

COSMIC CONVERGENCE

JOURNEYS OF WALK-INS, STARSEEDS
AND HYBRIDS



SHEILA SEPPI AND **BARBARA LAMB**

FOREWORD BY MARY RODWELL

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Cosmic Convergence
Journeys of Walk-Ins, Starseeds, and Hybrids

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THE EMERGENCE OF WALK-INS, STARSEEDS, AND HYBRIDS

In the kaleidoscope of human experience, where the boundaries of reality blur and the mysteries of the cosmos beckon, there exists a phenomenon that challenges the very fabric of our understanding—the emergence of walk-ins, starseeds, and hybrids. These alchemical beings traverse the realms of human consciousness, embodying a synthesis of terrestrial and extraterrestrial origins and carrying within them the seeds of transformation and evolution.

At the heart of the phenomenon of *walk-ins* lies the soul exchange—an extraordinary occurrence in which one soul vacates a human vessel, allowing another soul to inhabit it. This concept, rooted in ancient spiritual traditions, suggests that souls may enter and exit physical bodies guided by a higher purpose or a Divine plan. One cannot request that a walk-in event occurs in their life, as these events are preordained. They happen for a purpose, including to help anchor higher frequencies on the planet.

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For those who experience a walk-in event, the process is often described as a profound awakening—a sudden and unexpected shift in consciousness that alters the trajectory of their lives forever. In some cases, the individual may have no memory of their previous identity, while in others, they retain fragments of their former self that serve as a bridge between past and present. Others retain full memories and the personality of the form they inhabit.

The origins of walk-ins are shrouded in mystery, with theories ranging from interdimensional origins to cosmically bound agreements made before they were born. Some believe that walk-ins are souls from other realms, dimensions, universes, or planets who have volunteered to incarnate on Earth to assist in humanity's spiritual evolution. Others suggest that walk-ins may be beings of light or higher consciousness who have chosen to enter human bodies to fulfill a specific mission or purpose. Regardless, each walk-in event is different and unique to the individual, and each walk-in is from a much higher vibrational dimension or density than the previous soul.

Closely related to the concept of walk-ins are *starseeds*—individuals believed to be souls originating from distant celestial realms or planets who have chosen to incarnate on Earth to assist in its spiritual evolution. Like seeds scattered upon fertile soil, starseeds bring with them the wisdom and energy of their cosmic origins. They serve as beacons of light in a world shrouded in darkness, and their spiritual ideas sprout to enlighten humanity.

Starseeds also often feel a deep sense of longing or homesickness for their true cosmic home as well as a compelling sense of purpose or mission on Earth. They may possess psychic abilities or heightened intuition and may be drawn to spiritual practices or metaphysical teachings that resonate with their soul's journey.

The concept of starseeds has gained popularity in recent years, fueled by the growing interest in spirituality and the search for meaning in an increasingly complex world. Many believe that starseeds are here to help

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humanity awoken to its true potential by guiding us toward a higher level of consciousness and collective understanding.

Hybrids occupy a unique and intriguing position: They are beings whose genetic makeup incorporates elements from both human and non-human sources. Whether the result of genetic engineering, extraterrestrial intervention, or a natural evolutionary process, hybrids challenge our understanding of what it means to be human, blurring the lines between species and worlds.

Hybrids may possess a wide range of physical and psychic abilities as well as a heightened sensitivity to subtle energies and vibrations. They may feel a sense of displacement or alienation in the world as well as a deep longing to connect with others who share their unique heritage.

For some, the emergence of hybrids represents a new chapter in human evolution—a potential glimpse into our collective future as a species. By embracing our hybrid nature and transcending the limitations of conventional identity, we may unlock the hidden potentials within ourselves and usher in a new era of harmony and understanding.

As we navigate the territories of walk-ins, starseeds, and hybrids, we are confronted with questions about the nature of reality, consciousness, and our place in the cosmos. What does it mean to be human in a universe teeming with life and intelligence? How do we reconcile the limitations of our physical existence with the boundless potential of our spiritual nature? These are the questions of our time.

In the end, perhaps the answers lie not in the realm of the intellect but in the depths of the heart—in the timeless wisdom that whispers to us from beyond the veil of ordinary perception. In the exploration of these phenomena, we may discover not only the secrets of our past but also the keys to unlocking our future.

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As we stand upon the threshold of a new era of human consciousness, let us embrace the diversity and complexity of the human experience, celebrating the tapestry of life that braids us all together. For in the presence of walk-ins, starseeds, and hybrids, we may find the seeds of our own awakening—the promise of a brighter tomorrow, rooted in the infinite potential of the human spirit.

In the chapters that follow, you will find a rich weaving of information and insights into the fascinating realms of walk-ins, starseeds, and hybrids. These phenomena offer us a glimpse into the vast and mysterious landscape of human consciousness and the cosmos beyond. The main content was written by Sheila Seppi; Barbara Lamb wrote the accounts of hypnotic regressions.

This book opens by delving into the intricate and interconnected concepts of dimensions, densities, and the harmonic universe, forming the foundation for our exploration of cosmic convergence. The explanations of these concepts aim to unravel the complexity and mystery of the universe, highlighting the intricate connections that shape our reality.

Density signifies the varying states of matter and energy, while *dimensions* denote distinct levels of perception and consciousness, allowing for movement between different planes of existence. The *harmonic universe* introduces a layered structure of interconnected realities, each with its own vibrational frequency and state of consciousness. Understanding these principles is essential for navigating the paths of our cosmic journey and grasping the deeper aspects of our universal fabric. This knowledge will prove essential in understanding the information that follows.

Universal multidimensionality describes the vast and multifaceted realms of existence by delving deeply into the seven planes of existence, offering insights into the distinct levels of reality and consciousness that shape our universe. Additionally, *multidimensionality* explores the fascinating concepts of parallel universes and timelines, unveiling the intricate web of

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alternate realities and potential paths that coexist alongside our own. By understanding these ideas, readers will gain a greater appreciation for the interconnectedness of all things and the endless possibilities that lie within the fabric of the cosmos. These concepts will help explain how the journeys of walk-ins, starseeds, and hybrids are possible.

Matrix fields are diverse vibrational manifestations within the human holographic field, including the intricate dynamics of the spiritual bodies, the aura, chakras, ley lines, meridians—especially as they apply to the profound transformations that accompany walk-in experiences, starseed awakenings, and hybrid realizations. This chapter offers a detailed exploration of how each component—spiritual bodies, aura, and the holographic field—is a distinct element that also functions in synergy, adapting to the unique vibrational shifts that these extraordinary events trigger.

Following these explanations, you will find three distinct sections; each section begins with an overview providing readers with essential context and understanding. Here we delve into walk-in, starseed, and hybrid experiences uncovered through hypnotic regression accounts conducted by Barbara Lamb. The regressions offer an intimate glimpse into the lives and journeys of those who have had these transformational experiences. Finally, we draw upon these narratives to suggest a conclusion that reflects the deeper implications of these encounters for humanity's understanding of identity, consciousness, and the universe itself.

SECTION ONE: WALK-INS

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Our journey begins with an examination of walk-ins, individuals who undergo a soul exchange or other type of soul experience where their natal soul (original soul) is augmented or exchanged. Through compelling narratives and firsthand accounts detailed through hypnotic regression sessions, we

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illuminate the transformative nature of these experiences, shedding light on the important shifts in consciousness and identity that accompany them.

We will delve into the complexities of walk-ins' existence from the moment of arrival to the integration process that follows, exploring their unique perspectives and contributions to the collective human experience. We also will look at the soul's progression from its division from the original Source self to incarnation. This is an expanded version of Anatomy of the Spirit from my first book, *Walk-Ins: Cosmology of the Soul*. There we discuss several types of walk-in soul experiences followed by soul origins. Next, individuals provide, under hypnosis, their accounts of becoming a walk-in.

SECTION TWO: STARSEEDS

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Next, we turn our gaze to starseeds, cosmic beings who incarnate on Earth with a mission and purpose derived from their celestial origins. We will discuss the origins and through hypnotic regression sessions and personal testimonials, we uncover the cosmic connections and earthly missions that define the starseed experience. From their inherent wisdom to their innate sense of purpose, we delve into the multifaceted nature of starseeds, offering insights into their role in guiding humanity toward a higher state of consciousness and evolution.

SECTION THREE: HYBRIDS

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In the final leg of our journey, we will explore the phenomenon of hybrids—beings embodying both human and extraterrestrial traits. Through hypnotic exploration and firsthand accounts, we navigate the complexities of hybrid existence, unraveling the intricacies of their cosmic lineage and earthly manifestations. From their unique physical attributes to their intense need for

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a sense of belonging, we delve into the hybrid experience, offering glimpses into their role in bridging the gap between humanity and the cosmos.

With the narratives and insights gleaned from our exploration, we can weave together a comprehensive conclusion that reflects on the profound implications of these encounters for our understanding of identity, consciousness, and the universe itself. Through the lens of walk-ins, starseeds, and hybrids, we contemplate the interconnectedness of all things and the transformative power of cosmic encounters in shaping the human experience.

At the conclusion of our discussion, readers will find a comprehensive glossary of terms, which the reader might want to review before beginning the first chapter or refer to whenever they encounter an unknown term. It provides definitions and explanations for key concepts that are discussed throughout the book.

As a side note to you, the reader, I would like to share my personal story.

I entered the physical body of Sheila in 1999 through a soul-exchange walk-in experience. Since then, I've maintained a connection with what I call "my collective." The collective comprises many multidimensional facets of my oversoul, reassembled from numerous individual soul experiences into a single unified consciousness. This consciousness, spanning realms, star systems and universes, encompasses individuated soul aspects from the angelic realm and the Pleiadian, Lyran, Sirian, Arcturian, Mantis, Vega, Orion, and Andromedan star systems, to name a few. Together, these unified soul fragments form what I fondly refer to as my collective. Our collective name is Yahni. Many members of the collective have worked through me, Sheila, during the writing of this book to bring their words onto these pages. One member, an Andromedan Elder Mother, Tiamu, has channeled light language into its pages. She is a future aspect of my Andromedan self.

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Prior to my embodiment, the collective was called from the Andromedan system to assist Gaia, Mother Earth, with the repair of the etheric crystalline grid that surrounds the planet. We merged our consciousness with the consciousness of those already working on the grid to repair and send an infusion of light codes of awakening, unconditional love, and unity consciousness. When the natal or original soul of the Sheila body cried out that it was time to be released, it was decided by the collective that I would be the individuated soul aspect to enter that body.

Throughout this book, I will frequently refer to my expanded consciousness as my collective, as they play a significant role in shaping my experiences and understanding of the universe and life on Earth.

It is our hope that the insights gained from these chapters serve as a catalyst for further exploration and discovery, inspiring you to delve deeper into the mysteries that lie at the heart of our existence. For in the pursuit of knowledge and understanding, we may uncover not only the secrets of the universe but also the key to unlocking our true individual potential as beings of light and love.

So let us begin the journey with open hearts and curious minds, guided by the light of truth and the wisdom of the ages. For in the exploration of hypnosis, walk-ins, starseeds, and hybrids, we may find the answers we seek and the transformation we so earnestly desire.

Your adventure awaits.

END OF EXCERPT

MEET THE AUTHORS



SHEILA SEPPi



Sheila Seppi is a soul-exchange walk-in who entered the body of a thirty-eight-year-old mother with three children, and experienced instantaneous healing from documented illnesses. She emerged with new spiritual gifts and memories, transforming her life completely.

Her first soul experience was in the angelic realm with the Elohim, where she was given the name Nawaila (Na-wai-la) by her original star family. Sheila's soul is a blend of Angelic, Pleiadian, Arcturian, Sirian-Lyran, Mantis, and Andromedan lineages, among others. She initially entered the body as and in alignment with her Arcturian frequency but has since fully integrated her Andromedan self. Sheila's mission, guided by her collective known as

the Yahni (Yah-knee), is to be a way-shower, helping humanity to spiritually awaken and evolve.

In 2019, Sheila published *Walk-Ins: Cosmology of the Soul*. She is an international speaker, event coordinator, multidimensional life coach, holographic alchemist, light language linguist, regression therapist, shamanic practitioner, and spiritual teacher. Sheila uses higher dimensional frequencies to empower others to embrace their higher selves.

Sheila founded the Conscious Awakening Network and SpiritWay Wellness. Her goal is to help people spiritually remember who they truly are.

www.sheilaseppi.com

www.consciousawakeningnetwork.org



BARBARA LAMB
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Barbara Lamb is a licensed psychotherapist (recently retired) and a current hypnotherapist and regression therapist. She is considered one of the world's leading authorities in the field of UFOlogy and extraterrestrial contact. Since 1991, she has also regressed countless numbers of people to some of their past lives.

Barbara has been a featured lecturer at dozens of conferences throughout the US and abroad. She has given hundreds of interviews for television programs, including Ancient Aliens and Netflix, and radio interviews on Coast-to-Coast AM Radio, GAIA TV, films, YouTube, the Conscious Awakening Network, and the internet. She has received five Lifetime Achievement Awards from five major conferences for her work in giving help and support to experiencers of ET contact and furthering the field of UFOlogy.

She is an author and has co-authored *Crop Circles Revealed*, *Alien Experiences*, *Meet the Hybrids*, *Kids' Adventures with ET Friends in Space* and now, *Cosmic Convergence: Journeys of Walk-Ins, Starseeds, and Hybrids*.

Barbara is an avid researcher of the crop circle phenomenon and has personally visited more than 1,800 crop circles in England since 1991. She has given many lectures and interviews about this subject and has conducted crop circle tours.

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