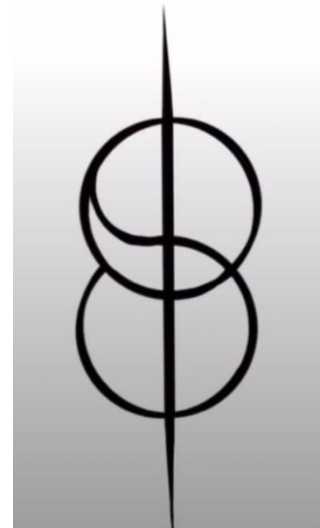


# Reality Shifting

## What is shifting?

Shifting is moving your consciousness to a different reality. You aren't teleporting your body to that reality when you shift. You can shift anywhere you like, for example to Hogwarts, an anime or you can be a celebrity. There are no limits, just don't shift to hurt or manipulate people.

**This is the shifting sign. It represents the shifting community and was designed by an artist on tik tok. It is also used to recognise other shifters.**



## Words that are often used in the following explanations and what they mean:

**Dr = desired reality** - the reality you are shifting to

**Cr = current reality** - the reality you are in right now

**Wr = waiting room** – many people shift there to take a break from their cr, to study or to just relax. It is also easier to get to your dr from there. For most people it's just a room or a house, but it can also be a forest or a sunflower-field, you decide how you want it to look.

## Methods & scripting

**You don't need a method or a script to shift, but they can help.**

You also don't have to stick to the method, you can change every method so that it fits you.

There are awake- and sleep methods. For awake methods you stay awake and shift, for sleep methods you fall asleep after doing it and wake up in your dr.

Awake methods are for example the ceiling method or the non-sleep method.

Sleep methods are for example the Julia method, the raven method, or the elevator method.

There's also one for people who have ADHD, called the ADHD method.

You can write your script anywhere and you can be as detailed as you want. You can also add visuals of how it looks in your dr. But as I already said, you don't need a script, because your subconscious knows where you want to shift.

### **Example for a script:**

Name:

Age:

Birthday:

Sexuality & pronouns:

Appearance:

Personality:

Family members:

Friends:

Back story:

Health:

Signature scent:

If you shift to a dr that is dangerous or could possibly traumatise you, it's good to script that you have a high pain tolerance or can't die. It won't work if you script that you can't bring back trauma from your dr, so it's better to script that you can't get traumatized at all.

## Symptoms

While doing your method, you will probably feel some of the symptoms listed below, but it's okay, and totally normal if you don't. Some people don't feel any symptoms and still shift.

If you feel symptoms, try not to focus on them, or they'll probably go away. Just go on with your method.

Some symptoms you might feel are:

- Numbness
- Tingles
- Twitches
- Heart racing
- Feeling like you're floating
- Feeling of your surroundings changing
- Hearing/feeling something from your dr
- Smelling your signature scent
- Flashes of bright lights

## Subliminals

Subliminals are audios that contain hidden affirmations and are often used for shifting. They can also be pictures that contain the affirmations. There are different kinds of subliminals for different purposes. There are some for clear skin or hair growth and many other things.

**But you have to be careful if you use subliminals, because not all subliminal makers put good affirmations in them. I would recommend you read the comments to see if people got good results or don't listen to it at all if you don't feel safe.**

## Clones

When you shift your clone takes over your cr body. It's a part of your soul, so it won't do anything you wouldn't do, but if you're still worried, you can shift during the night, so your clone just sleeps. You can also script that your clone will study, clean your room, do homework, do selfcare, etc.

Once you shift back you will remember everything your clone did.

## Time ratios

A time ratio is creating a difference of time between your dr and your cr. They are helpful if you only want to shift away for the night but want to spend more time in your dr, but keep in mind that a drastic time ratio like '1s cr – 1 month dr' is very exhausting for your mind. Some good and safe time ratios would be:

1h cr – 1 week dr

1h cr – 1 month dr

5 min cr – 1 day dr

You can set your time ratio by just scripting it, it will work when you get to your dr.

## My experience with shifting

So, the first time I attempted to shift was right after I found out, therefore I was very excited. I couldn't relax and do my method properly, so I didn't shift.

I think my second attempt was the next morning or the morning a day after. I woke up and decided to try to shift because why not. I laid down in a starfish position and started counting to hundred, saying affirmations and visualising my dr-friends. When I was at about 67, my heart started racing, and I saw only blue behind my eyes. I continued to count. My eyes slowly started to open, but it was too early. Even though I didn't shift, I felt very euphoric because I got very close to my dr.

I didn't shift on the other attempts after that one too, unfortunately. I was always too lazy to actually do my method so just visualised and fell asleep after. I got some symptoms, but they weren't very strong.

## My friend's experiences

I asked my friends who also try to shift about their experiences. They both had very different symptoms, and I think that's a good example for how different shifting is for everyone.

The first one is from my friend who is shifting to twilight.

*// I'm trying to shift to twilight because I want to meet Alice and Jasper, but not Bella and Edward, so they don't exist in my dr.*

*I tried to shift the night after my friend told me about shifting. I laid down in my bed and listened to a twilight subliminal and started counting to hundred. Between the numbers I said*

*affirmations like I can shift, I shift to twilight, I'm 16, I will meet Alice and Jasper, etc. After some minutes I felt tingles in my whole body. I fell asleep in the end and didn't get to my dr.*

*On my second attempt I was visualising how I would wake up there. I had less symptoms that time, but I feel like I was closer to my dr than on my first attempt. //*

The next one is an experience of my other friend. They are trying to shift to Hogwarts, and this is their experience from one time they got close to their dr. It might be a little chaotic because they messaged me right after it, but I hope it's understandable.

*// I woke up at 9 a.m. I was on a long break because of school, and I didn't want it to last longer so I was like ok let's try. I laid down and started visualising. I had a lucid dream where I was on a green planet thing and all around me it was like the nether in Minecraft. I could fly too. And there was Harry Potter and told me to try to fly. I was like: ok, let's do it, and THEN I FLEW. He then told me to follow him to a portal and I was like OMG YES, so we flew away from this island thing (the flight was really nice, I loved it). He stopped after a while and I was like: ok? He asked me if I saw this stained glass over there and I looked at where he was pointing and said yes. He told me to fly through it as fast as I could, and then on the other side there would be a portal and I would just fly through that too. So I flew there as fast as I could, through the glass and there was this giant portal, like GIANT and I flew through it. I opened my eyes (I closed them because I was a little afraid) AND I SAW JAMES POTTER IN ALL HIS GLORY. He looked up from what he was doing, straight into my eyes, as if he could really see me. Then I got too excited and woke up in my cr, but I saw harry for a second after I opened my eyes. //*

If you want to learn more about shifting, I recommend watching Kristeau's videos about shifting on youtube, and if you have access to Instagram, you can look at shifting account's posts and if you still have questions then, you can dm them (only if they put 'DMs open' in their bio!)

Some shifting accounts on Instagram I recommend:

@shiftingflower, @shiftingshine, @shiftwithanbee, @shifting.frog, @shiftingwith.lilly, @shiftingxwithxyou

These are only a few accounts and there are many more, but it would be too much to list them all.

**Thank you for reading all of this, I hope it was informative**

**If you want to try to shift, I wish you good luck, you can do it :)**