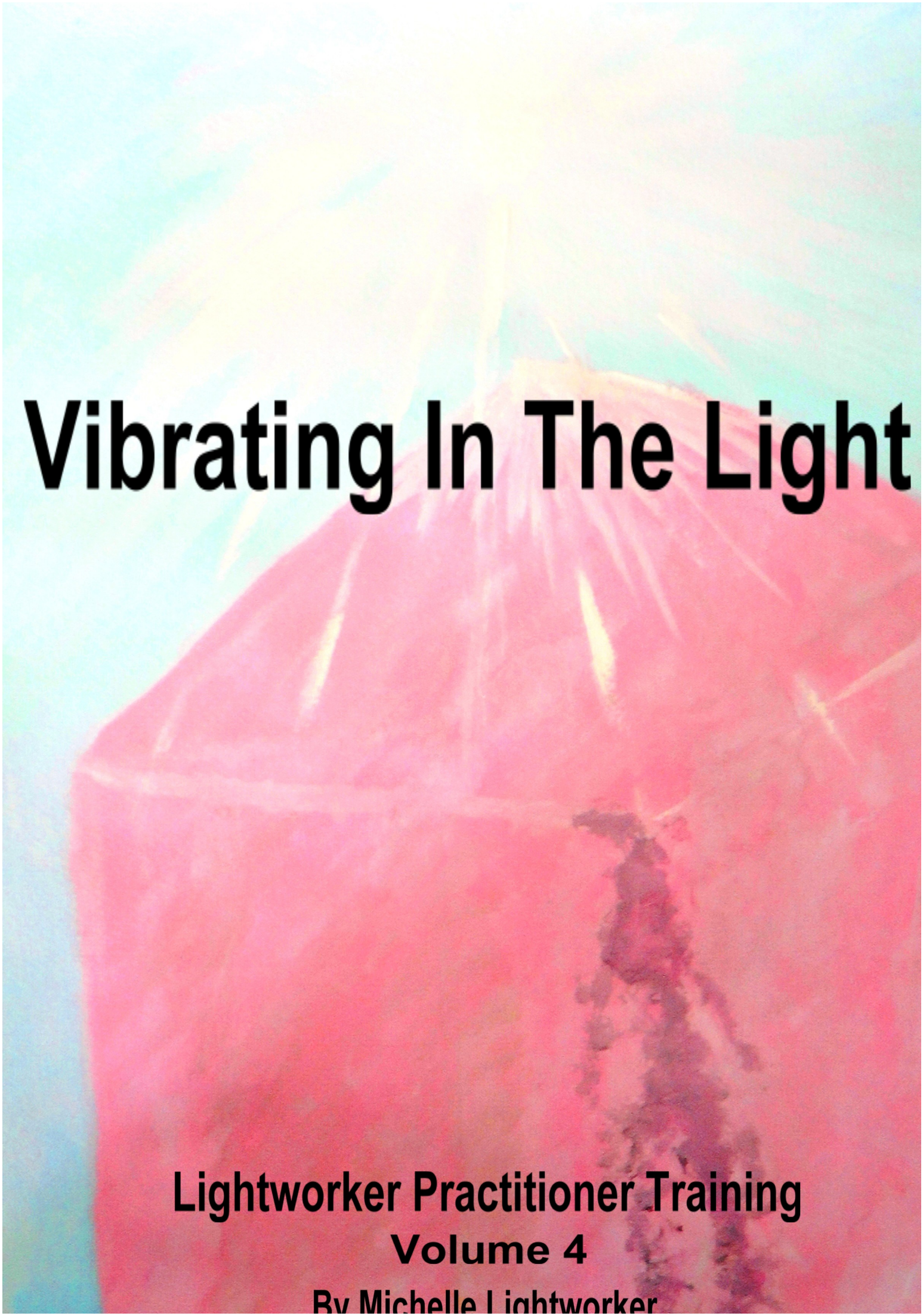
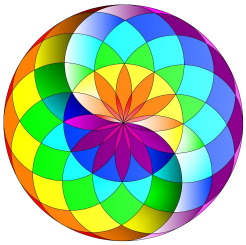

Vibrating In The Light
Lightworker Practitioner Training
Volume 4
By Michelle Lightworker



Published and distributed by Lightworker Reflections™

Copyright 2011 by Michelle Lightworker

Website: www.site.lightworkerreflections.com

Online Store: lightworkerreflections.com

Email: lightworkerreflections@gmail.com

Facebook: Lightworker Reflections

Twitter: @lightworkreflec

Illustrated by Michelle Lightworker

Edited by Hannah Andrews

Photo of Michelle Lightworker by Star Shots

Please note that “Lightworker Practitioner Training” and “Vibrating In The Light” reflects the personal experience of the author and that of many of the individuals she has worked with. This training manual is not to be interpreted as an independent guide for self-healing. The information provided is intended to complement, not replace, the advice of your own Higher Power, physician or other health care professional, whom you should always consult about your individual needs and any symptoms that may require diagnosis or medical attention and before starting or stopping any medication or starting any course of treatment, exercise regimen, or diet. The author of this Training Manual does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, psychological, or medical problems without the advice of a properly qualified and licensed medical, psychological or other health care professional. The intent of this author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this Training Manual for yourself, which is your Constitutional right, the author assumes no responsibility for your actions, health or side effects of treatments described in this Training Manual.

All rights reserved. No part of this Training Manual may be reproduced by any mechanical, photographic, or electronic process, or in the form of a photographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use – other than for “fair use” as brief quotations, embodied in articles and reviews – without prior written permission of the author.

ISBN: 978-0-9803627-5-6

VIBRATING IN THE LIGHT

LIGHTWORKER PRACTITIONER TRAINING MANUAL

VOLUME 4

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 fourth 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 a 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 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 especially dedicate this book to my two daughters Sarah and Phoenix. Thank you for choosing me to be your earthly mother. I hope that this book and the complete Lightworker Practitioner Training series assist you in your lives to achieve your highest potential. I love you both so much.

This book is also dedicated to all my fellow Lightworkers and our wonderful Planet Earth.

In this time and age, we are faced with the challenge of rising up out of our darkest most condensed human state. Together, with our Higher Power and wonderful Mother Earth we can and will do this. It is time. I thank you for your assistance in this evolving matter.

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.

Contents

Section 1 Introduction

Section 2 Earth

Section 3 Water

Section 4 Air

Section 5 Fire

Section 6 Spirit

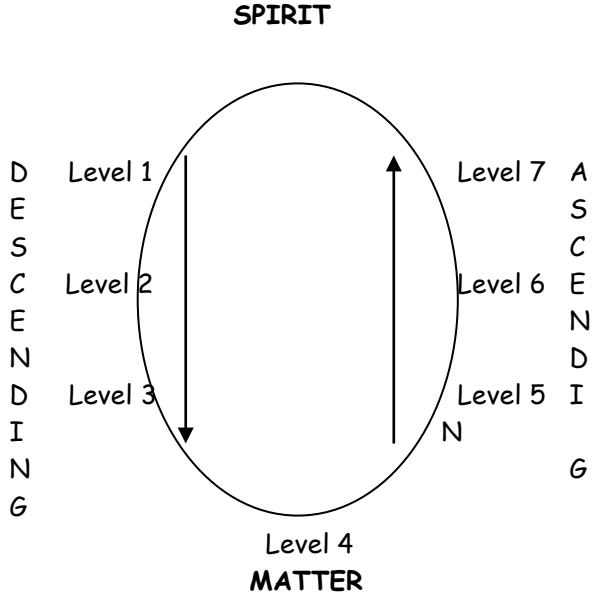
Section 7 Lightworker Practitioners Vibrational Toolkit

Section 1: Introduction

Welcome to Level 4 of the Lightworker Practitioner Training. This amazing level explores our wonderful world around us and teaches us how to utilise everything at our disposal that is right in front of our eyes. It is all about the heart and the heart connection with all life. As we bridge the gap between ourselves and the world around us with our heart, we vibrate at a higher frequency. We may not have ever truly appreciated how many resources are around us at any given moment. After completing this level, you will realise just how blessed and resourced we are, all the time. Yes, all the time. I don't say this lightly. In Level 3 where we are learning to relate to all that we project from within, here we are faced with all of our external projections. Everything is like a reflection of a part of us and in this level, we learn to discount nothing. As I said in level 1, everything in life is like a reading. When someone comes to you for a reading, notice everything and read it as though it was a card you just turned over. It is very much this kind of thinking in Level 4. It is how we relate to the very practical material world as if everything has a message to us. It is also how to get the very best out of everything right in front of us so that our vibration is positively affected and our consciousness continues to evolve.

Evolution of consciousness

A brief history lesson for you in the evolution of human consciousness so that you understand how we got to what we call the 'bottom of the bathtub'. My daughter Sarah described this descent into matter very well. She said that she imagined a straight line and that as the levels progress from 1-7 and the line dips down, the heavier it gets. It's very true. We hit our densest vibration here that we are capable of hitting. Steiner said that when this happened in the greater evolution of consciousness, this is when Christ arrived. So here we are in the centre of it all. Right at the heart of it. This fourth epoch in the history of the evolution of consciousness is quite important. I have provided the diagram that I used in Level 1 to serve as a visual reminder of how this looks.



In our first Epoc of Ancient India, we were spiritually connected but unconscious of our connection to Spirit. It was a very dreamlike spiritual consciousness. The reason why it relates to Level 1 of the Lightworker Practitioner Training is because we strive to reconnect to Spirit. In doing so, we allow spiritual information to filter through into our unconscious through our Crown Chakra. The second Epoch of Ancient Persia is where we become conscious of our spiritual relationship with others and the land. Here began the first farming methods. So we commence our Lightfilled relationship with others and Earth. This relates to the second level of the Lightworker Practitioner Training because we are learning to be more aware of ourselves, others and the Earth in a more conscious way through our Third Eye. The truth of our relationships awakens. We are like farmers tending to our own patch, clan, family and relationships. The third epoch of Ancient Egypt is when our spiritual consciousness became more steeped in materialism. The Egyptians thought they could take their possessions with them into the afterlife. They mummified their bodies and placed their treasures in huge tombs that were pyramids. This relates to Level 3 of the Lightworker Practitioner Training because we come more into our own inner aspects of ourselves that are unspiritualised. Our inner nature is not fully transformed so it casts a shadow on our consciousness. We can work really hard like the Egyptians to preserve parts of our nature and hide them away. However they hold no value to us in this lifetime unless their Spirit is seen. If we hide our treasures away, we will fail to see their gifts that they bring to us right now.

Then we come to the fourth Epoch of the Greco-Roman period. It was during this time, during humanities most disconnected time from Spirit, when our individuality emerged. So humanized did we become that we even saw Gods as half man and half human as portrayed in Greek mythology. Gods such as Zeus lived in the clouds and threw thunderbolts at humans for punishment. As we separated consciously from Spirit and descended into matter, the decadence of the Roman Empire emerged. Taxes were paid, individuals voted for the first time, civilization was born and the hunger for world domination was rife. This was the time where man came into more into his own independent thinking. Along with all this, Christ emerged and a new consciousness of free will came into being. Christ brought the heart-centered consciousness as depicted in many of the paintings that you see in books and churches across the world. The Sacred Heart of Jesus brought forth unconditional love. This type of love is our savior when we are in our darkest hour. In this book, we will explore how we imbue this unconditional love into all the elements that form us and surround us in this human existence. We explore the elements of Earth, Water, Air, Fire and Spirit.

In this introduction we revisit the 12 Principles of the Lightworker Practitioner and how they specifically relate to this Level of training and the heart center of our being.

In Section 2 ‘Earth’ we cover the vibrational energy of our Earth. We break this down into components and explore not only the natural world such as rocks, sand, dirt, crystals, shamanic healing and homeopathic remedies but we also explore our material world of money, technology and concrete jungles. It’s all important and we don’t want to leave a stone unturned. Pardon the pun! We also cover the physical laws of gravity, time and space. The effect of food on our physical bodies is also explored. We look at numbers and how they work in the world such as with numerology and the law of attraction. Learning how to live in the world but not of it is required in evolving as a lightworker. We learn to be accepting our human form (not easy to do) and seek physical transformation with the highest heart-felt vibration possible.

In Section 3 ‘Water’ we learn about the power in Water and how to influence this element. As plants and trees are very connected to Water, we also explore their gifts and essences through bush flower essences. We are amazed, nay dazzled, by the power of the dolphin. Whales and other sea creatures share their secrets and how the ocean can affect us. Surfing, swimming and other Water activities are also part of this section. We discover the benefits of Water play for both adults and children. Hydrotherapy and the healing connection are also covered in this chapter. The power of the Chi and how this relates to our etheric body which is also our healing body is also explored. We learn more about our etheric body and ways to build our Chi in specific ways such as meditation, yoga, tai chi and Qui gong. We learn to build the heart connection through building our Chi flow through our etheric body.

In Section 4 ‘Air’ we explore this wonderful element of movement. We gain a stronger understanding of our astral body and how this assists us in everyday life by uncovering our Animal Totems, Animal Spirit Guides, Power Animals, and working with animals using Animal and Pet Therapy. As we connect with our hearts to the Earth and all life, we understand more about our own shape-shifting abilities. We make use of our rhythmic system using sound and song. We learn about healing through the vibrations of certain tones and sounds. We combine these sounds to create sound baths for healing. Singing bowls, chanting, drumming, sounds in nature and song writing are also explored. The heart responds to song is such an uplifting way. Transforming the Air we breathe and learning to breathe in order to assist us in optimum health is covered in this section. Utilising the benefits of exercise to breathe life right into our heart chakra is also explored. The heart chakra itself is located in this region of the chest area. The element of Air is vital for the heart to thrive and be energised.

In Section 5 ‘Fire’ we uncover the power of candles and Fire walking. We don’t become professional photographers but we unveil the power of training your eye to light up the world around you through the medium of Lightfilled Photography. You don’t need a good camera to get

good results when you are looking with heart kindled eyes. We learn more about healing sun cancer. We learn about the power of healing through light to heal various physical and mental illnesses. We gain an understanding of light and shades of colour. Colour therapy also plays an important part in igniting the heart to move and heal illness. The power of thinking, the mind, the self, the Ego is unlocked and learnt how to be tempered and utilized so that we can achieve balance in our lives.

In Section 6 ‘Spirit’ we learn more about the power of the higher energetic vibrations and how they can heal the body. We explore the Wheel of Wholeness Elemental Diagnosis Model. We explore various spiritual energies and how they affect the darker and lighter parts of humanity and how to harmonise these. We learn skills to assess how these energies are taking effect and presenting themselves through diagnosis of our physical, etheric, astral and spiritual bodies. Understanding how our Spirit effects the way we look by assisting us change our shape is also a highlight of this chapter. With Spirit brings the Higher Self and its ability to moderate and balance all the other elements in the right combinations. We explore this in greater depth.

Section 7 ‘Lightworker Practitioner’s Vibrational Toolkit’ provides many meditations and other guided processes to assist with connecting with the elements in their various forms. Meditations and processes are included:

Earth:

- Flower of Life Mandala template
- Resolving Food Imbalances Meditation
- Spiritualised Earthly Messages Meditation
- Connecting with Crystals & Crystal Guardian Meditation
- Crystal Chakra Balancing and Healing
- Creating Gem Elixirs
- Gem Elixirs Template
- Lightfilled Etheric Healing Meditation
- Dolphin Healing Visualisation
- Whale Wisdom Visualisation

Water

- Connecting with the Plant Kingdom Meditation
- Creating Flower, Tree & Plant Tree Essences
- Creating Flower, Tree & Plant Remedies
- Flower, Tree & Plant Essences Template

Air

- Power Animal Meditation
- Animal Totem Meditation

Fire

- Makin Our Peace With Fire Meditation
- Womb of Transformation Visualisation

Spirit

- Archangel Essences Template
- Spiritual Vibrational Essences Template
- Celestial Being Guide Meditation
- Integration of the Gatekeepers Meditation
- Healing Heart Meditation

Audio files of these meditations are also available to compliment this book from the Lightworker Reflections™ online store.

The 12 Principles

PRINCIPLE 1: HONESTY

In this level of training we encounter honesty with regards to owning our responses to our surroundings. Our aim is to develop an honest heart connection with all life. We develop a more in-depth look into ourselves and our level of ‘comfortability factor’ with that which is in front of us. It may present us with a challenge to be honest about our judgments and our reactions. We may need to then find the honesty within our shadow to get a complete picture of what our opinions are. We can take this to our Higher Self and Higher Power for help. And then we get better at admitting our truth to others, in a more comprehensive, complete and discerning way.

We are very rarely without reaction in this life and world until we reach a level of reprogramming where our first reaction is peace or joy. However, we can and do get there eventually, it just takes time. When we have started to master this, we become more honest about ‘real time’ experiences. Rather than thinking about things and then sharing them later, we become more spontaneous. The more we release the non-judgment, the more peace and joy we feel regarding all that life puts before us. We also share our peace and our joyful reactions with others. It’s not just about sharing the painful or perceived uglier reactions. We also now are challenged with sharing our impartiality, peaceful and heartfelt joyful reactions. Sometimes these are unexpected reactions for others. This can also be challenging to us. We find ourselves knee deep in being all-round honest here. Not selectively honest. It is a heartfelt honesty. There is honesty in our opinion to creation, life and death of all things. Everything that is in a state of 'matter' is in this process in some way. Our opinions and judgments towards life create a heartened holistic living experience. Our reactions to everything teach us whether we are in a heartfelt connection to all our surroundings.

PRINCIPLE 2: OPEN-MINDEDNESS

When we open our heart, we open our mind. When we open our mind, we open our heart. The two go hand in hand. If we have a closed mind, then on some level, our heart is closed. We can fully accept that which is before us to be as it is and feel at total peace when we remove our judgments. Our heart can then stay open. We can hold our beliefs and not shut our mind or heart to others. There is so much to say about staying in a place of non-judgment in order to have an

open mind. This does not negate having an opinion. On the contrary, it means that we can feel so confident in ourselves, that at any given time we can add to or enhance our opinion with further information.

Keeping an open mind connects us with others more. This means that we are also able to share more of our mind. When our mind is open and not closed, we are more open in general. We speak more freely. We share ourselves, we open our hearts and our mouths follow. When you truly believe something, you will speak of it. The speaking is a mere energetic flow on of the mind that you have already connected with to your fellow man.

PRINCIPLE 3: WILLINGNESS

Being willing to open our hearts and let life in is a risky business. Therefore our willingness factor on this particular point of the journey is usually the hardest. In fact, most relationships die from closed hearts. They may start out as open and then fade away as the heart shuts down through a series of hurts or years of not being acknowledged. The willingness to open our hearts and keep them open is usually not naturally very strong in humanity. It is only when we have nothing to lose that we usually open our hearts. That is why this occurs at this level of the training. We have usually faced our shadow parts and truly, we have nothing to lose, only everything to gain. It's like, once you've done the shadow, well you can do anything!

We usually know who we are at this stage of the game. We can see what is holding us back. When it comes to relating to life and others, it is always going to be the heart. We have more bravery here at this level too. If we have not done some of our own supportive embracing of ourselves from Level 2 and 3 or with our spiritual resources from Level 1, it is almost impossible to stay in a state of willingness. We can't rely on props to keep our heart open. If we have made it to this stage of the Lightworker Practitioner Training, we indeed know that willingness is now a natural ability that all we have to do is ask for. We don't need to ask for 'the willingness to be willing' much at this point. Perhaps on occasion. Willingness is usually coming more naturally to us. Willingness to engage with people, work on our stuff and keep our hearts and minds open seems to be a more natural state of being now.

PRINCIPLE 4: FORGIVENESS

When it comes to forgiveness in Level 4, it's all about forgiving ourselves for the judgments that we have with our encounters with the outside world. It is also about forgiving ourselves for not having had a solid connection with the outside world. These judgments and lack of connection have usually caused a reaction in us. We learn to invite a connection and understanding of something new to us. This usually prevents a negative judgment of the object in front of us.

We may also experience a grief of having lost precious time from not being connected to an external object or environment. We may feel grief around having had judgments and a disconnection from it. For instance I remember I hated spiders as a child. At the age of about 7, I remember killing a whole nest of Red Back spiders under my neighbor's fence. I thought that I was doing the right thing but inside I remember my fear and terror even as I was hosing down the nest. Looking back, this was a very dangerous thing to do as they were going everywhere all at once and one bite could have killed me. In my judgment, I was risking my own life. Now I connect with spiders on a spiritual level and this is my forgiveness in action. Processing my fear of being attacked freed me to connect with spiders more, feel remorse for my actions and see their gifts. I realise how amazing and magical spiders are and their wisdom. I have so much to gain by connecting with their power and utilising it in my life so I don't get caught in webs and I can weave the threads of my own life together. The Lightworker Reflections™ logo that my husband and I designed is actually made from the flower of life mandala that is like the web of a spider. I just realised this as I write this! Thank you beautiful spiders.

Once we have connected and have an understanding of something on a deep level, we realise our grief and can let it go. Our forgiveness of both our judgments and disconnection also brings us in more compassion to others who are judging or disconnected from parts of their physical environment. This improves our relationships and communication. We can relate to their struggle and do not see ourselves above others. We know that we can't 'make' anyone connect to their external environment in a positive way. We can share our truth and struggles clearly and without guilt tripping, put downs or harsh critical analysis. We come from the heart and see others from this perspective.

PRINCIPLE 5: UNITY

In Level 4, Unity plays its part in such a strong way with feeling a heart connection to all life. As we understand that which is mirrored before us, so too can we embrace it, embody it and unify with it. We do not see ourselves as separate beings from that which is before us. We see that everything is somehow a reflection of us and we of it. We take this a step further and endeavor to maintain a heart connection with the object before us and environment.

The colours of the rainbow are important in embracing each individual vibration of the universal whole. Bush flower and Bach flowers are another beautiful representation of different, unique, individual traits that make up the whole of mother Earth thereby reflecting another part of the universal whole. Homeopathic remedies are also another vibrational medicine that can help us to stop reacting to a certain energetic substance and start embracing it in its physical form. Archangel essences help us to invite higher realms of energetic vibration to encourage us to lift our earthly vibration to higher levels. There are so many ways to incorporate the natural part of the universe into our everyday life. As above, so below. As within, so without. As without, so within.

The point here is to not only understand earthly life, but on a fundamental level, feel a heart connection to it. As we are all in the process of being born, living and dying, it is also about not judging the stage of where the object is at. We feel the heart connection at every stage. If we cannot, this is an indication that we have identified our own barrier. We practise gratitude in this realisation and then move onto addressing why there is this blockage in our being. Any barrier to connection is a heart related issue. In order to fully heal the heart to its highest vibration possible, unity with all things must continually be explored.

PRINCIPLE 6: DISCIPLINE

The main areas that we need to be disciplined in with regards to Level 4 work is:

Ensuring that we are in the flow of life. Turning up to do stuff that is hard but is in the flow can be really challenging for us. To determine when we are in the flow of life we can ask ourselves the following types of questions and take them into our meditations to seek guidance:

- Is this working?
- Does this process seem easy?

- Do I feel right about how this is progressing?

- Am I being blocked or am I experiencing resistance?

Ensuring that we are coming from our heart in our decision making and actions. If we look into our heart, it will always tell us if we are meant to be continuing on a certain path, even if it seems weird, foreign, unknown or scary. There are going to be many things in our lifetime that we have never done before. It's important to separate our fear from our intuition. The Building Intuition meditation in Level 1 is extremely helpful in ascertaining this clarity. Always remember that right action, (which stems from this heart centred decision making) is our best protection.

- **Ensuring that we turn up to the next thing we are requested to do.** We need to turn up to the next thing we are requested to do even when we don't know what is going to follow. Do we always know the outcome? – No. Do we always know what the next thing is that is going to happen? – No. This is good training in lightworking because we have to exercise our faith. Our will and our faith become fused and enlightened. Our actions and faith click in together. We need to have faith that we are being guided and that there are no mistakes. This leads us forward to the principle of faith.

PRINCIPLE 7: FAITH

The heart-centered approach of Level 4 is to have faith that Source sees everything and everyone as equal. No matter what happens or doesn't, what we do or don't do, all is well and in perfect order. This kind of faith puts our inner peace at the forefront of life. It is not about whether we pray hard enough and get the result that we think we deserve. Everything matters. We are not feeling as if our prayers or wishes are more important than anyone else. We feel so connected to all life, that as someone has a win, that part of us feels like a winner too. As the environment heals, so do we. As we heal, we effect our environment in positive ways. Whatever we are called to do, affects the bigger picture. Whatever is calling us, when we connect with it, it will assist both of our evolutions. The faith that anything is possible 100% of the time translates itself over to the external world more and more. We now experience the power of transforming matter through having a change of heart. Where we thought the miracle Water had healing powers, we now realise that it is faith that did the healing.

PRINCIPLE 8: RESPONSIBILITY

Level 4 calls for us to be able to respond to our environment and surroundings in a way that is thoughtful. We are able to acknowledge the impact of our behaviour on our surroundings. We are able to respond to the impact our environment has on us in a way that is honest and connected. When this intention is infiltrating our thinking, we actually see things from a different point of view. For example where once we went for a walk or jog without noticing where we were treading, we might now notice small insects or ants more and avoid treading on them. Where once we saw flowers as decoration, we now have more reverence for their lives. We might choose not to pull flowers unnecessarily for our own benefit. Where we used to take things from the beach, we now tune in to whether it is calling us to take it, or if it just wants to connect with us. Our ability to respond responsibly to our environment is not out of judgment of right or wrong. It is out of connection with the life before us. I have swiftly ended the life of insects that I saw were suffering because my connection with them called me to do so. When we are truly connected with our heart, our responses to life and our connection to them calls us to do things differently all the time. Our morality is embedded within our hearts.

Our responsibility is not black and white. There is no true good or bad response in a situation. It is more based on our relationship to that which is before us, our guidance and the purpose of both subjects in the evolution of human consciousness. Sometimes, we are called to do something that may appear ‘bad’ for the greater good of evolution. Look at the Romans. They killed Jesus. But was this ‘bad’? We could say that without this experience, the whole point of Jesus death would be lost. Jesus needed to have the very human experience of death in the most painful way so that we knew he understood what it was to be human. Perhaps it was so that we couldn’t use the excuse ‘well Jesus wouldn’t understand the pain I am going through right now’. Without the Romans actions, the whole story of Jesus would be different. Perhaps this is something that Pontius Pilot contracted with Jesus. So does this really mean that Pontius Pilot was a bad person? When Jesus appeared 3 days after being crucified, this provided proof of life after death. This changed history. Jesus’ death was indeed a necessary event in history.

Real responsibility is getting in touch with how we are guided to respond to each given situation presented to us. It takes us away from judgment and right or wrong. It puts us in the most humbled seat of ‘wait and see how we are called’ situation. Our responsibility connects us with the principle of open-mindedness.

PRINCIPLE 9: LOVE

This is one of the most powerful principles of Level 4. Love stems from the intention of our heart. When we are heart centred and our intentions are motivated by this, our intuition is heightened. We are able to feel a strong connection and intuitive symbiosis with all life.

I was shown that intuition or clairsentience stems from the heart and we feel it throughout our whole body. That is why some of us have a ‘gut’ feeling and some of us feel it somewhere else. I actually feel it at the base of my spine. This is what motivated me initially to do the ‘Building Your Intuition’ workshops. How we feel this principle of love is different for everyone. Sure it begins with the heart. But it imbues our whole body. It is dependant on how are energetic centers are wired or flowing. We all feel things differently and so our feelings translate differently for us all. We need a map to understand how powerful the heart is for each of us. In fact, if we have walls around our heart, we may not know if it is full or empty.

When we love, if we love with a full heart we do not get attached. When we love from an empty heart (whether we are conscious of this or not) we may feel guilt when we choose to love ourselves over others. We are also attached to receiving love from others. An example of this could be that you are called to spend more time on your lightworking instead of with others. This calling from Spirit is a big part of loving yourself. It doesn’t mean that you don’t want to spend time with others. It simply means that you are turning up to what you are called to do. If you have an empty heart, you may struggle and feel guilt around it. If you have a full heart of light and love, you are able to communicate this to others lovingly whilst acknowledging the part of you that wants to spend time with them. You are able to get on with it guilt-free whilst not dismissing the human part that loves spending time with others. So this love is about being full of the Spirit of love and this then guiding our communication and actions.

Level 4 is all about connecting with all life. We need to be able to return to a place of love for ourselves first before we can fully connect with others. This is an important part of the mature enlightened heart. It does not abandon the self. It sees the self as a way back to connecting with others. The heart is full and our actions are filled with love. This is the balanced approach of the

spiritual warrior. It turns up to do what it is guided, with a full heart and a heart that does not abandon humanity.

If we have an empty heart, we are attached to others and their opinions of us. This means that we are scared to step forward out of guilt and also fear of what others think. We abandon ourselves and Spirit in the process. Spirit never abandons us. However when we turn away from what we are being called to do, we abandon ourselves and Spirit. We will then merely replace this emptiness with temporal things and activities until we return. The further away we go in our heart, the less love we will feel for ourselves and others. This leads to more disconnection and dis-ease. The answer is to always return to the heart. Fill the heart. Then listen to what the heart is guiding for us to do. This listening is a skill. We are able to do it with all of our faculties. Our body responds positively to the hearts call. Our clairsentience kicks in and we feel a sense of deep knowing that something is right. This translates through our body. We feel it inside of our physical hearts. We may see the world with more loving eyes. Our clairvoyance sees the outcomes or the truth of the situation through a person's aura and energy surrounding them. We hear the truth of the heart with our clairaudience. When someone is before us and speaking, we hear that which is or isn't coming from a space of love. Our claircognisense effects our thought processes in a more loving way and we recognise clear heart centred thinking to be the most powerful thoughts that there are.

PRINCIPLE 10: WHOLENESS

With our vision transformed through our heart connection, we feel more connection to all life and that it is all a part of us. This means that any disconnection we are feeling with our environment, highlights any lack of connection to this part of ourselves. We translate every experience that we have with the outside world, as a calling back home to this part of ourselves. Every experience can be that of a connection or disconnection. In its most simplest form, this is the whole point of this level of training and consciousness. The heart always calls us back home. We can take any experience that we go through and feel more or less of a connection to Source and everything. Disconnection is simply a calling back to wholeness anyway. So every experience is calling us back to wholeness. Not only that, but if wholeness is a memory because we once had consciousness of it, then we are simply remembering our wholeness.

In this book we relate the elements of Earth, Water, Air, Fire and Spirit to the Wheel Of Wholeness that we covered in Level 2. We get a clearer picture of how valuing, protecting, caring for, being aware of and moderating the self directly relates to these elements. We strive to return to Wholeness and learn how to assess these symptoms in ourselves and others with greater depth and wisdom.

PRINCIPLE 11: JOY

This is the level where we step into more joy in a very grounded way. Our spirituality is heightened when we connect to life and we feel more joy from this connection. But our joy is very grounded in reality. In fact, this is the most grounded joy we will ever experience. A joy that comes from being at one with all life, is a very profound joy indeed. We are not relying on outside influences to find our joy. But they are definitely a catalyst and trigger for inviting a greater capacity for joy. This kind of joy comes from the connection with the external environment. It says, “I feel you in me, I see me in you, we are one”. This joy is so solid because the external world enhances the kernel of joy that has sprouted from being connected to the Source of all.

Sometimes a connection to Source can give us an inflated sense of joy that is diluted when we have to ‘come back to reality’ and exist in this human body and environment. The joy that we are talking about here though is enhanced by the external environment. The joy itself does not come from the external environment. It comes from us having an internal connection with the external environment. Whether we feel at one with the person right in front of us, a flower on the path of our morning walk, the sun streaming into our room at just the right moment or the birds singing in relation to a thought we just had, the joy itself is a confirmation of the how connected we all are. It is based on the law of attraction. My vibration and thoughts are mirrored in the response the external environment shows me. Even when we seem to have a negative response from the outside world, we see this as a sign to assist us in evolving. This sign also provides us with a sense of joy. Even if it means more work on our part on our evolving consciousness.

PRINCIPLE 12: PEACE

When we have a sense of connection with all life, this brings forth an indisputable inner peace that cannot really be interfered with because it is so tangible. Our thoughts and our actions that stem from this heart centre, that we refer to so regularly in this Level, are always settled and we

are in such a place of conviction that we experience a deep-seated sense of peace. Any delay to returning to this peace is simply a side step. When we are capable of experiencing peace in this way, the return to it is just a heartbeat or side step away. We don't think of ourselves as going backwards.

This peace gives a sense of calm that is so real and so thick in its energy it is like a blanket wrapping us and the world together all at once. When we have experienced this, there is really no going back without a lot of pain. To side step is like being torn. We don't tend to want to be in this type of dis-ease for very long. And so we return more freely and quickly every time we side step. To side step is not a crime because every side step is only realised fully once it is done. We return back to our centre and on our path with more willingness every time. Our consciousness of the heart and what it is calling us to do is like a silver thread to Spirit. As we side step away, this line is pulled and we feel torn. However we are always anchored in Spirit and we know this. We relate this level to Christ in the moments before his death. Jesus sidestepped by questioning God "why have you forsaken me?" He had his moment of doubt. We all do this. Then when he said 'forgive them for they know not what they do'. I imagine that Jesus' pain left him. When he realised that God had not forsaken him and he was connected to all life with compassion, his pain probably left his body in favour of a feeling of peace. His Spirit probably left his body in this peaceful state. Even at death's door, we can feel this connection to Spirit and be at peace.

Section 2: Earth

The Element of Earth

The essence of all life on Earth is part of the element of Earth. However, for the purposes of earthly things lending themselves more to one element or another, we shall explore their natures accordingly. The main things that we will explore in this chapter are related to the vibrational forces of the denser side of matter. We also include technology as well and the physical laws of time and space that govern our physical reality. We also look at the effects of the Earth element on our physical body and temperament. All these things are important in the consideration of our human body, our surrounding environment, our ability to incarnate, our ability to learn and the evolution of our consciousness.

Earth itself is not an end unto itself. It plays a part in the bigger picture of the evolution of humanity on both a physical and spiritual level. In the scheme of evolution, the Earth is a relevant and temporary abode that we dwell in. This is a temporal state of consciousness and planet. This is where we currently reside. This is suited to our vibrational field and so we are at home here. This is not an eternal state of being. Saving the planet does not mean saving humanity. Human is only a name given to our current earthly form. We see and name any other form as alien. The word alien is often perceived as scary or interesting to us depending on our perception. Even our reactions to new species of earthly creatures that are evolving on this planet can mirror this thinking. We may think that new species are a bit odd and they may seem alien to us.

As we open our mind to the evolution of human consciousness, we also open our mind to changing form. As our mind is opening to form changing in the creation stage we also become more open to form changing once it has been created too. I believe that our intention and our energy can change matter. This is alchemy in the truest sense. Our connection to the densest of vibrations can easily change the energetics of the object. The human Spirit can influence animals and man made structures. Over time, our power to do this through our faith, conviction and practise will be a norm in society. It is already happening on a small scale. We already domesticate some animals. We talk to our cars and computers and other man made things. We may not be conscious as yet as to how powerful our thoughts feelings and behaviour play in influencing and changing both natural and man-made objects.

The Physical Body

When we talking about Earth in relation to human beings, we are talking about the human body. The main part of the human body that the Earth element relates to are the hardest structures in the body which are the bones and teeth. We will explore how this relates to diagnosis using the Lightfilled Holistic Medical Model in Section 6.

Connecting

When we take time to connect with the Earth we feel at one with it. This sense of oneness doesn't separate itself out from individual things that are of the Earth or have been created since. When we are feeling one with the Earth and all things, this is a natural state of being. It is actually unnatural to be disconnected. Whether we are disconnected from Spirit or from our Earth, it is the same thing. We can feel peace in the busy large city - if we stay connected. The challenging part is to stay connected in a healthy way. A feeling of oneness is different from being enmeshed with something. Being enmeshed means that we have lost ourselves in it. We don't feel lost in oneness when are in a state of connectedness. This is because the self is more fully realised rather than diluted by that which is mirroring ourselves back at us.

Gravity

It was shown to me by Spirit that gravity is the most condensed form of energy which does not have a concrete physical form. It is a force that is generated by the mass of the element of Earth. Other planets and stars also share this force. In our case, this force pulls us towards our planet. It pulls our body into physical form. Our bones, muscles and skin are all affected by gravity.

There is a reason why we lose our muscle tone in outer space. Muscle mass is a form of condensed energy. This condensed energy is dispersed when there is no gravity present. If we don't exercise our muscles in outer space, we lose the memory of the muscle mass quickly because we don't have gravity reminding us. This makes so much sense because we do adapt and evolve to our environment. In some respects, Darwin's theory of evolution has some merit in that we are all evolving to suit our environment.

I was also shown that the denser we feel in our bodies, or the heavier we feel, the closer we are to the spiritual. This may seem odd to read this because we may think that when we feel lightest, aren't we closest to Spirit? This is of course true in some respect. However, we are human and on a planet called Earth so how does this apply? Does this mean that because we are in a human body we cannot be as spiritual as being out of our body? I beg to differ. Picture this: The Earth's core is made of a warm liquid like a mini sun. The energy of this mass is meant to be like a magnet pulling us down, holding us down, wanting us to go to it. This lightfilled warmth mass is connected to Spirit. I have experienced this in many meditations where a cord is running from my solar plexus, to the centre of the Earth, then connected to the sun and then from the sun back to my crown chakra. When I have embraced myself as a human being connected to Earth and beyond, this transforms my human vibration to a more spiritual one.

It is a regular occurrence of man to feel his heaviest and then have a break down or break through and be the most open to Spirit that he has been. This happened to me in my 20's when I rock-bottomed with my eating disorder. I was so sick and tired of being sick and tired. I was heavy and burdened with this huge weight of a state of 'dis-ease' that I felt so stuck and so weighed down. Then I had my breakthrough time. And all of a sudden, I felt light, happier and like I was no longer weighed down at all. How is this possible, given one minute I feel so heavy and then the next I am light? It is possible because this is the gift of the darkness which is also symbolic with gravity. Having my break through didn't disconnect me from the Earth, it made me more a part of it. I had a spiritual experience and then I felt that I finally joined the human race. If we believe that gravity is Spirit pulling us closer rather than being weighed down, it can be easier to surrender. The more we resist, the more likely problems will occur. Actually, the more we resist, the harder it feels to surrender. It is not gravity that is a problem, it is only the fight against gravity that is the problem.

Now I am not suggesting that we jump of the nearest building to become closer to Spirit. If we do that, we will die and have an opportunity to become closer to Spirit. But we will have not mastered the art of human existence. What I am suggesting is that if we feel tired and we lay down, we feel better don't we? It is only when we stand up and try to fight tiredness that we feel more uncomfortable and heavier. Interestingly enough when things smash on the floor, we feel a sense of loss too because we may have treasured the item that shattered. That is natural. But our grief is also a dense energy which brings us closer to Spirit too. When we are in pain, it is possible to heal pain temporarily with magnets because they pull this pain away from the body. It

is the same with Spirit. If we are allowing the Spirit of gravity to pull this out of our body, we feel lighter. It always involves our will though. We need to be willing to surrender that which is not working, stuck and heavy. That is our decision. We need to surrender it continually. Gravity is an instantaneous occurrence. So we need to be in this process of surrendering to Spirit every second. Gravity and our will are forces that go hand in hand.

Sometimes it is time to push. We push past pain and actively surrender our lower will to a higher will. Sometimes it is time to let go, to go with the flow. This flow is the gravity towards Spirit. The pull towards Spirit is always expressed in this way on our earthly planet. This is how gravity affects the human body and the spiritualization of our will.

Space

Space exists, even when we are not conscious of it. Space is everywhere. Did you know that there is more space around an atom (where its protons and neutrons are circling) than there is by scale than between us and a town 20km or so away? Pretty amazing. Yes, space is everywhere. When it really comes down to it, there is never ‘no space’. We even call outer space, ‘outer space’. It’s so funny to talk about this really. But we have to. In our physical universe, we have a common thing everywhere which is space. It is part of physical existence. And really, space is always made up of something. It is never made up of nothing - even if we can’t see it.

On a more body-based level, there is a forward space that represents the future. There is a back space that represents the past. There is our internal space that represents the here and now. We also have a below space that represents how grounded we feel. And an above space that represents how connected we feel to Spirit. There is our right space that represents our masculinity. And our left space that represents our femininity. Children take many years truly 'arrive' into their bodies and are not fully grounded for many years. That is why they tend to walk on their tippy toes. When we are clumsy it could be that we are not grounded, or we are feeling very connected to Spirit and are not as aware of our physical body.

The following table helps us to identify ways that we can be more aware of our space. When we are aware of our spatial orientation, we are more in our bodies and connected to the light of our consciousness at the same time. We find that understanding these elements of spatial orientation assist us as adults to evolve in our consciousness on this planet whilst being in our bodies in its highest vibration. It also assists us with our children in helping to ground them and be balanced. Spatial orientation assists with brain mapping and adjusting to our earthly bodies. We find a link between being grounded in our body and our ability to learn and take on new ideas and tasks. That is why I sent my kids to a Steiner School in their early years because so much of their learning was in play and games that use the left and the right side of the body. This assisted their brains to form properly so that their ability to learn more technical information at a later age was easier.

Currently my girls are 11 and 13 and are excelling at school in both academics and arts. This is a true testament to acknowledging their inner space for learning at the right time. My youngest is such an avid reader although in the Steiner curriculum they don't officially start reading until Class 2. Phoenix has a true love of reading and is now writing her own book. My eldest daughter Sarah was never pushed to be an academic at a young age and became so thirsty for knowledge that she skipped year 6 when changing into high school and now sees herself as a young entrepreneur. Her first business was created during the writing of this book. It just goes to show what can happen when you allow your children to learn at the right time to strengthen their incarnation and consciousness at the right time. We expand on this in greater detail throughout the course of this book.

I have provided more information on our special orientation and how this relates to our consciousness in the table below.

Spatial Orientation	Consciousness
Forward	Attention to detail and awareness of what is right in front of us. Ability to think and plan ahead. Foretelling the future. Strategic thinking and planning. Forward thinking is connected to our Third Eye and Clairvoyance. *Excess:* The downside of being too forward focused may mean that we use what we see as a way of avoiding fear. We may live too much in the future whilst not being in the present. We may rush headlong into projects without consulting our intuition.
Back	Being able to remember and reflect on the past. This space is also connected to clairvoyance in assisting us with finding the truth in past patterns that we are repeating. Good for life review. This back space also assists us in feeling the supported by our angles, guides and Spirit. They 'have our back' as it were, and we can feel it. *Excess*: We live in the past and allow it to consume our present. Not integrating our past can lead to stagnation and physical illness.
Internal	Our internal space is the awareness of our feelings and physical sensations. When we are aware of our feelings, we have the opportunity to own them, express and release them appropriately. When we are aware of our physical reality, we are able to call on our spiritual resources for help and healing. This space is connected with our Heart Chakra, Intuition or Clairsentience. The art of consciousness of this space is being able to tell the difference between our own feelings and whether we are taking other people's energies on. *Excess:* When we are in the present consciousness too much we may not be open to thinking ahead to consequences of our choices or the impact our behaviour may have on ourselves or others in the future.
Above	The space above us is strongly connected to our instantaneous thoughts that drop into us from Spirit through our Crown Chakra and Claircognisense. We find that when we have this connection, we feel inspired and our creativity comes easily. We invent, inspire and think very quickly. We are witty and sometimes comical. Light, breezy and fun. *Excess:* The downside to being connected too much in this area is that we can 'live in our heads' and perhaps lose touch with the lightness to the point that thinking takes over. Obsessive, ADHD and manic thoughts and behaviours. Not following projects through to completion.

Below	When we are aware of the space below us, we are more grounded and balanced. Our connection to our Higher Self is more fully housed in our body. We feel a strong connection to Earth and nature. We notice the Earth below us, the floor and how our feet feel. We feel a connection with Earth itself in a more profound way. *Excess:* When we are too aware of the Earth below us, we can feel too focused on money and materialism. We may feel down in our energy and our lower self takes over. This disconnection with our Higher Self makes us feel heavier and we hunch over and have difficulty looking people in the eye or standing upright.
Left	The left side of the body is predominantly focused with the feminine. It is connected to our mother issues, our relationship with the feminine side of ourselves and our ability to receive. The left of the body is more right brain connected. Our right brain assists us to think creatively and use our imagination. Our thoughts are more lateral and we see the bigger picture more. We see things in symbols. Our mind lends itself to philosophical ideas, we can get the 'meaning' of things. Right brain thinking gives us a greater spatial perception. *Excess*: If we are out of balance we can be impetuous and lean towards risk taking behaviour or overindulge in the fantasy rather than reality. Our lives may appear creative but also be chaotic and disorganised.
Right	The right side of our body is more focused on the masculine side of ourselves and our father issues. Our ability to following through in taking action in our lives is the art of the right side of the body. This also connects us to our left brain thinking too which uses facts, rules, details, logic, words, language, math, science, order, pattern perception and comprehension. This side of our thinking is more practical and reality based. This is the planning side of us and is usually focused on safety. *Excess:* Dangers of imbalance here are that we are too contracted in our thinking and not open-minded. Our thinking may be too analytical and dry, devoid of any light, true meaning, inspiration or creativity. We may find our lives too ordered and too rigid.

Time

A week before returning from France and commencing writing this book, I happened to visit an art gallery in Montmarte, Paris which was full with over 200 Salvador Dali works of art. He was an amazing surrealist artist. I fell in love with his work because every piece had an intentional message. One particular piece sprung to my mind instantly when writing this book. His 'melted clock' which he painted in many paintings and did many sculptures of. He would use symbols such as the melted clock to illustrate a concept within the picture or sculpture. The melted clock was all about challenging traditional concepts of linear time. Time is more traditionally thought of as linear and fixed. Albert Einstein suggested that time is not fixed but it is relative. This he suggested in his infamous theory E = Mc2. He came upon this theory because he wondered whether time, space, and mass were truly unchangeable. For instance a building appears smaller in the distance because of my outlook. It doesn't mean it's small, but to me it is. My perspective means that the size of the building is relative to my outlook. This is the theory of relativity.

We can apply this theory to time too. Time doesn't slow down because we are in outer space. But to us on Earth it does. If we had a twin and they were away from us for 50 years Earth time, we would age and they would not. How does this work? I believe that when we go beyond our Earth's boundaries, we go beyond Earth's physical laws. We can do this here on Earth too. For instance, time flies when we are having fun. When we are light and following our joy, time flies. We can also time travel through our meditations, our third eye and our mind. We can literally time warp and step into the past or future by our sheer intention. In connecting to our body and our Higher Self, we cannot only transcend time, we can heal and use it to create a more integrated self.

Time is only relative to us in how limited we allow it to be. We can achieve great things with Spirit. I find it ironic that light was seen to be the only thing that didn't 'warp' or 'change' with Einstein's theory. Everything else revolved around it! Even the laws of gravity. So if light doesn't change, perhaps when we make a change towards the light, anything is possible? This is how I see time working for us rather than against us. If we fear time, we will not have enough because we see it as finite, as limited and we are in fear. If we see time as something that is always working for us and the light, we will always feel as if we have enough time. We will get masses of things done that we need to get done. It is relative to our perspective. In fact, just the other day I

was having a chat with someone and they were saying that they hadn't had enough time to work on their Lightworking. I responded in a tough love kind of way actually as my guidance was coming in very strongly. The summary of what I said was that we have time for is always our choice. We assign value to something and that represents how much we value that part of ourselves. When we see that time is only relative to what we assign value to, we will know that we are indeed co-creators with the divine in doing and making time for our Lightworking.

Relativity also relates to how we interpret what we are doing. I see everything that I am doing as my Lightworking. I value it so greatly, that I see every moment of my life is part of it. Even taking adequate breaks from writing this book is Lightworking because I am loving myself. I don't see Lightworking as a separate part of myself. All my bits are part of my Lightworking. Even parts that try to sabotage have hidden gifts that assist me with my Lightworking. When we hold this kind of opinion towards ourselves and others, our Lightworking becomes transformative on a moment to moment basis. We are only one thought away from transformation at any given moment. Transformation makes light work of things and reduces the time by increasing its effectiveness more swiftly. Thereby time and how we perceive our Lightworking, determines their relativity.

Childhood Development and the Physical Body

Predominantly, a child develops its physical body in the first 7 years of its life. We find that the spiritual forces are taken up working on building the child's body, forming it and all the etheric forces are poured into the area of growing the human being. These forces are predominantly focusing on the densest earthly aspects of the body, the bones and teeth. The proportion of a child's head when they are born, compared to when they are an adult, is huge. When a child is born, their head is about a third of their body. As an adult, it is so much smaller. So the rest of the body has a lot of catching up to do. The formative forces of the etheric body work on bone creation of the skeletal system to bring it into the Earth and harden it so that it can hold the child upright, walk, run, eat solid food and play.

The child is not yet fully incarnated into their body, so their will is yet to be fully grounded into their body. They need to work hard to incarnate into their body in the first 7 years of their life so

that their will is fully housed in their body. When this occurs, they are able to utilise their physical body with more ease and complete things that they start.

The current earthly form or incarnation of a child is a combination of both choice and consequence of choices from previous lives. It is a choice because we all choose the body that we need in order to evolve in our next level of consciousness. Our body is also a consequence of choices because it stores the memory of our past lives. If we have not resolved past issues or traumas, these live in the etheric and astral bodies. These will then filter down into forming our body whilst we are impregnated and growing in the womb. Some of these issues also take a while to filter down into the body so that over time, if this is unresolved, we may develop a childhood or adulthood disease. By resolving these issues we can transform our body.

We often see children as innocent. They are innocent in their consciousness. We don't usually see them as powerful beings that are quite capable of creating and resolving their own illnesses. As parents or Lightworkers, we may be guided to help to engage their Higher Self to do this at a young age. There is always a reason why we have the children we are called to parent, educate or support. Perhaps their physical challenges force us to connect with our higher resources.

We may have a child that has chosen to have an illness for the benefit of the learning of others around them, as well as their own. Sometimes Lightworkers choose a life of sacrifice because they are evolved enough to rise above it and it is more for the benefit of others. The point here is to never feel sorry for ourselves or others for their physical appearance or illness that they are born with or develop. We can always extend compassion coupled with an innate wisdom of knowing all their choices benefit evolving consciousness.

One more very important thing, children attract their abuse and trauma to them. Their vibration attracts either their family system or other experiences in order for them to heal and resolve their own limiting beliefs about themselves. It is easy to judge a dysfunctional family system around a child. What we always have to consider is why the child has needed this system or lesson. As adults, if we are still working through issues regarding our past family system, we will probably be attracting the same kind of experiences outside of our family system. And perhaps we are still blaming others. So the way to get empowered and see children as empowered is to not see

ourselves or children as victims. See the child as so strong spiritually that they chose their circumstances because they must be ready to learn something different or be that sacrifice so that others are going to evolve. This doesn't excuse abusive or unacceptable behaviour towards our children. We have also been chosen to protect them.

Earth as a Temperament

Prior to the age of 21, children's behaviour is especially related to their temperament. This is usually because their Higher Self has not incarnated yet. Once again the past lives of the child is paramount in creating their temperament. In fact, it is thought to be born from the body type that resulted in the previous life. So the body from the previous life can be an indication of how a person relates to the world. The Earth element then tends to mirror itself in the current life's body as a small, thin body with large head. Muscles are sinewy. The personality of the Earth temperament tends to be melancholic. Melancholic children have a strong sense of attention to detail. They take their time with projects. They tend to find fault in things. They may appear overly focused on their health or lack of health. They have a propensity to focus on the sadness of things and unless you know how to find the heart of them, you may find them to be on the miserable side. You can ignite their heart centre and motivate them by focusing on how the consequences of actions may cause suffering in others. Melancholic children often grow up to become the best healers because they feel the deepest compassion for others. They truly know what pain and anguish feel like.

Crystals

In Level 1 we discussed crystals and how they relate to the chakras. We could spend heaps of time exploring each crystal and their attributes. That is not my aim in this book. You will find resources for crystals in book stores and you can simply look them up online if you have access to the web. What concerns me the most is how we use crystals to our advantage to increase our vibration and that of the planet. Let's explore this in more detail, because crystals really assist us with our Lightworking when we assess and interact with them in this way:

- Treat the crystal as you would care for a child at first. We tend to think of crystals as having qualities that can help us. However, to ensure that we get the best vibration from our crystal, if we sense it needs our help then these are ways we can assist it. If it is lonely, you can put

it close to you. It may need your personal energy. Set your intention to fill the crystal by thinking or saying out loud “You are now full of love and light of Spirit”. Call on your angels and guides to assist you. You may feel that it needs energy elsewhere. Giving your crystal a sun bath for warmth or a full moon bath will re-energise and resource the crystal. Your crystal may have been abused in the past or taken on someone’s negative energy. If so, it may be calling you for help. You can cleanse it with your breath, fresh or salt Water or a sun/moon bath. You can also cleanse crystals with your intention. Think to yourself or say out loud “You are now clear and free from toxic energies.” Your love and care for the crystal is the most important quality here. I have had too many crystals in the past and they have been neglected. I have given many crystals away because I know they need a loving home. Be sure that you know where all your crystals are. They are like children and need to be remembered!

- Treat the crystal as a teacher. Firstly, notice if the crystal wants to connect with you. A crystal may jump out at you when you first see it, or someone just happens to give one to you out of the blue, or you find one lying around that you had forgotten about. If you can't afford to buy one, you can still call on its energy. Take time to connect with the crystal and assist it as per the previous point. Now utilise your higher faculties to get a sense of what the crystal is saying to you. Perhaps it has a message. It may be an answer to something that has been troubling you or even a confirmation that what you are doing is right. Also, you might find that it shows you a quality that you need right now. It may be quite strong in that quality and wants you to have it around as a helper. You might like to keep it close to you or wear it in the form of jewellery or in your pocket so that you can physically connect with it.

- If you have lost a crystal or it breaks, remember that it is your child or teacher and therefore if it may need help from someone else or it may no longer need to teach you. It is healthy to give crystals away and to know that they are never yours. Our children are not really ours, they are God's children. So are crystals. Just because we may purchase them with a physical form called ‘money’ does not mean that we own them or their energy.

- Crystals are part of the All and they communicate with one another. As you heal a crystal, you also contribute to the healing of other crystals. We program crystals that surround us. As we learn something new, so does the crystal. Remember how many people have crystals around them. This is a very powerful thing to realise. As we heal or program one crystal, we contribute to the healing or returning to wholeness of the planet. Also, when we learn something from a crystal our consciousness increases. We are all one. When we learn and evolve in our consciousness, so does the planet. Crystals are within the Earth as well as

allies for humans. So we are literally helping to heal the Earth as we connect and heal with our crystals.

Crystals and their vibrations can assist us in balancing our chakras. They can be helpful when we struggle with visualisation and we need to connect with the vibrations in a more earthly manner. If you want to balance the chakras using crystals, I have provided a step by step guide in Section 7 for balancing the chakras for others or yourself. It outlines examples of crystals relating to individual chakras and their associated colours.

Crystals and their Guardians

We spoke briefly about the gnomes being the Earth's appointed crystal guardians in Level 1. These Earth elementals oversee all the earthly formations and underground activities of crystals, rock formations and mother Earth herself. They are guardians of sacred sites, Earth's secrets and the Ley Lines of Earth. These Ley Lines are the energetic lines that run through the Earth, like the earths' etheric body. These Ley Lines intersect and at some points are natural portals to other dimensions and consciousness.

Gnomes are the highest vibration of earthly spirits. They are powerful and assist with the formation and restoration of our precious Earth. They are very grounding in their energy and centering. They have many messages from beneath. You can hear their messages if you listen. I have provided a process for listening to 'Spiritualised Earthly Messages' in our toolkit in Section 7. This is a tool that can assist you in unlocking the mysteries of the Earth, your connection to your own earthly body and ways to assist the Earth's evolution. It is a tool that can be used as you lay on the Earth, or you can use it as a visualisation from anywhere that you are. We invite you to co-create a lightfilled relationship with the Earth by connecting to the Spirit's of the Earth such as the gnomes, rock spirits and crystal guardians. You will be amazed with the kind of information that comes through.

If you feel called to connect with crystals and want to become a Crystal Guardian, I have provided a meditation in our toolkit called 'Connecting with Crystals & Crystal Guardian Meditation'. You are invited to become a guardian. You do not have to though. You may also use

this meditation to gain information from a crystal. This crystal may be one you have taken with you into the meditation or one that appears to you during the meditation.

Crystal/Gem Elixirs

Crystal and Gem elixirs are essences that have been created using the vibration of previous gems and crystals. We can take these internally safely in very diluted forms. These are very powerful vibrational essences and if you feel drawn to working with crystals, you may also feel led to buy or create your own. I have included a process in our toolkit to step you through creating your own Gem Elixirs. I have also included a template for recording your experiences.

Rocks, sand and dirt

Rocks are amazing! They also contain beings in them and if you notice larger rocks, you may even see or feel the being around them. You may see faces or parts of its body expressed in parts of the rock. Rocks have a super strong energy. They are strong in density of matter and they are definitely strong in their spiritual energy.

When rocks are high enough, they are mountains. Rocks plus height gives us a perspective of our life. We get the bigger picture. Next time you are out and about in nature, take time to notice rocks. Each one has probably been around for millions of years. No matter how small, it has lived a story. It has been a witness to the changing sands of time. It may have sprung from lava or shaped by Water or wind. They each tell a story and like crystals, they too have powerful messages. Sometimes sitting on a rock whether it is on the top of a mountain, side of a cliff, lying on a warm one on the edge of the ocean or holding it in our hand we can gain messages and power from rocks. Their ancientness spans time. They are like elders. With their help we have access to a much deeper insight into the current story of our lives.

Climb a mountain to gain perspective in your life. Set an intention before you commence the climb that you want perspective in a particular area. Then start climbing. See what occurs on the way up and how you feel when you reach the top. Feel into your feelings and whether the climb

has painted a picture of that of your life. Notice any connections and feelings on the way down as well. This could be symbolic of what is to come.

Rocks are formed by the Spirit of Earth and shaped from a variety of other elements. Fire liquifies it. Air erodes it. Water smoothes it out. The intention of man's Spirit transforms its vibration and shape.

Earth may change form but its nature stays the same. It is Earth. The wisdom of Earth as a being unto herself is in each and everything that is formed from Earth. If we look at matter in general, at its most basic level available to the human eye, it is made up of protons and neutrons. At a microscopic level, this is evidence that we are all the same. It is not matter that makes us unique in our form. Man's Spirit and intention can transform and shape Earth. However Earth itself has a purpose, a message, a consciousness and a power to give us. We can access this through the most basic and fundamental element of Earth itself through dirt, sand and rocks. They are all made up of predominantly the same things with slight variance.

The Earth may be the deepest door into our unconscious that we can access. Sand tray therapy is amazing in that it is a direct access to this unconscious vault. The minute we start playing in sand, our unconscious comes out. This is the same with playing with clay, which is another form of Earth. When we play with clay, with or without subject matter, our unconscious emerges. We can unlock, express and transform the subconscious through Earth play such as sand or clay therapy.

We can also walk the Earth and connect to it via our feet. I remember when visiting the beautiful Uluru in the desert of the Northern Territory of Central Australia. I was so drawn to go 'walk about' in the desert without shoes. It felt great to just walk on this red sand and feel the Earth under my feet. I didn’t need to walk far either. The walkabout was in my own deep connection to Earth and what it was showing me in my path. Everything before me told me a story of itself. One look and I had a knowing of the meaning of something before me, its message, its story. The walkabout was not like a dream in my mind. It was realising the dream of the Earth coming alive before me. We can do this in everyday life when we go for a walk. We can use this kind of walk to enliven our senses and deepen our connection to ourselves and to the Earth. The Earth always has something it wants to say to us, all the time. It is never wanting to disconnect. It is

knocking at our hearts and waiting. Feeling this heart connection to the Earth takes willingness and a commitment from us to turn up for it. And take off your shoes sometimes too.

Lightfilled Numerology

Numbers are amazing things. The guidance I have on numbers are that they can be personalised and that they will come to us as signs and confirmation of a direction to head in and/or action to take. There are many books on numerology that dictate what numbers mean, however, the actual guidance I had in penning this topic is that numbers are very personal.

My guides showed me that people actually assign value and meaning to numbers to suit them. This is a completely non-traditional way of numerology. However we usually assign our vibrational resonance to numbers rather than the other way round. Birthdays, special occasions, our age and lucky numbers are some of the ways we assign value to numbers.

I was also shown that we can utilise books such as Doreen Virtue's "Angel Numbers" as a way to connect with numbers. We can request a number be shown to us. When it comes to our mind, look up what is written there. Or we can open the book and see where our eyes fall. Opening books and seeing where my eyes fall is a specialty of mine.

I have a strong connection to numbers as confirmation. Numbers sometimes choose us and we need to ascertain what they mean for us. For example my husband had a dream when he had just had is 43rd birthday. He was in underground tunnel and you could see roots from trees and there was a big huge steel barrier on it with the number 44 impressed into the metal. It felt like it all ends at 44, you will never pass 44. And then he woke up and spoke to me about it, as he was really worried about that he wouldn't physically live beyond 44. I told him that to me 44 was an Angel number. We had only just met. The next night he went through the same dream and got to the 44 barrier. This time he went through it and into Water. He zoomed through the Water like a dolphin would and flew up to the surface like he was flying. He said that he felt ultimate freedom, joy and exhilaration. Tony now thinks that it was about how he lived his life at 43 would be different after he was 44 because I assisted him in awakening his consciousness and we are choosing a conscious life together. He feels that it was a rebirth and that is what this signified. So

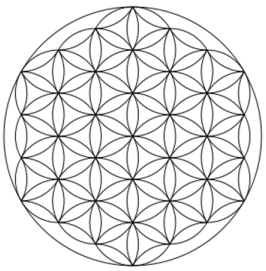
44 has always been an important number to both us since then and that is why we chose to have 44 reflections in our Higher Consciousness Reflections book. My main confirmation numbers are 11 and 44. It was a lovely confirmation when our Company and Australian Business Numbers for Lightworker Reflections both individually added up to 11.

Sacred Geometry

There are sacred sites, churches, monuments, art and architecture that have used combinations of geometry in their formation. Sacred Geometry is actually rooted in the study of nature and the mathematically principles within it. Examples of geometrical forms present in nature are: the hexagonal bees honey comb, snowflakes and sunflowers. The chambered nautilus shell grows at a constant rate and so its shell forms a logarithmic spiral to accommodate that growth without changing shape. This logarithmic spiral can also be observed in low pressure weather systems. They can also observed in spiral galaxy's such as the milky way.

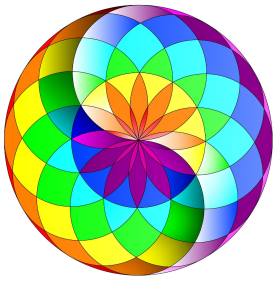
Back in early January 2008 I observed a spiral spinning with my third eye. On closer inspection, it was the Flower of Life Mandala spinning. With my eyes open or closed, I could see it. It was usually more clear upon waking. I used this mandala in my meditations to access information. It would shoot out colours and images to questions that I had. It has been there ever since. Every geometrical shape fits into the Flower of Life, so it is definitely sacred. We can draw a template by staring off by drawing a middle circle. Then each circle (of the same size) is drawn around the original circle. We use the center of the original circle as being where the edge of the next circle starts. This is a sacred principle in itself. There are infinite combinations of how many circles expand from this mandala. So I love mandalas.

Flower of Life Mandala



When we were choosing our logo for Lightworker Reflections in 2011, there it was again! It had to be our logo. We coloured it in to show the balance of yin and yang and light and darkness.

Lightworker Reflections™ Logo



My children experienced some sacred geometry in the Steiner School they went to in primary school. I enjoyed doing some of this myself during my Steiner training in 1994. Using the Flower of Life Mandala, I invite you to try some sacred geometry, it is highly nourishing tool. It is great for children and adolescence to centre themselves and expand their creativity. You can start from scratch and draw the same sized circles around a circle, or you can colour a template in. I have included a template in the toolkit. Ensure that you colour your sacred geometry in if you have drawn it yourself. Watch it evolve. This brings your own personal touch and Higher Self to embody your mandala. One mandala coloured differently looks like a completely different picture from another. This is a great tool when working with adolescence, group activities, inner child therapy and discovering that older age child in us who is gaining a sense of themselves.

During the writing of this book, my dear friend and colleague Hannah Andrews and I were developing Lightfilled Yoga™. To our astonishment this yoga presented sacred geometry to us in the sequences of yoga poses relating to each chakra. Hannah had been teaching yoga for many years and never seen anything like it. I remember the day that we discovered it. She just looked at me and said in shock “We are doing sacred geometry.” It was awesome because it was

something dear to our hearts that we understand and feel the power of. To incorporate it into movement felt like another level of things and took it up another notch. So we explore this sacred geometry in level 6 in even greater depth. I am hoping that in reading this you feel as excited as we did that day!

Lightfilled Homeopathy

Homeopathy is the practice of diluting a substance down until it is so diluted that only the essence or vibration of the substance remains. The principle of homeopathy is 'like treats like'. As I ingest the essence of something, it treats the symptoms I am having. Traditionally it is given in droplet or pilule form and is taken under the tongue. This is so that it is absorbed directly into the blood stream through the capillaries. Homeopathic treatments are usually based on correct diagnosis of symptoms in connection with constitutional traits of the client. I have used homeopathics over the years and found them highly beneficial. Especially if they are used in connection with kinesiology or muscle testing by the practitioner to assist with diagnosis.

In Lightfilled Homeopathy, the homeopathic essence of the earthly plant, animal or mineral is also able to be absorbed from our own intention during meditation. The diagnosis can be given to us in our daily guidance meditations and we can absorb these vibrations by imagining ourselves receiving these in the form of a colour, symbol or shape. As long as we feel ourselves absorbing the essence into our body we will receive the benefit of this vibration virtually immediately. We may also, like traditional homeopathy, practise receiving this essence everyday. We can receive it when we check in daily through meditation and even perhaps throughout the day to resource ourselves and receive this essence. If we find that we have any resistance, this is when our shadow work can be helpful. We can resolve resistance to receiving the vibration that we need to continue to evolve.

As a practitioner we can guide our clients through processes to assist them in changing their vibration in this way. When we come to any point where we are asking our client what a part of them needs, this resource or quality has its own essence too. We then guide our clients in receiving this essence. As practitioners we are facilitating the process of nourishing our client's Spirit. The essence of what the client needs is usually an archetype such as love, forgiveness or strength. Also, in shadow work when we guide our client through a process and there is a part of

themselves that they need to accept, we facilitate the process of the client receiving the gift of this part of themselves. This is also a process of changing their vibration and in doing so they are integrating into more of a whole person.

Lightfilled Shamanic Healing

Shamanic healing is a very ancient earthly practice of healing the body in the most spiritual way possible. There are so many facts to shamanism. Basically a shaman is someone who assists in removing toxic energy, entities and evil spirits from the body. They usually do this with their own hands or mouths. They remove the pathogen from the etheric and astral body of the tribal member. They usually taste the nature of the substance in its astral form and describe its taste. They can access the memory of events that is stored within it. Shamanic practices have involved the use of drumming, trance, meditation and sometimes herbal and other beverages or food to aid in the loosening of the astral body from the physical body. Shamans usually connect with an animal Spirit or totem and that is their specialty. Their translated name may bear a resemblance to this animal such as 'Wise Owl' or 'Running Wolf'. They use the energy from this animal's essence to aid them in their spiritual and healing practices. Shamans are also able to shape shift and assist others in learning how to shape shift. They have assisted tribes in the process of initiations, rituals and ceremony. They are usually the wise elder and medicine man or woman of their tribe.

Modern day Shamanism is embedded in society in so many ways that we hardly notice it. We usually have rituals for births, deaths and marriages as part of our norm. These are usually times where our consciousness changes. When we meditate we may we find that our guides present themselves in animal form. We may connect with or are drawn to a certain species of animal and say 'I'm a dog person' or 'I'm a bird lover'. We may be unconscious as to how powerful these things are, but they usually frame our lives or provide foundations for our life choices.

Lightfilled Shamanic Healing is a combination of many things that we have covered so far in the training and are yet to cover in the forthcoming modules. Working on exercising our spiritual organs, hands on healing, shadow work, meditation and clearing the body are but a few that we have learnt so far. In this level, we are covering the five elements of Earth, Water, Air, Fire an Spirit and how they effect the physical body. This study lends itself to shamanism in many ways.

Some may even say it is 'paganism'. The guidance I have received is that we cannot separate man from Spirit. If we do so, we deny Spirit. This is a very temporal state of being and we don't usually live very long at all. If you separate man from Earth, you deny man's humanity. Man was made as an extension of the divine Spirit. So in essence you cannot have one without the other and continue to evolve in consciousness in the here and now on Earth.

I think that many of the fear mongering that has occurred towards healing with the elements has been because it is seen as earthly and not spiritual. It has been seen by some religions as denying Spirit or worshipping false idols. However Earth was created by Source. We are not idolising anything when we seek to find the 'essence of Source' or highest vibration in it. In fact the opposite is true. We are spiritualising matter. And in doing so, we integrate this part of Source into ourselves. It is about creating balance. This is true Lightfilled Shamanism. It is finding the highest vibration that is expressed in its earthly form, reaching in and grabbing it. It is our birthright. We are all one and we are all connected.

As Lightworker Practitioners we don't deny our dark side though. I know that some shamanism may seek to expel dark forces, whereas we seek to understand them and see that they are serving the light.

It is always in the intention of the healer that makes any healing earthly or spiritually based. So if we are coming from an earthly place in ourselves that is devoid of light, of course we are working with denser vibrations. If we seek to work with Spirit in conjunction with the light, then we are working with the highest vibrations. In order to transform the lowest vibration, you need to call on the highest.

In this book we seek to understand the fivefold nature of man in his physical, etheric, astral, ego and Higher Self bodies. We are also connecting with animal Spirit guides, power animals or animal totems. We are learning how to call on powerful life essences of plants, animals and minerals through physical and spiritual practice. In changing our understanding and changing our vibration we are literally becoming shape shifters. When we connect with the essence of the Earth in all its forms we are changing our vibration and naturally when our vibration changes, we change shape. Lightfilled Shamanic Healing strives to unify Earth and Spirit.

Money

Let's talk about money as a vibration. The best way to describe the energetics of money is the value that we assign to it. For instance, if we think that money is evil, bad, or use it as a replacement Higher Power, then that is the vibration that we assign to it. If this is our perception towards money, then we may find that money has a disastrous impact on our lives. We may lose money easily or it triggers out of control behaviours such as gambling or overspending. We may have a lot of it but feel empty, guilty or even power driven for more because we fear there is never enough.

Money itself is simply made up of the resources of Earth. Money alone does not have any power. The majority of people in this day and age simply believe it to be powerful. The energetics of this level of consciousness gives money its power! Again, we assign our own value to it via the imprints of our past or our current belief system. So if it is a fact that the majority of people assign power to money and this is the present day consciousness, we need to take responsibility for what we do about that. A suggestion here could be to ask ourselves, if money is believed to be powerful, how do I feel about being powerful? This may bring up feelings of fear around being powerful.

If we believe money is powerful and we are afraid we are going to abuse this power we may sabotage making money. We can use the following list of negative and positive beliefs around money as ways to get to the core imprint/reactions around money. We can heal our relationship with money for ourselves and others and manifest more support at the same time. This list of negative beliefs hold us back from making the money we need to support ourselves and our family and with the bigger picture of assisting the evolution of human consciousness. Imagine if all the money was in the hands of the Lightworkers! What amazing things we could do to assist the planet to evolve. Let's transform our vibrational relationship with money so that the money we receive is welcomed, we are grateful for it and we are happy to spend it on things for ourselves and others that positively impact humankind and our planet.

Negative Belief	Suggested Positive Belief
Money is bad	Money is wonderful, it is a part of Source and I welcome the opportunity to use money to help the world evolve towards the light.
Money means responsibility	Money gives me an opportunity to assist the planet in evolving consciously. I am willing to step up.
If I have money, I will abuse the power it brings	Money is a powerful vibration that I can use responsibly to assist the planet in evolving consciously.
Money equals greed	I happily spend my money on things that assist myself and the planet to evolve.
Money is not spiritual	Spiritual support comes in many different forms. I open my arms to receive this in the form of money.
There is never enough money	My cup is overflowing with abundance, this includes money. I love spending my money on things that support myself and others to live in light and love.
Money doesn't grow on trees	Money is sometimes made of trees. It is a transformed part of our Earth. I love trees, I love our Earth, I love money.
I can't afford anything, I have no money	Whatever money I have, I spend it with gratitude for the services I am receiving because I am worthy to receive. I ask and pray for what I need. I am open to receiving it in the form Spirit gives it to me.
My money is mine. I fear sharing it with others.	Money is a part of Source, we are all connected. I share my money with love in my heart. As I give, I receive. I ask for guidance with who to share my money with and when.
When I have money, I compulsively spend so I don't want money.	I ask for guidance on when, where and how I spend my money. I am guided 100% with my spending and this helps improve my relationship with my Higher Power. Thank you money for strengthening my spirituality!

Lightfilled Marketing

I used to have an aversion to marketing. I saw it as pushing my will onto others, trying to sell myself and forcing people to buy my product. I had real blocks to any form of marketing. Worse than that, I had guilt over marketing. I felt bad about it. I wasn't doing anything untrue or false however it repelled me. Over the years, I have had experiences that showed me that marketing isn't the beast I thought it was. Yes, I am living in reality and I can see how marketing can be used to promote human consumption, greed, compulsive buying and materialism. I can see the hooks, the deception and the game.

However, what I am talking about here is a different kind of marketing. It is about speaking up about what we believe in because we believe in it. If it is a product, then we may advertise this product. If it is a service, then we find ways to let others know about it. If it is our own creation, then we are going that next step in sharing ourselves through our creations. We may be afraid to step out by talking about it or putting it 'out there' through display or advertising. We may feel shy, unworthy or unsafe. That doesn't make the marketing bad. It makes the marketing an opportunity in self actualisation. We don't have to start out as confident. The best we may be able to do is to just turn up.

If we don't believe in the product, service or ourselves, then marketing will be hard or falsified. If we fear speaking our truth about what we believe in, then marketing will be something we avoid or pass onto someone else as a job. True marketing is believing in what you are offering and sharing it with the world. Enlisting others to help isn't always done in the Spirit of fear, we may pick professionals that we believe in too that offer a great service to this end. This is also practicing being supported and open to receiving help. Paying for your marketing services is the same and putting your own energy into it. Money is only a form of energy. If you pay for a service you are showing that you value it and what you are offering.

You can't say the wrong thing to the right person. You can't say the right thing to the wrong person. Marketing a product or service is one of the most earthly things we will ever do in our working life and as Lightworkers. We need to face the truth about how solid our beliefs are and any fears we have about speaking our truth. We need to ask for assistance with our beliefs, intentions and willingness to step out about it. Once we have worked on these things, a Fire

ignites in our belly and we want to shout it out from the rooftops in our own way. That may start off a subtle quiet way that is like a trickle down the mountain and then turn into a huge sea of blue ocean pounding its perfectly formed waves on the sea shore of humanity.

We assign for ourselves what marketing means to us. If we see it as a way of sharing our truth and sharing affiliates relationships with others, the Lightworking community and energy builds. This contributes towards a group consciousness of living in the light. We can all assist in transforming marketing to become about spreading the truth rather than lies. The alternative is silencing ourselves, shutting down our hearts and living in fear. Hmm, I know what I'd prefer. Lightfilled Marketing brings us closer to living what our hearts are already saying. We expand on the concept of Lightfilled Marketing in more detail in Level 7.

Lightfilled Technology

Adapting to technology is sometimes a challenge for Lightworkers because we lend ourselves to more social services and we may fall behind the newest technological advances. My belief is that all technology can serve to connect or disconnect us from others and our Higher Power. We always need to ask the question, how is this technology serving me? Is this bringing me closer my Higher Power and to others? How am I using technology to stay current with the evolving consciousness of humanity? And believe me, if you are called to be a Lightworker, you are going to want to stay current with the evolving consciousness of humanity.

I choose to stay up to date with technology as I see it as a way I can better connect with people at varying levels of consciousness. I don't want to be a person who gets left behind from understanding current views and trends based on a lived experience of technology. I also don't want to be wrapped up in it to the point that it takes over my life. I know what a Wii is, yes we have one. It engages our family and friends. We laugh a lot together with our Wii. We have laptop computers, an ipad and smart phones. I just got an iPad2 in the writing of this book. I am learning about apps and how amazing they are to assist with writing, publishing and being creative. My kids love their TV time and games, but we moderate it with artistic activities, nature appreciation, keeping active, keeping current on sharing our feelings and getting enough sunshine. It's all about not becoming too contracted in the technological side of things. We don't

want to live in our heads and shut off our hearts. Lightfilled Technology fills the gap between human consciousness and our spiritual connection with everyone.

Food

The vibrations of food are primarily from the Earth element. When they are combined with the other elements it changes the density and nutrition of the food. We can use food to heal and correct systemic internal imbalances.

The following table shows the 4 elements and types of foods that these relate to. The Earth food groups help to ground us, the Water element builds our chi, the Air element helps us with the strength to move and the Fire element gives us energy to take action. The missing element that is not in the table is Spirit. Spirit is the transformer of the food. It is the intention of how we choose the food, prepare it, feel about it and eat it. We cover this more fully in Level 6 with Lightfilled Eating. Please love the food when cooking, preparing, eating and afterwards. Connect with it on an energetic level and you will raise its vibration. Our bodies are then the by-product of these choices and the kind of relationship that we have with food. The main thing to remember here is that we need to tune into what food element we need more of so that we are in balance with our health. Every earthly form of food whether it is a mineral, plant or animal has its own life force. It is only food at the point of the entry of our mouths. After that, it is all about the relationship with the life force of the food. Energetically when we take on food, we relate to it and then transform it so that it becomes a part of us. We ‘own it’ so to speak rather than it owning us. If we are struggling to transform this life force, then we need take notice. Our bodies respond to these things and we get symptoms in or on our body. Allergic reactions, gas, reflux, constipation and headaches are all reactions to foods and vibrations that we have taken in that we are struggling to transform. It may be a sign of excess or a sign that needs resolving. I provided a guided process to assist in resolving these issues in Section 7 called ‘Resolving Food Imbalances”.

Element	***Food types***	***Examples***
Earth	Minerals, root vegetables	Carrot, pumpkin, sweet potato, beetroot
Water	Stems and leaves of vegetables, dairy products	Broccoli, celery, fresh herbs, lettuce, milk, cheese, yoghurt
Air	Meat	Beef, lamb, chicken, sea food
Fire	Seeds, fruit, flowers and grain from plants, spices, sugar	Apples, oranges, tomatoes, nuts, beans, rice, corn

Earth Power Animal Medicine

The power animal of the Earth element is the bear. This bear is the archetypal energy that helps us to turn inward. Its cave is like the womb of a mother representing a safe place for nurturing and higher consciousness. The bear returns in Winter to hibernate, restore itself, rest and retreat out the bleak winter months. It is patient and able to sustain itself during this time, without earthly nourishment. It gets its nourishment from other sources. Bear cubs can stay with their mother for 7 years to reach maturity however they are taught to be self-sufficient and to stand on their own two feet. This they do and they protect their young and themselves. Sometimes they stand upright on both hind legs. They are solid, strong and like a big mountain in animal form. The bear medicine is solid, inward, protective, solitary and safe.

When we have our own winter and dark nights of the soul, with bear medicine we are able to turn inward and seek the guidance from our higher mind to increase our higher consciousness. We seek solitude and restoration back to our higher consciousness through rest, meditation, sleep and protecting ourselves from outside influences. We seek to reconnect to the higher mind. It is a helpful in times of inward reflection and gives us patience to awaken to new growth of spring.

Section 3: Water

The Water Element

The essence of Water is the flow of life force that runs through the planet and the chi that runs through our bodies. We find our equilibrium with the Water element and it assists us in creating a balanced internal and external environment. When we are connected to the Water element, we can feel the life force running through everything and everyone. It connects us inextricably to each other. This link and this connection that we have is not designed to stagnate. If it does stagnate, the result is emotional, physical and mental toxicity internally. We are not in control of the flow of life. However, we are in control of the flow in as much as we go with it or resist it. We can change our mind and get back into the flow as much or as little as we life. However, there is always a consequence in not going with the flow. This surmounts to the same type of feelings we feel when resisting gravity or going against the current. When we do this, we are not making light work of life. As we resist, the flow builds and like a dam wall, eventually comes crushing down. So we need to continually check in with what the flow is, where it is going and where we are being led.

The Etheric body

Our etheric body is the life force that replenishes and regenerates our human body. It is seen as the Water element of the body, although it's actual make up is not entirely Water. It is more like the flowing force of life that forms and shapes the physical body. It is also known as Chi. The etheric body heals our cuts, helps us grow and replaces skin and hair. It is the healing force that stops our body from decaying. It is the last to leave us when we die. It takes approximately 3 days for the etheric body to leave. That is why we continue to grow hair and nails after death for around 3 days. Our physical body only starts to decay after the etheric has retracted. Sometimes this body starts to retract whilst we are still alive and it does so from parts of our energy centres or organs. We see this etheric body retract as we age. Our hair thinning, our skin not so supple and even our smell changes. This etheric body is so tangible, that even those who have lost their limbs can still 'feel' their limb as if it were still there at times. When we have been sitting on our limbs and they 'fall asleep' and we cannot feel them, our etheric body has left that part of the body temporarily.

Our etheric body is also known as our complete body double. We see this via our third eye when communicating with parts of our body. We also see the etheric body of those in the afterlife when we are communicating with them. In life it also forms a field around our body or glow. Our astral

body (feeling body) then fills it with colours. This auric field is tangible and we can feel the state of the physical and astral body of ourselves and others using our hands.

This etheric body is profoundly affected by our thoughts and feelings. Then the affects of the etheric body flows onto the physical. The physical is like the last stop in the chain. This is why Cognitive Behaviour Therapy (CBT) works and is so popular in our culture. The notion that our thoughts affect our feelings and then our behaviour is true. But it is only part of the story. Maybe we should call it Cognitive Behaviour and Body Therapy! Our thoughts affect our feelings - yes. Our feelings then affect our etheric body. Our etheric body then affects our physical body. Our thoughts are vibrations in themselves. They not only affect our feelings and actions, as mentioned in CBT but they also affect the vibration of matter. Our feelings also effect the vibration of matter. Feelings are both dense and light vibrations depending on what we are feeling. All vibrations affect our physical body. Therefore what we think and feel affects our body, not just our behaviour.

Water itself is easier to manipulate than more dense forms of matter. This has been shown in Dr Emoto's photos on the affects that thoughts and prayer have on changing Water crystals. Thoughts and feelings of love and gratitude are seen to show beautiful intricate Water crystals. Whereas the photos from thoughts of hatred show crystals without symmetry and that look quite scary. The thoughts that we think affect our bodies so much because we are made up of around 70% Water.



Heavy Metal Music



You Make Me Sick, I Will Kill You



Thank You



Love and Appreciation

Water is a plutonic substance and mutable. It is not coloured unless something is colouring it. It has no taste unless there is something else in it to taste. It has no smell unless we have added something to fragrance it. It has no sound but carries sound well. It is like a neutral component that takes on the life of that which we give it. It is like a host to other things. If we give it Spirit, it will create a flow and form. If we give it Earth, it will assist in shaping it. If we give it Air, it will lighten or become more forceful, dependent on the Air force. If we give it Fire or withhold light, it will change temperature. Water itself is interchangeable.

If we look towards our thoughts, they affect the energy of the Water element of our etheric body inside of us. When our thoughts are guided, lightfilled and positive, we feel a state of equilibrium and balance. The chi or Water is flowing in a harmonious way in balance with our physical body, our astral body and our spiritual body. Negative thoughts are heavy and can muddy our thinking like Earth and Water combine to create mud. If they stay muddy, they can create stagnant areas internally and lead to toxic disease and illness. When we have forceful thoughts like the wind, these can push our emotions onto the etheric body of others. Emotions themselves are in our astral body and this is transported via our etheric aura. Our astrality is also processed through the assistance of the etheric body. When we have gail force thoughts, the Water or chi carries those feelings onto the etheric body of another and may affect their etheric aura and astral body. They may feel overwhelmed or drained. This depends on how in touch they are with their own reality. If they are aware that the feelings coming onto them are not theirs, their energy is protected and contained. They know with their own mind and intention that these are not their feelings. Their thinking and feeling boundary filters are engaged. This comes with being in touch with ones Higher Self. The Higher Self differentiates what is ours and what is not. When we have thoughts that are too superficial and devoid of meaning, we fly away from our etheric body and leave it vacant. This means that our physical body is actually at risk from invasion on a physical and metaphysical level. When we are fiery in our thinking, without balance, it can burn out our chi. Whether we feel anger towards ourselves or others or even when we have a passion for things, we need to ensure that we stay balanced. If you keep Water long enough on the boil, it eventually evaporates.

We need to respect the internal supply of chi as a human being. This needs to be seen as a continual flow in and out. We need to ensure we keep filling up with chi and letting go of anything

causing stagnation. Yes, we need to feel our power and our passion for our lightworking. We also need to feel our love and nurturing for ourselves as humans too that need to recuperate and nourish our physical bodies. Rest, sleep, meditations and exercise are all great ways to ensure that we regenerate our human bodies. When we have this balance, the Water element or chi serves us and gives us the strength that we need to keep evolving in harmony. If we have an absence of any of the other elements we can be too dreamy in our thinking. Our mind is like in a watery fog. We need the Fire, Air and Earth to keep us alive, moving and grounded. Everything in balance.

Childhood Development and the Etheric Body

Children's etheric body is very round as the child is a baby and grows as their physical body grows. We see this roundness in adults where there us an overabundance of their etheric body. Children's etheric bodies are drained from people who have low energy in their own etheric body and they require the nourishment of parents and caregivers. Children's etheric bodies are protected by their guardian angels in conjunction to what the child has contracted to experience in this life. Children also drain the etheric body of their parents and it is imperative that parents find time to resource themselves regularly throughout the day. The etheric body primarily builds the physical body up until the age of 7 years. Then it works with the feeling realm of the astral body from the age of 7-14. From 14-21 it works with the thinking realm of the self/Ego. Then at the age of 21 the etheric body is freed more to work with the Higher Self and higher realms.

Water as a Temperament

The Water temperament has been described as ‘phlegmatic’. Phlegmatic children are dreamy and tend to have a go with the flow attitude. It takes a lot of energy to do anything so they are not ‘get up and go’ type of children. They are slow and steady, predictable and stable. These type of projects suit their nature. They tend to plod along and stick at things over a long period of time. It is reasonable not to expect a phlegmatic child to do things quickly. It is important to give them plenty of time to get things done. They have vivid imaginations and can get lost in their dreaminess of the Water element. Teaching phlegmatic children can be challenging because they ‘drift away’ into their imagination. They don't usually complain unless they have to do something and they don't feel like it. If you have a phlegmatic child, always ensure that you give them plenty of time to do things. They respond to softness. They may require the occasional loud clap to wake them up from their day dreams if you need their attention. Steiner used the example

that to wake up a phlegmatic child in class a teacher may need to throw a set of keys down on the desk. Their bodies are usually more rounded and padded. They love their sleep. They love their food too and so they have a propensity to carrying extra weight.

The Sun, the moon and the Water connection

Things that I never realised about Water came through to me when I was up to writing about the Water element. I was told that humans contain a very high percentage of Water, which I knew. What I didn't know was that the moon affects the Water in our bodies like it affects the tides of the ocean. I was shown that it isn't the moon that is affecting the tides, but it is the reflection of the energy from the sun on the moon and how strong it is that affects the moon. The moon itself is not a sun. It is simply a reflection of the sun. A very powerful reflection that is close to Earth. When we see the moon close up, it is barren, lifeless and has nothing but greyness. Add a little bit of the sun's rays shining onto it and bam! We have a dazzling spectacle in the night's sky. We too can provide a reflection of the sun's energy if we are simply to allow it to shine onto us. This ignites our own power just like the moon effects the tides of the Water. We too can influence humanity with our powerful vibration. Remember that humans are made of a high percentage of Water. We can assist the planet in vibrating at this higher level.

The filling and emptying of the power of the reflective light from the moon has a profound effect on the ocean and tides. We too are a reflection of the sunlight, just like the moon. Whatever we have going on inside of us that is stagnating, our lightfilled reflection will shift this energy, like the moon shifts the tides. This is the natural progression of making the light a more conscious part of our lives. The sun shines during the day and is an energetic force. However when the moon is full, we usually feel more energised. When the moon is full it encourages expression and an outpouring of energy. That is why we can feel manic, sensitive and be over emotional during full moon times. Women tend to give birth more during these times too. The new moon (when we can't see it in the sky) is a time that we feel more empty and have an opportunity to go within and nurture ourselves, fill ourselves up consciously with light, make our wishes. These wishes usually manifest on the full moon if they are meant to be.

Bringing this all back to how our light affects others now though, it is very important to realise that our energy affects others unconsciously at first. They may react to our light with distaste,

avoidance and even defiance. This is a compliment! As long as you are not pushing your will onto others and simply living in the light, any resistance is like the tide coming in and them trying to row against the current. It is exhausting but some people are not ready to get to the shore. This is fine. We need to be really accepting of people's journey. As you retreat your energy from people, it is like the tide is going back out and they can come to shore and observe you from the safety of a grounded familiar position. Like watching a beautiful sunrise from an island beach. This is good. They can see the role modelling you are providing by living in the light, from afar. Your energy is still affecting them though. By turning away and not turning off your light, you profoundly affect people. Like a magnet, the tide going out, has sent them forward to land and closer to seeing the light. It is a paradox how this works. But it does. We see it every day. The moon doesn't disappear when there is a new moon, it is simply shining its reflective energy in a different direction. The moral to the story here is, never push your light onto others but never dim your light for other's sake. The power of where you choose to spend your time when you are living in the light will profoundly affect others whether they know it or not.

Water as a Carrier of Vibrations

During the writing of this book I was guided to explore the concept of Water as a carrier of vibrations. I was directed to write that it is important to understand the power that Water has in containing whatever it carries. It has the power to heal when it carries a higher vibration and frequency. Just look at what a little bit of Air and movement add to Water. They refresh it, they clean it, they purify it. However, if Water is carrying pathogens or vibrations that are heavy, Water can be toxic. Just look at stagnant puddles in the hot sun – yuk! So too, we can have internal puddles putrefying our bodies. Our emotions that are heavy and stuck in our etheric body, can do a lot of damage internally. More so, if they are there over a long period of time. They can cause tumours, degeneration, pain, blockages and even cancer. Cancer itself is when the body doesn't recognise itself. The body has lost a conscious connection in the area under attack. It has lost its sense of self and begins to attack itself. It sees itself as the enemy. Cancer itself is not the problem. The problem is the lack of recognition of the highest form of the self in that particular area of the body. This lack of recognition of the self may be from storage of emotions that are not even ours, unconsciousness of shut down feelings from a past trauma and even continual intense emotions towards someone or something caused by our own judgments. We can literally kill ourselves with carrying other people's emotions, unconsciousness of our shadow and our own judgmental mind.

Our etheric body is the body within us that stores, moves and restores these stagnant areas. We can learn to work with it in assisting us to carry higher frequencies. It cannot only restore the areas that have had stagnation but when we are in touch with it, it can assist us in the prevention of diseases forming. Archangel Michael clears away heavy toxins. Archangel Raphael is our token healing Archangel of course that gives us his healing energy. However, Archangel Zadkiel is the one to call on to help with the flow of our chi being restored. In assisting us to remove these blockages, we feel the energy flow to these areas once more. I have included the 'Lightfilled Etheric Body Healing' process in our 'Lightworker Practitioner's Vibrational Toolkit' in Section 7 specifically designed to work with and heal our etheric body. I have incorporated the three areas mentioned of carrying other people's emotions, unconsciousness of trauma and judgements to get to the bottom of why the stagnation has occurred. Then we move onto releasing these in order to assist our etheric body to restore itself.

Tai chi and Chi Qigong

These Chinese Healing Arts are excellent practises that assist in building and balancing the Chi/life force body/Etheric body. Tai Chi is translated to mean 'Yin/Yang' and is all about balance. Qi means 'life force' and Gong means 'mastery'. Using breath, movement, meditation, relaxation, mind-body techniques we seek to harmonise and strengthen the etheric body. I highly recommend the practices of both these healing arts. A close friend of mine practiced Tai Chi recovering from her bowel cancer and shared with me how powerful it was for her. I have practiced Chi qigong over the years and found the health benefits were fantastic for restoring my etheric body. It is slow but physical too, I certainly worked up a sweat.

Lightfilled Yoga™, Movement, Dance and Exercise

Again we build our etheric body when visualising the chi force through Lightfilled Yoga™ Movement, Dance and Exercise. We cover these in more detail in Level 6. When we are visualising light filling the chakras and body whist doing any kind of movement, it assists us with building and nourishing our chi force. This can assist with clearing specific blockages in the energy centres and organs associated with them. Of course, releasing blockages may also drain the etheric body as we are using the etheric forces to heal. However, overall you will gain energy because your etheric is being invited in and strengthened. Sometimes we release from our etheric body and sometimes we fill it. A balance of both is important.

Lightfilled Body Work

When we are connecting with the human body, this is a very physical activity. Massage and bodywork are usually seen as a purely physical activity. We can massage the muscles, the skin, the organs and the lymph glands. Bodywork gets us into a consciousness of our body and I highly recommend it for those who do not feel grounded or in their body. It assists us with lightening our energetic load and moves physical toxins from the body. It is always recommended to drink plenty of Water before and after bodywork to disperse these toxins.

Lightfilled Bodywork is a concept developed by me in connection with the principles and consciousness levels of the Lightworker Practitioner Training. Lightfilled Bodywork invites the client, the Lightworker, their guides and Spirit to work collaboratively in resolving any issues that are stored in the body in a mutually conscious way. The client becomes conscious of their body and issues that are stored in their etheric and astral bodies. The client and Lightworker Practitioner become aware of past lives and any memories of traumas or abuse that are holding the client back from their Higher Self. So when we are using any of the processes in this book that work upon the client's etheric, astral and physical bodies, we are also in the process of Lightfilled Bodywork. Lightfilled Bodywork aims to enlighten the body with the Higher Self.

The concept of Lightfilled Body work can be used by Lightworkers in conjunction with bodywork techniques they have already learnt or are yet to learn. It is not exclusive or inclusive. We don't teach specific bodywork techniques in the Lightworker Practitioner Training, however we expand on how to apply it to all levels of this training in Level 6 "The Lightfilled Being".

Etheric or Rhythmic Massage

This form of massage is specifically designed to assist the flow of the etheric body's forces through the physical body. Using touch, and essential oils from flowers/herbs, it was developed by Rudolph Steiner back in the early 1900's. This massage uses light movements using a figure 8 style. It is light because we are applying it to the etheric rather than physical body. Massing in large and small figure 8's stimulates the flow of the etheric body. It can be done on or around the

skin and etheric body. For those you have lost limbs or organs, this massage still applies as it is concentrated on the etheric body and does not require physical touch.

It is interesting that when I painted the essence of Archangel Zadkiel, there is a bright yellow figure 8. The figure 8 is not only a symbol of the chi flowing but it is also a symbol of infinity. This powerful movement of assisting the chi also aligns us with the infinite flow of Source. Etheric massage is great for babies. They are very fragile and normal massage can be too intense. For wind, colic and teething, any non-touch etheric massage will assist with the flow of the baby's chi. It can aid pain relief due to stagnation and also assist with digestion, release of wind and growth. A figure 8 can be applied to a sore area of a body such as an ankle. These small figure 8 movements can be applied on bruised areas where any touching is painful. It can be incorporated into normal hands on massage in certain areas that have stagnation. Large figure 8's can be used over a back. Then smaller figure 8s can be used across parts of the back. The crossing of the figure 8 can cross at the spine. The figure 8's can be upright or horizontal. We can use etheric massage with our hands but this is not necessary. We can also use or our minds using visualisation and our intention. You can visualise this etheric massage and apply your will to this area to assist the flow. Always ask for spiritual help and resources in applying this massage. Remember not to use it to avoid issues. We can massage things away temporarily however they will return to us if we have not explored their root or cause.

Shiatsu and Acupuncture

I am a big believer in and have benefitted from both Shiatsu and acupuncture. The practise of Shiatsu and acupuncture has been around for a long time. They are both based in the idea that there are meridian lines relating to various organs and parts of the body where the chi runs through. These are like an energetic grid of how the energy flows through our body. When the energy gets stuck or is low, stimulation of these meridians through techniques such as Shiatsu or acupuncture assist in the chi levels and flow.

Shiatsu and acupressure work with gentle pressing and stretching on the meridian lines of the body. Acupuncture applies very thin needles. Cupping using suction cups to remove toxins and moxibustion to apply warmth on meridian points are also techniques used during Shiatsu and acupuncture.

I highly recommend shiatsu and acupuncture to increase consciousness of the flow of our chi through the body. It is a great compliment in supporting ourselves when we are working on a particular organ, energy centre or part of our body. It can quicken the healing process, especially when our etheric body is weak and we feel too weak to restore it without some human support. I have called on my Archangels to work through the practitioner when I am receiving shiatsu treatments. I feel that by inviting the Archangels into the session, I benefit greatly. I know I can trust the Archangels more than humans, so this reassures me that I am getting the support I need.

Hydrotherapy

I must admit that this one is a personal favourite. I am lucky enough at the time of this writing to live in a wonderful place that has not 1 but 2 spas. One exists in my ensuite and the other in the apartment complex. One is fresh Water and the other is chlorinated. I always feel the benefit from being in spas because I am not one for cold Water. However Steiner did say that popping from a cold pool into warm Water stimulates the etheric body. It's true for my husband Tony who is such a dolphin and surfs everyday. He doesn't mind the cold Water was much and says that when we jumps in the hot spa after diving into the cold pool, it feels all 'tingly'. This is the etheric body stimulating our nervous system.

Hydrotherapy usually involves jets of Water streaming out to massage the meridians, muscles, organs and limbs. I love it and always feel the benefit from using the jets of Water. However, I only have to have a shower or bath to feel the cleansing benefits of Water. Our skin is the largest organ in the body. Therefore, it holds toxins until we shower. When we shower we release a build-up of toxins.

When we bath we release toxins too - especially if we use Epsom salts (magnesium sulphate). A word of warning here, not to sit in a bath with Epsom salts for longer than 10 minutes. Our pores open and release a lot in that 10 minutes and then they will reabsorb the toxins back in. Epsom salts relax your muscles as well and we can lose track of time, so be mindful of the time. Some people react to chlorinated Water and chlorine tends to dry out the skin. Epsom salts do not dry the skin. They will stimulate the circulation. If you are pregnant/nursing, have high blood pressure, diabetes, kidney disease or cardiovascular issues play it safe and limit the amount of Epsom salts and time you spend in the bath. Sometimes a good foot soak will do the trick too. Reflexology points out that each part of the foot relates to each part of the body. Anything to do

with feet also helps to keep us grounded. Always go with your guidance on what you feel is comfortable. I don't tend to put more than a handful of Epsom salts in a bath. That feels enough for me. However others recommend 2 cups. If you feel sick at any time – get out of the bath or stop the foot soak. Drink a glass of Water before and at least 2 glasses directly after an Epsom salt bath. Some people say that the detoxing makes them feel nauseous. I tend to think that when we feel relaxed we are detoxing and if we are feeling nauseous that we either have too much Epsom salts or are now in the 'reabsorbing toxins back in' stage. As I said, go with your own guidance of what feels right for you.

Hydrotherapy also works well with visualisation in the shower. You can use visualisation of the Water as white (or other coloured) light showering and cleansing your whole body. Visualise blockages clearing and any toxins going down the drain. This was mentioned in Level one in the 'Chakra Clearing Shortcuts'. One of my students uses another of these shortcuts in the shower. She said that every morning when she takes her shower she asks Archangel Michael's to place his sword of truth straight down from her crown chakra to her base chakra. This removes any blockages from the energetic centres. I fully recommend filling up with light after doing this exercise as sometimes it is not enough to clear it, we need to fill the cleared space. This she has since learned!

Water-colour Painting

Water-colour painting is the most nurturing and resourceful painting that there is. Where other types of painting work on our astral bodies, the Water-colour painting works directly on the etheric body. So it is safe to use with children and pregnant women. We have extensive exercises and techniques that we expand in Level 5 'Playing In The Light' for both adults and children.

Water - being on it, under it and somewhere in between

Another great form of hydrotherapy is actually being in Water. Floating assists us in totally relaxing, balancing, meditating and receiving the support of Spirit. That is, if you can float. I tend to sink. However this suits me, as I prefer to be under the Water rather than on top of it. It must be my mermaid tendencies. I love being under the Water. It is another world really. I feel as if I am flying. I could spend all day down there if my human lungs would adapt to these conditions.

My husband likes surfing. It's his thing. I tried it and have got past the terrified stage of being hurtled towards the sand at a cracking speed. Yes, needless to say it is not my favourite thing. I would rather be under Water. However, he is a Dolphin so it's no surprise he likes to cruise the waves. Apart from being fun and a crazy good physical work out, it allows him time for reflection. He connects with the natural world, the sun, the elements, his Higher Power and his Higher Self. He will often return from a surf with a clearer head, inspiration and ideas. He finds that it reinforces spiritual beliefs and he understands why some see surfing as its own religion. We discussed the spiritual principles that he practises during surfing that he applies to life such as:

Going with the flow

Riding the waves of life

Making the most of what I am given

Letting go and Letting God

Receiving what the Universe delivers to me

Practicing patience provides a calmness to enjoy my surroundings

Dolphins

Talking about dolphins, let's talk more about them! There has been a lot of research on the power of dolphin healing. Whether it be sound therapy, proven changes with people's brain activity, physical body and electromagnetic field using CT Scans, ultrasound and other equipment, there is little doubt that there is healing with dolphins. So what is the cause of this healing you may ask? Well, put simply, it is their vibration. Dolphins operate on a higher frequency than humans. When we spend time with them, it lift's our frequency. When our frequency is lifted, we feel more joy, lighter and it effects changes in our etheric and physical body. It also improves higher faculties thinking because our crown chakra and third eye open. It gives us a natural chakra clearing through all our energetic centres. When our energetic centres are clear, we feel happier, lighter, more positive.

There has been research that connects dolphin therapy with recovering from depression. My connection with dolphins is very personal because my husband has the energy of a dolphin. I

have the energy of the angelic realm. We compliment each other in different ways. He ignites my joy and light. I ignite his Higher Self and life purpose. However we do not become dependent on these things. Like any therapy or relationship, we learn to develop our own capabilities. If we seek to use these things as a replacement for our own capabilities then they become dependencies and addictions. For those who are unable to access dolphins for healing, they are only ever a thought away. You simply need to ask for this energy. You may find that when you are in the shower, bath, river or ocean it feels easier to access their energy. You may choose to visualise Water too. If it is cold or you don't like to go into Water, you can imagine that you are floating in the Water with dolphins. I have included a visualisation in our toolkit in Section 7. Dolphins also communicate telepathically, so if you are swimming around them in real life or visualisation, make sure you watch your thoughts and listen to what they are saying to you.

Whales

Whales have an ancient energy from days gone by. They are old and evolved spirits who have picked up history and take it with them like a grand physical representation of the Akashic Records (the records of life). This whale wisdom is available to us at any time. My husband and I used to live in Coolum Beach Queensland Australia. The whales were only a few kilometres away but they could be heard quite loudly under the Water. I remember my husband would spend time under the Water listening to them and felt moved and inspired by their sounds.

Akashic records contain all the knowledge of human experience and all the happenings in the history of the cosmos. They are like the 'Mind of God' library. We can access the Akashic Records metaphysically to find out information about our choices, our future choices, other people's choices and options for future decisions. The reason why things have happened in the past and the reason why things will happen in the future can be accessed here to make some sense of your life or the world in general. We invite you to undertake this process in Section 7 with our "Whale Wisdom Visualisation". We connect with the Whales as the gatekeepers to this wonderful library to take us on a journey of discovery of wisdom.

Sea Creatures

Well, the ocean is a plethora of boundless forms of life. In fact, I would be so bold to say that we have only just scratched its mere surface in our discovery of the wonders that lie beneath. From

the mysteries of the shell creatures to the creatures that create their own light in the deepest parts of the ocean, we can surely benefit.

Shells themselves have an uncanny resemblance to our ears. Ironically, we can hear a sound similar to the ocean within them when we place it close to our ears. My guidance is that they assist us with our Clairaudient abilities. They also assist us with receiving Spirit. Shells have a very feminine or yin shape as it is like a container, cup or womb. There are shell essences that have been created by those who are drawn to use them. These essences assist in a holistic way and not just to improve on clairaudient abilities. However, if you feel drawn to shells, collecting them or working with them, perhaps you can take some time to listen to what they are saying to you.

Sea creatures have been included in homeopathic medicine preparations specifically suited to their essence, abilities and nature. Chinese medicine also incorporates sea food in the prevention of disease by way of balancing the diet with a wide variety of food from the ocean. Many people see these as delicacies and pay a huge price for them.

Some cultures incorporate spiritual practises in traditional hunting methods to respect the way an animal is killed. They are perhaps not doing this purely as a commercial enterprise. It is worth mentioning here that eating whales, dolphins and other sea creatures to gain benefit from their higher vibrational frequencies is understandable, but any negative energetic vibration that is used in slaughtering or capturing these animals, effects the vibration of the animal. In fact, the way an animal is killed changes its vibration. When it comes time to consuming the animal, the food itself is like a poison to the consumer. The way in which an animal dies, affects the astral body of the animal. This energy is then taken into the astral body of the consumer. The energetic vibration and intention by which we take an animal's life, the way in which it dies and the level of gratitude we feel for the animal, all effect the vibration of the food. No matter what sea creature we are interested in for vibrational purposes and let's face it, there are too many to mention here, we need to be mindful of the reason why we want the animal's energy. To be conscious of this is to master the lightfilled relationship with all the creatures around us. I believe that we can and do connect with the animals by consuming them, so we need to be mindful of how we are doing this. I also believe to learn and connect with them more, we can take them into a meditation such as the 'Power Animal Meditation' in Section 7.

Healing with the Spirit of Water

We spoke of Water spirits as Water fairies in Level 1. They are better known as the Sprites/Undines/Ondines/Nymphs. They oversee taking care of the Water, coral and sea creatures etc. They work in harmony with the mermaids, merangels and merfairies. We can see these devas with our spiritual vision when our third eye is activated. They are closely governed by the moon because of its powerful effect on Water. Their colour vibration is blues and greens and anything in between. We can access these Water spirits through our level of faith in a situation. Our faith in them activates their powerful healing abilities. As always Spirit needs our willingness first. We can call them forth and connect with them in clearing toxic energy away from the Water, our physical and etheric body. We can also call on them to help our garden grow, our babies grow and our pets to heal.

Water spirits are simply the Spirit of Source behind Water. They are the most positive vibrational quality of Water and can assist anything that has components of Water in it. Saint Bernadette said, “One must have faith and pray, the Water will have no virtue without faith”. Visiting Lourdes in France brought many messages to me about Saint Bernadette. She was a person who had a vision of Jesus’s Mother Mary over a period of 14 days. She was asked by Mother Mary to keep turning up at a grotto (cave) and to speak about what she saw. Bernadette was challenged by the Church, her friends and family about whether she was speaking the truth. Witnesses saw her experience the visions as they were occurring. They saw Bernadette dig (where she was directed to dig by Mary) and a spring emerged. They saw her holding a candle during one of her visions that burnt down to her hand for over 15 minutes, which never resulted in burns.

I could literally feel the faith in the Air at Lourdes like a thick blanket. It was tangible. So many people come to Lourdes and they bring their faith. Their faith is even strengthened more when they leave. I could feel it oozing out of the church, waking areas, shops and cafes. I loved it. I found it understandable that Bernadette’s body was exhumed 3 times over a period spanning over 30 years after her death and it did not decompose. That is such an amazing thing. We call this phenomenon ‘Incorruptibility’ and it is truly the Level 7 that we speak about in terms of spiritualising matter through faith. It begs the question, “Is it Bernadette’s faith or our faith in

Bernadette that has prevented her body from decomposing?" Bernadette died in 1879 and her body is on display in a glass case in Nevers, France. It has still not decomposed after more than 130 years.

Flower Essences

Lucky for me, I bought my own Australian Bush Flower Essence kit back in 2000 just after my second daughter Phoenix was born. I had been personally using them for years and felt guided to buy my own kit when I commenced my counselling practise. I didn't look back. It was the only medicine - apart from the occasional paracetamol for my family's high fevers - that were needed for the first 6-8 years of my daughter's lives. Even so today, with only one visit to the hospital for my daughter Phoenix's tooth abscess, we have all only had a couple of visits each over the past 11 years. I consider medical intervention as helpful if used as an intervention.

Using flower essences is also an intervention that can be used when a medical intervention is not called for. They can also be used alongside medical interventions. They are not contraindicated as they are energetic, not herbal. They are created using a highly diluted amount of the original Water that the flower has been bathing in with sunlight. This mother tincture is then used in the kits.

Flower essences can be used as a stand-alone essence or in combination. They primarily treat the cause and not the effect. However, their treatment results in resolving the cause and effects. And there are some that instantly resolve effects such as Fringed Violet or Emergency Essence for trauma.

I also bought the Bach Flower Remedies essences kit but have not been drawn to use them as much as the Australian ones. I wonder if this is because I live in Australia and these essences are more relevant to us because we are taking in the essence of the land that we currently reside? It is food for thought!

These essences treat our etheric body. They also treat the physical, astral and Higher Self as well. I have had clients resolve everything from traumatic episodes and herpes to lumps in their breasts. I even resolved my own psoriasis back in 2000. It has never returned since. The essences of flowers are highly powerful. Each flower is vastly different in its energetic vibration. When we use essences we can be guided to an essence by its picture. I have the posters up around me at work. We can use cards as some flower essences come with cards, or we can create our own. We can visualise receiving the energetic vibration of the essence or flowers using the cards placed on our body. We can also receiving the essence of flowers using visualisation. I have provided a guided meditation for 'Connecting with the Plant Kingdom' in Section 7.

We can look at the back of the flower essence books such as Ian White's "Australian Bush Flower Essences" to seek guidance of which essence is good for a particular ailment. Feel free to look up a flower essence on the internet for more information or images if you don't have these books or cards. I also know how to assist you in creating your own flower essences. You may also wish to use this process for tree or herbal essences too. I have provided a process for this in our 'Lightworker Practitioner's Vibrational Toolkit'.

Tree Therapy

When you read 'Tree Therapy' did you think it said 'Free Therapy'. Well upon writing this, that is what I saw. Yes, free therapy. Think about it, they are everywhere. Here are just some of the amazing ways that we can connect to and heal ourselves using trees.

- Climb a tree to gain perspective in your life. Set an intention before you commence the climb that you want perspective in a particular area. Then start climbing. See what occurs on the way up and how you feel when you reach the spot you have chosen. Feel into your feelings as and whether the climb has painted a picture of that particular area of your life. Notice any connections and feelings on the way down as well. This could be symbolic of what is to come.

- Hug a tree to feel connected to your heart

- Whilst sitting beneath a tree with your back aligned on the trunk feel yourself as the link between Spirit and Earth. Like a power pole, the tree can enhance the balance of both Spirit and matter within you, aligning all your energy centres.

- Allow yourself to rest in a tree. Feel the nourishment of the tree's etheric body completely restore your own etheric body.
- Invite a friend along on a tree date. Appreciate the feeling of complete letting go and being as children together. With innocence and support comes great spiritual lessons in life. Share these together. Laugh, let go and enjoy.
- Meditate whilst sitting in, on, under or around a tree. Ask for guidance from Spirit or the tree's guardian. Ask what gifts it brings to the Earth and to you at this particular time. I have provided a guided meditation for 'Connecting with the Plant Kingdom' in Section 7.
- Create essences of trees using 'Lightworker Practitioner's Vibrational Toolkit'.

Water Power Animal Medicine

We have already mentioned the powerful dolphin. When we come to dolphin medicine it is that of the heart. Dolphins affect the heart through joy. Dolphin medicine is that of the heart, joy and fun. The heart is the symbol of the most nurturing part of ourselves. It is the part of us that can provide compassion, love, gratitude, understanding and kindness. These qualities are the seeds of joy. The dolphin is a carefree animal that flies through the Water with ease and has fun at the same time. This is connected to the chi flow of the Water element. Its ability to go with the flow and not fight the current is the medicine we need when we have life changes occurring. It strives to connect too and to communicate with its higher faculties. It connects with its pod and it connects with humans too. Its ability to communicate in higher realms shows a higher intelligence that is not devoid of joy. This is the type of medicine that we need when we are taking life too seriously. We need dolphin medicine to keep our lives in balance and to harness changing our vibration to higher realms. We access dolphin medicine to improve our higher facility organs of claircognisense, clairaudience, clairsentience and clairvoyance.

Section 4: Air

The Element of Air

The powerful energy of the element of Air came to me when I was writing this section of the training. I was told that the energy of Air is a sweeper. Like a broom, it sweeps away old energy and vibrations. It clears away the old to make room for the new. Sometimes we see this as negative and are annoyed by the feelings of loss that are often experienced from the sweeping away of the old. However, this is necessary to make room for the new.

Air changes direction at any given moment. It is in constant motion. It never 'stands still' even if we can't feel it moving. It is still moving. However, when we are talking about the element of Air's purpose for us, it is about ensuring that we align with the part of ourselves that are light, flexible, changeable, adaptable and willing to 'move'. It ensures that we do not lose our faith during times of change. When we reject this quality of Air, we resist change. When we resist change, we find change challenging. When we do not resist and we release, we are swept clean, we move on, we adapt and we evolve. The only constant is change. Air is a valuable and necessary quality to keep our lives from stagnating in our consciousness and our body.

As well as sweeping away, the element of Air refills and resources us. It gives us the breath of life. It gives us life. Without it, nothing would live. The plants would have no carbon monoxide to breathe in. Humans would die from lack of oxygen. Underwater creatures would not be able to exist either. Even though they breathe in Water, they still filter out its oxygen with their gills. Oxygen refreshes Water and prevents it from stagnating. Without the movement of Air, our chi simply turns toxic. We need to breathe both in and out. Too much of breathing in and we feel overwhelmed. Too much of breathing out and we are too empty. There has to be this balance of the yin and yang breath. The yang gives. When we breathe out, we give the breath of life to others and our energy affects the world. The yin in-breath sustains our life. When we breathe in, we allow ourselves to receive. When we breathe in too much and there is no out breath, we feel too full, too expansive and we have too much energy. Without the out-breathe, we are not energetically giving to others. We may be full of feeling but if not released, this can lead to stagnation of emotions and health issues. When we are only breathing out and forgetting ourselves, we give too much of our energy, we feel depleted, empty and burnt out. We may be too busy, too rushed and tired all the time. There always needs to be a balance between the breathing in of receiving and the breathing out of giving. This is the way of balance of the heart chakra. It gives love and receives love. Without both, it becomes imbalanced. Being too full of chi

energy in the heart chakra creates as many problems as being too empty of chi energy in the heart chakra.

Contraction and Expansion

The Air element is in constant motion and it lends itself to this picture of contraction and expansion. A lot of my own self care and parenting ideas have come from this theme as well. I learnt about this concept in my Steiner training and found it helpful with balancing my energy.

Everything is in a state of contraction and expansion. Even the Earth. When the Earth is ready to move, it moves. Its energetic etheric body moves energy all the time. The Earth's densest vibration of Earth, being matter, also moves. Energy moves through everything. There is even space around matter. Protons and neutrons spin around the atoms. Everything is made of atoms, so matter itself is always in constant motion! Even if we don't see this with the unaided human eye, it exists. As all matter is a vibration, we can energetically influence matter by our vibrations. Our vibrations are influenced by our emotions, our thoughts, our etheric body and our will.

Our lives are in constant contraction and expansion. We are more 'out there' in life at certain periods and more inward and reflective at other times. Our days are in constant expansion and contraction. We are awake and asleep. We are busy at certain times of the day and more restful in others. It is recommended that during our day, we are keep ourselves within a healthy balance of contraction and expansion. This is healthy parenting of ourselves.

When parenting ourselves and our children, the concept of contraction and expansion is extremely helpful. When we are 'full' of sense impressions from TV/computers, listening, learning and reading, then we need an 'out-breath'. When we are full, we may feel hyperactive because we are full of energy and need a release. Too much input and not enough release, leads to hyperactivity. This hyperactivity can be seen as ADHD. However it may be caused from a high amount of energy being absorbed without adequate output. When we learn to channel this amount of energy into healthy expressive activities, we make the energy work for us. If a child is hyperactive, we just haven't unlocked the door to their creative potential yet.

When we take on too much energy without release, we may also feel immobilised. We may develop headaches. This is because too much energy without release can lead to energy becoming ‘stuck’ or stagnated. So we need movement. We need the out-breath activities. I have outlined some below.

When we balance our activities, most ‘in-breath’ activities can be beneficial in fuelling our imaginations. Whatever we are drawn to, it can assist us in becoming a catalyst for expression. We need to take the judgement out of what we or others are being called to focus on. Whether it is video games, reading certain books, hobbies, activities and other interests. Some may appear destructive initially and may cause us to worry or become concerned. The key here is to keep an open mind because the gift always lies in the catalyst. As we uncover what part of us is drawn to a thing and why, we also discover a way for this part to express itself. The reason why we are drawn to something is because it is part of our journey, life’s purpose and vibration. If we reject things that we are interested in, we are rejecting a part of ourselves. If we reject things that our kids are interested in, we are rejecting a part of our child. When we work with it, we find a way in expressing and allowing this part to breathe out. When it does this, we find its gift. We can assist parts of ourselves and others expressing through play, drawing, painting, writing, talking, exercising and other expressive activities. When we breathe out, we release. We learn more about ourselves and we return to wholeness.

Contraction Activities	Expansion Activities
Concentrating, focusing, thinking, attention to detail, video games, TV’s, reflecting, listening, absorbing, noticing, watching, reading, taking stuff in, activities of the mind, passive activities.	Exercise, singing, drawing, painting, sand tray, creating, yoga, writing, making stuff, dancing, walking, talking, acting, physical activities, craft and activities that make you breath.

The Astral Body

Our astral body is the component of our psyche that exists on the breath. When we breathe in, we fill our lungs with this element with oxygen. The other beings on this planet that breathe in oxygen are the animal kingdom. Our astral body is the part of us that mirrors the animal kingdom.

Animals are hyper-vigilant and respond to aversions and desires. Our very primal astral body is reactive like an animal rather than responsive. The astral body vibrates on various levels, depending on which part of our astral body we are connecting with. For example, we may wish to feel more courageous and experiment with connecting with the lion part of ourselves. Or we may

be too aggressive and we choose to connect with a graceful animal aspect of ourselves such as the swan. We can learn about how to moderate and express ourselves by exploring the astral body. The Higher Self is a witness to all of our astrality. We can connect with and transform our astral body with help of our Higher Self and intention/will. Imagine that you have all the parts of the animal kingdom within you. This is a good start to understanding the nature of the astral body.

The astral body is the part of us that has the feeling response. When we are feeling any kind of emotion, we are connected with our astral body. Our feelings are felt when the astral body is housed in our physical body. We are then able to ‘feel’. Our emotions and our bodies are linked when they are expressed or processed.

We are also capable of shutting down our feelings and therefore our astral body. For example, in traumatic events, we can ‘freeze’ feelings when we hold our breath in shock. This feeling and the memory of the actual event then gets stored in our astral body. If unprocessed, these frozen feelings can cause illness and stagnation.

Frozen feelings can also contain the feelings of others that we took on during a traumatic event. When we allow ourselves to feel our feelings years later, they may feel overwhelming. This is because some of the feelings are not ours to begin with. We may also feel confused by our feelings and they don’t make sense. This is another indicator that these feelings are not ours. A good chakra clearing is the order of the day when this occurs. No amount of crying will release frozen feelings. Feelings that are not ours need to be released intentionally so that they can return to their rightful owners. When these feelings are handed back, we are setting ourselves free. We are also freeing others to learn and evolve.

During traumatic events we may leave our body by dissociating. Our astral body flies away from our body. In order to actually feel feelings, we need to be in our body. So we may feel numb and disconnected from ourselves. Sometimes this may go on for years.

When we disassociate, we are not present. Therefore, we may have little memory of an event. We may have no feeling related to an event. However, the event still occurred, it is just not processed as yet. Parts of the jigsaw puzzle are missing that may be keys to unlocking our beliefs and motivations. These motivations remain unconscious to us and therefore we may experience behaviours we don’t understand. We may also find it difficult to focus in the present.

Our astral body connects us to our senses and so it is highly connected to not only how we feel emotionally, but how we feel physically too. It is connected to our senses and our nervous system. When we are feeling oversensitive, our astral body is feeling exposed or overwhelmed.

We find when we are feeling emotional, our astral body taken the upper hand. Our astral body is easily influenced by the Luciferic and Ahrimanic forces that we discussed in detail in Level 3. The reason why we feel depleted or tired in being emotional, is that feeling our feelings takes energy away from our etheric body. We are not weakened by acknowledging or feeling our emotions. Releasing them strengthens us and opens us up to clearing away lower vibrations and creating a space for higher vibrations. However, as our etheric body is drained, after being emotional and releasing, we need a rest. We need sleep, down time and meditations that resource our etheric body to recover. These will bring in those higher energies too and replace lost etheric chi.

The astral body assists us in diagnosis with the Lightfilled Holistic Medicine Model. Predominantly, the astral body is full or empty. These relate back to our Yin/Yang imprints that we discussed in Level 1 regarding the Principle of Responsibility. We are able to sense into whether our astral body has been affected with any trauma or neglect by ourselves or others. We can do this for ourselves and our clients. When the astral body is reacting to a trauma, it affects the physical body. We get physical symptoms such as pain and allergies. We can also feel emptiness and try to fill it. Therefore more addiction related symptoms present themselves. And because the astral body is related primarily to the Air element of our body, we get symptoms relating to the rhythmic system of the upper body. This includes the nose, windpipe, throat, shoulders, heart and lungs. We find that we may have allergies, hay fever, asthma, heart pain, heart disease, upper back and shoulder pain or stiffness.

Animals have an astral body. They have aversions, desires, instincts, feelings and reactions. Plants do not have this level of consciousness on Earth. Animals have an instinct and desire to survive. They seek to eat, find shelter and avoid danger. This is very symbolic to the astral part of ourselves. It is the survivor, the hunter, the gather and the fighter that defends its clan. It survives by flight or fight. It is important to the survival of the human species to have an astral body. Without it, we would be lifeless and unconscious. It brings some light to our mind. However, if we are always conscious and hyper vigilant, we do not allow ourselves to reflect or connect to higher sources.

Animals have a group consciousness rather than a self consciousness. A lion doesn't usually wake up one morning and say, "I'm sick of being a lion, I might now become a deer". A lion has its own essence of astrality connected to consciousness of lion. I believe that animal species continue to evolve together as a species. They continue to adapt and evolve together. However, humans have the whole of the animal kingdom within their astrality. We also have an ego self that can decide to change at any time. Have you ever heard a human say, "Accept me as I am because I am never going to change"? Well, this is the person's ego talking that is highly under the influence of their own astrality. The ego is our sense of ourselves as an individual. Animals cannot speak without human training or influence in referring to themselves as 'I'. This is a human phenomenon.

Childhood Development and the Astral Body

The astral body kicks in at the age of 14. This is because the adolescent's etheric forces are freed from developing the astral body and they now commence to work on the mind. Therefore teenagers are able to reflect more on their feelings, observe them and not have an automatic felt-thought reality. We find that as we become teenagers we are more emotional and have more specified aversions and desires for things. Our attachments to things, cravings, sympathies, antipathies and reactions all light up quite strongly. Hormones also exacerbate and heighten emotions too.

As these astral forces are freed at this time, this is the perfect time for expression of the astral body. If the astral body is not expressed at this time, it hinders the physical body which may manifest in diseases at later life. If the child has previously been given tools to aid this expression, this is ideal. If not, it is a good time to bring in creative activities to ensure that the astral body has a vehicle of expression – especially if the teen is not a 'talker'. The main task of the teenager is the formation of their identity. If this identity formation is hindered by an overloaded astral body, the formation of the self will be hindered. The etheric or growth forces are now working on the child's thinking rather than feelings of the child. So the feelings are free to be expressed. We find at this time, the child can reflect on their feelings for the first time. They are able to become the observer of their feelings rather than have a simultaneous 'felt-thought' reality. We discuss this more in the next section on Fire.

Air as a Temperament

The Air temperament has been described as ‘sanguine’. Sanguine children are social and extroverted. They tend to flit from one thing to the next like a butterfly. They have a light, bubbly nature and even tend to talk with more song in their voice. They often walk on their tip toes (although most children do in the early years) and enjoy music and other artistic activities. They generally have a short attention span and enjoy change. They tend to lose interest in things quickly so they are not strong finishers when it comes to tasks. They enjoy brightness and colours. They tend to be the life of the party and light up a room. They have charisma and their eyes sparkle. They may lack attention to detail. They have limbs that are finer towards the ends in proportion to their upper limbs too. This is a sign of their lack of incarnation fully into the physical body. It may be a challenge to keep these children grounded. They may tend to say things that are untrue to gain approval from others and make friends. Children are naturally more sanguine in their early years. Running on their tippy toes and clumsiness are all signs of not being fully grounded. Exercises that assist with grounding the sanguine can be stomping and clapping games that require concentration with keeping rhythm. Tasks or craft that is repetitive such as knitting will get them into their limbs too, bring them down to Earth and strengthen their will.

Air Elementals - The Sylphs

In Level 1 we discussed the Sylphs as the Air fairies. They are associated with bringing the correct Air to plants, animals and humans to ensure their survival and health on Earth. 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. They also connect fully on the breath. When we need to clear out our internal bodies from lower energies, they will send us the colour vibration in the Air that we are breathing in. All we need to do is ask and be willing to breathe it in. These Air fairies bring the light of consciousness to our work as Lightworkers.

Dreams and Astral Travel

Our astral body expresses itself in our dreams. If it hasn't had a chance to express itself or make itself conscious to us during our waking life, it will express itself in our dreams. In our dreams we

are the painter, canvas and the paint. The dream is like a download of information. The dream is a picture of how we feel about all the parts of ourselves. We witness our dreams more consciously when we are more aware of ourselves and have developed our higher faculties. Then we are more able to observe all the parts of ourselves in the dream, how we feel and how they are interrelating. This is great for bringing to our consciousness issues that we need to realise or confirm.

Technically our astral body is freed when we are asleep. Our physical and etheric bodies remain where they are, but our astral body is free to travel. We may experience this as flying in our dreams. We can also do this during the day by day dreaming, meditation, visualisation and reflecting. We always take our 'Ego' or Higher Selves with us, however it usually requires some training to be a witness of our astral body.

The Astral plane contains the past, present and the future. When we connect with it, we may experience premonitions. However the astral plane also consists of alternate realities and outcomes. I believe that we can be shown what might happen if ours or other's actions don't change. We also have free will to choose a different outcome. However we need to take responsibility for our choices.

Lightfilled Colour Therapy

Light expresses itself in varying shades of colour. I am very open-minded when it comes to colour and not at all dogmatic about assigning meaning to different colours. I have found colour to be one of the most powerful healing modalities in dealing with addictions, trauma, abuse, grief/loss and relationships.

The world would be a pretty dull and lifeless place without colour. Each one of us is made up of so many different colours. Each colour has its own feeling and vibration. These vibrations of colour are individual. We also have our own experiences through life that determine our reactions to certain colours. How we each respond to a colour, is very personal. If we are drawn to or have an aversion to a colour, this is created by our own personal lives up to that point.

I believe no one has the right or should tell us what colours are good for us. How we each perceive colours and what they can do for us, is really created by our life experiences, not just a dogma that says, “this colour means this and is good for that”. If we have some trauma around a particular colour, then it won’t be a resource for us until we resolve the trauma. So too, we may find that when we revisit traumatic parts of our life story, our astral body needs to express itself and release. Our astral body likes to express itself with colour. Thereby, with the use of helpful modalities such as drawing and painting, it can find its release.

I have included colour in our meditations as a resource such as the ‘Clearing and Centering The Self Meditation’ in Level 1. In this meditation I specifically point out that colours may change at any time and that this is okay. We invite Spirit to give us the colours we need. This is true Lightfilled Colour Therapy.

We can also use drawing, painting and meditation to assist us in uncovering what a colour represents to us and where any blocks may exist in our lives that may be holding us back from experiencing the whole rainbow that we are.

Lightfilled Yoga™

Lightfilled Yoga™ is a form of movement that is inviting Spirit to connect with our physical body in an actively conscious way. We explore Lightfilled Yoga™ in more detail in Level 6, however it is worth a mention here in the way it relates to our astral body.

The astral body loves or resists movement depending on what we have stored away in our etheric and physical bodies. Our astral body can only hold so much dense energy before it commences to express physical illness in that area. The light of our consciousness can assist us in releasing this stored energy however it helps to know how the energy is moving, where the energy is supposed to be moving and its purpose. In my experience, Lightfilled Yoga™ is the most conscious and powerful form of awakening the astral body and uplifting it to its highest vibration. For example, the yoga pose of the heart chakra is not just about the heart chakra. It is about how the energy is flowing into and out of the heart. Barriers to receiving this energy can be identified, as can walls and blockages. We can realize the outflow of energy and any resistance in giving. Imbalances with the giving vs the receiving of the lightfilled energy coming into and out of the heart chakra can be clearly identified and restored to balance.

In developing Lightfilled Yoga™ with Hannah Andrews, we both ‘saw’ simultaneously, with our spiritual vision, the figure 8 of energy come into and exiting the chakras. The visualisation of the flow of energy through each chakra was enhanced by the Lightfilled Yoga™ Chakra pose. It wasn’t the Lightfilled Yoga™ Chakra pose itself, although the pose was powerful enough to catapult us to becoming conscious of any blocks. Becoming conscious of the blocks also assists us in knowing and connecting with what each chakra needs and this lifts both the chakra’s vibration and the astral body as well.

Any problems associated with the astral body, presented themselves during Lightfilled Yoga™ sequences. Perhaps it was a certain pose that annoyed us or that we lost focus during concentrating on a chakra. This challenged us. Perhaps normally we wouldn’t feel this annoyed about our chakra, but a certain pose made us conscious of resistance or a block. We also felt that our energy increased over the weeks of going through the poses. Some weeks we were really energised and other weeks we were depleted. It came in direct correlation to the type of healing we needed. If we were empty and receiving light, we felt energised. If we had blocks and were experiencing resistance, our etheric felt more drained and we needed to be more gentle on ourselves after class and for the next day.

In the coming months we worked together with these poses and shared them with other Lightworkers to gain their feedback. We wanted to make sure that it was tried and tested before we included it in Level 6 “The Lightfilled Being”. We feel that this type of visualisation enhances traditional style yoga poses as long as the person understands the purpose of the pose. In this way, they can light up their consciousness and connect more strongly with their will and intention and the purpose of the pose.

Traditional yoga poses themselves work too, but they are enhanced with Lightfilled Yoga™ practises. The Lightfilled Yoga™ for chakras is recommended as one focus per session because it is so powerful that it points to where an issue can be resolved. It is not about just doing all the poses. It is about doing the one that we feel called to do. We also find that they are helpful to do as a theme that is incorporated into a general yoga session. For instance we do the Lightfilled Yoga™ pose at the commencement of the session and end of the session with meditations. We

provide Lightfilled Yoga™ meditations as part of the Level 6 training and in the training resource “The Lightfilled Being”.

Eurhythmy

Eurythmy was developed by Rudolf Steiner and his wife Maria Steiner in the early 1900s. Eurythmy stems from the Greek and means 'harmonious rhythm'. It is a form of movement that is often done to song, poetry or music. It is the harmonious physical expression of the sounds in the song or music or the vowels and consonants in a piece of poetry or verse. It is a form of artistic expression however it is also used to assist the development of children so it is part of the curriculum in Steiner Schools.

Curative Eurythmy is a form of therapy using the movements of Eurythmy in conjunction with sound to build and heal the physical, etheric, astral and ego bodies. I have benefited from experiencing Eurythmy during my Steiner Teacher Training and working in the Steiner Schools. I have found that using sound along with movement, really frees the astral body and assists with highlighting resistance, blockages and stuck energy in the body.

Traditional psychotherapy doesn't encourage the body to move, however the body doesn't lie. If you are not getting anywhere by talking with your clients, then introducing some movement into the session could be just what is required. Even asking the client to stand in a position that demonstrates their feelings about their current situation can bypass words. When I undertook my training with Sophia College we incorporated movement or a gesture whilst we were resourcing ourselves with an archetypal resource. For example, if I was resourcing myself with love I may place my hands on my heart to increase my consciousness if receiving love. Now that we have Lightfilled Yoga™, it is such a wonderful resource to support our Lightworkers with their clients. We can use Lightfilled Yoga™ with individuals in a session based around the chakra or area of the body that a client needs healing with. This is really maximising the rate of healing recovery. The more the healing is 'in' the body, the more brought down to Earth it is and the greater ability for long term recovery for the client.

Sound Therapy

Sounds can be made through musical instruments, singing bowls, whistling, song, chanting and sounding out the consonants, vowels and other sounds in the world. If we are drawn to using any of these in our Lightworking or daily lives, it is often to assist us in releasing denser vibrations and inviting higher vibrations into our etheric and physical bodies.

The therapeutic benefits of singing allow us to express our astral body and release pent up emotion or assist us in connecting with an emotional vibration that we need. Writing a song and singing it can be great therapy. It doesn't have to sound good or be perfect. The process of expressing it out on paper and then singing it can be enough to release any emotions. It helps if we weave into our song the voice of our Higher Self too, not just our astral self. This way, the song can be empowering. I remember the chorus to a song "I'm Alive and I'm Free" that I wrote the lyrics for during a song writing course in my early 20's. It really helped me to recover from an unhealthy relationship that I had left during my codependency and love addiction recovery. This song really helped me reclaim my ability to care for myself and stand strong on my own two feet. The song begins from a sad and blaming perspective of my astral body that is in pain and shock but it moves to a place of acceptance. The chorus seals the deal for my Higher Self. I provided the beginning and chorus to illustrate.

I remember that we had to perform the song in front of an audience at the end of the course. I had never done anything like that, but in the Spirit of the song, it felt very empowering. If you have a client, group or workshop where there is a theme you are focusing on, I recommend encouraging the use of song to unlock the astral bodies of the attendees and engage their Higher Selves. The impact of the astral body on others astral bodies is tangible. This is making light work of your facilitating because the strength, growth and learning will come from the Higher Selves of your group.

Verse

Standing in my room alone,

Empty as this heart of mine,

Why did it have to come to this?

Deep in my heart it's you I miss.

Thinking of the time we shared,

Our love could never be compared,

I thought that we could work it out,

I'm past my fears - I have no doubt.

Chorus

When all is said and all is done

Although Im standing here alone.....

I'm alive and I'm free

Got my whole life to live

And I understand, only I can meet my needs

Yes it's true that I'm free

though it feels so strange

But I don't regret loving you at all.

Chanting is practiced to invite a trance-like effect to promote a change in our vibration. A mantra is often the subject of the chant. This mantra may have an intentional resonance programmed into it to benefit the person chanting. I prefer to know what I am chanting so that I consciously connect with the chant from my Higher Self. I believe that this is a more conscious way of exercising the will.

Sounds that are repeated from the alphabet are especially helpful in resourcing clients in any of the areas that they are lacking in their physical, etheric, astral, ego or spiritual bodies. These are used in Curative Eurythmy. They are especially helpful with children. For instance, if a child is feeling stressed, you can hum together. If you are a parent you can hum while you are busy

cleaning the house to keep children settled and build yours and their etheric body. This humming can really settle a child and calm them right down.

If a child or client needs to say no to others, instead of practicing the word 'no', you can practise 'dah, dah, dah' with a strong defensive movement that embodies the 'no' more. Initially they may feel uncomfortable or shame. It is a good shame reduction exercise. Get them to keep practicing.

Sometimes we get too serious. I encourage songs that incorporate fun, lightness and silliness as a regular dose in my life to ensure that I lighten up. Disco music gets me there in lightning speed. I think it's because I am allowed to do silly dance moves like the sprinkler and running man. Try not smiling doing that!

I have provided the sounds relevant to each element and their benefits below:

Element	Sounds	Benefit
Earth	Bah, Bah, Bah Gah, Gah, Gah Dah, Dah, Dah Kah, Kah, Kah	Protection. Grounding. Assists with consciously sealing aura. Use when excarnated or out of body. Assists with cord cutting and reclaiming body from influence of other entities. Good sounds for releasing of stored up anger.
Water	Llll, llll, llll Mmmm, mmm Nnnn, nnnn	Builds etheric and chi body. This is a sound for resourcing and filling your tank after emotional releasing. Great sounds for babies and nurturing sound baths for recovering from traumas.
Air	Ha, ha, ha Rrrrrrr (rolling tongue) Pwhoooo (wind howling) Peh, peh, peh	These sounds help release the breath and open up the lungs and contracted heart chakra. The peh sound is like a chick cracking its egg open and literally taking its first breath. Good for new beginnings, keeping the light into a situation. These sounds bring joy and make kids laugh.
Fire	Shh, shhh, shh Sss, sss, sss Phss, phss, phss	These are cleansing and purifying sounds. They help to clear space and make way for the new. You can incorporate these into sacred ceremony for initiations.
Spirit	A (Ahh) E (Eh) I (ee) O (Oh_ U (oooh)	These sounds connect us with our Higher Self and Spirit. They are the higher vibration of sounds that, when repeated resonate through us and uplift our vibration. Using these sounds in unison with others can create very healing and uplifting lightfilled chanting sessions.

Physical Organs and the Astral Body

Our astral body is the carrier of our emotions and this body lives in our complete physical body, including our organs. Some emotions tend to have an effect on specific organs primarily. Chinese medicine even goes so far as to designate particular organs to particular emotions. I have always found this very interesting.

Unresolved emotions will effect our whole body. Depending on our constitution, it will effect it somewhat differently from other people. As Lightworkers, this is where our spiritual vision really helps. We are able to get a clearer picture of where the specific blocks of energy are in the body. It is helpful to know a bit about human anatomy. Spirit always uses the knowledge we have to communicate to us. We don't want to get caught up in knowledge and lose the wisdom, however it is helpful to know which organs we have and where they are located in the body.

When we are learning our Lightworking and healing ourselves along the way, it also provides us with a wealth of information that may be relevant to those that Spirit calls us to help. In fact it can happen quickly. You may just healed your heart from integrating your shadow perfectionistic self and then bam, you attract a client who requires the exact same healing. I have encountered this type of experience many times. I remember once it was with 4 clients in one day! I was tempted to just go ahead and ask my fourth client straight out about the issue, but I kept the principle of open-mindedness. Then when it turned out to be the same issue, I had a quiet chuckle to myself. I am sure that Spirit has a sense of humour.

If you ever find that the relationship between your emotions differ from a certain methodology such as Chinese Medicine (confession time, I do) just remember to keep an open mind. I have been shown that we are all evolving in our physical bodies at different speeds and in different ways that are unique to our own consciousness. We can get caught up in the dogma of how some emotions effect specific organs and let this overtake our own guidance. Remember to keep open and asking for information that is personal to yourself and relevant to your client. They may differ vastly too.

The Astral Body and Lightfilled Exercise

When our body feels ‘full’ and ‘stuck’ it is good to move the body. This fullness and stuckness can be cause from energetic blocks of our astral body on our physical body. Lightfilled Exercise is about consciously connecting with Spirit to assist the astral body in processing this energy.

If the Astral Body is energetically gathering or stuck up in the head, it is difficult to process emotions because we feel overwhelmed. Imagine we are full from the feet up to our head with mud. The more we fill up, the more it creeps up and up to our head. It is also difficult to access higher faculty information through our claircognisense. This information is like a download that Spirit has placed near our claircognisense organ and located at the crown chakra. This information is available when our body can handle it and we have time to download the information. Lightfilled Exercise gets our body moving with a physical activity with a view to assisting us to connect with our Higher Self. If we are feeling overwhelmed or full of energy, we can start with a more vigorous activity to get our breath moving which assists the astral body to move too. Then we can slow down the activity and this assists us to be more of a witness to our emotions and more readily receive Higher Consciousness of thought.

The reason why we get the breath in first with more vigorous exercise is to activate our astral body. Often this will assist us in processing our emotions. It certainly gets us out of our heads and into our bodies more. The breath is the etheric sheath that is holding the astral. When it is freed up, more information can enter into our higher spiritual organs. When the astral body is lighter, more of our Higher Self can enter. More light can fill our energetic centres and our higher mind/thinking faculty of claircognisense, clairaudience and clairvoyance. When we have downloaded our astral excess, our clairsentience or intuition works more effectively and is clearer too.

If we are not very fit or active, a gentle walk before meditation can help. We invite the breath in with our exercise and then we sit or lay in a meditation position to process the information. The oxygen in Air is a higher vibration. It is an angelic vibration. When we exercise or do deep breathing, we automatically elevate our vibration. When our vibration is elevated, our capacity to handle and download information is increased. That is why it is helpful to incorporate exercise

into our daily lives. A half an hour a day is all you need to keep the breath active and the astral body looser.

The difference between the astral body being blocked and it being full and ready for download depends on a combination of a number of things.

- Your history. If you have had abuse and trauma in the past and you feel as if you have either repressed it or have some process work to do, you may feel heavy in your astral body. This may relate to your whole body, part of your body or part of your energetic centres.

- Your consciousness. If you have highly evolved spiritual organs, these will be wanting to communicate information with you. Due to the nature of your consciousness being high, your vibration will call information to you. These will be in the form of thoughts, visions, words, sounds, music and feelings. If you have not had time to process information or you have shut these spiritual organs due to fear, then physical symptoms of heaviness will arise in and around these centres. The head will feel heavy, the ears may ring, the forehead where the third eye is located may throb, the rest of your body may feel a heaviness. The greater the consciousness, the more energy is required to try to shut these down spiritual organs down. The more energy that shuts these down, the greater the physical symptoms. These symptoms can lead to physical illness. Yes, shutting down our spiritual gifts leads to physical illness/dis-ease.

- Your body. If you are highly evolved but you are not taking care of your physical body in general, are run down, have been sick or are recovering from an illness, then your etheric body will be thin and weak. This means that the astral body feels closer to you, therefore heavier. This may or may not be related to how much information is ready to be downloaded or stuff you are carrying from the past. Priority one is to get your physical body back on track so that your etheric body regains its buoyancy. Working on supporting the etheric body is imperative at this time. Rest, sleep, good healthy food, gentle exercise, lots of resourcing style meditation, massage, baths, love and cuddles.

Lightfilled Dance

Lightfilled dance connects us to our breath and our Astral Body. It also helps us to strengthen our Higher Self, Etheric and Physical Bodies. We cover this in more detail in Level 6. For the purpose of this section I am introducing it here. We can use Lightfilled Dance as a way to communicate and empower the Astral Body. Our Higher Self is encouraged to be a witness to all parts of ourselves in the dance. It holds the space so that all parts of ourselves can express themselves through movement without shame or fear.

Lightfilled Dance can be incorporated with many of the themes that we present over the course of the Lightworker Practitioner Training and is only limited by your imagination. I have provided some ideas below in connecting with the Astral Body:

- Connect with your inner animal totem. Dive into the depths of your psyche and find that part of yourself that has come to you in this life as a resource to support the very foundations of your life purpose. Feel the strength and qualities that this animal totem brings. See the vision of your life from the eyes of this presence within you.
- Tune into a part of your body and allow its essence to express itself. It may be holding onto past hurts, trauma or wanting to unleash anger or joy. Go with it and just allow whatever comes through to you.
- Put on a song and dance the emotion of the song to help you to connect with any repressed or unexpressed emotions.
- Dance with the elementals. It may be that you want to connect more with the Earth, Water, Air or Fire. Or it may be that you want to experience a balance of them all in the one dance.
- Dance to a vibrational sound that you need to nourish your Etheric Body, express your Astral Body and/or strengthen the vibration of your Higher Self.

Animal & Pet Therapy

Animals played a large part of my practise unintentionally when I first began my counselling practise in 2001. Over time I saw my own pets as an amazing resource for my practise. At the time, we had heaps of animals. There was a dog, a cat, 2 birds (sometimes with babies), 2 guinea pigs and at least 2 rats (with babies most of the time). All the children I counselled at one time or another met the animals. Animals are a great ice-breaker when working with children. At another time, I offered counselling from a lovely property that also had a cattery. This was also an amazing resource for the children and I. The things that children picked up about each cat

was incredible. Children may not be big talkers at first but they would start to open up the minute they saw the cats. I would ask them a question about how they thought the cat was feeling and they would answer as if they knew them or they were speaking about how they were feeling. It was a great way to get a conversation happening about feelings. Sometimes children would tell me about how the animals were relating with each other as if they were talking about their own family. I would ask them questions that helped them to cope with what they thought was happening. For example if they were saying ”that one doesn’t like that one and is going to scratch him” I might say “why do you think that one doesn’t like the other” or “what can we do if that happens?”.

Pets usually carry around all our unresolved stuff. We need to be mindful of this. As much as we love them, we need to remember that they need to be energetically cleared regularly. We also need to clear our stuff as it comes up. The longer we disown something that our pet is carrying, the longer the danger in our pet’s becoming sick. When assisting others with their issues, ask them if they have any pets can be helpful in understanding them and their family system. Ask them how old their pet is. When they got the pet and why. Ask if there are any health concerns. If there are, they may be related to one or more members of the family. We can teach clients to do a healing hand clearing on their pets. Doing our own shadow integration and resolving unhealed wounds will always make our pets healthier. They can sense our auras. They are happier when we are happier. In many ways they are an extension of us.

Animal Spirit Guides

Animal Spirit guides are like our Spirit guides that appear in human form, however they appear in animal form. They assist us in staying on path to our life purpose. We gain guidance from them in our daily lives such as in our Daily Guidance Meditation from Level 1. We may find that we are more connected to them for guidance than other spiritual beings, angels or ascended masters. This is fine. They behave in a similar manner to angels in that they don’t interfere with our free will. When we ask our questions, they provide guidance. A bit like guidance on demand. One of my students mentioned to me that animal Spirit guides are a bit like angels in that they don’t interfere unless we are in danger. I tend to share this view as I feel that they are protective because they stay with us for life and specifically guide us in our life’s purpose.

Animal Totem

An animal totem is an animal with which you feel the greatest connection with. It is like your family. If you feel that you are closest to the ocean, it may be a dolphin. If you feel that you are kindred spirits with dogs, you may drawn to wolves or foxes and their pack-like protective nature. Animal Totems assist us in shape shifting because we share a similar energy and vibration on a fundamental ‘being’ level with this animal. You can access their vibrational wisdom in meditations akin to their vibrational purpose. I have included an ‘Animal Totem’ meditation in Section 7. It is a great way to connect with a very supportive and family ‘feeling’ kind of energy. We choose our Animal Totem prior to incarnation to assist us with our life's purpose. Their vibrational energy is what we need to fulfill the life purpose we have chosen.

Power Animals

A power animal is the highest form of vibrational essence of an animal. We can call on them for spiritual resourcing and support. It may be that we are feeling a lack of courage, so we call on the vibrational power of the Lion to assist us through a difficult time. Or it might be that we need to get a clearer picture of what is happening in our lives and call on the powerful sight of the Eagle. Power animals can be accessed at any time and change as quickly as our invitation. I have found that I tend to have one particular power animal over a few years. Eleven years ago, it was the Tiger. It assisted me greatly in addressing my people pleasing issues. Six years ago it was the Monkey. I found that this assisted me with my practise of divine magic. For the past 4 years it has been the Dolphin. I attracted one into my life at this time and he is now my husband, however I embody more of the joyful Dolphin energy.

Power Animal Medicine for Air

The power animal of the Air is the Eagle. It is the part of us that is able to fly above the chaos below. The worst part of having an astral body is when we feel overwhelmed, like we can’t see the woods from the trees. The most elevated animal medicine for this element is that of the eagle because it can glide above it all and see the bigger picture. It sees what is below, above, behind and up ahead as well. It has amazing peripheral vision. It can take in the past, present and future all at once and not feel overwhelmed. It can see it from an objective point of view. We call on the Eagle medicine when we are feeling overwhelmed and need to understand the journey of our lives with greater perspectives. It also assists us from not taking on the energy of a person who may also be overwhelmed. It helps us to lift up and see the bigger picture of the journey of their life too.

Section 5: Fire

The Fire Element

The Fire element provides warmth. Warmth for the Earth, warmth for the soul and warmth for the Spirit. Fire warms, purifies and transforms. Fire ignites the spark of life. It puts a sparkle in our eye. We look like we are ‘switched on’. Where Air is the lightness of our being, Fire is the part of us that has the get up and go, the drive to finish our projects, to implement our plans, exercise our will and persevere with our passions. If the 'Fire goes out' in our eyes we are usually depressed and have lost our purpose and lack warmth for ourselves and others.

Fire is the biggest element of transformation. Through the warmth and heat of Fire we are able to transform all the other elements. Fire liquifies Earth, heats Water to create steam. When mixed with the Air, it takes it over and can become a raging inferno. The Fire element relates to the spine in the body. The kundalini energy. The element of Fire is in the heart of the Earth, which is a mirror of the sun. This hot liquefied core of the Earth is like our own sun. It is the Fire in the earths belly. Just as we have in us.

Fire brings warmth to all living things to help them grow. Without the warmth, many things would cease to exist on Earth, including us. Our temperature only has to drop or rise a few degrees and we would die.

The Ego

The Fire element is representative of the human ego. This ego is the awareness of the self. The Ego can think about itself a self. The Ego gives us the ability to say 'I am'. The ego brings forth individualism and independent thought. However, our thinking is always influenced by our astral/lower self and higher spiritual self.

The Ego has influence over our thoughts, feelings and actions/will. It is the part of us that chooses. When we are willing, we are choosing from our Ego. Sometimes we need to call on higher forces to give us the strength we need to carry things out to completion. Sometimes we are willful and try and control everything to get our way. This occurs if we have unresolved issues in our astral body and are easily influenced by Luciferic and Ahrimanic forces. Without our will, we would have no drive or passion. Without spirits help we would be too willful, like a 2 year old.

When the astral feeling body has the upper hand over the Ego we can feel ‘out of control’ in our thinking and this is mirrored in our behaviour. At one end of the scale we may simply feel like we're emotional, having a bad day, overwhelmed and cannot think clearly. We may not have any get up and go. Or at the other end of the scale we might be saying things like 'I’m losing my mind', be obsessive of someone or something and our behaviour is out manic, busy or out of control. We find that our will and sense of self is disabled. Our unintegrated shadow expresses its extremes in our astral body.

This happens in the process of addiction. We realise that our will is disabled and we have no ‘fight’ left in us. Or we ‘fight’ the addiction, but because this ‘fight’ is still coming from the unspiritualised Ego, we create more chaos in the fight. Trying to control the addiction becomes an addiction in itself. We don’t have the power to overcome addiction with our Ego alone.

The Ego may give us the gift of independent thought, put a Fire in the belly and drive us into action. However, without spiritualisation, it can be led astray. It can fight someone else’s fight for them, trying to become their Higher Power. It can fall in love and want to possess another rather than share with one another. It is the part of us that knows who we are. Yet it is also the part of us that, again, without spiritual guidance can simply think it knows who it is! So it is a paradox because when it thinks it is right, and not influenced by Spirit, it can create and manifest much darkness for itself and others. It can be the main creator of destruction. The Ego can be so destructive. Like an out of control Fire raging through a dry and drought ridden forest, leaving annihilation in its wake.

This ‘I am’ is not the Higher Self, however it is the seed of the Higher Self. The Higher Self is the part of us capable of observing and reflecting on its own thinking. When we realise we are both the subject and the observer, we can take a step back from our astral body. We can see the parts of ourselves that are expressing themselves in our shadow. From the Higher Self perspective, we can then meet their needs and find their gifts. This process of transformation is also the process of spiritualising the will and self actualisation in its truest sense. This is the essence of Fire purifying our will through the transformation of the astral body.

The parts of the body that our Ego influences are primarily the Metabolic System and the blood. It influences the blood through its warmth. It influences our ability to metabolise food and other processes in the body. Obviously if the astral body has the upper hand in these processes, then we experience health issues. When our Ego is strong it assists our circulation and gives our cheeks and skin a healthy glow. If we do not have enough light or Fire, we have a weak pulse and appear pale. When we are conscious of ourselves in our body, we are grounded and our body feels warm.

Tony shared with me his experience on giving blood regularly at the Bloodbank. He told me that what he likes most about going to it is that everyone there is always smiling. He said that he always comes away from there feeling that he has been given something rather than had something taken from him. He feels energised and really positive. It makes me wonder if the way we give blood effects the blood we give.

Warmth in our body is present depending on how much our Ego is incarnating into our body. Warmth in excess, can indicate too much Ego governed by the Luciferic and Ahrimanic influences over the astral body. Hot flushes and too much heat rising means that the astral body is overwhelmed by Luciferic influences and it is expressing itself with an excess of heat through our Ego and blood. Too little warmth may indicate Ahrimanic influences and not enough Ego or consciousness of our body. We may feel cold such as with cold hands and feet. This may also accompany feeling disconnected and a lack of passion for decisions and actions. We may feel that we are just ‘going through the motions’. If a part of our body is cold, it could be a yin imprint in our astral body holding a memory of a past event where we were abandoned. By bringing the warmth of our own adult ego to be present for the parts of us that were abandoned, we can assist in resolving these traumas. Temperatures in our environment also play a part in how warm we feel. It is important to keep warm and not allow our temperature to get to hot or too cold. This does influence how we feel and maintain a connection with our Higher Self Ego.

Our sense of self, our ‘I’, our ‘I amness’ is able to influence our physical and etheric bodies as well as others. It does this with Spirit on board. For instance, when we engage the Higher Self, we can have ‘moments of clarity’. We may even be under the influence of drugs or alcohol and still have an 'aha' moment. All of a sudden, we feel sober, awake and clear. These moments of clarity come when we invite our Higher Self into our thinking. We may be speaking with someone about something that means a lot to us and then bingo, we have a moment of clarity. It can come

out of the blue. Or it can come with setting an intention. For instance, we know our body responds badly to a particular food, or it may be that we have eaten the wrong food for us. We can actually ‘overcome’ this food and own it more with our ego rather than it control us. We usually react to foods and allergies because we are sensitive beings. When we are sensitive we need our Higher Self engaged to support our sensitivity.

Our ego can transform our etheric body by committing to daily practices that ensure it's replenishment. The ego decides what we do or don't do during our day, week, year. It is the planner and the forward thinker. However, when we engage our Higher Self, we do not neglect the present moment in favor of the future. When we plan to take care of ourselves, the ego is aligned with caring for our etheric body. Because it is the decider, it also becomes the transformer. Without the will of the ego we would surely die. The ego is also responsible to visualising during our meditations. It is the part of us that decides what it wants to see. It can choose to let spiritual resources in during meditation and visualisation.

Childhood Development and the Ego

The birth of the ego is usually fully incarnated at the age of 21. However, it comes in droplet like form at certain stages of development. At the age of 3, there is a real shot of it. Think about the child that says ‘I’ for the first time or ‘I want’. When people are talking about themselves in the third person, their Ego is not usually incarnated and they are coming more from their astral body. For example, when responding to a question about what they think, they might say ‘well, you feel kind of scared in these kind of situations and you feel as if you want to run away’. Instead, they could have said ‘I feel scared in this situation and I feel as if I want to run away’. This language is highly symptomatic of the absence of the Ego and the presence of the astral body. Changing our language and assisting others to change their language is important in the process of empowerment. The Ego then comes through again at 9, 13 and 18. Each time, we feel more ourselves. It can also mean that we feel more inward because we are having realisations. If influenced by the astral body, we may become more selfish at these times too. We may become more action oriented. This is because we may feel a sense of drive kick in and we charge forward. It is helpful to know and understand how the other elements of Earth, Water, Air and Spirit temper the Ego to ensure that it is balanced and not out of control.

Fire as a Temperament

The Fire temperament has been described as ‘choleric’. Choleric children are strong in nature, their personality and what they want. They are passionate and have a lot of energy and drive. They set goals and work hard to achieve them. They usually finish what they start. They may be seen as pushy and aggressive in getting what they want. They may be conscious or unconscious of bulldozing others to get what they want. Their body type is short, stocky and muscular. They are usually active. To engage a choleric, talk to them with goals in mind. When we share goals with the choleric, we establish solid relationships with them. Cholerics are good decision makers and enjoy partaking in the day’s decisions. They are very good with responsibility and being praised in public as they like an audience. However, they do not respond well to being criticised in public and teachers find it more effective to give constructive criticism that is solution focused when the child is on their own.

Fire Elementals: The Salamanders

The Salamanders are the Fire spirits that assist the life spark in all things to ignite and grow. 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.

Firing Up Our Thinking

The Ego primarily relates to our ability to think separately from our feelings. We are not always unaffected from our emotions, however the Ego is the part of us that can observe our thoughts, feelings and behaviours. It is the part of us that can assist us to become more conscious. It is the part of us that feel separate. Ironically, it can also be the part of us that observes that there is no disconnection, however this requires engagement of our Higher Self to ignite the Ego’s thinking. The Ego would like to think that it is ‘it” and that it is on different, unique and separate. When Spirit assists our thinking, we operate from a higher end of thinking. We see our perceived separateness as more of a form of free will. This thinking is then deemed wisdom because it is plugged into the bigger picture of truth rather than our own self perceptions.

When our astral body affects our thinking and we are not conscious of our astral body, we can find that we are obsessing, thinking reactively and negatively. Our thought patterns are less in our control. If we take a moment to think about it, it is as though they are controlling us. We can train our mind to think about our behaviour, feelings and thinking. We can become observers to

our thinking and consciously choose our thoughts and even replace thoughts that are not working for us. Firing up our thinking means that the passion that the ego has, is directed to creating the belief system that we want and that works for us. If we are not firing up our thinking proactively and positively, it will Fire us up but perhaps in a negative way for ourselves and others. To be a free being who thinks freely comes with responsibility. If we do not take responsibility for our thoughts, they are that powerful that they can backfire and hold us back from stepping into our light and Higher Self. My guidance on this is that we need to be proactive in firing up our thinking. We need to choose positive thoughts that we really believe in. Positive affirmations work, but only to a point. We really need to believe in them. If we don't then we can work at transforming our thinking so that we change our beliefs. That is why the 12 Principles of the Lightworker Practitioner Training are so important. They assist us in changing and spiritualizing our beliefs.

Fire Ceremony

Fire has been used for initiation and purification ceremonies for thousands of years. When man first discovered Fire, it was a true awakening of our consciousness. Fire walking is one of the ways that we rise above our physical body and engage with the transformer of our mind. Using the power of mind over matter, we can prevent the physical effects of Fire on the body. The mind is the ultimate alchemist when used effectively.

Fire is used in sacred ceremonies and as rites of passage in many cultures. When we light a Fire or candle, there is a notable energy change in the atmosphere and Air. The types of conversations we have sitting around a Fire are usually different from those we have sitting around our lounge room or in front of the TV. Fire adds warmth and a sense of sacredness. The essence of Fire is purification. It is able to provide new beginnings for us and support our changes in our consciousness.

We can create our own personal Fire ceremonies when we are ready to let go of the past. We may write what we are ready or willing to let go of on a piece of paper. Or we may have a personal belonging that we are ready to let go of that represents an old way of thinking. Using candles or safely prepared Fire, lovingly place the item into the Fire. As it is burning, watch the smoke rise. This is the transformed past. It is rising back up to Spirit and returning to the All.

Fire ceremonies are especially powerful at the end of a group process or workshop. Not only do they bring a sense of unity, but the power of the group support can strengthen our ego. This can assist us in moving forward and to let go of the past. We can also conduct our Fire ceremonies by using our mind. Our 'mindful' Fire ceremony can be one of the most powerful there is, because we are truly owning it and not relying on any environmental factors such as 'high Fire danger days' in some countries.

The Womb of Transformation

A good representation of the Fire element as a transformer is to use the ‘Womb of Transformation’ as part of our visualisations. I include a visualisation in our toolkit but want to expand on its purpose here.

The Womb of Transformation is a safe and nurturing place. It invites us to evolve. By using our mind to visualize this sacred place, we enable our mind as a powerful transformer. It is warm and it is comforting. It is not a violent, out of control Fire. It holds all the key elements of Fire: the warmth, the purification and the transformational aspects.

When we place others in this womb we invite transformation and purification for them. It is always their free choice if they wish to change, so in essence we are not using Fire in a controlling way. We are not saying ‘you must be purified’. We are simply extending them an opportunity to transform. We are also saying that we are ready to let go and let God. We are placing them somewhere that we know is out of our hands. I like to think of the Womb of Transformation like the hands of my Higher Power. As I release someone into these hands, I know that they are in good hands! The idea of it as a womb, invites the transformational aspect into the picture. So the womb works for me, it gives my visualisation an extra edge. It also provides me with a sense of safety. If I am unsure about talking to someone or a part of myself, the Womb of Transformation is always there if I need it. I can still talk to people, my shadow parts, those that are deceased or entities within it and still feel safe.

When we are dealing with dark entities, the Womb of Transformation is extremely helpful. To assist us with the transit of entities to the womb, we can call on specific angels assigned for this task called the Carrions. We ask them, ‘Please place the entity in the Womb of Transformation’. We may wish to talk to the entity once they are in there. We can ask it what its purpose is and

what its gift is. That way, we can integrate a shadow aspect of ourselves and not attract the entity again. The Womb of Transformation is not only a holding bay, it is also able to assist entities if they now wish to transform themselves. If their task is complete, they are free to choose whether they want to remain a dark entity. They have helped us get to the point where we can transition to a higher consciousness. Now that their job is done, they are removed and can transform (if they so choose).

This is the most powerful type of transformational ceremony that I know of because the change is in our own consciousness. We are not doing a ceremony for ceremony sake. We are specifically targeting and confronting the scariest parts of us (as represented by the dark entity) and we are able to do so safely, using our free will and with compassion in our hearts for the entity.

Healing with Lightfilled Warmth

Warmth is a powerful healer. Warmth and light together are even more powerful. This combination of warmth and light is symbolic of our sun.

Sunlight assists us to synthesise Vitamin D. Light Therapy has been of assistance when treating depression, Alzheimer's, jaundice, acne, psoriasis and other diseases. I wonder if Vitamin D is synthesised when we visualise light? Now that would be a great research project. Any volunteers?

In this life we may have reactions to sunlight in various forms. We may burn in the sun quickly; develop numerous moles or freckles; be prone to skin cancers or have herpes simplex virus that presents as recurring cold sores/genital herpes. If you have any of these symptoms, please make your peace with the light of the sun and Fire. The most common reactions to sunlight and Fire that people experience usually stem from past life traumas involving being punished with Fire or burnt at the stake. In old medieval times, Lightworking was considered heresy and witchcraft. Heresy was a Capital punishment crime punishable by being burnt at the stake. This did not end or become illegal until the late 1800's. Yes, that long folks. So many of us were burnt and hold this past life trauma with Fire in our body. Reactions are triggered from heat, the sun,

fires and stepping into our Lightworking. I have included ‘Making Peace with Fire Visualisation’ to assist this important process for you, in Section 7.

The Australian Bush Flower ‘Mulla Mulla’ is a fantastic essence to call on in resolving past traumas relating to Fire and burning. It is so powerful in assisting with burns recovery that even the burn line marks arise from previous swimsuits can be seen during the healing process as the radiation leaves the body. I recommend this essence for any healing resulting from trauma from Fire in this life or others.

Steiner referred to the Sun as a celestial being in which the Christ impulse was present. This Christ impulse is the spark of consciousness. When it lives in our minds, it awakens us to the truth. When it lives in our hearts, it connects us in unconditional love and unifies us all in consciousness. When it lives in our body, it transforms everything. Letting the Fire into all of ourselves brings forth truth, love, unity and transformation. We need to let it in to be powerful Lightworkers.

Healing through light is the basis of the Lightworker Practitioner Training. We endeavour to align ourselves to the light of our higher consciousness and awaken our faculties to serve the greater good of all in the Spirit of unity.

Lightfilled Drama

Lightfilled Drama is about exploring various parts of ourselves without losing connection with our Higher Self in the process. It can be used in conjunction with many of the tools offered through the Lightworker Practitioner Training for drama therapy and workshops. This concept can also be used in conduction with the creation, direction, production or acting in skits, plays and movies. The sky is the limit when it comes to all the parts of us that there are to explore. This process of exploration involves strengthening the Ego in being the 'observer' of the astral body. It also gives the astral body an opportunity to express itself. The process incorporates the following:

- Identifying the character
- Engage the Higher Self and higher spiritual resources in commitment to witnessing and supporting the astral self in embodying the character.
- Identifying fears of embodying the character
- Overcoming fears of embodying the character
- Connect with and embody the character
- Discover the characters strengths and weaknesses
- Overcome reactions to these strengths and weaknesses
- Continue to be a witness to the process of embodying the character.
- When fears or reactions arise, call for spiritual help to find the strength and compassion for the character.
- Complete the assigned task that the character is playing. This may be dialoguing in a session as a shadow part to undertaking acting in a movie. It is important to complete the task.
- Come back fully into the self at the end of each 'take'. Do not stay in character. Connect back with the Higher Self. This is like stepping in and out of character.
- It is important to reflect on the experiences once the acting part has finished to fully realise the learnings, see the overview of the experience and gain perspective of how far we have come.

Here are some examples of how Lightfilled Drama Therapy can be incorporated in our Lightworking sessions:

- During a Shadow Meditation, voice dialogue, or sand tray session, have the client 'float into' the shadow part and embody them. Ensure that the client has connected fully to their Higher Self beforehand. Ensure that you have had a conversation with their Higher Selves beforehand and established that they are present. As the practitioner, you are asking the questions to the client as they embody this part of themselves. Get to know their name, their fears, wants, needs and gifts they bring. Ask simple questions like 'What do you need/want?', 'What are your gifts?', 'What are you afraid of?', 'How can you help?', 'What is your purpose?' Ensure that you stay warm and welcoming to the shadow part. If you cannot, keep it short and have the client float back into their

Higher Selves to check in with their own level of understanding and feelings. Perhaps they feel comfortable to speak with this part directly now. Or perhaps not. If they do not, it may be easier to put the shadow part in the Womb Of Transformation until you both gain more clarity and spiritual support and guidance. If you have struggled with this shadow part, ensure that you take time after the session when it is appropriate to integrate this shadow aspect of yourself.

- Weave a drama session into a workshop based on a specific theme such as 'Embracing Your Inner Goddess' or 'igniting Your Power Animal'. Have each member of the group come up with a form of expression from this part of themselves and act it out during a part of the workshop. They may write a poem and read it whilst embodying this part. This part of themselves may wish to sing or dance. It may want to do something unique. Self expression is the main thing here and getting into the essence of the character.

- During retreats such as 'Healing Your Inner Child' invite participants to get into groups to express the fun, wonder and healed child in a creative way. They may like to sing, dance, or come up with a funny skit. Ensure that they all dress up and get into the fun of it. This is best done after a lot of the healing has occurred or as a party theme to end the retreat with fun.

- Conduct a shadow workshop with mask making. You may wish participants to design more than one mask such as one for their shadow self, one for their Higher Self and one for their transformed shadow self. Have them themselves express creatively to the group in a sequence how these parts have related in the past and how they feel about each other now. This can also be extended to how they wish to relate in the future or when they are at peace with each other. Sometimes this takes a bit of work, so future paced drama can be very powerful. The sequence can flow into one skit, song, poem or dance with them changing their masks.

- Using the concept of Dysfunctional Family System roles as I mentioned in Level 2, we can use this coupled with Lightfilled Drama during group workshops. It is a very creative way to become conscious of our roles. It is also a lot of fun. Everyone brings dress ups and they act as a role that they played in their dysfunctional family system. They 'over act' this out to the extreme over lunch. It is actually hilarious and it's hard to contain the laughter that comes from seeing these antics. Can you imagine, the care taker that just keeps wanting to help everyone, the perfectionist that just wants everything to be perfect, the rebel who thinks they are so cool and just wants to do their own thing. It's one of the funniest and therapeutic things I have ever experienced. And you get so sick of the role by the end of lunch, you just want to be normal again! We then change clothes and do some writing to reflect on how the role has served us (examples as per the questions that I mentioned in Level 2). This coupled with a shadow meditation integration and a ceremonial burning of our writing makes the process complete. I

have also done this process with a role that I was unfamiliar with. Funnily enough, it was just as powerful because it helped me understand a shadow part I had rejected. I also gained more compassion for others who lived in this role.

Lightfilled Photography

Lightfilled Photography is when we are able to consciously take photos of the Spirit, essence or life spark of what we are seeing. It is also about how we view photos too. We may have taken a photo unconsciously in the past and now we can look at it with a fresh set of more conscious eyes. Lightfilled Photography is about loving the essence of that which is before us. It is not about stealing its essence or Spirit. I know that some indigenous cultures do not approve of photography for this reason. When you take photos, or look at photos with the reverence, awe and honour that it deserves, I don't believe we are stealing its Spirit. We are having a Lightfilled relationship with it. As we feel gratitude, we give back at the same time. There is an energy exchange. This is a symbiotic relationship.

We can use photography for vanity, fame or fortune. Unfortunately, everything comes at a price. So the more we indulge in this kind of energy, the less we truly connect with the object that we are taking a photo of. The less we connect with the object, the less connection and gratitude. The less connection and gratitude, the more separate we feel. The more separate we feel, the more disconnected from Spirit we become. We stay down in our astral self rather than elevate to our own higher vibrations.

When we are taking a photo, we can engage in the reverence and awe that fills us with gratitude. This is a spiritual experience. The journey of taking the photo can be technical, tricky and take us away from this feeling. Or, we can use the process of taking the photo, to create a more spiritual type of experience. We can use the technical tricky bits to learn more about ourselves and our own shadow. When things don't go our way or the light isn't right and we feel frustration, what does this tell us about ourselves and our ability to let go and let God? Everything can be useful to learn about ourselves, even the process of photography. Ask yourself "What does this picture want to give me?" rather than "how can I take a good picture?"

We call this photography 'lightfilled' because we seek to illuminate the object's essence and Spirit. There are many things that we could determine to be ugly. Death can be ugly. However in the ugliness, there is always an eternal truth of some kind. The withering of a leaf can be beautiful, if it is seen by the light of a conscious mind. One can see the delicate intricacies of tiny veins between the crackling and falling apart leaf. This is an amazing creation, even in its death! The limit of beauty or light in anything, is simply our own limitations and unilluminated mind. Seek and ye shall find and be found. Lightfilled Photography requires us to change our sight to find the life spark in everything, even that which is withering away physically and energetically.

I had meditation when I was in France visiting Mont St Michel. This monument was made in tribute to the Archangel Michael. Funnily enough, I didn't know this when we planned to visit and stay over night. As we visited this amazing monument, it was shown to me that in order to truly do lightfilled photography, we must hold the intention of seeing the thing before us its darkness, its light and its purpose. We don't just click at things and take random photos. We stop and connect with the thing before us. In doing so, we develop a connection to it. It was shown to me that we need to learn this skill before we can transform it. Transformation of the object that we observe occurs in Level 7 in a more profound way. At this level we don't aim to transform the object. We aim to be transformed by the object we are observing.

I wanted to share with you a dream that I had the next day after receiving this information. In my dream, Tony and I were talking about the chakras and how our clairaudience impacted each of the chakras. In my dream, Tony said that it was great that we could recalibrate ourselves to understanding each of them. Then I heard myself give Tony an example of the heart chakra, the basis for the Clairsentience or intuition. I said that when we are able to hear what the heart chakra is saying, we feel more connected to it and our clairsentience. It's like we understand what we feel more. It gives us more clarity with our intuition. I saw that clairaudience and the fine tuning of it, was a way that our chakras were more understood. Our understanding of them brought more consciousness to them and also impacted on how they evolved.

When I awoke I shared this with Tony and in the sharing of this information, I realised that it did indeed relate to Level 4 and how we read life through our chakras via our higher faculties. Especially our clairaudience. When we are looking at something to photograph, we can say to ourselves 'what is this saying to me'. Then we will feel a deeper connection to it in our heart chakra. We will have a deeper knowing of its purpose through our claircognisense. We will see

its essence more with our clairvoyance. Its purpose will impress upon us and our chakras, which ever one it is being called to assist us evolve or heal. In this way, our hearing of the essence of the thing before us, changes us. We are not the observer. We are interconnected and aware of our interconnectedness. It ignites our inner sparkle.

Lightfilled Architecture

We can use architecture and the way we design and create buildings to reinforce our individuality, spiritual ideals and beliefs. Buildings come alive with the Spirit that is infused by its creator. There are many buildings that have been built over history and in our modern day world that assist us with connecting with Spirit and our higher resources.

Buildings change as our spiritual vision changes too. In our mind, we are the architects. Sometimes the sheer awesomeness of a place can make an impact. Take Notre Dame in Paris. The first time I saw it, I was in my early 20's and I was so overwhelmed that a building could be so huge and take 200 years to build. That was enough of a spiritual experience to move me. Twenty years later when Tony and I saw it together, I actually thought I had never been there before! No joke! It took a bit of time for me to realise that it was the same church. I was seeing other things with my spiritual vision. I saw and felt the materialism of the church at the time and the lack of connection of peoples true spirituality there. It presented itself to me like a huge side show. I literally thought and I kept repeating "This can’t be the same place I visited, it must have been another church". I remember the highlight of my experience the second time I was there was helping a person whose wheel had fallen off their wheel chair. They could have been trampled by the crowd and so I found my Spirit within the side show. I look back now and get the message, "Man created the wheel but they still fall off occasionally, even when man needs them the most, but Spirit is always there to carry us". In other words we can’t depend on man-made structures supporting us entirely, no matter how clever we are, otherwise we turn into materialists. As our vision changes so does how we see and feel about structures. We also end up more consciously creating them.

Monte Saint Michel was an amazing place. I felt Archangel Michael's presence there very strongly. I understood that this incredible monument, that takes up a whole island, was dedicated to him so that people could understand and connect with him. Pilgrimages from all over Europe would come to visit this special place. It survived the 100 year war and was a safe haven for many people at various times for over 1000 years. However, I felt that the messages to the

tourists focused on the building and all its intricate details (which were amazing). There was no mention of Archangel Michael's purpose in this day and age! Not even a mention that he was the angelic guide for Lightworkers. I felt sad about this but I also got a sense that it would be my job to educate people more on this. Michael spoke to me and told me that people come there and they focus too much on the structure of the place. It is so awesome that some people just can't get past that, to connect with Archangel Michael. They are missing his modern day messages.

For example there is a huge statue of Michael slaying the dragon. There are references to Michael's purpose being 'the judge at the gates of heaven'. I believe that this is man's expression of his own consciousness at this time. In Level 3 we explored the way humans express extreme Luciferic and Ahrimanic influences when they have not integrated aspects of the Archangels. The Archangel Michael represents the archetype of consciousness. The Arhimanic influence is 'judgement of the light'. The Luciferic influence is 'judgment of the darkness'. The statue of Michael slaying the dragon is representative of the level of man's consciousness of the time - that darkness needed to be judged. So that is how they portrayed Archangel Michael. The modern day Lightworker is now learning not to judge the darkness but to find its light. This judgement was also expressed in other ways at Mont Saint Michel. In the early 10th century it was occupied by Canons, who were secular priests (not in an enclosed order). They were driven out because of "misconduct" and substituted by monks of the Order of St Benedict.

I have included Lightfilled Architecture in the element of Fire because I think that although we use very earthly elements to build, we use our higher mind to design these structures. Structures mirror the lower or higher mind in the end product. We can use architecture to elevate our minds. A good example of this is the Goetheanum which Rudolf Steiner designed. It was built in 1913 and then destroyed by Fire by the Nazis in 1922. The second Goetheanum was designed differently to mirror a change is man's consciousness. Both buildings were based on an architectural concept in which each element, form and color bears an inner relation to the whole and the whole flows organically into its single elements in a process of metamorphosis. The Goetheanum is like a living thing. It is certainly worth a visit if you are ever in Dornach, Switzerland. It is the world center for the Anthroposophical movement.

Power Animal Medicine for Fire

The snake is the embodiment of the Fire element. It sheds its skin and is the epitome of transformation. Snake medicine transforms the life force of ourselves and others. We can

overcome another person’s energy and our own lower vibrational energy. Like a snake overcomes its own prey and doesn’t need to eat very often, when we are overcoming other energies, our energy is sustained over longer periods of time. Snake medicine assists us to access and harness our creativity over time. However it can strike with a passion when required. Aligning ourselves with snake medicine ignites our kundalini energy which is like the shape of a snake. This coils through our chakras and ignites them with the Fire of our Ego. We can call on snake medicine when we are feeling burnt out, sluggish or as if we have lost our spark.

Section 6: Spirit

The Element of Spirit

At the risk of sounding too repetitive, Spirit is the thing that unites us all. It is the true heart of unification. Without Spirit, we would not be able to connect with or moderate the other elements that we have covered in this book. Spirit is the highest vibration of all matter. Spirit effects our physical body to make it lighter, our etheric body to make us healthier, our astral body to make it express appropriately and our Ego to guide our thinking to its highest capacity. Spirit engages with our Higher Self 100% of the time, whether we are conscious of this or not.

Spirit gives us balance and perspective. We are able to be the observer of all the other elements and how they interact with each other. We are able to see the bigger picture of the relationships between the elements, rise above them and transform them.

Lightfilled Holistic Medicine Model

In this section we introduce Holistic Medicine and how we can be the observer, from the perspective of Spirit, to assist us in understanding what is going on with ourselves and our clients in their physical, etheric, astral and ego bodies. We can see with both our physical and spiritual eyes what is going on with our clients at a glance when our eyes know what to look for.

We use Lightfilled Holistic Diagnosis to observe the physicality of the client in conjunction with the other bodies of the etheric, astral, ego, Higher Self. I have provided examples below of what we can look for when there is an excess of any of the elements and also when they are in balance too. . We provide a template for this in Level 6 “The Lightfilled Being”.

We are not trained medical practitioners and do not profess to be. However, in keeping with the idea that we are being guided by Spirit, any cues to what may be creating an imbalance within the client, can assist us with appropriate intervention. The client may already be seeing a medical practitioner or other alternative therapist. When we have a more complete picture of what is happening for the client, we may be able to provide confirmation and some insight as to whether we feel that they are on the right track. Always check in with your guides.

The Lightfilled Holistic Diagnosis Model provides assistance with diagnosis of the physical, etheric, astral, ego and spiritual body of the Higher Self. For the benefit of studying the elements of Earth, Water, Air, Fire and Spirit, I have included them here to provide the linkage. This model also connects with the Wheel of Wholeness (WOW). In the following table we can see how each element relates to the body type, body system and WOW. For example, when we are focusing on boundaries, we are dealing with the Earth element of space and where we are within space with ourselves and other people. This primarily affects our body. If we have inadequate boundaries then we are liable to take on other people's energies. The primary symptom that may be expressing itself is an overloaded nervous system and physical body. We expand on these symptoms in Level 6.

Element	Body Type	Body System	Wheel of Wholeness
Earth	Physical	Skeletal Nervous	Self-Protection
Water	Etheric	Lymph	Self-Care
Air	Astral	Rhythmic & Nervous system	Self-Responsibility
Fire	Ego	Blood	Self-Value
Spirit	Higher Self	Physical, etheric, astral and ego	Self-Moderation

In asking the question of how we can identify where our clients need to build a relationship with themselves, the following 'Wheel Of Wholeness Elemental Diagnosis' table provides a useful summary of the symptoms that present when any of our WOW core issues are out of balance. We can assist ourselves and others more readily with the antidote to these when we have a clearer picture of what element is out of balance. Balancing the elements is the key to ensuring we achieve moderation in all areas of our relationship with ourselves. We provide a template of the following table in Section 7.

WOW Core Issue	**Too much of any of these 4 elements will result in the following symptoms:**				**Balance of all elements**
	Earth	**Water**	**Air**	**Fire**	**Spirit**
Self-Protection	Walls	Boundaries that collapse easily. Muddy or unclear boundaries. Emeshed.	No boundaries or self-protection. Our reality is projected or splattered onto others.	Aggressive boundaries. Disrespect for others boundaries. Walls of anger.	Able to protect ourselves and respect the boundaries of others.
Self-Care	Lack of clarity on caring for the self. Too dependent.	Needless and wantless. Wishy washy with what they need/want	Confuses wants with needs. Instant gratification and addictive	Anti-dependent. Puts own needs/wants ahead of others	Takes care of the self whilst maintaining

	Victim mentality.		behaviours.	all the time.	care for others.
Self-Awareness – we target our emotional reality specifically in this example.	Frozen or numb feelings. Emotionally shut down. Depressed.	Minimized and dampened emotions. Goes with the flow without exposing emotions.	Inflated or out of control emotions. Fly away from feelings i.e. disassociated.	Lacking sensitivity for others feelings. Emotionally indulgent and focused on self.	Aware of own emotions and the impact they have on others.
Self-Value	Inability to see or value the self. Low self esteem.	Luke warm about valuing the self. Gives way to others too much.	Superficial values of the self and others. Lacking depth.	Values the self above others and feelings better than others.	Values the self and others equally.
Self-Moderation	Deprivation of self. Joyless. OCD behaviours.	Indulge for comfort. Enjoys being too much rather than doing.	Addicted to feel goods and fun. Manic. Out of control behaviours. Childish.	Tends to overdo and push self. Does too much. Too serious. High expectations.	Is able to moderate the self in all areas. Good work/life balance.

When we are providing a diagnosis of our clients, we are linking everything and seeing how the relationship exists between the elements and the different bodies that are also confirmed with investigation into the WOW symptoms.

Spirit as the Harmoniser of the all the Elements

All the elements effect each other. Water makes Earth muddy. Air creates dust out of Earth. Fire creates lava from Earth. With Spirit, it is able to temper these elements to bring out the balance of how they interact. Just the right amount of Water makes clay instead of mud. We can mold clay, Fire it and make usable pottery. Just the right amount of Air mixed with Earth and it creates the perfect environment for planting. Earth itself is the seed of life. With Water, the soil, the sun and Air it grows. As it is also for the human being. Too much etheric chi flowing with Earth and creates internal dampness and we feel lethargic. Too much astral and we feel scattered and all over the place like the dust sweeping the Air. Too much ego and we push our bodies too hard, we burn out our physical bodies. Spirit seeks to balance the physical body with the all the other elements. Elements are not good or bad. Our Higher Self assists us in ensuring it keeps the balance of all these elements.

Chakras as Portals

I was shown that each chakra is a portal. Each chakra is related to a level of consciousness. Each chakra invites this level of consciousness. There are two Gatekeepers assigned to each

portal. One governs the energy ‘coming into’ the portal. The other governs the energy ‘flowing out’ from the portal. So these two guardians of the thresholds are the yin/yang of the portal. The yin governs the energy flowing in. The yang governs the energy flowing out. If there has been a past life trauma in relation to the consciousness of these chakras, the guardians will be effected. They will usually present themselves in extremes. Conducting a shadow process on getting these two healed and working together is paramount to ensure that the energy invited into the chakras is working well and sustainable. When we have no issues with the energy flow, we usually find that there are no gatekeepers present and that our chakras are simply open and working fine. We allow appropriate energy from within ourselves to come through. We also allow appropriate energy from without to flow in freely. I went into detail regarding the yin/yang polarities of each of the chakras in Level 3 however the meditation process to resolve and integrate these two gatekeepers came to me when writing this book, so I have included it in the toolkit. I have called it 'Integration of the Gatekeepers'.

Each chakra has a link to organs. Over the years our bodies evolve. What organ used to be connected to a chakra is now different for some. It depends on a persons level of consciousness. Please don't use this as a dogma. If you get difference guidance for different people, this is perfectly fine. Connections between these energetic centres and our organs can change within a lifetime as we evolve. These are the links to the following organs for the current day Lightworkers body:

Chakra	**Element**		**Body parts**
Crown	Fire runs through all these energy centres up and down the spinal column. This provides the divine spark of life energy that is required to activate the chakras and body.	Spirit	Brain
Third Eye		Air/Spirit	Eyes, pituitary gland, Liver and Gall Bladder
Ear		Air/Earth	Ears, nose, heart, ovaries, testes
Throat		Air	Mouth, neck, hypothalamus, thyroid
Heart		Air/Water	Nose, heart, shoulders, upper spine, arms and Lungs
Solar Plexus		Water	Liver, Gall Bladder, Small Intestine, middle of the back
Sacral		Water/Earth	Large intestine, Stomach, Spleen, Pancreas
Base		Earth	Kidney, Bladder, Sexual Organs, Colon, lower back, legs

In level 4 we are dealing with the most condensed energy that there is with the element of Earth. Therefore, it lends itself to blockages. When this occurs we find that we have stagnation in our energy and our energy becomes more condensed in our body. We also find that it becomes

condensed and contracted in our energetic centres. Spirit showed me that our chakras are effected in the way listed in the chart below and that this leads to other consequences with interacting with ourselves and the environment.

We can take time to connect with each chakra to assist us in accessing spiritual resources to release these blockages. For example it was shown to me how powerful the Christ impulse is on the healing heart. The melting of the heart is sometimes necessary before the darkness can be let go of. I saw that the walls come down about seeing what is truly ours and not about another person. It is a huge healer and catalyst for major shadow shifting of the darkest parts of our shadow. The power of this level of healing the heart propels us into our life's destiny. I have included the 'Healing Heart Meditation' in our toolkit, however I believe that there are many other ways to unlock the blockages we encounter in our chakras and I invite you to explore your own guidance. In Level 6 we include a meditation in each chakra's Lightfilled Yoga sequence.

Chakra	Blockages that occur
Crown	Being unwilling to connect with spiritual resources. Feeling disconnected from Spirit or our Higher Selves. Being unwilling to access or feeling blocked in using our higher faculty thinking of claircognisense.
Third Eye	Being unwilling to see or believe we can see beyond the physical realm. Feeling blocked with using our third eye. Not trusting what we are seeing. Seeing distorted reality.
Ear	Being unwilling to hear with our higher faculty hearing. Feeling blocked in accessing the faculty of clairaudience.
Throat	Being unwilling to speak our truth. Being willing but feeling blocked with speaking our truth. Being unwilling to accept another's truth. Being blocked or unwilling to communicating what we are being guided to tell others.
Heart	Being unwilling or finding it hard to connect with others on a heart level. Difficulty with accessing our intuition. Finding it difficult to follow our heart even when we know what it wants.
Solar Plexus	Feeling disempowered and fear about stepping into our power and creativity. Feeling blocked creatively.
Sacral	Imbalances with feeling nourished. Feeling constricted and unable to accept or notice nourishment. Disconnection from nourishing ourselves adequately or appropriately.
Base	Feeling unwilling to trust. Blockages around manifesting. Feeling too grounded or 'depressed'. Materialistically attached.

The Celestial Bodies

The Earth rotates around the sun and is effected by this amazing being. Steiner said that the Christ consciousness showers down on us from this amazing planet. There are also other planets in the solar system that astrologers and astronomers believe effects us as well. When I was studying my Diploma of Rudolf Steiner Education, a fellow student of ours was kind enough to shed some more light on the subject. Because of the level of our student interest in the topic, we were lucky enough to have some 'astrosophy' included for us. The main planets that effect

the Earth are the Sun, Moon, Mars, Mercury, Jupiter, Neptune and Venus. They correlate with the vibrations of the metals, colours and the days the week. I always find myself returning to them continually and finding connections with them. I know that astronomy is a huge topic in itself and one that we don't need to go into here. However it is worth a mention and I wanted to provide you with a quick summary. Steiner parents often dress themselves or their children in the colours relevant to the days of the week.

Planet	*Colour*	*Metal*	*Day of the Week*
Sun	*White*	*Gold*	*Sunday*
Moon	*Purple*	*Silver*	*Monday*
Mars	*Red*	*Iron*	*Tuesday*
Mercury	*Yellow*	*Quick Silver*	*Wednesday*
Jupiter	*Orange*	*Tin*	*Thursday*
Venus	*Green*	*Copper*	*Friday*
Saturn	*Blue*	*Lead*	*Saturday*

Spiritual Vibrations

We are surrounded by the healing vibrations and resonance of the Celestial Beings. These can be in the form of Planets, Ascended Masters, Goddesses, Archangels and other Spiritual Beings. They each have their own powerful essence and purpose. We only have to call on their help to assist us at any moment. We can breathe in their quality and essence at any time that we need it. All it takes is our asking and willingness to receive. Sometimes this is easier said than done because we may be willing but our bodies are not yet ready for these higher vibrations. We may need to work with some shadow aspects that are in resistance or even integrate the shadow aspect of the quality that we seek.

The spiritual vibrations of these higher beings are like medicine to us. We may need to take this medicine regularly to fully allow ourselves to resonate on this level. Sometimes we may have such resistance to taking in the essence via our visualisation that we need to ingest it in as an essence. For this reason and also to assist Lightworker Practitioners in creating their own

Spiritual Vibrational Essences, I have included this process in Section 7. I have also provided a meditation that I love called the ‘Celestial Being Meditation' in our toolkit too, which invites us to go and visit a planet and connect with a spiritual master or being. You may even wish to create your essence directly after connecting with a Spiritual being through this meditation.

In the table below I have provided examples of how spiritual beings may relate to the elements. Even though the Archangels are Celestial Beings, I have given them their own column for convenient referencing.

Element	Spiritual beings	Archangels
Earth	Demeter Gaia Vesta	Gabrielle Metatron Chamuel
Water	Kuan Yin Aphrodite Venus Persephone	Raphael Haniel Zadkiel Raguelle
Air	Hermes Thor Shu	Sandalphon Michael Jophiel
Fire	Diana Freyja Kali Oromasis Zarathustra	Ariel Raziel
Spirit	Source Christ Buddha	Uriel Jeremial Azrael

Balancing the Five Elements as Lightworker Practitioners

As Lightworkers we can incorporate a balance of the elements into our daily life to continue to evolve, stay healthy and offer the best services to our clients. Setting up our room for treating clients can include:

Earth - can be represented by crystals and a comfy place for the client to sit or lay.

Water - can be represented by a fountain or waterfall. Ensuring client has Water to drink.

Air - ensuring the Air is flowing, an open window or a fan gently blowing. Ensure there is enough light but not too bright.

Fire - can be represented by a candle and of course that the temperature is not to hot or cold for the client.

Spirit - pictures, posters and drawings of spiritual beings, Archangels, the chakras, flower essences. You can also include paintings or pictures of the elements e.g. A mountain for Earth, an ocean/dolphins/whales for Water, an eagle flying for Air and a candle burning for Fire.

Power Animal Medicine for Spirit

The owl is the power animal of Spirit. It is able to see in the dark and is like the eagle of the night's sky. It can take in the whole picture and also not be affected by the dark. It has integrated the light and now has large eyes that do not require light to see. This medicine is great to call on in dealing with the shadow, darker aspects of our nature and entities that are present in or around others. Owl medicine enhances our clairvoyance and ability to see what is true. The owl is patient and alert. It acts swiftly when required with absolute precision. Owl medicine relates to wisdom. It is the messenger of wisdom from various spiritual planes. Our Spirit body responds favourably with owl medicine and it elevates our vibrations to that of which the messages are coming from.

Section 7:

Lightworker Practitioner

Vibrational Toolkit

This vibrational toolkit is compiled in order of the elements, namely:

Earth:

- Flower of Life Mandala template
- Resolving Food Imbalances Meditation
- Spiritualised Earthly Messages Meditation
- Connecting with Crystals & Crystal Guardian Meditation
- Crystal Chakra Balancing and Healing
- Creating Gem Elixirs
- Gem Elixirs Template
- Lightfilled Etheric Healing Meditation
- Dolphin Healing Visualisation
- Whale Wisdom Visualisation

Water

- Connecting with the Plant Kingdom Meditation
- Creating Flower, Tree & Plant Tree Essences
- Creating Flower, Tree & Plant Remedies
- Flower, Tree & Plant Essences Template

Air

- Power Animal Meditation
- Animal Totem Meditation

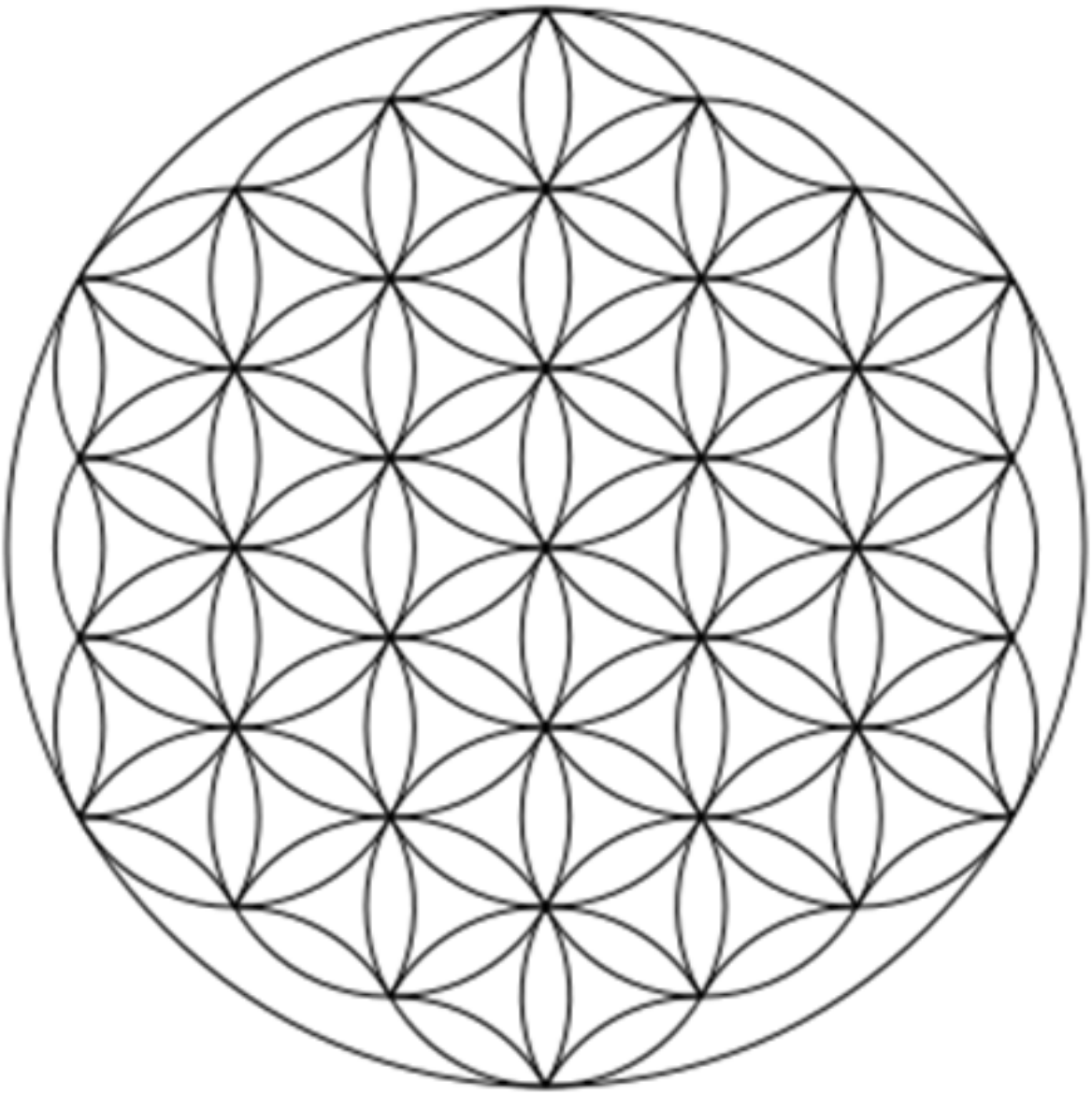
Fire

- Makin Our Peace With Fire Meditation
- Womb of Transformation Visualisation

Spirit

- Archangel Essences Template
- Spiritual Vibrational Essences Template
- Celestial Being Guide Meditation
- Integration of the Gatekeepers Meditation
- Healing Heart Meditation

Flower of Life Mandala Template



Resolving Food Imbalances Meditation

Taking a deep breath and breathing right down into your toes. Feeling completely relaxed and at peace in your body. If you feel any tightness, just breathe into it and let it go. Completely surrendering to this meditation and knowing you are safe and guided at all times.

Now I want you to imagine up ahead of you, that you see a bubble of light. Inside this bubble of light, you see yourself in the healthiest physical condition that you could ever possibly be. Notice how you look. Notice your legs, arms, torso, stomach, buttocks, hips, chest, face, eyes, hair and skin. Notice every detail about your healthiest self.

You notice this bubble getting closer and closer until you can reach out and touch it. As you touch this bubble, it pops and this part of yourself stands before you. You may wish to greet this part of yourself and thank them for coming and showing you a vision of yourself that you can now manifest in physical form.

Now you notice that another part of yourself steps out of your healthy physical self. It is the etheric body of your healthy self. It is here to provide us with more information about the food imbalances that you are asking today. You notice what colour it is and how vibrant its glow is. You see its energy centres spinning and you know how vital it is in supporting the life force and chi of the body. You also notice that another self steps out of your healthy physical self. It is your astral body which is responsible for a healthy nervous system and responsible for all the respiratory and heart functions of your body. It allows you to breath rhythmically. It is the seat of your aversions, reactions, cravings and appetite for food. Notice that it is perfectly at peace at the moment. You know notice another self step out of your healthy physical self. It is the ego self which is responsible for the blood and metabolic system. The Fire of the ego can overcome any food. It regulates warmth and your temperature. Then lastly you see your Higher Self step out of you healthy self. It is the moderator and the balancer. It knows what to eat and in what amount. It gives direction and assists in harmonising all the other bodies with the physical body.

Now over to the right, you notice a table. On the table a food appears that is creating an imbalance in your life in any of you physical, etheric, astral or ego bodies. This may or may not come as a surprise to you. Take some time to gather information from your physical, etheric, astral and ego bodies as to how this food is effecting you and why.

Ask for guidance from the Higher Self in eliminating, moderating or balancing this food in your life.

If you have a specific food that you want to seek guidance on, do so now from all the bodies including your Higher Self.

It is time to say your goodbyes. See your Higher Self, ego, astral and etheric bodies all return to your healthy physical body self. See them float away in a bubble again.

When you are ready come back fully into your body and open your eyes.

Spiritualised Earthly Messages Meditation

Taking a nice big breath in and out. You feel yourself laying on the Earth now. It may be that you are actually laying on the Earth or visualising yourself laying on Earth. Wherever you are, is perfect and in perfect harmony with your destiny.

Now feel your body fully earthed on the Earth. Feel your head, back, buttocks and legs are very heavy on the Earth. Now I want you to imagine that the centre of the Earth is alight with a magnificent Fire. This Fire is the heart of the Earth, its life spark and its energy. It is alive and its heart is pulsating. As it pulsates you feel the energy come up, up, up through the centre of the Earth and reaching your body. You feel it awaken all your energetic centres. They come alive with the warm vibrations of the heart of the Earth. You feel enveloped by this cosmic force. Feel your base chakra ignite. Feel safe and trusting of this energy. Your sacral chakra and stomach feeling nourished, content and peaceful. Your solar plexus is feeling alive and ignited with power, creativity and courage. Your heart chakra is melting and receiving mother earths nurturing love, your throat chakra is cleared and you are able digest the divine earthly messages you receive today, your third eye is completely open and you see visions of the truth of the Earth, your ear chakras are receiving messages from the Earth and your crown chakra now opens right up so that you are connected above as below. You are receiving the highest intelligence of the earths messages now.

If you have any specific questions, take some time to ask them now.

When you feel ready, come back into full waking consciousness and open your eyes.

Connecting with Crystals & Crystal Guardian Meditation

Closing your eyes now, and taking a deep breath in, all the way down to your toes, and as you exhale feeling your body relaxing, another deep breath in and breath out again and feeling your body relaxing and surrendering, feel your feet on the floor.

Now feel a golden cord coming out of your belly button and extending way down into the core of the Earth, anchoring you securely to the Earth but allowing you to fly free when it's time, another deep breath in and out allow any thoughts 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.

I want you to feel your body fully relaxing now, feeling supported by the chair or place you are laying. Feeling your back resting and allowing your body to relax. Invite your angles and guides to be with you now, just say "Angels and guides please surround me now". Another deep breath in all the way down to your toes, letting any tension slip away. Feel yourself being totally supported by the Universe…totally at peace.

Feel yourself floating now, feel yourself floating and looking up at the sun, stars and the moon. Everything is so peaceful and with each breath in you feel yourself rise little bit higher…a little bit higher…And the stars are getting closer and closer, you feel that you could actually reach out and touch any one of them, and you notice that one star is blinking much more and appears much brighter than all the rest, so you float over to that star and you get closer and closer. As you get close to the star you notice that it is not a star at all but the most amazing cave you have ever seen….the crystal cave of wisdom and knowledge…the birthplace of every crystal in the universe and it's shining brightly inviting you in. Standing at the cave entrance you see before you the Crystal Guardians of the cave. They greet you warmly and welcome you in.

Now you move forward into the cave, and you notice that it is full of crystals. You make your way over to your own special ledge, or nook or cranny. Sit yourself down, get comfortable and allow yourself to relax. And allow the love and light to envelop you and fill you up so that think of nothing else.

As you sit there in that special place you see the crystal that is calling to you or that you are requesting connection with. You see it floating over to you and it rests itself on or near you. Ask the crystal if it has a message for you…..you might hear words…you might see a picture…you might see colours…you might feel a feeling or lots of feelings…allow the crystal to give you the

message, whatever form that takes…you might not get anything at all. That is ok too…just allow yourself to absorb the love that the crystal is sending to you.

Tuck that message away in your memory so that you can remember it later. Thank the crystal for its message and now take a moment to sit there quietly for a little bit longer drinking in the awe and wonder of this crystal cave of wisdom and knowledge. If you have any questions you may ask the crystal now.

And now it's time to leave, so you hop down off your special place, remembering exactly where it is, knowing that you came back here whenever you want to….to receive more messages from your crystal or any other crystal…This special place is yours and it is there for you always…

You walk towards the mouth of the cave and you see the Crystal Guardians await you. They now invite you to become a Crystal Guardian. If you feel ready then accept graciously and feel the empowerment of this wonderful honour.

It is now time to say your goodbyes. You might feel a little bit sad that you have to leave, but remember that you can come back whenever you like…so you are just saying farewell for now. You wave farewell to the Crystal Guardians and you float out into space feeling the golden cord from your belly button pulling you gently towards Earth. It is so beautiful…and you look at all the stars around you. With each outward breath you float a little bit lower, a little bit lower. You might not want to come back, you might want to fly around out there with the stars and the clouds but it is time to come back, you can return again another time. As you breathe out each time, you float lower and lower and lower. Now you can see the stars and the moon way above you and you float lower and lower. Feeling heavier now, you feel yourself come back into your body, back in the chair or where ever you are laying. Feel your back against the back of the chair or the place you are resting. You can feel your legs…all the way down to your toes. Coming back now… you become fully aware of your body…remembering the message that you received from your crystal. Remembering the glow and the warmth that you felt with the Crystal Guardians and in the crystal cave and feelings of being invited to be a Crystal Guardian

You feel your body come back into itself…and you breathe deeply…in and out…you are very aware of your body in the room. Give your toes a little wiggle, feeling the warmth come back up into your legs. When you are ready I want you to come back into full waking consciousness…remembering your experiences and remembering that you can return at any time…feeling the golden cord from your belly button to the centre of the Earth anchoring you and pulling you firmly back to Earth and feeling roots extending from the bottom of your feet right into the Earth grounding you lovingly. When you are ready, open your eyes.

Crystal Chakra Balancing and Healing

In this process you may choose the traditional crystal colours for each chakra. It is recommended that you go with your guidance at all times though. Tune into each chakra and what it needs before you place it on your client. The following chart can be a good guide to begin with.

Chakra	Colour	Crystals	Qualities
Crown	Purple, White	Amethyst, Moonstone, Clear Quartz, Diamond, Labrodorite	Opens Crown Chakra and enhances Claircognisense
Third Eye	Dark Blue	Lapis Lazuli, Sodalite	Opens the Third Eye and enhances Clairvoyance
Ear	Magenta	Magenta, Agate, Flourite, Rose Quartz	Opens and enhances Clairaudience
Throat	Light Blue	Turquoise, Aquamarine, Sapphire	Assists with speaking with and digesting the Truth
Heart	Green	Chrysoprase, Malachite, Aventurine, Emerald	Opens the heart to give and receive love
Solar Plexus	Yellow	Yellow Calcite, Citrine, Sunstone, Gold	Assists with personal power, manifesting, creativity
Sacral	Orange	Jasper, Amber, Carnelian, Orange Tigers Eye	Assists us to feel nourished, peaceful, joyful
Base	Earthy colours of red, black and brown	Obsidian, Black Tourmaline, Petrified Wood	Assists with helping us to feel grounded, centred and trusting

- Clear energy from room and your body and light candle/candles before client arrives.

- Ask you guides and angels to clear your client’s energy.
- Ask client to lie on table or floor.
- Ask your client to share what is happening for them in ‘real time’ at any stage of the process.
- Check each chakra energy flow with your third eye, a pendulum or your hands. Ensure that you include the client's of feet, legs and hands.
- Place crystals ankles and then in hands.
- Tuning into each individual chakra, ask what it needs.
- Choose the appropriate crystals and place them on or near each chakra from Crown to Base chakra or in whatever order you feel guided to do.
- Ensure that as you place on each crystal, the client does not feel any discomfort.
- If the client feels discomfort, ask the client what they are feeling and what is going on for them. You may choose to end the charka balancing at this point and see this as a catalyst for a specialised healing of a certain chakra. Assist the client to work through any issues. You may choose to use processes from the Lightworker Practitioner Training such as 'The Body of the Shadow Meditation'. You may need to remove any or all crystals while you work through this process as the energy might be too much for the client.
- If the client is settled, sit back and allow to crystal to work their magic and observe their body with your third eye for any discomfort or energy leaks.
- Also watch for any colour change in the client's skin. If the vein in their neck starts pulsating, then remove the crystal on throat chakra and change it.
- Fan the body to even out their etheric/aura, always upwards and include feet.
- Using your third eye or hands, check each chakra energy flow. Ensure you check the arms and legs and feet.
- Fan the body again
- Check in with your intuition, hands, third eye, listening or pendulum to see if any more crystals or time is required. Ask each chakra if it has enough, if not then find and add the required one.
- Allow time for newly placed crystals to have effect and check for any discomfort.

- Check energy flow again. Notice if the energy is flowing above, out to sides and bottom.
- Fan body again.
- Allow a little more time.
- Start to remove crystals slowly as you are guided. It is usually suggested to start removing the ones you placed on last, leaving ankle and hand crystals to very last.
- Check energy flow with pendulum, your hands or third eye.
- Use a singing bowl over each chakra to 'fill'. Some chakras may need more than others.
- Remove ankle crystals.
- Allow the client to rest for a minute or so.
- Touch the clients hand let them know when they are ready that they can open their eyes.
- Ask client to sit up slowly and give them a glass of Water.
- Ensure that you leave adequate time for you and your client to debrief your experiences.

Creating Gem Elixirs

I am sure that you are happy to hear that creating your own Gem Elixirs is a fairly easy and uncomplicated process.

For each Gem Elixir's mother tincture you will need:

- A Crystal
- Sterilised bowl
- Sterilised tongs
- Sterilised eye dropper
- Sterilised bottle/s
- Spring Water
- Sunshine
- Apple cider vinegar or brandy

1. Call on the Gnomes and Crystal Guardians for their assistance and guidance in this process.
2. Choose the crystal required for your gem elixir.
3. Ask it for permission to use the gem as this elixir. Listen for the answer. Trust your intuition and guidance. If you get a 'yes' or it feels right, then it's okay. If you get a ‘no’, seek the reason why. It could be a good catalyst for you to integrate the quality of the crystal.
4. Ensure your crystal is cleared of any negative energy. Give it a sun bath by leaving it the sun for an hour. Or you may give it a moon bath in the full moon for an hour. You may clear it with your breath and intention too. If you are still unsure or feel that it is unclear, take this crystal into your meditation for 'Connecting with Crystals & Crystal Guardians'. If in any doubt, leave it out and choose a different crystal.
5. Using sterilised tongs, rinse your crystal thoroughly with boiling Water or alcohol.
6. Place your crystal in a sterilised bowl full of spring Water and leave it in the full sun for an hour. Ensure that nothing else can drop in it! Do not place it on the other side of a window as this will filter out the sun's powerful rays.

7. Using the sterilised tongs, dip in an empty eye dropper and fill it halfway. Repeat this if you require more than one bottle of this mother tincture.
8. Fill the other half of the bottle with the apple cider vinegar or brandy.
9. You now have a 'mother tincture' for this gem elixir.

Creating Gem Elixir Remedies

Gem elixirs are very powerful. Once you have the Gem Elixir mother tincture, you can put a drop of it in a bottle for yourself or client as a remedy. You will need to prepare the empty remedy bottles ahead of time:

- Ensure that these eye dropper bottles are sterilised with boiling Water or alcohol.
- Fill the with one third apple cider vinegar or brandy
- Place your business contact label

When you are ready to make your remedy for yourself or your client:

1. Put in a drop of the gem elixir mother tincture into the remedy bottle. Always listen for guidance from your guides as to specific dosages for each client.
2. You may wish to put other essences too. Mixing gem elixirs with flower or archangel essences can enhance their effectiveness. They can work together in a more holistic way by using more then one vibrational element.
3. Top up the bottle with spring Water.
4. Place dosage label on your remedy.
5. Shake the bottle.
6. Tap the bottle and in your mind say/think "God's will not mine be done". This takes your will completely out of the picture, so that it is not a 'potion' to try and control events. The whole process should be done in the Spirit of being guided and working for the clients highest good.

Dosage for clients

- Trust the guidance that you get for the right dosage for the clients.
- A drop or two under the tongue 10 minutes before meals usually works wonders.
- A drop in drinking Water will work more constitutionally and on the physical body.
- You may be guided to have the client place a drop on an area of their body or chakra. They may put some in their skin cream and rub it in using etheric massage (figure 8 style) to maximise the vibration. It is not usually recommended to take the elixir internally and eternally at the same time though. It can be too strong.

- You may be guided for the client to mix a drop or two of it in their meal, soup or hot beverage.
- If in doubt, a good rule of thumb is seven drops under the tongue 3 times a day until it is finished.
- If the client feels that they are having an adverse reaction at any time during the treatment, let them know to stop taking it and contact you. You can't overdose on a remedy, but the client is still having a relationship with the vibration and this will come out in their physical, etheric, astral and ego bodies. It is natural that they will notice changes. Resistance to the remedy may present itself as an adverse reaction too. You may need to work on the resistance with the client in a session before they are ready to accept this vibration. Take all resistance as a guidance to take a step back and work on supporting the client to connect with Spirit more so that they feel safe.
- Co-creating positive affirmations alongside the elixir can also increase its effectiveness and willingness of the client to receive its benefit. They can repeat the affirmation whilst taking the elixir. If taking an essence such as Amethyst to open the crown chakra you could use the affirmation "I now open myself up to receive spiritual guidance".

Gem Elixirs Template

Crystal	Chakra	Notes
Example Amethyst	Crown	Assists with opening crown chakra and enhancing claircognisence. Use with Bush Flower Essence Angel Sword and Archangel Uriel Essence to clear blockages from accessing spiritual information.

Lightfilled Etheric Body Healing

We begin this process by taking a moment to centre yourself now. Allowing yourself to fully relax and let go to this process. Feeling yourself surrounded by your spiritual resources now. Invite your Higher Power into the space with you. Feeling the light in the space around you increase and support you now.

Wherever you are sitting or lying, take a deep breath of light in. As you breathe in, really let this breath bring your awareness to all areas of your body. As you breathe out, feel consciously into your whole body. Allow your next lightfilled in-breath to fill you up completely. Allow your next out-breath to bring you into full consciousness with all your body. Feeling this next loving lightfilled in-breath fill your lungs and whole body fully. And now as you breathe out feel your whole body relaxing and letting go. Take a few more deep breaths of light. Each in-breath and out-breath bringing you into more and more consciousness of your whole body.

Now set the intention to heal a part of your etheric body that your Higher Self is calling you to heal. You may already be aware of this part of your body, or you may not be conscious of this at the moment. Just set the intention that you want to heal the part of your etheric body that is calling to be healed today. Continue to breathe deeply. And every time you breathe in and out become more conscious of every area of your body.

Now as you continue to breathe deeply, take a moment to consciously scan your body. Starting with the top of your head and down to your toes and fingers, see if there is particular part of your body, organs or energy centres that is calling your attention. You may feel pain, blockages, tightness, heat, coldness or just have a sense that it is calling you. Trust this process; trust that your body knows.

Once you have found this part of your body, call forth your Higher Self. See or feel your Higher Self engage fully into your body. Now see or feel your Higher Self's willingness to assist with the healing of this part of your body.

Now I want you to imagine more closely the area of your body that is calling you to be healed today. It may look blocked. There may even feel like there is an object or weapon stuck there. You may feel a deep emptiness or toxicity there. Notice any colours or shapes within or surrounding the area. If you wish, you may want take a moment to get a concrete picture of this area of your body. If so, you may wish to stop the audio now to draw, paint or mould its shape using clay.

Once you have a clear picture of what this part of your body looks like, take a moment to listen to hear if there are any messages from this area of your body. You may hear sounds, see words, feel certain emotions or even see images when you ask these questions. If this part of your body had a name, what would it be? If this part of your body could say how it is feeling, what would it say? What is this area of your body in need of right now? Does this part of your body have a message or guidance for you? If you wish, you may want to take a moment to write down this information. If so, stop this audio now.

Now check in with this part of your body as to whether there is any energy stuck there that is not yours. You may have taken on someone else's emotions, toxic energy or attracted a psychic attack. If so, it may feel as if there is an implement or weapon stuck there. Ask this part of your body what the reason was for attracting this energy to you. Is there a shadow part of yourself that you have rejected that needs to be accepted and transformed? If so, you can commit to further process work. (Such as the 'Body of the Shadow Integration Meditation' from Level 3 of the Lightworker Practitioner Training.)

Check in now for any further information. Do you see any images from the past arise? Do you have a memory of a past trauma that you experienced that is now presenting itself to be healed?

Now sense into whether there are any parts of you with judgments that are keeping this area of your body stuck. Get clear on what these judgments are and whether they are serving you anymore. If they are still serving you, what is their gift and how can this be used to move on from judgments keeping you stuck?

We are now going to call on spiritual resources to remove any stagnation and fill the areas of our body with the qualities of higher vibrations that our Etheric Body needs to restore itself to wholeness. Ask your spiritual resources now to assist with restoring the flow of your etheric body. This is Archangel Zadkiel's speciality. Ask this archangel if it feels right for you.

If needs be, you can also call on your spiritual resources to remove any cords, weapons, blocks or toxicity from this area of your body. Archangel Michael can do this job with ease using his spiritual vacuum.

We now want to restore your Etheric Body with the vibrational energy specific to your Etheric Body's needs. Feel yourself receiving this energy. Archangel Raphael is available to send you the spiritual resource if you wish. Ask your Spiritual support to send you this resource now. You may wish to draw this quality for future reference and resourcing.

Once you have had this area fully cleared and resourced take a look at how the energy is flowing through this area. Notice any changes on the rest of your body. You may wish to draw, paint or mold this restored place into clay after this process is complete. Take another deep breath in and feel the energy flowing into all areas of your body. Feeling your whole body full of lightfilled energy. As you breath out notice any colours or shapes around inside or above your body. Taking another deep breath into your whole body. As you breath out notice how your etheric body looks now. Take a moment to enjoy this restoration and when you are ready come back to full waking consciousness remembering all that you experienced.

Dolphin Healing Visualisation

Imagine yourself floating on a very still blue ocean. You feel so safe and comfortable and totally protected by your guides, spiritual resources and angels. You can hear nearby waves lapping at the shore. You feel the sun's warmth and rays bearing down on your body and you soak in this glorious nourishment.

You hear some splashing nearby and you look up to see a pod of dolphins coming towards you. They playfully jump out of the Water. You hear their high pitched sonars. As you put your head under the Water you here their clicking sounds and sonars as they play around you. Feel their sounds clear your chakras. Feel the vibration of the Water change around you. They jump out of the Water and glide effortlessly through the Water surrounding you. You feel part of the pod. You notice one coming over to you and motioning for you to get on its back. You hold onto its fin and take a ride over and under the waves. You feel the power of this amazing creature as it glides through the waves and notice that it is taking you to a cove. You feel the sandy bottom of the shore and sit down. The dolphin rests beside you and you look deeply into this wonderful beings eyes.

Notice the energy that is radiating from this creature and where it is coming from. Notice if you can feel its powerful essence. Notice where you feel it in your body. Notice whether you see any symbols within or around the dolphin. Hear or see any messages that the dolphin wants to show you now.

Spend some time to ask the dolphin any questions. Notice if they are communicating with you telepathically.

It's time to say your goodbyes for now. You and the dolphin dive back into the Water and you notice that you are now swimming so effortlessly just like the dolphin. You are gliding through the Water and jumping above it like you are flying through the Air. You decide to go down, down, down now and notice a light coming from a cave down below. You enter the cave and you see a door. You open the door and you see yourself where you are now. You step back into your body and you feel the energy coming up your legs and into your whole body. When you are ready, open your eyes.

Whale Wisdom Visualisation

Closing your eyes now and taking a deep breath in and out. You feel yourself floating on an ocean. You are totally safe and protected by your spiritual resources, angels and guides. It is safe for you to let go. Feel yourself floating. You feel so light and buoyant on this peaceful blue ocean. You feel the sun's rays shining down on you and you notice up above you that there is a beautiful rainbow. You smell the Air and notice that it must have rained recently because of the smell in the Air. You feel the wind on your face ever so lightly as the storm has past.

Now you dive down into the Water. It is easy for you to breathe in this environment. In the distance, you hear the sounds of whales below. You dive down deeper now and you feel yourself getting heavier and more relaxed with every breath that you take. You feel yourself sinking deeper and deeper into the deepest blue ocean that you have ever seen. You look around in the depths of the deepest cavern ever known. It is pretty dark down there but then up ahead you see the energetic glow of a pod of whales playing in the distance. Notice the colours of their energy. They light up the whole cavern. Notice how their energy feels. Notice their song, clicking and energy and where this effects you in your body. Soak this energy in.

You notice one particular whale has its eye on you. You grab onto it and take a ride. It sails up, up, up through the Water. It sails right up out of Water and keeps going up to the sky and through the rainbow. This is such a wonderful and exhilarating feeling. You feel the wind in your hair and light as a feather. Up ahead you see a vast area like a library. You know that this is the 'Akashic Records' which is a special place that contains all the knowledge of what is, has been and ever will be.

Take a moment to spend time here and uncover anything that you wish to know through the records or conversing with your wonderful whale guide.

It is time to go back now. You say your goodbyes to the whale and it sails back down to the ocean. Feel yourself flying back towards where you are right now. You come back into your body fully. Feeling your energy inside your body. Wiggle your toes and fingers and when you are ready, come back into full waking consciousness, remembering all the wisdom that you learned.

Connecting with the Plant Kingdom Meditation

Closing your eyes now and taking a deep breath in. Totally relax your body and mind. Allow yourself to totally surrender to this meditation, knowing that all is well and in your highest good.

Now picture yourself flying through the sky above a vast meadow of beautiful flowers. Feel the wind in your hair and the sun shining on your skin. Notice the colours of these flowers and their smell.

Slowly come down to land in this beautiful meadow. The smell and presence of these flowers is amazing. Feel their energy. Notice how their energy is raying out and spiraling upwards towards the sun like beautiful spiral staircases.

Take some time to breathe in the nourishment of these beautiful flowers and take your time to soak in their energy. You may wish to lay down in the meadow. Or you may wish to climb one of their spiral staircases or fly through their energy up towards the sun. Notice the beautiful patterns that their energy is creating.

All the while you feel the power of the plant kingdom completely filling you up and nourishing every cell, fibre and blood cell of your body.

Now you get up from the spot you are laying or come back down to the meadow if you have been flying. Up ahead you see a clearing in the middle of a group of tall trees. You make your way over there. The clearing is surrounded by trees, bushes, flowers and many plants. Take a look around and notice if one stands out to you. Move closer to it to get a closer look.

Notice what it looks like, the colours of its leaves and any patterns or shapes. Notice if it has any flowers or seeds. Notice the energy that is coming out of it and how it is flowing. Notice if it is flowing over to you. If so, soak it in. Does it have a message for you? Listen or see the message that this precious being has to offer you.

Take some time now to ask any questions or guidance. Feel this heartfelt connection with this wonderful being.

It is time go go. Thank this wonderful being for their energy and wisdom. Say your goodbyes for now.

Make your way back over to the meadow. Again you fly through the Air back to the place where you are now laying. Feel yourself come back into your body and when you are ready, open your eyes.

Creating Flower, Tree and Plant Essences

For each Essence Mother Tincture you will need:

- Flowers or leaves
- Sterilised plate
- Small sterilised glass bowl
- Sterilised scissors
- Sterilised strainer
- Sterilised eye dropper bottles (1 per Mother Tincture bottle needed)
- Spring Water
- Sunshine
- Apple cider vinegar or brandy
- Camera – this is optional as you may wish to photograph the flower/plant/tree to create labels for your Mother Tincture.

1. Call on the Earth, Water, Air and Fire elementals and fairies to assist you with this process.
2. Fill the small glass sterilised bowl with spring Water and have it ready.
3. Take a moment to ask your spiritual resources which flower or leaves are required for your flower essence.
4. Ensure your flowers are in full bloom and their etheric body is strong. Do not choose flowers or leaves that are losing their etheric body or decaying – unless this is specifically guides. Picking them with dew on them in the morning sun is the best time.
5. Before you pick your flower/plant/leaf, talk to them and request permission. Trust your intuition and guidance. If you get a 'yes' or it feels right, it is okay. If not, move onto another flower or leaf and repeat the request until you receive permission.
6. Using the sterilised scissors, cut each flower or leaf separately whilst holding the stem and immediately place them face down in the bowl. Ensure the stem does not go in the Water.
7. Cut as many flowers or leaves as you are guided to cut. It may be one or many until your bowl is full.

8. Leave bowl in direct sunlight for an hour. Ensure that nothing else can drop in it! Do not place it on the other side of a window as this filters out the sun's rays.
9. Carefully remove all the flowers and leaves from the bowl, one at a time, by their stems. Be careful not to touch the Water, flower petals or get the stems in the Water.
10. Using the sterilised strainer, empty the mother essence directly into a sterilised eye dropper bottle until it is full halfway. You may need to use a sterilised funnel depending on the size of the bowl you are using. Repeat this if you require more than one bottle of this mother tincture.
11. Fill the other half of the Mother Tincture dropper bottle with the apple cider vinegar or brandy.
12. You now have a preserved bottle of Mother Tincture for this plant, leaf or flower essence.

Creating Flower, Tree and Plant Essence Remedies

Once you have the preserved Mother Tincture Essence, you can put a drop of it in a bottle for yourself or client as a remedy. You will need to prepare the empty remedy bottles ahead of time:

1. Ensure that these eye dropper bottles are sterilised with boiling Water or alcohol.
2. Fill them with one third apple cider vinegar or brandy.
3. Place on your flower/tree/plant label and business contact label.

When you are ready to make your remedy for yourself or your client:

1. Put in 7 drops of each essence into the remedy bottle. Always listen for guidance from your guides as to specific dosages for each client.
2. You may wish to put other essences in too. Mixing flower, plant and tree essences with archangel essences or gem elixirs can enhance their effectiveness. They can work together in a more holistic way by using more than one vibrational element.
3. Carefully top up the bottle with spring Water and put in dropper. Wipe the bottle of any moisture.
4. Place dosage label on your remedy.
5. Shake the bottle.
6. Tap the bottle and in your mind say/think "Spirit's will not mine be done". This takes your will completely out of the picture, so that it is not a 'potion' to try and control events. The whole process should be done in the Spirit of being guided and working for the client's highest good.

Dosage for clients

- Trust the guidance that you get for the right dosage for the clients.
- 7 drops under the tongue 10 minutes before meals usually works wonders.
- A drop in drinking Water will work more constitutionally and on the physical body.
- You may be guided to have the client place a few drops on an area of their body or chakra. They may put some in their skin cream and rub it in using etheric massage (figure 8 style) to maximise

the vibration. It is not usually recommended to take the elixir internally and eternally at the same time though. It can be too strong.

- You may be guided for the client to mix a drop or two of it in their meal, soup or hot beverage.
- If in doubt, a good rule of thumb is seven drops under the tongue 3 times a day until it is finished.
- If the client feels that they are having an adverse reaction at any time during the treatment, let them know to stop taking it and contact you. You can't overdose on a remedy, but the client is still having a relationship with the vibration and this will come out in their physical, etheric, astral and ego bodies. It is natural that they will notice changes. Resistance to the remedy may present itself as an adverse reaction too. You may need to work on the resistance with the client in a session before they are ready to accept this vibration. Take all resistance as a guidance to take a step back and work on supporting the client to connect with Spirit more so that they feel safe.
- Co-creating positive affirmations alongside the remedy can also increase its effectiveness and willingness of the client to receive its benefit. They can repeat the affirmation whilst taking the essence. For example taking an essence to increase self-esteem such as the Australian bush flower 'Five Corners', you could use the affirmation "I now lovingly accept myself in every way".

Flower, Tree and Plant Essences Template

Flower Plant Tree	Negative Condition	Positive Condition	Notes
Example Five corners	Low self esteem. Self hate. Low self worth. Bad body image. Shame.	Increases and balances esteem. Reduces shame. Increases Higher Self in Ego.	Use with issues of WOW for self value. Good mixed with gem elixir for solar plexus such as citrine and rose quartz for heart chakra. Complimentary Archangel essences Raguel, Jophiel and Ariel.

Power Animal Meditation

Taking a nice deep breath in and out. Closing your eyes now. I want you to imagine beautiful part of the world that you feel naturally drawn to right now. It may be the rainforest, desert, ocean or mountains. Whatever it is, it is perfect. Let yourself relax and take a look around. Take in the surroundings. Notice the wildlife and plant life surrounding you. Take it all in. You feel perfectly safe and relaxed.

Now ask you Spiritual guides to bring to you an animal that signifies the quality that you need to strengthen within you right now. You now see this animal before you. You feel its energy. It has come to you as a gift. You know and trust that it is here for you and to assist you to evolve. You see that it is radiating an energy so strong that it starts to surround you. Breathe in this wonderful energy. Allow yourself to take in and receive its energy. Notice where this energy is affecting your body. Notice any shifts in your physical body.

Now take some time to connect and spend time with your power animal. You may wish to play together, chat or simply sit and receive more its energy.

Ask your power animal how you can incorporate more of its energy into your life.

If you have any other specific questions now is the time to ask. Listen to the answers that you are receiving or your power animal is showing you.

When you are ready, open your eyes and come back into full waking consciousness.

Animal Totem Meditation

Taking a nice deep breath in and out. I want you to imagine beautiful part of the world that you feel naturally drawn to right now. It may be the rainforest, desert, ocean or mountains. Whatever it is, it is perfect. Let yourself relax and take a look around. Take in the surroundings. Notice the wildlife and plant life surrounding you. Take it all in. You feel perfectly safe and relaxed.

Now ask you Spiritual guides to show you a clan of animals that represent your tribe. You feel the presence a particular clan of animals. They have come to you today to show you that they are your tribe and totem animal clan to support you in fulfilling your life's purpose in this lifetime.

Feel the energy of this tribe. You know and trust that it they are here for you and to assist you to evolve. You see that the tribe is radiating an energy so strong that it starts to surround you. Breathe in this wonderful energy. Allow yourself to take in and receive its energy. Notice where this energy is affecting your body. Notice any shifts in your physical body.

Know that it this is your tribe and they are here for you. Allow yourself to receive their energy. Notice any symbols that may appear that represent your animal totem tribe. Take some time to connect with your clan. You may wish to play together chat, or simply sit and receive more of their energy.

Now take a moment to ask them how they can help you to step up into your life’s purpose. They take some time to show you your life's purpose and how they can assist you. They show you your gifts and the gifts they bring to assist you.

If you have any questions or need guidance on your life's purpose, this is now the time to ask. Listen to the answers that you are receiving or your totem clan is showing you.

When you are ready, open your eyes and come back into full waking consciousness.

Making Our Peace With Fire Meditation

Closing your eyes now and taking a nice big deep breath in. Fill your lungs with Air and release it out completely. Take a few more deep breaths in and out.

Call in your guides, spiritual resources and angels to surround you now. Feel them completely surrounding you with their love and their energy. You are safe and secure in their presence. You know that your guides are there to support you 100% during and after this meditation. Feel them sending you a warm light with cooling properties that surrounds you in preparation for the meditation.

Now I want you to imagine that in front of you there are 2 movie screens. At present these movie screens are switched off. Below the first movie screen there is a sign that says 'Scenes from the Past'. Below the other movie screen there is a sign that says ‘Scenes of the Future’.

Now you notice that the movie screen from the past switches itself on. On the screen you see a scene from the past where you had a negative experience with Fire. You may have been we burned, mamed or burnt to death by Fire in the past. Ask your angels and guides for the strength to watch the details of this scene. You may even see a few scenes from the past where you had a negative experiences with Fire. Feel the cooling light around you. It assists you to neutralise the heat of these past experiences so that they cannot burn you anymore.

Now the screen from the past turns off. Take a moment to collect yourself. Ask your angels and guides to send you the resources that you need to recover from any negative experiences you have had with Fire. Feel your body healing. Feeling their energy sooth you like a healing balm. It soothes your skin and right into the very core of you. Feel yourself cool from the heat and burns of the past.

Now the screen from the future turns itself on. You see yourself in your life moving forward and doing the things that you are called to do. You see that you are no longer holding back the talents that you may have been punished for in the past. This fills you with great joy, freedom and hope for the future.

You feel a warm feeling deep inside your heart. A Fire ignites in your belly. You feel it fill you. You feel the energy for what you are passionate about as you watch the movie screen from the future. You are no longer afraid of your own power or Fire. Your solar plexus ignites. You allow it to warm you and fill you with strength and confidence. You feel your whole body transform. All your energetic centres are alive and awakened to this strength. You feel your energetic centres are full and streaming this energy upward towards the sun and deep down into the warm molten

belly of the Earth. You feel that this Fire is a gift that you allow yourself to receive and are able to give back to the Universe.

The second movie screen switches off. You still feel the power of this inner transformation. You have made your peace with Fire. It is now a peace that you can take with you into your life and future right now.

When you are ready, open your eyes and come back into full waking consciousness.

Womb of Transformation Visualisation

Closing your eyes now and taking a big deep breath. As you exhale you feel yourself surrendering your whole body and completely relaxing.

Now you see right before you, an elevator. You hop in. The doors close. You look up and you notice the numbers are falling,10,9,8,7,6,5,4,3,2,1,0. The doors open. As you step out you notice a beautiful sanctuary. It is your safe place. You are surrounded by your spiritual resources, guides and angels. They are here just for you. Up ahead you see the Womb Of Transformation. You know that it is a safe holding bay that is there to ensure you are always safe in your sanctuary and wherever you need to use it.

You decide to step in and check it out. As you step in, you feel comforted, secure and safe. You feel a very high vibration in this womb. You feel it transforming you. All your energetic centres ignite with a warm throbbing glow. You feel them all beating with the beat of a heart. Like you would inside the womb as a child. You hear the heartbeat of the womb of Source. You feel energised and soothed at the same time.

Any troubles that you feel simply melt away. You feel that you are connected to Source and truth inside this womb.

Now you step out of the womb of transformation. If you would like to talk to a shadow part, entity or deceased person, see the Carrion angels escort them to the womb of transformation now. As they enter into the womb, you notice if there are any instant changes to them. Notice if they choose to transform.

If they wish to talk with you, take some time to ask them what they need right now from you. If you feel comfortable, give them what they need right now. This may be in the form of a colour. Your angels and guides may assist you and send you this energy at the same time. Feel it flowing through you and into the Womb of Transformation.

Ask them what their purpose is.

Ask them what their gift is for you. If you feel guided, receive this gift. This may be in the form of a colour.

Notice if you have transformed. Notice if they have transformed. Notice if they are now choosing to stay or leave. If they are choosing to leave, say your goodbyes, they have served their purpose and it is now time for them to go and move on. If they are staying and you feel

comfortable, they can now come out of the Womb of Transformation. If you still do not feel it is time, they can stay in the womb until you are ready.

When you are ready turn around and walk over to the elevator. The doors open. You step in. The doors close. You see the numbers rising 0,1,2,3,4,5,6,7,8,9,10. The doors open. You step into the room you are in now. You step back into your body. You feel yourself fully in your body. The energy coming up your legs and back. Wiggle your toes and fingers. When you are ready, open your eyes and come back into full waking consciousness.

Creating Spiritual Vibrational Essences

You may choose an Archangel, Ascended Master/Goddess or Celestial Being (Planet) or other Spiritual Being that you feel guided to use to create this Mother Tincture Essence.

- Sterilised bowl
- Sterilised spoon/stirring utensil
- Sterilised eye dropper
- Sterilised eye dropper bottle (1 per each Mother Tincture Essence)
- Spring Water
- Apple cider vinegar or brandy
- Label for Mother Tincture bottle
- Painting/drawing materials – this is optional as you may wish to record the expression of the Spiritual Being to create labels for your Mother Tincture.

1. Call on your Spiritual Resources for their assistance and guidance in this process.
2. Fill a sterilised bowl with spring Water.
3. Choose the Spiritual Being you wish to work with to make the essence.
4. Close you eyes and request that the Spiritual Being to step into your body.
5. Using the sterilized stirring utensil, stir the Water until the Water feels as if it has fully taken on the spiritual vibration. A suggestion was given to me in the writing of this process. Commencing with an anti clockwise direction, stir the Water in a figure 8 motion. Visualise this essence assisting the eight chakras of the crown, third eye, ear chakra, throat, heart, solar plexus, sacral and base chakra. Then stir it the other way and visualise this essence helping from the base, sacral, solar plexus, heart, throat, ears, eyes and crown chakra.
6. Allow yourself to receive guidance on using this remedy and write these down immediately after you finish stirring.
7. You may wish to now express this Spiritual Being's energy on paper using paint/drawing.
8. Thank the Spiritual Being for their help and request that they now step back.

9. Using the sterilised tongs, dip in an empty eye dropper to the Mother essence and fill the bottle halfway. Repeat this if you require more than one bottle of this Mother Tincture.
10. Fill the other half of the bottle with the apple cider vinegar or brandy.
11. You now have a preserved Mother Tincture Spiritual Vibrational Essense.

Creating Spiritual Vibrational Remedies

Once you have the Spiritual Vibrational Mother Tincture, you can put a drop of it in a bottle for yourself or client as a remedy. You will need to prepare the empty remedy bottles ahead of time:

1. Ensure that these eye dropper bottles are sterilised with boiling Water or alcohol.
2. Fill them with one third apple cider vinegar or brandy.
3. Place on your Spiritual Vibrational Essence Label (if you have made one) and your business contact label.

When you are ready to make your remedy for yourself or your client:

1. Put in a drop of the Spiritual Vibrational Essence Mother Tincture into the remedy bottle. Always listen for guidance from your guides as to specific dosages for each client.
2. You may wish to put other essences too. Mixing gem elixirs and flower essences can enhance their effectiveness. They can work together in a more holistic way by using more then one vibrational element.
3. Top up the bottle with spring Water.
4. Place dosage label on your remedy.
5. Shake the bottle.
6. Tap the bottle and in your mind say/think "Spirit’s will not mine be done". This takes your will completely out of the picture, so that it is not a 'potion' to try and control events. The whole process should be done in the Spirit of being guided and working for the clients highest good.

Dosage for clients

- Trust the guidance that you get for the right dosage for the clients.
- A drop or two under the tongue 10 minutes before meals usually works wonders.
- A drop in drinking Water will work more constitutionally and on the physical body.
- You may be guided to have the client place a drop on an area of their body or chakra. They may put some in their skin cream and rub it in using etheric massage (figure 8 style) to maximise the

vibration. It is not usually recommended to take the elixir internally and eternally at the same time though. It can be too strong.

- You may be guided for the client to mix a drop or two if it in their meal, soup or hot beverage.
- If in doubt, a good rule of thumb is one drop under the tongue 3 times a day until it is finished.
- If the client feels that they are having an adverse reaction at any time during the treatment, let them know to stop taking it and contact you. You can't overdose on a vibrational remedy, but the client is still having a relationship with the vibration and this will come out in their physical, etheric, astral and ego bodies. It is natural that they will notice changes. Resistance to the remedy may present itself as an adverse reaction too. You may need to work on the resistance with the client in a session before they are ready to accept this vibration. Take all resistance as a guidance to take a step back and work on supporting the client to connect with Spirit more so that they feel safe.
- Co-creating positive affirmations alongside the Archangel essence can also increase its effectiveness and willingness of the client to receive its benefit. They can repeat the affirmation whilst taking the essence. If taking an essence such as Archangel Michael to open the throat chakra you could use the affirmation "I now lovingly speak my truth with confidence".
- In using the template for the Archangel Essences, you can write your comments on guidance you receive for the positive condition that the essence brings to the receiver. You may perhaps wish include a brief summary of their Ahrimanic or Luciferic influences as I covered in Level 3. Once again, this is a suggestion. To have your own solid relationship with the Archangels in order to use their vibrations is the main thing. So always trust and follow your own guidance and what resonates for you.
- In using the template for Spiritual Beings Vibrational Essences, you can write your comments on guidance you receive for the positive condition that the essence brings to the receiver. You may perhaps wish to include guidance you receive on their Ahrimanic or Luciferic influences for the negative condition.

Archangel Essences Template

Archangel	Ahrimanic	Luciferic	Comments/
	Negative Conditions		Positive Conditions
Example Ariel	Shame	Shamelessness	Use with issues for self esteem. Good in combination with rose quartz for loving self and citrine for self confidence. Helpful bush flower essence: five corners.
Ariel			
Azrael			
Chamuel			
Gabriel			
Haniel			
Jophiel			
Jeremiel			
Metatron			
Michael			
Raguel			
Raphael			
Raziel			
Sandalphon			
Uriel			
Zadkiel			

Spiritual Vibrational Essences Template

Spiritual Being	Ahrimanic	Luciferic	Comments/
	Negative Conditions		Positive Conditions
Example Christ	Loves conditionally to get needs met. Always has an agenda. Keeps score. Excessive love of materialism.	Wants love for power. Needs love to feel powerful. Rejection /judgment of others who do not love them.	Connecting with others from the heart. Love others unconditionally. Increases compassion. Releases judgments of others humanity. Opens the heart chakra.

Wheel of Wholeness Elemental Diagnosis Template

WOW Core Issue	Notes on excess/depletion of the elements in the client				Balance of all elements
	Earth	Water	Air	Fire	Spirit
Self-Protection					
Self-Care					
Self-Awareness – we target our emotional reality specifically in this example.					
Self-Value					
Self-Moderation					

Celestial Being Guide Meditation

Closing your eyes now and taking a deep breath in and out. Feeling your whole body completely relax. Let go of any worries and be here right now.

Now imagine that you have a golden cord connecting you to the centre of the Earth. It allows you to float up into the sky. With every in-breath you float higher and higher.

Looking down on the ground below, notice what you see. Noticing the streets and houses below getting smaller and smaller. Noticing the treetops becoming so small that they look like bushes. Mountains are now like rocks below. Looking up you feel the sun on your face and feel as if you can fly faster towards it. You now see the countries of Earth below and the Water separating the continents. As you fly higher, you see Earth as a round ball. You look ahead and you see the night's sky. The sun is round and warm. You see the moon and on you fly.

You see a certain planet in the distance that you feel drawn to. You make your way to this planet. Notice how it looks and if it has a certain colour. Noticing as you get closer if it has any particular land or fluid on it. Making your way down lower and lower onto the planet now. You find a spot where you notice a Being that wants to speak to you. Notice what the being looks like. You may recognise them. If you do not recognise them, ask them their name now. Ask them what planet you are on.

Ask them if they have a purpose.

Ask them if they have a message or any guidance for you.

Spend some time to ask them any specific questions that you feel you want to ask at this time.

Thank them for the information and now you fly up once again and leave this planet. You feel the golden chord gently pulling you back towards Earth. Up ahead you see Earth as a small planet. As you fly you see it getting closer. You feel the sun close to you once again as Earth gets closer. You see the continents and travel downwards towards your home. You see the mountains and hills. Houses and trees are becoming more clear. With every breath you move closer and closer to the ground. Down you come and into your current physical space. Feeling your toes and legs now. The energy travelling up your arms. Your eye lids begin to open. You are back in full waking consciousness.

Integration of the Gatekeepers Meditation

Closing your eyes now and taking a nice big deep breath. Relaxing your body and allowing yourself to be in the present now. Taking some more nice deep breaths. As you breathe out, relaxing any tension in your body. Let any thoughts float away or put them in a box to deal with later. Now I want you to invite your spiritual resources and support to surround you now. Feel and see their loving presence envelope you now. They are here to ensure that you restore balance to the specific chakra that you are focusing on today.

Now sense into your body and notice which chakra is calling you to be balanced today. Take a moment to scan from your Crown, Third Eye, Ear Chakras, Throat, Heart, Solar Plexus, Sacral and Base Chakras. Notice which one needs the most attention today. If you are still unsure, seek guidance from your spiritual guides to show you which chakra to balance today.

Today we are going to meet the Gatekeeper or Gatekeepers of your chosen chakra. We have two Gatekeepers. One monitors the in-flow of energy. The other monitors the out-flow of energy. These Gatekeepers are reflections of our unconscious wishes. We only require their services when we are not conscious of the flow of our energy. Today, this meditation will assist us in becoming more conscious of the flow of our energy so that we can integrate these Gatekeepers.

In order to allow an in-flow of energy, we need to feel worthy. In order to allow an unconditional out-flow of our energy, we need to trust that there is an infinite supply of spiritual energy. When we are not feeling worthy or trusting, we disrupt the flow and unconsciously create an imbalance. Both Gatekeepers seek to serve our wishes. In this meditation we set the intention to consciously and willingly feel worthy of receiving an infinite supply of powerful spiritual energy. In doing so, we are nourished and we allow it to flow freely to others so that we no longer require the services of the Gatekeepers.

Take a moment to talk to the Gatekeeper of the in-flow of energy. Ask them what their purpose is. Thank them for their service. Let them know that you are now willing to feel worthy. Ask their guidance on how you can feel more worthy. Receive any guidance or energy that they wish to give you now.

Take a moment to talk to the Gatekeeper of the out-flow of energy. Ask them what their purpose is. Thank them for their service. Tell them that you are willing to trust that there is an infinite supply of spiritual resources. Ask their guidance on how you can feel more trusting. Receive any guidance and energy they wish to give you now.

Notice now whether or not whether one or both your Gatekeepers are transformed or are still there. It may be that they are fully integrated within you and you are now ready to be the conscious Gatekeeper of this chakra portal.

If not, that is totally okay. Remember the guidance you received and take a moment to reflect on how you can put this into action in your daily life.

With or without your Gatekeepers help, feel the in-flow of energy filling you up. Feel it pouring of you whilst it is still pouring into you from your infinite supply. Feel the qualities of the chakra's energy nourish you and the rest of the Universe at the same time.

When you are ready, come back to full waking consciousness.

Healing Heart Meditation

Closing your eyes now and taking a big, deep breath right down into your heart centre. Take another deep breath and feel the centre of your heart expand. With every in-breath you feel that this center of your being is coming alive. Asking your spiritual resources surround you now that assist you in healing your heart. Feel the presence of unconditional love.

Imagine that you are now a place where this unconditional love exists. This love is in everyone and everything. Feel the power of this love. You now see standing before you, the symbol of unconditional love in the Celestial Being of Christ. Feel the immense power of unconditional love resonating from this Spiritual Being. Feel this love melting the walls around your heart. Feel this being merging into your heart. Feel this presence pouring unconditional love into your whole being. Allow yourself to receive this powerful energy, knowing that as you heal your heart, you also heal the heart of the world.

As you feel your heart healing, you may receive guidance from Christ or your other guides regarding any pain or emptiness that you have had in your heart in the past.

Take a moment to ask for guidance now on how you can maintain unconditional love for yourself and others in your heart.

If there is anyone or a part of yourself that you feel you need to express unconditional love to, see them standing before you and send this unconditional love to them now.

When you are ready, come back to full waking consciousness full of unconditional love.