

## AN INTRODUCTION TO LIGHTWORK

### Calling all Old Souls, Healers, and Spiritual Leaders!

#### Who are Lightworkers?

Lightworkers are what I call Old Souls. They may be healers. They may be office workers. They could be in any profession at all, not just following a spiritual vocation. And yet all lightworkers possess certain qualities. They have an interest in being of service. They want to live a life of passion and purpose and have their life *mean* something. They care about people and causes that stir something important within them. And they very often dream of how life on this planet could be better.

They tend to be sensitive, compassionate and highly intuitive and even if they would rather not (because they often love peace), lightworkers tend to rock the boat, so to speak.

Lightworkers are usually different in some fundamental way to their family of origin. They can be the proverbial 'black sheep' of the family. Or they can play the role of adored child to whom everyone in the family turns when in trouble, angry or needing a shoulder to cry on.

As you can imagine, neither of these possible family roles are particularly supportive of the child (lightworker) at all – and a lot of lightworkers were raised in environments where it was more important for them to take care of others' needs rather than tend to their own (or even realize that they had needs apart from a need to tend to others – underneath which is often a hidden need to be loved).

So many lightworkers tell me that they wonder if they were adopted (even when they look exactly like their parents – they just *feel* so different to the rest of their family).

A lightworker will frequently have different belief systems to most people around them, to the point where they wonder if they belong here at all – or on some far away planet elsewhere in our mystifying universe!

They may feel as though they are breaking away from family traditions and carving out a life for themselves that is unusual, individual and sometimes requires great courage and self-belief (because being different isn't always easy!).

Lightworkers also often radiate what I call the "stray dog syndrome" in that they tend to attract people who just seem to open up and tell them their problems for no apparent reason.

They could be in a queue in a grocery store, at a rowdy party, out to lunch, on a bus or basically anywhere not just a therapist's room.

### **Could You Be A Lightworker?**

If you are reading this article, then you probably are!

Some clues that you might be a lightworker (perhaps still 'in disguise' in the sense that you are only just discovering it) ...

- You are often referred to as 'sensitive' or 'emotional' or 'compassionate'
- You feel different, find it hard to sense where you belong or wonder if you are from another planet (literally or metaphorically!)
- You sometimes think you might be a bit crazy because you tend to think very differently to those around you and you wonder why you just 'can't be normal like everyone else'
- You get a sense of knowing or strong feeling impressions about people or situations around you for no apparent reason
- Your moods seem to be affected by stronger forces than just your day to day experiences (such as natural disasters you see on the news or spending time with people who are extremely depressed, unwell or angry)
- You experience headaches, flu-like symptoms, hot flashes, increased sensitivity to light or sound or television, with no apparent physical reason for that experience



- Sometimes you don't speak your truth because you know it will upset people and you prefer to keep the peace (but eventually you find you have to speak up anyway!)
- You get emotionally uplifted being in nature, hearing beautiful music or seeing something beautiful in an art gallery or in a shop window (perhaps now you can claim your fashion addiction has to do with your spirituality!)

These are just some of the indicators that you could be a lightworker, an old soul, a healer or a spiritual leader for our planet. These are all different terms for the same thing really.

### **So I could be a lightworker – now what?**

So what if you do identify with the role of lightworker? How can you manage it?

Well, there is plenty of info on this site to help you – but consider these suggestions to get you started ...

### **Find Support – teachers, groups, guides, angels**

*Learn to self-soothe in times of emotional and psychological stress – dealing with mutational symptoms – it can take a while (and lots of experimenting) to learn how to do this in the best way for you*

*Learn about Spiritual Unfoldment to understand what is happening to you and our planet (you may like to read more on this site)*

*Practice Psychic Clearing and Protection regularly*

*Practice the principles of spiritual alchemy to feel empowered and ready to take on the world (or at least make a generous contribution to the earth's spiritual light)*

Now let us take a look at what lightworkers actually do when they are no longer in disguise and instead begin to consciously recognize themselves as the beings of light that they are...

### **What is the practice of lightwork?**

Lightwork is a form of spiritual healing specifically targeting personal and planetary evolution through spiritual growth. Lightwork is based on



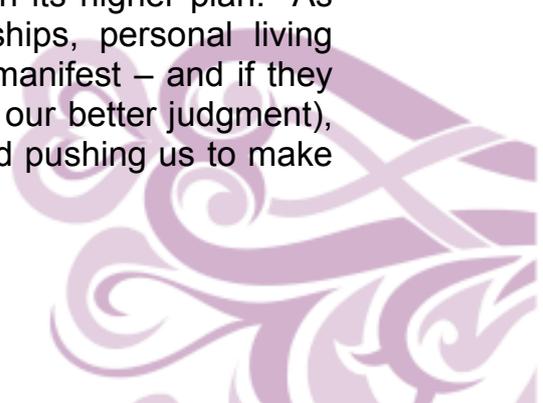
Invocation – or calling upon higher, more evolved spiritual beings to connect with you, and through the Universal Law of Resonance and Vibration, help raise your energetic vibration. I liken it to working with tuning forks – when one tuning fork is struck, all the others around it begin to vibrate at the same pitch. This is the Universal Law of Resonance and Vibration (and why we do our best as lightworkers to deal with the negative in our lives, but when choice is there, choose to surround ourselves with truth, beauty and healing energies – such as through spending time in nature and clean, uplifting environments, meditating regularly and connecting with a source of inner peace on a regular basis).

Lightwork is essentially experienced rather than explained – but in short will connect you with the auric fields of being of consciousness higher than your own at this stage – such as angels, ascended masters, planets and stars.

Because you are consciously manipulating this energy (when you are guided by an effective teacher – this is better learned in groups with an experienced teacher if at all possible) and taking on only as much as you need at each time, rather than blowing your circuits by invoking carelessly and without proper guidance and training, you will gradually awaken your own consciousness to higher and higher levels, minimizing the mutational symptoms that occur as you evolve (such as headaches and pains, cleansing illnesses and so forth that do ease off as you progress, but are often quite prevalent in the early phases of development as you clear and release a degree of old emotional excess).

As invocation is carried out and spiritual growth occurs, a number of phenomena manifest, including greater connection with your Higher Self or Soul, enhanced capacity to create and master the arts of manifestation, intensely expanded spiritual awareness and practical shifts within your physical, emotional, mental and spiritual bodies as the center of power and awareness begins to shift from the lower three centers to the heart chakra.

Through this process, the heart begins to govern the functions of the lower three chakras (base, sacral and solar plexus) and assists the Soul or Higher Self in bringing them into alignment with its higher plan. As this process occurs, changes in work, relationships, personal living arrangements and your physical lifestyle tend to manifest – and if they do not (perhaps we resist those changes, despite our better judgment), then crises erupt, forcing our hand, as it were, and pushing us to make the change we know we need to make.



This is life work – it is spiritual work that acts as a catalyst for personal transformation and planetary healing. It is not academic – although you will awaken wisdom and ancient knowledge and an immense capacity for learning. Rather it is practical and real.

This is not for those that wish to remain, as Caroline Myss has termed them ‘spiritual librarians’. Reading is great to expand the mind, but it is no substitute for real emotional work.

And wishing won’t make it so (I have tried, really, but there is no substitute for the real thing!).

What is real spiritual work in your life? Learning to focus on you rather than judging everyone else, giving to your inner child, loving your work (as best you can), enriching your relationships with your partner, your family and your friends, indulging in creative expression (maybe build a sandcastle?).

It is also about taking some time off from being ‘spiritual’ in the sense of giving the other parts of you time to play – that may in frisky games with your partner, giving your pet some attention, going to the park or lying on the beach. Balance, balance, balance.

So be aware that if you decide to take up the gauntlet, you really can heal and transform yourself – your body, your emotions and sense of wellbeing, your mind and your Spirit – through invocative spiritual work.

Invocation is best taught through guided meditations and practiced slowly and regularly so as not to overwhelm the energy system. You could liken it to a person who never exercises attempting to do a ten mile run. Even if they forced themselves, they would be unable to complete the course without overstraining the body and possibly causing quite severe harm to themselves – whereas the runner who trains in increments, starting with walking, progressing to half walking, half jogging, then to short runs, building up speed and distance over time, conditions their body to stand greater and greater physical strain, and will eventually be able to run that distance comfortably.

So it is with spiritual work. Do not think for a moment that if you cannot see something (you will when your clairvoyance starts to develop), then it is not powerful. In the same way that natural herbs can have healing powers but be dangerous and toxic when taken inappropriately, so to can spiritual work both help and hinder your progress if not monitored and balanced with the rest of your life’s activities.



This is usually the last thing a new student wishes to hear, as most students run at their spiritual studies like a bull at a gate! You have to admire their enthusiasm, but sustained commitment is what will get you there. Sounds a bit like the story of the hare and the tortoise.

As a practitioner, you will need to keep an eye on your clients and students and encourage moderation and balance in all things.

It may interest you to know that for every student that I have that resists personal meditation practice, there is always one that I must caution to take a day off from all spiritual work at least once a week.

A healer mentioned the 85% rule to me, which I quite like and use in many ways. The idea is that what we do for 85% of the time dictates our health and wellbeing – it allows for consistency and discipline, without becoming rigid and inflexible.

Keeping things in proportion is a healthy way to put our usual need for control to good use, allowing Spirit to flow through us, whilst regulating the tendency of our ego to go to extremes.

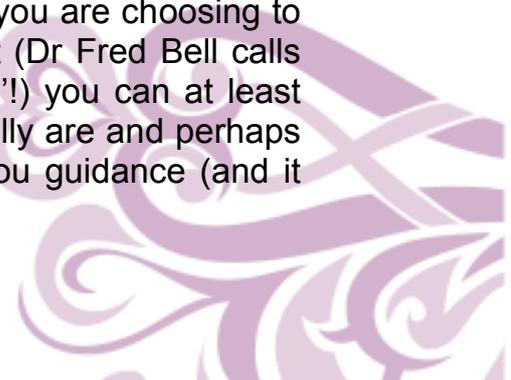
So provided that this philosophy of moderation is incorporated in daily life, invocation can be used to great effect and with extraordinary results in terms of personal and spiritual development – particularly when experienced through the aura of an appropriate spiritual teacher.

### **Working with group energy, a teacher, a guide**

The meditation CDs I have created hold a certain vibration and enable individuals to experience invocation in a powerful form when they are without access to a spiritual group or choose to pursue their development in a solitary capacity for a time.

Group energy is one of the great gifts and challenges of spiritual work and it can greatly enhance invocative work – and also create diversions (usually through judgement, power games and manipulation) to the spiritual path at the same time.

Always rely on your gut instincts and trust your feelings. Of course, if you ignore your intuition, at least be conscious that you are choosing to do so. Then when it is proved right after the event (Dr Fred Bell calls our intuition ‘that voice you should have listened to’!) you can at least gain some self-esteem in terms of how wise you really are and perhaps decide to act on that voice the next time it gives you guidance (and it will do so regularly).



## **What is my life mission as a lightworker?**

The specific issue that you have come to work through will be found by searching for the area in your life where you encounter great difficulty and great fulfillment and success. Your life purpose will involve combining the two as you work through the difficulty and are able to understand how to heal it within yourself. Eventually, as you learn to heal and master this issue, you will develop expertise in assisting others with similar issues.

One thing I have consistently observed is that the Universe will provide you with every support when you are walking your path. Opportunities will come to you – and if they are not, then you need to ask yourself ‘am I allowing myself to follow a heart-centred path and if so, is this just a question of trusting in universal timing?’.

Please remember that your Path will *a/ways* find you.

You may feel as if you are bumbling about in the dark, with not a clue as to what you are here to do but here is a truth – you are already on your path.

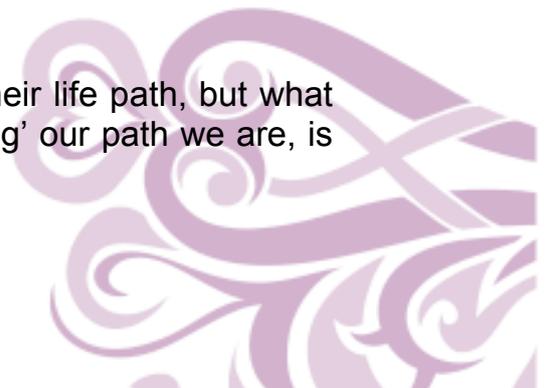
Whether or not it seems like a “proper” life path or not is irrelevant.

If you want your path to become clearer to you, ask for Guidance to assist you, but know that you are exactly where you are meant to be, learning exactly what you are meant to be learning and the more you can accept this, the more you will actually flow into more conscious and fulfilling expression of your life path.

The placement of Chiron in your natal astrology chart and your north and south nodes can teach you something about how you will assist others, but really, it isn't too difficult to find out your life purpose (despite how much struggle we seem to go through on the quest to discover why we are here!).

You need to look at where you struggle the most and where you are most successful in your life (or where you would like to be most successful).

I have done a lot of readings for people around their life path, but what always remains the same, no matter how far ‘along’ our path we are, is that when we are ready to know more, we will!



Don't fret if you are feeling lost. You simply cannot miss what you have come here to experience.

You will fulfill your mission this lifetime – pray for assistance (Archangel Michael is great for this) and trust that you are watched, heard and loved by Heaven and all is well in your world!

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