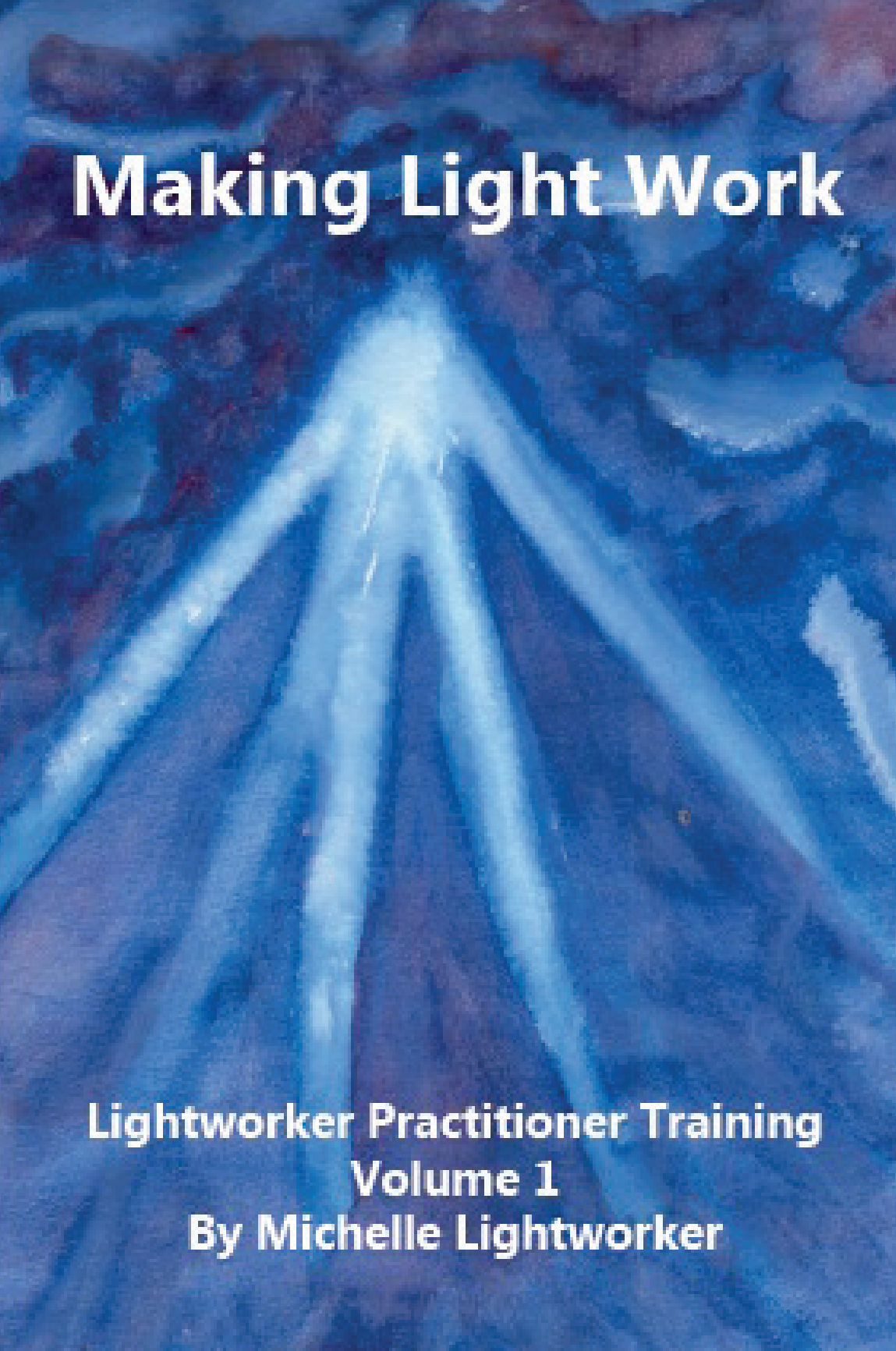

Making Light Work
Lightworker Practitioner Training
Volume 1
By Michelle Lightworker

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Published and distributed by Lightworker Reflections™ 2013
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Third Edition

Illustrated by Michelle Lightworker

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ISBN: 978-0-9803627-1-8

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MAKING LIGHT WORK

LIGHTWORKER PRACTITIONER TRAINING MANUAL VOLUME 1

By Michelle Lightworker

About The Author



Michelle lives happily on the Sunshine Coast, Queensland, Australia with the love of her life and husband Tony. Although, Michelle really considers Mother Earth her human home and travels it frequently. Michelle is the proud mother of two daughters Sarah and Phoenix. Michelle began her own journey as a Lightworker the minute she entered the world as she believes every part of life is a part in consciously evolving. Michelle more consciously began her lightworking when she hit rock bottom with an eating disorder back in 1990. Since then, her recovery led her to helping others in voluntary service for many years before officially studying counselling and then assisting counsellors with professional supervision. Her counselling business evolved into the educational facility The College of Creative Healing as her clients began to demand training for both personal and professional development. A highlight of her professional career was developing and conducting the Lightworker Practitioner Training, which became the catalyst for her first book 'Making Light Work – A Training Manual for Lightworkers Practitioners Volume 1'. This is the seventh book in the Lightworker Practitioner Training series. Michelle and Tony are currently developing projects in collaboration with other Lightworkers to assist in the growing consciousness towards the light. These projects include the Higher Consciousness Reflections series, the God Art Gallery, Lightfilled Yoga™ offering an online training portal and publishing inspirational books through Lightworker Reflections™. Michelle is also a Certified Trauma and Addictive Disorders Therapist which led to writing and facilitating the Diploma of Multi-addictions Counselling. Michelle studied holistic

counselling with Sophia College and became a one of their facilitators of the Advanced Diploma of Holistic Counselling. Other completed studies include: Diploma of Professional Counselling (AIPC), Associate Diploma of Rudolf Steiner Education (Parsifal College); Counselling Kinesiology (Integrated Health Kinesiology) Angel Intuitive and Advanced Angel Intuitive training (with Doreen Virtue) and Zen Thai (Mount Ninderry Healing Centre). Michelle is also a qualified Australian Healing Hands Massage Instructor. Michelle worked as a Waldorf (Rudolf Steiner) Teacher and also taught children with learning difficulties at Noosa Pengari Steiner School. Michelle has also gained over 25 years of experience in both the world of business and government including working for Child Safety. This has been an integral part of her journey in finding the light within the darkest parts of humanity. Apart from being enthusiastic about her work of assisting the consciousness of humanity to evolve, Michelle adores her family life. Many of those are Lightworkers she has met along the story of her life's journey. She enjoys staying active and balances her life with regular Lightfilled Exercise and Lightfilled Yoga™. Michelle is into living life with laughter. Instead of 'doing' Lightworking, she is more interested in 'being' the Lightworker in all she does. Michelle and her husband Tony co-founded Lightworker Reflections™ as they believe that sharing our reflections is the most powerful tool in assisting the consciousness of humanity to awaken to the light. They believe, 'We are all one, we are all in it together, so let's start sharing'.

Dedication:

I dedicate this Training Manual to thanking my:

Brother Steven, who inspired me to write the Lightworker Practitioner Training;

And to my beautiful daughters Sarah and Phoenix for choosing me to be your mum this time around. May this Training Manual be your inspiration for living a Lightfilled, happy, connected life that is full of abundance.

Mission Statement and Intention:

This new way of being will create and build energy towards a group consciousness of living in the light and Spiritualising matter.

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Section 1:

Introduction to Lightworker Practitioner Training

The name of this Training Manual is a bit of a paradox. We can't MAKE light work. But we can call on it to make LIGHT work for us. We are not in control of the light. But we are in choice every second about whether or not we want to call on and utilize the light for the benefit of others and ourselves.

When you raise your vibration you are working with the light. We are all evolving and as we change our vibration increases. Therefore I see all of us as Lightworkers. Some of us work more consciously with it than others. Some of us just use it for ourselves. Others want to pass it on.

Wherever you are in your life's journey, this has been written for you.

I believe you have come across this Training Manual for a reason and your Spirit wants you to step up a vibration or two. Maybe even more!!

Making Light Work is about stepping into the flow of life and not fighting the current. Sometimes 'the light doth shine too brightly' and it feels as if it's working against us. We struggle and feel it's all too much. What about a way to evolve that's painless and not traumatic? What about a way of healing that is so nurturing and supportive that it feels easy and we actually look forward to it. What about a way of being empowered that is so fun that it becomes automatic and life just flows so well that great abundance comes to you? In this Training Manual I intend to provide you with the tools to achieve this revolutionary type of healing for yourself and others.

About this Training Manual

This is the first volume of a series of Training Manuals that came about from the training I developed called Lightworker Practitioner Training. This training evolved after a process of many years combining both my own personal,

professional and Spiritual development. I share my journey of how the training came about by speaking from the heart throughout the whole series.

I have changed people's names (unless I have their permission) to honour their privacy.

Who is this Training Manual for?

This Training Manual is written for 3 main groups of people. I think that all the people that picked up this Training Manual fit into 1 or more categories.

Firstly and most importantly – YOU! So you may use it as a tool in your own Spiritual, emotional, mental and physical evolvement.

Secondly, for Practitioners. Either existing Practitioners who are working in the healing industry that need/want more tools or feel guided to explore a completely new perspective of "healing". Or, you may be a student using this Training Manual for the Lightworker Practitioner Training because you would like to work as a Practitioner who practices Lightworking i.e. a Lightworker Practitioner.

Thirdly, this Training Manual is for facilitators who wish to pass on this knowledge to others. You may wish to incorporate these ideas in a workshop to help people develop their Spiritual faculties or reduce stress. You may wish to teach the Lightworker Practitioner Training (if so, please ensure you have permission and licensing from me first – lightworkerreflections@gmail.com

My calling is to Guide Lightworker Practitioners to facilitate Lightworker Practitioner Training, in other words to teach the teachers. I would like to take this opportunity to say to all you potential Lightworker Practitioner Facilitators out there, hello! Hopefully I will get to meet and work with you some day.

Whatever the reason for you reading this Training Manual, the thing I know deep inside of my heart is that there is a part of you that called it forth to you. You are ready for it. More and more people are ready to learn a new way of healing. It's time. It's exciting. As Michael Buble sings so beautifully "It's a new day, it's a new dawn, it's a new life, for me and I feel good." Go for it!

This Training Manual is designed to fully realize the helper, healer and wise one you already are and to help you to step onto the next wave of contributing towards the evolution of human consciousness.

There are a few terms that I will be using in this Training Manual that are handy to have a brief description of. Please bear in mind that they are descriptions that I have assigned to them. They are provided to help you understand what I am trying to say. Here they are:

What is a Lightworker?

Being a Lightworker means working with and for the Light in a loving way. We can do that in any area of our lives whether we are a healer, counsellor, mother, father, nurse, teacher, accountant, bus driver or factory worker. Job descriptions doth not a Lightworker make. Here are some descriptions to name a few:

- Embracing the light to heal
- To be connected to Spirit and to share that
- Being a messenger
- Being in Oneness
- Doing what you love
- Constant work on self so you can help others
- Bringing awareness to the planet of oneness

- Consciously working with and seeing the light in all
- Living in the light
- Being who you really are

I am writing this Training Manual to you. Sometimes I say you. Sometimes I say Lightworkers. Please excuse me for referring to you as the 'Lightworker' instead of just plain you. This is a Training Manual for the Lightworker Practitioner Training however the fact that you have an interest in reading this and a desire to learn more about making light work means your are a Lightworker. The fact that you are a vibration of the cosmic light and evolving means you are a Lightworker! You don't have to 'try' to be one. It just depends on how bright you are allowing yourself to shine and how much light you are letting into your being as to how much of Lightworker you are choosing to be. So I take that apology back. Please don't excuse me from referring to you as the 'Lightworker'.

When I talk about clients as 'them', remember that everything in this Training Manual refers to you also. Everything that you see in the client exists within you on some level.

What is a Lightworker Practitioner?

Lightworker Practitioners facilitate the process of awakening the consciousness of their client's to promote long-term healing and Spiritual development. We facilitate healing and guidance in a mentorship role to others rather than creating a dependent therapeutic relationship. We counsel, conduct readings and healings. We educate others in continuing their own healing and Spiritual development.

There are certain principles that we will be exploring in this Training Manual that underpin the Lightworker Practitioner and help us to focus on loving light

as a way of healing. Lightworker Practitioners operate within the principles of: Honesty, Open-mindedness, Willingness, Forgiveness, Unity, Discipline, Faith, Responsibility, Love, Wholeness, Joy and Peace. Well, we attempt to. We are not perfect. However, we do set an intention to work within these principles. They are covered in Section 3 and recovered in each Training Manual of the series to build upon them thoroughly.

Lightworker Practitioners do not see others as broken and needing to be fixed. We come from the perspective that all is in perfect order. We see others are at the perfect part of their journey and that they are in choice of all their experiences. We are not superior to other people.

Lightworker Practitioners live in, embrace and reflect the light and love back to others that they feel for themselves. We do not shun our dark-side or that of others. Instead we are trained to look for the gift this part has to offer, to serve the light.

This type of therapeutic training is not about encouraging ourselves or others to re-experience and recreate more traumas. This training is about learning how to raise our vibration and facilitate others to raise theirs also. So of course this leads to us contributing to the world vibrating on a higher level of consciousness. And dare I say “world peace”.

What is the difference between a counsellor and a Lightworker Practitioner?

It is my aim to bridge the gap between the counsellor and the clairvoyant. A Lightworker Practitioner is a professional that uses their Spiritual abilities to help clients to reach their goals. Lightworker Practitioners are trained to diagnose and facilitate the client’s own Spiritual, emotional, mental and physical development.

In Australia, counselling is not regulated as it is over in the US. Any one in Australia can call themselves counsellors. Over in the US one needs to be a registered counsellor. They need to have completed a registered qualification.

Traditionally, a professional counsellor operates within a code of ethics, usually provided by a professional body.

In my practice, I was a professional clinical counsellor who chose to operate within a code of ethics. I trained and supervised others in counselling and to operate within this code. As my counselling and training began to Spiritually evolve, I found that the code of ethics, which I was operating within, was not as supportive of the Spiritual development for myself and that of my clients, that I would have liked. I found it challenging to call myself a professional counsellor when I was probably pushing the limits within the code of ethics I chose to operate within. Words like transference and counter transference started to become more unclear to me, when realizing that the part of myself my clients were mirroring back to me, was actually a part of myself I needed to work on. That is why I asked to be guided to a new code of ethics. With the help of Spirit I have my own principles for working as a Lightworker Practitioner. I have included them into the Lightworker Practitioner Training. They are outlined in Section 3.

Counselling is helping others achieve their goals. So is being a Lightworker Practitioner. However, they are both words until they have assigned themselves to a code of ethics.

This ethical integrity needs to come from a conscious choice within a person. Not from an organization or a person. You need to sit with the code of ethics or principles and ask yourself if they sit with you. There is no right or wrong. What felt right at one time for me, started to feel dishonest and uncomfortable later.

These codes are designed to protect people and to assist in the boundaries of the therapeutic relationship. These boundaries become clearer through the principles of Lightworker Practitioner Training, as you go through each level. Sometimes it seems there are no boundaries, because our beliefs can be and are unlimited. Other times it feels that we are bound up in a principle that is not clear. We might feel as though it is binding us up because we are in resistance to it. Just take it one step at a time and decide for yourself what feels right for you. Give yourself time to see how the principles really work in the therapeutic relationship.

Codes of ethics are available on websites. Before you choose to become a member of any organization that you may be seeking a membership to, upon your graduation, I recommend reading their codes of ethics first. If you don't agree with them, it could save you years of study. The name of the association you are eligible for membership of upon graduation, is supplied by the organization that is providing the training.

What is a Lightworker Practitioner Facilitator?

As mentioned before I have been called to be a teacher of the teachers. I am a Lightworker Practitioner and Lightworker Practitioner Facilitator and have been called to write this Training Manual to pass on my knowledge and hopefully wisdom!

Lightworker Practitioner Facilitators have the written permission and licensing to teach the Lightworker Practitioner Training program. If you are interested in becoming a Lightworker Practitioner Facilitator please email me at lightworkerreflections@gmail.com

What is Spirit anyway?

Some people say that Spirit can be described as The All, God, the Universe, Allah, light, energy, Source, The Creator, our Higher Power, to name but a few. I use these names interchangeably depending on my mood.

I like the name Spirit the most, but I like the description of The All the best. The All is everything that is, was and ever will be. It is all-powerful. There are different shades of The All just like there are different colours of the rainbow. We are each but a shade, a representation of it. So ultimately we are all connected to The All and to each other.

So if we are part of it and thereby a reflection of it, why are we separate from it? Why would The All be interested in separation in the first place do you think? Perhaps it's a game; perhaps it's something to do when The All was very bored one day. Perhaps because there is nothing but constant change and we are part of the movement of relating in action. Perhaps The All is researching the efficiency of human's free will.

It's the ultimate question isn't it? Why are we here? Whatever the reason, it's nice to know we are not victims. For within the boundaries of The All, we are free to choose. We are motivated by the microcosmic desire to reconnect to the macrocosm of unity. In other words all our choices in life are to resolve this disconnection and find our way back to unification. Find our way back home.

It's up to us how connected we want to feel. How quickly we want to feel connected. How much we want to raise our vibration. How much we want to actually help others. Whether we give a damn. No one is judging. It's just that we are all waiting for you….No, that sounded like such a guilt trip. Sorry about that. Life just wouldn't be fun if I didn't try to be funny at least!

We are all free to choose to return to The All by raising our vibration. This is a journey. It is part of our human journey and part of our Spiritual journey also. This is the evolution of human consciousness.

It's interesting to think that everyone's underlying motivating factor for their lives is to face all the parts of themselves they have rejected (because we are all a mirror anyway) and reconnect. To be able to integrate all the vibrations there are, so that we return to The All. A very profound 'reason of being' isn't it?

It's a nice way to look at living, loving, healing and relating don't you think?

What is light?

The All is in constant vibration. These vibrations make up the very atoms of matter and the very ethers behind the veil of matter. Light, energy and sound are all sources of vibration. The essence of something is a vibration, such as a homeopathic or bush flower essence.

Ultimately the 'Light' 'worker' aims to raise their vibration, no matter what they are doing and this contributes towards the healing of others, the planet, the universe and integration into The All.

What is healing?

Why do we need healing? We might as well be asking why there is separation and disease. You could say that out of our perceived separation from The All comes the possibility of the perception of disease.

In Lightworker Practitioner Training we focus less on the perceived disease as a problem and more on understanding the gift that it provides in resolving the

riddles of our own unique separateness. Therein lays the possibility of returning to wholeness or “healing’.

Whenever I mention the word ‘healing’, what I truly mean is ‘correcting our thinking back to the fact that we are indeed already and completely whole’.

I have developed the belief there are two ways of healing. Both ways lead to Rome but it is our choice as to which way we want to go. Every day – several times a day we choose. The first way of healing is through pain. The other is through joy.

Yes it is possible to heal through joy! I am not talking about being addicted to joy and medicating our pain. I am talking about acknowledging our pain, trauma, grief, loss, darkness etc and actually bringing the light to those areas in a joy ‘full’ process that restores us to a feeling of wholeness. It is a ‘whole’ new way of healing. Of course we weren’t broken in the first place, we only feel that sometimes.

In relation to this healing through joy, a friend of the past and I were walking and talking one day and together we came up with this analogy. He started the first bit and I added the last bit – a great co-creation of imagery. So his bit went something like this: “Imagine the most beautiful crystal you have ever seen with gorgeous facets all over it. Many different shapes and sizes. Imagine you holding this crystal up to the light and you are amazed by its brilliance. Now look over at the other side that isn’t facing the light. It’s just as beautiful as the rest of the crystal however we may be challenged with seeing or remembering just how beautiful it is without the light”. And my bit went: “Let’s just grab another piece of light so all of the crystal can to be in the light. There is an endless and unlimited supply, so let’s use it!”

This is where I am coming from in the healing process. Healing is just a matter of seeing something in a different way. We are not and never were broken. So teaching ourselves to see things in a different way is a very powerful and profound way of healing. It's NOT ABOUT BEING IN DENIAL. It's about knowing how to deal with our human existence in a powerful yet loving way. Seeing the gift in and feeling a connectedness with all things.

What is raising our Vibration?

So how do we raise our vibration? There are various ways in which to raise our vibration and also there are ways in which to overcome challenges to raising our vibration. The purpose of this Training Manual is to explore these ways. I will be sharing with you the methods that I have found to be the most effective in this modern age. Of course, methods of healing have been used for many countless years. I like to keep things simple.

As you have probably already heard, the Law of Attraction would say that whatever we vibrate, we attract more of. So if we are vibrating love we get more loving experiences. If we are vibrating fear, we get more scary experiences. At any moment in time we can change our vibration. This Training Manual is a tool kit to transform your vibration to one that creates abundance for your highest good and the highest good of all.

Our vibration and understanding of life as we know it is always in the process of change. Everything evolves to suit the current situation. Over time I am sure that my opinions will evolve. I also feel that human's consciousness changes all the time and that we need to keep up to date with the changes. So this Training Manual is the first volume in a series for the Lightworker to explore raising their vibration in order to effect healing and change in others and ourselves.

As a Lightworker you are in the process of your own evolution. You are in the process of your own evolution within the evolution of human consciousness, within the evolution of the universe/s. Of course you are also in the process of evolution towards remembering that you are not separate from The All (which does not have to evolve at all). However, it's a paradox because we are within The All and we are evolving. Go figure that one out!

Let's get back to your consciousness evolving. Your consciousness evolving contributes to raising the vibration and consciousness of the planet and the universe. So the process of the evolution of the self is integral to the process of the whole universe and beyond. Therefore you may read this Training Manual a second time and read it on a completely different level. Have you ever done that before? It's rather an eye opening process. Anyhow, the point I am trying to make is that we take the Training Manual as a Guide for the present moment that we read it. We apply what we feel called to apply and let go of what we do not. We don't label things right or wrong. We allow ourselves to choose what feels good and true for us and let go of the rest. It may or may not appeal to our Spiritual evolution at another time. That is perfectly perfect.

Also, there may be exercises that you adapt for yourself from this Training Manual. Please take what you like and leave the rest. But use it or you'll lose it (if only till the next time you find it!).

The process of change is so important to me because I believe that: "We are all one and will thus return to The All out of free will." Our imagined separateness from The All and our return to The All are mere details.

Section 2: Destiny Vs Choice

Ever had a day when you said – “Why me?”

I think we all have. It’s the kind of thing we feel when nothing is going right. You wake up bump your toe and it’s all down hill from there. We feel like we are a victim to fate. We ask ourselves, ‘if it’s all predestined, what’s the point?’

So let’s start at the very beginning. For goodness sake, why are we here? I am sure that this is a question that we all ask ourselves at some point along the journey of life. Some will say, whatever answer we give to that question, is the answer to how we live our lives. That it is the filter with which we see the world and the basis for all our decisions. Let me share my view of the world and life, as I know it with you. Then of course, as always, you are free to make up your own mind.

Do we determine our destiny? Is it our will or God’s? I think both. I think that our very Godly part, let’s call it our Higher Self is in line with The All and wants what is in the highest good for our self and the highest good of all. Let me expand on this idea.

Free will VS the will of The All

The principle of willingness means that we have free will to choose. This freedom of choice assumes that we all indeed have chosen all the lessons that we are experiencing all of the time. It means we chose our parents, our friends, our ex’s, our partners, our boss, our children, our pets, our careers, our life, and our illnesses. But why? We ask. Why would I choose the kind of life that I have had? What is the point? And what was I thinking when I chose it for goodness sake!

There are certain lessons that we know that we need to learn for the next stage of our Spiritual development. The learning experience may not be pleasant in

order for us to learn those lessons. However our Higher Self, who makes those choices for us in consultation with higher realms before we are born into this lifetime, knows roundabout what we need to experience in order to get to that next level. By the next level, I mean that we know that the ultimate goal of being is to feel connected to each other and The All. So in this life, we aim to get closer to that and choose lessons accordingly.

The Higher Self knows where we need to be pushed and what things will push us to get to that outcome in the quickest possible way. Ultimately our Higher Self is in line with The All's will. So therefore when we are going through an unpleasant experience, those are usually the times where there is a Spiritual gem of a lesson if we look for it.

Maybe we are having a difficult challenge with a relationship break-up or an embarrassing situation such as failing at work or an exam. We find that in those moments we *usually* feel run down, exposed, traumatized and pushed to the limit. When we feel like that it is harder to see that the situation is serving our highest good. Getting used to knowing and *feeling* that all things happen for our highest good takes practise. However it certainly gives us hope, patience and faith that all is well and we will be the better for it. And it raises our vibration because we are practising some element of gratitude.

It can help us feel like we are in the flow rather than question ourselves as to what we are doing wrong. This just makes things worse and we spiral down in fear or shame. Affirming, "All is well and in perfect order" keeps our vibration higher.

We don't always have to have challenges that cause us pain. I am sure that our Higher Self has chosen many lessons for us to learn through joy. However, we

can have challenges with accepting joy into our lives, as our new way of learning, when we are used to healing through pain.

No matter how bad it is at the moment, you can choose to see it differently. You can step out of the pain without being in denial. You can see it as being part of a bigger picture that you have chosen from your free will. You can step out of the trauma and into joy. Thus you transform your vibration from a denser one to a lighter one. As the Law of Attraction would point out, you would then attract more of the joyful experiences to you. I have provided tools to this effect in this Training Manual and throughout the others in the Lightworker Practitioner Training program series. Tools that help to turn around the way we view life into a more positive experience.

No reason to blame or be a victim

Dow we want to wait until the world seems fair, or do we want to make the most out of what we have now? Our belief in free will assumes complete responsibility of our current situation and our whole life. We don't need to blame any more or feel guilty. And it really takes us out of our victim mentality. It is a very freeing concept. It relinquishes us from the need to control or punish others. It puts us in a position of ultimate responsibility. We step out of victim and into a feeling of power, knowing that we choose 100% of the time what reality we want to create.

Once we have assumed complete responsibility, we can acknowledge others also have complete responsibility. We don't see others as victims anymore. It helps us deal with difficult people or people we are helping, knowing they are as much part of our journey as we are of theirs. It keeps us humble and open to learning. It keeps our vibration high when we are relating to others who maybe feeling like a victim. We step out of pity and into compassion. We see the

bigger picture. We usually make better helpers because we don't hold people back from experiencing what they need to, in order for them to evolve.

Planning our chart

There are some finer details to this process too. My own Spiritual helpers have guided me to understand the general process. All processes can be changed at any time. However the one I am about to explain is pretty standard.

Prior to entering the earthly realm we consult with Archangels, Spirit Guides and the Spiritual Council. They all help us to plan our own chart, plan our own life and certain fundamental situations that we will be experiencing at certain times in our life. We consult with them and that we agree on that chart before we actually enter into the earthly realm. We gain some input from them and feedback about the ideas we have for our chart.

Reneging on our chart

However, at any moment in time on earth if we want to renege on our chart or bits of that chart, thereby changing our destiny for that life, it is certainly available to us. Therein lays another level of free will. It depends on which part of ourselves is doing the reneging of the deal we made with ourselves.

If it is our Higher Self and we know another way of change that will get the same outcome, then fantastic. For example, we might get to wanting to heal through joy rather than pain a lot quicker in this life and let go of needing to hold onto dysfunctional situations, sooner than we had charted.

If it is a part of us that is fearful and doesn't feel up to the task or a part that is too willful and just wants the easier softer way, then there will usually be consequences. I am not talking about being punished by a punitive God. I

believe that God is love and there is no room for fear and anger in an all loving God or The All. So, the consequences we experience are actually 'fall out' from making choices based on fear and wilfulness. Often this fallout is that we just have to keep going through similar situations until we get it! Around the merry-go-round we go again…..

If we turn away from our chart or have a choice to, we usually feel as though we are at a 'turning point'. In fact we feel that there are lots of turning points that we have written into our chart, that mark specific times of evolution of our Spiritual selves.

It depends on how conscious we are at the time as to the fallout or consequences of reneging on our chart. The feeling that maybe associated with reneging from our chart may very well be one where you feel you know in your gut you aren't doing the right thing. You know that you need to be choosing a different way rather than the one you are choosing but you do it anyway. Or reneging on your chart may involve you completely and utterly disassociating from your body. You may find that you are completely taken over by another Spirit or entity and that you go down hill very quickly. We usually experience a lot of pain when we are not in line with our purpose. In avoidance of that pain of fulfilling our life purpose, there is usually a quickening in physical illness, mental illness and addictions.

So, it is not a punishment when we are behaving in a way that is not in line with our life journey. We will experience consequences from not fulfilling our contract to ourselves. That is, until we get it. Do it. Live it.

Section 3:

The 12 Principles of the Lightworker Practitioner

The next step on the road, is understanding the principles that the Lightworker Practitioner intends to operate from. It is not only a way to be as a professional, it is a way we choose to live our lives. Of course if one doesn't wish to become a practitioner at this stage, it is still worth a read because it can make life a lot easier and happier to live within these principles.

Operating within these principles doesn't mean you have to be perfect at it. If you slip up, you don't fail. Keep practicing and the more you practise, the easier it gets. We aim for progress rather than perfection.

PRINCIPLE 1: HONESTY-with self, God, others. In that order!

Firstly one must become honest with oneself in order to share appropriately with others. One cannot share with another what one does not see, know or understand about themselves. We get clearer on getting conscious of ourselves in Level 3 with shadow work. However, being honest about what you are consciously thinking, feeling and doing is the main point to make at this stage. It is imperative in this process so that your honesty about yourself is done in a loving and nurturing way rather than a process of trauma for yourself. Once you have learnt the truth about yourself then you can share it with others in a loving and responsible way.

The next is to take your truth to God. You take this truth to God, however ugly it may seem to you. You open your heart to God bravely so that you may know what real love feels like. Being brave assumes that you feel fear. Bravery is not the absence of fear, it is its support. So if we are feeling fear, we call on some bravery please!

Sharing your darkest most intimate parts of yourself with the creator and doing so without fear is not an easy order. So I don't ask you to here. That is why the shadow work is so important. Share up to the level you can at this stage.

However sharing honestly is very rewarding and you will experience a joy and love that is incomparable. This process of embracing our perfect imperfection is only possible when we have reconciled our relationship with God.

You may need to refer to the next principle of “open-mindedness” to reframe your idea of a fearful and judging God to a loving, non-judgmental God. Sometimes we do share our truth with God with fear and it requires us to be brave. However if we have faced our own shadow, we can usually do it fearlessly because we have already reconciled our relationship and know there is nothing to fear.

Its funny that God already knows our truth anyway, however, it’s an important process in receiving Spirit’s love and acceptance into our hearts no matter what we have done. It builds and makes our connection stronger.

Next is to share our truth with another. Whether this truth is: how we behave in the world, how that changes over time, how we speak, how we think or how we feel. We share all of this on a vibrationary level anyway. People and others get to experience our change in reality whether we are consciously sharing it or not. However a warning here. You are in danger of going unconscious about your truth again if you do not share it openly. I know that in my life when I found myself editing myself too much away from my truth to please others or out of fear of being hurt, I would start to become unconscious of my truth again. This is painful and leads to medicating feelings again with food, alcohol, drugs, sex, overworking, addictive relationships, spending addictions and other distractions. We only fear sharing of ourselves if we have not accepted that part of ourselves fully with love. There is nothing to fear otherwise.

As we develop in our psychic and personal awareness we are told and shown information about others and ourselves more frequently. Always ask Spirit whether you are meant to share this information with others. Ask the other

person's guardian Angels or Higher Self whether it is their best interest to share this information. Ask your own Higher Self, Guides and Angels if it is in YOUR best interest to share the information. Sometimes you may like the answer. Sometimes you will not. However we will deal with "willingness" in another principle coming up! Sharing of ourselves builds intimacy and brings us closer to others.

One thing is for sure that wise old saying "you can't keep what you don't give away". Share yourself. Be yourself. And celebrate!

You don't have to be conscious 100% of the time. When something comes up, deal with it straight away. When/if stuff comes up there is a message and we need to be willing to look. Have the reaction – but what do we do afterwards? We usually spend a lot of time and energy avoiding our stuff – hiding from connection. Be willing to look at it, take it to God and then when you get the information then you have more honesty with others. Choose friends and people that you can tell who can keep up with you and receive your honesty with compassion.

PRINCIPLE 2: OPEN-MINDEDNESS

Open-minded means being receptive. It is about opening our mind up to the unlimited possibilities. We are only limited by our own thinking. Change of every kind is possible. Miracles are possible. Keeping an open mind means that your faith is exercised to a 100%. Nothing is set in concrete. Everything changes. When working with clients and you think that you know the answers but are not sure, clear your mind like a blank page. Ask for guidance and see the answers or hear them, or feel them. We get in our own way sometimes by assuming too much. Even when you think you know, clear your mind, ask for guidance and see if what you think you know is confirmed. Keep humble Lightworker!

Always keep an open mind. It doesn't have to be either/or. It can be both/and thinking instead. This requires training of the mind. Continually clearing a space for Spirit to enter and Guide you does take practice, however it gets easier when you CHOOSE to keep an open mind. Consciously choose to keep an open mind every day. There is a saying "love it for 15 minutes". You know, even if you hate the idea. This saying is encouraging you to keep an open mind. Don't close yourself off from learning from others. Even if your latest Spiritual teacher looks like they are an *@*!! Don't disregard the learning from these souls. You will always have something to learn from everyone.

So get off your high horse as a Lightworker and stay grounded and open-minded in the fact that your enemies, students and irritants are your absolute best teachers. Don't get locked into a certain way of thinking. "Take what you like and leave the rest" as they say in Alcoholics Anonymous. We need to make things our own. But we can't do that if we are not receptive.

When we actually believe in a power greater than ourselves …our mind opens. Angels are an effective way to help us to believe we are supported by an all-loving power because Angels are love. It is a lot easier to trust in a Higher Power when you associate that power with love. It is a lot harder to do if you are associating a Higher Power with your father, mother or authority figures. Especially if they have used their power to control and abuse you in the past. Angels can bring you a lot of peace and understanding and bridge that gap between you and your Higher Power. As well as that, they can help ignite the power within you. We gain peace by reframing the way we see our Higher Power. We gain more openness when we know that what we believe in will support us 100% of the time.

If you don't particularly resonate with Angels, that's okay. They won't hold it against you! There are other Spiritual helpers that I will discuss with you in Section 5 "Spiritual Resources".

Being open-minded is a very receptive, yin or feminine energy to undertake. If we are able to open our mind up to possibilities and still be able to take it back to ourselves and decide whether or not it sits right with us FOR NOW, then we have gained a huge dose of humility and trust in ourselves. This is the difference between knowledge and wisdom. It's one thing to know some information and another to own it as your own little piece of truth. Knowledge with truth equals wisdom.

Open-mindedness expands your mind to "anything is possible 100% of the time". Open-mindedness is the opposite of dogma. Please when you make something your truth, don't turn it into a dogma. I define dogma as 'information that you define as everyone's truth because it just so happens to sit well with you'. Well, that's a great recipe for closing off your mind from understanding human nature and how other people connect, learn and evolve. So I suggest that if you are very defensive about your opinion and unwilling to open your mind to the possibility that some other way may serve a purpose in the evolution of man's consciousness: TAKE A CHILL PILL, clear your mind, sit back, pray to God and your Angels for some respite from your guardedness and relax. Doing one of the Daily Guidance Tools in Section 6 would be recommended.

In separateness there is a feeling of unsafeness. We latch on to core beliefs and then it creates our reality. Don't latch onto ideas. A great reply to yours or other people's ideas or judgments is to say to yourself "that's a belief".

You may be surprised at just how much wisdom and understanding you gain from standing out of non-judgment and stepping into the light of a different way.

It doesn't mean you have to take others beliefs on. It means that you've gained an incredible understanding of a different way of being and that will serve you and other's immensely. It also means that you will relate with and connect with a very wide range of people, learn a great deal and be able to visit other people's wavelengths whilst not losing yourself.

Keep an open mind and always bring it back to yourself to see how it sits with you. We never know it all. If we think we do, we don't know a lot. In fact I would go so far to say that the more you know, the more you don't know. As time goes on and we develop more spiritually, we become peaceful around not knowing instead of feeling anxious about not knowing. Eating humble pie actually tastes good! I haven't mastered this one with yet, however I am doing pretty okay in most other areas of my life. When you are humble, life becomes this exciting journey of new experiences every moment. I guess that's why they say that you fall in love with each other over and over again. I *chose to* master being humble in relationship, I will, I will!

PRINCIPLE 3: WILLINGNESS

We spoke about 'free will' earlier, in creating our destiny. Well the will, when aligned with the highest good of all and Spirit, becomes spiritualised.

Spiritualising one's will involves: hearing, seeing, feeling or knowing what you need to do and following through whether you like it or not. Welcome to being a Lightworker! It's how it is. The funny thing is that 'doing what you're told' becomes a very easy way to live. It becomes very peaceful in fact. Life becomes more of a breeze that you turn up for and enjoy. Believe me, having no drama in life is far from boring, it is enriching, deep and very satisfyingly yummy. Oh and that word 'balance', well this is where you get it.

Spirit never interferes with free will. If you don't turn your will over, you can become as wilful as you want. Our will can be so strong that the only way we listen to guidance is when our will has gotten us into trouble. Spirit doesn't create trouble to punish you. Spirit might influence situations to get your attention though. That is why trusting that no matter what you are guided to do, even if it seems stupid, is important. And it's important to follow through on.

Sometimes we are guided by Spirit to do things that we think are not in our best interest. We need to listen. If we doubt the guidance we can always question. We can ask for signs. Spirit usually sends repetitive signs as helpers to get your attention. When Spirit has successfully gotten my attention, it has been known to nag a bit until I follow through! Once I follow through, I feel a sense of completion, but sometimes I still don't know why I have done what I've been asked to do. That's okay. I may never know, but I know I feel in line with Spirit and that's good enough for me! And sometimes the end result is so blaringly obvious as to why we needed to do something (that made no sense at the time) that we laugh about why we would have even questioned it.

So taking the view that you are in a learning process is always handy. Spirit wants what is best for your highest good. It knows that when you evolve, you are of more service to others. Sometimes we fight what we are guided to do, because deep down we feel that we deserve punishing. The opposite is true. Things happen for our Spiritual development, however if we listen, follow through and turn it all over the 'why' to our Higher Power, we step into a completely new way of living and being.

Human's will and the Bible

There are a lot of references to the end of the world or the apocalypse bouncing around in different religions. My belief is that we are always changing the way we see our world by changing our consciousness. Every time I hear of

someone talk about the end of the world, I celebrate that the changing of human consciousness is increasing. I feel more love and connection, not fear. Our own processes of evolving through getting clearer and more enlightened are all that we need to concentrate on. We don't need to buy into the fear and contribute to mass panic.

I believe that even St John's book of Revelations in the bible is really about the initiation stages that man goes through in order to resonate at a higher vibration. Often the symbols that are described are taken literally and people freak out, thinking that a horned beast is going to come and destroy them! Perhaps this was symbolic in the language of the time or a higher language we are yet to understand. One thing I know in my heart is that God is not out to get any of us or destroy the world and abandon those who are not 'good'. God is smarter than that. He has more faith in us than that. And if we are a reflection of him, why would he want to punish himself anyway? That makes no sense!

The Bible has been translated by man and perhaps lost a lot of the original pure symbolism. Relevant to free will, I believe that The Old Testament was about following blindly someone's rule. The New Testament is about consciously choosing to operate from unconditional love. We have stepped into the age of being adults now. No longer children who follow in someone else's faith, we now consciously choose our own. It is the age of taking responsibility. If there was one message Jesus brought, I believe it would have been "I am not a super star. I am not to be worshipped. I came in human form to show you that you can choose to love unconditionally the way I love. If you believe in me, connect with the part of you that loves unconditionally. Choose love."

Having said that, we sometimes still behave like rebellious children and other times like good little children. It's natural to have extremes of willingness and wilfulness. However most of society's will is disabled. Let's look at the disabled or immoderate will in two parts:

Too wilful

It's great to have gumption, drive and will. It gets us places. However it can be dark, very dark. If we do not ensure that we are 'in' our body and grounded, we can be very wilful. Our Spirit needs to incarnate fully into our body, right down to our base Chakra, otherwise our base Chakra needs for security and safety will take over. We will then act out of survival, fear and reaction rather than out of love for others and ourselves. Our choices are less conscious and unenlightened. We become attached to results that we want. Like a toddler screaming "I want, I want, I want it now". You know, the little addict. Know anyone like that? We've all got that little part. So what to do? Hand over your will to Spirit. Sometimes easier said than done however, I have provided many tools to help you to do this in Section 6.

Too willing

Ever thought of yourself or others as a doormat? Well Lightworker's and their clients will often appear to be just that. We are all so "willing" to please others to get the love we want that we may carry many other people's wants, beliefs, emotions and needs all on our own back. This of course is no help to them in learning their life's lessons. This is called enabling. Meaning we enable their dysfunctions and unconsciousness to continue the more we carry them. It is not ours, it is theirs. When we are too willing we have lost touch with our own boundaries and those of others. We become victims, taking others energy on. Or martyrs, who say, "Why do I have to give all the time?" As victims or martyrs we blame others for our choices and say, "If only they'd look at their stuff – I would be okay". Well as an Alanon member might say "Get off their back, get out of their way and get on with your life." We martyrs need a bit of tough love sometimes!

Usually we are not listening to Spiritual guidance at this time because we are in our own ego and fear that we will be rejected or not loved if we don't do what others want us to do. We become enmeshed with others and cannot separate their stuff from ours. We hand our power over to other people. We not only take on other people's stuff but we also leak our own energy and burn out. One of the reasons that so many counselors, nurses, teachers and caregivers burn out is because they do not know how to contain their own energy. They don't understand where the other person ends and they begin. So it is important to practise the exercises suggested in Section 6 daily to clear and protect yourself from other's energy. Especially if you are feeling especially vulnerable, tired, or out of your body. H.A.L.T. if you are Hungry, Angry, Lonely or Tired and fill yourself up.

It is important to always consult Spirit before saying yes or responding, especially if you are a compulsive people pleaser. I am a recovering people pleaser and one of the things that I learnt to say to other's when they asked something of me was "thanks, I'll give it some definite thought and get back to you". It really helped to alleviate the compulsive need to help others or agree with their ideas. It also gave me time to connect with my Higher Power and ask for guidance in the matter.

Suggestions for Practitioners/Facilitators

The Lightworker needs to understand that in order to maintain a vibration of 100% faith, one need not to buy into the illusion of history. One sees their client in 100% choice and free will of their situation. They chose this before they entered into this world. They are influenced by Guides they taught. Then the Lightworker learns about the nature and illusion of history and learns to leave their childhood by developing their own inner sanctuary, beliefs and truth. They learn to leave the "tribe" whilst maintaining co-existence within it. Their choice to leave the tribe does not mean that they forgo responsibility for the choices

they made prior to entry into the world to learn the lessons they needed to learn. Nor does it mean we forgo learning about relationship dynamics, as we will explore in Level 2 – The Lightfilled Relationship. This is important to understand why we keep repeating our patterns and gets us to the willingness to step out of them! In fact, it is a greater acknowledgement of the responsibility they have now, in this one day to choose consciously how they wish to live their life.

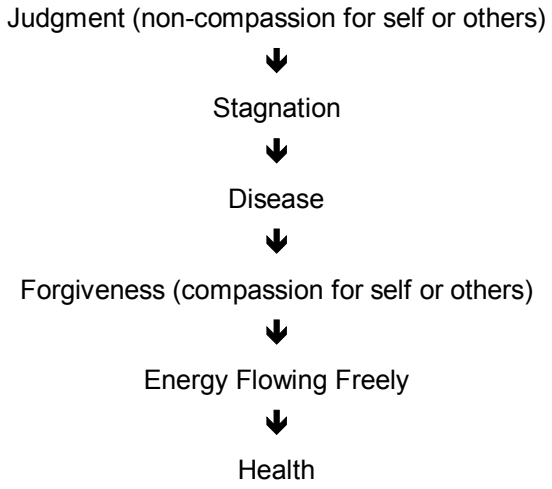
If you don't feel willing, you can actually be willing to be willing. This is one of my personal favourites. I have had a lot of clients who weren't willing, but they were willing to be willing. Funnily enough this helped them to actually become willing. So some affirmations I give them might be:

- I'm willing to be willing to love myself
- I am willing to be willing to listen
- I am willing to be willing to follow through with what I am guided to do
- I am willing to be willing to be honest
- I am willing to be willing to keep an open mind
- I am willing to be willing to let go of overeating
- I am willing to be willing to handover my problems to a Higher Power
- I am willing to be willing to let go of my relationship
- I am willing to be willing to hand over my will to God.

PRINCIPLE 4: FORGIVENESS

Forgiveness is such an important principle because forgiveness means that we are free of irritation and judgment of ourselves and others. When we are free of irritation and judgment, our energy flows. When we are not, our energy gets stuck, stagnates and we develop diseases. We can literally forgive ourselves back to health! Diagram 1 illustrates these concepts:

DIAGRAM 1



I see that there are three areas of forgiveness: forgiveness of others; forgiveness of ourselves and forgiveness of the part of ourselves that judged another or ourselves.

Forgiveness of others

There is no need to forgive another person unless we have made a judgment of that person in the first place. If we are in judgment of another person then we are clearly in judgment of a part of ourselves.

We are all connected. When we are judging we simply don't know how to deal with a part of ourselves. If we have a judgment of another or we are triggered and we feel that we need to forgive another, what we are really saying is that we have a judgment on board about that part of ourselves and we need to deal with that in order to be free.

So therefore, the so-called acts against us that we perceive as acts against us are in fact gifts. They are gifts of awakening to embracing all our different parts that we have a hard time relating to, or we have rejected.

I always look at the need to forgive others as a way of highlighting a need to accept a part of myself. The more I focus on another's perceived negative traits, the more I disown and abandon those parts of myself. I don't like to focus on the forgiveness of other people. I like to focus on understanding why I have rejected that part of myself in the first place. I find that when I have embraced those parts of myself, I therefore no longer have a need to have the immoderate representation of that part reflected back to me by others. I no longer attract the part of myself that I have disowned. It is owned and integrated and I am no longer a beacon saying, "Come over here and mirror back to me what I hate about myself". I also find that when I have accepted that part of myself, I no longer feel irritated by others who display the same behaviour that I originally would react to. I respond and feel differently. I am more at peace with myself and unperturbed by their actions. I may not wish to 'hang out' with them. However I am not repulsed or repelled. Therefore I no longer feel judgmental or behave in a judgmental way. We explore integration of all the parts that we have not forgiven yet, in Level 3.

Forgiveness of the self

Forgiveness of the self relates to accepting part of ourselves that we have disowned through our own fear and judgment. Funnily enough we might be fine with others displaying the character trait. But not us. No, no. For example, we might be fine with our best friend breaking down crying when they talk to us. But when it comes to us, we hold it in.

Or we might have a judgment on board towards our best friend because we haven't accepted it in ourselves. We might choose not share it with them and

think to ourselves “I know I have problems, but at least I am not a blubbering mess”, all the while saying out loud to them “it’ll be okay, it’ll all be okay”. Really this is a cover up for our own shame around our own tears. And instead we might try to cheer them up or help to distract them from their pain. Did I say their pain? Oh, I meant our pain. Trying to medicate another’s pain is always about medicating our own pain. If we look deep enough we find out why.

Forgiveness of our own judgmental part

Judging ourselves harshly for judging just about sums it up here. It’s kind of funny that we judge ourselves for judging!

Firstly we have a judgment of another. Such as someone who is overweight and we think to ourselves, “If only they would lose a few pounds, they would look gorgeous”. Then we think; “How could I think that, that is so judgmental”.

We know now that as we judge another we are judging a part of ourselves. But just say we ignore looking at that. We go straight to hating that we judged another. Typical statements that might go through our heads are, “I am so judgmental”, “I shouldn’t judge others”, “I wish I didn’t think so negatively about..”, “I hate it that I am so irritated by ……, I shouldn’t be”. As Lightworkers, we are not immune from judging!

Secondly, judging ourselves for judging can be a secondary emotional response to our primary emotional response. For example just say someone is rude to us. We feel hurt. This is our primary (or first) feeling. But then we feel angry at ourselves for feeling hurt. Our anger is our secondary emotional response. We are really dealing with two different parts here:

1. Firstly with the part that feels hurt by the person who has been rude to us. The primary part that is hurt has judged the person who was rude.

2. Then we have the part that is angry that we are hurt. It feels angry with us perhaps for having been hurt or affected by the other person. Maybe it doesn't like it when we are hurting at all.

Another example could be that a person is rude to us and we feel angry with that person. Then we feel angry with ourselves for feeling angry at the other person. So as you can see, there can be many combinations. Basically it boils down to how all our different parts learn to live in unison. And we wonder why relationships are tricky!

Let's take this a little further - just to complicate things a little……There is also a part of us that judges ourselves for judging ourselves! An example could be that we look in the mirror and say "Yuk" and then we say "I shouldn't be so down on myself for the way I look today". Or perhaps we judge ourselves for lack of judgment. Like "What was I thinking when I parked my car in a no standing zone?" Whoa!

I believe that in order for us to have a unique authentic self we have a judgmental part. It is able to ascertain where we are on our path of personal evolution, Spiritual, mental, emotional and physical development. So therefore the judgmental part is the part that makes us unique in all our personal realities. It is also the balancer. It is always trying to reconcile where and who we are from where and who we want to be. It also helps us to stay within our ethical and moral integrity. If we block this part without considering what it has to say, we won't know where our moral boundaries are. If we don't understand how and why it feels the way it feels, we also cut off from what is meaningful to us in our lives.

Our judgmental part/s, no matter how many levels we want to take this, are very important parts of us. It really serves us not to reject these parts.

Forgiveness and Holy Instants

When we are at peace with our parts and that of another, it may be a small instant. That is what I would call a Holy Instant. When, even if for a miniscule moment, you are totally at peace with yourself, the parts of you mirrored by another and visa versa. The other person at that instant is at peace with themselves and the parts that you are mirroring back to them. We find that these instants get longer in time and become a way of life. To me they suspend time. Timelessness. There is a true Spiritual connection in that time. It just takes lots of practice.

Suggestions for Practitioners/Facilitators

I have asked students to look for Holy Instants and defining moments for homework. I suggest that they be aware of how often they are choosing to connect and to notice when they have disconnected. And also how long it has been since they were disconnected.

Every single client and every single person that surrounds you is mirroring back all your rejected parts to you. To the degree that you can remain centred and calm amidst a lot of different types of personality traits and personas and still maintain your centre is to the degree that you have embraced your parts. We all have parts that we have rejected. That is part of the human experience. You are not part of some elite learning school! This is the school of life.

Every single trigger is an opportunity for learning and development to bring us back into more of a whole person. So therefore forgiveness of the self, of those parts of ourselves that we have rejected, is an absolute key in the whole

forgiveness process. We really get to own who we are, our dark and our light side, the dark side of the light, the light side of the dark. It becomes a balance. Forgiveness is a principle of complete and utter acceptance of all the parts we have. We become more balanced because the rejected parts don't have to shout to get our attention. This is why when we are with our clients, we don't look down on their parts, because we know we are looking down on our parts. There is no hierarchy. There is no separation. There is no real transference and counter transference. We are all connected. Every reaction I have is a reaction of myself. Every reaction a client has is a reaction to themselves. It really depersonalizes the reaction process and brings responsibility back into the therapeutic process for both the client and the therapist. Work through forgiveness by accepting all of yourself. All your various parts. Being at peace with all parts of yourself is a continual journey.

In resolving issues between our 'parts' I would work through the process doing shadow work to understanding what gift each part brings and what it needs to be fully integrated into my life.

This shadow process and examples of its effectiveness is offered in more detail in Level 3 of the Lightworker Practitioner Training and its Training Manual "Transforming Darkness to Light".

PRINCIPLE 5: UNITY

Unity means that we are all connected and that in any separateness from our connectedness we are simply unconscious of our connectedness.

Unity underpins the intention of fulfilling our Lightworker role as a calling (rather than a job) to help be part of the unification process of The All.

I believe we are all one. We are all connected. So each part we judge is a part of the self that is part of The All – including the judgmental part. Unity relates to how honest we are. When we are feeling unified we can be in greater honesty with ourselves, God and others. It relates to open-mindedness, when we are open we are willing to believe all things are 100% possible. There is unlimited potential in unity as in unity there is no finiteness. Unity makes it easier to do our own shadow work, as we are then able to know that as we embrace that part it helps us feel more unified in the world.

The principle of unity is such an important principle of being a Lightworker. In talking about unity I have thought to myself, "if we are all connected, why are we here in separate bodies having our own unique experience?" I believe that we are all a unique representation of the connection to The All. That, on an energetic level, there really is no separation and at times we need to feel there is in order to feel safe. However, if we are a microcosm of a macrocosm then we are in fact only separate and only separated by our own thinking. I believe that our separateness exists so that we can return to The All consciously. That perhaps we separated unconsciously but we need to be conscious of returning to The All using our free will.

In remembering we are all one and that I am a mirror to you as you are to me, it encourages us to feel less separate. We are less separate because our walls come down and we become more receptive. When we feel less separate and more receptive, we know more, see more, hear more and feel more.

In Level 1 "Making Light Work" - we are really exploring connecting and resourcing from the Source of All to feel unified and at one with a higher vibration. This vibration of unity can then support us in continuing to unify with others.

In Level 2 “The Lightfilled Relationship” - we learn about how our lack of unity with others creates drama in our lives and attracts dysfunctional relationships. We learn the skills of identifying these patterns so that we can feel more connected to others in a healthy way. We learn how to unify with others without losing ourselves.

In Level 3 “Transforming Darkness to Light” - we learn to embrace different parts ourselves. We then feel more connected to those parts in others and integrated into the universal whole.

In Level 4 “Vibrating In The Light” - we explore types of earthly and higher vibrations more fully through vibrational medicines such as bush flowers, Bach flowers, Archangel Essences, Homeopathics. They are a representation of different, unique, individual traits that make up the whole of Mother Earth thereby reflecting another part of the universal whole.

In Level 5 “Playing In The Light” - we explore colour in more depth and using it to resource ourselves, play and transform our vibrations. The colours of the rainbow are important in embracing each vibration of the universal whole.

In Level 6 “The Lightfilled Being” - we explore feeling more connected to the earth on a vibrational level through the Lightfilled Being. We unify with the earth and its surrounding vibrations so that we are in harmony with our body and the universal whole.

In Level 7 “Living Abundant Light” - we identify how to align ourselves with the abundance of the Source so that we are constantly in the flow and unified manifesting masters!

We explore more on these levels in the next Section.

PRINCIPLE 6: DISCIPLINE

Discipline hmmm…I bet there isn't a person reading this who hasn't cringed at this one, right?

I have got to share this story with you. I had to laugh because in putting this and my other Training Manuals together I called on my students and graduates notes to refer to things I had said and taught in more detail. In one student's book, under the heading "Discipline", she had written, "Discipline – is good". That was it! I had to laugh. That was all she wrote on the whole subject.

So much resistance comes up around discipline - doesn't it? It's like this little rebel comes out and starts to get annoyed. Well without some amount of discipline we wouldn't have got this far. The good news is that discipline can be built on. As we Spiritualise our will, discipline isn't this scary thing. It becomes a joy. It's a bit like with kids. They kind of hate 'having' to do anything but then they feel so great after they've done it. Being disciplined in our life actually becomes a joy because we do whatever we are doing as a way of loving ourselves. It becomes a yummy experience rather than a drag.

Discipline has two components to it. The first is recognizing our will and the second is practice. Recognizing our will is important because when we are feeling undisciplined we really haven't harnessed our will and our will is gone out of control and on it's own little merry way, doing it's own little merry way thing. The second is that we need to Spiritualise our will by recognizing resistance and following through with what we have been guided to do whether we want to or not. When I say that, I mean our Higher Self knows that we have a calling with whatever we have been specifically guided to do. There may be another part that is in resistance to us fulfilling our calling due to past lives, past experience or unresolved emotions.

On our journey as Lightworkers, we learn to practice things that we have been guided to do whether or not we want to do them and this in turn Spiritualises our will and helps us get a hold of our Higher Self's calling.

Discipline is often easier when we have a plan and when we have been guided with that plan from our Guides and Spirit and we have written that plan down. I have used my diary as a way of putting things in that Spirit has asked me to do before putting anything else in there. For example I was guided to incorporate exercise into my week before I made any appointments so that my boundaries around my exercise were guarded and I was able to maintain a healthy level of self-care amidst working in my practice and with clients.

Another example was for a very long time I practiced checking in with my Guides before I got out of bed. This was very challenging for me as I had two young children and often would have to just say to them 'wait' and make that commitment to check in with my Guides before I got out of bed.

Another example is that in early recovery from under/overeating and during shaky times, I would write a detailed food plan as to what I would eat the following day. The next day I would basically just turn up for each meal. This way I didn't have to engage in any decision-making processes that involved food. It took all the 'will I, won't I?" obsessive thinking out of my meals.

With discipline comes a certain amount of freedom. Sometimes we feel as if we will be trapped or caged in. Discipline often allows us to meet our fundamental needs. Every good parent will ensure the needs of their child are fundamentally met such as food, shelter, warmth and emotional nurturing. When we parent ourselves we learn to be disciplined in listening to what we need and then following through. The listening factor is recognizing our will. Our following through is the second component, which is the practice. Following through does indeed take practice! Sometimes we are able to follow through and it

fulfils the need that we had and at other times we will follow through and it will not quite get there. With practice we feel that we get better at meeting our needs.

Practice is so important because the regularity of following through creates a rhythm and security in the relationship between Spirit and ourselves. The rhythm I am referring to, is that we can count on what we have planned, we can count on it happening, we learn to get a sense of security and trust with ourselves. The security is a bi-product of us experiencing this sense of rhythm. So we build a bridge between Spirit and ourselves by putting into practice Spiritual guidance that help us to take care of ourselves. By receiving on a physical, emotional, intellectual and Spiritual level we bridge the gap between our humanity and Spirituality. Our human body or our human experience and our Spiritual body or Spiritual experience becomes closer.

There are so many unlimited things that I could talk about it terms of discipline but some things that I would consider to be healthy recommendations to any Lightworker would be to practice their:

- ☆ Chakra clearing
- ☆ Daily Guidance tools (Section 6)
- ☆ Prayer and meditations in asking for guidance
- ☆ Checking in with their shadow parts if they are coming up against any resistance
- ☆ Checking in with their Guides and Angels before making any major decisions
- ☆ Get into the habit of taking care of your body: exercising, eating healthily (cutting out things that you know are going to interfere with your connection with Spirit), enough sleep
- ☆ Emotional support from your partner, friends and that your connectedness to your family is healthy and takes care of your needs

- ☆ Not working too much and adequate breaks
- ☆ Incorporating lots of play into your life so that you are indeed able to find joy and create more joy in your life – that is very important to the human Spirit

I remember when I was recovering from workaholism I would plan a whole day where there was no plans in the day. This helped me to be able to experience completely just 'being'. The ironic thing was that I needed to ***plan*** that whole day without any plans in order to feel what it felt like to just be!

Following through with what you see, feel, hear and know you need to do is essential for the Lightworker.

Knowing that you have resistance and still following through helps you to Spiritualise your will and align with your higher purpose and self. There is always a reason why some parts are going to have a vested interest in keeping you at a certain vibrational frequency. They have sincere and authentic feelings of concern for your safety. Remember that if you have resistance to the discipline, there must be a reason. You will be surprised just how disciplined you can be when there is an acknowledgement of any parts in resistance.

Suggestions for Practitioners/Facilitators

Some discipline to consider for the practitioner in practise would include:

- creating boundaries between work and home
- ensuring you have sacred space and sacred time
- taking care of your needs
- making sure that you have adequate breaks between clients of at least 15 minutes
- capping the number of clients or work hours you have per day/week
- ensuring you plan enough leisure time and fun time into your week.

- scheduled support to debrief with your supervisor/mentor

All those things are going to be really important in keeping you connected to Spirit and out of trying to save the whole planet at once. Discipline on every level is needed to ensure longevity as a Lightworker and in having balance in all areas of our lives. And also in ensuring that we are walking the talk. Spirit will never give us too much, however, as a humans, we may choose to take on too much!

PRINCIPLE 7: FAITH

To have faith when it all turns to shit is a real test!
Faith is a choice – a constant daily choice. If you continue to believe, even when it doesn't turn out the way you want it to be and then believe some more – you are in faith. Unshakeable faith is when you choose to believe that no matter what happens or how yucky things get, you are taken care of 100%.

It takes open-mindedness to open the door to believe and have faith that our journey is on track. As we allow our journey to be perfectly imperfect, we don't get as rattled along the way. We keep turning up to what the next step is to take, at that moment, on that day and we have faith that we are supported and everything we need, will be and is provided.

To have faith, we need to believe that:

1. There is a power greater than ourselves that is 100% supportive 100% of the time.

2. There is a part of ourselves (e.g. Higher Self) that connects with this power 100% of the time.

If we do believe that there is an all powerful being that is looking out for us 100% of the time, we feel safe. If we do not, we doubt everything. We tend to take on the attitude of the victim if we are not feeling taken cared of.

It's a bit hard to imagine a part of ourselves being supported if we don't believe in a 100% supportive Higher Power. If we feel it is judgmental, punishing and will abandon us in our time of need, we are less likely to have faith in one or have faith that we have a God-like part of ourselves.

Then there are those who only have faith in a Higher Self with which they rely on. I believe that if we have faith only in our Higher Self and it has no interest in feeling connected to all life, then we make ourselves our own Higher Power in a self serving way and tend to make decisions from fear rather than love. We get what we want but it splits us from others. Some people call this 'way of being' egotistical. We all do it from time to time, don't we? We step out of believing that we have an all-supporting Higher Power and just rely on ourselves. We say things to ourselves such as: "I don't need help", "I can do it on my own", "I've survived this far", "Every time I open up I get hurt anyway".

We can instead choose to trust ourselves that we do have a Higher Self, as representative of a loving, all powerful and supportive Higher Power that is connected to all life 100% of the time. If we don't trust ourselves, we can be willing to trust ourselves. I say that all you need is a little willingness and let the rest happen.

We gain a greater connection with our Higher Self as a natural consequence of believing and having faith in our Higher Power. It is a feeling that we build upon each time we step forward in our lives and trust. There are many ways of gaining support from this Higher Power. Some use Angels, Fairies, Ascended Masters, and Unicorns. We will discuss them in Section 5.

We also build upon this Higher Self in upcoming levels of the Lightworker Practitioner Training.

Suggestions for Practitioners/Facilitators

It gets easier the more you do it. When I was asked to run an Angel Circle, my Guides told me that they would not give me any indication on what was going to happen until the day and moment arrived. It was a challenge in faith for me to just turn up and know that there was a part of me that would tune in and know what to do. I did turn up, I did and still do have that part and the Angel Circle was an amazing experience to facilitate and be a part of.

Often I will turn up for an appointment and be quite blank as to what is going on for a client. Sometimes, it's the opposite because lots of conversations, previous appointments and Spiritual information are right there for me to draw on in seeing my client. However, on those days that I turn up and I am quite blank, they have been the scariest because I know I am being challenged in my faith. However, often they are the times when we are the most open. So trust and faith are one in the same in my opinion. I have to trust that there is a part of me that connects to Spirit 100% of the time, even if I am not connecting to that part 100% of the time. It is always my choice to connect to that part and have faith that it is connecting to Spirit to support me, even if I am not conscious of it.

PRINCIPLE 8: RESPONSIBILITY

Taking responsibility for our actions, thoughts and feelings is a huge part of emotional, mental and Spiritual maturity. As a Lightworker, we look at the 'ability to respond' in a way of balancing our reality between when we do feel in control and when we don't feel in control.

When I talk about not being in control, what I am really saying is that sometimes we feel we are out of control. That's because we are never in control of everything. We are co-creating how this life unfolds, with our Higher Power and many others. How we step out of feeling out of control and taking responsibility instead of blaming, is very important.
In order to understand this process of what is under our control, we need to look at fourfold man. Our Spiritual choices as discussed in Section two are always changeable.

So taking responsibility involves 2 things:

1. Being aware of our reality
2. Knowing how to support ourselves in owning and expressing our reality

Let's use guilt as an example of exploring these 2 concepts. A lot of people feel that they take responsibility by feeling guilty. Guilt is a great way to create more of what you don't want. If you step into guilt and don't ask yourself what you want to change and don't put in steps to change it, you will stay in guilt. Many people are addicted to guilt as a way of avoiding loving themselves. Instead of talking about how guilty we feel all the time, we could feel our guilt and ask our guilt what we need to learn or what it is trying to teach us. Then take action to implement this gift.

In this Training Manual we explore being aware of what our reality consists of. In Level 2, we delve into owning and expressing our reality. In exploring our reality, we need to be aware of its different parts. I have a model that I use to summarize these parts called Four-fold man. I call it the jelly man because it looks like a lump of jelly with waves coming out from it. I have provided a hand drawing for you in Diagram 2, so that you can have a laugh at me. That's okay. I love my jelly man. Here are the four parts of Four-fold man:

1. Spirit Self – we are a Spiritual being. We have a sense of being the only we that we are. Only you can say, “I am me”. Only you can say, “I am I”. So this sense of “I am” is our Spiritual Self or Higher Self. It is connected to and supported by Spirit 100% of the time. It is always accessible, although at times we may feel challenged in accessing it. When we are operating from our Higher Self, our will is spiritualised and we are able to follow through with tasks. Our Higher Self thinks thoughts. These thoughts become realities and creations of themselves. Our Higher Self is but one part that we think from. Our Higher Self is capable to observe the thinking of all our parts. In witnessing any thoughts, we are in freedom and not attachment. Our Spiritual knowing, sight, hearing and feelings are clearer.

2. Astral Self – we are sentient beings who feel. When we are carrying other people’s feelings or have unresolved feelings from grief or trauma, we usually think and behave very unconsciously. Our feeling life affects our thinking. So, part of this astral self affects our mind. It is then that our feelings seem to ‘overtake’ us. We act out of our feelings without thinking. We feel powerless. There are ways of resolving these feelings without further trauma. We work with a lot of different parts of our feeling reality in Level 2 and 3. And of knowing that there is a Higher Power that can assist us with our perfectly imperfect humanity. When our feelings are in line with Spirit we are more in touch with our Intuition. Our feelings are usually obvious in our aura. They filter down into our body. They usually affect certain organs that are associated with certain feelings and our energy centres (Chakras).

We call the unresolved grief or trauma an imprint. It is an imprint because at the time it happens we have usually held our breath. The breath affects the feeling life dramatically. So we stop breathing to stop feeling. Bang! We’ve got an imprint. A frozen feeling. Often as people start

connecting with their Higher Self more, they breathe better. Then they start to “thaw out”. I am a big believer in not forcing the thawing out process. That is why we cover so much resourcing of the Higher Self in Level 1 and leave the digging into unresolved stuff till Level 2 and 3.

There are two kinds of imprints:

a) Yin Imprints: These imprints are empty. They are usually from a time in one’s life or past life that they felt abandoned. They occur when one has a need, which was not met at the time. So we learn how to fulfil the need of the imprint. When these imprints filter down into the body we usually feel a deep emptiness, coldness and big nothingness. Sometimes when these imprints are huge, we feel they are us. When a yin imprint is governing us, we feel we are lost and alone.
b) Yang Imprints: These imprints are toxic. They are usually from a time where we took on and carried someone’s feelings and thoughts, perhaps from being in an abusive situation. We carry them in our aura and when they filter into the body and we get in touch with them, we feel invaded, hot, dirty, nauseous and toxic. So we learn how to remove the carried toxicity and also fill the emptiness that remains. We usually find a yin imprint under a yang one. That is, a need was there originally at the time of dumping, it wasn’t met and we attracted someone who dumped on us. So we learn to resolve the need to be dumped on. Later in Level 3, we face the parts of ourselves that do the dumping and reconcile with them.

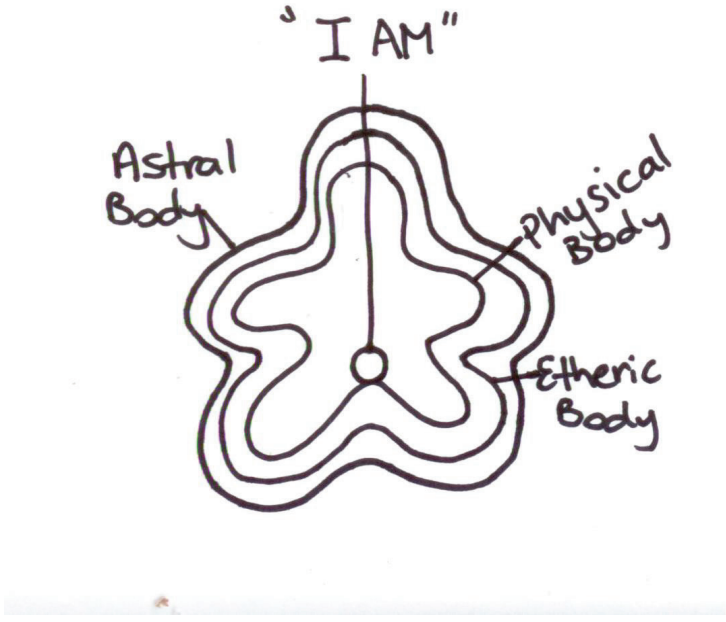
3. Etheric Self – we are beings who regenerate. Lucky for us we heal. If we didn’t, we wouldn’t be here! Our Etheric Body is the Chi or life body that heals and regenerates. We can call on more regeneration in tools

used in this Training Manual, to assist us in resolving our feelings. When we feel nourished and cared for, we move towards feeling safe enough to evolve Spiritually. When someone looks drained and dull, their Etheric body is down and they need help with their self-care. The chi flow in our body depends on whether we are clear in our astral body. We can clear our astral body and it temporarily will drain our Etheric body. After some rest and resourcing we usually spring back better than before. This process of regeneration needs to be honoured. There is a time to heal, rest and play.

4. Physical Self – I agree that we are Spiritual beings choosing (this time round) to have a human experience on a physical level. Our bodies are the representation and manifestation of all our feelings, thoughts, behaviours, past lives and beliefs about ourselves. It is possible for our physical self to vibrate at a higher rate and become more Spiritualised. Anything is possible here. When we talk about the physical self, we are talking about our bodies. Our bones, skin, blood, muscles, fat, etc. It's very nuts and bolts. Our body can talk to us as it stores thought-forms and memories.

DIAGRAM 2

FOURFOLD MAN



Suggestions for Practitioners/Facilitators

Ensure that you are taking responsibility for yourself as a professional Practitioner by keeping client information confidential.

Breaking confidentiality if you feel your client is at harm or will harm someone else is understandable. Trust your Spiritual Guidance. Ask for some professional support if you feel you are in an ethical dilemma.

Written records can be subpoenaed, so ensure that whatever you write about your client is done with that in mind.

PRINCIPLE 9: LOVE

When I was studying “A Course In Miracles” many years ago, two things stuck with me.

1. Only love is real, nothing else exists
2. Fear is a cry for love

When we are living as a Lightworker and interacting with others, we are going to see many a cry for love. It is an art to step out of seeing their fear as a negative or an attack and choose to see it as a cry for love. It is often hardest to do with those who are closest to us. Truly being ’In’ love is operating from the Higher Self of us and stepping into being a compassionate observer.

When others are in fear and we can see the love inside them, then we see who they truly are. We see their Higher Self as well as their little scared part crying out for love. This is when we are able to raise the vibration. Without having to ‘do’ anything or ‘help’ anyone, we are part of the solution of the issue at hand.

In order to heal something you need to see it as healed. When we feel like we have to ‘fix’ a person we set ourselves up as their Higher Power. However, when we see the love in them, we don’t feel separate. We are equal. Then we can be shown by our Guides, what is needed next. Our own fear to fix someone is a cry for love. It is a cry for love to want to feel whole and unified with all.

The gift of seeing fear as a cry for love is that we can recognize and feel love when we choose to. It’s a bit like the paradox that without the darkness we wouldn’t be able to see the light. So even though fear is an illusion, without it, we wouldn’t be able to see the real thing. LOVE! Seeing the perfect

imperfection of humanity is not to ignore its imperfection but it is to remind us that we all want to return to that which we came.

PRINCIPLE 10: WHOLENESS

To not feel whole leads to feeling unhealed. A lot of people refer to themselves as damaged, broken and incomplete. This belief around their lack of wholeness actually contributes to attracting situations to them that confirm their belief.

Wholeness does contain the word 'hole' which I find interesting. Even though there is a hole in it, wholeness is still complete. Very paradoxical. Sometimes we may feel empty. However, we are not. If only love exists, then love is all that is and ever will be. We are an expression of that love. So therefore we are complete. Feeling incomplete doesn't mean we are incomplete.

The Wheel of Wholeness (WOW) is a way of helping us to see and reclaim our own wholeness. We cover this in my second Training Manual "The Lightfilled Relationship" in greater detail, however I will share it with you briefly here.

WOW shows us the components of a happy relationship with ourselves that leads to us feeling whole. In the Lightworker Practitioner Training we build upon the following areas over and over again. You can definitely say that the training is a WOWolistic approach!

Self-Love – We remember how to love and value ourselves and build our self-esteem. We remember how to exercise compassion for ourselves and our imperfections.

Self-Protection – We remember how to protect ourselves from others, stand in our integrity for what we believe in and how to open up to others for connection and intimacy.

Self-Awareness – We remember how to be aware and own our Spiritual, thinking, feeling and behavioural reality.

Self-Care – We remember how to take time to care for our physically, emotionally, mentally and Spiritually.

Self-Moderation – We remember how to moderate ourselves so that we are not too chaotic or too controlling with others and ourselves. We attain balance in our life.

Suggestions for Practitioners/Facilitators

How does one reconcile helping if the client is already complete? Why teach anyone anything if they are already whole? People who ask for our help are usually at the stage where they are ready to embrace and see their completeness. If we are guided by Spirit to turn up and show them just how complete they are in some way or another, we are just a reminder of who they already are anyway.

There are many levels of illusion along the path back to love. So remember, to trust and open up to where you are guided with your client. Don't look for holes. Look for wholeness. The solution itself exists in each issue they have.

WOW is a tool that can help direct us to the area of the client's relationship with themselves that is letting them down in feeling whole. In the next Training Manual "The Lightfilled Relationship" we have a schedule of all the tools throughout the Lightworker Practitioner Training that you can draw on for each of the five WOW areas. We have also included other favourites from my students and myself. This schedule helps us to be guided to specific practical tools that will enhance the client's focus back to their wholeness.

PRINCIPLE 11 – JOY

Each person's joy is unique depending on their association with joy and joyful experiences, however the essence of pure joy lies in the connection or return to Unity.

We can feel a temporary satisfaction and joy when we engage in activities that stimulate us. However a deep sense of joy is only present when we feel connected to ourselves, Spirit and others in a profound way. True joy connects us, false joy often separates our authenticity from others. Such as when we drink alcohol, overeat or have quickie sex too often.

Elation is not the same as joy. It can mean we are excarnated from our body. If we are excarnated from our body, we are disassociated and disconnected from our body. If we are disconnected from our body, we disconnect from others automatically. We are away.

The elation that occurs when we are involved in our addictions, can be fun, however it can also be very empty and lonely eventually. Sometimes the things that help us feel connected in the beginning because they lower our inhibitions can cause us to feel very disconnected when they become a dependency.

The elation of being connected to your addiction, replaces the connection to The All and others. That is where addictions replace so much of a person's joy. In the end, our joy is depleted because we have become reliant on them as our 'Higher Power'. Without them, we feel no joy. We feel numb. This is a lie. We are always able to feel joy. However, we do need to get back into our body first. This is why we concentrate on connecting to ourselves and a Higher Power in this first level so much.

When we step into joy or help others in connecting to it, often that which does not serve our purpose, falls away. When we bring light to our parts that do not feel joy, we often find that we get what we need and have always needed and the pain falls away. So healing through joy is a possibility.

We are at a choice in this lifetime to heal through connecting with the source and the essence of the source in all things, including your shadow and so-called dark entities. I have found joy in embracing my own shadow. I have also found joy in understanding that the purpose of dark entities is to serve the light.

Joy is the antithesis of pain because it raises our vibration and transforms our pain. I am not judging pain. Pain has been a great teacher for all of us. Pain is no better or worse than joy. It just feels different. Personally I would prefer to feel joy. That's my personal preference. Plus I actually believe I deserve it. So bring it on!

PRINICPLE 12: PEACE

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference". Anonymous

I love that prayer because it helps me to be accepting of situations that are none of my business, to step up and take action from my integrity and to know when I am called to do which one!

We feel at peace when we are centred about ourselves, and what is happening in our lives in each moment. We can always choose peace. Many people in jail have attained peace because they have learnt to live in line with Spirit and what is for their highest good. Many people are free on the outside, but on the inside they feel like they are living in hell. Who needs to wait till you die to go to Heaven when you can have it now? Why wait?

Peace also occurs naturally when people find a purpose in their lives. Depression lifts when a person find's meaning in their lives. Stepping off the path of one's life purpose usually creates unrest. In depression or anxiety, we feel unrest. When we are on track, we usually feel a deep sense of peace. Even if we are being challenged on some things to do with our life purpose, deep, deep down inside, there is a feeling of peace. A sense that all is well. All is on track. The more you step towards your life purpose, the more peace you will feel. It's a sense of "AH" and breathing out. A sense of home.

Section 4:

Lightworker Practitioner Training Overview

Okay, so this is the big overview of the order of the Lightworker Practitioner Training. Why does it need to be in order? It has an order, however offering it as a training is based on where we feel we are at in our own consciousness and what our needs are.

Why have levels?

At the outset, my Guides told me to provide different levels. They said that this training needed to be offered in order. At first I didn't understand why. In fact I didn't have all the levels at the beginning of the training. This was one of those "trust" moments of faith, that Spirit challenges me with. The reasons why the training is offered in order only came when I was writing this Training Manual. That is when I understood that the levels pertained to the evolution of consciousness. Years later and when I had more experience, they showed me that people will be called to commence the training at different stages in their own development.

Since then I have been able to pass on this knowledge to those who may not have taken up on the training or continued with it because they didn't have the bigger picture.

There are two main reasons why the training is offered in order. The first reason is that to assist us in the mastery of each level prior to the next. We find that each level builds on the next. We refine and reinforce our skills. Sometimes we continually find ourselves unsatisfied and mystified as to why things aren't manifesting and changing as quickly as we would like them to.

Some examples of this include why we sabotage ourselves from progressing because we: feel resistance to change; feel unmotivated; experience depression; are in poverty and have a life filled with drama.

Sometimes it feels like a catch 22 situation where, unless we take a step forward, we stay in the depression or drama. However if we don't learn the tools to step forward, we stay stuck.

Or it takes us going into debt for something that provides meaning in our lives, to actually step out of poverty. However if we don't learn the tools to know what is meaningful to us, we stay stuck in poverty.

Sometimes the only easy way to step out of resistance is to acknowledge it and do it anyway. However, if we don't learn the tools to step out of resistance we stay in resistance.

Sometimes we don't manifest or achieve our goals because we haven't learnt the tools to overcome our sabotage. The steps towards gaining the skills to step out of sabotage are important and offered in logical order in the training.

The second reason we offer the training in order is that when I was given the bigger picture I realized that the training was not just about raising our vibration, it was about Spiritualizing matter and raising the vibration of the earth towards Spirit. My Guides showed me how the levels relate to dissension into matter and ascension to Spirit. In a nutshell it's all about spritualising matter. We are not trying to escape the Spiritual and immerse ourselves in the material. And we are not trying to escape the material and immerse ourselves in the Spiritual. It's about unification of Spirit and matter. It's about transforming matter into a higher vibration. Remember that we are Spiritual beings CHOOSING to have a human experience. This change in our consciousness happens over the levels of the training. Each step brings us closer to spiritualising matter.

As shown in Diagram 3 at the end of this Section, we start our journey at one end and descend, taking Spirit down with us, we reach the bottom and then

Spiritualise matter as we ascend. This is the bigger picture. So it makes sense to take students on the Lightworker Practitioner Training journey in that order. Each level relates to a certain step we take on this journey. This will make more sense, as I explain each level of the training individually.

My feeling is that if you feel guided to do the Lightworker Practitioner Training at a certain level – do it. And just turn up and see what happens! You might be able to give me some feedback on how doing it in or out of the sequential order affected you.

Do I have to do all the levels?

No. It is up to you how many levels you complete. You can start where ever you are guided and complete as many as you feel guided to do.

I recommend that we only do as many levels as we are guided to do, at the pace we are guided. The complete set of levels is ultimately going to provide us with a skill set for living life and a professional practitioner's tool kit. I trust your journey. You need to trust it too. You might want to read all the Training Manuals without doing any of the training, get a job as a train driver and live happily ever after, feeling that you are on track. Pardon the pun! Whichever way you wish to apply the tools you learn, I celebrate with you!

Lots of us may be at Level 1 now but in our life we've already worked or trained in some subjects included at a later level. Does this mean that we don't do Level 1? No! Does it mean that we have to redo detailed training on the same subject? No. It means that we have an opportunity to turn up and learn another point of view of the subject we already know, if we wish to. Perhaps you might be interested in teaching this level in the future and want to witness students experiencing the training.

I am never against anyone doing basic or advanced training that they have done before. I've had students drop out at Level 1 because they felt it was too basic for them because they had undertaken esoteric training before. There was an opportunity for them to step up and pass this information on, they missed out. Sometimes Spiritual arrogance cuts us off from opportunities. Perhaps they were lead to pass it on elsewhere though.

We are always teachable and able to step up as teachers if we really know stuff that is valuable. I find the students teach me heaps during delivering the training. I had a student who helped me facilitate a lot of the teachings around crystals. We ended up integrating her ideas. This has given her the confidence to work closely with crystals as her 'thing'.

We learn immense amounts from each other. Teachers learn immense amounts from our subject and gain so much when we are teaching it to someone else. We learn about how different students learn this stuff. So it's an exciting process to be part of a group and exercising humility through our openness 100% of the time. Don't they say, "You teach what you need to learn the most"? Well I definitely need to know how to be a Lightworker!

If someone has completed some subject matter from a certain level, they might think, "I don't need to learn this! I know this subject inside out!" They may well do. They may even have important information that we all need to hear! For example, they might have studied massage and have their own practice. In our training this would relate to Level 6 "The Lightfilled Being". Instead of relearning massage they may be interested in what we have learnt about massage and how to apply tools to enhance it as a profound way of healing. Because of their experience, completing Level 6 may be deeply meaningful to them. Also, completing Level 1-5 may have a profound effect on them because their prior learning enables them to draw on their experience. Perhaps the tools they learn along the way will be applied to their massage practice. We don't have to

get to the end of training before we start to apply tools. This is the joy of the Lightworker Practitioner Training program. We learn tools immediately and begin to apply them. Our life starts to change straight away as soon as we choose to turn up.

In each level I don't suggest that I am offering every little thing you could possibly do in depth. I introduce you to things that are relevant at that level. I provide you with as many relevant tools and suggestions as I can. My Guides have told me that there are so many effective ways and different tools to learn.

I try and make the training as open as possible to encourage new ideas. It makes it living and breathing and not a dead dogmatic style of training. If something doesn't work for you, don't fret! Tune into your guidance and see what would work for you. Share it with your fellow students, friends and me. We are all in a process of learning, evolving and developing.

We are learning from a very holistic point of view. One that is rare, in this day and age, but not to remain rare for long. This alternative stuff will become the norm. Healing through joy and not pain will become the norm. Just as Homeopathics and Reiki are now used in hospitals.

Can I do some levels and stop?

Yes. You can stop at any time as each level is offered individually. You do not have to complete the training to Level 7.

You can also take a break between levels and continue at a later time. If you leave halfway through a level you will need to redo the level again for continuity with the group and facilitator unless you are studying via distance learning.

I am learning more and more and I am here to say that I would never suggest dropping out at any level without continuing work on that or prior levels in a deeper way.

I would never suggest dropping out in the middle of a level. Unless our Spiritual guidance says to of course! I would suggest discussing it with the facilitator and gaining more support. Perhaps there is a personality clash that can be dealt with in a creative way. Perhaps we need more support or connection with the group. We attract the group that we study with. We attract the teacher. We are responsible for our self-care. If we can't resolve an issue with the teacher at hand, I suggest going above their head. I don't want to see anyone miss out on an opportunity to evolve based on someone's limitations. I don't want to see anyone rebel and lose out. If we are going to rebel, I say, let's do so AND GET WHAT WE NEED. And if you are reading this Training Manual without the formal training and need support, please seek it rather than putting it down and never picking it up again.

However, if one is guided to leave, there is much to learn from why one is leaving. So it is good to share this with the group and facilitator. It doesn't help our unity principle or our Spiritual connection with others and The All to just disappear. That is just avoidance. If we feel it is really unsafe for us to share the reasons why we are leaving, then of course this is self-care.

There are also self-care reasons for completing a level and not starting a new one. For instance, someone might become aware that they have an addiction that they need to really deal with before they are ready to progress. This is honouring to ourselves and ensuring that we are centred before we keep continuing. Not doing anything about the addiction however, is not honouring to ourselves.

Someone might feel that they really need to focus on thawing out some emotional pain that has arisen from Level 2. They might need more time to do some inner child work before they move on. Dropping out of the training and not continuing inner child work would be a re-abandonment of ourselves. However, we do tend to like to repeat patterns now don't we?

These are just some examples of how we can drop out and sabotage vs honouring and taking responsibility for ourselves. The main thing is that we are honest with others and ourselves. If we just don't feel ready, that is perfectly okay.

After completing the training can I study other things?

Yes. We are not a sect. This is not an ideology or a religion. We are not into worshipping gurus. We have principles that encourage you to diversify and be yourself. The truth shall set you free. No matter what we study, if our intention is to strive for truth. We will know if something doesn't resonate with us. Not everything in this training will resonate with you. That's perfectly okay.

You don't need my permission; however you certainly have my blessing, to continue learning from other Spiritual teachings and programs. I certainly don't feel threatened by it. If anything, I feel really good that the teaching I offer doesn't restrict people into boxes! I believe that if you seek the truth, the truth will be shown. Any training that deviates from the truth is just as much of a learning for us. Often we learn how we do want to be in the world by turning up to things that show us what we don't want. Those who wish to learn other ways of healing after completing the Lightworker Practitioner Training are encouraged to do so. We are always learning till the day we die and thereafter anyway – with or without the help of formal training.

Many of my students continue to study other areas of learning and feed back to me how much this training has helped them identify what is true for them. This is exciting for me. I love to hear how the training has been such a great foundation for them to know what is right for them. They attend the further study with the confidence that they will take what they like and leave the rest. They know that no *one* person knows it all or has all the answers. They are empowered to make informed and clear decisions about which tools they want to use from other programs.

One of the main areas of feedback I get from Lightworker Practitioner graduates, is that many forms of healing offered, do not provide tools on how to support oneself during and after the actual workshop or training. So I continue to receive reports on how they have seen many people suicidal, confused, traumatized and emotional wrecks after undertaking other workshops/programs. This encourages me to continue to offer the training the way I do. And it taught me to reinforce the supportive tools introduced in Level 1 throughout the whole course, especially Level 2. This prevents students from dropping out at Level 2 or discontinuing further training after they experience some of their core emotional issues.

Lightworker Practitioner Training Overview

The seven levels of training begin from Spirit descending to matter, then onto matter ascending to Spirit as shown in Diagram 3. Here is an overview of each level:

Level 1 – Making Light Work

This level is related to the Crown Chakra, opening us up to connect to Spirit. We learn how to connect and resource ourselves, to bring the light down into our body. It marks the beginning of being conscious and developing a spiritual connection. The main theme here is connecting and building that connection to Spirit so that we are divinely guided Lightworkers.

This level lays the foundation for those who wish to work and raise their vibration as Lightworkers.
We provide a substantial tool kit for Lightworker Practitioners including: Psychic awareness and development exercises, visualizations for resourcing Spiritual support, daily guidance tools, conducting readings/healings and clearing and centering ourselves and clients. We learn the 12 principles that underpin the Lightworker Practitioner in professional practice. We also include the five stages of conducting a structured Lightworker Practitioner session, to help client's wishes come true!

Level 2 - The Lightfilled Relationship

This level relates to our Third Eye Chakra and really seeing beyond the veil of the superficial stuff right into why things are happening and what is truly going on.

Level 2 helps us to see truth and clarity regarding the patterns of our relationships. It gets us to see the heart of the matter. Where Level 1 helps us to gain guidance and support in our lives, Level 2 puts us into the heart of our issues, to consciously clear them, with Spiritual help.

We learn more about the 'why' at this level rather than the 'where' we are at in Level 1. It gives us an insight into the world of why we are repeating patterns

from the past and how to move on from that. We do body based healing of past wounds, but it is presented and conducted in a non-traumatic way. We don't want to re-traumatize ourselves to help resolve our trauma! It doesn't have to be scary in any way and Level 1 prepares us solidly for this. So we download astral imprints from this life and others and reclaim our wholeness. We use drawing of our astral body to help us to engage our Third Eye into reading the imprints in our aura and body. This practise also helps us to read others more easily.

We cover how to have both personal and professional Lightfilled relationships with Spirit, ourselves, families and children.
We learn creative techniques to communicate and heal the inner child of ourselves and others.

We demonstrate how to transform dysfunctional relationships into healthy ones by creating Higher Powered Relationships for ourselves and in assisting couples professionally.

We learn about Higher Power replacements aka Addictions and how to have Lightfilled relationships with them. Rather than seeing them as the enemy, they become our barometers of our connection and allies in spiritually evolving.

This culminates in developing a sound awareness and grounding for using our Third Eye effectively in building our Mediumship skills and communicating with the other side.

Level 3 – Transforming Darkness To Light

This level helps us to get to know the really important parts of ourselves that will get us to where we want to be. We are dealing with the 'who' of ourselves and others in determining who is actually driving the bus of our choices at any given moment.

This level relates to our throat Chakra and helps us to step into truly speaking our truth of where we are at without shame but with integrity. We learn to say, "I am That" about every part of every one we see. We throw off shame that separates us from Spirit and our fellow man. We step into more unity and as we bring the torch into the darkness, it is alight.

This is about the transformation of different parts.of ourselves so that they become our allies and not our enemies. Ever heard of the saying 'what we resist, persists?" Well it's true. Remember that old saying "Don't think of a pink elephant"? Did you just think of one? Hell no! You too! Wonder why? Unless we integrate these parts of ourselves, we just keep pushing them away to the shadows. When they feel rejected, they find a way to get our attention. Or what if we over identify with a part that we really like? It just takes over doesn't it? All our other parts become a shadow to our consciousness.

In this level, the darker parts that we fear get embraced, loved and understood. They are often our most powerful parts when integrated and they become an amazing source of strength, when filled with Spiritual love and light. No longer are we possessed or carrying entities around with us that we have not integrated.

Shadow work gives us an opportunity to understand, acknowledge and heal any sabotage that blocks us from our higher Spiritual calling and path. So we

get to step into the lighter side of ourselves more. We build on our relationship with the Higher Self and embrace our light shadow.

What we reject or over identify with sends our life out of balance. So in this level we work on balancing ourselves and removing blocks to creating the life we want.

We use an accumulation of the tools learnt to date and add in sand tray/symbol work because it brings the unconscious to consciousness in a fun way. And we introduce voice dialogue – exercising that Throat Chakra again!

Level 4 – Vibrating In The Light

This level relates to our heart Chakra and aligning ourselves with the healing of the earthly vibrations. Humans actually connect the earth with the light. We are in the heart of the connection.

This is all about learning different tools that raise our vibration. We are now entering in the more physical world of using the earth to ascend. Level 4 is the bottom of the bathtub in our descent into matter. If we haven't transformed our darkest shadow, we descend into matter and abuse it in a materialistic way. That is why we do Level 3 first!

We explore a number of earthly vibrational influences and essences that help us to embrace human qualities and support us in changing our beliefs to align with Spirit. The unique vibrations of flower essences are discussed. We learn about the influence of crystals and you are invited to join us in becoming a Crystal Guardian. We experience the powerful benefits of individual and group sounding and toning. We discuss the 'like treats like' remedies of Homeopathics. We move into talking about all the things that raise our vibration that surround us in the physical world. This is about using our earthly resources

to assist us in ascending. We learn about Archangel Essences – our divine human helpers that have been assigned to us. We learn how to walk with Angelic vibration on the earth.

Level 5 – Playing In The Light

When we play we are truly in our power, so this level relates to our personal power centre of the solar plexus. The power of play is truly a vibration of joy that heals.

This level is so much fun, it doesn't feel like work. My students and I have so much fun we can't believe how quickly the time goes. It is all about playing through our feelings with games, writing, animals, colour, painting and clay. We get out the paintbrushes. We get dirty with muddy messes. We get to work through any shame we have around play and playing. There are the practicalities of how to set the material resources up for the client – and so we learn about the tools of the trade and are responsible Lightworkers too!

We bring the earthly vibrations up a notch to reach to the heavens. Healing is fun and instantaneous. We are more in touch with our psychic abilities, core beliefs, different parts and unresolved wounds, to know where, why and who we are at that moment. We are in the flow of life and prepared for this level. This is transformation in action. We know that when you are in the flow, nothing need's 'doing'. You are just 'being'.

As mentioned before, healing through joy is a lot more fun than healing through pain. This level brings us closer to living, breathing and playing in that truth.

Level 6 – The Lightfilled Being

We are focusing on the physical body more now. This is level is about Spiritualising the creative centre of our being so that we can recreate ourselves purposefully as more Spiritualised beings. So this level relates to the sacral Chakra.

We increase our joy and lift ourselves out of depression when we are able to fully Spiritualise our body. But we need to be 'in' it to do it. So we bring more Spirit fuelled joy into the body.

There are so many areas to explore in raising our physical vibration so that it ascends us closer to Spirit. We touch on lots of different topics on the body, that can be explored very deeply in their own right. However at this point we have enough knowledge, wisdom and Intuition on board to know what area we are being drawn to in order to assist us on a physical level.

Some of the topics we include are Wholistic medicine, Chinese medicine, yoga, massage, food choices, managing your pain, physical fitness/exercise, sex, movement and spatial orientation.

Taking care of ourselves is no longer a punishment or arduous task, but sheer joy. We do it because we want to, not because we have to. And we have the tools to get beyond any of the sabotage that may arise, because we have completed the previous 5 levels. That is why it is important to do the previous levels in that order. So here we become free in our body and not prisoners of it.

Our bodies vibrate with Spirit and are in harmony with the earth at the same time. We realize that we are creative beings in harmony with the creative forces of mother earth and the stars. As above so below.

Level 7 – Living Abundant Light

This topic relates to our grounded base chakra centre. Here we learn that bringing the light right down into our body means that we reflect the heavens and vibrate this.

We learn more about the Law of Attraction. We learn to open up to this help and receive, thereby attracting more. This level is about mastering the creative process of attracting abundance to you. We now learn how to transform and manifest. We now know that our ability to transform matter and manifest what it in our highest good directly relates to whether we are connected to Spirit, ourselves and the earth at the same time.

We learn how to manage this higher vibration, being clear about what we want, remove blocks from creating it and how to accept it when it manifests.

Techniques to differentiate between what we need and what we want are important. We ensure that we are clear on what these are and how to manifest them.

Our dependencies, attachments and aversions to power, security, money and sex are addressed on a deeper level here. Our sex life and attitude towards money are usually symptoms of our base Chakra being open or closed. We learn to become Spiritual masters of money and sex, not for power, but for stepping into the highest vibration of the base Chakra.

We learn about our blocks around receiving so that when we get what we do want we get to keep it rather than push it away! As practitioners it provides us with tools in helping our clients to get to where they want to go and to actually embrace it when they get there. This level if undertaken as part of the Masters

Degree in Lightworking also involves training to be a Lightworker Practitioner Facilitator.

We learn how to continue helping others as Lightworkers, without ending up in the poor house or burning ourselves out.

Many of these tools are so valuable in and of themselves. To have them in one level of training is really stretching ourselves to open up and receive to the max!

In this level we learn the art of living in abundance and still being connected to all. As we embrace our own abundance, we give each other permission to step into their own abundance too. We learn to feel secure in ourselves within the context of the earth, completely supported and accepting the abundance of Spirit.

Upon Graduation

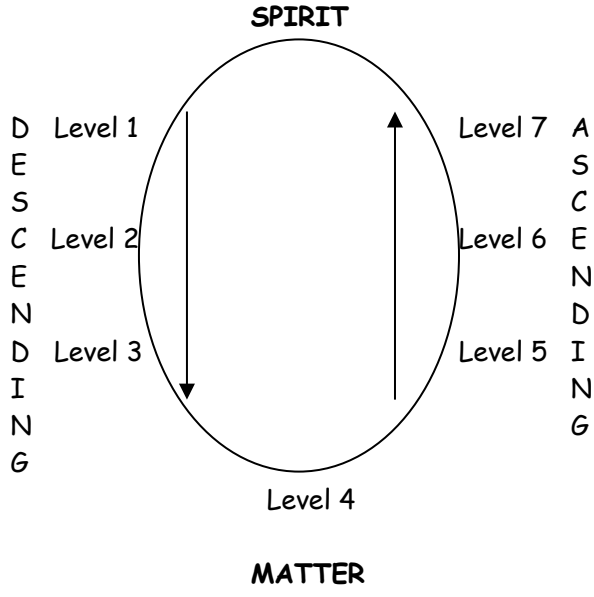
As mentioned in our Mission Statement, we hold the intention that *"This new way of being will create and build energy towards a group consciousness of living in the light and Spiritualising matter".* By the end of graduation, we hope that our graduates are able to embody this intention and carry this message to others.

At this point, students may wish to continue study with the Lightworker Practitioner Facilitator Training to pass on this knowledge to their fellow Lightworkers.

Diagram 3

Notice how this diagram of descending into matter and ascending back to Spirit is shown in a circular form. We start from the top, closer to Spirit but further away from matter. Here we are connected to Spirit but unconscious of our connection. Then we descend into matter and we end up so materialized that we can feel like it's a hell on earth. Then we consciously start to ascend and raise our earthly vibrations back to Spirit. It's a bit like being a baby (close to the heavens but unconscious), then a screaming adolescent (materialized and self absorbed) and then a mature adult (aware of self and others). However, once we get to the top, it's a circle and back down we come. As we ascend, the impulse to descend and help others is part of Spiritualising matter. As they say, you cannot keep what you do not give away. So back down we come, as part of the unification process, to help others, bringing a load of Spirit with us.

DIAGRAM 3



Section 5: Spiritual Resources

The following information is provided as a basic understanding of some Spiritual Resources. There may be more or different information provided in other resources you may read. Please be open to determining your own opinions and what works for you. Allow others to have theirs. We are not here to judge what is correct information in general. We are here to determine for ourselves what the correct information is for ourselves. If something written here does not work for you, that's fine. As long as something is working for you! You may choose to use the Daily Guidance Tool in Section 6, to help you determine or get clearer on what would work for you.

This was the hardest Section for me to write, because, in a way I didn't want to write it. I know that all Spiritual Resources speak to us differently. So it felt kind of artificial providing it for you. However, I know that things that I have read regarding different Spiritual Resources have helped me gain ideas and connect with what works for me. Besides that, I was guided to write it. So I am ensuring that I am being honest in my resistance with you. Yes, I practise what I preach!

I connect mainly to the Archangels. I will use other resources from time to time. But mainly, they are my 'thing'. I don't see them as better or worse than any other type of Spiritual Resource. In fact, I don't see any other Spiritual Resource as better or worse than the other. Everyone is unique and requires their own language of how they connect with Spirit. This evolves over time. Many of my students are more connected to Mermaids, Fairies or Ascended Masters.

What are we trying to achieve here? It is all about peace – isn't it? Connecting to The All is part of that peace. These Spiritual Resources help us to connect with the part of us that feels connected to The All. Don't judge someone for using Fairies instead of using Angels to connect to The All. Don't judge someone for using Angels instead of Ascended Masters to connect to The All.

That is just dogmatic and rigid. The fact is, we are all connected anyway. All roads lead to Rome….All to Heaven….All to The All.

We were just talking about levels in the previous Section. Well it is thought that the Angelic Realm has different levels too. They are in the proposed order of the: Angels; Archangels; Cherubim; Seraphim; Powers; Carrions; Virtues; Dominions; Thrones and Principalities. Still I don't believe in hierarchy, so I look at them as all having different qualities as important as each other. One of my students suggested that we could see them in connection like a spider web, they are all connected to each other but not in a hierarchy.

We will give a brief overview of each and then move onto other helpers including the Fairies, Mermaids, Unicorns and Ascended Masters and Goddesses.

Angels

The Angels comfort, surround you and bring peace and harmony. They are always available, you are never alone. Guardian Angels are assigned to you when born and stay with you at every moment until you part from earth.

Kids love hearing that they have their own Guardian Angel. It helps to give them a sense of never being alone. We all love that sense don't we? It's one of those deep feelings that is very stabilizing.

Archangels

Their job is to contribute to the healing and assist with overseeing human's life journey and that of the planets. They really want to help all humans. They carry batons or sceptres for healing. When asked, they send you the healing energy.

hey can bi-locate (be in more than one place at a time). That helps in us not feeling guilty for using them!
The 15 Archangels in more detail later in this Section but here they are:

Archangel Ariel
Archangel Azrael
Archangel Chamuel
Archangel Gabriel
Archangel Haniel
Archangel Jeremiel
Archangel Jophiel
Archangel Metatron
Archangel Michael
Archangel Raguel
Archangel Raphael
Archangel Raziel
Archangel Sandalphon
Archangel Uriel
Archangel Zadkiel

The Cherubim

They help us through the power of song to change our internal vibration for healing.

The Seraphim

They help us through the power of toning to change our internal vibration for healing.

The Powers

They are tall and large enough to completely envelope and protect you completely with their wings. They give you energy and healing in an ‘all body experience’ way.

The Carrions

The Carrions are able to remove attachments to the womb of transformation. They usually suspend human ‘time’ so that we are completely protected and safe.

The Virtues

Just before entry we go into isolation with the virtues to look over your chart and tweak anything in our chart. Because they are full of peace and love, they shine compassion on our choices and help us to re-chart any bits that seem too harsh. They Guide us with our morals. They are at the portal of entry into the world and they don’t usually descend to earth. They are there waiting for us at the portal again on our return.

Dominions

These Beings are in charge of Akashic Record the “Book of Life”. It is a record of all events in history. The events of history are recorded by the Dominions. We can access the Akashic Record anytime we wish. We can have vast amounts of information at the tip of our fingers anytime we wish. Just call on the Dominions for assistance.

The Thrones

The Thrones are not an aggressive army. They come in a swarm like an army though and offer direct backup and motherly protection. Call on them when you need to stand forward and be in your truth like when you are speaking in front of a big group of people. You can get them to fill the hall.

The Principalities

These Beings are the protectorates of nations and great cities. They stand guard in groups of no more than 2 or 3. They are very large. For example they can be as tall as buildings and oversee a crisis such as in 9/11. They offer strength and courage for people who are passing over or staying and facing the challenge that is being presented.

More on the Archangels

The best way to use the Archangels and get to know them is by meeting them! It might sound strange, however I believe that they are all unique AND they relate differently to all of us in a very unique way.

There may be some traits that we all find as standard, however you'd be surprised how many different ways they can help and influence our lives.

I find this a very exciting way of dealing with and calling on the Archangels. It's more personal and it means you don't have to remember what each one does and why.

The message that I got through from the Archangels is to suggest that, if you want to get to know them better, you do the Archangel Attunement and Daily Guidance Meditation supplied for in Section 6. Then use the Daily Guidance

Meditation daily with either a question or just general openness to Guidance, and see what you get given. You may see them or maybe they'll send you other influences and Guides that make more of an impression on you such as the mermaids, fairies, unicorns, ascended masters and goddesses. The Archangels use what works and so they work in unison with all other Beings who help humans.

So I will give you a general overview of the Archangels in how they came to me and others. However, remember that your own personal relationship with the Archangels is what really impacts and creates change in your life. Make a personal connection with them and you will use them. Just imagine your own personal guidance counsellors assisting you with every little detail. It's enough to make you feel like a king or queen. We all deserve it!

The Archangels told me that they would provide some extra guidance channelled through me in the following descriptions. These are in italics. The information came through referring to a specific subject they wished to communicate to me. They may wish to communicate something different to you.

The 15 Archangels in more detail:

Archangel Ariel

Ariel is the embodiment of the warrior feminine. She is the one who brings forth a fiery courage to step in and stand up for what we believe in. She is heavily connected to the warrior in us to step up and surrender to the greater good. So it is in fact a feminine energy expressed in a masculine form. She helps us to receive and in receiving this truth she takes us on a journey of steel towards our goals. There is limitless energy with her. She is like a warrior princess. However men may tune into her ability to help them receive this immense

courage in a very profound way. Thereby in activating our receptive state we generate an amazing array of abundance of every kind – always for our highest good. She has a quiet strength and containment.

Regarding Manifestation:
Archangel Ariel says: "I am here to provide you with guidance on how to manifest in your life and open yourself up to manifesting. I am not talking about manifesting slowly. I am talking about manifesting quickly. Use me to Guide you in how to take action to manifest your dreams. Use me to help to Guide you in learning to manifest for your highest good and the good of all. I am the key player in the manifestation process."

Archangel Azrael

Azrael helps with comforting the dying and the grieving, crossing over the newly deceased person's soul, grief counselling, and support for the grieving – material, Spiritual and emotional.

Regarding the Afterlife:
Archangel Azrael says: "I am here, not as the Angel of Death, as I am described, but as the Angel of the Afterlife. It is very much alive and living on the other side. It is not something to be feared. It is not something to be wary of. It is something that we all go to and receive the next level of guidance and learning."

Regarding Mediumship:
Archangel Azrael says: "You needn't worry about those who have passed over, as there is no death. Even if they are still earth bound they are in process. We need you to learn these skills, gentle Lightworker's, so that we can assist with the process of transformation from earth bound Spirits into the Light. They need your help and they need it now without delay. Focus on learning these

skills. This Training Manual is the first step. Learning Mediumship is the next step. You need to start with clearing and understanding yourself first and this Training Manual shows you how. Please commit yourself to this mission, we need your help more than you know."

Archangel Chamuel

Chamuel is the world peace Angel that primarily helps us with our life purpose. He helps us to find our life purpose so that our career, money, relationships and health are also supported in the process. Finding our life purpose transforms the landscape of our life and helps draw those things closer to us.

Regarding Your Life Purpose:
Archangel Chamuel says: "You are here for a reason. You need to find that reason. You may or may not want to do that now however if you do not, you put off the inevitable. So: why not now? Ask yourself that question. If you can answer it, and feel in your heart that it is a true answer that is aligned to your destiny - then great. If you cannot answer the question, then this is the guidance for you: Take a step towards why you think you are here. Don't do it tomorrow. Do the step now. It may be planning something for tomorrow but you need to take the step to plan. Each step is valid. Don't say to yourself 'I have the intention of planning it tomorrow'. That is sabotage and an excuse. Say to yourself 'There is nothing more important than the reason why I am here on this planet right now."

Regarding Peace:
Archangel Chamuel says: "When you are living your life's purpose you will know peace in its very essence. You will know peace because it has found you because you have found your way back home. Take one step towards it a day and you will keep depression and anxiety at bay."

Archangel Gabrielle

Gabrielle is the Archangel that oversees the nurturing of children and our inner child. She helps with creative projects including conception, adoption, art related projects, writing, television and radio work. She was the Archangel that announced the birth of Jesus.

Regarding Rejuvenation:
Archangel Gabrielle says: "When you are tired and weary call on me to be that soft and nourishing place that will provide the nurturing you need to resource your mind, body and Spirit back to health."

Regarding Conception:
Archangel Gabrielle says: "If you fret when you want to conceive you are fighting the flow of life and your destiny. All is in perfect order. I will Guide you with your choices to help you conceive but never through anxiety or worry. You will know I am present when you feel soft, surrendered and solid all at the same time."

Regarding Creative Projects:
Archangel Gabrielle says: "You never have to try to be creative. When you are in the flow, you can create. If you are not receptive you are not in the flow. I can help you be receptive if you call on me. All I do is connect you to the flow of the source of All and you will be challenged not to create!"

Archangel Haniel

I like to see Archangel Haniel as a moon goddess. She is gentle and poised. Also because she is highly connected to moon energy she works well with water, emotions, cycles, receptivity and heightening our psychic abilities.

Regarding Heightening Psychic Abilities:
Archangel Haniel says: "I am always available to you if you wish to learn more psychically. I am able to send through a very strong moon vibration, which affects your Third Eye to help you to see and reflect on what you see. To give meaning to what you see, relevant to the situation at hand. Call on me when you want more clarity. Just as the reflection of the suns energy off the moon, I will provide light to your situation and that of others whom you are tending to."

Regarding Open-mindedness:
Archangel Haniel says: "Open-mindedness is an ancient art form. One needs an inordinate amount of self-discipline to keep their mind open. It is a moment-by-moment process, never being fixed on an idea. Keeping an open mind means one is kept highly conscious about what one truly thinks and is therefore in the process of initiation continually. Open-mindedness breeds compassion. It accelerates the rate to which one can deliver compassion to those who are judged harshly and unfairly. Open-mindedness does not say I am right and you are wrong. It says we are in our truth right now. All is well and in perfect order. The journey is long and the journey will take us into unknown regions that we never thought were possible. We are in the open mind on this journey when we can truly say "I am where I am and it is not the best or worst moment, it is the perfect moment to ensure the entirety of the wholeness and wellness of the planet and the sanctity of the universe."

Archangel Jeremiel

I see Jeremiel as the inventory Archangel. He helps us to take inventory of our life after we die; however that takes time to go through. It is much easier to live our life in 'real time' and take inventory as we go. That way we get more out of life and perhaps we die with less regret. He is connected to our seeing what the truth is and therefore opens our Third Eye. Jeremiel helps with prophetic visions, understanding dreams, and reviewing our life.

Regarding Dreams:
Archangel Jeremiel says: "I am not here to tell you what your dreams mean in general. I do not generalize. I am here to show you what your dreams mean to you. They are of no use to anyone else in the interpretation I give to you. Unless of course they are prophetic and then I can Guide you as to how and what to tell the person. I can Guide you in telling them what the dream means to them. The meaning is the key here. Not the dream. Not what is gong to happen, because that can be changed. The magic is in the meaning."

Regarding the Afterlife/Choosing Freely:
Archangel Jeremiel says: "I assist you in understanding why you made your choices by reviewing your life. It is not about punishing you or putting you through the mill. It is about helping you to understand why you made the choices you did to get to the Spirit and the heart of the matter within you. To learn the lessons that you could have learnt then. Yes it is true that you can do this during you waking life. Many Alcoholics in 12 Step fellowships do this as part of their recovery from alcoholism. Many other people do it in different ways. It is a powerful life tool and manifesting tool. When you understand yourself, you understand your choices and you are able to choose freely."

Archangel Jophiel

This one's into beauty. She is the ultimate Beauty Technician with everything to do with making and creating beauty in your inner and outer world. She works closely with the fairies and loves nature of course! My kids love her because she helps them to be in awe of the tiniest things in our garden that are indeed magnificent. Like the little green spiders and tree frogs. Or beauty in new plants sprouting. Love her, she is anything but superficial. She helps me to release negative beliefs and replace them with more positive ones. I like to see her as

the butterfly of the Angelic realm, because she does transform our ugliness filter into a beautifying one.

Whether its designing a room or garden with correct Feng Shui, beautifying your thoughts, connecting with your own unique beauty, working with art, choosing clothes for your partner or designing your hair - she's an expert!

Regarding Beautifying Your Mind:
Archangel Jophiel says: "Beautify your thoughts. Allow the negative to wash over you, take from it whatever gift it brings, give it what it needs and let it go. Focus on what you want to create for yourself, others and your planet. If you beautify your thoughts, you will be able to hear and see what we have to show you. You may find being part of the solution a little scary at first because it is new. After a while though, you will know that there is nothing better or more meaningful that you could be doing with your life and your time. And the time is now. See the beauty in yourself and others now. Focus on what you want now. Don't dwell on what you don't want unless there is a learning there. Swiftly move onto the next learning. As I said the time is now."

Archangel Metatron

Archangel Metatron symbolizes the masculine and directive father energy for children. Help them focus like a laser beam. Helps children understand their Spirituality.

Metatron helps with Children's issues, indigo, crystal and rainbow children, ADD and ADHD. As adults, he helps us with record keeping and organization. He is said to be involved in the Akashic Records.

When Metatron appears to me I see violet purple and green colours in stripes, moving. It is not just stagnant two-tone light. It is moving. Once he appeared to

me regarding the writing of this Training Manual and his colours of purple and green gathered in the centre one after the other as if shooting down a laser beam in my minds eye. He told me that he would help me to be like a laser beam in writing this Training Manual. That it would just come. And then it certainly did. So he helps us to focus and be orderly with writing.
On 12 December 2006 Archangel Metatron was streaming through very strongly in raising the vibration of the planet and our Spiritualizing our earthly existence. I was asked to be involved on a telephone conferencing call to share in this vibration. However I felt very strongly to channel Archangel Metatron and this is what he said:

"I am here now resonating at a high earthly frequency so that you can access information and lift yourselves up to this vibration. You are the charges that have been called forth to focus intently on caring for the children who are the Spiritual masters of this planet. They are here to help the other earthly humans to raise their vibration. You are the teachers of the teachers. Some of them are awoken and some are yet to awake. However, they are in fact here. Your job is to turn up and be available. Ready yourself and prepare yourself as much as possible at this time. Be aware of where, who and why you are being called. Learn as much as you can now. Some of these children are in adult bodies now. They are ready to be taught. Most are young and kindling. However, they are masters of mind and Spirit. Their Spiritual faculties are in fact in slumber and this can be deceiving to the unenlightened ones who are their charges. Focus on enlightening yourselves. You have a special job at this time. Pray to me for guidance in recognizing these world peace bringers. I will aid you in recognizing them and Guide you in helping them. That is my main message at this time. Tune into me to raise your vibration on to the level that these children vibrate on."

A week later I bumped into the very person who had told me about this telephone conferencing call. Before I had a chance to tell her the message I

had gotten, she told me that her daughter had started behaving psychically after the phone call. When her daughter was younger, she was quite psychic and could see Angels. She told me that as soon as the phone call was over, her daughter started seeing Angels again. I got goose bumps all over me. I told her about Archangel Metatron's message about these children. She said that perhaps because her vibration had lifted, it had encouraged her daughter's faculties to awaken. We celebrated in the joy together of knowing that we are indeed being guided to assist in this amazing process. If you are drawn to children, mothering, teaching or counselling them, maybe you are too! We can all raise our vibration to help these young wise ones step into their Spiritual power.

Archangel Michael

Michael is the Lightworker Advocate. He helps us with commitment and dedication to our truth and the courage and energy to carry that out. He helps clear the space for the light. We use him for helping clear away that which no longer serves us.

I know it's not nice to play favourites, but hey Archangel Michael is my right hand man. He gives me lots of protection when I feel vulnerable and helps me to get really in tune with the truth of any situation and person. He clears away any toxic fallout from negative thinking and taking on the toxic fallout from other peoples negative thinking, abuse and projections. I always feel safe when I call on him. Like I am a warrior. But at the same time, I don't feel violent. It's not that kind of protective feeling. It's more that he's providing protection from untruth and untruth cannot hurt me. I could spend a lot of time on Archangel Michael and the benefits of his presence as he is my favourite at this time and I work mostly with him. I have asked him to be my intermediary with all others over the threshold. I know I am dealing with truth coming from any information from other Spiritual sources or beings that have crossed over or are yet to

cross over. Thereby, I always know what I am hearing is true from what they are saying. He did hand me his sword during a meditation and said that I was to use it to know what is true.

Regarding Spiritualising Our Will:
Archangel Michael says: "I am here to help you to spiritualise your will. It is no good for you to be driven without direction and truth. It gets you nowhere fast and a lot of pain in the process. If you want to have drive, determination, pursue your goals to the finish and stay centred in the light and speaking your truth, call on me. I will energize your will when it is depleted. When you feel burnt out and empty, I will restore your energy like a battery charger. Call on me Precious Lightworkers. We are a team. You will never run out of steam whilst you call on me."

Regarding Living In Our Truth:
Archangel Michael says: "When you are honest with yourself you give a gift to the world of setting others free to be honest with themselves. This is a profound aspect of healing. One cannot heal what one does not see, or at least the healing is temporary because one is not conscious of the responsibility of their own truth in order to affect long-term change."

Archangel Raguel

This Angel helps with conflict resolution. So if you are in the middle of a fight with your partner or someone else, call on Archangel Raguel for guidance. He also helps with being a mediator, or if you are providing a mediator role to more than one client or a group of people. He is able to see all the points of view and show them to you easily.

About Conflict Resolution:
Archangel Raguel says: "When you get out of your own way, you step out of conflict with others. When you stop judging them and seeing their cries for love, you will soften. Be patient with yourself. Don't expect too much too soon of yourself. Miracles happen, yes. However the learning in relationships and the path that you walk is as much a part of the process than getting to the end result. Be not afraid of intimacy and to be yourself. Love, love yourself and shine your light on others. Don't shrink from your own light. As you give yourself permission to shine, you also give other's permission. And don't expect perfection. So celebrate your imperfection and in that of others and you will relate in a healthy, joyful and stress-free way. And open your heart to others. It is safe. Call on me now to transform all of your relationships. I will never see you as a failure. Open your heart to yourself and then you will be able to see others in their perfect imperfection. You will never fail when you call on me. You can only fail if you are perfect. No one is perfect except in our imperfection! Do not be afraid of failure. Failure is nonexistent!"

Archangel Raphael

Archangel Raphael is primarily the healing Archangel that rejuvenates the vibrations that we are lacking. Those vibrations, if not tended to, will attract more of what we don't want. In the tools offered in this Training Manual and the Lightworker Practitioner Training we use Archangel Raphael as our Angelic doctor to restore our vibrations to be in balance. He has been known to help with resolving the need for addictions/cravings, pet therapy, traveling and helping humans heal themselves and others.

Regarding Healing:
Archangel Raphael says: "Thank you Michelle and others reading this Training Manual who wish to pass on the healing of vibrations for humans to evolve. We applaud you in stepping out and making this a reality for the general public. It is

actually such a normal activity for us. It is what we do. It is how we help. When I say we, I mean all those beings who assist in the transportation of the healing vibrations. Fairies and other helpers are always around. There is healing surrounding your all the time. You just need to tap into the vibration. All you need is willingness and to ask in order to be open to receiving it. We will do the rest. We will never interfere with your free will."

Archangel Raziel

Raziel helps us with understanding esoteric information and the principles of divine magic. He helps us to integrate them into our lives. He increases our psychic abilities and gives us insight into the subject at hand. He knows the art of Spiritualizing matter. He is our little alchemist friend! So he can also help with manifestation, because as you all know by now from reading this Training Manual, as we change our vibration we attract more of what we want to us.

Regarding Divine Magic:
Archangel Raziel says: "You're the manifestation of the Source. You are complete of yourself. That which you see as incomplete is not a truth. It is the lie that you have bought into. We can understand the lie to transform our thinking back to the truth. That is why we say that "nothing real can be threatened and nothing unreal exists, here in lies the peace of God". We are working through you and other Lightworkers for the salvation of the planet. Not as in saving the plant. It is not doomed. When we say salvation we mean it is being resurrected to the vibration that it is born from. It has descended to where it is because it is steeped in illusion. The more you don't buy into the illusion, the more we will ascend."

Regarding Polarities:
Archangel Raziel says: "When you think about everything here having its polar opposite in the Spirit world what we mean is that we offer the solution in the

Spirit world to the illusion that you are buying into on this side of the view. When you buy into the truth, then across the veil we have the illusion absorbed back into the All. This is the solution and the key to the healing and return to wholeness that you write about in this Training Manual."

Archangel Sandalphon

Archangel Sandalphon fills our life with music. Ever *felt* exactly the way a song is speaking to you? Ever had a song playing over and over in your head and then you realize why, because it was so relevant to what you were going through or what was just about to happen?

Archangel Sandalphon brings music to us in both human and Clairaudient form. Sandalphon means "brother" in Greek. Sandalphon is meant to be the twin brother of Metatron. He and Metatron were the only 2 Angels that were in human form prior to being appointed Archangels. I wonder if there are any spots left? He helps with delivering and answering of prayers and determining the gender of unborn babies.

Regarding Music:
Archangel Sandalphon says: "I want your life filled with song. The song of life. I want the happiness of song to vibrate through your whole being. I want you to feel. That is why you are in these earthly bodies, to feel! I want to encourage the colour of the rainbow of feeling so that you can have a full experience of your humanness. I want to communicate to you through music so that you understand yourself and others better. Listen to the songs in your mind and around you. I will send them to you. I will play them for you. I love working with you and developing your human heart and soul. I love all kinds of music for different reasons and occasions. Please don't shun any of it, as it is all relevant. Some music may not be appropriate for certain situations. That's okay, trust me to Guide you there. Especially protect children from music that is

too loud and harsh. They need the softer gentle tones. Happy and fun music lifts their Spirit and ours. Keep open and keep listening."

Archangel Uriel

Like one of my students so eloquently put it "when he stepped in it was like a wham, I bolted upright". Uriel is the Archangel of divine thought. He is highly connected to our Claircognisence, when we just 'know' and boy it comes quickly. When I am channelling I feel myself very open in my Claircognisence and I feel that Uriel helps that process. He is as quick as lightening and is even thought to affect storms and weather changes. Electrifying!

Regarding the Weather:
Archangel Uriel says: "I don't so much as try to change weather to suit people as I am connected to the electrical vibrations and patterns of the weather. I am more accessible to people during those times usually because I am more in their consciousness. Especially just before the storm. When it is just about to break. There is a heightened sense of electricity in the air. It becomes conscious to people, what is happing around them, more easily. However, this build up of energy, represented by the proceeding storm is readily available to you at any time. This heightened feeling accompanies Claircognisence that is on track. You don't feel dead when you are in your Claircognisence. It definitely doesn't separate you from your body. It heats you up. You burn up because you are connecting with a hot energy. You sweat. You feel energized."

Archangel Zadkiel

Archangel Zadkiel is the Archangel of assisting with the flow of the chi through the material world. The chi holds the memory of where it has been so therefore it is able to retrieve objects that are lost. It is able to retrieve the memories we require. It is able to retrieve the compassion for self that is at the heart of

unifying back to The All. So Archangel Zadkiel helps us with memory, studying and forgiveness. I see him as the Angelic Shiatsu Practitioner.

About Retrieval:
Archangel Zadkiel says: "If you are looking for something, it means that you feel something is missing. I will help you to connect with the feeling of wholeness and back into the flow of The All. I will help you to balance and maintain all your systems and memories in the right order and balance. I will help you to align yourself in your centre and in your energy systems. You will continue to evolve and I will continue to assist you. When you get a hunch that you need to take better care of yourself, call on me, I will give you the correct information that is the most effective approach to taking care of yourself. I will help you take short cuts that can enhance your life and help you to stay on top of things easier. Don't fret if you judge another. One of my short cuts is to help you embrace all your parts and find the compassion for each one. This is the quickest way back to forgiveness and to being in the flow again. I move mountains with my energy. Nothing is too great, nothing too small. Not even a pimple!"

Fairies and Pixies

There are different types of fairies. Fairies or pixies are here to oversee plants and nature. They work in conjunction with the Angels, Archangels and other Spiritual Beings to connect with us. These elementals are often in nature, but will hang around you if you communicate with them often. They help the world of nature bloom and they help humans to connect with Mother Earth. There are different kinds of fairies with different jobs and they are in 4 main categories:

Earth Fairies: The Gnomes – they oversee the crystals and the underground activities. They are the workers and alchemists on a very grounded level. I don't know that Gnomes see themselves as fairies, they probably feel too

grounded to be a fairy, however we are talking about the energetic formation of the four elements to assist the earth and humans. They are closely connected to the Crystal Guardians discussed in this Section. They are grounded and their vibration is brown in colour.

Water Fairies: The Sprites/Undines – They oversee taking care of the water, coral and sea creatures etc. They work in harmony with the mermaids and merfairies. They are closely governed by the moon. Their colour vibration is blues and greens and anything in between.

Air Fairies: The Sylphs – They oversee taking care of the air and its inhabitants. They are connected strongly to birds, flying animals and Angels. They work in unison with raising the vibration of all things human to vibrate at a higher level. They vibrate white light and light yellows.

Fire Fairies: The Salamanders – They oversee taking care of the formation and ripening of the fruits and flowers. They bring their light and warmth to mother earth to help things sweeten and develop to maturity. They are closely governed by the sun. They vibrate the fiery oranges and reds.

Crystal Guardians

I have met the Crystal Guardians and am now one myself through a process that I undertook with one of my students. She helped to teach the Level 4 training which will be covered in the Training Manual called “Vibrating In The Light”. The Crystal Guardians I met were actually from another planet. They are overseeing and guarding the crystals here on earth. We can all become Crystal Guardians. I believe the gnomes are the appointed earthly Crystal Guardians and all we need is willingness, a love for crystals and mother earth and they welcome us to become Crystal Guardians. Do you ever feel crystals calling you? I am sure the Crystal Guardians are responsible for this. Apart from the

strong pull one gets to crystals, the Guardians know our needs and intentions and they are here to help us. Their energy surrounds the crystals and when we are open and willing to connect, we get directed to the crystals that are right for us.

Tree Guardians

I love trees. I have a huge connection with them. They connect me to my heart. In a big, big, big way. When I climb one, I am connected to my heart – with perspective. I get more perspective on what my heart is feeling and what it needs. When I climb trees, I tend to rest. So I am resourced whilst being completely held and cradled. Did I mention that I love trees? Okay, you get it. When I put my arms around them I feel so connected to Spirit and earth at the same time. They are like a power pole. I love looking for Tree Guardians in trees. You can often see their faces in the tree trunk. The Spirit of the tree or its Guardian if you like, will give you guidance to your questions if you ask. Just think, we are surrounded with resources all the time, we just have to step outside! And hug or climb!

Mermaids

These beautiful creatures are very soft, moon centred and passionate about the water and its creatures, especially the sea. I believe that you can see living Mermaids here on earth that have come back in human form because they still kind of look like Mermaids, with their long hair and their soft nature. Not to mention of course that they love being near water and swimming. I do believe that we all are one and have had many incarnations as different beings. It is only a matter of time before we integrate them all back into ourselves. Some are more familiar than others.

I am just learning so much more at the present time of writing about these ethereal creatures. They are connected back in Ancient Babylonian times, which are expressed in their art. They work in conjunction with Dolphins who help them and you to manifest with more joy and not with a heavy attitude.

They are coming into my sphere more and more everyday in my work and attitude. I have gotten closer to them through an incarnated Merfairgel (Mermaid, Fairy & Angel) student graduate of mine. I had a strong connection to the sea when I was a child. Since the Lightworker Practitioner Training commenced I am getting this back. I can't say I 'crave' the sea as she does. However, I am feeling more of a connection and know that the closer I feel to it, the easier my manifestation will become. Definitely more for me to learn here!

I have gotten a lot of information through of late that the moon heavily influences them. Not surprising, considering the tides are governed by the moon. So it is also not surprising that if you pray to your Guides (and especially mermaids) during the new moon (when it's empty), your manifestations usually come about on the full moon (when it's full). So instead of being a lunatic during the full moon – as all our feelings have the volume turned up on - you are more the creator of manifesting your reality by being proactive in this department.

I know this is a very girly thing to say but I am going to say it: When I play with my hair, I feel like a mermaid. It's when I want longer hair and I play with it more and more. When I want to play with my friend's hair, I do believe that this is part of what it feels to be a mermaid. When I cut my hair short, I feel more like a pixie. When I put my hair up I feel more like a goddess. When I have my hair lighter, I feel the Angelic vibration more. When the hairs on my legs get long, I feel a bit Gnome-like. No offense Gnomes as I love you, but I think that I am just going to have to find a better way of connecting…..playing in the garden perhaps?

Unicorns

These lovely fantastical looking creatures are so real. I have an incarnated unicorn/Angel as a daughter. Not surprisingly, her name is Phoenix She is very beautiful and proud and heals automatically with her energy. These are words to describe the Unicorn energy for me: grace, poise, quiet strength, deep knowing, messenger between worlds, protection, solid earthed animal, fast and steady.

They love children. However, they also love the child in us too. Unicorns are the protectorate of the childlike energy that we have, which is very playful and innocent. They are guardians of this innocence. They are talking through me right now as I am typing this and I feel the lightest yet strongest feeling in my heart centre. Can you feel it through reading this? It brings tears to my eyes.

I do believe that Unicorns are wish granters. As mentioned before they are messengers. So they hear your childlike wishes in innocence and they take these to the heavens to manifest your dreams into an earthly reality.

Ascended Masters and Goddesses

There are as many Ascended Masters and Goddesses as there are cultures that worship them. Basically they each provide a strong quality that we can invoke and call upon so that we can be assisted in this earthly plain with all of our earthly dealings. There are so many. It is not about making them idols or gurus; it is about acknowledging their qualities. In the next Section we will learn how to effectively invoke these qualities.

I will list a few here and their main quality that they imbue. Remember that each of these Masters/Goddesses are accessible to you at anytime. The more

you invoke them with pure intention, the more they will assist you. They are very powerful Spiritual helpers. Each one has many books written about them and so if you feel drawn to one or more in particular, please see this as a calling to find out more about them. Call on them to Guide you to the correct information to learn about them. Trust in the knowing that what is true for you will feel true. And what is not, well you will know straight away that it doesn't feel right.

Buddha –	Joy
Durga –	Fierce compassion (tough love)
Jesus –	Unconditional love
Kuan Yin –	Soft compassion
Mother Mary –	Nurturing
St Germain –	Helping Lightworkers lead others to become Lightworkers
St Joan of Arch –	Truth with Integrity
St Francis of Assisi -	Peace

However, the above qualities are generalizations. Each Ascended Master or Goddess contains many qualities. The point of it is to name the quality that they represent, that you need from them at this time. Ask for them to send it to you in the form of energy, light, colour, sound and movement. Gain an internal and

external feeling of this vibrational quality and you have ‘resourced’ yourself. You have imbued yourself with their vibration. You are resonating at a higher frequency. As mentioned, we cover this resourcing technique in more detail and guided form in the next Section.

Spirit Guides

You might find that when you do some of the meditations, you actually have someone appear as a Spirit Guide to help you. This is normal. We have usually chosen one or two Guides to help us in our lifetime. They might have been round a few times before. We may even know them from this or another lifetime. They may have been shamans, psychics or healers before. They may appear to us in their native dress.

I have two Spirit Guides who appeared to me for several years before writing this Training Manual. One came in the form of a man and the other a woman. They were like polar opposites. She was very regal and wore a long head dress of lace. He just wore a white loin cloth. She was pale with orange hair. He was dark skinned, with messy hair. She didn’t smile. He always beamed. She brought peace. He brought joy. They were both very helpful. I would check in with them virtually every day before my feet hit the floor. I would ask them about any Guidance for the day. It was a very grounding experience. I felt balanced in my masculine and feminine energies.

I had the male Guide for a long time before the female appeared. She appeared when I wanted to balance my life better. At the time, I was giving an awful lot and felt as though I was going to burn out. When she appeared, I got a lot of guidance on how to take better care of myself.

I also feel that my Greek grandmother who I call ‘Yaya’ (Greek for grandmother) is also a Spirit Guide for this lifetime. She died when I was nine.

However, she appeared to me when I was 30 and pregnant with my daughter Phoenix. She was taking care of Phoenix prior to her incarnation. She has encouraged me to continue to develop and work Spiritually.

Spirit Guides are normally chosen to accompany us before we incarnate. So are our Guardian Angels. However, I also feel that different Spirit Guides appear at different times. My Yaya appeared later in my life. In fact, my Yaya took care of me while I lived on the earth, so she was only really 'gone' for 21 years.

My two Spirit Guides told me that it was time that they moved on, when I was 36, just 2 days before getting married. It was clear that their work was done. It felt complete. They told me "Now you will draw on other resources". They were and are correct. Up to that point I had, more than ever, started to draw on different resources for Guidance. Especially Archangel Michael. I was getting in touch with Ariel, Gabriel and Haniel more. These were Archangels that were connected to more receptive and feminine energies. It felt right that they moved on. However, they did say that I could call on them anytime.

Animal Spirit Guides

I believe that Animal Spirit Guides are also very helpful as a resource. The power and energy that these animals bring helps us to balance ourselves. I love including these animals in my meditations. I had a Tiger as an Animal Spirit Guide for a long time. Then, in 2006, it changed to the Monkey. I felt that I had integrated feeling protected more (from the Tiger energy) and now it was time to develop agility and creative powers (from the Monkey energy).

Please invite your Animal Spirit Guide to appear in your meditation. Ask it what its gift or power is for you. Develop a relationship with this animal. Sometimes you need a particular animal energy to balance you and you might find that you

see an animal repeatedly over a day or a week. Take notice. You might like to call on this animal in your Daily Guidance Meditation (Section 6) and ask if it has a message for you.

Sometimes we find that our pets are our Spirit Guides. Or that Spirit works through the animals around us to clear away negative energy. My 9 year old daughter Sarah thinks it's very important to clear away any negative energy from our pets to keep them healthy. My incarnated fire pixie Sarah, who adores animals, was adamant that I listed in this Training Manual our present brood of 2 cats - Azrael and Raziel, 1 dog - Puck, 2 Ducks – Phillip and Charlotte, 2 chickens - Sooty and Clucky, 1 Rooster - Cricket and our little rat called Love Junior. So with 9 pets, she has her work cut out for her. However, she knows how much energy they give and how much yukky stuff they carry for us. So she feels it is part of her responsibility to love her pets by clearing them and their Chakras. Sometimes we just ask that our pet's Chakras be cleared during prayers at bedtime. Sometimes she does it to them when she is spending time with them.

Sarah is also very close to our animals that have crossed over. I regularly see them hanging around her and on her. They like to sit on her head, shoulders, lap and follow her around. She pats them and talks to them. As we have had several pets pass away over the 9 years of her life, including a few rats, 2 guinea pigs, a fish, a bantam hen, a cat and a dog, she is like a walking pet store for the afterlife!

I have always utilized any animals that I have had with clients whether working from my home or others, as part of therapy, especially with children. They are natural connectors and we usually react to animals in very interesting ways. For instance we might find that we soften and melt straight away in their presence. Or our need for power and control is triggered. Or the way different pets are interacting trigger attitudes towards how we think relationships work.

Or we don't embrace that part of our imperfection, so we are repulsed by certain creatures.

I love animals because they are so influenced by Higher Powers and communicate so well non-verbally. We feel their love and they've never verbally said, "I love you". We just know. How beautiful a gift is that? We will expand on working with animals throughout other levels of Lightworker Practitioner Training.

Section 6:

Lightworker Practitioner Toolkit

Please note that all of the meditations provided in written form in this section, are available in audio format from our website:
www.site.lightworkerreflections.com

Spiritual Organs

In our daily life, it makes sense to make informed choices. We don't like making decisions when we have only half the information that we need, do we? We like to be informed about the pros and cons of our decisions. If we make decisions on a whim, we like to have a 'good feeling' about it, don't we? Well, developing our Spiritual Organs gives us an opportunity to have the necessary information that we need, to take the next step towards what is in our highest good. It's a time saver. It's a drama saver. It actually saves a lot of heartache, indecision, worry and over planning.

Beyond the human senses of sight, hearing, taste, touch and smell we also have other senses that help us to see beyond the veil of this physical reality and to see more information regarding our choices. We tap into a huge and vast resource of information by being able to get in touch with other Spiritual senses.

Our main Spiritual Organs consist of Claircognisence (clear thinking), Clairvoyance (clear seeing), Clairaudience (clear hearing) and Clairsentience (clear feeling). We are able to access Spiritual information to get a full picture for ourselves on the best choices to make, to get us to where we want to go, faster. Not having an understanding of how to access these Spiritual Organs is like someone handing you a jigsaw puzzle with half the pieces.

Some people think that you are just born with a 'gift'. I believe that we all have these organs and therefore the potential to develop them. Just like muscles, the more we exercise these organs, the stronger they become. Yes, some

people are natural born clairvoyants; this doesn't mean that you are not one. It just means that you haven't explored that part of yourself and you are being invited to now.

In our line of work as Lightworker Practitioners, it is very handy to have use of these Spiritual Organs and it speeds up the diagnostic and therefore healing process. It is not only of benefit to our clients. As we help our clients we improve our own psychic abilities.

Before we go into the practical tools that will enhance our psychic abilities, we need to explore more about the Spiritual Organs individually. Later in this Section I have provided exercises to develop and enhance these Spiritual Organs.

Claircognisence

The first is *Claircognisence*. This Spiritual sense organ is the ability for us to know information with utmost certainty. It is very quick. It is not an arrogance or grandiose kind of knowing. This knowing is in every fiber of our being: we just know. We know some information is correct; something is going to happen or what to do next. Claircognisence really helps us to open up to the Universal mind. When we are in our Claircognisence we are not in limited thinking. Certain thoughts that we get may appear absurd to us at other times. However, if we are in tune with our Claircognisence, absurd ideas feel right and somehow end up making a lot of sense.

Claircognisence is knowing and ideas that come 'out of the blue'. It is connected to our opening Crown Chakra. It is the organ of wisdom. A feeling at the same time can back it up. It is an idea that keeps coming. Claircognisence connects us to ideas and thoughts that are divinely given. These messages are usually repetitious but not obsessive. In fact Claircognisence is the opposite of

over thinking and obsessing. But those who are tuned out of their Claircognisence often become worriers.

Wouldn't it be great to turn yourself from a worrier to a Spiritual warrior by having the strength of knowing? Just imagine for a second that you could live your life knowing that a part of you knows 100% what is right for you and any situation you find yourself in. That's divine power. It is accessible to each and every one of us.

Suggestions for Practitioners/Facilitators

This ability to 'know' is very handy when a client comes to you and is in need of help and they need to know which choice is best for them. Your Claircognisence function is going to help Guide them in the direction that would be best serving in their highest good. Be warned, it may not be the one they wish to hear and many times it is *not* the one they would prefer! However, if we 'know' that it is the way our clients need to go in order for them to progress to their next stage of development, we need to be honest about what is coming through. We can always ask Spirit whether it is in their highest good to tell them what is best for them. I often know a lot more than I tell my clients because I am guided not to say too much. The desire to change and put steps into place always needs to come from the internal motivation of the client. Just because we might know what is best for them, doesn't mean they are ready to hear it or make changes. Our intention as a Lightworker Practitioner is to use our Claircognisence to help our client to focus on information that will help them to get to the next stage of their Spiritual, emotional, mental and physical evolution. We need to provide this information with wisdom and temper it with compassion.

Helping a client open their own Crown Chakra (as discussed in Section 6) will take them on the next step of opening themselves to their own

Claircognisence. It is always a wonderful experience when client's confidence and trust in themselves increase because they are clearer with what they know.

Clairvoyance

The second Spiritual Organ is *Clairvoyance.* This is the Spiritual Organ of sight. We call it the Third Eye. It helps us to see over the threshold between this and other worlds. We can see Spiritual Beings, pictures, images, dreams, prophecies, Angels, auras, energy, colours, words, and past lives. It is an ability to see deceased ones who are still attached to the earth's plain and deceased ones who have passed over to the light.

Clairvoyance is an ability to gain access to visual information. We can see what is going to happen in the future or what has happened in the past. We can see the present reality of ourselves and others. We can see if there is illness, physical stagnation or blocks in the body, Chakras and Auras. Clairvoyance helps to see this in the form of colour and energetic form.

Clairvoyance helps us to see the truth. We can see whether others are clear or not to see the truth themselves.

Spirit will use signs to communicate to us through our physical eyes and reality by sending visual signs from the outside world. An example of this could be number plates on cars displaying certain answers to our questions. Or we may see a number plate and it triggers us to think of something important that we need to focus on. So even though we are talking about beyond the veil sight with Clairvoyance, in exercising our Spiritual Organs Spirit will get us to use our everyday sight as well.

People using this faculty usually look up when they are seeing an image in their minds eye and they can look as though they are looking right through you when

face to face with them. A lot of Clairvoyant children that have been born recently or in the last decade or so have this gift.

When people's Third Eye is too open, people have a hard time differentiating between this world and others. A lot of the time they end up in mental institutions because what they are seeing makes no sense to others in this world. Simple techniques taught in this Section for closing the Third Eye, clearing it and moderating its use will assist you in getting the most out of your Third Eye and develop your Clairvoyant abilities.

We develop the Third Eye in our children by exercising their imagination through story, instead of putting them in front of the T.V. The fast visual images from the T.V. override the sensitive inner workings of the imagination.

Suggestions for Practitioners/Facilitators

It is a very helpful tool to have when you're with a client and you can see whether a client is being dishonest to you or not. Sometimes they don't even know that they are lying to you or themselves. Some of you might know that DENIAL stands for (Don't Even kNow I Am Lying).

Clairvoyance, when used with the intention of helping our client evolve to the next level of their journey, can be extremely helpful. Communicating this with wisdom is important. Instead of us saying, "this is what you should do because I see this happing", we can say "I see this happening if you continue on the road that you are going on. I see that happening if you don't".

Ultimately, Lightworker Practitioners use Clairvoyance with the intention of encompassing free will. They know that other's freedom of choice has created what they see. They know that their client has chosen their life chart. When Clairvoyance is used with the intention to get them back on course with their

chart, it is an extremely helpful tool. It also means that they can change their chart, if you tell them what you see. It helps clients to see that their choices affect their destiny and that is an extremely empowering gift to the client.

Using Clairvoyance to tell them that what you see is ‘set in concrete’ is not only a lie, but also it can have a devastating effect on the client. The client can feel as if they are ‘doomed’. They are never doomed. Be very careful about the way with which you communicate what you see. Lightworker Practitioner’s never seek to disempower their clients.

Clairaudience

The third Spiritual Organ is Clairaudience, which is an ability to hear the Spiritual world. These hearing organs are located at your Ear Chakra, which is around the same level as your human ears. Clairaudience is an ability to hear our Guides, Angels and other spiritual helpers talking to us. We also can hear those who have passed over, give us messages and information to clients. Clairaudience is an ability to hear music, sounds and tones that may be in the earthly and Spiritual realm. These may come in the form as answers to wishes or questions that we have asked the other side. We can hear our higher self and our own voice.

It is important to notice how we feel after we hearing any Clairaudient messages. If you feel uneasy or ever get a message and wonder if the voice is false, just call on Archangel Michael to be a mediator. I did this early on, as I am highly Clairaudient, and I always felt safe that the information I was hearing was true and coming from a divine source. Spirit will often communicate through sending music or songs to us to confirm a thought or answer a question. For example, we may ask the question “should I break up with my boyfriend?” and we get the song “now go, walk out the door, don’t stand around

now, you're not welcome anymore etc" and we get it repeatedly throughout the day. I would say that we might interpret that as a 'yes'.

I often get a ringing in my ears just prior to information from the Angels and I know that at that time I am receiving a download of information. The information unfolds itself over a period of time through all my Spiritual Organs. It's exciting to hear the tone, because I understand that it is associated with the next level of information that I am ready for at that time.

Suggestions for Practitioners/Facilitators

In communicating what you 'hear' to your client ensure that you choose your words carefully e.g. A client asks you "Do you see my dog?" You hear a dog yapping and you could say, "I'm hearing a dog yapping". The client could say, "My dog was a yappy dog". Thereby confirming the Spiritual communication.

Clairaudience is an ability to hear sounds, vibrations, and tones from the other side. If you ever have a student that tells you they never 'hear' anything, just ask them whether they ever hear songs playing in their head. That is Clairaudience. Just because they don't notice that they've got it, doesn't mean they haven't got it. They might not have tuned into it. They might not choose to listen consciously. But we all have it. It takes one catchy tune to convince a sceptic. So far, everyone has said yes to not being able to get a catchy tune out of their head. So we are all Clairaudient. As a Lightworker Practitioner, Clairaudience is extremely valuable in a session. So for instance your client may be talking to you and you may hear a song play in your head. And you may say, "I don't know why but I'm hearing this song, is there any relevance to you"? And if there is no relevance to the client what you might find is the song itself may not be relevant but the content of the song may be a direct answer. Or it may be a direct answer to a thought that you just had about your client. Sometimes in session we need to back track in order to hear that original

thought that we had about our client. It could be a Claircognisence thought that has dropped in and it is true and there is music to back it up. It's important that we keep mindful of songs that go through our minds.

I have provided an exercise for increasing your Clairaudience later in this Section.

Clairsentience

The fourth Spiritual Organ is *Clairsentience*, which is the Spiritual Organ of feeling. People who say they are highly kinaesthetic and empathic usually have the ability to pick up on the feelings of other people and feelings of what may or may not happen.

With the Spiritual Organ of Clairsentience we will also feel and pick up where a persons pain is. We pick up how a person may be feeling in parts of their body. Lots of physical sensations can be picked up such as tightness, warmth and emptiness in different parts of our body when we are with someone else. We need to tune in and decide for ourselves "is this what I am feeling or am I picking up what this other person is feeling".

At times highly Clairsentient people may struggle because they are so sensitive on a feeling level. We may often struggle with moderating our emotions and separating our emotions from other people. When we don't know how to deal with our sensitivities we usually deal with it by trying to desensitise our feelings by blotting them out with overeating, alcohol, drugs, keeping over busy and other addictions. In developing our Clairsentience, we get to know our feelings as allies and not the enemy.

We also may develop obsessions, thought addictions or process addictions. These keep us out of our body. We disassociate by living in our heads. So

mental illness can arise at a quicker rate. Not only does our thinking reality get distorted, our bodies are affected. They become either numb or more sensitive because we have reduced awareness on how to protect them or care for them.

When we are sensitive in our body, and we don't have the skills to process these sensitivities, we tend to be susceptible to tumours, cancer or energy stagnation. This is because our body isn't sure who it is and gets confused with others. Sounds funny to put it that way, but if we don't accept our body to house our Spirit, our body naturally looses touch with who it is and has difficulty differentiating with disease and itself. Our body can't fight what it can't see as foreign. We can learn where we end and another begins by practising energy clearing of our Chakras, provided later in this Section.

Our Clairsentience gives us very strong gut feelings around what is the best choice in a situation. We get help in making those crucial and every day decisions with more ease and less stress. Developing our Intuition is the best way to develop our Clairsentience because they are one and the same. We will do this at length in our building Intuition exercise later in this Section.

Suggestions for Practitioners/Facilitators

In practicing your Clairsentience you will have strong feelings about your clients and also other people that your client is talking about. It is important to share this appropriately. For example, if your client is discussing their father passing and you feel a pain in your chest, you could say, "I am feeling some discomfort in my heart when you talk about your father. Do you feel this too, or does your father have a heart problem?" If they say that they feel pain in their chest, it could be emotional pain. So you have picked up the emotional pain in your client's chest or their father could actually have a heart condition that they don't know about.

If a client's friend or family member has passed and they are talking about them, you may feel a sudden physical sensation that will indicate how this person has passed away e.g. chest pain might indicate heart attack sharp pain in the side of head may indicate head injury etc.

Be open to the fact that it might be your pain that you are feeling. Perhaps the issue of your client has brought up some of your own pain. Always check it out with Spirit before asking the client as you might be told that it is your issue. Hand it over for a clearing later.

Clairtaste and Clairsmell - When dealing with this life and the other side we are often given communication in ways that we can relate to. Our sense of taste and smell are two other ways, which we can get information and hints about what the other side or Spirit, is trying to communicate to us. Such as we are thinking about our grandmother and smell the perfume she used to wear.

These Spiritual Organs require exercise just like your muscles do at the gym. The more you use them, the clearer you get and the more you develop them.

Tuning In and Out

It is normal, healthy and wise to moderate our Spiritual Organs. Free will determines where and what we want to see, hear, feel and know.

Even so called 'gifted' people can choose to tune out or turn the volume down. Beginners tend to fear turning the volume up because we think we won't be able to turn it down. No, no, no! We can ask the Archangels for help in tuning out when we do not wish to be crossing the veil. We can turn the volume on our Spiritual Organs up or down at any time. We can program it in like a computer. Simply say to Spirit "I now wish that all my Spiritual Organs are on" or "I now

wish to turn the volume down on my Clairvoyance and up on my Clairaudience". It is up to you.

If we tune in for too long, without replenishing ourselves we can burn out. It takes time to exercise our Spiritual Organs. It takes energy. With time, it takes less energy. It takes practice. We need to honour our humanness and allow ourselves to recuperate. Do not expect too much of yourself in the early days. If you get a 'hit', meaning a correct answer to something – celebrate. One hit in ten is awesome. It will build. Be patient. Love the process. You'll know when you've got a hit. When I questioned Archangel Michael about 'knowing' he said, *"When you know, you know. When you don't, you don't."* I understood that if I doubt, then I don't already know that I know - yet. If you don't know, he will! So it is helpful to ask for as much confirmation as possible on every level. And trust the hits you get as being stepping-stones.

However there is a danger in simply tuning out for long stretches of time. I find when people are actually gifted in one or more Spiritual Organs and have avoided their gift, they have actually gotten physically ill.

For instance a person who has high Clairvoyance who has avoided their Clairvoyant Spiritual Organ and shut it down may experience eye problems and require eye surgery and require glasses.

I am not saying everybody has shut off their Clairvoyance but their might be a direct correlation with their eyesight improving the more they exercise their Clairvoyance.

Another example is that I avoided my Clairaudience. I am very gifted in that area and avoided it. I shut it down so that I wouldn't have to listen and communicate to Spirit and over the years my hearing deteriorated. It is only

getting better from me switching on my Clairaudience. However, some may say it hasn't improved, but I say they mumble!

A lot of chemical sensitive people and those with allergies are quite Clairsentient. They are so sensitive on a feeling level. The energy that is trying to come through for their Clairsentience has to go somewhere and so it stagnates. This is why it can lead to cancer or tumors and things like that. It is a skill to know how to transform that sensitivity into an asset. Bringing our "I AM" Higher Self consciousness on into our body on a very fundamental level helps us to know who we are versus what a foreign article is. Then that foreign article does not have power over us. We have all contracted to have different experience in this life and chemical sensitivity or allergies may have nothing to do with being Clairsentient however it's just an example of what can happen when we've shut it off.

With Claircognisence I find that people who shut off from the Spiritual world of thought coming through and who rely on their own ability to think, tend to think too much. Because they have this energy readily available to them, they can lose balance in their lives and become a walking head, rather than a Claircognisent in a healthy body. When they live in their head too much they may find that they lose their ability to think, their thinking might get disturbed, they burn out with their thinking, their mental illness is accelerated or there are more obsessive thoughts.

There are different kinds of fallout from not tuning in. If you don't tune in you tune out. We experience what its like not to be connected and that separation creates the disease.

At this level of training, we have four main Spiritual Organs that are necessary to exercise. It is a bit like going to the gym and using muscles you haven't used

for a while. The more you use them, the more refined your ability to communicate with the Spirit.

Eye movement

You might see patterns of where people are looking with their eyes depending on whether they are feeling, hearing, seeing or knowing what they are saying.

Clairsentience - If they are looking down they may usually be tuning in to their feelings in their physical body and their emotions in their body, Intuition or gut feelings.

Clairaudience - If they are hearing songs or sounds or words they may be looking sideways.

Clairvoyance - If they are seeing images or seeing a scene from the past they may be looking up. Usually if they are lying or using their creative brain they will be looking up and to the left.

Claircognisence - I have found that with Claircognisence that a lot of the time they will be looking straight ahead and they just know what they are saying is true. When I am channelling I usually find that my eyes roll right back to the top of my head too.

Language and the four types

We are going to outline the four different ways that people will speak, depending on where they are predominant in their own Spiritual Organs.

Here is the story. James forgot Janelle's birthday and then he wanted to get cozy and have sex. When she said 'no' he got angry, called her a 'tease' and

walked out. This distressed Janelle and she was very upset. Here we explore four ways she is might talk to her Lightworker Practitioner about it.

People who are predominantly Clairsentient or kinaesthetic will primarily talk in doing and action words. Janelle might say, “I am so cut up about not being remembered by James on my birthday. And then he has a hide in having a go at me when I didn’t want sex. He takes me for granted. I felt like a piece of meat”.

Those who are Clairvoyant or visual usually talk in seeing words. For example Janelle might say, “I can’t see why James doesn’t get the picture of who I am. Couldn’t he see I was upset? You would think he is blind.”

And if Janelle was a Claircognisence or predominantly a thinker she would usually talk in thinking words such as, “I can’t believe why James doesn’t understand me. He’s thoughtless. I reckon he’s an idiot thinking he could have sex when I was so upset.”

And if Janelle was primarily a Clairaudient or auditory person she would usually use words that involve sound and hearing. She may say something like, “I didn’t feel heard at all when James walked out. He just yelled over the top of me. I sound ungrateful for what I have, but I’m not. I just wish he would have listened to me trying to explain how I felt.”

Suggestions for Practitioners/Facilitators

As a Lightworker Practitioner, it is helpful to understand eye movement and speech in relation to the four Spiritual Organs. If clients are not in touch with their own reality it can help you to understand where they are coming from and direct you to what to look for. When you know the language that your client’s are speaking, you can speak to them in ways that they will understand better.

For instance, if they are primarily using visual language, you may find that they are Clairvoyant and visual learners. You may find that painting a picture or talking in stories helps them to 'see' what you are trying to communicate with them. But if your client or student is primarily kinaesthetic or Clairsentient, they will learn by doing. You can talk to them till the cows come home, but they may not learn anything. Taking them through processes and getting them to do these processes will help them to learn. Using examples is better than talking concepts. Real life examples and the practicalities of *how* you carried them out is helpful information.

Apart from your feedback, it is helpful for the students to share what they think too. In class, each student shares what particular Spiritual Organ/s they feel they are in touch with at the current time, in their life to date and in general.

Exercising our Spiritual Organs is an important part of a healthy plan of living in this world. Healthy for us and healthy for our clients. There are a few homework exercises I give to students during the courses.

1. Getting the students not to look at the TV and they guess what the person looks like, what they're wearing etc. Then they open their eyes and see if they were correct.

2. Another exercise is buying a magazine where there is a column from a reputable psychic. They read the question from the client without looking at the psychic's answer. They tune into that person, seeing what comes through to them and then they read the answer. I often get similar information, or even more meaningful information that adds to what the psychic said to the client.

Meditation

Let's take a moment to get clear on what meditation actually is. Let me share with you how difficult it was for me to 'meditate' before I actually realized what it was.

When I first tried meditating, I closed my eyes and tried meditate. I found that I couldn't meditate. For one, I couldn't sit still. Secondly, I didn't know how to meditate.

In exploring what my Higher Power was, one day I decided I was going to imagine that my Higher Power was right next to me all day. I felt really relaxed all day. Really protected, nourished and nurtured. It then occurred to me that I had been in a meditation the whole day. I had managed to work and relate to people. I had taken excellent care of myself. I was astounded that I didn't have to slip into an altered state of consciousness to meditate or to connect. It was a breakthrough – big time. It really worked for me, as I am highly kinaesthetic and Clairsentient. I really needed to *feel* a connection. I also spoke to my Higher Power in my mind. I would ask basic things throughout the day. I always got answers. I started to get calm and centred.

I heard someone say once that praying is asking and meditation is listening. This is the simplest form of meditation I know. So I could say that I am in constant meditation if I am constantly trying to listen for God's signs and what he is trying to show and tell me. I don't need to go into a visualization to get this information. All I need is willingness and to ask.

Visualizing is part of some of the meditation tools that I have provided in this Training Manual. If you have any trouble visualizing, you can use the tools I have provided, in other creative ways. For instance, you can write or channel

what your Guides are saying when you are asking for guidance. You can draw it. You can paint it. You can feel yourself receiving resources that are sent to you. You can use your whole body in a receiving pose. You can pull cards. You can speak out your questions out loud. You can sound out tones or sing energy that you feel is being sent to you. You can move or dance your receptivity. You can dance the resource that is being sent to you.

When you read through and get to know the point of the meditation, you can adapt it to make it work for you. Remember, this Training Manual is called "Making Light Work". Make it work for you. Find a way. You are worth it.

By the way, I can actually mediate for long periods now. I don't need to be sitting or lying in a certain pose to gain the benefit. And I don't squirm when I am meditating anymore. Instead, I actually enjoy it. Who would have thought?

Honestly, if I got to where I am, the way I got here, anyone can do it. I am just giving you some short cuts!

Clearing and Centering the Self

To begin helping others, we firstly need to be a clear and open channel for Spirit. Just as we keep our houses clean, we also keep the temple that houses our Spirit – our body – clear and clean.

In order to keep our temple clear and clean, we have a technique that clears away any blocks within our body and energetic systems. The energetic system that we are focusing on at this level is our Chakras. The energy centres run from the crown of our head to our feet.

Our intention is to bring energy into our body and ground ourselves to be a present, clear and open channel for Spirit. Spirit flowing through the energy

centres helps energy flow from crown to feet or the feet to the crown. Each energy centre reflects a part of you Spiritually, emotionally, mentally and physically.

There are 7 main Chakras that we will be focusing on. If any of these 7 energetic systems become blocked, we find that our psychic abilities are blocked also. We may find that physical illness develops. Our feelings might be overwhelming or we are blocked off from them. Or we might find our Spirit doesn't even want to reside IN our body anymore. We either disassociate from our body or find our body becomes a painful place. We may live in our heads or lose our serenity. Many illnesses are caused by our Spirit or "I AM" not being correctly housed in our own body.

If we are not in our body, I often wonder - who is? The best protection of ensuring that you are who you think you are is keeping a clean energetic system. This is why I always start here with teaching clients how to use this as a self-care tool. It is number one on learning how to be in touch with your reality, protect yourself, gain energy and be more centred.

We find the following symptoms may occur when we are not in our body:

- ☆ People say that the lights are on but nobody is home
- ☆ We don't feel grounded
- ☆ We feel 'spaced out'
- ☆ Our hands and feed are cold
- ☆ We are pale
- ☆ We feel compulsive
- ☆ We feel anxious
- ☆ We obsess
- ☆ We lack energy
- ☆ We find it hard to focus on one thing at a time

- ☆ We don't know what we feel
- ☆ We take on others emotions too much
- ☆ We don't feel centred
- ☆ People may say, you are not yourself today
- ☆ Our children seem to be more chaotic, needy, aggressive or lost
- ☆ We tend to be overwhelmed easily

Also when our energetic systems are out of balance we experience the following symptoms:

- ☆ We feel sick in a certain Chakra
- ☆ We feel blocked around a certain Chakra
- ☆ We get confused between what we feel and the feelings of others
- ☆ We feel physically ill
- ☆ We lack energy
- ☆ We feel a lot of pain a lot of the time and this may lead to addictions such as overeating, drinking, chemical abuse etc

The Seven Chakras

The seven Chakras are:

1. Crown Chakra
2. Third Eye Chakra
3. Throat Chakra
4. Heart Chakra
5. Solar Plexus Chakra
6. Sacral Chakra
7. Base Chakra

In this Section I have outlined the main qualities of each Chakra. I have also included some information on how crystals and Archangels can also assist in balancing and affecting these Chakras. As always, you get to know your own self, so exploring your Chakras is no different. I present some ideas, however the experience of Chakra clearing will teach you more about yourself. The more you do it, the more you will learn your own needs. During the Chakra Clearing meditation, you may choose to use crystals on each Chakra. After the meditation, if you felt that you had an issue with a certain Chakra, you may call on a particular Archangel to help you.

Crown Chakra – Helps us to connect to our Claircognisence. Connects us to Spirit to refuel with Spiritual energy. It is the Spiritual entry and exit point. White and Purple colours and crystals such as Clear Quartz and Amethyst can be used to energize and balance this Chakra. Archangel Uriel is like a lightening bolt when he brings you messages to your Claircognisence. Archangel Metatron helps you to focus and process this information like a laser beam.

Third Eye Chakra – Helps us with Spiritual vision and Clairvoyance. Dark blue and Indigo colours and crystals such as Sodalite or Lapis Lazuli can be used to energize and balance this Chakra. Archangel Jeremiel will help you to see clearly your life and the truth of it. Archangel Raziel will help you to transform what you see into creating what you want. Many other Archangels will assist you with Clairvoyance.

Throat Chakra – Helps us to speak the truth and to speak up for ourselves with integrity. Prevents us from swallowing information whole. Light blue colours and crystals such as Turquoise, Aquamarine can be used to energize and balance this Chakra. Archangel Michael holds the sword of truth and works on helping you with this Chakra.

Heart Chakra – Helps us feel open and connected to our heart so that we feel compassion with ourselves and others. This is the heart of our Intuition and Clairsentience. It brings a feeling of oneness between ourselves and others. Pink or Green colours and crystals such as Aventurine, Emerald and Chrysocolla help to energize and balance this Chakra. Rose Quartz crystal, which is pink, is known as the heart crystal. Use this here as well. Archangel Raphael works strongly with the Heart Chakra energy in healing.

Solar Plexus – This is our ultimate power centre. We feel the essence of the source here. It is associated with our self esteem, personal power, abundance, fear of lack issues, unworthiness issues, self worth issues and any shame relating to who we are. It is connected to the colour yellow, like that of the sun. Colours and crystals such yellow calcite, tiger's eye, golden topaz, citrine help energize and balance this Chakra. Archangel Ariel, the abundance Angel and Archangel Jophiel for embracing your inner and outer beauty, are wonderful assistants for this Chakra.

Sacral Chakra – This is our Joy centre. When we are resourced here we have a feeling peace and purpose. We are connected to our sensuality and our creativity. We feel full. Our attachment issues appear here when we feel empty and want to fill ourselves up with other things e.g. food, money, sex, alcohol, people, work etc. When we feel empty we sometimes try to get things to replace pure joy. That is why we need more and more of them to feel good. Pure joy is limitless and that is why replacements of this joy turn into addictions. Colours and crystals that are orange such as Orange Calcite, Carnelian, Amber, Citrine will help to energize and balance this Chakra. Archangel Gabriel is a great helper here to aid us in feeling nourished and full so that we have the energy to do our creative projects. Archangel Raphael also fills those areas of emptiness with healing energy to aid in addiction recovery.

Base Chakra – This Chakra involves our trust, safety and security issues. We aim to resource this area so that we feel grounded and that our survival needs are being met. When we are grounded with spiritual support we: feel safe; resolve trauma; and move out of our fight or flight responses. When we are not grounded: our will is disabled; we are not in our bodies; behave immoderately and our decisions are usually not from our Higher Self. So being grounded and feeling safe on this earth is absolutely of paramount importance. It is the number one reason behind physical, mental, emotional illnesses and addictions. Archangel Michael helps to ground us and Spiritualise our will so that we can take Spiritualised action in this life. Archangel Metatron helps us to focus our will towards creating what we want whilst being in line with the highest good of all. Red/Black/Brown colours and crystals such as Red Jasper, Garnet, Ruby, Black obsidian, Smoky quartz, Black tourmaline will help to energize and balance this Chakra.

Other Chakras

There are other Chakras that I have heard people talk about, that are really great. For now, we are keeping it simple and focusing on seven plus our Ear Chakra. The Ear Chakra opens our Clairaudience so that we can have clear hearing of the Spirit world and Spiritual beings. Colours and crystals of red violet/magenta such as Sugilite and Pink Tourmaline can be used to energize and balance this Chakra. Archangel Haniel helps with receptivity to hearing Spirit. Archangel Michael helps you to hear the truth of the message.

Closing The Crown Chakra

Closing the Crown Chakra is just as important as opening it. If we keep it open without drawing in from the source, we leak energy as well. So we need to remember to zip it up - especially at night before sleep and if we are around

draining people. Doing daily Chakra clearings and starting at the crown is a great way to ensure your Crown Chakra is cleansed and open daily.

Which One Do I do – Crown First or Feet First?

If you have any problems with accessing your Crown Chakra, as discussed later in this Section, please do the Chakra meditation from the feet up (this is the second Chakra meditation provided). I know that some very grounded people can start at the bottom and find their way up to the Chakra okay, however they find it hard to do it the other way around. I have found the opposite for those who live in their heads or have been out of their body for some time. They find it hard to do the Chakra meditation from the ground up and prefer to start from their Crown Chakra and move down to their feet.

Suggestions for Practitioners/Facilitators

We take the student through a Chakra meditation after understanding the Chakras. Then the students practice on each other. If a client needs to have a reverse of this meditation by starting at the feet, you may use the second meditation. Sometimes we find that if the crown is closed, it is easier to come in through the feet. Sometimes if the client is not grounded it is easier to come in through the crown. Please trust your Intuition as to where to begin. There is no right or wrong. Sometimes, on the day, clients will have a preference and you can ask where they feel they would like to start from.

Its great to get both students and clients to write down their experience and draw them in colour so that they build upon their experience in the meditation. Done daily, this meditation will help to prepare them for more Spiritual access, learning and evolvement. They will develop an awareness of their body, how much stuff they are carrying, their boundaries and their energy levels. This is an exceptional ‘owning reality’ exercise.

Chakra Meditation

(Commencing with the crown)

Closing your eyes now and taking a deep breathe.

Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing.

Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now call in your Angels and any Spirit Guides you have to surround you now. Just say to yourself, “Angels and Guides please surround me now”. You are feeling safe and peaceful.

Now imagine that you have a light above your head. This light signifies the essence of the source. You feel safe and protected from this light. Allow this light to be any colour that comes to you. It is perfect. If the light changes colour at any time, allow that too. Know that you are receiving exactly what you need from this higher intelligence. Trust this process. You feel bathed in this light. You feel it on your skin and surrounding your whole body.

Imagine this light enters into the top of your head, your Crown Chakra. The Crown Chakra is associated with the colour purple. You allow this light to enter. You feel any blocks that are blocking the top of your head, melt away. You feel the light opening the top of your head like a flower blossoming. It fills any emptiness you have there. Say to yourself, “I now allow the source to enter me and clarify my thoughts”. You feel a connection to the source of All. You feel this light switching on your Claircognisence.

Pay attention now to the spot between your eyes, your Third Eye. The Third Eye Chakra is associated with the colour indigo or dark blue. You notice whether your Third Eye is open or closed. The light clears away any blocks inside your head and in front of your Third Eye. Say to yourself, “I now allow my Spiritual vision to manifest clearly”. You feel your natural Clairvoyance switch on. See your Third Eye open and see this light is permeating and streaming out of your Third Eye.

The light also clears blocks inside your head where your Ear Chakra is. The Ear Chakra is associated with the colour magenta. Say to yourself, “I now allow myself to hear Spirit clearly”. Feel your Clairaudience switch on and your Spiritual Ears clear and become receptive.

The light travels down to your throat, clearing a space there so it is easier to breath and speak your truth. The Throat Chakra is associated with the colour light blue. Feel this light expand your Throat Chakra. Feel any blocks being removed that prevent you from speaking your truth. Say to yourself, “I now allow myself to speak my truth with integrity”. The light transforms and expands your Throat Chakra. Notice yourself feeling the courage and wisdom to speak up for yourself and what you believe in.

The light moves down to your heart. The Heart Chakra is associated with the colour green. Notice any blocks and emptiness in different areas in your heart. Feeling the light melting away any blocks and filling any emptiness. Say to yourself, “I now allow the source to fill and open my heart”. Feel your Intuition and Clairsentience switch on. Feel the light expanding your heart Chakra through the front and back. Feel yourself more connected to all beings. Feeling more compassion. Feeling safe to allow your heart to open. Knowing this is a gift you give to yourself. Notice this softening and expansive feeling fill your heart.

Feeling this light traveling down now to your solar plexus. The place between your heart and stomach. The Solar Plexus Chakra is associated with the colour yellow. This centre of your being is now filled with this loving light. See any blocks or toxins being dissolved by the light. Say to yourself, “I now allow myself to feel powerful”. Feeling your self-esteem increase as you feel one with the source. Knowing that you indeed are a manifestation of this source. Knowing that you are indeed worthy of embracing the essence of the source. That this IS who you are. You are connected to the source in a profound way. You know that as you say yes to the very source from which you are created, so too will you manifest unlimited abundance in your life.

Now the light travels down to your stomach, your Sacral Chakra. The Sacral Chakra is associated with the colour orange. You notice any emptiness replaced and refuelled by the source. You notice any blocks or toxic waste is being removed. You say to yourself “I now allow myself to feel whole, joyful and complete”. You feel full and peaceful at the same time. The only permanent thing that can fill you here is the source. All other attachments are temporal and unnecessary. Feel yourself embrace this light with enthusiasm. Feel the joy and certainty of contentment permeate your whole body as you accept the source into your stomach.

The light now travels down to your Base Chakra. The Base Chakra is associated with the colour red. You notice this light fills your base Chakra, sexual organs and transforms any blocks or emptiness into a completely safe and nurturing feeling. Say to yourself, “I now allow myself to completely trust”. Feel how it feels to allow the source to be fully housed in your temple. Feel this light traveling down to your feet. Imagine that your feet have roots at the bottom of them. Feel these roots go down into the centre of the earth. Feel yourself one with the earth. You are now grounded. Completely grounded whilst being connected to Spirit.

Feel yourself clear and filled with the Spiritual light of the source through your whole body. From your Crown Chakra down to your Base Chakra. Feel the light completely surround you now. You feel the light within your body, throughout the front and back of your body and all around you. You are completely filled and surrounded by the Source of All.

You are connected above, below and all around you. Enjoy this feeling and know that this feeling is your birthright. Feel a celebration from the Angels and Guides all around you now.

When I count to 3 come back into fully waking consciousness remembering this experience and committing to the practice of clearing and connecting daily
1……2……3

Chakra Meditation

(Commencing with the feet)

Closing your eyes now and taking a deep breathe.

Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing.

Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now call in your Angels and any Spiritual Guides you have to surround you now. Just say to yourself, “Angels and Guides please surround me now”. You are feeling safe and peaceful.

Now imagine that you have a light beneath your feet. This light signifies the essence of the source. This light helps you feel safe and protected. Allow this light to be any colour that comes to you. It is perfect. If the light changes colour at any time, allow that too. Know that you are receiving exactly what you need from this higher intelligence. Trust this process. You feel bathed in this light from the ground up. You feel it on your skin and surrounding your whole body.

You feel this light is rooting you to the earth and grounding you. Imagine that your feet have roots at the bottom of them. Feel these roots go down into the centre of the earth. Feel yourself one with the earth. Completely grounded whilst being connected to Spirit. The light now travels up to your legs to your Base Chakra. The Base Chakra is associated with the colour red. You notice this light fills your legs, Base Chakra and sexual organs. It transforms any blocks or emptiness into a completely safe and nurturing feeling. Say to

yourself, “I now allow myself to completely trust”. You are now grounded. You feel safe and secure.

Now the light travels up to your stomach, your Sacral Chakra. The Sacral Chakra is associated with the colour orange. You notice any emptiness replaced and refuelled by the source. You notice any blocks or toxic waste is being removed. You say to yourself “I now allow myself to feel whole, joyful and complete”. You feel full and peaceful at the same time. The only permanent thing that can fill you here is the source. All other attachments are temporal and unnecessary. Feel yourself embrace this light with enthusiasm. Feel the joy and certainty of contentment permeate your whole body as you accept the source into your stomach.

Feeling this light traveling up now to your solar plexus. The place between your heart and stomach. The Solar Plexus Chakra is associated with the colour yellow. This centre of your being is now filled with this loving light. See any blocks or toxins being dissolved by the light. Say to yourself, “I now allow myself to feel powerful”. Feeling your self-esteem increase as you feel one with the source. Knowing that you indeed are a manifestation of this source. Knowing that you are indeed worthy of embracing the essence of the source. That this IS who you are. You are connected to the source in a profound way. You know that as you say yes to the very source from which you are created, so too will you manifest unlimited abundance in your life.

The light moves up to your heart. The Heart Chakra is associated with the colour green. Notice any blocks and emptiness in different areas in your heart. Feeling the light melting away any blocks and filling any emptiness. Say to yourself, “I now allow the source to fill and open my heart”. Feel your Intuition and Clairsentience switch on. Feel the light expanding your heart Chakra through the front and back. Feel yourself more connected to all beings. Feeling more compassion. Feeling safe to allow your heart to open. Knowing this is a

gift you give to yourself. Notice this softening and expansive feeling fill your heart.

The light travels up to your throat, clearing a space there so it is easier to breath and speak your truth. The Throat Chakra is associated with the colour light blue. Feel this light expand your Throat Chakra. Feel any blocks being removed that prevent you from speaking your truth. Say to yourself, “I now allow myself to speak my truth with integrity”. The light transforms and expands your Throat Chakra. Notice yourself feeling the courage and wisdom to speak up for yourself and what you believe in.

Pay attention now to the spot between your eyes, your Third Eye. You notice whether it is open or closed. The Third Eye Chakra is associated with the colour indigo or dark blue. The light clears away any blocks inside your head and in front of your Third Eye. Say to yourself, “I now allow my Spiritual vision to manifest clearly”. You feel your natural Clairvoyance switch on. See your Third Eye open and see this light is permeating and streaming out of your Third Eye.

The light also clears blocks inside your head where your Ear Chakra is. The Ear Chakra is associated with the colour magenta. Say to yourself, “I now allow myself to hear Spirit clearly”. Feel your Clairaudience switch on and your Spiritual Ears clear and become receptive.

Imagine this light enters into the top of your head, your Crown Chakra. The Crown Chakra is associated with the colour purple. You allow this light to enter. You feel any blocks that are blocking the top of your head, melt away. You feel it opening the top of your head like a flower blossoming. The light fills any emptiness you have there. Say to yourself, “I now allow the source to enter me and clarify my thoughts”. You feel this light switching on your Claircognisence. You feel connected to the Source of All.

Feel yourself clear and filled with the Spiritual light of the source through your whole body. From your Base Chakra up to your Crown Chakra. Feel the light completely surround you now. You feel the light within your body, throughout the front and back of your body and all around you. You are completely filled and surrounded by the Source of All.

You are connected above, below and all around you. Enjoy this feeling and know that this feeling is your birthright. Feel a celebration from the Angels and Guides all around you now.

When I count to 3 come back into fully waking consciousness remembering this experience and committing to the practice of clearing and connecting daily 1……2……3.

Chakra Clearing Short Cuts

Once you've done a Chakra meditation and you've gotten in touch with your energy centres and made friends with them if you will, then you can try some short cuts. To top up your energy or clear away some intense feelings of your own or others, you can do the following shortcuts:

- When you are having a shower, you imagine that the water is lightfilled white light and is clearing inside and around you. The toxic energy goes down the drain.
- Use Archangel Michael's Sword of Truth. Call on him to put his sword in through the top of your head and right down through to your base Chakra.
- Ask Archangel Michael for a quick vacuum in and around you. Wherever you are or whatever you are doing you can always call and ask. Even if you can't imagine it because you are distracted, asking will certainly help you a great deal. Then ask Archangel Raphael to fill you up with whatever colours of energy you need.
- This one's lovely. You can call on Spirit to send a white light down to clear you and surround you like a big wave. It's a beautiful feeling. Like a big woosh!
- Imagining or actually lying in the sun. Feel the golden sunlight go down through your Crown Chakra. Feel the light from the centre of the earth come up through the soles of your feet. They meet in the middle in your Solar Plexus Chakra. Heaven and earth meeting in man! Using gold light to clean Chakras adds warmth to and lights the Kundalini energy, which assists in the clearing and healing process. The golden light helps with the expansion of the Chakra and the movement of energy between the Chakras and spine.
- Lying down, have Archangel Michael unzip you from your feet up to your Crown Chakra, or the other way around. See a light above you

and say to yourself “I now accept the abundance of the universe for my highest good”. Feel yourself receiving this nourishing light throughout your whole body. Then say, “I now let go of anything that is blocking my abundance”. Feel any toxins and blocks dissolve and being washed out of you. When you are full of the light and all toxic waste is gone, have Archangel Michael zip you back up.

Suggestions for Practitioners/Facilitators

Ask clients to do Chakra Clearing morning and night until they see you next.

Have participants do theirs morning and night for the week if they are attending weekly classes.

When teaching students to take others through this meditation, have them practise a Chakra clearing on a friend or two. Get them to ask for feedback from their friend and to let you know how they went. If they are short of an appropriate friend, ask them to get together with a fellow student.

All feedback is helpful. Sometimes pace needs to slow down. Let them know how their pace, tone and softness in their voice sounds. If they sound great, be sure to let them know. And if they don’t, point out constructively which areas they need to work on. They may need to read through it a few times to get familiar with it. It may help them to tape themselves and play it back, so that they understand how they sound. You can suggest that they call on Archangel Sandalphon to help with their sound and tone. You can say out loud to the class, before they conduct the Chakra Clearing meditation “We now ask Archangel Sandalphon to come and assists us with the sound and tone of our voice in conducting this meditation.” Or “We call on the Seraphim and Cherubim to soften and create healing sounds in our voice throughout conducting this meditation.”

Also ensure that while they are facilitating this meditation for another, they tune in with their Spiritual Organs. They will then practise their knowing, seeing, hearing and feeling “real time” whilst being the practitioner.

Don’t forget to get them to clear and seal themselves with light so that they don’t leak their own energy or carry toxic energy from their client. Let them know that if they feel that they have taken any stuff on, they can clear this with a quickie Chakra Cleanse after the meditation.

All this helps to build their confidence not only with themselves but also with conducting the Chakra meditation.

Connecting to the Archangels

As I have mentioned in Section 5, in order to really get to know and connect with the Archangels, you need an experience with them. The experience usually overrides any prejudices you may have about who they are and what their function may be.

I was guided to provide the following meditation as a tool for attuning to the Archangels. I see it as a ‘getting to know you’ exercise. We do this process in a very conscious way. There is some channelling involved, however if you are channelling, you will be writing the information down so you can read it later.

Sometimes when we are channelling we are fully conscious. I prefer this kind of channelling. I don’t like ‘all of me’ to disappear when I am channelling. I like my Higher Self to witness who I am channelling. Having said that, I must admit that some of the information comes through so quickly that I don’t comprehend what they are saying until I have read it back later. Then it makes sense.

I have experienced an Angel Attunement that was delivered by someone else attuning me to the Archangels. It was very helpful, but not as powerful an experience as this meditation. I wasn't really shown how to do it myself. I am big on providing "DIY' Do It Yourself tools. It's great to have assistance. It is also great to have lasting tools that help us live the life we want and that are accessible to us at any time.

This meditation provides you with all the tools you will need to consciously keep your vibration attuned to the Archangels. We do attune and lift our vibration up towards the heavens using this meditation. But it is the daily check in with the Archangels and other Spiritual Resources that maintain this vibration. Our Daily Guidance meditation provided later in this Section will help keep you on track. It will help you stay attuned to those Archangels and Guides that are predominantly guiding you at this time.

Once you are attuned, you can just as easily use your own will to unattune yourself. Going out and getting drunk or overeating will do it! So keep your connection in the day, for that is all we have. It is one day at a time. So keep your check-ins daily as spiritual maintenance.

Archangels are really very powerful in their own unique way. The guidance they have for you may be exactly the same for me or vastly different. So this process will be unique for you. Go and have some fun with it!

Archangel Attunement

Closing your eyes now and taking a deep breathe.

Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later.
Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through.

Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. Notice where this safe place exists in your body. You can always go there if you need to. There are many plants, flowers and animals in your sanctuary. Take a moment to commune with them.

You notice there is a small pool of water. Go over to the pool and take a look at your reflection. Jump into the water and feel yourself completely cleansed. Feel a beautiful light above you, showering you with warmth and love. Feel yourself soak up this warmth. Letting go of anything that you no longer need. Feel it wash out of you and into the water.

When you are ready, you hop out of the water. You see that there are three pillows. One of them is gold. You go over to the gold one and sit down. With

the intention of gaining help with connecting with the Archangels you now call on your Spirit Guide. Listen to what your Spirit Guide has to say or show you about meeting and connecting with the Archangels.

On the next pillow you see your Higher Self appear. Listen to what they have to say or show you about meeting, connecting with the Archangels.

You are now feeling more supported by your Spirit Guide and Higher Self in taking this next step. You thank both your Spirit Guide and Higher Self for coming and supporting you.

Now you walk up a pathway and you see a big house. You open the front door and you notice that there is a huge room with many doors around the sides.

1. You walk over to the door that says Archangel Michael.

Before you open the door we take a moment to remember the qualities of Archangel Michael. Michael is the helper of Lightworkers. He is here to protect and serve the light. He removes anything that is standing between the truth and ourselves. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Michael is there or not. Get a feeling of how it feels in this room. If Michael is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Michael wants for you. Feel connected to Michael. Allow Michael to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Michael has to say to you. Archangel Michael now steps back. You thank Archangel Michael for his support and you go back into the main room.

2. You now walk over to the door that says Archangel Raphael

Before you open the door we take a moment to remember the qualities of Archangel Raphael. Raphael helps us with healing our bodies and minds from illness and addictions. He sends us loving light and warmth so that our perception of our wholeness is restored. He is the angel doctor. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Raphael is there or not. Get a feeling of how it feels in this room. If Raphael is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Raphael wants for you. Feel connected to Raphael. Allow Raphael to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Raphael has to say to you. Archangel Raphael now steps back. You thank Archangel Raphael for his support and you go back into the main room.

3. You now walk over to the door that says Archangel Gabriel

Before you open the door we take a moment to remember the qualities of Archangel Gabriel. Gabriel helps with birthing creativity, children and projects. She provides a nourishing energy that enfolds you in a cocoon. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Gabriel is there or not. Get a feeling of how it feels in this room. If Gabriel is not there ask her to appear. Listen to what she has to say to you. See what she is showing you. Get a knowing for what Gabriel wants for you. Feel connected to Gabriel. Allow Gabriel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Gabriel has to say to you. Archangel Gabriel now steps back. You thank Archangel Gabriel for her support and you go back into the main room.

4. You now walk over to the door that says Archangel Uriel

Before you open the door we take a moment to remember the qualities of Archangel Uriel. Uriel helps with Claircognisence. He helps us to process and

understand both Spiritual and other information. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Uriel is there or not. Get a feeling of how it feels in this room. If Uriel is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Uriel wants for you. Feel connected to Uriel. Allow Uriel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Uriel has to say to you. Archangel Uriel now steps back. You thank Archangel Uriel for his support and you go back into the main room.

5. You now walk over to the door that says Archangel Metatron

Before you open the door we take a moment to remember the qualities of Archangel Metatron. Metatron helps to focus and organize our thoughts for follow-through. He helps to Spiritualise our will. He especially helps children who lack focus but are very gifted in their Spirituality. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Metatron is there or not. Get a feeling of how it feels in this room. If Metatron is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Metatron wants for you. Feel connected to Metatron. Allow Metatron to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Metatron has to say to you. Archangel Metatron now steps back. You thank Archangel Metatron for his support and you go back into the main room.

6. You now walk over to the door that says Archangel Raziel

Before you open the door we take a moment to remember the qualities of Archangel Raziel. Raziel helps with Alchemy, Clairvoyance, Divine magic, esoteric information, manifestation and psychic abilities. You open the door. You look around the room. Notice the colours, shapes, animals and plants.

Notice if Raziel is there or not. Get a feeling of how it feels in this room. If Raziel is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Raziel wants for you. Feel connected to Raziel. Allow Raziel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Raziel has to say to you. Archangel Raziel now steps back. You thank Archangel Raziel for his support and you go back into the main room.

7. You now walk over to the door that says Archangel Chamuel

Before you open the door we take a moment to remember the qualities of Archangel Chamuel. Chamuel helps with identifying your life purpose and bringing in relationships and other resources that support you in stepping into your life purpose. Chamuel encourages world peace. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Chamuel is there or not. Get a feeling of how it feels in this room. If Chamuel is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Chamuel wants for you. Feel connected to Chamuel. Allow Chamuel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Chamuel has to say to you. Archangel Chamuel now steps back. You thank Archangel Chamuel for his support and you go back into the main room.

8. You now walk over to the door that says Archangel Ariel

Before you open the door we take a moment to remember the qualities of Archangel Ariel. Ariel is like a feminine warrior that helps with manifesting abundance. She is also an advocate for animals of land, water and air. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Ariel is there or not. Get a feeling of how it feels in this room. If Ariel is not there ask her to appear. Listen to what she has to say to

you. See what she is showing you. Get a knowing for what Ariel wants for you. Feel connected to Ariel. Allow Ariel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Ariel has to say to you. Archangel Ariel now steps back. You thank Archangel Ariel for her support and you go back into the main room.

9. You now walk over to the door that says Archangel Jeremiel

Before you open the door we take a moment to remember the qualities of Archangel Jeremiel. Jeremiel helps to review our life to find the truth. He enhances our Clairvoyance, prophetic dreams and their interpretations. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Jeremiel is there or not. Get a feeling of how it feels in this room. If Jeremiel is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Jeremiel wants for you. Feel connected to Jeremiel. Allow Jeremiel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Jeremiel has to say to you. Archangel Jeremiel now steps back. You thank Archangel Jeremiel for his support and you go back into the main room.

10. You now walk over to the door that says Archangel Jophiel

Before you open the door we take a moment to remember the qualities of Archangel Jophiel. Jophiel helps to beautify the inner life of our thoughts and the outer life of our surroundings. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Jophiel is there or not. Get a feeling of how it feels in this room. If Jophiel is not there ask her to appear. Listen to what she has to say to you. See what she is showing you. Get a knowing for what Jophiel wants for you. Feel connected to Jophiel. Allow Jophiel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Jophiel has to say to you. Archangel Jophiel

now steps back. You thank Archangel Jophiel for her support and you go back into the main room.

11. You now walk over to the door that says Archangel Zadkiel

Before you open the door we take a moment to remember the qualities of Archangel Zadkiel. Zadkiel helps to restore the memory of what truly was. He helps us retrieve information, objects and compassion for ourselves and others. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Zadkiel is there or not. Get a feeling of how it feels in this room. If Zadkiel is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Zadkiel wants for you. Feel connected to Zadkiel. Allow Zadkiel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Zadkiel has to say to you. Archangel Zadkiel now steps back. You thank Archangel Zadkiel for his support and you go back into the main room.

12. You now walk over to the door that says Archangel Raguel

Before you open the door we take a moment to remember the qualities of Archangel Raguel. Raguel helps us to resolve conflict with others. He provides us with information to harmonize our relationships. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Raguel is there or not. Get a feeling of how it feels in this room. If Raguel is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Raguel wants for you. Feel connected to Raguel. Allow Raguel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Raguel has to say to you. Archangel Raguel now steps back. You thank Archangel Raguel for his support and you go back into the main room.

13. You now walk over to the door that says Archangel Haniel

Before you open the door we take a moment to remember the qualities of Archangel Haniel. Just like the moon goddess she is, Haniel works with us to be receptive and reflective with grace. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Haniel is there or not. Get a feeling of how it feels in this room. If Haniel is not there ask her to appear. Listen to what she has to say to you. See what she is showing you. Get a knowing for what Haniel wants for you. Feel connected to Haniel. Allow Haniel to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Haniel wants to say to you. Archangel Haniel now steps back. You thank Archangel Haniel for her support and you go back into the main room.

14. You now walk over to the door that says Archangel Azrael

Before you open the door we take a moment to remember the qualities of Archangel Azrael. Azrael works with guiding souls who have crossed over. She also works with comforting the families and friends of the deceased. She Guides Lightworkers to help both the deceased and their loved ones resolve any unfinished business. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Azrael is there or not. Get a feeling of how it feels in this room. If Azrael is not there ask her to appear. Listen to what she has to say to you. See what she is showing you. Get a knowing for what Azrael wants for you. Feel connected to Azrael. Allow Azrael to step right into you. Feel how it feels to experience this part of yourself. Write down anything Azrael wants to say to you. Archangel Azrael now steps back. You thank Archangel Azrael for her support and you go back into the main room.

15. You now walk over to the door that says Archangel Sandalphon

Before you open the door we take a moment to remember the qualities of Archangel Sandalphon. Sandalphon helps Guide us through song, music and tones. You open the door. You look around the room. Notice the colours, shapes, animals and plants. Notice if Sandalphon is there or not. Get a feeling of how it feels in this room. If Sandalphon is not there ask him to appear. Listen to what he has to say to you. See what he is showing you. Get a knowing for what Sandalphon wants for you. Feel connected to Sandalphon. Allow Sandalphon to step right into you. Feel how it feels to experience this part of yourself. Write down anything that Sandalphon wants to say or sing to you or any songs you hear playing. Archangel Sandalphon now steps back. You thank Archangel Sandalphon for his support and you go back into the main room.

You go back to the front door. You open the door and go back towards your sanctuary. Notice how you are feeling now after experiencing a connection with the Archangels. You look in the reflection of the pool and notice any changes that you see.

You walk towards your gate. You take a deep breath and open the gate. You step into where you are right now. You feel your body on the floor or chair. You feel the energy coming up your legs. You wiggle your toes and fingers.

When I count to 3 come back into fully waking consciousness completely remembering this meditation and all of your experiences 1……2……3 ,

Building Our Intuition

Your Intuition or Clairsentience is the 'Spirit speaking to you via your body'. I am sure that Spirit is talking to us all the time. *Receiving* the information through our body is another matter! Acting on that guidance of course is another matter still.

Being In Our Body

I find that in building our Intuition we really need to start with being in our body. We can't feel if we are not in our bodies. The only thing we feel if we are out of our bodies is numb, disconnected, uncentred and that something is not quite right.

I believe that a major part of society is ill at ease. This biggest societal 'dis-ease' of today is that people have forgotten how to live in their bodies. With our fast paced lifestyle and avoidance of our feelings many people have unconsciously chosen to live from the neck up. They have disconnected from their bodies and therefore a major part of their Intuition. They are out of step with themselves and their Spiritual Guidance system.

Luckily, we can know when we feel ill at ease and this is also part of our Intuition! It's that nagging feeling that we get when we eat that piece of chocolate cake we know we will regret tomorrow. It's that feeling in our guts that we know we are making the wrong decision by not calling home when we are late. It's that warm feeling in our heart when we know that we are on track with choosing to undertake that course for the next step in our journey.

So the first part of building our Intuition is learning how to live in this body of ours. We often have vacated our body because we have avoided the pain in our body from unresolved trauma, grief or abuse. So we have learnt a great (or

not so great) coping strategy of hovering above our body and still functioning in the world. The more we stay out of our bodies, the more unconscious we are of what is going on in our bodies. Then we get out of touch with what Spirit is trying to say to us.

I believe that this is one of the main reasons why we turn to substances to medicate our feelings such as alcohol, drugs, overeating and other thought process addictions (obsessions) such as work, gambling, sex and dieting. That is why it is also so easy to get addicted to people and obsessive/compulsive processes.

Whether we have been abused and are holding trauma in our body or not, we can still reclaim it and learn to live in our bodies rather than be a prisoner of it.

Some other tools that help us to be in our bodies are:

- ☆ Chakra Clearing
- ☆ Keeping your feet warm
- ☆ Wearing red socks
- ☆ Taking your shoes off and scrunching your feet on the grass or in the sand/dirt
- ☆ Repeating to yourself "I am here" as you stomp in a rhythm
- ☆ Breathing right down to your toes
- ☆ Being conscious of your feet on the earth as you are walking
- ☆ Giving yourself or receiving foot massages
- ☆ Getting a full body massage
- ☆ Grounding bush flower essences such as Jacaranda, Sundew, etc
- ☆ Grounding Archangel essences such as Archangel Michael, Archangel Metatron

- ☆ Imagining that as you sit, lie or walk around you are attached via your navel to the centre of the earth
- ☆ Imagining that as you stand, sit or lie down that you have roots that attach your feet to the earth
- ☆ Stretching exercise such as yoga
- ☆ Eating grounding foods (root vegetables) such as carrot, beetroot, pumpkin, sweet potato etc
- ☆ Wearing grounding crystals such as smoky quartz, black tourmaline, red jasper etc
- ☆ Having a bath with Epsom salts
- ☆ Using grounding aromatherapy oils such as lavender, sandalwood, patchouli etc
- ☆ Exercise

A great tool to learning to live in your body and resolving the emotional pain of the past is clearing your Chakras. This helps us to be as clear as possible to allowing the energy to flow into our bodies. We feel safer to live in our bodies.

Resolving Trauma

To get clearer in our Intuition we need to learn how to live in our body and then how to maintain that connection. Another great tool for getting clearer in our Intuition is clearing past life traumas and any traumas from this lifetime.

We explore this is Level 2 'The Lightfilled Relationship'. I do not recommend doing any past life traumas and regression work of any kind, until we are used to being in your body and able to resource it. That kind of work will just drain and overwhelm us if we are already out of your body and under resourced. This level of training helps us to gain the skills to prepare for and recover from that kind of work. We also approach resolving traumas in a less traumatic way. So the following example is not the way we do it!

For example perhaps a person wants to resolve why they always feel abandoned when their partner leaves for work. They know it's the same feeling they had when their father left their mother and never returned. They have also been using food to medicate the emptiness they feel when they are in their abandonment feelings. They go to a therapist to resolve their abandonment issue. They do a past life regression and experience themselves being thrown into a dungeon and left to die. They learn about why they now feel so abandoned and like they are going to die, when their partner leaves for work. This is interesting information. They go home and feel so drained and overwhelmed by the session that they eat a whole tub of ice-cream and whatever else they can find. They abandon themselves again. This has clearly not resolve their abandonment issue.

I have seen too many people abandon themselves for a second time because they have not learnt basic self-care after resolving a trauma. This has seen them repeat the cycle of abandonment they were addressing in their past life or this life time. So please, don't go digging around until you have the basic foundation built between you and being in your body. Then you can tend to the garden more consciously.

About Building Our Intuition Meditation

The purpose of the following meditation is to help us to distinguish the difference between fear, compulsion and 'encouraging or YES' Intuition and 'discouraging or NO' Intuition. All 4 are very strong feelings and it is easy to get muddled when we are first starting out. I find that people tend to feel the above four realities in their own way. So you can't tell me how I would feel when I feel fear. Neither could I tell you.

One of the most popular questions that I get asked is “How can I trust myself?” Apart from connecting with our Higher Power, Higher Self and Inner Child healing, building and refining our Intuition is a really important tool.

Inner Child healing helps us to support the vulnerable and needy part of ourselves that often goes into fear when we don’t get our needs met. However, our inner child is also sensitive to Spirit’s wisdom and when we are open to that part we open up to the universe.

Building our Intuition helps us to distinguish when our fearful Inner Child is reacting and when Spirit is talking to us. It’s very handy to know the difference.

The following meditation is recommended after the ‘Chakra Meditation’ as it is important to start out as clear as possible. We ensure that we have statement that we want an intuition on. For example it might be “I am meant to be with my current partner” or “I am meant to take that job offer” or “The best time to have a child is this year”. Using this statement form will ensure that we get the most out of our intuition. It will also ensure whether it brings fear or compulsive feelings up.

If we find that we get a definite no, we can let go of the idea that our statement is in our Highest Good. Or we can take it to our Daily Guidance Meditation for more information. If we get a definite yes, but still feel some fear and compulsion, taking it to our Daily Guidance Meditation will help us in finding out more information on how to deal with these fears and compulsions. We may also get a yes to our statement but want more information on how to go about steps towards our wishes or goals. Again, using the Daily Guidance Meditation may help provide more information if this meditation does not. We are primarily after a feeling response and to ascertain what our intuition feels like. Any more information here is a bonus.

Building Our Intuition Meditation

Breathing deeply into your toes now. Feeling your body completely clear. All of your Chakras have been cleansed and resourced. You are now feeling at peace. Your mind is like an empty bowl, completely clear of all thought. If any thoughts come along simply see them evaporate. Breathing right down into your belly.

Now think of something that you believe in deeply that makes you feel warm and grounded. For example it may be God, light, love, truth, Angels or Spirit. Notice your feelings. Notice any colours and shapes appearing in your body. Notice where the energy is moving. Think about what you believe in until you feel it as strongly as possible.

Now think of something that you fear. Notice what happens in your body as you think this fearful thought. What is the sensation? Notice any colours. Does the energy move? How or where is the energy moving? Notice the change in your breathing.

Now think of that same thing that you believe in again that makes you feel warm and grounded. Notice if your feelings, sensations and energy are changing again. Is what you believe in getting easier to recall and resource you? Is it weaker after thinking the fearful thought? Notice the change. Think about what you believe in until you feel it as strongly as possible again.

Now think of something that you know would not be right for you to do, for example physically hurting someone. Again notice how you feel, where you feel it and how the energy is moving.

Now think of that same thing that you believe in again that makes you feel warm and grounded. Again noticing how your feelings and energy are

changing. Is what you believe in getting easier to recall and resource you? Is it weaker after thinking thoughts you know are not right for you? Notice the change. Think about what you believe in until you feel it as strongly as possible again.

Now think about something that makes you feel compulsive or obsessive such as chocolate or a particular person. Notice where you feel this compulsion in your body. Notice the shapes and colours of this compulsion. Notice the change in your breathing.

Thinking again about that same thing that you believe in that makes you feel warm and grounded. Is what you believe in getting easier to recall and resource you? Is it weaker after calling up things that make you feel compulsive. Notice the change. Think about what you believe in until you feel it as strongly as possible again.

Now take a moment to allow the thing that you believe in to take on the form of a colour. Feel yourself breathing in this colour. Feeling yourself resourced by this beautiful quality that you believe in.

It is time to seek guidance on a particular issue in your life. Hold the statement in your mind. Notice how you feel and what your Intuition is telling you straight away. Notice any feelings, sensations and energy. Are they similar to any that you have just experienced? Notice any other information coming through that may back up what you are feeling. Are you seeing or hearing any guidance? Are you receiving new ideas or thoughts that seem in line with what you are feeling?

When you are ready open your eye and write down and draw your experiences.

About Opening Our Third Eye Meditation

The following meditation is a powerful visualization to manifest Clairvoyance.

The Third Eye consists of an opening at the front between the eyebrows and runs along a connection line concurrent to that of optic nerve, which we will call the Visual Channel. The Visual Channel connects metaphysically to where the Visual Cortex resides. We call this the Visual Centre. This Visual Centre produces clear Spiritual Images.

We aim in this meditation to clear any obstructions externally from the Third Eye to ensure that it is open and rejuvenated. We also want to ensure the Visual Channel runs freely and unobstructed between the Third Eye and the Visual Centre. Lastly, we activate the Visual Centre to produce clear and correct images. We call on the Archangels help in this meditation.

Opening Third Eye Meditation

Please close your eyes now. Sense now whether your Third Eye feels open, closed, obstructed, bloodshot, weary or strained. Notice anything the Third Eye wants to say or show you.

Notice the connection running between the Third Eye and the Visual Centre at the back of the head. Get a clear picture on the Visual Channel and whether it is blocked. Notice if it is connecting properly to the Visual Centre and Third Eye. Ask the Third Eye what it needs.

Please call on Archangel Michael to remove anything that is obstructing the Third Eye from opening. Ask Michael to remove any obstacles running along the Visual Channel. Ask Michael to remove any obstructions from the Visual Centre. Please ask Archangel Michael to step back when he is finished.

Please ask that Archangel Raphael come and with his healing light, send it to rejuvenate the Third Eye and give it any healing that it needs at this time. Ask Raphael to send light from the Third Eye through to the Visual Channel. Ask Raphael to send light through the Third Eye straight along the Visual Channel to the Visual Centre. Now the Third Eye, Visual Centre and Visual Centre are restored and connected. Please ask Archangel Raphael to step back when he has finished.

Thank the Archangels for their help and please open your eyes when you are ready.

About Opening Our Third Eye – Training Lightworker Practitioners

The following meditation is the same meditation above, however it is used to train students in conducting a Third Eye clearing and healing. Because the students are learning, the facilitator reads this meditation out to them whilst they are conducting the clearing.

The meditation is conducted between students. One student is the receiver and the other is the practitioner. Then they swap.

Opening Third Eye Meditation –
Training Lightworker Practitioners

Receivers please close your eyes now. Practitioners please place your hand in front of the receiver's Third Eye and sense into whether it feels open, closed, obstructed, bloodshot, weary or strained. Notice anything the Third Eye wants to say or show you.

Notice the connection running between the Third Eye and the Visual Centre at the back of their head. You may wish to use your hand to feel closer to the back of their head. Get a clear picture on the Visual Channel and whether it is blocked. Notice if it is connecting properly to the Visual Centre and Third Eye. Ask the Third Eye what it needs.

Please call on Archangel Michael to step into your body and remove anything that is obstructing the Third Eye from opening. Ask Michael to remove any obstacles running along the Visual Channel. Ask Michael to remove any obstructions from the Visual Centre. Please ask Archangel Michael to step back when he is finished.

Please ask that Archangel Raphael come and step into your body and with his healing light, send it through your hand to rejuvenate the Third Eye and give it any healing that it needs at this time. Ask Raphael to send light from the Third Eye through to the Visual Channel. Ask Raphael to send light through the Third Eye straight along the Visual Channel to the Visual Centre. Now the Third Eye, Visual Channel and Visual Centre are all restored and connected. Please ask Archangel Raphael to step back when he has finished.

Thank the Archangels for their help.

Receivers please open your eyes when you are ready and share your experience with your practitioner.

About Opening Ourselves to Clairaudience Meditation

This meditation is a powerful visualization to manifest Clairaudience.

Clairaudience consists of an opening at both sides of the head where our human ears reside. We call these the Outer Spiritual Ears. The Outer Spiritual ears connect to the Auditory Channel, which runs along a connection line concurrent to that of middle ear. The Auditory Channel connects metaphysically to where the Inner Ear resides. We call these the Spiritual Inner Ears.

We aim in this meditation to clear any obstructions externally from the Outer Spiritual Ears and to ensure that they are open and rejuvenated. We also ensure the Auditory Channel runs freely and unobstructed between the Outer Spiritual Ears to the Inner Spiritual Ears. And lastly, that we activate the Inner Spiritual Ears to hear clear Spiritual messages.

We call on the Archangels help in this mediation.

Opening Ourselves to Clairaudience Meditation

Please close your eyes now. Sense into whether your Spiritual Ears feel open, closed, obstructed, weary or strained. Notice anything they want to say or show you.

Notice the connection running between the Outer and Inner Spiritual Ears. Get a clear picture on the Auditory Channel and whether it is blocked. Notice if it is connecting properly to the Inner and Outer Spiritual Ears. Ask each Spiritual Ear what it needs.

Please call on Archangel Michael to come and remove anything that is obstructing the Outer Spiritual Ears from opening. Ask Michael to remove any obstacles running along the Auditory Channel. Ask Michael to remove any obstructions from the Inner Spiritual Ears. Please ask Archangel Michael to step back when he has finished.

Please ask that Archangel Raphael come and with his healing light, send it to rejuvenate the Outer Spiritual Ears and give them any healing that they need at this time. Ask Raphael to send light through from the Outer Spiritual Ears to the Auditory Channel. Ask Raphael to send light through the Outer Spiritual Ears straight along the Auditory Channel to the Inner Spiritual Ears. Now the Outer Spiritual Ears, Auditory Channel and Inner Spiritual Ears are restored and connected. Please ask Archangel Raphael to step back when he has finished.

Thank the Archangels for their help and open your eyes when you are ready.

About Opening Ourselves to Clairaudience Meditation for Training Lightworker Practitioners

The following meditation is conducted with between students. One student is the receiver and the other is the practitioner. Then they swap.

Opening Ourselves to Clairaudience Meditation –
Training Lightworker Practitioners

Receivers please close your eyes now. Practitioners please place your hands at the sides of your receiver's ears and sense into whether they feel open, closed, obstructed, weary or strained. Notice anything they want to say or show you.

Notice the connection running between the Outer and Inner Spiritual Ears. You may wish to use your hand to feel closer to the top or back of the head. Get a clear picture on the Auditory Channel and whether it is blocked. Notice if it is connecting properly to the Inner and Outer Spiritual Ears. Do one side at a time if you need to. Ask each Spiritual Ear what it needs.

Please call on Archangel Michael to come and step into your body and remove anything that is obstructing the Outer Spiritual Ears from opening. Ask Michael to remove any obstacles running along the Auditory Channel. Ask Michael to remove any obstructions from the Inner Spiritual Ears. Please ask Archangel Michael to step back when he has finished.

Please ask that Archangel Raphael come and step into your body and with his healing light, send it through your hand to rejuvenate the Outer Spiritual Ears and give them any healing that it needs at this time. Ask Raphael to send light through from the Outer Spiritual Ears to the Auditory Channel. Ask Raphael to send light through the Outer Spiritual Ears straight along the Auditory Channel to the Inner Spiritual Ears. Now the Outer Spiritual Ears, Auditory Channel and Inner Spiritual Ears are restored and connected. Please ask Archangel Raphael to step back when he has finished.

Thank the Archangels for their help. Receivers please open your eyes when you are ready and share your experience with your practitioner.

Clairvoyance Questionnaire

We offer this tool as an exercise in teaching our students to strengthen their Clairvoyance. However, if we can get a group of friends or family members who are open-minded, we can practise this at home. One by one, each student stands up against a white or beige coloured wall. Whilst the facilitator reads the following questions, all students share as much as they see (Clairvoyance), hear (Clairaudience), feel (Clairsentience) and know (Claircognisence) about them:

- What are your eyes drawn to?
- What is the direction of energy flowing?
- Do you see any colours?
- Do you see any Angels, Spiritual Guides or Elementals?
- What kind of past lives can you see?
- If this was a photo torn in half what would the other half of the photo be?
- What kind of world does this body belong in?
- What kind of work would this body do?
- Do you see any energy blocked in their body or Chakras?
- What does this body seem to be saying to the world?
- What would be the most difficult emotion for this body to express?
- What pleases or delights you about this body/structure?
- What is this body's greatest resource?
- If this person were an animal what kind of animal would they be?
- Do you see any animals near this person?
- What kind of gift would this person like to receive?

Ask them for feedback on what the students have shared. They may need to debrief.

Aura Reading

When our Third Eye is open and cleansed, we are able to conduct Aura Readings. This helps us to define what is happening within and around others, using our Clairvoyant visual abilities. It is a great precursor to any hands on healing or Chakra Clearing.

About Aura Reading Meditation

We offer the Aura Reading Meditation in our Lightworker Practitioner Training for students to practise their Clairvoyant skills. Students conduct this exercise at the same time. They get into pairs, sit opposite each other and close their eyes. If you are doing this meditation for yourself, you will need a partner.

You may prefer to keep your eyes open. This is perfectly fine if that is what you are guided to do. You are not required to close your eyes. For some people it works better to keep eyes open and others closed. Over time, we find that our clairvoyance works with our eyes open just as well as with them closed.

To save putting in the same meditation twice we have headed it under Aura Reading Meditation – Training Lightworker Practitioners

Aura Reading Meditation -
Training Lightworker Practitioners

Closing your eyes now, take a big deep breath in and relax. Focusing now on breathing into your body and feeling connected to your seat. Feeling your feet on the ground. Ask now that your Third Eye be opened, resourced and cleansed by Archangel Michael and Raphael.

We call on the Archangels Raziel, Haniel, and Jeremiel to assist us now in increasing our Clairvoyance in conducting this aura reading.

Now, take a moment to scan around your partner. Notice any colours in their aura. Do you see any Angels, Guides and other Spiritual Beings surrounding them?

Now, scan your partner's body. Notice any colours, blocks or emptiness.

Do you see anything else within or around your partner now?

When you are ready thank the Archangels for their assistance, open your eyes and share what you experienced with your partner.

Psychometry

Clairvoyance is the ability to guess what an object is without holding it. Psychometry is an ability to know more about a person by holding an object owned, used or worn by the person. The person's energy goes into the object. That is why it is important to clear garments, jewellery, possessions and houses that have belonged to someone else.

If we are now wearing jewellery that was given to us as a gift from someone else, this too can have his or her energy in it. We may have inherited our mother's wedding ring. What if she was unhappily married? We may have been given a necklace from a previous partner that we are no longer with. It may prevent us from moving on.

When our energy and intentions go into the very things we wear and surround us, they are powerful energy sources. They can help us stay on track or they can become the blocks that keep us off track. That is why keeping our house tidy is not only good for our health but also our Spirit. That is why I am wary of second-hand items. I tend to be ultra sensitive to these energies and quite frankly would rather buy things new, instead of having to deal with the old energies of other's. Sometimes though, a certain thing will find us and we know it has chosen us because we have attracted it. It can work for us or challenge us. Remember to check in with what the learning is, in the items that surround you, by asking your Guides.

About the Psychometry Exercise

This exercise is a great tool is strengthening our Clairvoyance and Clairsentience. We use this in conjunction with the Clairvoyance Questionnaire during the Lightworker Practitioner Training. We can also practise this at home with one or more people.

Psychometry Exercise

1. Each student holds a small crystal or other item that is theirs or that they wear.

2. Ask them to tell you nothing about the item that they are holding.

3. All students try and guess what they are holding e.g. colour, shape, vibration, qualities, and age.

4. Then, without showing what it is, pass the item around, each student closes their eyes and sees if they can guess more about it e.g. colours, age, feelings, who it belongs to etc.

5. Check-in with the student who brought the item and see how accurate your findings were.

Suggestions for Practitioners/Facilitators

You can use the psychometry technique of holding an item of your client's jewellery to assist in building a connection with them in conducting a reading. Some practitioners find that even holding a client's hands helps with the connection process. Always ask permission from your client, ensure your boundaries are good and ask your Guides. I am so sensitive to other's feelings that I need to clear myself immediately after a client leaves. This is perfectly fine.

Your client may wish to find out whether a possession is holding them back or interfering in their life. You can use the psychometry technique of holding the jewellery or other items and asking your Guides for information in reading the energy.

Sometimes a client may want you to go to their home to find out more about the environment they live in. Ensure that you trust your client and that you are guided to do so. If you have not completed Level 2 "The Lightfilled Relationship", I highly recommend that you do not do house readings. These can be complex and may involve dealing with Spirits who are still bound to the earth because they have unfinished business here.

Daily Guidance Tools

The following tools are provided to increase our vibration and connection to Spirit through a variety of tools.

The Daily Guidance Tools include using the Daily Guidance Meditation, Daily Guidance Readings and Daily Guidance Signs. They are simple tools that can be applied each day to ensure our decisions are in line with Spirit and our Higher Self. The art of spirituality is not in the connection but in the maintenance of that connection. If done once, it is an awesome experience. If done daily, it becomes a way of being.

Using the Daily Guidance Tools, we stay current with our reality and connected with Spirit to assist us with our reality. It keeps us current with who we are, what we've done and what we need to do next. We get closer to Spirit and maintain our higher vibration for longer and longer stretches of time, until it feels like the norm. Where drama once filled our life and was the norm, now we see that being peaceful and centred is actually not as boring as we thought it would be. It is really quite lovely and satisfying. And really rather interesting! Life is actually a lot more interesting and we are anything but boring people. We sparkle and we shine. We are more into life, our kids, our spouses and our work. We are joyful and love life. Life is a joy rather than a daily grind. We learn to celebrate life and how to BE in it.

About the Daily Guidance Meditation

This meditation will help us to build our Spiritual support base whilst providing us with specific guidance for daily issues.

Firstly, if we have gone through the Archangel Attunement, we will have a greater connection with the Archangels and it will benefit us in this daily guidance tool.

This meditation is simple, however it is designed to be used in our daily life, as a daily check in with current issues. If we have other Spiritual Guides that we connect with, or want to learn about, we can invite them to appear in the meditation. We then leave it up to them whether they are the Guides for our current issues. We may meet some Spiritual Guides for the first time here too. It is a great way of getting to know who our Guides are and ongoing development of a Spiritual connection to the vast resources available. It is important to be open to the idea that whatever Beings come through, the message they bring is important. This meditation is a bit like doing a reading for ourselves without knowing which deck of cards we are using. We still get the answers but we are unsure of the form they will come in.

We are going to ask that we want more information and guidance on a particular subject. For example, how to deal with your mother, what to do about your weight, how to communicate more effectively with your partner, what to do about the debt you have incurred etc. It can be as vague or specific as you like about the issue at hand. We can ask questions such as “what do I need to do in order to lose weight?” or state wishes such as “I would really like to 2 dress sizes smaller”. We really want to be as open to ANY information as possible. If we have a set intention of finding out more information and we are open, then this is what we will get.

Suggestions For Practitioners/Facilitators

You can use the following meditation in relation to another person. You may wish to gain some insight and understanding for a friend or client. You can go into the meditation with their question or wish, to gain guidance.

You can also use this as a group exercise. Follow the steps.

1. Ask each student to write down a question or wish on a piece of paper, fold it up and put it in a container.
2. Each student picks up a piece of paper and they do not read it.
3. All the students go into the meditation to gain information on the answer or wish.
4. Each student shares the information they received before finding out what the question or wish was.
5. Then they read out what the original question or wish was.
6. The person who wrote the original question or wish, gets to share how helpful the guidance is for them.

Daily Guidance Meditation

Closing your eyes now and taking a deep breathe.

Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny.

Now I want you to imagine that you are walking along a path within a forest. Now you feel the sun and gentle breeze on your face. Notice up ahead there is a gate. It is wooden and carved with special symbols and patterns just for you. Beyond this gate is your sanctuary and safe place. Take a deep breath as you open the gate and step through. Up ahead you see your sanctuary. Take a look around the sanctuary. It is your safe place. Notice where this safe place exists in your body. You can always go there if you need to. There are many plants, flowers and animals in your sanctuary. Take a moment to commune with them. You notice there is a small pool of water. Go over to the pool and take a look at your reflection. Jump into the water and feel yourself completely cleansed. Feel a beautiful light above you, showering you with warmth and love. Feel yourself soak up this warmth. Letting go of anything that you no longer need. Feel it wash out of you and into the water. When you are ready, you hop out of the water. With your intention to be open to guidance you walk up a further way and you come to a big house. You enter the house and you notice that there is a very long corridor with doors on either side. Each door is a different colour. Notice how many doors there are. Take your time now and enter into each door and receive any guidance from each of the rooms. When you are ready open your eyes and come back to full waking consciousness, remembering the guidance that you have received.

Suggestions for Practitioners/Facilitators

It is advisable that participants write down their guidance and draw anything they saw to help it to stay with them more fully in their waking consciousness. We also encourage participants to debrief and talk through their guidance relating to their question or wishes and this becomes part of the session between themselves and their assigned practitioner.

Daily guidance readings

The best way to conduct this reading for ourselves is to hold an issue in our mind and ask that any guidance we need come through from Spirit. Be totally guided as to how many decks and cards to pull – before turning any over. It helps to have all our decks out so that we don't have to fuss. We may also be guided to hold a crystal, so having some crystals scattered helps. This is great to do in conjunction with the daily meditation – but definitely not necessary or preferred. Sometimes it helps the beginner to have some visual 'food' from the cards before they go into a meditation. Please refer to the more specific information about conducting readings later in this Section.

Daily guidance signs

Sometimes we just don't have time to meditate or pull cards, that's life. It doesn't have to be perfect everyday for us to be open to guidance. I learnt to meditate for a couple of minutes on the toilet when I had my new-borns. Now I find that the shower is the ultimate haven for guidance.

When I am feeling rushed and undecided on a decision I ask for signs. Throughout the day, signs will come to me to Guide me a certain way. Sometimes, we have rushed weeks! Please be open to signs in your life. If we

maintain that Spirit is guiding us, then ‘not having time’ to connect is actually not so true.

When we are open, we invite a connection. I remember when I was in Rome and I picked up this bookmark and, it said it all for me, about signs. It was a picture of Jesus holding a lantern and knocking at a closed door. It said, “Behold I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and sup with him and him with me”. Rev 3:20. I take that as meaning that Spirit never gets shitty at us for not opening the door, it just keeps on knocking till we do! So we need to open up our mind to signs. They are part of our Spiritual nourishment.

Signs come in different forms. My indecision might be whether I should study a certain course or not. Then, during the day, week or month I receive signs regarding the subject of the course. Or people talking to me about the subject here and there. Or the name of the course might come up from several people. Or the location where the course is offered might come up. I might hear a song that is relevant to the subject of the course. I might be given a book on the subject. So the signs point to drawing my attention towards to the course. Please ask for signs! And then remember to be open to seeing them!

A piece of advice came from a very wise friend of mine many years ago. She said that when she doesn’t know which way to go, she sometimes chooses one way and says to Spirit “Block me if it’s not the way”. Or she waits and says to Spirit “Show me”. I love this simple tool. Block me or show me. It beats indecision doesn’t it?

Just because we have asked for a sign and it points one way, doesn’t mean it won’t do an about face. Sometimes we are meant to travel down a certain path for a while and then change tracks. Keep open to the signs of change. They can be good or bad, but it’s advisable to always follow them.

Hands On Healing

The palms of our hands are powerful healing tools. They are able to give energy (nourish and heal) and receive energy (cleanse and diagnose). The left hand usually receives and the right hand usually gives. We need to trust our guidance on what hand to use and where to put it.

Hands on healings can be used for specific pain that one is aware of, or feelings that arise during a session. It can be used to clear, resource and energize the Chakras. It can be used to remove any blocks or stagnation from other parts of the body and organs. It can help rejuvenate the body. It can help us get to know our own body and what it is really saying to us. The body contains a lot of information and we can access this quite easily if we take some time out to ask and listen.

Suggestions for Practitioner/Facilitators

Hands on healing is usually conducted during a session as a direct follow on from a reading. The client may need help with feelings that have come up. Or a client is aware of an ailment or pain that is nagging at them. A guided Chakra Clearing meditation might be the order of the day for the client, however the client may be feeling as though they need extra support. Or they may feel that they simply cannot do it for themselves on that particular day. They may be run down, burnt out or traumatized. We all sometimes need extra support. We are human. Sometimes our own ability to resource is limited or impaired. It's okay to receive! Spirit and Spiritual help comes in many forms. Sometimes we need to be able to just collapse and not feel guilty.

Helping our client with hands on healing is not a problem. It can become a problem if we are always doing readings and healings for our clients and

thereby undermining their own relationship with a Higher Power. This becomes a Spiritually abusive therapeutic relationship. We want to avoid long-term dependent relationships with clients. The best therapeutic relationship is one where the practitioner knows that they are only human and the client knows that they are responsible for developing their own abilities to receive Spiritual support to assist them mentally, emotionally and physically.

When you are called to step up to be a channel of healing light for the client, please ensure that you ask their permission first. They may not feel comfortable and a Chakra Clearing Meditation will suffice. They may need to feel more in control of their healing by being more actively involved. I find that taking a client through a meditation helps them feel more involved than a hands on healing.

I have received hands on healings that were of no perceived benefit to me because I was not open to receiving or I felt uncomfortable with the actual persons energy. So always ask. If you sense they are not comfortable just ask “Are you sure you feel okay with me conducting this healing on you?” If you respect their boundaries, they are more likely to feel safe.

About the Hands on Healing Meditations

These meditations are powerful healing tools that enable anyone to be a channel of healing light for oneself or another.

The first meditation is designed for conducting hands on healing for yourself. To learn how to listen to your body and send healing energy may be the best tool you ever learn.

The second meditation is conducted between students during the Lightworker Practitioner Training. One student is the receiver and the other is the

practitioner. Please remember that it is important to clear yourself before and after this meditation.

The second meditation, once learnt, can be used with clients. After a reading or during the session where the client indicates they feel they need a clearing, ask them if they would like to receive a hands on healing or Chakra Clearing from you to help clear and resource their energy centres or body. Usually they will have their own hand on the part of their body or energy centre (heart, stomach, solar plexus, throat) so it is obvious they need support. Their body language where their hands are crossed or placed are indicators of where they are feeling the most intensely. If they say yes, have them stand or lie or stay where they are if they need to and conduct the healing as described.

Once we have learned how to conduct hands on healing, we can use it with emotional or ill friends, family, children and pets.

We use Archangel Michael and Raphael to assist us with these meditations, so that we know that we are using pure love and light for the healing. However, other Spiritual Beings or practices such as Reiki, call on Spiritual Resources to help. There is no superior energy. We will receive the energy that we need because we call on the Spiritual Beings for the healing that we need. As long as we ask and we are open, we will receive what we need.

Hands On Healing For Yourself

Please place your hand on your body where you feel guided to conduct this healing for yourself. Notice whether this part of your body feels open, closed, obstructed, toxic, full, empty, hot or cold. Notice anything this part of the body wants to say or show you.

Please call on Archangel Michael to come and step into your body and remove anything that is obstructing this part of your body. Vacuum any toxins away now. Ask Archangel Michael to step back and now ask Archangel Raphael to step into your body and with his healing light, send it through your hand to fill and give any healing that this energy centre or body part needs at this time.

Please repeat this clearing on any other parts or energy centres of the body that you feel called to clear.

When they are finished, thank the Archangels for their help and ask them to step back.

Hands On Healing Meditation –
Training Lightworker Practitioners

Receivers please close your eyes now. Practitioners please place your hand in front of where you feel guided to conduct this healing for your receiver. Notice whether this part of their body feels open, closed, obstructed, toxic, full, empty, hot or cold. Notice anything this part of the body wants to say or show you.

Please call on Archangel Michael to come and step into your body and remove anything that is obstructing this part of the receiver's body. Vacuum any toxins away now. Ask Archangel Michael to step back and now ask Archangel Raphael to step into your body and with his healing light, send it through your hand to fill and give any healing that this energy centre or body part needs at this time.

Please repeat this clearing on any other parts or energy centres of the body that you feel called to clear.

When they are finished, thank the Archangels for their help and ask them to step back.

Receivers please open your eyes when you are ready and share your experience with your practitioner.

Suggestions for Practitioners/Facilitators

Again it is great for students to debrief with their practitioners and journal their experiences.

Another helpful tool is having the students draw:

1. How their bodies, auras and Chakras look prior to the healing
2. How their bodies, auras and Chakras look after the healing

This gives them a visual and powerful representation of their physical, Etheric and Astral realities.

Lots of Hands On

If there is a group of you who wish to put your hands onto one person, a great variation on the previous meditation is:

1. All lay hands on the receiver
2. All of you ask Archangel Raphael to step into your body
3. All of you ask Archangel Raphael to send love and healing light through your hands

I have conducted and received this in the Lightworker Practitioner Training and it is rather mind-blowing experience!

Another variation on this could be for the receiver to choose the Archangel of their choice that they wish to resource.

Distance Healing

We may conduct distance healings using Archangel Michael and Raphael, if we have permission of the person who needs the healing. If we cannot contact them, we may ask their Higher Self. If in any doubt, please leave it out and return to the principle of Wholeness. Seeing them healed and perfect in everyway is the best distant healing we can ever give a person.

12 Steps

In Alcoholics Anonymous and other 12 Step programs, the 12 Steps are suggested tools of the program. They are not rules. They are in no way a dogma. I must reiterate here that the 12 Steps, although founded by Alcoholics Anonymous, are not allied with any sect, ideology or religious doctrine and have no opinion on outside issues. I am sharing my own experience and personal recovery and I am not speaking on behalf of any 12 step fellowship as a whole.

Without these 12 Steps, my life would have been over a long time ago. They got me back to me and on track with my Spiritual path. Let me share my discovery of the 12 Steps and how relevant they are to the Lightworker Practitioner Training. I will begin by sharing the beginning of my recovery from my eating disorder with you. You will learn more about me and my recovery from as you continue with the training.

I came to find the 12 Steps when I walked into my first Overeaters Anonymous meeting in 1990. Food was my preferred drug of choice.

When I had my breakdown (breakthrough) at 20, I had no belief in God or a Higher Power. I actually thought that I was ‘it’. I actually got put off the whole idea of God from going to a Catholic school where I was told I would go to hell

if I stepped on this crack on the floor of the church. I think that was the day I stopped believing.

By the time of my breakthrough, some of me knew I wasn't 'it', because I was a mess. Starving myself, binging for 2 days, dieting for 10 days, binging for 2 etc - and all in secret. My mind was a mess of obsession about when to eat, what to eat, what not to eat, how many calories I had eaten, how many I should have eaten, how much exercise I would have to do to burn off that binge, what my body looked like etc. And my head was in the toilet trying to throw up occasionally, but mainly it was just in the toilet!

I remember the day of my breakthrough. I was in the toilet (again) at work, this time I was stuffing my face with a muffin, when I had an anxiety attack. I felt I was going to die. I couldn't tell anyone. I was alone, in the toilet, couldn't breath – yet I couldn't tell anyone. Okay, you get the picture – I was really sick.

Finally, I went back to my desk. And a voice says "Overeaters Anonymous". I had never heard of this name. I open the White Pages. There it is. I dial the number. They tell me there is a meeting in the very suburb that I work in – that day. I take an early lunch break. I walk in. I see all these people. I hear them sharing. They were telling me my story. I wasn't the only one who stuffed my face! I felt as if I was home. Then, I see these 12 steps up on the wall. They mention the word 'Higher Power'. At that time I didn't believe in one, but I didn't want to miss out on their stories and so I did what they suggested and kept coming back.

A little later I thought that maybe there was something in believing in this God thing. I didn't know how to connect, but somehow I got the idea that I could just imagine that my Higher Power was next to me throughout the whole day by my side. I guess the best way to describe this feeling was being wrapped up in a blanket of nurturing peace all day. And as I already described earlier in this

Section, I felt so comforted the whole day long, like nothing could get me out of my serenity – the whole day. So I have never looked back or doubted after that day. It was too real. It was a fantastic beginning. Of course some day's I take my own power back and disconnect. However, the point of this for me was, I had made a connection. Finally, I felt that I was not alone. This was the beginning of my recovery of myself and my Spiritual development.

I love the "12 steps" because they helped me to connect with a power greater than myself and Spiritualise my very disabled will. I draw on them for inspiration in this Training Manual, the Lightworker Practitioner Training and my daily life.

The 12 Steps are a program for living a Spiritual life on this very human planet. They are not presented here to address addictions right now. I cover addictions in far more detail in Level 2 "The Lightfilled Relationship". I believe understanding how addictions come about and how to treat them are an important part of helping clients and ourselves.

However the 12 Steps are interwoven into the fabric of the Lightworker Practitioner Training. I have not gone into them before this Section because it would have made understanding the 12 Steps too confusing. Some of the ideas would have been presented out of order. So I have been asked by my Guides to present them here. I have been asked to include them as a way of living in the light.

In their own right, without any help from me, the 12 Steps are an amazing tool for living. Where I have put the word 'alcohol' you can replace it with any addiction. Sometimes I replace my addiction of choice to 'our humanness' as this is the part that gets addicted to anything. And, last time I looked, we all have a human part.

In the following summary of the 12 Steps, we explore the how they align themselves with principles of the Lightworker Practitioner Training. Please bear in mind that turning up for each step and following through, calls on the two principles of willingness and discipline.

Step One "We admitted we were powerless over alcohol and our lives had become unmanageable".

In this first step we call on the principle of honesty. A lot of people think the first step sounds like a victim statement. If one feels like a victim, how one reads that first step will be how they feel about themselves.

This step is the one that helps a person to admit that they are not in 100% control 100% of the time. This is part of living a human existence. Yes we do have a human part. Yes it does get addicted. Yes we do feel powerless and like a victim sometimes. However the 12 steps would not be called 'steps' if we were truly victims. Because why bother taking steps towards what you want if you are a victim.

Step one opens our addict part up to the reality that there is in fact a different reality. That way, we can step out of being so immersed in the human reality and then with more clarity, empowerment and abundance, step back into it.

We need Spiritual guidance to help keep us on track. If we do take the first sep in admitting we re not in control 100% of the time in everything, we take a step closer to help and our true divinity. It is only by admitting that we are human that we can then let the light in. It is only by letting the light in, that we create and manifest what we want.

We need to acknowledge that we are not all powerful in control beings all of the time and that we don't have complete power over things outside of ourselves.

Others have their own charts, their own destiny's and their own choices. What happens to us is for our highest good and the good of all. When we are truly guided, we actually lose the compulsion to be in control. When we eventually surrender, we experience a power so powerful, that we could never have imagined surrender could feel so empowering.

The path that I take you on in this journey of the Lightworker is certainly one from 'victim' to 'victory', It is one where, no matter what time of the day or day of the week it is, you can feel like you are a victim one minute and then an empowered master the next. Even if for an instant we can feel powerful, connected and at peace. Those holy instants in time get closer together. Before too long we realize that they have strung themselves together so closely that this is our new way of living.

So getting honest about our humanness is important for us to take the first step. We often are Spiritually arrogant and don't believe we need help too. It takes honesty to admit our current reality and it's limitations. Basically, you can't take step one without exercising honesty. That is why it relates closely to the first principle of the Lightworker Practitioner Training. Not only getting honest with Spirit, and ourselves but with others as well. Many of my clients have told me that the one thing that really made a big difference to them by seeing me, compared to other counsellors, psychologists or psychiatrists, was that I was honest and okay with who I was. That I was on their level and didn't try to be 'above' them. That by me feeling okay about myself and my imperfection, it freed them to be honest and okay with theirs.

Don't underestimate the gift of being okay with the part of you that is powerless. Make your peace with it and gain the support for it that is available using the tools this Section and other levels of the Lightworker Practitioner Training.

Step Two "Came to believe a power greater than ourselves could restore us to sanity".

I translate this as meaning that we will not stay in our right mind if we don't believe in a Higher Power. I also think it means that we need to trust in something that will restore our temporary craziness 100% of the time. Not 5%, otherwise why would we choose to believe in something that isn't going to support us completely? In order to believe we are supported completely we really do have to open our minds to something greater than ourselves.

When we acknowledge all our human parts, having faith in a power greater than ourselves tends to be easier. If it is not me, then it must be something else…our mind opens.

Angels help us to believe we are supported by an all-loving power because Angels are love. Angels can bring you a lot of peace and understanding and bridge that gap between you and your Higher Power. Not only that, they can help ignite the power within you.

It is a lot easier to trust in a Higher Power when you associate that power with love. It is a lot harder to imagine a loving Higher Power if you associate it with an abusive father, mother or authority figure.

This step is the step that relates to open-mindedness and faith. We need to believe that we are supported 100% of the time by an all-loving source. We need to believe that anything is possible. That miracles are possible.

We need to be open to any healing and perceived restoration of our wholeness. We need to reframe our thinking about our support and also about feeling okay with being supported. This takes a little getting used to. Especially if we have mainly been the helpers of others. We get better at it, and we find

that as we have stepped into the flow of abundance, we receive and manifest more.

Step Three "Made a Decision to turn our will and our lives over to the care of God as we understood God".

This step calls on the principle of willingness. When we are willful, we are cut off from our Higher Power and sacred self. Our "self will run riot" leads to drama and chaos. This is the disease of wanting more. More money, more love, more booze, more sex, more houses, more food, more "more". We are usually in some addiction or another mixed in with a cocktail of mental and physical illness because of our unresolved frustrations.

Then, when we don't get want we want we get resentful and blame others. We don't take responsibility for what we want and we get angry and jealous of what other's have. We are usually very resistant to taking responsibility for our choices. We think that it's always someone's fault that we didn't get what we wanted. And regarding our history, well "It's because of my family that I am this way". It really is important to embrace that inner toddler in order to mature and allow Spirit to work through us and moderate what we want and need. We work through this in Level 2 "The Lightfilled Relationship" in our Inner Child healing. We reclaim this part of ourselves lovingly and meet its needs. It helps us to moderate our life and to step into the driver's seat with our Higher Power instead of having a child driving the bus of our life.

Spirit and Angels never interfere with free will. If you don't turn your will over, you can become as willful as you want. Our will can be so strong that the only way we listen to guidance is when our will has gotten us into trouble. This is what I mean by healing through pain, rather than joy. We wait till the pain of not changing is greater than the pain of change. If there is a part of us that is not

willing to change, we can pray for the willingness to be willing. We can resource our Higher Self so that it is able to support our resistant parts.

Sometimes we fight what we are guided to do, because deep down we feel that we deserve punishing. We will certainly create more situations that mirror this back to us if we feel this. We address this sabotage in a loving way in Level 3 "Transforming Darkness to Light". Spirit doesn't create trouble to punish you. Spirit might influence situations to get your attention though. That is why trusting that no matter what you are guided to do, even if it feels stupid, it's important to follow through. Taking the view that you are in a learning process is always handy. Spirit wants what is best for your highest good. It knows that that is when you are of more service to others.

Sometimes we can use this step as a way to procrastinate. "Oh well, I am powerless, but I've handed it over". Then we do nothing. It's important to say to Spirit "Yes, I know I am powerless and handing it over. Will you please help me by showing me what to do next?" Always ask for guidance when you are handing things over. You may get "Do nothing", or "Wait". Great! At least you know that's what you're meant to do. At other times you might get specific guidance to take a practical step towards what you want. I am a big believer it not assuming handing things over means to do nothing as I have used it to procrastinate. Sometimes handing things over feels like a load has been lifted on the one hand, then on the other we are given lots of work to do by Spirit. Remember that whatever you are guided to do, it is in your highest good. Handing things over always makes light work of it for us because any work we do propels us towards the light.

If we are guided by Spirit to do things that we think are not in our best interest we need to get confirmation on our guidance, we can always check it out with Archangel Michael and other Lightworkers.

Once we've heard the guidance, it's great to ask for the power to carry out what we have been asked to do. Spirit and Angels do tend to nag if they know they've got your attention!

All things happen for our Spiritual development. If we listen, follow through and turn it all over to Spirit, we step into a completely new way of living and being.

Step 4 "Made a searching and fearless moral inventory of ourselves."

Here we need honesty in reviewing our life and our reality in order to learn more about who we are. We also need forgiveness for ourselves, so that this process is done in a loving and non-judgmental way.

A suggested tool in completing this step is not to just look for the perceived negatives, but to look for the positives too. We use tools presented in Level 3 "Transforming Darkness to Light' for this step. We find the gift in the parts that have been unconscious and perhaps created some havoc in our life. This step involves a process of recognizing how our unconsciousness of certain parts of ourselves has delivered to us the life we have lived. We learn to give them what they need. It is about getting to know them and transforming them.

If done in a loving way with the Angels help, those parts that are suppressed, denied, out of control, violating others, etc are helped lovingly by being guided into getting their needs met and living in cooperation with all our other parts. It is not about a battle of what is right or wrong. Spirit wants us to discover what is needed and what is gained from having those parts in our lives.

When we have looked in the mirror in Step 4, we see that every part of every human, mirrors a part in us. Our reaction to anyone's part is about us. This is where we learn our 'response-ability' is our ability to respond to others. To

realize that all our reactions are but projections of parts we have a hard time integrating.

When we have completed this step, it also brings forward the principle of unity, wholeness, peace and joy. We no longer feel as though we are the only ones who have parts that get out of control. We feel more united and connected with others. We start to feel more whole and complete. We step out of 'disease' and into feeling free and easy in our bodies. We are more at peace with ourselves. Life is more a joy.

We can then choose more freely and consciously how we want to live our lives.

Step 5 "Admitted to God, to ourselves and to another human being the exact nature of our wrongs".

This is about sharing our Step 4 inventory with ourselves, the Angels and God and also sharing it with another human being who has embraced their parts enough to hold a loving and compassionate space – that of an Earth Angel – to mirror back to you your authenticity.

We exercise the principles of honesty and willingness. However, if you are in unforgiveness of yourself, do not complete this step until you have shared it with your Higher Power. You will have more willingness on board to share with others when you have made your peace with God.

Here, the shadow parts are illuminated in the sharing. Any shame around those parts is easier shed in the presence of a compassionate being. We are human. This step brings us out of hiding and into the light in the presence of a mirror and also the divine. It is a brave step. The Angels surround those taking this step. They know how scary bearing your soul to another is. They hold love and compassion for you. In this step, your love for yourself will grow. In coming out

of hiding, we become closer to ourselves and our fellow humans. This is the beginning of a Spiritual connection with the human race. This is the beginning of true intimacy. Our unity with others grows and we feel more at one with Spirit.

Step 6 "Were entirely ready to have God remove all these defects of character".

We need the principle of willingness here. We are in preparation for huge change. We are open-minded to unlimited possibilities. We take responsibility for becoming ready.

Up until now we understand what needs to change from Step 4 and we now become ready for that change and transformation. We have made our peace with God and now we are getting more specific with what we want to change. The Lightworker Practitioner Training offers support in readying ourselves to receive the transformation we want. We work on feeling deserving of this change in Level 2 and 3. We feel more whole from the process work we have done up to this point and now we are getting ready to receive help in transforming our lives. We are becoming more open to this help.

In Level 2 "The Lightfilled Relationship" we throw off the shackles of false-self roles that we have played out in our family of origin and thereafter. These roles have become replacement selves. These roles are immoderate states of being that come with their own set of extreme character traits. They are defective because they do not work in harmony with the universe or get us what we truly want. They are what the program calls our "character defects". So if we have played the Caretaker, we may have the character defects of the controlling, judgmental, perfectionist. Or if we have played the role of the Victim we may have the character defects of being jealous, self-pitying and dependent. We

learn to ‘get ready’ to release both these roles and the character defects that accompany them.

Level 4 “Vibrating In the Light” supports us in being open to vibrating at a higher level. This is what we are readying ourselves for. The more we evolve, the higher our vibration gets. The clearer we are, the higher our vibration. By this point of our journey, we start to become very clear on who we are. If we have not strengthened our relationship with Spirit by this point, we are probably overwhelmed and burdened by this step. That is why building the foundation of a strong relationship with Spirit in Step 2 and in this first level of training, is so important. It bellies all other steps and training.

In Level 7 in “Living Abundant Light” our thinking starts to change more specifically towards creating what we want and how to do that most effectively. Changing our thinking about what we deserve is very helpful in reading ourselves to take this step.

Step 7 “Humbly asked God to remove our shortcomings”.

This is where we build on the principles of responsibility, love, joy and wholeness. We have learned about ourselves in Step 4. We have become aware of our reality and what it is. Now we learn to follow through with our guidance and resourcing on a deeper level.

In Step 7 we are assisted in transforming our reality into the reality we want and to change our vibration. We are given guidance on how to do this throughout the Lightworker Practitioner Training. We do practical exercises throughout the training that raise our vibration and transform our reality. Our shadow work and inner child healing are players in deep transformation of our vibration. We learn to understand ourselves, why we violated boundaries, what motivates us, what we fear, what we value. We are supported through

vibrational medicine, food and artistic therapies to transform our vibration. We learn the power of thought in raising our vibration. We have Spirit help us remove anything blocking us from creating a life of abundance.

In Level 3 “Transforming Darkness to Light” we take responsibility for understanding the gift of each of our perceived character defects, roles and shortcomings. We ask for them to be removed by God by asking for them to be transformed. Rather than being a slave to them and feeling controlled, we are now working with them. Our Higher Power helps us to ascertain their gift.

We do not shun these perceived defects or judge ourselves for these life saving roles and immoderate ways of being. They are integrated and loved. So releasing these roles becomes a transformative experience and this moves us into a feeling of wholeness. This is because we are not leaving the characters behind. The things that are not working for us in their current state of being are handed over. Spirit takes these ‘defects of character’ or ‘shortcomings’, transforms them and brings them back to us! Perceived ‘defects of character’ are transformed into qualities that work for us. Shortcomings, turned around, work for us and not against us. They are moderated and no longer out of control. Life works. And we’ve made light work of life!

In Step 7 we develop a loving relationship with Spirit in a deeper way. Step 7 assists us in loving ourselves through the process of embracing our perfect imperfection instead of judging it. We also, re-focus on the qualities that we love about ourselves or may not know we had. We fall deeper in love with ourselves and our imperfection. We focus on the qualities that we wish to keep and those we wish to leave behind are transformed into strengths.

Step 7 heralds a time of Joy. We are healing through the principle of Joy. We celebrate every part in us and have Spirit to oversee the process of transformation.

Step 8 "Made a list of all persons we had harmed and became willing to make amends to them all"

We exercise the principles of forgiveness, unity, willingness, honesty and responsibility.

The first person we need to forgive is ourselves, so our name is always on the top of the list! We cannot make a complete amends, if we are judging the person. We cannot stop judging the person if we are still judging ourselves. Level 3 "Transforming Darkness to Light" helps us work through this.

The principle of unity would state that the people we have hurt were just a mirror of the part of us we have hurt. So the more we are willing to extend the olive branch to others with serenity, the more we have integrated our own part. Being willing to make an amends is easy when we are no longer riddled with guilt and we are at peace with ourselves.

We ask Spirit to Guide us to put down the names of people that we have significantly harmed through our conscious or unconscious behaviour. Spirit will Guide us in this process of becoming aware of the people we now are willing to acknowledge who have been significantly affected by our inappropriate behaviour. This is not the time to entertain whether or not we *will* ever make an amends to *all* the people on our list. We need to be guided by Spirit on whose name we write on the list, trust 100%, be rigorously honest and write it down.

It is recommended that we complete Step 4 before we take this step. For one, we are more forgiving of ourselves. Secondly, we are more aware of who we have hurt.

This step is not about judging ourselves, or even justifying why we did a certain thing. It's not about whether we will make an amends to them. It is actually just a *list* of names. However, it does take willingness and a certain sense of responsibility to write it. We are exercising an admission of responsibility here and this can be scary for us. You might like to use the Daily Guidance Meditation to help you get clearer on whose names need to go on the list.

Step 9 "Made direct amends to such people wherever possible, except when to do so would injure them or others"

We exercise the principles of forgiveness, responsibility, wholeness, unity and peace.

The best amends that I have ever heard, is not doing the same inappropriate behaviour again. It's okay to say sorry as an amends. But sorry only gets sorrier the more we say it without changing our behaviour. When we change our behaviour, we don't reoffend others and ourselves. Of course we need to ask for help and guidance on how to change our behaviour.

If we make an amends that will harm others, or ourselves we will be guided to take responsibility for our inappropriate actions a different way. Spirit doesn't want us to be punished. We will be shown how to make an amends for the good of all concerned.

Does it mean that we will never make a sacrifice? I think not. In our Spiritual development and evolving we may perceive that we need to make sacrifices. But these sacrifices are often a joy rather than a deprivation. They are not about feeling like we are missing out. Rather, they are extending ourselves to a vibrational frequency that is rising above that which we used to need. Sacrifice becomes an anomaly.

I never recommend making an amends to another unless you are willing to forgive yourself. If have forgiven yourself, then you won't need someone else to pardon you. If you need to be pardoned, you are not ready to make an amends. It is actually reoffending to want to be pardoned by another. It is harmful to yourself as you are handing your power over. It is harmful to the other person because they are given the burden of your unforgiveness of yourself.

We can make direct amends by saying sorry and changing our behaviour. We make can make indirect amends to people who are unsafe, unavailable or deceased through a visualization. I have provided this in Level 2 "The Lightfilled Relationship". Or we can say the following to Spirit:

"I am sorry for being hurtful to (person we offended) by (inappropriate behaviour). I forgive myself and I am now willing to change this behaviour so that I do not hurt others or myself any more. Please send this message to (person we offended) so that my amends is felt."

As we complete Step 9 we are unburdened by the past and are able to move more freely in the present. We step into peace. We are more connected to others than ever. Our feelings of unity and wholeness increase.

Step 10 "Continued to take personal inventory and when we were wrong, promptly admitted it."

We really call on all the principles of the Lightworker Practitioner Training. We are staying conscious, one day at a time, through using the Daily Guidance Tools provided. We can sort out what stuff is ours, how we feel about it and exactly what we need to do about it.

To me this step means to be aware of our reality, being honest about when this has transgressed another's boundaries and to take responsibility for it. We keep a clear conscience and it doesn't block us from connecting and evolving Spiritually.

One of the worst things that hold us back from evolving is not making peace with our past, keeping secrets and not taking responsibility. However, it doesn't have to be all doom and gloom. It can be as simple as checking in and getting the slate wiped clean right in front of our eyes. Sometimes just turning up and do our Chakra Clearing is enough.

Sometimes we will be called to make right a wrong by saying sorry and owning our mistakes. However, I don't believe Spirit is keeping score on our mistakes. I do believe that if we don't own them and forgive ourselves, it is a recipe for stagnation, addiction and not evolving Spiritually. Having our slate wiped clean on a daily basis beats having to deal with a build up!

When there is no build up, we are in less pain. We come from living a life that feels lighter and brighter, because it actually is. We feel more in joy. We are more at peace. When we get used to these feelings and living this new way of living, we notice that drama isn't so intoxicating as it used to be.

We gain an insight into the gifts that our different feelings provide us with, in Level 2 "The Lightfilled Relationship". The daily nudges of our feelings are our teachers and help to guide us in understanding ourselves better. We build a better relationship with ourselves, the more we accept and understand what our feelings are telling us. They are guides in advising us who we are, what is meaningful to us, what our integrity is and how our connection with our Higher Power is. Taking this daily inventory of our relationship with ourselves using our feelings and our other Clair faculties really helps us to continue understanding ourselves with more clarity.

We find here that we are ‘being’ more and ‘doing’ less. In Level 5 “Playing In The Light” we discover the art of healing through being rather than doing. Using artistic and other creative therapies, we discover how we naturally heal, by having fun. We feel more whole from a state of being rather than striving.
It is a very exciting way of living and is done more readily when we are at a place of being open to healing in a different way.

When we have reached Step 10, we are shown that living and being in life can be a lot lighter than the way we used to live. No longer are we *doing* light work. We are *being* Lightworkers. No longer is it a job. It is a way of being. In fact, we have got to the point where, we can’t ‘not do it’. We have integrated it into who we are. This is peace!

Step 11 “Sought through prayer and meditation to improve our conscious contact with God, as we understand God, praying only for the knowledge of his will for us and the desire to carry that out”.

Here we need discipline to turn up and consistently check in. We need willingness to do it. We need openness and an open mind to receive guidance.

As I mentioned, earlier in this Section, prayer is asking and meditation is listening. So we are asking and listening for guidance from Spirit. We do this daily. We do it hourly at times. And sometimes in the early days, like me, we are doing it every minute.

The more we check in for guidance, the more it changes and raises our vibration. The Daily Guidance Tools that are provided in this Training Manual will really help improve your conscious contact with Spirit. It is a working relationship. Of course doing the exercises to develop your Spiritual Organs will really help with clarity of information and guidance that comes through.

We address any sabotage to raising our vibration in the process on 'Enlightening The Lightworkers Shadow' provided in Level 3. We also address any resistance to changing in Levels 2 and 3.

Where we once lacked the confidence to step forward in life, we are now given the guidance and the power to carry through on that guidance. From taking our fears to God, we gain the courage to take that next step.

In essence, this Step gets you closer to communing with the vibration that you wish to resonate at. It helps to give you the power to follow through on the guidance that you get. So it effects your Spiritual and human life on a very active level. You are not just sitting in a room meditating. You are in life, following this guidance through to action. This is how we make light work. We connect, listen and follow through.

Step 12 "Having had a Spiritual awakening as the result of these steps, we tried to carry this message to others and to practise these principles in all areas of our lives".

This step is predominantly about the service of passing on the information we have learned. We do this mainly by being a living example of what we have learned. It is not so much about formally teaching and preaching. It is more about living it. We are living in unity with Spirit and others.

We provide a service to the whole of humanity and The All, by doing our bit and raising our vibration. People are affected in a positive way. The Spiritual world is affected in a positive way because we are part of the solution rather than part of the problem.

This whole course stemmed from me being a living example of the 12 Step program. I had to pass on the wonderful learning's that I had.

After entering and getting some of my own recovery, I sponsored many people in the program to Guide them through the 12 steps. Many years later, after the birth of my second child, I was then guided to run free courses at the local community centre. Then I was being asked by participants if I was a counsellor. I thought to myself, maybe I should be? I started studying and seeing people at the same time. Within 6 months I had a booming practise from home. I was just turning up and being guided and wham! It all happened. Then my clients and other participants from my workshop started asking me where they could learn 'all this stuff'. So I started writing courses. These courses were initially addiction recovery centred. Then this grew to teaching counselling. And now it is offering the Lightworker Practitioner Training. When we turn up for the next thing we are meant to do, we are guided to the next step. If someone had told me 10 years ago that I would be writing books regarding a training series that bridges the gap between counselling and clairvoyance, I wouldn't have believed them. Not only that, I would have felt completely overwhelmed! So, in turning up to where we are called, we are actually doing service. We are lead slowly to the next challenge, one step at a time, one day at a time.

This is what they mean by 'practising the principles in all areas of your life'. It becomes hard not to pass it on to people around you, your children, family and friends. You live the principles and then they start to live through you and your relationships with others. And they are catching. When one of my students read this, she wrote, "Why wouldn't they be when they get you to creating the life you want?"

The Lightworker Practitioner Training is one way to learn and teach others how to raise their vibration. It is a way that has been given to me from Spirit to pass on. It is me living the 12th step!

Spiritual tools for special moments

You can always expand on these as you build your own tool kit from direct guidance from Archangels, Ascended Masters, and Fairies etc. This is unlimited. Here are a couple of mine that I have been given that stand out from the rest:

Archangel Michael's Sword of Truth:
This sword of truth ensures that the person who is talking is speaks the truth. If they are lying they will get distracted, forget etc. To use this sword we can either: hold onto it, touch someone with it or place it lovingly inside someone.

The Rose Quartz Heart:
The rose quartz heart is a window into their core intention of the person we are focusing on. The gesture that we see the person has formed, with their whole body, resembles the essence of their core issue. For example you think of a person you want guidance on. Then picture a rose quartz (light pink) love heart. Then picture them inside it. Notice the gesture that they are in. If they are curled up in a ball, this might mean that they are in a lot of pain, alone or isolated. If they are on their knees, they may be desperate for help. If they are lying down in a gesture of defeat or surrender, they might have totally given up or given whatever is bothering them over to the Universe. Tune into the gut feeling that you get in regards to the picture you see. I find it helps us step out of judgment of a person and see them where they truly are in their journey.

The Lotus Flower:
I had this symbol given to me by someone just before polishing this Training Manual off and I love it so much that I am including it here. I was guided to ask a Kinesiologist about her boundaries with clients and how she knew whether the answers of muscle testing were actually for her clients or if they were really answers to her own issues. She said that she is a channel for her client and

‘knowing’ is easy. She said if she had any doubts, she muscle tested on whether it was her stuff or her clients.

Then she said that she had a question for me. She said, “I *know* with my clients, but when it comes to me, I am not so sure when it is my intuition or my own thinking”. I explained the difference between Claircognisence and Clairsentience and this helped her as I believe she was primarily Claircognisent. I told her about Archangel Michael’s sword of truth and holding onto it whenever she wasn’t sure. After that, I mentioned that everyone’s different and that she might have a different symbol or way of finding the truth. Straight away she said that she pictured a Lotus flower in her mind and that when she is knowing that something is true for her, it is open. When something is not true for her, it is closed. Then she showed me her card and a photo of a Lotus Flower that she had had photographed herself! It was obviously a huge part in her life. And it made complete sense why I thought she was primarily Claircognisent, as I felt that the Lotus Flower she was describing was actually her Crown Chakra opening and closing. This is a great example about finding ways that work for you to check out the truth.

Cord Cutting:
Etheric cords are unhealthy attachments to people, places, addictions and things.

Cord Cutting is a tool that I do not recommend at this point in the Lightworker’s journey. I have introduced it early in training however with mixed results. It is my belief that until one knows how to fully resource oneself and deal with resolving the core belief, it is not recommended. This will be covered in more detail in Level 2 “The Lightfilled Relationship”.

Suggestions for Practitioners/Facilitators

If you feel that it is necessary to cut a cord at this point in time as the client or student has an urgent and pressing need for a clearing, this is fine, trust your judgment. If you have never taken anyone through cutting a cord, please do not attempt this unless Spirit is guiding you. However ensure that the client is supported to deal with the fallout of the cord cutting. And ensure that any blocks to their core beliefs changing are addressed as a follow up. If not, they will attract the same situation or attachment. I do not believe that only conducting a clearing is enough.

They will need preparation in seeing what the cord is giving them and taking from them, what the cord is attached to e.g. person, place, addiction or things. They need to know what their need for it is and the payoff is. They need to be up for it physically. Their Etheric body needs to be up for it, as it will drain on the Etheric energy. They need to know how to resource afterwards. If you cut a cord without following these Guidelines it may be ineffective, irresponsible and unethical.

In cutting a cord firstly, ask Archangel Raphael to resource the client with the loving light they need. Then ask Archangel Michael to cut cord and to remove it and any roots or toxic waste from it. Ask Archangel Michael to take whatever is attached to end of the cord, to the Womb of Transformation. Ask Archangel Raphael to continue to send his loving light to the client until the place of the cord it completely resourced.

Conducting Readings

Receiving any information that is coming through from our Spiritual faculties is reading a situation or person. What I am saying is that life is a reading! Every minute of every day we are forming opinions on things. We are reading people and situations all the time. We read into our thoughts and beliefs. We read into why people do things. We read into our feelings and those of others. We read into body language. We read into what people say and their tone. It's what we are born to do. It is our choice whether we want to read life efficiently or not. Developing our Intuition and other faculties is a speedy way to help us read life with more clarity and make decisions effortlessly.

Types of Readings

There are many types of readings. Here are some just to name a few: cards, palms, auras, runes, tea leaves, paintings, reading the body through massage, pendulums, astrology charts, crystal readings, mediumship (talking to the afterlife and other side), energy readings and psychometry. I think there is even a lady here in Australia that reads people's buttocks!

Also, we can ask a question to Spirit, ask for a sign and then 'read' the next things that happen to us as significant messages towards our guidance. In some cultures, even a sneeze means that whatever you just said, is true.

Purpose of Readings

If we are conducting readings for friends, or ourselves it is usually to seek answers to our questions.

If we are conducting readings for a client during a session, I see readings as an intervention. When I say intervention, I mean it is a time in the session where

we step in to offer further guidance and help. We might choose some other tool to help them such as a Chakra Clearing. I don't see readings as being the only means of offering assistance to our clients. They are a very powerful way of offering guidance. But ultimately, if a client becomes dependent on this information, they don't learn to build their own inner guidance system. This is not healthy for the long-term benefit of the client.

A reading can help a client establish more clarity with their current issues. It can provide more understanding about themselves. It can help them to identify and understand the blocks towards moving onto where they want to be.

Readings can help establish for them what Spirit is telling them is in their highest good and the good of all. Of course readings can be used for selfish purposes. They might want a reading to find out how best they can manipulate a situation that is really not in their or another's best interest. You need to ask yourself if you want to be part of that kind of story. I certainly do not.

If you do a reading for a client with the purpose of fortune telling, then it is plain and simple that they are handing their power over to you. It is unethical to tell a person what is going to happen. Nothing is set in concrete. Especially if you believe that their thinking creates their reality. I don't believe in telling people their future, because I believe they have the power to create the future they want.

You can certainly say to them that if they continue on the current road of thinking and behaviour that such and such is likely to happen. That is different from saying "you will be married to Bob next June". It is easy for the client to hand their power over to you, to tell them what will be. Remember the principle of open-mindedness. Anything is possible when you have an open mind.

If we are ‘called’ to do a reading and we don’t want to because we are in fear and resistance, it is better to practise being in acceptance of Spirit’s will. I say to just turn up when you are called. Trust that you will not know what to say. Yes, that you will not, but Spirit will! All you have to do is trust, relay the messages and you’ve done your bit. So by now you see how the first three principles work in action i.e. that it takes Willingness to turn up, Openness to listen and then Honesty in relaying the messages.

The Art of Relaying Messages

When we are giving a reading, the best way to view your role is as a messenger. You are being called to a person because Spirit knows you can help and Guide them and relay the messages that you are receiving.

Sharing the information with others is one thing, knowing how and when, involves wisdom. Always ask Spirit what to say and how much.

The simplest way to pass on information that you are getting is to do it as accurately as possible. We can communicate very specifically about relaying what we see by saying, “This is what I am seeing…”, what we hear by saying “I am hearing…” and what we feel by saying “I am sensing that….”. If you just ‘know’ something you can say, “This is what I am getting…”

Don’t jump into trying to interpret what you are getting yet. For example, if you see a green car, let the client know you see a green car. You can ask them “Does a green car mean anything to you?” If they say “no”, tell them what a green car means to you. “Well, to me, a green car means that you are overwhelmed with emotion and you just can’t see clearly right now. Does that fit?” If you get ‘a hit’ it means they agree with you.

When I am conducting a reading I say “this is what I am getting..” a lot. Then I ask them “what does it mean to you?” because they can provide me with a lot of information about the message and how it relates to them personally.

Sometimes Spirit will send you messages that only *the client* will understand and sometimes Spirit will send you information that only *you* will understand. Take your time and take it slow.

If someone is really open, the vibration becomes so high that you just bounce off each other so easily and messages come through thick and fast.

If someone is closed and not willing to give you any feedback along the way, one of two things will usually happen. Usually if you just trust and pass on the messages verbatim as you get them, you will be spot on and they will either accept it with excitement or reject it because they don’t want to accept it yet. Don’t take rejection of information personally, however you can reflect back on whether you created a situation where you needed this kind of experience. It’s always recommended to debrief with fellow Lightworkers. I’ve been through it myself. My guidance on a situation with someone was not what she was looking for. The way I work, helps people to get them to where they want to be, not be victims to their circumstances. However this client actually thought that I would give her a lot more specific information about whether or not she would move to a certain place. I gave her very specific information about a big change in herself in order to make the move she wanted. She didn’t like the reading or what I was saying. She didn’t want to take responsibility in her own life regarding whether she moved or didn’t. Quite symbolic of literally staying stuck isn’t it?

It’s great to come to terms with the fact that clients may not like what you actually tell them. That is why I work with conducting readings in conjunction

with counselling others. It helps to get them to where they want to be by getting past their blocks and creating what they want.

Once again, I don't recommend telling clients future results. Letting clients know that you feel uncomfortable about the new man in their life or that you hear the Angels saying "no" to their question, is fine. Letting your client know that you see them in a wedding dress when it comes to whether they will get married is fine. I would not recommend saying to a client that they will marry a specific person. I would not recommend that you tell your client to leave someone. Just keep reporting to them what you see, feel and hear.

Preparation for Readings

Firstly our Chakra meditation or quickie cleanse before a reading are a great way to feel clear, step out of your stuff and make way for clear communication between your Spiritual helpers and Spiritual faculties.

If you are in fear or doubt ask Archangel Michael to come in and clear away any negativity you're feeling. Ask Archangel Jophiel to beautify your thoughts. Ask all your helpers to help you. Pray that you are to be used for the highest good of all concerned. Say to yourself "Thy will not mine be done', as a little prayer. Have this intention on the outset and you can't go wrong.

Everything that happens whilst the reading is taking place, is part of the reading. Everything that you feel is right on. Trust it and go with it. If you feel a lot of fear after you have asked for help, it may be your client's fear. Notice where it is in your body and share that with them.

Often we feel fear before the session and it isn't even ours. We are already reading our client's energy. I find that leading up to a session, things that happen to me are directly related to the client and their reading. I look back and

understand more about how Spirit was trying to communicate with me even while I was preparing for my client.

Sometimes I ask for information before a client arrives. I might even pull a card or two or meditate and get information about what might be going on for them before they come. This gives me a lot of confidence because I am proactively seeking out what is about to happen, rather than fearing it.

On a practical level, I like to have a candle, waterfall, crystals, colour and fresh air. Temperature is important – not too hot or cold. Air conditioning or a fan if it's too hot, a small oil heater if too cold.

Readings can be done anywhere of course. It 's just nice to provide a nurturing and balanced environment if you can, with all the elements present. I also like nature around me, so an open window if possible. When I didn't have a room with a window I put up my Australian Bush Flower Essence posters and they were awesome. You could feel the vibration of the room lift. Now I have them in my bedroom so I can resource myself every night!

In preparing your room, please don't wait till everything is set up and perfect. I certainly had to work past that belief before I began working from home. Once I'd let go of the perfectionism, the clients just rolled in effortlessly.

Nowadays I rely far less on any kind of environment because I have had to learn to let go of the perfect environment and be adaptable. I tend to conduct readings where I have never done so before. At the end of the day, bringing all the Spiritual helpers with you and your steadfast intention to be a pure channel is basically all you need to prepare.

Clearing the Cards

To cleanse your cards, you can:

- Call on Archangel Michael to touch them with his sword of truth.
- While holding the cards in your left (receiving) hand you can tap on the top of them with the fist of your right (giving) hand.
- You can blow into them with your breath.
- You can ask Spirit to cleanse them.
- You can always choose to see them as clear.
- You can surround them with white light.

Dealing the Cards

You can ask the clients to shuffle the cards to put their energy into the cards. Or you can deal the cards for them. You can pick cards for your clients or they can pick their own. It is your choice. I am a big believer in doing what works for you and what you feel guided to do with each client. The one that works for me is to fan the cards and get them to pick the number of cards needed. Then I spread them out and do the reading.

The one important thing is that whether you or they are choosing the cards, they need to be focusing on their question or wish.

The Art of Asking the Right Question

There are two schools of thought here. One is that you need to be very careful about how you ask questions. The other is whether you ever ask questions at all.

I am more with the first school of thought, because whenever I ask a question, I tend to get an answer.

Let's talk about the school of thought that says you should never ask questions. Basically if we ask questions like "will I marry Bob" or "will I get that promotion" it is thought that Spirit hears this in such a literal way that it doesn't respond with an answer. It thinks, "Will she marry Bob?" and gives a response based on you doubting whether you will marry Bob.

So, instead of a question, we use a wish. In this instance the wish would be "I wish to marry Bob". Then the reading would reflect Spirit's guidance based on that statement.

Asking the question as a statement that has already happened is another tool that this school of thought uses. So instead of asking, "Is Bob my soul mate?", the statement would be, "I am now in a relationship that supports my higher purpose". Instead of "When will I live in the home I want?" the statement would be "I am now living in a home that supports my life's purpose".

My thinking is, that Spirit knows that I actually want to know the answer. I need to be clear with my question though. The best questions are "Is it in my highest good to…" or "What do I need in order to…" or "What are my blocks to achieving…" These are better questions than "Will I…." Or "When will….happen"

If the client is unclear about their question you can also be more directive in helping your client formulate one. You can ask the client, “Do you want to know whether it is in your highest good to marry Bob?” or “Do you want to know some of the beliefs that you would need to be aware of in order to marry the right person?” Then you can help your client to step into alignment with their Higher Self during the reading.

Spirit also responds to and mirrors back the feelings we have *behind* the question we ask. So if the client is feeling fear around marrying Bob, don’t be surprised if the reading reflects that back to her. We need to ensure of course that the client’s feelings around it are really positive. If they have a terrible reaction to their own wish or question, they probably need resourcing and Chakra clearing more than a reading. If the client really wants a reading, then it would be more constructive to support the client in their fears. In asking Spirit what the client needs in order to not be afraid to marry Bob, it would provide far more helpful information and guidance.

Sometimes the best way to get a reading is to be completely open to where Spirit wants to Guide you by asking the question “What does Spirit want to tell me right now?” This is my personal favourite. You can’t get this one wrong!

Topics

Some general topics to focus on can be Life Purpose, Health, Relationships, Money, Children, Spiritual Development, Location to live, Career and Study.

Or you can be more specific towards the client’s reality and focus on physical, emotional, intellectual and spiritual areas.

Conducting the Reading

A few general card readings are presented as concrete tools for you to practise.

We will be concentrating on a few different types of card reading spreads in this section. There are so many different card decks available today e.g. Angel Cards, Archangel Cards, Crystal Cards, Unicorn Cards, Zen Tarots, Greek Tarots. The possibilities are endless. My suggestion is to start with a card deck that is easy for you to read. They might have one or two words on them. The meaning of them is more specific and obvious to you and it will help to ally your nerves in beginning with readings.

Pulling a card

The most basic reading is to state the question or wish and the client can pull a card or the reader can pull a card for the client.

Past, present, future

This is a 3-card spread. We work from left to right. You can spread the cards to face you or your client. I prefer them facing myself so that I can read them more clearly.

1. The first card is the past card and represents where one has been in themselves in relation to the issue at hand.
2. The second card is the present card and represents where they are at with it now.
3. The third card represents the future. It can mean the future if they address their current reality in their current state of mind. Or it can

mean that there will be a learning or shift from where they are, towards a different state of mind.

As I said, nothing is set in concrete. So if they don't like their future card, you can work with them on what they would prefer and if this is in line with Spirit.

The 3-card spread can be used with more than one deck. You might like to use the Archangels, Unicorns and Mermaid decks. It often builds a story and information with the client.

The 5 Card spread

This is the past, present, future reading with an additional 2 cards. One represents hopes/fears and the other the final outcome expected.

You can also use this with more than one deck. I have used this 5-card spread with 5 decks and so had 5 rows wide and deep (25 cards).

The Ten Card Spread

1. Where they are now – Representative of them
2. What's crossing/blocking them – Shadow
3. What's in full view - They are conscious of this
4. What is at the base of the matter – usually unconscious of this
5. Recent past – things relating to the issue that have recently happened
6. Recent future – What's going to happen soon (6 months or so
7. Forthcoming influences – related to helping previous card
8. How people see them – they get an idea of how they look in the world to others
9. Hopes and fears – What they really hope for but are afraid of happening
10. Future outcome – The end result if they continue on the path they are on

Pendulums/Dowsing

If you want to ask a specific question, you can certainly use a pendulum. We call this technique dowsing. Firstly, you will need to ensure you understand that you are reading your pendulum correctly. Hold the pendulum in your dominant hand so that it is dangling over the palm of your non-dominant hand. Tell the pendulum to give you a 'yes'. See if it goes round in circles or swings in a straight line. Then tell it to give you a 'no'. It should swing in different way. Now you can ask the pendulum anything you wish and get your answers. Sometimes we are not meant to know the answer and it won't move. To ensure that your answers are true and clear, call on Archangel Michael. If you say your questions as statements, this assures clearer answers.

Suggestions for Practitioners/Facilitators

When students are doing practise readings for themselves, it will really help to build their confidence with their card decks and understanding Spiritual Guidance. However they can only go so far in giving readings to themselves and other students before they need to conduct readings on other people.

If students or clients wish to build on their abilities to conduct formal readings I would run through some with them and then have them practise as many as they can with family and friends. It is often more challenging to do readings for family and friends because we are more attached and less objective. Surprisingly in some ways it is often easier with someone we don't know. So, especially with family and friends, it will be important to clear themselves before and after and perhaps even during the reading so that they stay in tune with Spirit.

Section 7:
Structuring A Session

Whether you are conducting a reading, Chakra clearing or hands on healing, it's great to have a general structure to a session as a professional practitioner.

In all my years as a Clinical Counsellor and Counselling Supervisor, I found that there are five main parts of a session in ensuring it is effective and thorough. I call it the five 'C's'.

1. Connecting
2. Contracting
3. Changing
4. Creating
5. Checking

1. Connecting - Establishing Rapport

This is an important 'getting to know you' time with the client. It is conducted in a non-threatening way. If your client doesn't feel safe, you may find that they don't open up or come back.

It is important to smile and exude accepting warmth towards them. It is the time that they determine whether they feel safe with you. Give them warmth in your eye contact. Ensure your body language is open and appropriate. For example, don't cross your arms but you may want to cross your legs! Make sure they are comfortable physically and that the room is pleasant. You might make some small talk. Maybe just tell them a little about yourself and what they can expect from the session.

Set the vibe as positive. Stating things like, "you are free to decide what you wish to change and talk about" helps people feel at ease.

Letting them know your boundaries up front in a document often helps allay common questions. I have provided an example of a document that professional counsellors call ‘Informed Consent’ in Appendix 1. It is basically an A4 size page that outlines the ethical, monetary, confidential and other boundaries of the therapeutic relationship. I sign it, along with my client. That way we both know where we stand. It builds trust, safety and a rapport that you both understand the expectations of the therapy and therapeutic relationship. Sometimes clients read the informed consent when I am getting them a cuppa and then when I come back, it has given them time to read it. I always ask them if it made sense and give them a general run down on the main points so that I am sure that they actually understand it.

I also use client cards as well and this is a structured way of getting to know clients as I am filling it out, before we go onto why they are here at the session. I have included a sample of one of these as well, in Appendix 2. It is great to fill out while they are in front of you if you have the time as it helps you to ask general questions, have a giggle and basically just break the ice.

You can often tell how comfortable a client is by their body language. If they have their arms and legs crossed, they may well be feeling quite reserved. Keep your body language open to show that you are relaxed and willing to be honest with them.

Part of getting to know your client is watching their body and language and eye contact to see if they are mainly kinaesthetic, visual or auditory. To build a connection, use the same speech with them. For instance, if they are visual, you will need to use visual examples of things to make sense and paint a picture with your words. If they are auditory, they may need to hear you say, “I hear you are saying…” a lot. If they are kinaesthetic, then, use hands on examples of concepts and theories.

It usually takes the first 10 minutes of a session before they “arrive” because in their mind they might still be in what they were doing before they got to you. So have patience. Ask them if they want a glass of water or a cuppa. Take your time and relax. There is no rush.

The main point here is that you and your client connect. You connect more and more as each session goes on. If you don’t connect in the first 10 minutes – don’t panic! It’s okay. Some clients don’t know what they want or feel comfortable for the first few sessions. It’s all good. They might be at the stage of getting to know that they don’t know! This is an important stage. Some clients take 6 or more sessions before they feel remotely comfortable. Others walk in and you feel like you’ve known them all your life. Each client is a gift and learning for you. Accept them where they are and be okay with that.

2. Contracting - Identifying the wish/goal of the client

This is the part where you find out what your client wants to achieve by attending the session. You can ask them, “What do you hope to achieve in coming to see me?” They might be as specific as, “I want to improve my self esteem”, or as vague as, “I just want to feel better”. All wishes are great. We can help them be more specific through exploration and questions. If we keep open to what our Guides are showing us, we will understand better what our client’s wishes are. We can provide reframes for them based on what we are seeing and hearing if they are not clear, such as “Do you mean you wish to feel better about yourself?”

Sometimes a wish is easy if you have seen the client previously and set them homework, or home play as I prefer to call it. You have gone through whether the home play worked for them or not. They might say that the issue they had last time is long gone and now they are working on something completely

different. Or you might try out some other form of home play that might work better for them. It just depends.

Wishes tend to change as the client gets to know themselves better. The wishes they originally start with become much more refined and clearer.

3. Changing - Prepare client for change

We assist the client in determining what their life would be like if they had the change. This gives you and them more of an idea of what they want and any blocks they might have towards changing. It maybe that clearing their block to the change they want, is actually their new wish. For example their wish might be, “I want to be wealthy”. Then, when you explore what it would look like and they say that they would feel guilty because of all the starving children in Ethiopia, their new wish might be “I wish to feel free of guilt regarding being wealthy”.

Ask them a scaling question regarding how willing they are to change. For instance, if their wish was, “I want to give up smoking”, then ask them, “On a scale of 0-10, with 10 being the most willing, how willing are you to give up smoking?” If they say 2, then the wish might change to, “I want to be free of my resistance in giving up smoking?” When asking them how willing they are to be free of resistance, they might say “10”. If clients have been referred to you by a partner or parent, they may have no willingness what-so-ever to be there with you. It is important that you let resistant clients know that it is perfectly okay with you. You may say that your services are for those who want it, not for those who need it. Stating the boundaries of the services you offer and clientele you are willing to work with is important. This drops the judgment towards resistant clients and any fear around what to say if it happens to you.

I say that we can always work on overcoming resistance as long as client's willingness is greater than their resistance. If they are just not willing to even look at their resistance around a certain issue, find out what they are willing to work on at the current time. You might need to work on them feeling safe with you and resourced first, before any further progress can be made towards their wishes.

Discuss any sabotage that may arise with preparing the client for change. More tools to address these areas will be provided in Level 2 and 3. However, many tools can be applied from this Level to assist clients to get on the road to where they want to be.

The following tool will assist clients in opening up to the reality of their wish and guide you on where to help your client. Ask your client to close their eyes and tell you what they see and feel during the following process.

Future Pacing Visualization

Imagine that you see two screens in front of you. On the first screen, is showing you how your life would run with your wish not being granted. You notice what you do not like about your life and how you feel about that. What do you see?

On the second screen you see how your life would look with your wish granted. You see what would you be doing and feeling. You see where would you live. You see who would be in your life. You see and feel exactly what you want. What do you see?

When you are ready, open your eyes.

4. Creating - Intervention

Interventions are tools we use to step in and assist your client in creating what they want. The best interventions are one's that the client can use after they've left. I provide many in Section 6 that clients can be taught and use in their own life. There are so many tools for different issues and occasions.

Clients may want to let a lot out. An appropriate intervention for them is that they are given the space to express their inner world. I encourage talk therapy to a point. If this is all they do when they come to see you, without any change in action, it can become a dependency. If they are provided with all the support they need but not taught how to stand on their own two feet and call on Higher Powered support, it can become a toxic therapeutic relationship. I like to see clients step into action and follow through with things they can do to build a nurturing relationship with themselves and others.

Sometimes you have to stand in for their Higher Self and be more directive because they are in crisis. As long as you hold the intention you are a channel for Spirit, you can't go wrong. The apron strings get looser as the client gets stronger. This is the correct process for their maturity.

5. Checking - Assess Intervention/Follow Up

After the intervention, check out how effective it was. Is there anything else the client needs before they go? It's a chance for the client to debrief and for you to support them with any further interventions before they go. Here you can also provide home play and perhaps have a rough plan of any interventions for the following week.

I nearly always give them home play to integrate what we have done such as affirmations, practicing being in their bodies, meditations, resourcing etc.

Sometimes clients don't do their home play because they are not committed to themselves. Sometimes they do their home play to impress you! Sometimes they don't do their home play because they are rebelling against authority. Sometimes they do their home play because they are getting so much out of it. It is a mixed bag. It's all good. I don't like to stand in judgment of whether it is good or bad if they have done their home play. Just use it as information about getting to know them and how they relate to themselves and the world. Don't take it personally. I must say that I have had some clients who are so dedicated to themselves it does bring tears to my eyes because I am proud of them. Seeing clients want to take responsibility for themselves and enjoying it, is extremely moving.

One Last Thing

I began this Training Manual with the Mission Statement and Intention:

This new way of being will create and build energy towards a group consciousness of living in the light and Spiritualising matter.

I hope that, upon reading this Training Manual, you have a greater awareness of building this energy within yourself and connecting with others in a Lightfilled way. Of course we go on to how to connect with others in a Lightfilled way in the aptly timed second level of the Lightworker Practitioner Training "The Lightfilled Relationship".

I look forward to continuing to connect with you in love and light.

- Michelle Lightworker

APPENDIX 1: INFORMED CONSENT

Welcome to your first appointment.
It is important for you to the know the agreements
we are making and what to expect of the session.

- The goal of this session is to encourage personal empowerment, awareness and behavioural changes that will enhance your life.

- Session fee schedule is $80 per hour individual. $100 per hour for couples. Fees are subject to change without notice, however I aim to give appropriate notice.

- Full payment via cash, eftpos or credit card is required at the end of each session.

- If you are unable to attend or are late for your session, I request half the session fee be paid, unless 48hrs notice is given. If I need to cancel a session, such as in the case of emergency or illness, I will give you as much notice as possible and reschedule a mutually convenient appointment for that week. If there is not a suitable time, then I will not charge you for the session that week.

- You have the right to express all your thoughts and feelings. You are accepted in a non-judgmental, caring and life-affirming atmosphere here. You are responsible for all your thoughts, feelings, behaviours, and personal choices. You have the right to determine what you want to discuss, heal and change.

- You have the right to appropriate professional services. I am a certified Lightworker Practitioner. My qualifications include Lightworker Practitioner Training, Diploma of Professional Counselling, Advanced Diploma of Holistic Counselling, Certificate of Trauma and Addictive Disorders and Associate Diploma of Rudolf Steiner Education. If at any time you or I feel there is a need for referral it will be negotiated.

- Whatever is discussed within the session will remain confidential unless you have consented otherwise. This promotes trust, respect and safety for you to openly share personal information. I do make notes after and during the session which I keep securely stored. You are welcome to read your case notes. I request that I may share your case with my supervisor – however I will not reveal your name. This ensures I am using the best therapeutic methods available to me for your specific needs. In matters concerning harm to yourself/others I am ethically obliged to notify necessary persons. In matters concerning court subpoena's minimal and relevant information will be revealed.

I hope that we can work as a team in a life enhancing process.

Client
Name: _____ Signed: _____ Date: _____

Practitioner
Name
: _____ Signed: _____ Date: _____

Michelle Lightworker
P O Box 44, The Universe QLD 4444 Australia
PH: 044444444 lightworkerreflections@gmail.com

APPENDIX 2: CLIENT CARD

Date: ..... Referred By: .....
Name: ..... DOB: ....……..... Occupation:
.....
Address (optional):.....
Suburb……
Post Code……
PH (H):.....…….. (W)…….....
Mobile: ..... Email:……
Family Background:
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Genogram:

Medical Background:
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Goals and Interventions Implemented:
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