BY YOUR INTERACTION WITH THESE  
NEIGHBORING WORLDS, COMPLETELY DIFFERENT PLACES BUT  
AS NEAR TO HERE AS A BREATH OR A TRICK OF THE LIGHT,  
YOUR EXPERIENCE IN THIS WORLD MAY BE SLIGHTLY, SUBTLY,  
BUT POWERFULLY DIFFERENT, FOREVER.

OR, THIS CAN JUST BE A BOOK.  
IT'S UP TO YOU.

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## **To My Beloved Reader**

Imagine that you and I are seated, facing each other, floating in a sea of white.

There are no discernible boundaries or edges to the world we find ourselves in.

This is because our world is a world of the mind. I am sending you these words and you are receiving them.

It's just you and me.

We are about to go on a journey together. I will open up my mind and heart and show you what I have seen, felt, and known. Believe what you want to believe. Every word I'll give you is true.

I hope that you use this conversation between us

(because yes, even as I write these words I can feel you too) as a jumping off point to strengthen your own inner journeys. I want to remind you that you are not alone. That you have great power and great perception.

I want to give you the tools I have fought to learn so that you don't have to fight too.

What happens to a warrior when the war is over?

We move to the dance floors. We use our strength to build. We use our minds to craft. We use our hearts to create.

Throughout these pages you'll find stories that bring you new colors of light and new shades of shadow. I like to love it all. I aim to exclude nothing.

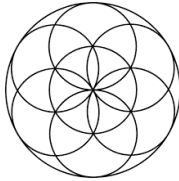
May we all come together and create a new shining place out of the ashes of our burning world. May we understand that all is a part of the necessary process of growth, evolution, expansion, and healthy

development.

May we be strong enough to win and kind enough to not fight in the first place.

I'm sending you love from the gentle, sensitive recesses of my heart.

Thanks for coming with me.





## **INTRODUCTION**

### **A GOLDEN KEY**

I have some stories to tell you.

Whenever I sit down to write a book to birth into the world, I spend months (and in this case, years,) meditatively constructing the story I am weaving. Every day in my morning meditations I visit the astral realm, one of the places where dreams, guides, and angels hang out, and where many forms of non-physical communication happen. In this space, I construct the book I feel gestating within me. I use energy streams, levels of intention, emotional desires, and intuitive searching to discover both what wants to be born from me and what the world wants from me. The two are equally important and without a clear feeling about both sides of this birthing, I can't write.

Here's a little tip that I've learned and that I hold to be true, to all of you who are stepping ever more fully onto your life path and afraid to take leaps of faith not

knowing whether you will be supported in a way you can trust. If you can discover what it is your sacred service to do (which comes from looking at what you are fascinated by, where your talents lie, what your favorite things to do are, what your favorite games to play as a child were, and what you have been complimented on over and over again throughout your life,) and then you focus on the world around you, opening your mind and heart to see where your purpose fits a need that is being expressed by your surroundings, then you will always be taken care of in your life. I have found this to be true so many times that I feel complete confidence sharing the equation with you. I truly believe that this is how we are supposed to live.

Now, about those stories I'm about to tell you.

When I began to construct this book in its energetic form, I had to do so deliberately and consciously.

Why was I writing it? Not to "teach" anyone anything, because every ounce of wisdom of the

entire Universe is already flowing through your body as you read these words.

Not to “heal” anything – healing comes from within. Each of us has to make that choice for ourselves.

So, what was it? Why was I doing this?

Well, firstly because I can feel the hunger coming from around me. I can feel all of the soul brothers and soul sisters across this planet who are like me, born as mystical people in a world full of metal and glass and wi-fi, and who want to know what other similar folks are doing to feed the inner worlds as we simultaneously dance through the grounded outer worlds with as much grace and balance as we can maintain.

Also, I was choosing to take this writing journey because I wanted to provide a “key” of sorts. A way to see into realms more consciously. I expect that as you read the stories I’m about to tell you, you will remember similar visions and experiences you’ve had

throughout your life, and you will be able to look at them more directly and more clearly, just because someone else is talking about this stuff too.

In my mind's eye, I see this book being a golden key – one that comes from within YOU, yes, but that is activated by reading these words, swirling across these pages, being soaked up by your eyes and decoded by your brain, enhancing your energy field and connecting you to your life purpose ever so much more deeply... and that key serving as a way to open greater levels of expansive, connected experience within you.

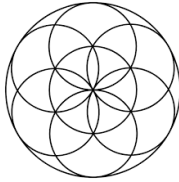
So please accept my gift. Please take what you resonate with from this book, and forget the rest. If it doesn't make your heart sing and your thoughts smile, then don't even store it in your memory. There is no need to clutter up your precious mind and aura with such things.

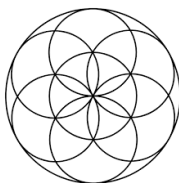
But know that as I write, I'm feeling you too, as you read. I'm sending love for you through my fingertips,

into this electric file, onto the pages as they print and  
right into you, eyes first.

We are all in this together.

Now let's go.





## **CHAPTER 1**

### **WHAT YOU'RE GETTING INTO**

This book is not for the weak-hearted.

It is not for those who fear, judge, or condemn.

It is not for those who blindly believe.

If you are one who would admire the shining armor of a warrior angel but turn your eyes away in disgust at what actually happens on the battlefield, at what that angel saw and experienced in order to become the experienced master you see before you, then please put this book down and walk away.

If you believe that there exist some beings who are not worthy of your time or attention because of stories and rumors about those of their kind, if you have internalized negative prejudice about any of God's creatures and if you refuse to revisit what you have

believed, this time with a clear mind and a soft heart, then please do not read this book.

It will only upset and frighten you.

But,

If you are someone who knows to your core that everything and everyone is deserving of love, then consider yourself welcomed with open arms and shining eyes.

You are unique.

You are powerful.

You are precious to this world.

The book you are reading has spirit technology woven through it. As you look into this book, it sees you too.

As it sees you, it gives you the energetic activations that your spirit will find reflected in the pages. You'll see thoughts you've had in the quiet recesses of your mind written before you. You are calling to these pages and the light and shadow here will take you deep into yourself.

So step forward, wise traveler.

But know that what is in these pages may change you.

Pay attention to what you feel as you read.

Let your inner wisdom arise as you recognize the light that shines within your mind and heart reflected back to you from these pages. Let that light that shines from your heart guide you as you take your journey through this world. It is your world, after all.

You can trust this process.

This is your world.

Take a breath.

Are you ready?

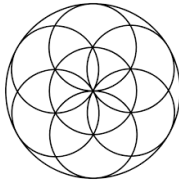
Make the conscious decision, now, before we begin. If the answer is no, if you need to set this book aside or shelve it for awhile until you do feel ready, no one will judge you for that.

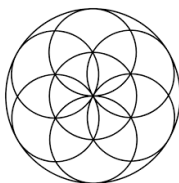
But if you are ready to let go of previous beliefs that have held you captive in a system of “right” or wrong that is not always fair, logical, or loving, then straighten your shoulders and keep reading. I invite you to let courage guide you, and to know that every page you will see here has been infused with love and truth and wisdom. The point of this whole thing is to give you keys and maps to help you navigate all of the realms that your body, mind, and spirit may travel as



you grow, evolve, and change.

Allow your transformation to happen. Affirm that you are the one directing this whole process (which is true, of course,) and that nothing can come to you that does not come to make you shine ever more brightly.





## **CHAPTER 2**

### **MODERN MYSTIC**

People with extra sensory awareness hold a unique space in our culture. We hold the awareness of the unseen things. In the modern world, when a spiritual awakening comes upon us, we have only a precious few choices as to how to handle it.

I have found myself filled with gratitude time and time again because subtle mysticism runs in my family. My grandmother's generation held a collection of sisters who were all linked in a specific way. They were aware of what each other were thinking, feeling, and experiencing. No one really talked about it much, this awareness was just a part of life. They were

devoutly Christian and never considered this inborn gift as anything unnatural. It simply "was." Automatically, authentically, and without commentary.

Because of this history, and other similar stories on both sides of my varied heritage, my extrasensory gifts didn't frighten or intimidate my family. I was given the freedom to walk these strange and overgrown paths (especially for us in Western cultures) that most of my mystical brothers and sisters haven't been able to see, because they've either stuffed their extra awareness into the unconscious parts of their mind to avoid the challenges it can bring, or they've frightened themselves and their surroundings, which has often led to their being medicated and caged.

These days, more children are being born with extra sensory gifts all the time. Drugging an entire generation isn't going to work. Our choice is no longer to crush and silence what we see and experience.

Rather, it is to learn to masterfully navigate through every space we find ourselves in. The world is both a terrible and wonderful place, depending on where you choose to shine your eyes upon it.

It is our job to do the invisible work. Our inner selves call for us to see deeper. The land speaks to us. The spirits around us know we can see them (unlike most people) so they treat us differently. It is up to us whether or not these gifts of enhanced awareness become a way to navigate ever more gracefully and powerfully in the world of archetype, myth, multiple dimensions, and changing forms. We can either be learning shamans walking with confidence and a deep knowing, or we can lose ourselves to madness because our world doesn't understand us.

Madness won't make the world understand you. It will do quite the opposite.

Illnesses like bipolar disorder and schizophrenia are common diagnoses for modern mystics, unsure of how to utilize their awareness. It doesn't have to be

this way. No matter what we perceive, no matter what beautiful sights or terrifying scenes we are aware of at any given time, we have a responsibility to carry ourselves in such a way that makes what we do feel safe to the others. Those who are observing us and who can't see what we see have a hard time understanding where we are coming from. What a person can't understand because it has no definition can be intimidating. Our scientific instruments cannot yet measure multiple dimensions. The idea of subtle energies and varying realms of existence are only now beginning to merit discussion in scientific circles, although medicine men and women the world over have known of these things since the beginning of time. There isn't an existent grounding for what we are bringing to Western culture. And combining this invisibility to logic with the epic emotions that many of our kind feel can be downright terrifying for the folks around us.

It's up to you, fellow traveler.

Will you be someone who rants and raves, having madness in your eyes, frightening the people around you and making them afraid of their own out-of-the-norm experiences, which do happen to everyone, sooner or later, at least a little bit?

Or will you walk tall, constantly learning, valuing your dignity and inner power, showing by example that a deeper more full spectrum existence is possible? Learning as you go and as you research ways to interact with the other realms so that when the ones who have seen you have these experiences for themselves, they aren't afraid?

When you've been mistreated, the urge to go off the rails can be powerful. The idea to let yourself break away from the reality that has hurt you and damn the consequences can be fascinating. But take the long view. Think ahead. I promise you that it is better to be at home in many worlds then imprisoned and exiled in one. We now have the option to do this.

There aren't yet many official schools where you can

go to hone your mystical skills yet, but we're working on it. There soon will be.

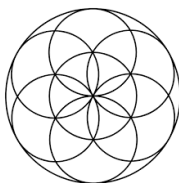
Until then, keep the faith. Do your research. Get outside and connect to the Earth - she will teach you more than any book or lecture ever can. Eat well. Eat less flesh and more plant matter. Meditate. Exercise your body. Dance. Dream. Create. Love. And see the world around you flourish.

Only you can do it in the way that is yours and yours alone.

I believe that you can shine brighter than you ever have before.

Rest assured, there are many, many, many of us.

More every day.



If you felt the call to read this book in the first place, I think you'll understand what I mean.

We live in a new time. We are experiencing sensitivities and perceptions that may seem new, but that have simply been forgotten. Over the years of my spiritual journey, I have often found some unique experience I thought I was alone in having look up at me from ancient Egyptian, Greek, or Sumerian myths. I've found that what seems so cutting edge these days was no big deal back in Atlantis, or was laughably simple in times when technology combining spiritual and Earth energies was commonplace.

What we are experiencing is an emancipation. We are experiencing a "coming of age" of the deeper spirit. I like to think of this time's changes as the "civil rights of the mystic." Once you realize that you are connected to parts of this world that aren't seen or heard with the body, once you hear voices and see visions, what do you do? Up until now, in Western society, you ignore them, and if you can't ignore



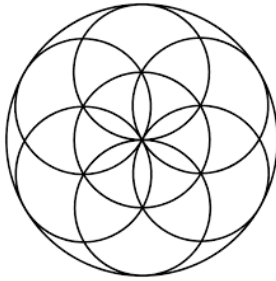
them, you drug yourself with substances or prescriptions until the “extra” senses die out. Unfortunately, so often our genius, our artistic abilities, our creativity, and the shine that makes us US goes with it.

And what if, like me, you find that these “hallucinations” that make you question your sanity are accurate? What do you do when your visions come true? When your imaginings are confirmed, over and over as real? Then, in my opinion, you learn how to use these special gifts. You fact check. You refine and test and learn to trust your extra senses as solidly as you trust your sight and hearing. You adapt and grow. And through this evolution, we not only make ourselves live more easily but we pave the way for future generations who will undoubtedly be more sensitive, more talented, and even more in need of the foundations we are building step by step, brick by brick, nail by nail, and word by word.

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Charis Melina Brown



## ABOUT THE AUTHOR

Charis Melina Brown is an American author, teacher, and energy healer. She travels often, bringing multilayered concepts of healing and progression to the land and to the people. She believes in a better way of living, and she believes that we are on track to going exactly where we are supposed to be, one by one, moment by shining moment.

