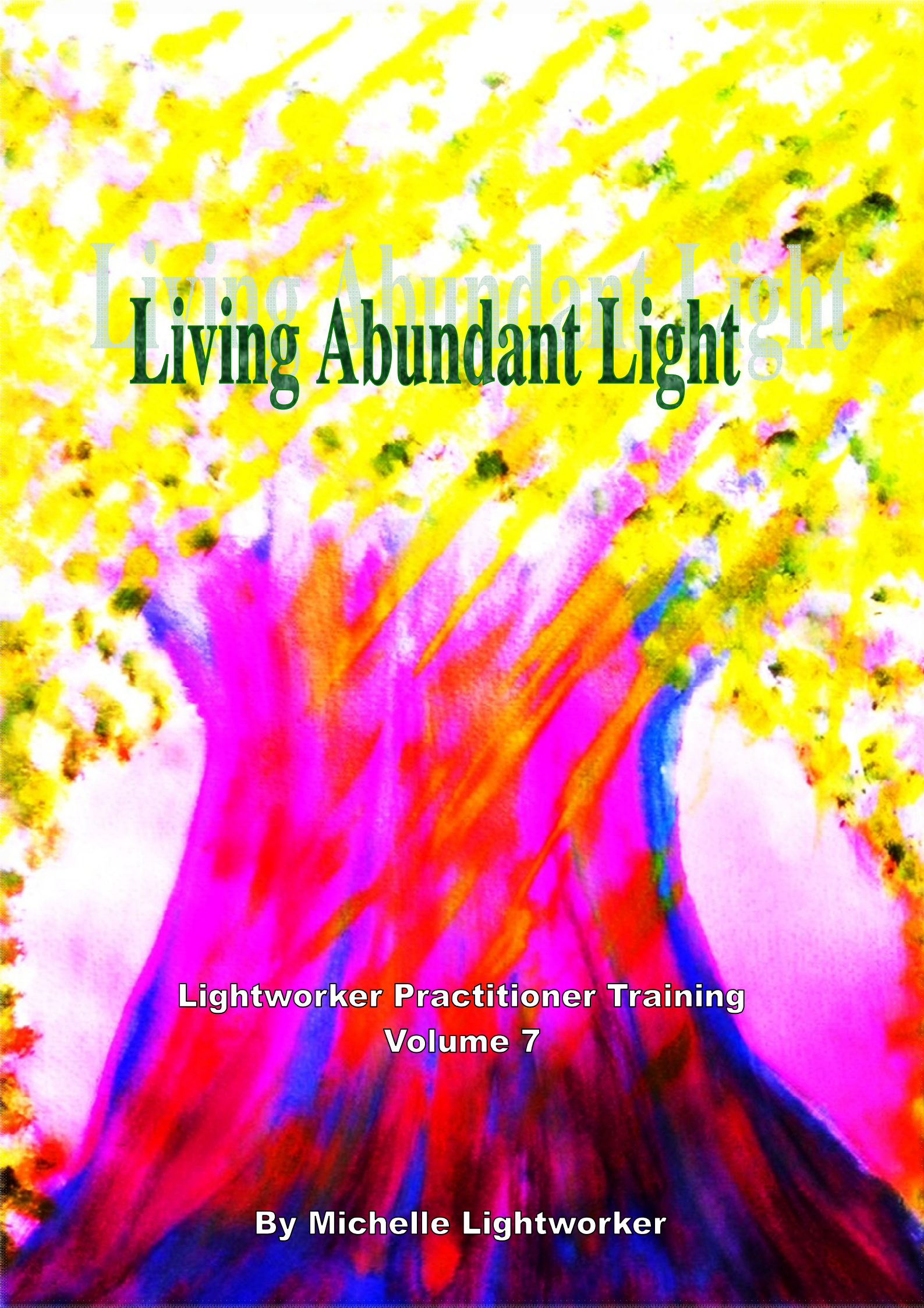
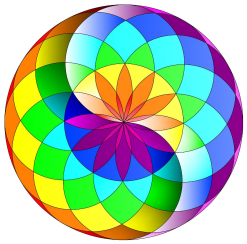

Living Abundant Light
Lightworker Practitioner Training
Volume 7
By Michelle Lightworker



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LIVING ABUNDANT LIGHT

LIGHTWORKER PRACTITIONER TRAINING MANUAL

VOLUME 7

By Michelle Lightworker

About The Author



Michelle lives happily on the Sunshine Coast, Queensland, Australia with the love of her life and husband Tony. Although, Michelle really considers Mother Earth her human home and travels it frequently. Michelle is the proud mother of two daughters Sarah and Phoenix. Michelle began her own journey as a Lightworker the minute she entered the world as she believes every part of life is a part in consciously evolving. Michelle more consciously began her lightworking when she hit rock bottom with an eating disorder back in 1990. Since then, her recovery led her to helping others in voluntary service for many years before officially studying counselling and then assisting counsellors with professional supervision. Her counselling business evolved into the educational facility The College of Creative Healing as her clients began to demand training for both personal and professional development. A highlight of her professional career was developing and conducting the Lightworker Practitioner Training, which became the catalyst for her first book 'Making Light Work – A Training Manual for Lightworkers Practitioners Volume 1'. This is the seventh book in the Lightworker Practitioner Training series. Michelle and Tony are currently developing projects in collaboration with other Lightworkers to assist in the growing consciousness towards the light. These projects include the Higher Consciousness Reflections series, the God Art Gallery, Lightfilled Yoga™ offering an online training portal and publishing inspirational books through Lightworker Reflections™. Michelle is also a Certified Trauma and Addictive Disorders Therapist which led to writing and facilitating the Diploma of Multi-addictions Counselling. Michelle studied holistic counselling with Sophia College and became a one of their facilitators of the Advanced Diploma of Holistic Counselling. Other completed studies include: Diploma of Professional Counselling (AIPC), Associate Diploma of Rudolf Steiner Education (Parsifal College); Counselling Kinesiology (Integrated Health Kinesiology) Angel Intuitive and Advanced Angel Intuitive training (with Doreen Virtue) and Zen Thai (Mount Ninderry Healing Centre). Michelle is also a qualified Australian Healing Hands Massage Instructor. Michelle worked as a Waldorf (Rudolf Steiner) Teacher and also taught children with learning difficulties at Noosa Pengari Steiner School. Michelle has also gained over 25 years 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:

This book is dedicated to all Lightworkers everywhere. Get ready to soar. It’s time.

Mission Statement and Intention:

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

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Section 1: Introduction

This level of training is about living what the Universe wants us all to do – live in an abundance of light. When we are Living Abundant Light we create what we want easily and effortlessly. This book is about creating what we want, accepting that, letting it in and living it. It is also about teaching others how to really create what they really want and to really live the 'secret'. It is about not just visualizing the way we want things to be, but about really resonating the change we want to be. When we resonate this change, we attract more of this vibration to us.

Level 7 is about the Base Chakra. It is about living in the physical world and understanding how we can transform it to its highest vibration. It is about spiritualising matter. We are all made of matter on some level on this earth. So technically, it is about spiritualising everyone and everything and how we do that.

In Section 2 we revisit the 12 principles of the Lightworker Practitioner Training. We explore how we can live an abundant life of light with them tucked under our belt. We revisit honesty, open-mindedness, willingness, forgiveness, discipline, unity, faith, joy, peace, responsibility, love and wholeness and we realise how these can contribute to manifesting, transformation and sharing of our gifts on this earthly plane and beyond.

In Section 3 we cover how Sabotage affects us and disrupts the flow of abundance. The main issues of sabotage relating to the base chakra are: judgments on money, impatience with timing, disconnection from our higher selves and our subconscious fears. We also include tools to release and transform our beliefs to assist transforming our sabotage so that it becomes an ally. Using our sabotage to helping us live in abundant light is the key stone in this section. We are learning to apply the concept of living as a Lightfilled Being in many different types of situations. We often find ourselves out of our comfort zone and we discuss ways on how we can maintain our vibration in such circumstances. If you are someone that can shine with some friends or some circumstances but you find it difficult to shine when you need it most, then we provide information to overcome these obstacles.

In Section 4 'Manifesting Abundant Light' we cover the laws of manifesting. We get a little technical here and I have created an equation with divine guidance to assist us in staying on track with our manifestation. We dissect how it is done and how important our choices, beliefs and intentions play a pivotal role in what we manifest for ourselves.

In Section 5 'Abundant Lightfilled Sharing', we discuss a number of ways that we share ourselves at this level of the game. We expand on the concepts of Lightfilled Education and how best to share our knowledge and wisdom with others. We provide tools for Lightfilled Parenting young children and tips on attitudes that we can take in parenting our older children. We also cover Lightfilled Marketing which is about sharing our Lightfilled creations, products, services and

gifts to enlighten the planet. We find our peace with marketing by exploring a different vantage point as to how powerful this technique transforms the world. As promised, we also expand on our sexuality in an evolved way by providing guidance with Lightfilled Sexuality. This is the most human form of sharing that we have. The basis for all life begins with procreation. We learn ways to continue abundantly evolving through our sexuality in the most lightfilled way possible.

In Section 6 ‘Abundant Lightfilled Co-creating’, we provide information on the three types of Co-creating and expand on ways to assist us to do this. This section covers: Co-creation with our Higher Power on individual projects, Co-Creation with others within a partnership and Co-Creation with Teams to assist us to evolve in ways that benefit a group of people and the community. These three ways of co-creating are enriching for us in different ways at different stages of our lives. We are exactly where we are meant to be right now.

In our last Section 7 ‘Abundant Lightfilled Transformation’, we share the secrets of participation towards the ultimate transformation of everyone and everything. So I won’t be surprised if you don’t leave this one till last to read!

Prior to writing this book I was about to go on holiday for 3 weeks. Just before leaving for overseas I had just completed writing Level 6. The next day I woke up and I had a conversation with my daughter Phoenix about Level 7. I told her that I was so excited that I had finished Level 6 and couldn’t wait to start writing Level 7. I said to her that I wanted to take my iPad with us on holidays so that I could write along the way. Phoenix had seen how hard I had worked to complete Level 6 (it was a full on and technical book) and she kindly said, “Just have a break Mum”. I told her that it wasn’t like work for me. I told her I was so excited and that getting inspiration and recording it regarding such important work was so rewarding. I realised that having this excitement about my ‘job’ makes this job not feel like a job at all. It feels like a joy. Feeling this feeling I realised that ‘I can’t wait to start writing’ translated to ‘I am living my dream’. In fact, I was as excited about returning from my holiday as I was in taking my holiday! I didn’t end up writing whist I was away, but I did feel as if I was living a lot of what I was about to write. You will understand when you read this book why I didn’t end up writing whilst I was away on the actual holiday. When I got back, this book didn’t take long to write at all. In fact, it felt like it wrote itself. I am so glad to be authentically resonating at this level of vibration in writing this book and I hope that it streams through to you through each word and page.

The Importance of Co-creating

Co-creating is an important element of Living Abundant Light. When you are living a life of abundant light, we find ourselves co-creating even when we hadn’t intended for it to happen. When we are co-creating we are living ‘Level 7’.

In this training we discuss Lightfilled Co-creating in more detail in Section 6. I felt it was important to share with you in this introduction the following personal realisations I had during the writing of this book. Let me briefly summarise so that you understand what I am about to share. We can Co-create in 3 ways: with our Higher Power, another person and a team of people. My 'Level 7' Lightfilled Co-Creation with my Higher Power is the Lightworker Practitioner Training. I believe that it has been divinely guided. I have learnt about the levels of the training as I was writing them myself. I would say just before writing the level, I can't wait to see what it's about! Another realisation I had during the writing of this book is that my 'Level 7' Lightfilled Co-Creation with another person was developing Lightfilled Yoga™. I developed this during the writing of the Lightworker Practitioner Training with Hannah Andrews. It was such an effortless collaboration. I would think something and Hannah would say it. And vica versa. The amount of times we said "Oh, I just saw what you just said before you said it". There were never any issues or arguments. It was a pure joy because we were both standing in the light 100% of the time that we were writing it. I know this because we were able to overcome and support each other through any darkness that arose and it quickly transformed. We kept honest and shared continually about our own processes. It is not only a wonderful creation in and of itself but I will always treasure the energy in which we collaborated. Both the Lightworker Practitioner Training and Lightfilled Yoga™ were both gifted to me to contribute to a huge vibrational shift on the planet. So, having said this, we are encouraging students to submit their own Lightfilled Co-Creation as part of their Level 7 assessment. I believe that my Level 7 Lightfilled Co-creation with a Team of Lightworkers is yet to come. I look forward to this with anticipation.

During the study of Level 7 of the Lightworker Practitioner Training, students will be given the freedom to choose how they wish to express their Lightfilled Co-Creation with their Higher Power in practical form in their lives and work. This is their final assessment piece. Two or more students may wish to collaborate in the Lightfilled Co-creation process. It might be photography, song writing, painting, writing, a new form of massage, a type of dance or a project, even a creative strategy of working through relationship or family issues, like a new therapeutic 'process'. What we want students to do is to not only put this into action, but to record their journey for their Level 7 assessment. This will ensure students copyright their work too. The main theme that we want the students to focus on with their Lightfilled Co-creation is that it will contribute to increasing the vibration of the planet. It may be an idea or a gift that they have been born with or are talented in or one that just 'drops in' as they develop their Lightworker abilities.

Lightfilled Yoga™ dropped in on my 41st birthday at 3am in the morning. It certainly wasn't expected. However, it was very clear. I also got clear guidance to co-create it with Hannah Andrews. This is because I needed help from a professional Yoga teacher who was also versed in Lightworker Practitioner Training. It is important to gain assistance from those who are

specialists in the field where necessary, but not to be insecure. Trusting the information you are getting is key. I was suggesting things to Hannah that I didn't even know about. However, she did know them. This confirmed to me that my guidance was very clear. I resisted searching the web many times because I wanted to share what I was getting with Hannah first. I will encourage students to collaborate with others if this is part of their guidance. The main thing is that I want them to document the process to completion. In this way, when they have put their idea into action and acted upon it (even the beginnings) we have succeeded in two things. They have been able to listen to their guidance AND follow through on it. It is important to follow through because we are wanting to transform the energy of the planet. That is the densest vibration that we exist on in this human form. We transform this vibration through our intentions and actions.

Level 7 involves being willing to pass on the information that we are learning in the way we are guided. We don't expect everyone to become Lightworker Practitioner Trainers, however, what we want is for people to turn up, listen, face their fears, follow through and of course communicate the power of their intentions with others. We want their ideas 'out there' so that the passing on of information and ideas into action, transforms others. We also want our students to be a role model for others to do the same. Eventually, this is infectious. We have everyone sharing their guidance in thought or action form. This spreads throughout the world and encourages others to do it. This leads to a planet that is more incarnated on a 'Higher Self' level because its participants have evolved. But "I'm scared you say". Well we address this too, so relax.

During the Lightworker Practitioner Training I was told that there was a connection with all the levels of the training from the left and right hand side of the diagram below. Then as I was writing this level, I was told the connections! So it was a very exciting moment. I was told that the left side of the diagram was the yin and the right side was the yang. Here let me explain it in more detail:

- In Level 1 we are experiencing the yin aspect of our inner connections with our higher self and spiritual organs. We are letting support in so that we are connected with spirit. In Level 7 we are expressing these inner connections with our higher self and spiritual organs. We channel our spiritual energy outward to others. This expression is an outward yang energy.

- In Level 2 we are experiencing our inner feelings and becoming aware of the truth of our inner self as a separate being to others. We learn skills to relate to others whilst not losing ourselves. We become aware of our own internal relationships. In Level 6 our inner being is ignited to the point that it has reached our outer physical being. Our inner life transforms into an outward expression in all that we do in the world, including being in our bodies. We

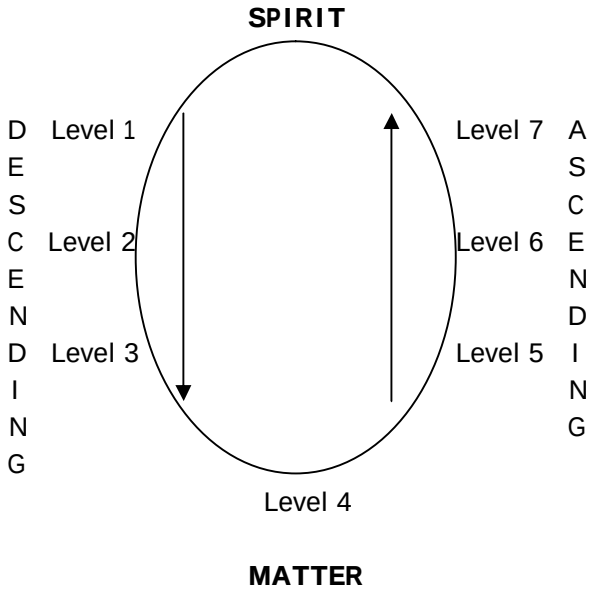
are no longer enmeshed or disconnected from others or our own body. We are able to connect with the light inside of others more easily and relate to them from that level in both physical and spiritual form.

- In Level 3 we are experiencing the awareness of our unconscious and allowing them to find their voices. We are allowing them to be heard and we learn to transform these parts so that we achieve inner peace. In Level 5 we are allowing the creative outward expression of all these parts, using artistic and other therapies. We encourage a dynamic outward and solid expression that is in no way purely internal. We let out what we know is true from within. We free ourselves from any shame that we hold regarding these shadow aspects to the point that we allow them to be seen in creative expression to others.

- In Level 4 we experience the Yin of Earth and Water and the Yang of the Air and Fire Elements. We achieve an awareness of their synergy and synthesis in the Section on Spirit. Therefore Level 4 is both a Yin and Yang Level. It is a halfway point on the evolution of consciousness however it is balanced within itself with the support of Spirit.

The following table provides a summary of the yin/yang relationship between the levels of the Lightworker Practitioner Training. We need to strive for all levels of consciousness to reach a state of balance and equilibrium. Our consciousness cannot simply be an internal process. We need to live in the world and not fear it. Shining our light through the upper levels of the training assists us in maintaining a balance within ourselves and with our connection to the world and beyond.

Yin	**Yang**
Level 1	Level 7
Level 2	Level 6
Level 3	Level 5
Level 4	Level 4



On the following table we revisit this diagram that we first introduce in Level 1. This diagram summarises how each of the level of consciousness that we are exploring in every level of the Lightworker Practitioner Training in the process of ascension and descension from spirit to matter and visa versa.

From Level 1 to Level 4 we have been descending from spirit into matter consciously. As we take it with us, Spirit lights up the darkest parts of humanity. We connect with spirit through our free will and consciousness engagement. In Level 1 we strive to make an initial conscious connection with spirit and begin to resource ourselves through connecting with our Crown Chakra. In Level 2 we become conscious of our internal relationship with ourselves and how we can invite spirit in to transform our relationship with ourselves and others. We see the truth with our Third Eye and become empowered to make conscious choices. In Level 3 we draw on spirit to ensure that the darkest parts of ourselves are alight with the strength of our Higher Power. We focus on striking a balance and step out of judgment of ourselves as either powerful Lightworkers or imperfect human beings. We bring the torch of light into our inner most selves to transform our darker shadows and allow ourselves to shine as Lightworkers. This enables us to speak more of our truth without shame to ourselves and others through our Throat Chakra. By Level 4 we have reached a place of non-judgment with ourselves and the world through our Heart Chakra. This state of consciousness enables us to commence the physical transformation of spiritualising matter. Up to Level 4 we have predominantly done this through our internal processes only. Now we apply it to the out world through understanding and connecting with the elements of Earth, Water, Air, Fire and Spirit. We

consciously connect with these elements with a heart centred consciousness. From Level 5 we are ascending back up towards spirit consciously, without abandoning ‘matter’. Level 5 our Solar Plexus Chakra expresses itself through our personal creations with artistic therapies. Our spiritualised creations live on. We ignite our personal power and lighten up and become more playful lightfilled beings. The power of play ignites our Higher Self and inner strength. In Level 6 we focus on spiritualising our body. Our lifestyle changes so that we enjoy being lightfilled beings in all that we do in the world. We learn activities to encourage us to be consciously lightfilled in all our activities. Our bodies start to change and heal on the deepest level possible. Instead of being overcome by or reacting to what we put into our body, we learn to transform denser vibrations with our higher self. We are no longer controlled by our environment. We feel lighter and brighter and more nourished through our Sacral Chakra. By Level 7 we are now at the peak of our abilities to spiritualise matter. As we hit our Base Chakra which is the densest energetic area of the human body, we peak in our spirituality. This consciousness ensures that we are able to connect spiritually with ourselves, the world and others without fear and with a sense of freedom beyond the material plane. This consciousness now extends beyond the limits of ourselves and out into transforming the rest of the world and beyond. We learn how to manifest more Lightfilled vibrations for ourselves and others in abundance. This is Living Abundant Light.

So now let us begin with the foundation of where we always need to start, the most important part – the 12 Principles. Without them, our Base Chakra gets corrupted!

Section 2: The 12 Principles

PRINCIPLE 1: HONESTY

We need to be honest about what we want. We need to be honest about what we are guided to do. We also need to be honest about how we feel about what we want vs what we are guided to do too. Often, when we are guided to do something and we feel excited, it becomes what we want. Sometimes we are guided to do things that we don't really want to do and we feel resistance or uncomfortable. This is the reality of allowing our consciousness to evolve. At times it is exciting and at other times it is uncomfortable. However, it is all good!

It is helpful to stay in nonattachment about the timing of what we want arriving. And we need to be honest about any discomfort that we are experiencing about the timing of what we want being delivered to us. If we feel it is taking a long time to manifest, then that is the Universe's will. We or others may still have some growing to do and whether we like it or not, the timing is in everyone's highest good. If what we want has not arrived, it is not a mistake. The timing is always perfect. If it is still in front of us, there is still more to learn. Everything is in perfect order. So relax and make the most of the situation. Bring the light that you can to it. The more you bring the light to it, the more you step into increasing your own vibration and the situation will change.

Keeping real about our impatience, feelings and any blocks or sabotage we are experiencing are important factors of honesty at this level. Hiding them from ourselves, others or our Higher Power doesn't make them go away. So it's okay to acknowledge frustration and to let it out. Just remember to come back to your Higher Self and centre so that you can resume consciousness of your deepest truth of who you truly are. No matter what the situation, nothing can dampen it unless we allow it. Stay true to your light even when your darkness is staring you in the face. This is the biggest form of honesty that there is.

PRINCIPLE 2: OPEN-MINDEDNESS

Our whole being needs to be open to receiving all the resources that the Universe wants to give us to achieve all the things that we are guided to do. It wants us to have ALL the time, the energy, the support, the money and the passion to fulfil our life's purpose.

We also need to keep an open mind about how the Universe wants these things to manifest. We may have specific ideas about how we should do this or that to fulfil what we are guided to do. It is important to check in daily with spirit about the baby steps. Each little step brings us closer to fulfilling our life's purpose. Don't just believe that anything is possible and never ask for the how. Check in with the 'how for now' each day.

In Section 4 ‘Manifesting Abundant Light’, I have included a special meditation on ‘Being In the Flow’. This meditation assists us in opening our minds and energetic centres to fully receiving all the support we need and the expansive element of feeling that we are open to all possibilities beyond our wildest imaginations. This level of open-mindedness is so expansive, that we are manifesting things beyond what we can currently bring ourselves to imagine. Very exciting.

PRINCIPLE 3: WILLINGNESS

At this stage, we are at more of a comfortable level about doing what we are guided to do. We are not only willing, we actually want to do Spirit’s will. This kind of willingness is more than a just a personal kind of willingness. It is a highly evolved willingness. We are not just serving the public, we become universal servants. We don’t wish for things for our personal self gain at the expense of others. In fact, self-gain feels like we are taking from the whole if it is fear based or based on purely selfish desires. This level of consciousness is very connected to the principle of unity. Our willingness becomes unified with Spirit’s plan for complete consciousness for all with the one mind of Spirit. So we find that our willingness is translated into a kind of mission to fulfil this idea. Of course we put our own individual flair and creativity into how we are personally contributing after we seek guidance on ‘how’ to progress each step of the way. Ultimately our willingness is for a deeper cause. This kind of willingness also leads to the deepest sense of joy we could ever experience.

PRINCIPLE 4: FORGIVENESS

Forgiveness at this level is also highly connected to unity. It is returning our mind to the correct thinking that we are all one and forgiving ourselves for allowing our mind to separate from that thought.

When we have allowed our minds to separate from the concept that ‘we are all one’ we can easily step into judgments of others, their journey and comparing them to ourselves. Forgiving ourselves for having judged someone’s journey, choices or current vibration is an absolute necessity at this level of training. It stops us from stepping into ‘we know better’ thinking syndrome. If we are caught up in this kind of judging, we have made ourselves the higher power. We have lost touch with our place in the bigger picture and lost connection with only helping others when we are called by Spirit to do so.

Being guided and having knowledge about people comes with a sense of responsibility attached to it. But just because we see what others need to do doesn't mean that they should do it right now or ever will do it in this lifetime. This may not be for the highest good of all. We can ask for specific guidance on someone and forget to ask for the highest good of all. This is something that we can also forgive ourselves for. We need to ensure that we don't step over the line and think that we know best. We don't know 'best', because best is a judgment. We can forgive ourselves for thinking that we know best and projecting that onto someone else. Who someone else is, is none of our business. Their journey is none of our business. We are all one ultimately however the journey is one of free will. It may also be one of sacrifice for the betterment of man-kind. Perhaps they are playing out a really dark aspect of ourselves so that we can learn through their behaviour and choose a more lightfilled path. How do we forgive ourselves for judging someone in this manner? We correct our thinking. This is the best way of making an amends to ourselves and others. We return our thinking to an acceptance of other people's journey and process, no matter how gruesome or bad it appears to us. Perhaps their darkness is a catalyst for our healing. We all have a role to play in this life and even our so-called bad behaviour has an impact on the evolution of consciousness.

To truly forgive ourselves and others we need to see nothing as a mistake. We see choices as necessary, even if we think there will be a negative fallout. We see negative fallout as something that simply 'is' rather than assigning negativity to it. Fall out is simply the effect of an event. How this affects people and situations is simply another event in itself. We correct our thinking back to what is real which is that our consciousness is always returning to the All and is never disconnected from the All, even when we think it is. We do not indulge in self berating ourselves for returning to old ways of thinking. They are just events in themselves that serve to awaken us again to what is real. Forgiving ourselves and others means correcting our thinking to that which is real. Even though this takes effort, it takes less effort than judging others or seeing events as negative. Self berating ourselves also has a draining effect on our energy. We gain more energy from doing the work of returning our mind to truth rather than indulging in judgment.

PRINCIPLE 5: UNITY

Our goal at this level is to become conscious of our existing unity with all things.. Here, even levels of consciousness are an illusion, as unity means that we are never really separated. Even when we feel we are at a higher level of consciousness, we see, acknowledge and love the part of ourselves that others are reflecting back to us. We don't see separation. The irony is that when we feel unity with others, we lift our vibration to a level that transforms others and the rest of the planet back to the All.

People are not the only vibrational form on this planet. Animals, plants, earth, water, fire, air and matter also hold vibrations. They are not conscious of themselves but they are still part of the All. When we see everything as an extension of the All, we become powerful vibrational transformers. With our minds, we can affect and transform matter by seeing it for what it truly is. This is our job as Lightworkers. Our belief in unity assists everything to return to a state of consciousness that we are all one. We can assist it back into consciousness of where it came from by holding the belief that we know it is part of the All. Where it came from is what it truly is. So thereby our motivations and intentions to see everything as 'one' and united, makes us more conscious of the highest truth. This affects the vibrational fields of those around us and matter itself. We imbue matter with our energy and our consciousness of unity. This brings us back to our mission statement at the commencement of the Lightworker Practitioner Training, 'This new way of being will create and build energy towards a group consciousness of living in the light and spiritualising matter.' In summary, everything that exists reunites consciously with the all in the realisation that we were never separate in the first place. As the all is all conscious, there is never any real separation. Separation is an illusion. Unity is the truth.

PRINCIPLE 6: DISCIPLINE

At this level we find that the discipline that is required is of the maintenance variety. We have reached a place where we are conscious of who we are physically, emotionally, mentally and spiritually. It takes discipline to continue to be conscious and to take care of ourselves. It takes discipline to continue to use all the tools that we can to keep moving forward in our own evolution.

If we notice that we have gotten off track in any area of our lives, relapsed into an addiction, lost consciousness of ourselves or have not checked in with spirit for a while, then this is where the principle of discipline kicks in too. We intentionally apply all the knowledge, skills and tools we have learnt to get back on track, get conscious and resume our spiritual connection as soon as possible.

Discipline is not about reprimanding ourselves for getting off track. This will only serve to keep us off track longer. Shaming or berating ourselves for getting off track does not help us to get back on track at all. However, we can certainly analyse how and why we got off track. We can seek spiritual guidance on how we can stay conscious and avoid the same deviation in the future. This is very helpful. We can also try and get to the bottom of why we got off track in the first place. There may have been a trigger. Then this may have snowballed. It may be a minor deviation from our path or a major one. It doesn't really matter. What matters is how we get back on track

and resolving the issues of what caused us to get off track. Once again, see the deviation as a blessing in disguise that will assist you in gaining a deeper connection with spirit and in gaining the skills in assisting others to stay on track too.

PRINCIPLE 7: FAITH

The most important principle at this level of the training is faith. We need to believe that anything is 100% possible, 100% of the time because if we do not, we block any higher vibrational transformation that spirit is fully capable of delivering to us. When we have faith, we manifest a lot quicker. We are not blocking things from coming to us by thinking that this or that might not be possible. Faith says “Everything is possible”.

It is one thing to believe in the All and no separation. It is another thing to trust it. So we become bigger ‘trusters’! That is an interesting word ‘trusters’. There is no word in the dictionary so again, let me create a new word. It is so important that we become trusters because Level 7 is all about the base chakra. It is all about trusting spirit to keep us safe 100% of the time. Any fears we have around not being safe will raise their heads when we are discussing faith. Faith is not belief. Belief says “I believe in the All”. Faith says, “I totally trust the All 100% with anything, everything and everyone – including myself.” When we are exploring Level 7, we are building our faith from a state of feeling safe, to feeling completely fulfilled. It is like we are extending on the idea. We are totally transforming the base chakra so that it’s no longer about just survival. Our base chakra now becomes a solid platform of a new way of living, creating and transforming ourselves and the world. We step out of survival mode and into faith-filled transformers.

PRINCIPLE 8: RESPONSIBILITY

The most important thing to remember with the principle of responsibility is that we are only responsible for our own consciousness and to turn up with what we are called to do.

Everybody has to take responsibility for their own spiritual journey. Other people’s spiritual journey is not for us to decide. It is not our job to decide how, when, where and when they should do things to assist them on their spiritual journey. This is their responsibility. However, being Lightworkers, we may be called to help others. We may be asked directly by them or directly by spirit. In helping others, their will must be engaged. They need to be on board. Once their will is engaged and their higher self has requested our assistance, then we do have a responsibility to do all that we can - if we are guided by spirit to do so.

At times, we may not be guided to help others who have asked for our help. This can be hard sometimes. Saying no to others asking for help isn't easy. In fact this happened to me as I was writing the last couple of books of the Lightworker Practitioner Training. I was told by spirit that I was not to do any consulting and had to focus on finishing writing the training.

The polar opposite can be true too. We may be asked by spirit to assist others even when we don't feel ready to do so. However, we may need to put more trust in spirit to guide us. This can often be the case, especially when Lightworkers are starting out. They may not feel that they are confident enough with their own skills or their connection with spiritual guidance. This is okay and should be acknowledged. But the reality is, that lightworking is a vehicle that brings us closer to spirit. We are not going to get closer to spirit if we continue to ignore what we are being called to do. Trust me, I turned up to teaching the Lightworker Practitioner Training before I even knew what I had to teach. This was part of my own spiritual journey.

The spiritual evolution that occurs from helping others in this way is nothing short of incredible. The more that Lightworkers trust in spirit to guide them, the more they evolve, not to mention those they help. Responsibility turns out to be a gift rather than a cost. We give this gift of consciousness to ourselves by choosing to turn up to do our lightworking. Our 'response ability' to others and spirit becomes highly tuned and skilled. We no longer try to rescue or save others. We simply step into the flow of their transformation and remain a transformational presence. Participation in their transformation may increase our own transformational abilities. Their transformation has become a gift to us. We are both the teacher and student at the same time. We remain forever humbled and teachable by this kind of responsibility.

PRINCIPLE 9: WHOLENESS

The ironic thing about wholeness is that it is perfect but we must see every imperfection as perfect to return our mind to that which is real and true, which is wholeness.

Wholeness in its truest sense is perfection. When we see everything in wholeness we see its perfection. Even that which we may think is imperfect, is a part of the perfection of the universe. So in essence everything is perfect. So when we see something as less than perfect, we haven't truly seen it. We haven't seen its gift yet, or its part in the perfection of the universe. When we hold a view of wholeness, then everything is part of the perfect plan. Even the darkest parts of our human existence. So we are able to reach a level in this part of the training where our minds are focusing on the perfection that every part plays in this journey.

However, having said this, we are not striving for perfection always. We don't strive for perfection because we don't see anything as less than perfect. We are not trying to be perfect for the sake of being perfect. We don't hold a view that we are not perfect just the way we are either. We still continue to improve ourselves by turning up to follow our guidance in taking care of ourselves. We still have a responsibility to ensure that we stay conscious and on track. We are just not getting caught up in the 'dis-ease' of perfectionism which paints an untruth of who we truly are.

Not striving for perfection is not an excuse to indulge parts of us who want to keep us sabotaged in their 'oh so perfect' way! This kind of sabotage I will call the 'as soon as syndrome'. You know that kind of thinking where you say to yourself "as soon as I finish this level of the training I will start lightworking" or "as soon as I lose this amount of weight I will be happy" or "as soon as my third eye starts working I will be able to feel like I am really making some head way with my psychic abilities". Nonsense! This is all total and utter nonsense. You can start Lightworking now by turning up and listening for guidance now. If you really need to lose weight, be happy about that! See it as a gift to yourself that you can be extremely happy about because you know how much it will change your life. If your third eye is totally not budging then so be it. Focusing on being connected to spirit is the main priority of Level 1, not making sure that your third eye works. It will work when the time is right. Let it be and continue to connect and ask for guidance on the things you can do now to stay connected. Maybe you have other more important psychic gifts that are calling you first. Throw out the concept of 'as soon as'. Taking one step towards what you feel you are guided to do, is stepping into the stream of wholeness because that one step is leading you towards a higher consciousness. That's what true wholeness is about. It is about seeing that each step we take leads us towards our unity and the one mind.

To stay in this feeling of wholeness, you can turn your view towards the steps that you are taking. Ask yourself "Is this step taking me towards or further away from intentional wholeness?" All steps are perfect because they lead to wholeness, however you can fine tune your abilities to want to step in a more direct route towards wholeness by asking yourself the question in taking a step "does this move me towards or further away from spirit?" In this way, we step out of the perfect/imperfect thinking which is very black and white. We move more into a rainbow area.

Other people may not see our decisions as spiritual; however we know when our decisions are spiritually guided. Each step we take on our spiritual journey is very personal. Often our perception of what perfection is comes from what we think others think perfection is. Thinking holistically takes us away from perfectionistic thinking. Ironically it moves us towards perfection because ultimately wholeness is perfection. Yes it stretches your mind away from the typical thinking of right or wrong, good or bad. However, it is very spiritualised thinking because we are

seeking guidance separate from society's norms. We are disengaging from the 'shoulds' and engaging with what we feel we are guided to do. Sometimes we may experience a backlash of judgment for doing so. It's not easy being on the path of a Lightworker at times.

At these times I think of Jesus and what he went through in standing up for what he believed in. He allowed himself to be crucified because he spoke what he knew to be true and was also in total acceptance of the consequences. He didn't fight because he was allowing what was meant to happen to happen. There was a time where he waivered in his faith though. When he was on the cross and he asked God, "why have you forsaken me?" I imagine he felt abandoned and didn't understand the powerful impact he would have on the evolution of human consciousness. Perhaps Jesus felt that he would be saved by God and wouldn't die on the cross because he was speaking his beliefs honestly. Maybe that is why he may have felt forsaken. However, perhaps Jesus didn't realise that the complete picture would be that his death needed to occur in order so that we could see that there is life after death. We all need to realise that we are all part of this bigger picture. At times we might feel scared by sticking to our truth. That is perfectly normal. Hey if Jesus can waiver in faith and still have a huge impact on consciousness, so can we. Ultimately, a temporary waivering of our faith doesn't lessen the impact we have in standing up for our truth. When we live our truth with the rest of the world in mind we make our decisions with less fear and more heart. We are capable of anything we are called to do.

Often we don't see the biggest bigger picture of our life because we are not meant to. This is a trust exercise and we don't see the bigger picture because we need to trust in spirit deeply. We need to come to our own sense of surrender with our lightworking and believe that it leads to the broader picture of wholeness. We may experience light and darkness along the way and we need to see it all as good. This kind of thinking will help you keep on track so that you don't judge your journey or feel abandoned by spirit during the darker times of your life. This is one of the most important lessons of wholeness.

PRINCIPLE 10: LOVE

To love fully at this Level of the training, we choose to love the idea of everyone's reunification back to the All is at their own pace. This becomes our motivation for what we say and do each day. For instance, if someone asks us the future, we take it back to their consciousness, their learning. We don't just give them an answer because we can. We ask spirit "What is in their best interests for them to hear at this stage of their consciousness?" Finding out what spirit is guiding us to say is a more loving response than saying what we could in order to 'look' good or powerful.

Love becomes loving the All enough to fulfil the All's task. We love people and the world into consciousness, not away from it. Love is not a blanket that we hide behind. It becomes reunited with the light. All love is lightfilled. It brings compassion and honesty of truth with it at the same time. Loving people becomes a conscious act of welcoming consciousness into relationship with people. True love becomes true consciousness of their higher self. We love the higher selves of others even when they cannot see their own higher self. We engage with the higher self of others over and above any other part and this keeps our frequency high. This also serves as a transformational vibration and assists others to remember who they truly are. For some, it means that they may see themselves for the first time. We do not reject other parts of others either. We love these parts too. However, we retain a strong connection and love to the person's higher self, in order that they might find a connection with that part of themselves. By doing this we are able to encourage their higher self to support the other parts of themselves that need help.

PRINCIPLE 11: JOY

We feel a great contentment within ourselves when we believe that everything is in perfect order with the journey of everyone's evolution of consciousness. No matter what happens, we know it is part of the bigger picture. We can even find a sense of joy in tragedy because we know it is contributing to something positive. We are able to witness people's processes and their emotions without negative judgment. We see that every emotion and process is a step towards people's consciousness.

Our joy increases to a point that we feel joy alongside our other emotions too. As we are able to witness all of ourselves and know that all these parts play an important role in the bigger picture, we are able to feel an undercurrent of joy simultaneous with other emotions. Ironically, we never really step out of our joy when we are allowing everything to be as it is. Joy is a state of consciousness that knows that everything is totally on track. Everything. That is huge! But with this reckoning is true joy.

This is the kind of joy that is unshakable and may appear weird to others. Other people may find this kind of joy fake. However, if you feel that everything happens for a reason and are able to move on from situations easily, this is quite real and deep rather than superficial. It is a joy that stems from a highly evolved reality. It is not dehumanised because true joy sees all human experience as important. This joy does not turn away or minimise other emotions, it embraces them.

This joy moves us away from drama. Drama is a form of chaos that keeps the wool pulled over our eyes and away from seeing the truth. This kind of joy sees the truth and keeps smiling,

knowing that it is all okay. We don't need drama when we are facing the truth. When we move towards the truth, we move towards joy and away from drama. When experiencing this kind of joy, if we have drama around us, we don't get caught up in it. We are able to continue to see the truth of what is really happening and maintain our centre and our joy. Our vibration continues to remain in a transformational state. As we stay in our joy, we continue to be an anchor that attracts those to us that want to transform. We become transformational Lightworkers by our sheer presence.

PRINCIPLE 12: PEACE

We feel at peace when we are sitting in the flow and we know that everything is happening at exactly the right moment in exactly the right way that it should be to assist in the evolution of the consciousness and vibration of the entire universe. We find this sense of peace within ourselves. We are at peace with ourselves when we know everything is in perfect order. We don't allow knowledge or lack of knowledge of the future to stress us out. We only turn up to the next thing that we are guided to do. We continue to listen and receive guidance each step of the way.

One thing that we attract to us very quickly when we hold this vibration of peace, is solutions. We attract solutions because we are not sitting in an anxious vibrational state of being. When we are at this level and we step out of our peaceful state of being, we buy into the lie that we need to fix everything that appears 'wrong' or out of order. When this happens we not only step into a chaotic vibration but we attract catastrophe to us very quickly. The quicker we step back into our peaceful vibration, the quicker things evolve around us to a more spiritual vibration.

When we deny our fears and hide them, they too will attract uncomfortable situations to us that will assist us to evolve. Truly being in a peaceful state, means that we have 'let go' of our attachment to outcomes and how we think things should look or be. So we are in a state of 'being' rather than a wilful state of 'doing/forcing/trying/striving to make things happen'. Instead, we turn up and listen to our guidance and follow the specific steps that we are to take next. One by one, in our peaceful way, we accomplish more than we ever imagined. Our will is spiritualised and this brings a deep sense of peace.

Section 3: Sabotaging Abundance

Sabotage is a behaviour, attitude, rationalisation, excuse or judgment that we use that delays the evolution of our consciousness. Nothing can stop us from evolving, however certain things can delay progress. When writing this, I meditated on the Sections of this book and when sabotage was mentioned as a whole section, I felt a little uncomfortable. However, then it occurred to me that just prior to writing this section I had experienced several versions of the sabotage mentioned here and I had also witnessed it with my colleagues who I consider to be living Level 7 in their daily lives. So then it was obvious to me that it was indeed relevant to include.

When we are closest to evolving to the next stage of our learning and also when living abundant light consistently, that is when we might find that sabotage kicks in. It will repel us from experiencing the next level or maintaining a higher vibration consistently. However, being aware that it is sabotage can propel us towards living abundant light. Seeing the sabotage as a gift to affirm we are heading in the right direction is key. That is why I quickly dedicated a whole chunk of time to writing this book shortly after receiving this guidance. It put all the recent sabotage into perspective and empowered me to continue. In fact, you could say that the recent sabotages actually played a role in writing this book! How ironic.

Let's talk about sabotage as it relates to the base chakra. We usually find that there are issues around safety, security, money, basic needs, shelter, trust, our primal urges and our sexuality. So the kind of sabotage that we experience is usually from a wounded part of us and displays the following characteristics:

- It does not feel safe.
- It feels insecure because it doesn't believe that it worthy of being protected.
- It displays neglectful behaviours.
- It is usually uncomfortable in close relationships because it lacks trust in others.
- This is the part of us that holds shame around sexuality and primal desires.
- It is hypervigilent.
- It is easily afraid or anxious.
- It can be obsessive and paranoid around being hurt or not having enough money.
- It believes that we shouldn't get too happy because it won't last long.
- It wants what it wants now before it misses out – compulsive.

In this section we expand on the main sabotage areas, namely:

1. Money issues
2. Impatience
3. Disconnection from Our Higher Self
4. Fear

Sabotage #1: Money Issues

Sabotage behaviours:

- Putting off commencing activities that we are called to do.
- Resentment at our Higher Power that we are not making enough money.
- Procrastination/discontinuing of activities that we are called to do if they are not paying all the bills or they are costing us money.
- Spending our money on things that distract us from what we are called to do.
- Manipulation and lies for financial gain. When we try to rip off others because we consciously or unconsciously feel we have been ripped off, this is the opposite of unity. We are actually stealing the karma of others and we ourselves become stealers. When we steal we believe there is not enough. Therefore this philosophy attracts more loss to us.

Solutions:

- Change our belief to “What I am called to do is not dependant on how much money I make from it. What I am called to do fulfils me in ways that money isn’t responsible for.”
- Do what we can with the current resources we have. Instead of seeing things as all or nothing, we see what we can do, not what we can’t do. This is truly empowering. When we live in this energy, we not only create solutions, we create more of what we want rather than more of what we don’t want.
- Seeing what we are called to do as something we unconditionally love. It is not dependent on if or when we make money from it.

- Find creative solutions that are not dependant on money to put our ideas and activities in motion. Maybe not having enough money provides us with creative ideas that we would not have had otherwise.

- Ask ourselves whether we want to follow our calling because it is just a way to make money. If there was never any money in it for you, would you still do it? And at what level could you continue to do it e.g. part time, hobby, taking recreational leave

- Question whether we are valuing other things more over what we are called to do. When we spend money, we are investing it. Where we invest our money is what we are valuing at the time. Sometimes we invest it unconsciously. We can choose to be conscious of where we are investing our money. We can choose to invest our money into things that we value. Ask yourself "Where am I currently investing my money?" and "Is where I am spending my money true to what I value?" If it is towards things that are not helping you with your calling, then perhaps this is time to spend your money consciously on activities, study or business that does.

- Also ask yourself whether what you are called to do is something you are doing or see as a job or as a joy. If it is not a joy, this may be a good time to take a look at how you could create it to be more of a joy for you.

- Get to know money and your relationship to it. Ask it:

1) Money how do I really feel about you?

2) How do I treat you money?

3) How can I have more of you?

4) Money, is there anything else you would like me to know?

On 16 May 2011 I was shown by Archangel Chamuel the purpose of money playing a part in our evolution of consciousness. He showed me the different responses to money. Then I received more information on how these affect us and how they are transformed during the writing of this book. Finally I get to share it with you here!

Level	Fear	Transformed
1	We have a fear of spending at this level of consciousness because we fear it may run out or we won't have enough.	The more we feel connected to spirit, the more our thoughts are transformed that there is an unlimited supply of money.
2	We can't see the truth of real value. We spend money on what we perceive to value. If we value others more than ourselves, we spend it on others. Money is a Higher Power and we abandon ourselves in the process.	We see the truth of our value. We value ourselves, others and our calling equally. We spend our money on our expenses and investments with an energy of love and gratitude. We happily pay for our bills and see parting with our money as a gift we give to ourselves.
3	We spend money quickly because we might not get want we want. This stems from the conflicting interests of our various elements of our shadow parts. This can lead to compulsive spending habits, reckless spending and overspending.	We are able to tune into ourselves and communicate all our needs so that we spend our money moderately, with respect for ourselves and others. How we spend our money on ourselves reflects our individuality and affirms the many aspects of ourselves.
4	Fear that we wouldn't ever have enough money to buy everything that we want. Too confusing to choose. Better not to have it at all. Money creates problems and disconnections from others.	Money based decisions are made with our heart as well as our head. Our hearts are evolved enough to make wise choices that connect us with others. We are financially supported to put our heart centred ideas into action to create solutions for the planet.
5	Manipulation and lies for financial gain. Stealing from others. Money is power. Lack of money is disempowering.	Feeling a sense of unity with others when it comes to money. As I give, I receive. As I receive you receive. Feeling empowered with or without an abundance of money.
6	Feeling darkness, depression and emptiness when we don't have a lot of money or have lost a lot of money.	Knowing that we are always supported by the universe whether we have money or not. Recovering from any loss quickly and easily. Remembering that nothing is ever lost in the eyes of God.
7	Resisting an abundance of money. Focusing on money as a solution to all our problems. Equating no money with no ability to affect change. Feeling abandonment by our Higher Power when we do not have enough money. Putting off taking steps on our calling until we have enough money. Feeling wrong, guilty or selfish for having money.	Feeling safe with or without having a lot of money. Accepting that whatever money we have, no matter what amount, we are always guided to spend it on what we are meant to spend it on. Whether it is to buy luxury items or donating to charity. Money is simply another form of energy created by source. We are either in the flow of source or out of the flow. When we are in the flow, we are saying yes to energy and therefore we are saying yes to money.

Archangel Chamuel showed me that it was necessary to make money to learn these lessons and that it was inevitable that when people are at this latter phase of their consciousness, they will start to make money and have to deal with their relationship with money. Money is a very physical energy and this it is something that we need to be prepared to deal with when our consciousness starts to change. This doesn't assume that everyone who has money is at this latter stage of their consciousness. Or that everyone at the latter stage of their consciousness has money. They might be guided to give it all away! So we need not make any assumptions here around whether people have or do not have money and how this relates to their consciousness. The message was very clear. Our relationship with money is definitely something that we are at peace with by the time we achieve transformation at Level 7.

Nothing Real Can Be Stolen

When we went overseas this year, our hand luggage was taken from inside of our hire care. The window was smashed and our passports, money, phones, iPad and other personal possessions were taken. Hence why I couldn't write any of this book whilst on the trip. However, I wanted to share with you how we can transform our thinking regarding these kinds of situations. I know this is probably geared more to the final section of this book on Transformation, but considering it was seemingly about loss of money and possessions, I felt guided to share it with you here.

From this experience, these are the things that I learnt and many of these ideas were a catalyst for what I have included in this book. I can't say that I regret being robbed. After benefiting from the concepts in this book, I imagine you are glad I was robbed too. Read the list and you probably get what I am talking about:

- Nothing real can be stolen or lost.
- When you keep your calm and faith that all will be well, everything unfolds a lot quicker.
- When you let go of trying to control other people who are not calm and accept that they are the way they are, things calm down quicker.
- When you know that you have done all you can do and stay calm and grounded, you are able to create and see solutions quicker.
- When you lose something, focus on the gain, don't see it as a loss.

- Archangel Michael told me that the more spiritually evolved we are, if we step away from the light, the more things start to go wrong quicker. When we take back our will and try to control and fix situations, we can create messes quite quickly for ourselves. The same goes for solutions. When we hand over our will to our Higher Power and just do what we are guided to do, things flow well quickly. This is a very important concept for Level 7.

- When we experience trauma but stay grounded, things don't seem surreal. They seem very real. In fact, you can witness the reality more clearly from this stand point. It helps to work through the grief process quicker.

- The more we are attached to something, the more we grieve.

- Always treat people with respect. Connect with them. Find out how you can help them, even when you need help. This helps them to help you.

- Sometimes we have a catastrophe and are in dire need but this is a test to maintain our higher self to help others at our biggest time of need. Sometimes people need to see that we can maintain this even when there is a tragedy. It gives them hope.

- Remember to fill the room and space with angels.

- Always ask for help from higher resources and you will never feel alone. Not even when you are in a foreign country with no money, no passports and a car with a smashed windscreen driving in the rain.

- Travelling is experiencing something different. Accepting that is what travelling is, means that when plans change you can get the most from the experience.

- Even though we were turned away by the police on the night our stuff was stolen, we ended up getting a police officer the next day who had massive angel wings. He easily helped us write the police report in an amazing bubble of peace.

- The night we were robbed, we couldn't cross the border to France. We ended up being guided to stay at the 'Hotel Univers' on the beach in Roses, Spain. It was beautiful and we had all our needs provided for. We had resources to use the internet and stayed in a glorious place. And it was very inexpensive. We had enough money in my back pocket for dinner and my mum was able to get all her medication without any problems.

- Children need parents to stay grounded to help them through their grief.

- Sharing the grieving process with the kids is important so that they know how you work through your grief.

- See everything as turning out okay and it does.
- Don’t judge the experience as bad. It is just a different experience.

There Is Enough To Go Around

During the writing of this book I had a dream that I was walking along and saw a lady who had some monkeys with gold and jewels on a roof top. I was judging her and thinking that she could use the money to help the poor. In my dream I was seeing the faces of a poor Ethiopian child. Then I heard God’s voice saying that it was my own belief that there isn’t enough to go around that contributes to the problem. I heard God’s voice so clearly to me saying that it is people’s relationship with God that matters. If they are poor and they need to have that experience in order to get closer to God, they will. If they have more, then they are still having that journey as an expression of their relationship with God.

I rushed back in my dream to meet up with Tony. We were in a room and I told Tony I had something important to tell him. Tony told me that the Devil was in the room with us. I was okay with this. We left the room – but not out of fear. As we left I told Tony that I understood why. Tony said that the Devil just wanted to listen to what we had to say, that was all. I understood that the Devil was interested. What I had experienced was validating the role that he played and I held no judgement for the Devil. We can easily put power on money to make it more than what it is and the Devil helps us to do that so that we eventually get closer to God. I told Tony of the vision I had and what God told me. Then all of a sudden a light beam from out of the window came through and touched me. I woke up and immediately told Tony about my thoughts of the lady with the monkeys and how I had my thought in my dream interrupted by God.

Then I was frantic to write it all down. As I was writing I heard God reminding me about how I judged a lady for wanting to buy a Prada bag for her mum in Italy for $1700 Euros because it was usually $3000AUS. I had such a judgment on her. God said to me that maybe that bag or purchases like that, are the only way that people get to feel the reality that they are really doing something different. It validates their faith in God and that there is more than enough. Then I told Tony all this and he said that we assign value to money and being poor. We discussed that we are in the flow of our connection to God the whole time and it is only our judgment of others that stops us from seeing that they too are in the flow. Every time we judge others, we distrust God. Unconsciousness is part of the plan. That is the devils role. It is a necessity for us to return consciously and with our will and intention back into a connection with God. People think that they need to have money to feel powerful and having that power over others assists them in feeling powerful. But on some level, they actually believe that they are not powerful. So in

essence their search for power reinforces their belief that they are not powerful. The truth is that we are all equally powerful. When we are able to remove the filters from our eyes that we are all as equal in our power as each other, because we are all connected and in the flow of the one source, we assist humanity to evolve in their consciousness. We no longer fear or need money to connect with God.

Releasing Vows of Poverty

Sometimes these vows were made in a past life when we thought that relinquishing all that we had would prove our worth and faith to God. We may have thought that by not having any material possessions, this would not get in the way of our relationship with God. We might have professed our love of God in this extreme way by becoming a nun, monk or priest. Or by simply allowing ourselves to live in poverty as a peasant. We may have even chosen to be born into an impoverished life. However, the need to prove our love to God this way is an illusion. Nothing can get in the way of our connection with our Higher Power other than our own beliefs. If we believe that money and material possessions will get in the way. Guess what? Of course the universe will support our belief. If however, we believe that money and material possessions have no bearing on us whatsoever, then we realise the truth is that our connection with God is whenever we choose it to be.

We don't have to feel worthy in order to connect to Source. We only open the door to God's love and light to let it in. When we embrace these new beliefs, then we are living without strings attached to money and material possessions. A funny thing occurs when our beliefs around money and material possessions change. Well when you vibrate on a frequency that says "I am whole, happy and connected", the universe delivers an abundance of the same. You attract abundance to you when you are connected to the ultimate abundant source and believe you are WORTHY to receive this love. Not because of something you did but because you are actually unified with the source. We are all part of it and thus are only making a decision to return our consciousness to the realisation that the connection that never dies.

Some common core beliefs around poverty that appear are:

- I am unworthy
- I am not good enough
- I don't deserve to be successful

- I need to learn humility
- I need to be punished
- I am bad
- I am broken
- I am shameful

We can transformed these beliefs into new ones by affirming:

- I am worthy of abundance of the universe
- I am rich and successful
- I love myself just the way I am
- I am an innocent child of God worthy of God's abundance
- I forgive myself for being human
- I am love and light and attract abundance to me for my highest good
- I am whole, happy, and complete
- I am perfectly imperfect

At the end of this section I have included a meditation to assist in releasing vows of poverty for ourselves and clients.

Sabotage #2: Impatience

Sabotage behaviours:

- Getting angry at our Higher Power for things not moving along at the pace that we want it too.
- Putting off doing what we are guided to do.
- Judgment of the timing. Anger at self and others for their part in delays.

- Seeing delays as ‘bad signs’ or being blocked by the Universe.
- Feeling like a victim and at the mercy of time and complaining about it.
- Controlling behaviours to move/force things along.
- Medicating our frustration through addictions/distractions.
- Depression and hopelessness that what we want will never come about.

Solutions:

- Choose to trust our Higher Power 100%. Timing is perfect because it is for the highest good for everyone, not just ourselves.
- Taking ourselves out of the centre of the picture for a minute and seeing how the situation impacts others can be helpful. See the part that others play in the process as just as important as our own. They are evolving and learning too. When we do this, we are able to tap into what is really happening to others rather than taking things personally. It empowers us and we regain our centre and peace with the process. We get clearer information about the next step we need to do. Sometimes this is to be patient, to wait and to allow others time to process, recalibrate, catch up and step into the flow with us. Sometimes it is to move on and let them have their process in their time. We will know but the main thing is to keep our centre and connection and stay in the flow. We stay in the flow by believing that anything is possible 100% and that we have all the resources that we need for this to become a reality.
- If it were meant to be now, it would be. Take the gap or delay as an opportunity to get clearer on your guidance. If it is a delay because you are not listening to your next move, now is the time to listen.
- Remain non-attached to the outcomes. Sometimes our disappointment, depression, frustration and anger stems from becoming too attached to a desired outcome. Try finding your peace with your forward steps as being enough. Know that each step assists in your evolution and if the outcome you want does not come about, then it will be something even better. I have a mantra when setting goals. After ascertaining what I want, I say to the Universe “This or something better”. Letting our Higher Power in on it ensures that we receive the best. The end result could be over and above what we could even imagine.

- If we notice that we are exhibiting controlling behaviours or stressing because things are taking too long, perhaps we are trying too hard. Try letting go and letting God and imagine yourself handing the whole thing over. This can assist with those big problems or blocks that occur that just don't want to shift or budge. Hand it all over and relax, God's in charge. When I do this, I always feel a huge weight being lifted and it removes any anxiety that I may have had from carrying such a burden.

- Medicating and distracting ourselves from our frustration isn't addressing the actual frustration itself. If we are frustrated we already have a judgment on board regarding the process. Now is the time to step back, take a look at why we are so frustrated and take it to our daily guidance. What things are we not doing that we really need to do to resume a peaceful vibration? Medicating a frustrated vibe does not remove the frustrated vibe. Our resonance is still the same. We must address the vibration otherwise we will create more delays and frustration for ourselves. We attract solutions to us with our peaceful vibe and positive attitude.

Sabotage #3: Disconnection from our Higher Self

Sabotage behaviours:

- Not taking care of our bodies, emotions, mental and spiritual needs.
- Not believing that we have enough time or energy to take care of ourselves.
- Burning out.
- Rushing everywhere – overbooking ourselves.
- Making commitments that we can't keep.
- Putting others needs ahead of our own.
- Not taking time out for ourselves.
- Getting out of the routine we need to keep sane.
- Indulging in self-defeating behaviours/drama.
- Going back into a family systems role .
- Regressing to a childhood age.

- Surrounding ourselves with people/situations that are unhealthy or violent.
- Creating chaos and drama for ourselves.
- Filling our time with activities that drain our energy.

Solutions:

- Ensure that we are taking care of our physical health daily. Enough exercise, good food, sleep and meditation to keep us on track.
- If we do not have a self-care routine, create one. If we do, get it back into action.
- If we feel burnt out, take a rest and do activities that are nourishing.
- Slow down and only do what you can in the time that you have. The main focus is that you remain peaceful about your activities. This will ensure that you attract solutions to you quicker. You will not chase your tail. Instead things will flow to you more freely. Rushing does not equate to things happening faster, sometimes it can slow down the process.
- Only make commitments to things that you know that you can keep. Otherwise, let people know that you may or may not be able to do the planned activity. Overcommitting equals overwhelm. Allow yourself room to breathe either side of and in between your commitments. Don't commit all your time to others without making some commitment time for yourself.
- If you feel that you have been indulging in self-defeating behaviours you may want to take a moment to listen to what that part really wants. This part may be crying out for something and just needs the time for you to listen. It may be a small part of yourself, but its sabotage may pack some punch. Ensure that if you notice self-defeating behaviours, it is stemming from a part of you that needs to be acknowledged. If not, the sabotage will continue to escalate until you do take time to listen.
- When we notice ourselves regressing back into a role we played in our family or regressing to a certain childhood age, it is usually because we are scared. If we are surrounding ourselves with people/situations that are unhealthy or violent or we are creating drama and chaos it is also an indication that we have regressed. It may be a good time to have a chat to this part of yourself and involve your Higher Power in the process so that this part of you can make a strong connection with a being greater than

yourself. When we are at Level 7, we really need all of our parts to connect with something greater. We need to build this trust to truly feel secure and safe.

- Filling our time with activities that drain our energy is also a self-care and self-worth issue. Perhaps we don't feel deserving of all that we can manifest towards our calling. We need to take this self-worth issue to our Higher Power to iron out. If you value yourself, you value who you share your time with. This is important because the more you value yourself; the more you attract things to you that affirms you are valuable. Feeling like we are valuable means that we are worthy of receiving all the support that we need to fulfil our calling. This assists us in believing that we have all the time, energy, money, resources and support to assist us in what we are called to do.
- If we focus on creating or moving towards what we want and ignore drama, we will not get pulled off track. However, we may attract drama to us if we ignore Spirit calling us to step up to our next challenge. These challenges may be: being more open to receive, feeling self-worth or exercising our faith as a service worker of the Spirit. Stepping up to the next calling is directed to our life's work purpose. When we choose to use our head without losing the heart connection, we can remain focused towards our life's purpose. By focusing on what we want we naturally disengage from the drama.

Sabotage #4: Fear

Sabotage behaviours:

- Believing we will be judged by others for our calling.
- Procrastination due to fear of failure or success.
- Feeling that others will take advantage or deceive us.
- Not trusting that it is safe to move forward in our calling.
- Fear of abandonment. Feeling scared that others will leave us if we pursue our calling
- Blaming self or others.

Solutions:

- Living in fear that we will be judged for our calling can be immobilising. It helps to think about ourselves as an older person or on our death bed. What things did we regret doing or not doing? Does it really matter to us now what people thought of us at that time? What did not moving forward cost us? What did not moving forward cost others? Did we play the higher power and try to control our lives too much? Asking ourselves these question can provide us with clarity of mind to make our decisions from a Higher Self standpoint.

- We can be sensible and informed about our choices along the way but at some point we need to let go and know that whatever happens to us is meant to happen to us. We can choose to stay immobilised by living in fear of being lied to, taken advantage of, deceived and ripped off. However, we can let go, move forward and if being lied to, taken advantage of, deceived or ripped off does happen, we can also deal with it with our guidance and know that it was for our highest good and learning.

- When we are in our fear, we create a fear spiral. If we avoid what we fear, we will still attract it to us. The goal is to be able to talk about reality without being in the fear of the reality at hand. In order to do this we look for the lesson, the gift, the guidance, the gratitude. All these are positives. It may be that we need to strengthen something also. Looking for what is needed is proactive and by taking responsibility we will get to our wishes quicker and change our vibration.

- If we do not feel safe in moving forward towards our calling it is an indication that there is an area in our lives that we do not trust our Higher Power with. We can build a stronger relationship and connection. We can learn to hand over our feelings of fear to our Higher Power. We can take a leap of faith and try it.

- There are no guarantees that family, partners, friends or colleagues will want to hang around once we have decided to step into our calling. We can live in fear that they may leave us. Or we can reframe it as a good thing. If they are not with us and we move on and become more evolved, this too will help them. We are all connected. We may feel more of a connection with them than we ever did because we are being more authentic. They may see us grow and change over time. They will too. Perhaps one day they will get it and grow themselves more consciously. Perhaps they won't. If we thank them for their part that they have played in our journey and allow whatever part that was to be what it is, we feel that any time we got to spend with these people was special. We see it as a gift

rather than a loss. We will attract more people into our lives that we connect to in a deeper and more fulfilling way.

- Reframe success and failure. True success is the connection we have with our higher power. If we are failing to connect, we can always decide to change that and reconnect. Success is always in the current moment. Disconnection is not failure. Disconnection is uncomfortable but ultimately points the way back to success.

- If we are stuck in blaming others, it is empowering when we realise that we attract people to us and take on their stuff when we have an unconscious judgment of a part of the person i.e. our shadow. So when these parts of ourselves are transformed, we are less judgmental and have a more positive supportive network of friends around us.

- If we are indulging in self-recrimination and self-destructive behaviours, then we can turn our focus towards our higher calling in life. Check in with the Higher Self to lift our vibration. We then turn the energy towards what we are guided to do now rather than what have done in the past. No matter what we have done, the Higher Self knows what to do and knows that everything happens to assist us to evolve. This helps us manifest more of what we want rather than what we don't want.

Releasing Vows of Poverty Meditation

Closing your eyes now and taking a deep breath. Feeling your muscles relax. Breathe right down to your toes. Take another deep breath and as you exhale feel your whole body surrendering and relaxing. Allow any thoughts that you think to drift away or place them in a box to deal with later. Allow any sounds you hear to be part of your meditation. Give yourself permission to experience this meditation knowing that whatever you experience is in perfect order and harmony with your destiny. Now call in your Angels and any Guides you have to surround you now. Just say to yourself “Angels and Guides please surround me now”. You are feeling safe and peaceful.

In this meditation we are focusing with resolving your issue relating to Poverty. Now imagine that there is a cord attached to your body. At the other end of the cord is a book. On the front cover of this book it says “Contracts I have made relating to poverty”. On the back cover there is a core belief written there that supports your contract and attachment to poverty. Read what it says. What does it say?

On your left you see a movie screen that is showing you past times in which you lived out this contract of poverty. The things that cost you and the things that benefited you from holding this belief. Notice how this belief affected your family, your relationships, your work and your health.On your right you see a movie screen that is showing you future times in which you are living your life without this old belief. You see how different areas of your life are affected by releasing this attachment. Notice the changes now in yourself, your family life, relationships, work, where you live and your health.

Now you see the Womb of Transformation above you waiting for this to be released. Archangel Michael, the protector and releaser of all attachments is right beside you now with his sword of truth. If you are now willing to have this attachment removed say “I am now willing for you to remove this attachment Archangel Michael”. See Archangel Michael effortlessly slice through this cord and escort it to the Womb of transformation.

Feel yourself receiving healing energy from your spiritual resources. This light is now feeding you the quality that you lacked when you formed your old belief relating to poverty. You now feel whole and complete. You now feel completely resolved with this issue. Take a moment to create a new powerful and positive affirmation that replaces your old negative belief. What is your new belief?

With your new belief, you wiggle your toes and fingers, coming back to your position in the room. Opening your eyes to where you are right now. Writing your new belief down and affirming it daily.

Section 4: Manifesting Abundant Light

The Power of Conscious Choice

We are always choosing. We might think that things just happen to us but that is an error in our thinking. We always choose. We choose what happens to us before we arrive on this planet. We have chosen this so that we learn certain lessons and evolve. How we respond to these events is also a choice. We may or may not evolve in the way that we had planned to evolve. How we evolve depends on the choices we make at each moment in time. This means that the power of choice is always in the current moment. Nothing is fully pre-destined. The future can change through our current choices. We choose how we respond to what happens to us each step of the way. Our destiny is our choice. Our choices create and change our destiny.

Intention

On the outside, choices may appear as right or wrong. They are not. Our choices always have conscious or unconscious intentions. The power of conscious choice is affected by how conscious we are of our intentions. ***How*** we make our choices is formed from our intentions. There are two types of fundamental intentions:

1) Fear based intentions
2) Love based intentions

These two intentions form the basis of the feeling behind our choices. These are powerful vibrations.

If our intention is based on love then as Lightworkers we will have a conscious intention to stay on path, follow our guidance and contribute to the highest good of all. If our intention is based on fear, then our intentions will be short sighted and for self gain.

Even when our choices manifest an initial outcome, the intention still lives on. The intention itself is a strong vibration and continues to manifest long after choices are made. Intentions create feelings of love or fear and are affected by our beliefs. We can change our intentions at any time. This will profoundly affect what we manifest to us.

Beliefs

Our intentions are feelings of fear or love that spring from our beliefs. Our beliefs hold vibrations too. What we believe gives meaning and assigns value to all our choices. Beliefs are thoughts

that filter down to our heart and form our intentions. ***Why*** we make certain choices stem from our beliefs.

Beliefs come from our different parts of ourselves. One part of ourselves might hold a different belief from another part of ourselves. We may be conscious or unconscious of holding different beliefs at the same time towards the same situation. It is very important to be conscious of all the parts of us that are contributing to our beliefs. If we have different parts of ourselves competing for their beliefs to be chosen, we may feel conflicted. This may lead to mixed intentions or confusion with our choices.

Our beliefs manifest outcomes that reinforce our original belief. Therefore, it is just as important to be conscious of our beliefs as it is of our intentions and choices. The beliefs that we hold in each current moment effect how and what we manifest. We can change what we believe at any time. This will profoundly affect what we manifest to us.

We can allow our beliefs to transform. When they are transformed, they assist us in manifesting what we truly want. In order to transform our beliefs, we need to identify what the belief is and then resolve any resistance that we have to that belief. We cover this in more detail in Section 7 'Abundant Lightfilled Transformation'. I have provided some examples of transformed beliefs.

Initial Belief	**Transformed Belief**
I am not worthy of a healthy relationship	I enjoy an abundance of Lightfilled Relationships
I never have enough money	I am tapped in to the Universe's infinite supply of money.
I will never be a success	When I am connected, I am a success. I am always connected to Source.

Manifestation

Manifestation is the by-product of our beliefs, intentions and choices. What we believe motivates the intentions behind our choices. Manifestation is the universes way of affirming our beliefs. Our beliefs are more from our head, our intentions from our heart and our choices from our will. Manifestation mirrors back all 3. It mirrors back to us what think, feel and will. Manifestation is like the universe saying "I believe you" and mirrors our reality back to us in thoughts, feelings,

behaviour, situations, people and experiences. Our beliefs, intentions and choices all hold vibrations and like a magnet, they attract the same vibration back to us.

Manifestation is not based on whether we are conscious of our beliefs, intentions or choices. Manifestation is only interested in the vibrations that these beliefs, intentions and choices have. However, the more conscious we are of our beliefs, intentions and choices, the more we can ask spirit for help in ensuring that we are choosing from a place of love and not fear. It is not so much what we choose, it is how we feel about what we choose. For example, if we feel uncomfortable about being wealthy, then that is the vibration we hold. The universe hears through our vibration that we are uncomfortable at being wealthy. So we will either attract a lack of wealth or a lot of wealth with obstacles and discomfort.

In summary, our beliefs are the thoughts we hold that imbue our feelings and intentions behind what we will or choose. These all hold vibrations and it is the individual and collective vibration of these 3 elements that lead to what and how we manifest. i.e. B + I + C = M

Beliefs

+

Intentions

+

Choices

=

Manifestation

The High Road

During writing the last section on sabotage, I was experiencing some of my own vibrational sabotage from frustration and impatience. I was wishing that I was writing my books and developing the Lightworker Practitioner Training full time and felt frustrated that I didn't have enough time. I did a meditation and met my guide who spoke very frankly to me about my choices. I was shown that when I make one choice over another, I am automatically assigning value to the choice. Where I choose to put my money, energy, time and focus is what I value. I was also shown that choosing because we are guided means that I believe that my guidance is

more valuable than the outcome. When we choose guidance, we assign value to the guidance. So in essence, when we choose guidance, we are assigning a high value to guidance itself. In doing so, we are still choosing, so we are not a victim to circumstance. We are consciously choosing an unknown path that we trust. This is the essence of manifesting at the highest level possible for the highest good of all. It requires total trust and a commitment to continue to choose guidance consciously, even when the outcome is unknown. We literally take the high road.

The Biggest Picture

Setting goals and letting go of our attachment to them is very important. To the degree that our goals are attained depends on whether or not the universe is supporting us in manifesting certain beliefs. This depends on the contracts we have made. Even if we are willing, things that are not in our highest interest may not come to be. Or we may 'will' them into action, but once these are fulfilled we find that we are empty.

We create and pass on life giving thoughts when we allow our own thoughts to be spiritualised. When our thoughts are spiritualised, we are in a really healthy place to manifest. When we feel free to manifest the fulfillment of our desires in a state of non-attachment, we see the bigger picture and we are totally okay with it.

To put all of this into perspective, I am guided to share with you my current circumstances at the time of writing. Let me paint the scene for you. I have just returned to full time work in Child Safety due to staff cuts with a new change in Government. We have just returned from a 3 week trip in Europe with the family. Although this was the absolute trip of a lifetime, it had come at one of the busiest times in our lives. Before we left we were looking forward to returning home as much as having the trip. Just before leaving for Europe I had published Level 6. Lightfilled Yoga™ was about to be launched and Level 6 needed to be copyrighted in order to protect the intellectual property of the Lightfilled Yoga™ sequences. Level 4 & 5 had not yet been edited or published as I was guided to ensure Level 6 was completed first before they were finalised. Our website has obvious gaps in it as there are levels of training and resources not yet being offered. I am almost midway through writing this book and therefore almost at the end of writing the complete series of the Lightworker Practitioner Training. That brings a certain level of excitement and pressure all at the same time.

My husband Tony has just patented an invention and we had just unveiled it to a prospective investor. We know that the invention will generate enough income to support us in our lightworking. We know that we have attracted this opportunity to us and it seems ironic that it is all happening whilst I am writing Level 7. We don't want to get too caught up in spending time on

negotiations because we really wanted to get on with what we are called to do. So we were hoping that this investor will take up the opportunity. We had experienced an initial positive response but then some communication delays this week. We have worked through our own sabotage and now we can objectively see the investor needs to recalibrate their vibration to match ours. The time it is taking is meant to be. This is all happening when I was writing the section on sabotage! Again ironic.

So here we are sitting at the edge of a precipice. And I am just about to move onto this section on manifesting when I get told to check in with one of my most powerful guides- Jesus. We meet up at our usual meeting place on the astral plane in Uluru. We sit down on the bean bags casually and have a chat. So Jesus points out to me that I am always choosing. Whether it is conscious or unconscious. Things are always a choice. He got me to think about all the choices I had made over the past year. He said that I either valued other things over and above my calling or I was guided. I knew that I needed to be where I was and having the experiences I was having the way I was having them. It was true. Everything that I was choosing, I had been guided to do. We pulled it all apart and I came to the realisation that I chose everything because that is what I was guided to do. Then he told me to write this as the first part of this section and to call it “The Power of Conscious Choice”.

During this chat with Jesus I realised that I chose to return back to work full time to honour a commitment I had made to my team at Child Safety the year before. I wasn’t choosing to return to full time work to abandon my calling. I had initially said that I wanted to work part time last year from August 2011 till November 2012, but that if the team needed me, I would return to work full time. I had worked almost a year part time to support me in writing the Lightworker Practitioner Training. I had managed to write 3 books in that time and 2 of them (Level 5 & 6) were highly technical. I needed that time and space. And now here I was back at work full time. However, I had decided that the Lightworker Practitioner Training was also calling me to be finished. I decided to write on some lunchtimes, weekends and nights. I took a week of recreation leave of just to finalise the editing of Level 5 and Level 7. So here I am choosing all this. It is teaching me how much I value my calling and what I am being guided to do. This work is my spiritual nourishment. I was also specifically told that I would meet people at Child Safety and have experiences to draw from which provide examples for the Lightworker Practitioner Training. So I reframed it for myself. I understood that I was choosing to continue to honour my commitments, receive spiritual nourishment and trust that all these experiences were benefiting the writing of the Lightworker Practitioner Training.

Even though I had been guided and conscious of my choices at the time, I also realised that I wasn’t really conscious of how big an impact they had on my calling. Now I realised, that even

though I was being guided along the way and was following my guidance, I hadn't really put it into perspective of how it was impacting my whole life and especially completing the training. There was obviously a part of myself that just wanted to get on with it. When I realised that I was in fact getting on with it, but in God's time not mine, I relaxed. I realised that my choices were very empowered ones, however they needed to be more conscious of the bigger picture. My lack of awareness of the bigger picture meant that a part of myself was getting impatient and frustrated. Now that I reconnected with my Higher Self and could see the bigger picture, I knew that the part of me that is impatient and frustrated just wants to make sure that I stay on track. It is happy. It was also part of this huge realisation. So thank you frustrated impatient part! It just wanted to do its Lightworking. Can't really blame it for that! It's part of The Biggest Picture of all – my calling.

Universal Esteem and Manifestation

On my birthday this year morning I went for my usual jog and for some reason I felt a bit of heaviness towards the end. I asked Spirit what this was about and I got that I had to slow down and listen. My guides had a lot to say and they wanted me to be still. So I sat down and I was still. I listened to what they had to say:

"This year will be a year that everything that has blocked you will be removed. Anything that is not real is removed and you are left with the truth. You have a lot of truth and a richness of realness."

Then I was shown that this is what people experience when they turn 42 because it is a rebirth. They can be left feeling that they are stripped bare, have nothing and are empty. Or they can feel that all their obstacles and barriers to manifesting, co-creating and living a life full of richness is at their feet.

They also told me, "This year will be easy. Things will flow effortlessly to you. You will find that you achieve more this year in all the years that you've lived in this lifetime so far. In a good way. There is nothing that we can say about anything negative happening to you or stopping you from things going your way."

My guides showed me that when we have reached a place of value, we have self-esteem that connects us to the value of the world. This is inclusive self-esteem – Universal Self-Esteem. As we value ourselves, we also value the world in an equal sense of value. So we naturally attract more to us because we are not excluding anything. We are vibrating on the highest frequency

that we can in this human body when we have reached this level of consciousness. That is when we become masters at manifestation. It is for the greater good, not for just ourselves.

True Success and Manifestation

When we are in a position where we are living our lives in connection to spirit as our main priority, we attract all the support that we need for our vibration to effect the world in the biggest possible way. It is no longer a struggle for us with our shadow parts of fear of failure or fear of success. When we decide that our actions and choices are coming from a place within us to be as connected as possible to spirit, we find that the universe hears us saying “I am a success when I am connected to spirit. There is no such thing as failure when I am connected to spirit.” So therefore, we have a vibration that says ‘I am a success’. Our vibrational change benefits the world. We are no longer stopping ourselves from making successful choices. Opportunities fall in our laps effortlessly. It doesn’t have to be a struggle. When we are vibrating the energy that we are right smack bam in the middle of those two polarities of failure and success, we are happy, connected, centred, following our guidance, creative, naturally in the flow and things are easy. We find that we get so much from our connection to spirit, that success isn’t the goal. The success is in our connection. However, success in the sense of materialism or prestige often comes with this kind of territory. Spirit wants those who vibrate in this way to affect many people. So we find that we are naturally elevated to positions in society where we can affect the masses.

When we try to affect our own vibration to elevate for power and control, we abandon a part of ourselves that doesn’t feel good enough. It is like we miss a part of ourselves that is saying “Am I not good enough just the way I am?” Or we hear this part and answer “No, you are not good enough. You need this power to be good enough.” Fear of being a failure often drives us to succeed. However, fear of being a success often attracts those failures to us. We can sabotage ourselves. Failure and success are polarities of the same spectrum. Right in the middle is our connection to spirit, to our higher power. This connection is both an injection of unlimited resources and a powerful manifestation tool. It supports our human deficiencies and aligns us with our birth right of being empowered with spirit.

In Level 7 we are at a stage where we need to put the connection first and then say yes to the opportunities that come our way. These opportunities are the universes way of reflecting our vibrational success back to us. It is not a matter of us striving to push things. We are happy to say yes to opportunities. We are not attached to a certain outcome. We are happy to say no to those opportunities that are not a vibrational match.

Along the way we might find that we step either side of the spectrum. We may start to feel some fear of either failure or success. This is okay. And it is an opportunity to acknowledge those parts. They help us to find our way back to the middle, back to our spiritual connection and our centre. When we are back in the middle, neither failure nor success matter. The only thing that really matters is our connection and following our guidance to stay in that connection. The ironic thing that happens here is that we attract more experiences that assist others to find and maintain that connection too.

We are not islands. Our vibration changes those in our vibrational field and then extends out from there. We are all connected. So when our vibration changes, our vibrational shift benefits the world immediately. It is tangible. We can literally feel it like a skin around and within us. It is very powerful. It begins with a thin layer. Then it gets thicker and thicker the more the vibration is reinforced and practised over time. We grow a new skin. We shed the old remnants of past hurts and create a new skin. This new skin becomes stronger and feels more ‘ours’ the longer we wear it. Once we have worn it a while, it feels like home.

Acknowledging the change in our vibration is very important. Practise gratitude for the changes. Acknowledge the subtleties in the process. Encourage those parts of you that are part of the old skin and lift them up to be part of the new. They are part of you that should never be left behind because they will always be a catalyst to call you back to your centre. Their ‘dis-ease’ will remind you of where you feel safe and at peace. They are very important. Interweaving them into the new skin acknowledges that you have no fear of them. This empowers you even more. You are not denying their presence; you only see them as gifts to return you back to a state of true power. Create a special place for them to remind you of how grateful you are to them. This is the ultimate shift in vibration. You are not fighting anything and all your creative resources are available to be put to good use. Spirit wants us on board to help others but we need to face ourselves and our fears to be of any long term use to others. In order to maintain this vibration, we must face our shadow selves of fear of failure and success and love them into the light.

Creating What We Want

Let’s talk about creating what we want. In order to create what we want, we need to be clear on that. That is often hard to do. However, you can be clear on what you want in vague terms. For example, you might say, “I want what is in my highest good please”, or “God’s will not mine be done”. It is clear of the intention of what you want. And it opens you up to unlimited possibilities.

We can visualise to create what we want. We have explored intentional visualisation in many different parts of the Lightworker Practitioner Training already. I have included a visualisation on

the Transformation Chamber in this section. It is highly personalised and gives us an opportunity to connect with ourselves on a physical level first and then to take that into a scene that represents our current or future calling. I suggest this kind of visualisation because we make light work of manifesting when we call on our guides rather than forcing ourselves to visualise what we want to manifest.

The thing we need to do though is to actually turn up and follow through with what we are guided to do. And this may feel yukky at times because turning up and following through isn't all it's cracked up to be a lot of the time. It could mean long pauses between things. It could mean being in a situation we really don't feel comfortable in. It could mean facing fears. It could mean that we are simply right out of our comfort zone.

Visualising what we want is a powerful thing. We use this tool but if we use visualisation as a way to cover up reality – that is avoidance. If we step out of fear by focusing on what we want and don't acknowledge how that fear is serving us, then we deny and suppress of other parts of ourselves.

There is an art to creating what we want and still staying in line with our spiritual journey and that of others and the greater good. No one can stay on the path to success with a clear conscience if they are tripping up all over other people. Or themselves! We can create a very successful life, but we may not end up feeling so comfortable in our own skin. So ask yourself, "What is it that I really want to create?" before you step into the Transformation Chamber.

Sometimes we have unintentional visualisation. Our guides call us too! On my birthday this year I was also shown in great detail what Lightworker Reflections would have on the Sunshine Coast. It was a rural property that was elevated. It had a building made out of warm timber wood that had many rooms including a room for yoga/teaching, a gallery innovation room for 'Lightworker Reflections Innovation Centre' to show case the talents of co-creation with spirit, a shop for Lightworker resources, a treatment room. There was another building on the property as well. There were horses and animals on the property and a place to grow vegetables. There was a view, but I could not make out if it was the sea or hills. The feeling was clear, clean, very high vibration. I was shown that Hannah would work there and teach the Lightworker Practitioner Training and Lightfilled Yoga™. Also she would be a great presence in overseeing the running of the premises. I saw these centres across the globe. I saw the online training. Retreats offered to people. Support for those who were financially challenged. I was told "When we value the training it has value whether people can afford to pay for it or not". Donations were accepted. Scholarships were offered. I saw Hannah travelling with us across the globe to teach as well. I also saw other teachers emerging and wanting to offer the training. The scope of this centre is huge. The main aim though is to incorporate all the levels of the Lightworker Practitioner Training

into the centre in a way that offers meaning and a true representation of what it is all about. I felt very excited to be getting this information on my birthday. AWESOME!! Im SO there!!! ☺

I went back home and meditated some more on what I had seen. Arch Angel Michael came to me and he said that I am special and that I have been chosen for a job to do, so is Tony and together we are a higher powered couple. Money will be no obstacle; it is not about the money it is about what we will do with the money. I was shown a phenomenal amount of money, that the invention is not already patented or invented by anyone else and it will be a success. It will be revolutionary and that this invention will contribute to other things that are not already invented. So it will be bigger than huge. It is a streamlined system that makes light work of making energy work. Michael kept telling me that I was special and that I had been chosen for this big job. Not to worry about the money as there will be enough. Just focus on what we can do with that money to lift the vibration of the planet. That is all. I got that song at the end of my meditation 'It's not about the money, money, money, we don't need your money, money, money. We just want to make the world dance, it's not about the price tag'.

Visualisation often can come in the form of dreams too. For example, I had a dream the night before my birthday that we offered movement in our Lightfilled Yoga™. This was more of a work out and challenge for our balance. This was advanced and a more Lightfilled activity, however it was using Lightfilled Yoga™ poses in very quick movements to challenge the cardiovascular system and keeping our centre. A bit like circuit training. In my dream, I was in warrior pose and I jumped little jumps to the right whilst pointing in that direction and then changed pose to point left and did little jumps left. Then I wanted to be still in tree pose and I remember thinking that it will be a challenge with my heart rate up but I wanted so badly to be still and centred after that. I think that the Lightfilled Yoga™ can be incorporated into a workout. That is why I ended up including Lightfilled Movement in Level 6!

Gratitude and Manifesting

When we are grateful we attract more of what we are grateful for because we are not only letting it in, we *like* what we are letting in. The universe hears us saying that we are comfortable and accept the particular vibration that it is delivering. The universe responds by sending more of it our way. If we are happy with the particular vibration, then the universe wants us to have more of it.

If we don't let the good stuff in, or we fear losing it, we are essentially ripping ourselves off from more good stuff. If we don't notice the good stuff that is happening in our lives the universe sees this as a rejection. It responds by affirming that if we can't see the good stuff, we mustn't really want it. If we fear losing the good stuff, then the universe hears that we don't really want it. The power of gratitude is so amazingly powerful that it tops all vibrations. It is like the love vibration on steroids because it can be grateful for love itself!

Being In the Flow – The Art of Infinite Manifestation

Being in the flow means that we are conscious that everything that we are called to do is 100% possible AND achievable. It is the full actualisation of everything that we believe we are here to do on this planet in both this and other life times. It is infinite.

I do not encourage visualisation at this stage of manifesting. Sure if we visualise or 'will' something to happen, it will manifest if we are persistent and our vibration is consistent with what we are willing to us. We know this is true and has been written and talked about in many new age circles over the past decades. However at this level of training, I am taking you beyond this type of manifesting. The last thing that we want is to become attached to detail. I say this because:

1) Our ego gets in the way when we are manifesting. It wants what it wants and manipulates things in order to get it. Truly achieving Level 7 is to become non-attached to outcomes. Attachment distracts us from our calling.

2) We may have no idea what we are capable of or what we are truly called to do. We need to get out of our own way. When we believe anything is possible, we become and create more than we could have ever imagined.

We are moving away from the new age of visualising what we want into the age of vibrating at a level of unity and connectivity with the All. This ensures that we are resourced in every way to do our bit in assisting humanity to evolve in their consciousness and vibration, back into the All.

I experienced this meditation at the commencement of writing this book and it totally changed my life. I will give you a brief summary of how it works. Firstly, we feel (not see) that everything that we will ever be called to do is right there in front of us. We feel the expansiveness of this. We know that it is 100% possible. We totally trust. We feel this trust. Then we feel that coming through from the back of us is all the support that we need to assist us in every possible way to achieve what we are called to do. We feel this flowing through us. If there are any blocks to receiving this support or stepping up to our calling, we allow those to be swept away. All the time,

energy, money, support, love, strength, gratitude and courage flow through us. We feel that everything that is out in front of us resonates a powerful vibration and we feel it shining back at us. We are fed from behind us, through our bodies and also from the front, from our calling.

The main thing to remember when we are doing this meditation is that we are always in the flow. We are never out of the flow. However, we may be unconscious of the flow. We may also be unconscious of any resistance to the flow. We can decide when we want to be conscious of the flow and any resistance at any time. I was shown that this meditation is not about sitting down and meditating in the traditional sense. After we do this meditation we take it into our daily lives in every moment. We don't disconnect from this feeling. This is the art of infinite manifestation.

So, this meditation serves a triple purpose:

1) To remember that we are always in the flow of infinite manifestation
2) To bring consciousness to any resistance of infinite manifestation
3) To let go of our resistance to infinite manifestation

Being in the Flow Meditation

Take a moment to completely relax. Allow yourself to let go and be in this process. Feel your whole body letting go as you breath in and out. Feel yourself surrounded by your Spriitual support. You are safe. It is safe to let go.

Now bring your attention to how it feels that everything that you are guided to do now and in the future is possible and will manifest. You feel this as if it were right in front of you. You feel connected to it, like it is an extension of yourself. Feel the magnitude of this feeling. Everything that you are ever guided to do will manifest. You feel this sense of certainty and trust. It is tangible. It is right there in front of you in its manifestation. Don't get caught up in detail. Allow yourself to feel the enormity of how it feels that this is possible. Say to yourself, "Everything that I am guided to do will manifest."

Now flowing in from behind you, you feel yourself receiving all the resources, time, support, money and energy that you need to do what you are guided to do. You feel this powerful flow of energy flowing in through your whole body from behind you. It is like a waterfall of sunshine flowing through you and filling you up. You feel this energy then flowing out towards what you are guided to do. You feeling this energy flowing out towards manifestation of your guidance.

Your feel any blocks and resistance being swept away. You allow yourself to fully receive this support. You know that it is your choice always. Say to yourself, "I now receive the infinite support of the universe".

Imagine now that all your manifested guidance are like the clouds in the sky. When they receive the flow of infinite energy it is like they are touched by sunlight so that they are lightfilled. The clouds are also formed from the water of the ocean. This nourishing energy is vast, deep and bountiful spiritual resource. The sky above is also a support for allowing the space for an infinite amount of clouds. It is limitless and connects to the complete vastness of the universe. As the clouds receive, they become full. They release their energy and they feed and nourish the earth. As we manifest through our guidance we give back to mankind. We are all connected. As we give we receive.

Come back to the feeling that you are in the flow now and that everything that you are guided to do will manifest and benefit both yourself and the rest of the planet. Feel yourself receiving this energy. Take this feeling with you into your life today and everyday. When you are ready, open your eyes.

The Transformation Chamber Visualisation

Closing your eyes now and taking a deep breath. Relaxing your body and feeling yourself completely at peace. Feeling yourself letting go completely. Breathing deeply right down to your toes. Breathing out and letting go. Breathing in and out for a few more deep breaths.

Now I want you to imagine that there is a set of elevator doors in front of you. You now see these doors open. You step in. You press the Base level button. The doors close. You are currently on the tenth floor. You look up and notice the levels as they light up. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, Base level. The doors open. You step out of the lift. You are inside a room. This room is filled with your spiritual guides and resources. You feel completely safe and at peace in this room. On one side of the wall you see a mirror. As you look into the mirror, appearing before you is a vision of yourself as the way you want to look in the healthiest way possible. You see yourself mentally, emotionally, spiritually and physically healthy and vibrant. Notice yourself from top to toe. From the front and the back. Spin around so that you see the whole of yourself.

Now you turn around and behind you is one of your guides. They are standing by a beautiful white spiralling light in the middle of the room. Your guide tells you that this is the Transformation Chamber. When you step into it, it transforms you into your healthiest self.

Your guide beckons you to step into the chamber. If you feel ready, step into the Transformation Chamber. As soon as you step in, you are immediately transformed. Feel how it feels to transform into this healthy body. Notice what is falling away and what is being built up. Notice any feelings that emerge. Notice your beliefs transforming. You feel good about yourself and the world. You feel united and connected to yourself, everyone and everything. Feel yourself in your healthy body. Notice how it feels to have this healthy body, mind and spirit.

Now I want you to imagine that you are still in the chamber, but that you can step out into the future in real time. Feel yourself taking this body, mind and spirit into the future now. See how you are transforming your life. Watch how your life unfolds and changes in front of you. Notice how changing your beliefs affect the future outcomes of your life. Notice how things evolve and transform. Notice how this makes you feel. Enjoy the transformation and the feelings that it brings.

Now come back to the present day and feel yourself inside the Transformation Chamber. Know that you can return to this chamber every day to assist you in fully realising your potential. When you are ready step out of the Transformation Chamber. You walk over to the elevator doors. The doors open. You press the 10^{th} level. The elevator doors close. Notice the levels as they light up 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. The doors open and you step into where you are right now. When you are ready open your eyes and come back to full waking consciousness.

Exercise: The Power of Conscious Choice

1) Take a moment to think one part of your life that you want to improve. For example it may be work, family, study, your health or your relationship.

2) Take that aside now and see that you have chosen everything in it for a reason. There is a choice in how you are currently living it and responding to it.

3) Think to yourself, I am not a victim to this situation. I am consciously choosing the way it is. If I wanted to choose differently, that is within my power right now.

4) Ask yourself "What are the beliefs that created my current experience?"

5) Ask yourself "What intention did I feel in choosing this experience?"

6) Ask yourself "What part of me is choosing to have this experience?"

7) Ask yourself "Do I want a different experience?" If yes, go onto 8. If no, then end the exercise. You are now more conscious of your choices that are creating your current experiences.

8) Ask yourself "What new beliefs will I now consciously value?"

9) Ask yourself "How do I feel about these new beliefs?"

10) Ask yourself "What are my intentions in moving forward with my new beliefs?"

11) Ask yourself "How do I feel about my intentions?"

12) Ask yourself "What do I consciously choose now?"

13) You are now conscious of past and present beliefs, intentions and choices in the current area of your life.

Section 5 Abundant Lightfilled Sharing

Lightfilled Sharing

Sharing is an important section of this training. We don't keep what we don't keep giving away. Sharing reminds us who we truly are. It relates to the base chakra because when we share, we are at the deepest level of trust with our Higher Power.

Whether we are parenting, in a relationship, marketing our business or sharing our gifts, it is all important. In this section we cover the following forms of Lightfilled Sharing:

- Lightfilled Educating – Sharing your higher self with others

- Lightfilled Marketing – Sharing your business with others

- Lightfilled Parenting – Sharing your higher self with your children

- Lightfilled Sexuality – Sharing your sexuality with others

Before we drill down into these types of sharing, let's talk more about the nuts and bolts of Lightfilled Sharing first.

Lightfilled Sharing and the Higher Self

When we are connected with our Higher Power and Higher Self, we naturally share our gifts. We may be unconscious of sharing them because it just comes naturally to us. The more we are connected, the more we are who we are as a spiritual being. We tend to not notice how powerful our presence is or how powerful an effect our vibration has on others. We just feel normal. When we are connected we are already sharing. Energetically our vibration is elevated. This affects others around us straight away.

At this level of training we are conscious of our connection and energetic vibration. We are trusting our Higher Power so much that we feel the urge to absolutely share our gifts. We know that if we don't, we are only disconnecting and hurting ourselves and ripping off the world from what they actually deserve and need. The principle of Unity is definitely at play here. As we share with others, we give back to ourselves. It is easier to share our gifts and what we are guided to do because it feels strange not to, or not to want to. In fact, I would go so far to say that not sharing our gifts feels awful and sharing our gifts feels normal.

If we don't believe that the sharing element of being a Lightworker is valuable, then we are simply not connected with or trusting our Higher Power and Higher Self. When we lack trust, we

lack connection. Building the connection (Level 1) builds the trust (Level 7). This is the yin and the yang of how these two levels are so interrelated.

Being connected to our Higher Self means that we elevate our vibration to the point that not sharing our gifts feels like we are being untrue to ourselves. Our Higher Self is connected to others in Unity. So not being true to ourselves extends out to not being true to everyone else. Where in the past we hid our light from others and felt comfortable to do that in order to feel safe, we now feel uncomfortable and unsafe if we hide our light from ourselves and others.

In summary:

Being connected to Higher Self = Automatic Lightfilled Sharing

Forms of Sharing

Sharing can be in the form of our own creative and artistic style of communication. We don't all have to be standing in front of an audience to share our gifts. Sharing comes in so many different forms. It is a way of expressing the gifts spirit gives us. These gifts grow, change, evolve and build over time. They can be through the spoken word, music, writing, movement, art, song, clothes, fashion, hair/makeup, dance, performing arts, building, story-telling, painting, drawing, designing, workshops, holding a new born, courses, lightworking, training, teaching, marketing our business, logos, trademarks, brands and donating/creating foundations that support causes that assist people in evolving. There are many more of course, but you probably get the idea that forms of sharing is infinite.

The Choice to Share

Forms of sharing may be infinite but sharing is also a choice. We can choose the level that we are comfortable to share at. We can choose with whom, when, where and why. We can choose how little and how much. My suggestion is that every situation is unique and to allow yourself to be guided on a moment to moment basis. This really helps. Remember behind every choice is the intention of either love or fear. If you believe that you are being guided and trust in the loving presence of your Higher Power, your gifts will be inspired and filled with love and light. Your gifts and sharing will hold a loving vibration. The gifts and your sharing will live on. The intention lives on long after the experience of sharing.

But I Don't Want to Share!

Sometimes we have to be selfish before we can truly share. When we are unconscious of our needs or we are neglecting our own needs, this is when our sharing is disempowering to ourselves and others. We need to ensure that we are truly connected with our Higher Power and Higher Self.

Even if our Higher Self is a witness, we are sharing from an empowering point of view. We can be all of ourselves as long as we own it. We can share the darkest and lightest parts of ourselves all at once. When we know that every part of ourselves is supported and loved by our Higher Power, we don't live in secrecy and shame. We no longer want to hide our gifts from others.

We are all one. As I receive, you receive. As you receive, I receive. However if we do not honour ourselves the time to connect with our Higher Selves, our sharing may come with other agendas. We may be conscious or unconscious of these agendas. In return for our sharing we may want acknowledgement, acceptance, love and admiration. If we seek to gain these things from others, we are making others our Higher Power. So reconnecting with our Higher Self is key.

The power of Lightfilled Sharing means that as we give of our gifts, we evolve. We need to ensure we place all our unmet needs, fears, agendas in the hands of our loving Higher Power. Then we can share cleanly and we gain so much more energy, creativity and inspiration to share. Fear leaves us. We no longer fear being abandoned, rejected or judged. Our sharing is for ourselves to stay connected! And then of course it truly benefits others because it is unconditional.

Lightfilled Sharing is our spirit sharing the baton. We don't just pass it on. As we share the baton we continue to receive. The baton continues to be passed on. As we share more of what we know and who we are, we reinforce our knowledge on a deeper level. We evolve even more.

True Mastery

We don't have to have perfected our craft before we commence to share it. Be okay about the level you are at with what you want to share. I didn't even know how the Lightworker Practitioner Training looked in total before I commenced teaching or writing it. In sharing our abilities we become masters of our craft. Sharing is a form of mastery on many levels. Not only do we master our craft, but we are also looked up to as mentors. Mastery doesn't mean that we are above everyone else! It simply means that we have evolved enough to stand in our truth, share it and through this practise we have become really good at it. True mastery means we embrace eternal learning. In order to keep learning we need to keep sharing.

Lightfilled Educating

Lightfilled Educating is about passing on our knowledge, wisdom and guidance to others with our Higher Self. Lightfilled Educating allows our most evolved parts to be called forth in assisting others to enlighten their minds, hearts and bodies. It is not limited by the spoken or written word. There are infinite ways to educate.

With Lightfilled Educating, we allow ourselves to be guided in the best way to educate others. We use all the resources at our disposal. We strive to educate ourselves through being guided to what we need to read, study or attend. We use our spiritual guidance as a resource too. We don't try and impress our will onto others to effect change or assist them to evolve. We are true to who others are and where they are at. We meet others at their map of the world, yet we bring a candle.

We are light bearers in Lightfilled Educating but we are still not judging where others are, or that there is one 'right way' to educate. Everyone learns in different ways. We don't try and adapt ourselves to the point that we lose connection from our own Higher Self. We acknowledge the needs of others and we are able to tailor our services or we refer others to services that will assist their needs are being met.

In Lightfilled Educating we also build from a framework of strengths rather than deficiencies. We focus on the Higher Self of others. By doing this, we assist their Higher Selves to 'light up'. Our Higher Self is the most supportive, nurturing and long term way of healing and evolving. It is able to support other parts of us that are struggling. The more it strengthens, the more conscious, supportive and strong it becomes. When we are connected to our Higher Selves, we can handle anything.

We also focus on building the spiritual gifts of people in Lightfilled Educating. It doesn't matter whether others are conscious of their gifts or not. We know that they exist in everyone. The spiritual organs assist others in making clear, creative and guided choices in their lives. We look for where and how others are seeing, hearing, feeling or thinking clearly with their spiritual organs. We build on those by highlighting their strengths and finding ways at practising and bringing those skills down to earth. Lightfilled Educating is all about engaging the Higher Self into the body. It is not about theorising and living in our heads. The Higher Self is able to use its Higher faculties of Claircognisense (spiritual ideas/guidance), Clairvoyance (clarity of vision guidance), Clairaudience (clarity of audio guidance through words, music, song, sounds) and Clairsentience (clarity of intuition and feelings guidance).

Lightfilled Educating doesn't need to be formal. We can always find ways to connect with the higher self and spiritual organs of others in everyday life too. People don't have to be conscious

of their higher self or spiritual organs for us to connect with them. We can seek guidance on creative ways to communicate with people so that we connect with them at this higher level. For example with children, we can use story to illuminate their third eye. When they are imagining, they are exercising their third eye. We can create stories to assist children in seeing the truth of situations. Another example could be that when we are talking to someone who is not sure of this way to go or that, we can ask them what their 'gut' is telling them to do. Just by asking them this question, they may connect to their intuition. Using nature and in particularly chatting to animals can help us to connect with our friends more with their Clairaudience. Perhaps we are walking along and they are discussing a problem and then we see a bird and ask it "Hmm, what do you think they should do." Then you can listen with your clairaudience to the bird/spirit and say what it said (even make it funny). In having a laugh you can still find a way through to the truth. Noticing how nature responds to our conversations with friends and family can also be a way to connect the relationship at a higher level. When others have bright ideas we can affirm to them if we think it's divinely guided by saying something like, "Wow, I think that you've hit the nail on the head with that one." Even if someone has no conscious awareness of spirituality, we can still find ways to communicate and affirm their higher self.

Lightfilled Educating does not need to be serious. That is why it is Lightfilled! Lighten up and find ways in everyday situations to practise this skill. This type of educating does not dismiss other parts of people other than the Higher Self. It meets them, sees their role as important, finds their gifts and lifts them up with the love of our Higher Self. Hopefully this is good role modelling and others are able to do this for themselves too.

Lightfilled Marketing

There are endless ways that we can market ourselves and our business. So we are not going to dig into the depths of the numerous ways you can do this. However we are talking about sharing. So we address marketing from this perspective. Marketing is about raising public awareness of our service through promotion. Lightfilled Marketing is about sharing information about ourselves, products, business and services with the intention of enlightening consciousness.

Lightfilled Marketing doesn't shy away from promotion, but it is more than that. It is more about attraction rather than promotion. We want to attract people to us that want our services. When we operate our business from a high vibration of consciousness, we attract like-minded people who want or have this vibration. Our products and services and the way we do business promotes higher consciousness. As people buy and use our services, this consciousness builds and benefits all. As we vibrate our higher consciousness, this infiltrates our business and

marketing. We attract more enlightened buyers. We enlighten those who are browsing our products/services whether they buy or not. This not only expands our business but it also enlightens the world at the same time.

Supply vs Demand – Tapping Into the Flow

Lightfilled Marketing is about tapping into the flow. This can be achieved in two ways. We can do both or either of these things together or separately, depending on how we are called.

1. *Going with the Demand of Current Consciousness*

Going with demand means that we are meeting people at their map of the world and speaking their language. We find a way to connect with the current consciousness. Promotion of our products or services are geared to appeal to buyers in this way. We are acknowledging the current vibration of consciousness and finding ways to appeal to it. At the same time, we are ensuring that our products, business and service are aimed at raising consciousness. We don't just supply services because there is a demand. We find creative ways to market our products that will appeal to the current demand.

2. *We Can Create Our Own Demand by Building a New Consciousness*

The more conscious people become, the more it is the norm. The more it is the norm, the more products/services we will sell that appeal to a higher level of consciousness. This creates our own demand. Creating our own demand also means that we may need to wait a while before a financial return, if ever. Our motivations are not based solely on monetary gain. We are putting the focus on what we are guided to do first. We see that the process of creating the demand means that we may be speaking to the consciousness of a future generation or time. We continue to go with our guidance for our own benefit too. This is payment enough for our time and energy. If we fight this, then we lose because we delay progression of our own consciousness. So our motivation is for more personal and philanthropic reasons. A good question to ask ourselves is "If I never earned a cent for this work, do I feel still compelled to do it?" If we answer yes to this question, then we should go for it. We have nothing to lose and everything to gain. I answered "Yes" to this question during the writing of this training and it was so freeing because it liberated me from any outcomes. I realised that the journey was enough reward for me and anything else would be a bonus. I absolutely love this!

We can do either these options separately or together. They are actually one and the same in a way. Either way, we are in the flow. However, one is tapping into the flow of current consciousness and holding a high vibration whilst we do it. The other is building the flow by creating a new demand that seeks a higher vibration. Both lead towards enlightening consciousness and increasing the vibration of all.

Promoting Consciousness

A good question to ask yourself in defining what level of consciousness you are advocating with a new product or service is, “Is this product/service promoting enlightenment or unconsciousness?”

Whatever our intentions regarding our business/work, these affect the human race and the planet. And because we are all connected, it also affects ourselves. So we need to ensure that what we promote matches our intentions, actions, behaviour, beliefs and desire for higher consciousness. We reap what we sow.

We can work for ourselves or others and still hold the same ethos for wanting the planet to evolve. If we are not speaking or promoting consciousness openly then a good question to ask ourselves is “What am I really afraid of?” Sometimes we are afraid of being judged and abandoned. However, we may actually be afraid of consciousness itself and the judgment or attention it brings. This needs to be explored because if unresolved it will hold us back in moving forward in our own consciousness.

What we fear holds the world back from evolving too. Sometimes we need to move out of our comfort zone to live a new way of consciousness. We need to let go of people that are judging us and make new and more genuine like-minded friends. We need to accept the reality that people we love may not choose consciousness. However, truly loving ourselves means that we don’t hold ourselves back. Truly loving others means that we don’t hold ourselves back either. We are all one. As I grow, I contribute to the evolution of consciousness of the planet. This benefits everyone, including those who are not choosing to be conscious.

Living this new way might also bring unwelcomed attention to us, but this may be a necessary step in our next level of evolution. We may fear having to step up and step out with a high profile. We may not have the confidence. We may not want our privacy to be breached. Sometimes we are asked to do things by Spirit that we really don’t feel comfortable about. This could be one of them. We may not all want to be the one who is standing centre stage, but sometimes we need

to face the reality that this is what we have been called to do. We can ask for the courage, the strength, the trust and the willingness.

How we do business promotes our consciousness. When we are conscious and operating our business from this perspective we find that we have more of the following key elements:

- Equality
- Work/life balance
- Grounded spiritual principles
- Happy, motivated and enthusiastic workers
- Conscious workers
- Less people being managed and more people working cooperatively
- Flexible roles that encourage creativity and innovation
- Respect
- Integrity
- Excellence in work standards
- Genuine and efficient responsiveness to co-workers and customers

We find that when we operate from a higher level of consciousness, our business and work environment naturally discourages:

- Black and white thinking
- Control
- Inequality
- Blame
- Repetitive work
- Triangulation
- Secrets

- Perfectionism
- Unrealistic expectations
- Gossip
- Grudges/resentment
- Punishment
- Emotional, physical or metaphysical violence

'Earthing' Lightfilled Creations

At Level 7 we are in the Base Chakra. At the base, we are earthing things. When we are earthing our projects we can then share them with the rest of the world. Working on a Lightfilled Creation means that we have a goal to contribute to the reality of evolving consciousness. The product, service or creation's purpose is to encourage enlightenment. We are all one, so the end result of our projects is not only a gift to the world, it is also a gift to ourselves.

We are usually restless when we have goals that are not based on reality. Reality is - we are all connected to the source all the time. Awakening to this truth is enlightenment. We can be a part of that and feel in the flow or we can float along unconsciously and aimlessly. If we are seeking things that are based in the future, then we disempower ourselves. We also lack the discipline and responsibility to follow through with our tasks. When we abandon the present and believe goals can be found in another place; that is when illusion has become the All for us. It's like we are swallowed up by the illusion and this paralyses us in the present. We feel lost. We need to begin by opening our eyes and acknowledge the spiritual power running through us all the time. This is the truth of the present. The power exists in the present moment.

We can still be in the present and have goals for the future, but they must be based on reality. This comes through from our guidance. We can trust 100% that whatever we are guided to do, no matter what the outcome, it is for the good of all. This is truly letting go and letting God. We become energised and gifted with vision, innovation and creativity. We are no longer attached to outcomes and we move freely in the flow of ideas with our creations. This is the energy that we imbue into our creations. We transform our creations into Lightfilled Creations not only on completion, but also in the process of creation.

When we procrastinate earthing our Lightfilled Creations, we are not only depriving the planet of consciousness, but we are also depriving ourselves of consciousness. Truly grounding Lightfilled

Creations means that we no longer deprive ourselves or others from our enlightened gifts. As we give to others, we give to ourselves. The gift of enlightenment is more enlightenment.

Once we have earthed our Lightfilled Creations to completion, then we can share our excitement, joy and belief in our product/service/creation with Lightfilled Marketing that we learnt in Section 5. I encourage us to see Lightfilled Marketing as a way of sharing our evolving consciousness. Our consciousness will grow and change. Projects and interests will grow and change. Our businesses will evolve over time. Allow it to evolve with you. Start where you are with loving intentions that are for the benefit of all. Allow yourself to be guided. Follow through with the one thing that you know you need to do next for your own evolving consciousness. Then keep doing this. Complete these projects. Step by step you will evolve and the projects change. They may get bigger. They may get smaller. They may totally and radically change.

Wherever you are guided and whatever you are guided to do, follow it through until you are no longer guided to do it. Don't make decisions based on your own self-will or resistance. Certainly don't complete projects because you 'will' it so. Of course there is always a time to push and a time to let go. Go with your Higher Self. It always knows what to do. If you are having problems connecting with your Higher Self, then I would make this your priority. This is what we learnt in Level 1 and this is why it is at the beginning of our journey of evolution of consciousness. Without it, we are blind. And our will remains unspiritualised. We are then paralysed and unable to earth our projects.

Grounding our Lightfilled Creations has so much power because it is a birth. The cycle of transformation is Birth, Death and Rebirth. So as one thing passes, another comes into birth. This is a never ending cycle and this is the vision we need regarding earthing our Lightfilled Creations on the planet. Nothing is finite. It continues to evolve. That is why we only postpone our own evolving consciousness when we put off completing our Lightfilled Creations. The power of earthing a Lightfilled Project to completion is amazing. With it, it brings the strength of a new consciousness. I cannot stress this enough. It is not ever the time, energy or money that we believe we need that is the real issue. It is whether or not we feel worthy enough to receive the transformational energy back from completing our Lightfilled Project. This energy unites us with the world, our higher self and the flow. Each step is important. The journey is always the destination. Earthing our Lightfilled Project is the beginning of a new journey.

Spiritually Guided Lightfilled Marketing

I believe that there are many ideas for marketing, but they are not always for everyone. We not only need to tune into what spirit calls us to do, but how to do it too. How do we get our service 'out there' into the world? Every service is as unique as we are, However, unless we turn up to be guided, we may miss vital information that will assist us in sharing our services with the world. If we truly believe in our gifts and feel called to share them, then we will seek the 'how' to share them. This is true to Lightfilled Marketing, seeking the 'how to' and then turning up and actually putting this knowledge into action.

During the writing of this book I was shown a really important tool to use and immediately applied it to marketing my own business, Lightworker Reflections. It was fantastic. When I experienced this meditation, I would have to say that it was one of the most profound that I had ever experienced. What I realised through this meditation was that marketing was simply sharing who I was with the rest of the world. I continue to evolve. Therefore marketing my business will also continue to evolve. This was very exciting. I also received specific guidance on how to correctly market my business. It simplified and revamped my business.

I am going to share this process with you, the way it came to me, to provide a concrete example of the kind of guidance I was getting. I will also include it as a guided meditation later in this section so that you can use for yourself and clients too.

The information that came through for me was very surprising at times and then at others it just confirmed what I had known to be true. I was shown how to fine tune my business. In fine tuning the marketing of my business, I was actually fine tuning how Spirit wanted me to share who I am with the world. I didn't really realise this before I started. In fact marketing was really something that I didn't enjoy. I didn't want to try to 'sell' myself or my skills to be successful. What I realised was that I don't need to try to 'sell' anything to be a true success. Being a true success is connecting with Spirit and following through on the guidance that is given. So here is my process.

I was guided to a room surrounded by 9 doors. They were different colours of the all the chakras i.e. Crown, Third Eye, Ears, Throat, Heart, Solar Plexus, Sacral and Base Chakras. Then there was one that appeared at the end of the meditation which was a white door. I will summarise what happened when entering each door.

Crown Chakra – When I opened this purple door, I was floating in space. Out in front of me was a vast outer space. It was black and there were stars everywhere. The message I received was "The sky's the limit". I got the feeling that there was nothing that I couldn't do or achieve. This

confirmed with me of the principles of open-mindedness and faith. If I opened my mind and had faith, there were limitless opportunities available for me and my business.

Third Eye Chakra – The message that I received was "Know the truth, speak the truth, share the truth. Don't try to be main stream. Be who you are. See the truth and communicate it. Know the why, when and how of your truth." I understood that I had to be really clear on what my truth was so that my vision of what I was marketing was also clear to others. I also understood that being truthful didn't equate to appealing to the current consciousness of society.

Ear Chakra – When I opened the door, I was inside an ear! The message I received was "Listening to what the public want doesn't necessarily equate to listening to your guidance. Your guidance may not deliver what the market currently wants. Be willing to listen to your guidance even if the public aren't ready for what you are offering". (After the meditation this message expanded to "don't hold back, you create a demand, you create the new mainstream. Keep it simple. There are 7 levels of Lightworker Practitioner Training. These relate to 7 levels of consciousness. This doesn't mean one level is better than the rest. All are as important as each other." This message rang loud and clear! I immediately set to work and reworked our website so that the certificates, diplomas, advanced diplomas, degree and master's degree were removed. It felt like I was being true to the training without trying to make it 'fit' into society's norms of university labels.

Throat Chakra– I saw myself talking to and being interviewed by the media. The message I got was "Speak the truth to others and the media. Know what you have to say and why you have to say it. Be ready." I knew that when I saw this, that I really needed to practise what my message was so that I could speak it clearly to others. This would be a project in itself, depending on what I was promoting at any particular time. This also meant that if I had any blocks to what I needed to say, I could ensure these were dealt with before I went public with a new idea or service.

Heart Chakra – As I walked through the Heart Chakra door it was like being on a bright sun. Then I saw myself talking to Jesus in a bright sunflower field. Jesus said to me "Your intentions to assist the planet evolve will manifest." I understood that the intentions we hold contribute towards what we manifest. Later on I got the message "The form may change, but the intentions remain the same and then these manifest. We need to be open to how intentions manifest and not put any restrictions in place that lock this down into form. Manifestation occurs through unlimited forms. Allow this to be and don't get too caught up in how it unfolds. Just trust that what you intend, manifests. So we need to watch our intentions."

Solar Plexus Chakra – When I opened the door I was inside a huge and very loud factory. So it was a bit of a shock. But I saw all the concrete processes that occur in marketing our business

and the reality of that. I saw t-shirts, books, flyers, stickers and other merchandise being made as a way to market a higher vibration. The message I got was "When we value what we are doing, we put our energy and money into it. We also value our journey and allow it to take the time it takes. We support our lives in balance along the way. Valuing the journey means we don't string ourselves out or overspend money on our business. When we have money we don't mind reinvesting it and spending it on what we value." Whilst writing this I also got the message that "The more money we spend on what we value, the bigger we spread the vibration of a higher consciousness. Products and services also assist humanity to evolve. Our vibration goes into that which we create because of the intentions behind them. If we intend for merchandise to raise the vibration of the planet, it will."

Sacral chakra – As I walked through this door I was immediately on a big slippery slide that went both up and down. It started off extremely high and the plunge was very deep. It went up and down repeatedly. I allowed myself to let go of any fear and enjoyed the ride. The message I got was "The highs and lows are just as important as one another. We don't feel judgement about the lows during a slide or ride. They are just part of the ride." I understood that the lows are just as necessary as the highs and we can enjoy the lows if we maintain our perspective and joy. As I write this I understand even more. Letting go of judgement of the journey and enjoying the ride is the key to staying unattached to outcomes. When we are unattached, we make plans and goals but allow ourselves to be open to how the ride unfolds. This ensures that we don't really see the lows as a real low. We just see them as part of the ride. Highs and lows are just a judgment in our own mind. In reality they are all just experiences.

Base Chakra – After I walked through this door I was immediately entering centre stage surrounded by a huge stadium that was full of people. The crowd were roaring applause. The energy was really strong and full on. I saw myself talking about the idea that "connecting is being a success and being a success is when we are connecting". I got the message that receiving the energy from the crowd says "As I heal you heal. As you heal I heal. I celebrate when you heal as much as you celebrate who I am, for we are both connected. In unity there is a celebration of each other." I felt a greater ease of allowing this dynamic energy in and I felt in the flow of abundance. It was shortly after this meditation that I also got the message "When you receive I receive, when I receive you receive". I understand now in writing this, going on the principle of unity, the crowd was also applauding the part of themselves that I was mirroring back to them.

White room – When I opened the white door (which was a total surprise as it was not there in the beginning of the meditation) I saw a town covered in snow. Then I saw that houses started to turn on their lights, one at a time. The message that I got was "Like these houses, consciousness awakens, one individual at a time. When this happens, it may be cold outside but there is warmth

inside." I understood that I was not only witnessing the process of consciousness awakening, but I was also experiencing this myself as a bi-product of the work I had chosen to do.

Then I returned back into the centre of the original room. I was surrounded by all 9 doors. The doors were closed but all the energy was flowing from each of the doors towards me. Then I felt the collective energy of all the doors hit me all at once. It felt like a big warm blanket. I felt an extreme sense of peace and my body felt like jelly inside and out. Then all 9 doors opened and everything behind the doors came into the room with me. I felt it all in there with me all at once. I still felt at peace however I felt that all that I had experienced wasn't beyond the doors anymore, it was within me. This felt like an integration of all that I had experienced. It was alive and living within me.

Marketing Business Principles

Lightfilled Marketing means that you are willing to operate from a set of principles and have these on display. These set of principles also encourage an awakening of consciousness. We are transforming the whole idea of 'good business' from the inside out.

The business that my husband Tony and I co-founded, Lightworker Reflections, has a set of business principles. We chose these together and they are a direct reflection of the 12 principles of the Lightworker Practitioner Training. I have provided these below as an example for your benefit. Please feel free to use or adapt these for your own business. We would be honoured.

Our decisions and business is run on the following 12 principles:

Honesty – We are honest and transparent in our business dealings with people. We stay true to ourselves and spirit.

Open-mindedness – We are open to running our business with spiritual and human guidance.

Willingness – We are willing to turn up and do business in whatever way we are called.

Discipline – We follow through with our guidance to completion.

Responsibility – We acknowledge the impact of our behaviour on people and our planet. We actively take responsibility for our decisions in spiritual and human ways.

Peace – We believe that human consciousness is evolving and that this process will encourage peace. We aim to encourage peace in our short and long term business decisions.

Unity – Our decisions are based on the whole of humanity in mind. We believe we are all one. Our decisions reflect this principle at its highest level.

Love - Our vision is that human consciousness is evolving to a consciousness of love for all things. This is available in moments that we are conscious with our higher self. We aim to hold this vision even when others are unable to see the love inside of themselves or others.

Forgiveness – We believe we all make mistakes and that forgiveness is the absence of non-judgment and the remembrance of the truth of who we are.

Joy – We believe that business should encourage our joy. We believe that the journey of life is a joy. We encourage joy to express itself in our every day and even challenging business situations.

Faith - We maintain a strong connection to our own spiritual resources. We believe that anything is possible 100% of the time.

Wholeness – We acknowledge that humanity is on a journey of evolving consciousness towards their wholeness and that we are a reflection of the light within each person. Everyone whom we have contact with in our business is also our reflection too. Our connection with people is carried out in this spirit of wholeness.

Lightfilled Marketing Guidance Meditation

Closing your eyes now and taking a deep breath. Relaxing your body and feeling yourself completely at peace. Feeling yourself letting go completely. Breathing deeply right down to your toes. Breathing out and letting go. Breathing in and out for a few more deep breaths.

Now I want you to imagine that a set of elevator doors open in front of you. You step into the lift. You press the Base level button. The doors close. You are on the tenth floor. You notice the levels as they light up. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, Base level. The doors open. You step out of the lift. You are inside a room. This room is filled with your spiritual guides and resources. You feel completely safe and at peace in this room.

You stand in the centre of this room and you notice that you are surrounded by 9 doors. They are different colours of all the chakras. Purple for the crown, indigo for the third eye, magenta for the ear chakras, light blue for the throat, green for the heart, yellow for the solar plexus, orange for the sacral and red for the base chakra. There is also a white door.

Hold the intention to gain information of how to market your business, products, services or creations. You may instead choose to think of a person that you are working with and gain insight into how you are guided to work with them.

You now step through the purple door that relates to the Crown Chakra. Take in your surroundings and any signs or messages. Notice how you gain spiritual clarity with the intention you have set. Notice any ideas, innovation and creativity that comes to you. You step back out into the main room.

You now step through the indigo door that relates to the Third Eye Chakra. Take a look around. Notice how you can build and use your spiritual vision to see the truth regarding your intention. You step back out into the main room.

You now step through the magenta door that relates to the Ear Chakras. Connect with your environment. Notice what you really need to listen to with regards to your intention. What do you need to be receptive to? You step back out into the main room.

You now step through the light blue door that relates to the Throat Chakra. Again noticing your surroundings and taking in information to assist you in communicating your truth to others. You step back out into the main room.

You now step through the green door that relates to the Heart Chakra. When you enter this environment, it connects you with your heart. You notice this in the centre of your chest. Feel this

expansiveness connect you to the divine. Take in any guidance regarding staying connected to your heart chakra regarding the intention you have set. You step back out into the main room.

You now step through the yellow door that relates to the Solar Plexus Chakra. Step into the space and feel yourself connected to source and your personal power and creativity. Noticing guidance and signs that assist you in staying empowered and experiencing equality with others. See and feel yourself sharing your intentions without fear. You step back out into the main room.

You now step through the orange door that relates to the Sacral chakra. You are now surrounded with spiritual nourishment and guidance to support your intention. You feel unattached to outcomes and open to an infinite supply of resources. Feel this space transforming your beliefs. You step back out into the main room.

You now step through the red door that relates to the Base Chakra. You step into a space that assists you in seeing your intentions fully realised in physical form. You see and hear any guidance to assist you in resolving any resistance within yourself to these fully manifesting. You step back out into the main room.

You now step through the final door that is the White. You see a scene that shows you the impact that your intentions have on the rest of the world and universe. Feel how it feels to be the initiator of this transformation.

You now returned back into the centre of the main room. You are surrounded by all 9 doors. The doors are closed. All of the energy from each door is flowing towards you. Feel the collective energy of all the doors. It feels like a big warm blanket. You feel an extreme sense of peace and your body.

Now all 9 doors open. Everything behind the doors comes into the room with you. You feel it all in there with you all at once. You still feel at peace however you feel that all you have just experienced isn't beyond the doors anymore, it is now within you. You feel an integration of all that you just experienced. It is alive and living within you

When you are ready you go back to the elevator. The doors open. You step inside. You press the 10^{th} level. The elevator doors close. Notice the levels as they light up 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. The doors open and you step into where you are right now. When you are ready open your eyes and come back to full waking consciousness.

Lightfilled Parenting

Lightfilled Parenting is the same as Lightfilled Education except it is closer to home. There is a reason why we meet other people and are educating them. Especially our children. We have chosen them and they have chosen us. Some of our biggest growth opportunities come from being parents and/or parenting children.

Even if we are not biological parents, the children that we have in our lives are there for reasons we have both chosen. Being the biological parent does not mean that we 'own' our children. Far from it! Who's to say they weren't our parents in a past lifetime?

We may be a close relative and we are parenting our nieces/nephews or grandparents parenting our grandchildren. We may be foster parents, respite carers, health workers, child care workers, child safety officers, teachers, nanny's or friends of the family. If we are around children and we are an adult, then we are using parenting skills. For a season, reason or lifetime we have chosen this relationship for a mutual learning opportunity. However, we need to ensure that we respect the boundaries of a parental relationship, this is our responsibility. It is not the job of our children to parent us or meet our unmet needs.

We need to respect the relationship as one where we have both chosen. We both have learning to do. Being a parent we need to ensure that we parent with boundaries and respect. It's easier to set boundaries as this can come from feeling in control and powerful. It is harder to maintain respect for our children when they are behaving, well, like children. However behaving like a child is part of their evolution and incarnation.

Building From Strengths

When we are parenting our kids, we are hoping to strengthen their higher selves. When we do this, we build from strengths rather than perceived weaknesses. We focus on what they can do rather than what they can't. We acknowledge the weakness as a gift to other things. We redefine weakness as a strength. We reinvent rather than ignore an unacknowledged reality. Limitations only exist in the mind. We can acknowledge that they may not be so strong in an area without shame and then bring focus towards their strengths.

When children put in effort and strive to do their best, this is a success in itself. They have taken a step towards their Higher Self. We make a 'BIG' deal about this and children know that we've noticed. They get a sense of accomplishment whether a goal is reached or a step towards a goal is reached. We affirm them by saying things like "Wow, that was amazing. I saw how hard you tried and it makes me so proud of you." When they reach a goal celebrate. Make a big deal of it.

Do a ‘whoohooo’ or 3. Jump up and down. High 5 them. I’ve been known to High 15 my kids (yes that’s 3 High 5’s). Let me tell you this. I jumped up and down and screamed and held hands with my family every time I finished a book in this series. When we finish something, it’s good to feel good about it. It encourages us to on our journey. On the journey there are times things get tough and we feel like giving up. Celebrating a goal that we reach means that we can look back when we’ve finished and feel really proud that we didn’t give up. We gain confidence in ourselves that we can make it through the hard times. This assists us in spiritualising our will. Notice and let yourself be noticed celebrating your strengths, accomplishments and steps on the journey.

Overcoming Challenges

Our children come with their own set of challenges. Their challenges become our challenges because we have a responsibility to take care of them. If we have chosen them, then we have chosen their challenges. We also know that our Higher Self is capable in accepting, overcoming and transforming these perceived challenges. In this way, the challenges assist us to evolve by engaging more of our Higher Self.

Sometimes our challenges involve accepting children where they are at and their choices – especially when they have reached young adulthood. When writing this book I woke up after reflecting with Tony on our life’s journey. We were living an amazing life. But I still held judgments of his children’s choices. I decided it was time that I stopped judging Tony’s children’s choices as unconscious or unevolved. Tony had been estranged from his children for quite some time. He had asked them to continue to attend counselling to build bridges after their relationship had broken down, however that did not occur. It caused me great pain to see Tony upset from not having contact with his children and I would step into anger about it. However, I realised that by doing this, I was in a state of un-peace and dis-ease. Even in the process of judging their ‘unconsciousness’ as bad, I realised, was only hurting myself and stopping myself from evolving.

I decided to see that their choices in not contacting us as a gift rather than a loss. Rather than seeing it as a loss of relationship, a gap and a waiting game of whether we will ever have a relationship, I decided to see that they are really present in our lives today. I realised that without their choices of no contact and their physical absence, we would not have had the kinds of experiences that we have had over the past 5 years together. I realised that their past and present decisions were in perfect order. It was liberating to realise that their relationship with God and their journey was none of our business. Who are we to know what is really going on inside of them? We don’t and it’s not our business to. I felt an enormous weight lifting off me, my spine tingled and I saw a nail being hit on the head. Nailed it! It was a fantastic experience, which I can

again thank them all for. They have all been such a catalyst for my own spiritual evolution. I am so grateful for that. I feel very connected to them all. And I even felt a connection, gratitude and resolution with their mother's too, who I had also held judgments towards.

Building Trust

The more we believe in our children's Higher Self, the more we are behave like a loving Higher Power. The more we behave in this manner, the more they trust us and are able to trust their own Higher Power and the Higher Self of others in the future.

When we are around children, we need to be very conscious of keeping our own Higher Self engaged. When we are able to do this, we are providing an example for how a functional and healthy person behaves. We are conscious of our own inner children however we don't react because our Higher Self is on board. We take our own processes offline and deal with them. Or if our children are old enough to learn these skills (pre-teens/teens) we can share how we overcame or are going to overcome our own issues.

For example our pre-teen ignores us when we ask them to clean their room. We are feeling sensitive that day and feel hurt that we are being ignored. We still have enough of our higher self on board to notice that we are in our own stuff and the room still needs to be cleaned. We are able to say to our child in a moderate manner, "I would appreciate it if next time you acknowledge what I have asked you to do so that I know you have heard me. I felt hurt just then when you didn't respond to me. I am aware that I am very sensitive today and so I will take some time out for myself. In the meantime, please go and clean your room".

We need to be open about our spirituality and share what our beliefs are. We also need to teach our children different types of beliefs so that they are aware that they have a choice. We need to ensure that we affirm the connection that our children feel with their Higher Power in whatever ways they feel it. There is no right way. As long as it is spiritually nourishing to them, it is the right connection. If they are fearful or they are ashamed to tell us, we can encourage them by sharing our own stories. Spend time talking about your guides, angels, power animals and other spiritual support and how they help you in daily life. Connecting these stories to nature and signs is a great way to open their eyes to guidance. Give them concrete examples with things as they come up. You might like to say something like, "The other day I went for a walk and I was worrying a bit about work. I heard Archangel Michael tell me that everything was okay. Then I saw two little doves sunning themselves in the sunshine. They looked at me and didn't fly away. I felt like the little birds were a sign everything was okay too. They were chilling out in the sunshine,

all peaceful and content. I felt really happy and relaxed after that. And I had a great time at work too."

Acknowledging Our Stuff

As previously discussed in detail in Level 2, children go through stages of development. When their needs were not met or they experienced trauma and abuse, it means that there is a wound/immaturity at that level of development or age. We too may have experienced this developmental wounding in this or other lifetimes. When these wounds or unmet needs are unconscious or untransformed, we can regress back to that age. We may not be aware of our regression or that we are in 'our stuff'. However we can use the tools in the Lightworker Practitioner Training to resolve our issues and engage our Higher Self. It is important to note that parenting is a process of strengthening our Higher Self. We are not perfect parents when we have children. We learn as we go. We grow as we go. One step at a time. One day at a time.

Not surprisingly, if our children are at a certain age/milestone where we have a wounding, this can be a trigger for us. It's good to know our potential triggers as they can create discord or disconnection with our children. This helps us take children's age or behaviour less personally too.

When we own and acknowledge our own stuff, we can parent effectively and we can strengthen the higher self in our children. We are also able to acknowledge all the stages of development that our children go through, their specific needs at each stage as I described in Level 2.

Parenting with Principle

When we are able to apply the 12 principles of the Lightworker Practitioner Training to our whole lives, we are able to pass on these principles to our children. Honesty, Open-mindedness, Willingness, Forgiveness, Unity, Discipline, Faith, Responsibility, Love, Wholeness, Joy and Peace are all so important to living a life that assists our children and ourselves to evolve. When we are feeling challenged with a particular situation, we can do our own inventory and find out where we could apply the principles to the situation. We can also see where our child could learn or harness one of these principles better. Through drawing, story or even pulling cards and sharing, we can find a way to connect our child into these powerful life changing principles. When you live by these principles, you live in the light.

Living Transformation

Ensuring that we are aligned with our chakras and spiritual organs means that we are also a continual living transformation for our children. We can find creative ways to ensure that they also connect and exercise their spiritual organs and chakras through, play, creative activities, story-telling, painting, drawing, song, art, drama, dress ups, make believe and many other ways that speak to children's soul and spirit.

My children went to a Steiner School for their pre-school and the majority of the primary years. There was such a vast array of activities that are geared towards keeping the soul and spirit of the child activated. However, the school is not the be all and end all of parenting. Children learn so much from spending time with us. The more we assist them, the more we assist ourselves. Do whatever you can do to ensure you encourage and maintain connection with your children's spiritual gifts. I remember that each night before I put my girls to bed I would tell them a story that assisted with the development of their imagination and built on the principle that anything is possible. It was a simple story but they were also involved in the creation of the possibilities and endings. It was a co-creation that really engaged their imagination and abilities to think outside the box. It involved lots of colour and experiences. Usually the things that the kids mentioned during the story pertained to some of their current challenges or realisations. It was so interesting to witness. I can recommend these kind of mutual story telling stories as ways to assist children to process, overcome and find limitless solutions to issues. I have included a framework of this story later in this section for you to build on with your children/grandchildren.

Spiritual Building Blocks

When I first had my children, I was like a duck out of water. It certainly wasn't my forte. I didn't feel like I was naturally built to be a parent or mum. It was definitely a learning game for me. I love being a mum now, however I know it is not my first calling. Even doing the Steiner Education course for 2 years, working with children was something that was very challenging for me. I was a Steiner Teacher drop out. After graduating with my Associate Diploma of Rudolf Steiner Education in 1995, I obtained a position as a Steiner Teacher at the beginning of 1996. After only 6 weeks of having my own class, I had to let them go. I loved them all. But for their best interest and mine, I had to move on. It was a very humiliating moment in time. So I can tell you now, that if I can build from that, anyone can.

I admit that I always had a natural affiliation with teaching. I was teaching the kids and my pets in my neighbourhood on my own chalkboard from the age of 9! I was teaching my stuffed toys if they would listen! But as I grew into an adult, teaching adults came naturally. And becoming a parent was a different story. It wasn't easy for me.

It came as a huge surprise to me that I started to find ways to parent that worked for me. I thought I might struggle more than I actually did. I give all credit to my spiritual relationship with my Higher Power. It saved me from post natal depression after my second child. Once I realised that I had post natal depression I got myself back connecting to my Higher Power. I had let my relationship issues at the time take precedence over my relationship with God. I had let everything take over. It was time for me again! My post natal depression was the dark before the light. I had to find myself again. I did. I got my spirituality back and then shortly afterwards I was studying counselling.

So here I was with my two children under 3 and commencing my own counselling business. It was an interesting time. I had learnt enough through Steiner training, my own addiction recovery and counselling business to know how important it was to incorporate therapeutic tools in creative ways that inspire children. The trick was knowing how, what and when to apply these things that I had learnt. What came as a real surprise was that I was being shown what to do. I would get ideas out of the blue. I didn't realise that this was my claircognisense at the time. Later I realised that as I was parenting in this way, I was also building on my own spiritual building blocks of claircognisense, clairvoyance, clairaudience and clairsentience. By continually being open to help and guidance as a parent, ideas and creative ways to communicate and strengthen my children's inner and spiritual lives, was flowing into all our lives every day. I believe that there are infinite ways to be a Lightfilled Parent because we are all unique and our children are all unique. However, we need to be open to being guided and living the principles of the Lightworker Practitioner in order to continue to evolve as a Lightfilled Parent.

I wanted to share you one such tool that came to me when my children were very young. It came to me in the form of a story. There was so much that I wanted to communicate to them and teach them but I couldn't talk to them in the same language that I could with older children or adults. This was one of my biggest frustrations. I ended up making up a story that helped me to build their higher faculties and emotional intelligence. I will introduce the story here and then afterwards, I will describe all the important elements in the story. I am sure that you can use this story or your own combination of these elements to effectively assist your own children or children that are in your care. This story slightly changed daily and so it assisted my kids with learning important moral lessons that were relevant to their behaviour and actions. It assisted in building their imagination, which is the seed of their higher spiritual vision. It also encouraged

them to participate and make choices in the story. It nourished them both spiritually and emotionally. The story changes (you will understand as you read it) so I will give you an example of how this story could be introduced to children. It would appeal to any children from 2 years onwards. My children loved these stories and at the beginning it was only me telling the story. The only frustration that they have now when they look back on this story is that they weren't able to have more input. However, we are parents and many elements are in the story for important reasons.

So here is the story of…..

The Magic Crystal Tree

Once upon a time there were three animals Poppy, Katty and Moppy. They lived side by side in white houses. Poppy was a dog and his house had a red door, red windows, red roof and red fence. Poppy lived next door to Moppy the Monkey. Moppy had a yellow door, yellow windows, yellow roof and yellow fence. Katty was a cat and she had a blue door, blue windows, blue roof and blue fence. She lived next door to Moppy. They were all good friends who liked to play and have adventures together.

One day when they were all out playing in the forest, they came upon a big tree. It was so huge that the trunk of the tree was as wide as one of their houses. At the bottom of the big tree there was a red door. Moppy was adventurous and he suggested that they knock on the door. Katty was scared and a bit shy so she didn't want to knock on the door. Poppy said that he wasn't afraid and would knock on the door. But they knew that it wouldn't be the right thing to do without telling their parents. So they decided not to knock. Then all of a sudden, the red door opened. A little man with a red face and all dressed in red was standing there with a big smile. He said that they had reached a special place and if they wanted to visit, then they would need their parent's permission. He told them his name was Mr Hobgoblin. He said that the tree was very special and that he would be happy for them to visit again as long as they had their parent's permission. So back they went back home. Poppy asked his parents, and they said that it was okay for him to go if they were back within the hour. Moppy's parents were very excited about the possibility of an adventure and encouraged Moppy to go. Katty's parents weren't so sure, but they decided that they could trust Poppy and Moppy's parent's decision. As long as they stayed in a group, they would give their permission for Katty to go.

So back they went along the forest path. They saw the tree up ahead and got a tingling of excitement all over. They could feel that something special was about to happen. So they knocked on the red door. Mr Hobgoblin answered the door with a big smile. "Do you have

permission from all your parents?" he asked. They all nodded. Mr Hobgoblin clapped his hands with excitement and welcomed them into a big red room. "Come in, come in." he said. The big red room had red tables and chairs, a red kitchen with a red stove, red kettle and red teapot. Everywhere they looked was red, red, red! Mr Hobgoblin invited them all to sit down. "Now before I show you the special things of this tree up those very stairs," and he pointed to a red staircase leading up to a red door, "Please have a drink of my special red berry juice and a piece of my special red yummy cake. It's fresh out of the oven you know." They were all a bit hungry and so they agreed to have some of the juice and cake. It was absolutely delicious!

Then Mr Hobgoblin led the way up the red stair case to the red door. When Mr Hobgoblin opened the door they entered into a big round room surrounded by different coloured doors. In the middle of the room was a huge table and it was full of crystals. There were blue crystals, white crystals, green ones and red ones. There were big ones and small ones, round ones and polished ones. There was every colour and shape imaginable. They looked around the room and saw that all the walls and ceiling had crystals on them too. "Welcome to the Magic Crystal Tree," said Mr Hobgoblin. "Every Crystal here is magical. Behind every door is a different magical land. You are welcome to explore each land whenever you wish. You are specially invited guests of the Magic Crystal Tree. You may choose to take a crystal on an adventure with you but please return it back to its home here on the table. If you wish to take a crystal home then be sure to ask the crystal first. Well, who wants an adventure? The hardest part is choosing which door to go through first. No adventure is ever the same. No door is ever the same. They are changing all the time, every day. So which doorway do you choose to open today?"

Poppy, Katty and Moppy looked at each other with their eyes beaming with excitement. They were so ecstatic that they were able to choose any door that they wanted. They looked around. Moppy said, "I want to go through the yellow door". Katty said, "I want to go through the blue door." Poppy said, "I'd say I want to go through the red door, but then we'd be back down in Mr Hobgoblin's house". They all laughed. Then Katty said, "Remember the rules, my parents said we had to stick together." Moppy said, "I don't mind which door, it's all an adventure." Poppy said, "Well whatever door it is, let's make it quick because we are running out of time, we need to be home pretty soon." So they all decided to go through the blue door. After all, Katty was a bit more scared then they were and they wanted to make sure she felt safe. So they bid Mr Hobgoblin farewell for now. "See you all on the way out", said Mr Hobgoblin with a big smile on his face. "And have fun!"

"We will" they all said together. And they opened the blue door. It was a dark blue door in colour. A lot like the night's sky. They opened the door and it opened into a corridor that was long and quite dark. They were a bit worried, but not for long. As they walked along, they noticed that they

were actually feeling lighter and lighter. The tunnel may have been quite dark, but up ahead it looked as if there was a light streaming through. As they got closer and closer they noticed that they were no longer walking on the ground, but they were walking on the air. Moppy shouted with glee. “Weeee, we’re flying”. The more they used their arms and legs, the more it felt like they were flying. Katty gave it a go and was surprised at how easily she glided through the air. Poppy rolled over on his back and said, “Look at me, I’m doing dog paddle upside down”. They all laughed. They finally reached the end of the tunnel and then they saw that they were actually in outer space. The bright light that they had seen was the Sun and they could see stars brighter than they had ever seen before. There were planets everywhere. “We could just go over and visit any planet we want.” Said Moppy. “I wish we had more time.” said Poppy. “It’s ok, let’s just enjoy this wonderful feeling.” said Katty. And they spend time playing games for a while up in the sky. What kind of games do you think that they played up there in outer space. What would have been really fun?

(Spend some time letting the children participate and ask them “What happened next?” a few times until they share things that are relevant to them that they need to express).

Well then they knew it was time to go and they floated back to the tunnel and gradually they got heavier and heavier until they were walking along again. It felt so funny to be walking again rather than flying. Flying felt so fun and natural after such a short time. Wow!

They saw the blue door and they opened it. They went back into the crystal room. They made their way down the stair case to Mr Hobgoblin. “What did you think? Did you have a fun time?” he asked. They all spoke at once excitedly telling him about how much fun they had and all the games they played. Then Poppy said, “Oh dear, we really do have to fly now Mr Hobgoblin. I told my parents that we would be home within the hour. Maybe next time we can stay a bit longer. Thank you, see you soon.” They bid Mr Hobgoblin farewell and thanked him for allowing them to visit the Magic Crystal Tree. “Come back tomorrow.” said Mr Hobgoblin. And so Poppy, Katty and Moppy trotted off merrily back home. They were so excited about their day that they couldn’t wait to tell their parents how wonderful it was.

Once they got home they told their parents all about their adventures. Poppy’s father said that he was very proud that Poppy had stuck to his commitments and made sure he got back home on time. His mum nodded and was glad he had enjoyed himself with his friends. Katty’s parents were wide eyed about her travels and were not so sure that it was as safe as they would have liked. It seemed that she was well taken care of by her friends and Mr Hobgoblin though, so they allowed her to continue to visit the Magic Crystal tree again. Moppy’s parents were so excited by

his travels that they wished one day they might be invited to have some fun exploring the Magic Crystal Tree too. That night, when they were all fast asleep in bed Poppy, Katty and Moppy had amazing dreams of their adventure all night long.

Exploring the Elements of the Story of The Magic Crystal Tree

For your benefit, I am keeping the story in here and writing in bold italics so that the reasons why things are specifically included jump out.

Once upon a time there were three animals Poppy, Katty and Moppy. They lived side by side in white houses. Poppy was a dog and his house had a red door, red windows, red roof and red fence. Poppy lived next door to Moppy the Monkey. Moppy had a yellow door, yellow windows, yellow roof and yellow fence. Katty was a cat and she had a blue door, blue windows, blue roof and blue fence. They were all good friends who liked to play and have adventures together. ***We introduce the story with the Red door, signifying the strength of character of the choleric child, the yellow door signifying playfulness of the sanguine child and the Blue door representing the more introspective nature of the melancholic child. I did not exclude the Phlegmatic child for any specific reason, it just did not fit into the story. The story is about adventure. Phlegmatic children tend to plod along so I left this to be explored in other ways. If this story needed a character to have a green door then perhaps they could build a house next door down the track. Initially when I introduced this story to my children, Poppy lived next to Katty and then Moppy moved in next door. Here I had the two extremes of the forward focused and past focused personalities. Then Moppy arrives and he is really in the present. Feel free to be creative with the way you introduce and build on the story.***

The white houses and their doors and where Poppy, Moppy and Katty live are repeated at the commencement of every story. Initially when I wrote this I had only remembered the colours of Poppy, Katty and Moppy's doors. When I read this story to my children from this book they reminded me that Poppy, Katty and Moppy's windows, roof and fence matched their door. e.g. Poppy had a red door, red roof, red windows and red fence. This is proof at how much stuff we repeat sticks. This repetition is enjoyed by children. It gives them a sense of safety. They prepare for 'opening up' to their imagination by feeling safe. So whatever you start with, stick with it.

One day when they were all out playing in the forest, they came upon a big tree. It was so huge that the trunk of the tree was as wide as one of their houses. At the bottom of the big tree there was a red door. ***The red door is symbolic of the Base Chakra.*** Moppy was adventurous and he suggested that they knock on the door. ***Sanguine children are flippant and love to naturally explore. Often not thinking about the consequences.*** Katty was scared and a bit shy so she didn't want to knock on the door. ***Melancholic children tend to feel more unsure and tentative about exploring until they know all about things.*** Poppy said that he wasn't afraid and would knock on the door. ***Poppy is the brave choleric child.*** But they knew that it wouldn't be the right thing to do without telling their parents. ***We bring in the element of teaching our children a moral lesson here. Don't just knock on a stranger's door, even if it's tempting. Always check in with your guidance. At the children's level, this guidance comes from their parents.***

So they decided not to knock. Then all of a sudden, the red door opened. ***Once again, if you seek to be guided, doors and opportunities open to you.*** A little man with a red face and all dressed in red was standing there with a big smile. He said that they had reached a special place and if they wanted to visit, then they would need their parent's permission. ***The red is again signifying the base chakra. Reiterating that the children should seek guidance from their parents is building both trust and a sense of righteousness in the characters in the story and in the children listening to the story.*** He told them his name was Mr Hobgoblin. He said that the tree was very special and that he would be happy for them to visit again as long as they had their parent's permission. ***Mr Hobgoblin is symbolic of the guardian of the threshold. He is the keeper of the divine wisdom.***

So back they went back home. Poppy asked his parents, and they said that it was okay for him to go if they were back within the hour. ***This is symbolic of the limit setting that is normal and healthy for parents to give children. This backs up the parent telling the story to set boundaries for their children.*** Moppy's parents were very excited about the possibility of an adventure and encouraged Moppy to go. ***This shows the children that even when they grow up, they don't have to outgrow their playfulness.*** Katty's parent's weren't so sure, but they decided that they could trust Poppy and Moppy's parent's decision. As long as they stayed in a group, they would give their permission for Katty to go. ***This demonstrates that parents can be cautious and still give their permission when they feel supported enough. In this situation, the parents feel supported by their community. In the broader sense, we are building a sense of trusting others that we respect and being okay about relying on them when we are unsure.***

So back they went along the forest path. They saw the tree up ahead and got a tingling of excitement all over. They could feel that something special was about to happen. ***This is representative of the Clairsentience and Intuition. It teaches the children that being excited can also mean that they are getting signs through their bodies that they are on track.*** So they knocked on the red door. Mr Hobgoblin answered the door with a big smile. “Do you have permission from all your parents?” he asked. They all nodded. Mr Hobgoblin clapped his hands with excitement and welcomed them into a big red room. ***Mr Hobgoblin shows a sense of boundaries in checking with the children and then trust in believing them. When trust is present, joy can enter. He shows this by clapping his hands.***

“Come in, come in.” he said. The big red room had red tables and chairs, a red kitchen with a red stove, red kettle and red teapot. Everywhere they looked was red, red, red! Mr Hobgoblin invited them all to sit down. “Now before I show you the special things of this tree up those very stairs,” and he pointed to a red staircase leading up to a red door, “Please have a drink of my special red berry juice and a piece of my special red yummy cake. It’s fresh out of the oven you know.” They were all a bit hungry and so they agreed to have some of the juice and cake. It was absolutely delicious! ***The characters are in a red room because this is symbolic of the base chakra and we want them to be earthed before they ascend the staircase. We also want them to earth themselves again before the story is finished and that is why they descend the staircase at the end of the adventure. They eat the red cake and drink the red juice as a way of ensuring that they are in their bodies before they explore higher realms. As the children are listening to the story, they too relate to the characters and feel grounded by this part of the story. We want to make sure they feel a connection to their bodies before assisting them to ascend to higher realms.***

Then Mr Hobgoblin led the way up the red stair case to the red door. When Mr Hobgoblin opened the door they entered into a big round room surrounded by different coloured doors. In the middle of the room was a huge table and it was full of crystals. There were blue crystals, white crystals, green ones and red ones. There were big ones and small ones, round ones and polished ones. There was every colour and shape imaginable. They looked around the room and saw that all the walls and ceiling had crystals on them too. ***The crystals symbolise infinite support from higher realms in the most tangible earthly form possible.*** “Welcome to the Magic Crystal Tree,” said Mr Hobgoblin. “Every Crystal here is magical. Behind every door is a different magical land. ***The doors are portals to higher realms and other dimensions. They present infinite possibilities.*** You are welcome to explore each land whenever you wish. ***This statement indicates the freedom that man has to take upon himself to explore his spirituality. It is within his will and choice. Spirit always welcomes us with open arms.*** You are specially invited guests of the Magic Crystal Tree. ***This ensures that the characters do not***

take their invitation for granted. They need to practise reverence and gratitude for the invitation. Spiritual exploration is a special opportunity.

You may choose to take a crystal on an adventure with you but please return it back to its home here on the table. ***This shows that spiritual support is available however we believe that it is also available for everyone else. We don't need to hold onto it to keep its gift.*** If you wish to take a crystal home then be sure to ask the crystal first. ***Sometimes we need more spiritual support than at other times. If so, we show respect by asking for it. It also shows respect for all life. It is not our right to take from the earth just because we can. Always ask.*** Well, who wants an adventure? The hardest part is choosing which door to go through first. ***Exploring our spirituality is always a choice.*** No adventure is ever the same. No door is ever the same. They are changing all the time, every day. ***Believing in infinite possibilities is the seedling of faith.*** So which doorway do you choose to open today?"

Poppy, Katty and Moppy looked at each other with their eyes beaming with excitement. They were so ecstatic that they were able to choose any door that they wanted. They looked around. Moppy said, "I want to go through the yellow door." Katty said, "I want to go through the blue door." Poppy said, "I'd say I want to go through the red door, but then we'd be back down in Mr Hobgoblin's house". They all laughed. ***The characters all want to stay true to their nature and what they are familiar with. This is normal and healthy. But at some point, like Poppy points out, the doors that they are familiar with may not lead anywhere new. There is also an element of humour. This is very important to include. When the characters all laugh together and share a joke, this brings a sense of camaraderie, fun and unity. It shows us that they are relating and connecting, even in their differences.*** Then Katty said, "Remember the rules, my parents said we had to stick together." ***Once again, Katty brings forward her conservative nature which reinforces boundaries.*** Moppy said, "I don't mind which door, it's all an adventure." ***Once again Moppy is carefree about what he wants.*** Poppy said, "Well whatever door it is, let's make it quick because we are running out of time, we need to be home pretty soon." ***Once again Poppy shows a sense of urgency and responsibility of the choleric nature.***

So they all decided to go through the blue door. After all, Katty was a bit more scared then they were and they wanted to make sure she felt safe. ***This shows that their wants are not overshadowing other people's needs. This is a good lesson in working with groups and others. Demonstrating consideration for other people's feelings brings elements of empathy and emotional intelligence into the story.*** So they bid Mr Hobgoblin farewell for now. "See you all on the way out," said Mr Hobgoblin with a big smile on his face. "And have fun!" ***Mr Hobgoblin's statements here are both bringing security and purpose. Security in that you***

can depend on him to be there when the characters return. Purpose in that exploring should always be fun, even when it is exploring higher realms. We can tend to get bogged down in exploration of ourselves and forget to lighten up. There is a part of us that needs to remember to have fun.

"We will" then all said together. ***This shows a sense of unity in their commitment to have fun.*** And they opened the blue door. It was a dark blue door in colour. A lot like the night's sky. They opened the door and it opened into a corridor that was long and quite dark. ***The colour indigo is relevant to the third eye. Each door would represent a colour of a chakra or an element of a principle or personality that we can explore. Once again the possibilities are endless.*** They were a bit worried, but not for long. As they walked along, they noticed that they were actually feeling lighter and lighter. The tunnel may have been quite dark, but up ahead it looked as if there was a light streaming through. ***The light signifies that they are safe and invites a sense of mystery. It draws the children in, we don't want them to feel that they are being kept in the dark for too long. We want them to feel safe in the dark, knowing that there is a light up ahead. This can also be helpful in working with their soul in knowing that during dark times, even death, there is always a light at the end of the tunnel.***

As they got closer and closer they noticed that they were no longer walking on the ground, but they were walking on the air. Moppy shouted with glee. "Weeee, we're flying". ***They have crossed a portal to a higher dimension and they are flying. They don't always have to fly, however if they are feeling too grounded and need to lighten up, including height in some element of the story is a great way to achieve balance within a child. Of course Moppy is enjoying the element of air being a sanguine character and this would ensure that children feel that sense of lightness too.*** The more they used their arms and legs, the more it felt like they were flying. Katty gave it a go and was surprised at how easily she glided through the air. ***Even though Katty is conservative, she gives it a go and this is helpful for melancholic children who can relate to Katty. They need to feel that they can give things a go too even when it's something unusual.*** Poppy rolled over on his back and said, "Look at me, I'm doing dog paddle upside down.". They all laughed. ***Including this humour ensures that the children listening stay amused. Choleric children can lighten up, they don't have to be all fired up and rushing all the time.*** They finally reached the end of the tunnel and then they saw that they were actually in outer space. The bright light that they had seen was the Sun and they could see stars brighter than they had ever seen before. There were planets everywhere. ***The expansiveness of outer space is introduced in this land however we can explore different lands for different reasons. There could be different lands for different reasons with endless characters that they meet.*** "We could just go over and visit any planet we want." said Moppy. "I wish we had more time." said Poppy. "It's ok, let's just enjoy this wonderful

feeling.” said Katty. And they spend time playing games for a while up in the sky. What kind of games do you think that they played up there in outer space. What would have been really fun?

(Spend some time letting the children participate and ask them “What happened next?” a few times until they share things that are relevant to them that they need to express). ***Giving children an opportunity to participate in a section of the story or at different times in the story gives them room to process and express any current issues, concerns or curiosity they have at the current time. Sometimes there may be more or less that they need or want to share. If they are very quiet, then it may not be the time for them to share. They may gain more by listening.***

Ideas:

- ***Perhaps in one part of the story you can ask them which door do they want choose?***
- ***If they choose a crystal before they leave, ask them what its power is. Then use it in the story.***
- ***When something happens, ask what they think one of the characters think, feel or wants to do or not do.***
- ***Ask them to describe a land or part of it. Let their imagination run wild.***
- ***I usually had them find a gift in the story along the way and it teaches them something. I often used symbols for Poppy in the form of a bone so that we knew the gift was for him. Katty’s was fish and Moppy’s was a banana.***
- ***Ensure that you bring them back down to The Magic Crystal Tree sooner rather than later if they are getting too “out there” where they are losing too much of a sense of reality, or getting too high that they can’t articulate what they are seeing.***
- ***Trust your guidance on how far you take them, let them run the story and always be their guide to bring them back when you feel they have explored enough.***
- ***It’s important that the characters are able to use these experiences when they get back to their homes in discussions that they have with each other or their parents when they return. Maybe some challenging behaviour has been overcome.***

Well then they knew it was time to go and they floated back to the tunnel and gradually they got heavier and heavier until they were walking along again. It felt so funny to be walking again rather than flying. Flying felt so fun and natural after such a short time. Wow! ***The tunnels won't always be the same, however noticing the difference between how it feels in the tunnel and when they return back to the crystal room is important.*** They saw the blue door they opened it. They went back into the crystal room. They made their way down the stair case to Mr Hobgoblin. "What did you think? Did you have a fun time?" he asked. They all spoke at once excitedly telling him about how much fun they had and all the games they played. ***Mr Hobgoblin or the red door and room is the key to the characters grounding themselves before returning home. Sometimes Mr Hobgoblin is asleep or not there and he lets them know at the beginning of the story, so they feel comfortable to go through his house on the way out. It frees up the story so that Mr Hobgoblin is not granting them permissions and they don't have to relay the story to him to justify their explorations. This can build over time in the story.*** Then Poppy said, "Oh dear, we really do have to fly now Mr Hobgoblin. I told my parents that we would be home within the hour. Maybe next time we can stay a bit longer. Thank you, see you soon." ***Poppy is usually the one who has the sense of responsibility to get the gang back home on time. This can change or evolve over time as the characters change and evolve. We need this element in the story to ensure responsibility and boundaries are balanced with curiosity and exploration.*** So they bid Mr Hobgoblin farewell and thanked him for allowing them to visit the Magic Crystal Tree. "Come back tomorrow." said Mr Hobgoblin. And so Poppy, Katty and Moppy trotted off merrily back home. They were so excited about their day that they couldn't wait to tell their parents how wonderful it was. ***This is important because they don't hold any shame about their exploration and want to share it transparently with the others. This builds on the principle of honesty.***

Once they got home they told their parents all about their adventures. Poppy's father said that he was very proud that Poppy had stuck to his commitments and made sure he got back home on time. His mum nodded and was glad he had enjoyed himself with his friends. ***The parents reinforce what they value by acknowledging the commitments that the characters keep. They may differ in different stories.*** Katty's parents were wide eyed about her travels and were not so sure that it was as safe as they would have liked. It seemed that she was well taken care of by her friends and Mr Hobgoblin though, so they allowed her to continue to visit the Magic Crystal Tree again. ***Once again there is an element of trust even when there is fear of exploration or change.*** Moppy's parents were so excited by his travels that they wished one day they might be invited to have some fun exploring the Magic Crystal Tree too. ***Once again there is an element that fun and playfulness continues into adulthood.***

That night, when they were all fast asleep in bed, Poppy, Katty and Moppy had amazing dreams of their adventure all night long. ***A nice way to end the story, is that the characters dream on about their adventures, however you can choose any ending that you wish. The main thing to remember is that there is resolution, no loose ends. If there is a theme to continue with on another day, then mention that it will be dealt with the next day and make sure that you turn up to tell the story for the benefit of the soul of your child. The story does continue to live in our children overnight and into the next day, weeks, years. Each element in the story has powerful symbols that are spiritual nourishment and live on. Allow yourself to be guided in what symbology to use and why. Always hold a loving intent for all characters in the story. Each character and element of the story is symbolic of a part of your child. So refrain from passing any judgment! But you can talk to your child about what part of the story they liked or didn't like to gauge the impact that the story has had on them.***

I usually commence the stories with how the characters wake up, their mood and their experiences. It is usually a Saturday or it can be an after school adventure. The story always commences in the house (like we introduce this story with the houses) and the mood of each character at the beginning of the story. Recent challenges that have occurred with them or their excitement about wanting to explore a certain land and why. There isn't always involvement with the parents in a huge way at the beginning of the story. There is always communication about when they will be home though, so that there are clear boundaries as to when the characters commit to return.

I hope you enjoy and feel nourished in the telling of these stories as much as your children enjoy and are nourished by them!

Lightfilled Sexuality

Lightfilled Sexuality is a way that we can fully engage our base chakra with the rest of our chakras. When we are fully engaged in our base chakra we are able to fully realise our sexuality. It is constantly evolving, as we are.

Where we are with our sexuality where we are born, through our childhood, into our adulthood and onto more years of living sexually is a constant journey. Our sexuality starts out with our genitals when we are born. Our sexual gender is usually initially defined by society's norms that have impacted on our parents. We either accept or rebel against these. Our curiosity as a child explores our sexuality in an innocent way. What feels good or "What is that feeling?" when we are unexpectedly aroused is an example of the innocent exploration of our sexuality as a child. As we go into pre-school and school, we may play doctors and nurses and show our private parts to others in learning and accepting our sexuality. This is normal. For any warning indicators around any unhealthy sexualised behaviour, I can recommend the 'Traffic Lights Framework' by Department of Communities, Disabilities and Child Safety in Queensland Australia.

As adults we continue to evolve in our sexuality. There are an infinite number of influences on how our sexuality develops. Both our inner life and our outer life play a part in contributing to how we respond sexually and how our sexuality evolves. Our home life, religion, race, school life, family, environment, suburb, country, state, friends and experiences all play a part on how comfortable we feel sexually and how free we are to explore who we are sexually.

In Level 2 we also talked about sexual addiction. There are many books written on this subject and it is not actually the subject of this level's focus. Sexual addiction is a process that we can use to avoid connecting with our Higher Self. We replace our connection with our higher power with sex. We need more of it the more addicted we get. The more addicted we get, the emptier we feel. The distorted reality of sexual addiction tells us that we need sex to fill the emptiness. So it is a never ending circular addiction. Sexual addiction is a powerful addiction that if left untreated can have life threatening consequences. When we are talking about Lightfilled Sexuality, we are focussing on the solution rather than the problem. In order to address a full blown sexual addiction, like any addiction, one may need to go into rehab to ensure that recovery is possible.

When I was about to write about Lightfilled Sexuality, I was asked to meditate on what it actually is. I knew I was living it but it wasn't something I ever had sat down and put into actual specific words. Well I was certainly not expecting what I came through. What I got was very simple. Yet the more I think about it, it is probably going to be quite simple in application but with a million

different scenarios of how it is expressed individually and uniquely. I can imagine conversations that this one will spark!

I was shown that when we focus on the Base Chakra, we tune into all our other chakras to see how they are being affected by our Base Chakra. We also get a sense of how each Chakra is affecting our Base Chakra. Yes, it is that simple. I know, sounds basic, right? That's what I thought. When actually applied to individual chakras, we get a wealth of information come through about how each chakra assists our base chakra. Our intention is for our Higher Self to be awakened in our other Chakras to assist the base chakra to fully function at its most optimum and healthy capacity. Easier said than done. But remember it is one chakra at a time.

Chakra	**How it Affects Our Sexuality**
Crown	We receive ideas and guidance on how to share and experience our sexuality for the highest good of all concerned. Our sexual expression is not only for selfish gain or to overpower others. It is to enlighten and connect with the Higher Self of others never to repress or deny the Higher Self.
Third Eye	We are able to see clearly the truth of our own and other people's sexuality. We see others and our own energy and how it is effecting our own and other's energy centres. We can see how the energy is flowing separately and together.
Ear	We are able to hear our guidance with regards to exploring and sustaining a healthy sexuality. Our ears open us up to receiving and are highly connected directly to our base chakra. We are able to receive more easily and open up sexually when we are listening.
Throat	We are able to communicate our sexuality and needs with truth and honesty. We are able to say no when something doesn't feel right.
Heart	We connect with our hearts and the hearts of others with joy and playfulness, compassion and gentleness. We love ourselves enough to set boundaries about what we feel comfortable and uncomfortable with.
Solar Plexus	We value ourselves enough and feel empowered enough to be who we are sexually with our preferences. We do not feel that we have to justify our choices or allow our sexuality to define us. We define our sexuality and it is in its place.
Sacral	We allow ourselves to receive nourishment sexually. We feel a deep spiritual nourishment when we are exploring our sexuality. We do not use others sexually as a way to get high or fill ourselves up. We are not left feeling empty after sexual experiences. Our sexuality brings us closer to our Higher Power and this nourishes us on a deep level.
Base	We are open to feeling and being sexual, receiving stimulation and fully activate our sexual organs. We are able to conceive more readily when our base chakra is open. Our sexual connection with others brings us to a greater trust with our Higher Power. We are able to connect with our Higher Selves and trust others as we are connected to theirs.

I have provided a meditation to assist us in awakening our Sexuality in this Lightfilled way so that we can empower ourselves with the higest vibration possible sexually in the meditation ‘Awakening Our Lightfilled Sexuality’.

Awakening Our Lightfilled Sexuality

Find a comfortable private place where you feel safe. You can sit or lay in any position that allows your base chakra to open and to feel this connection. Taking a deep breath in and as you exhale, totally relax. Let go of any tension that you feel in your body. Now I want you to invite your spiritual resources, guides, higher power and any other helpers into your space. Feel the space growing with light as they enter now. Feel your spiritual helpers sending you a beautiful nourishing light. Feel yourself surrounded by this healing light. You feel safe and warm in its glow. With every breath that you breathe, breathe this light into your lungs and feel it filling up your body. Feel it relaxing you completely.

Now I want you to turn your attention to your base chakra. Take a moment to breathe the light right down into your base chakra. Allow your Higher Self to observe what is there. Notice how it looks and feels at this time. Notice whether your base chakra feels open or closed. Notice if there are any blockages surrounding your base chakra. If you feel any disconnection, that is totally okay. Allow yourself to be where you are, allow yourself to feel exactly how you feel. We will return here at the end of this meditation to see if any changes have occurred through this process.

When our Higher Self is fully activated in our base chakra we are open to feeling sexual, being sexual, receiving and giving sexual stimulation and our sexual organs are fully activated energetically. When our base chakra is open, we are also able to conceive and give birth to life and our ideas physically and energetically. When our Higher Self is activated in our base chakra, we trust ourselves, others and our Higher Power. We are able to unite our Higher Selves with the Higher Selves of others when we share ourselves sexually. This brings us a greater trust with others. In this way, our sexual connection with others reinforces trust with our Higher Power.

Ask your base chakra what it needs to be restored to wholeness and to assist you in opening and fully trusting spirit. Feel yourself receiving this energetically from your Higher Power and Guides. Breathe it in.

We now bring our attention to our sacral chakra. When our Higher Self is fully activated in our sacral chakra we allow ourselves to receive nourishment sexually. We feel a deep spiritual nourishment when we are exploring our sexuality. We do not use others sexually as a way to get high or fill ourselves up. We are not left feeling empty after sexual experiences. Our sexuality brings us closer to our Higher Power and this nourishes us on the deepest level of humanity.

Ask your sacral chakra what it needs so that it can assist your base chakra in opening and fully trusting spirit. Feel yourself receiving this energetically from your Higher Power and Guides. Breathe it in.

We now bring our attention to our solar plexus chakra. When our Higher Self is fully activated in our solar plexus chakra we value ourselves enough and feel empowered enough to be who we are sexually with our preferences. We do not feel that we have to justify our choices or allow our sexuality to define us. We define our sexuality and it is in its place.

Ask your solar plexus chakra what it needs so that it can assist your base chakra in opening and fully trusting spirit. Feel yourself receiving this energetically from your Higher Power and Guides. Breathe it in.

We now bring our attention to our heart chakra. When our Higher Self is fully activated in our heart chakra we connect with our hearts and the hearts of others with joy and playfulness, compassion and gentleness. We love ourselves enough to set boundaries about what we feel comfortable and uncomfortable with.

Ask your heart chakra what it needs so that it can assist your base chakra in opening and fully trusting spirit. Feel yourself receiving this energetically from your Higher Power and Guides. Breathe it in.

We now bring our attention to our throat chakra. When our Higher Self is fully activated in our throat chakra we are able to communicate our sexuality and needs with truth and honesty. We are able to say no when something doesn’t feel right.

Ask your throat chakra what it needs so that it can assist your base chakra in opening and fully trusting spirit. Feel yourself receiving this energetically from your Higher Power and Guides. Breathe it in.

We now bring our attention to our ear chakras. When our Higher Self is fully activated in our ear chakras we are able to hear our guidance with regards to exploring and sustaining a healthy sexuality. Our ears open us up to receiving and are highly connected directly to our base chakra. We are able to receive more easily and open up sexually when we are listening.

Ask your ear chakras what they need so that they can assist your base chakra in opening and fully trusting spirit. Feel yourself receiving this energetically from your Higher Power and Guides. Breathe it in.

We now bring our attention to our third eye chakra. When our Higher Self is fully activated in our third eye chakra we are able to clearly see the truth of our own and other people’s sexuality. We

see others and our own energy and how it is affecting each other. We can see how the energy is flowing separately and together.

Ask your third eye chakra what it needs so that it can assist your base chakra in opening and fully trusting spirit. Feel yourself receiving this energetically from your Higher Power and Guides. Breathe it in.

We now bring our attention to our crown chakra. When our Higher Self is fully activated in our crown chakra we receive ideas and guidance on how to share and experience our sexuality for the highest good of all concerned. Our sexual expression is not only for selfish gain or to overpower others. It is to enlighten and connect with the Higher Self of others never to repress or deny the Higher Self.

Ask your crown chakra what it needs so that it can assist your base chakra in opening and fully trusting spirit. Feel yourself receiving this energetically from your Higher Power and Guides. Breathe it in.

Now I want you to turn your attention back to your base chakra. Notice how it looks and feels again at this time. Notice whether it is more open or closed. Notice if there are still any blockages surrounding your base chakra. Again, just allow yourself to be where you are, allow yourself to feel exactly how you feel. If you wish, you may ask your spiritual helpers to remove any blocks or obstructions that may still be there. Feel yourself receiving spiritual nourishment into your base chakra. Feel it flowing from all your chakras and down into your base chakra. Feel your base chakra being fully fed. Feel it opening and expanding like a flower. Feel it growing bigger and bigger. Feel yourself fully trusting your Higher Power and knowing that you are totally safe. Nothing is ever broken or lost in the eyes of spirit. You are restoring your consciousness to your eternal wholeness. Feel the spirit flow right through your body and into the earth and cosmos. As you receive you give to the world. As you give to the world you receive. Feel it flowing back to you now. Feel yourself receiving this energy through all your chakras. You are the flower. Feel yourself connected to all life. Feel this unity with total creation. When you are ready come back to full waking consciousness remembering everything that you experienced.

Section 6: Abundant Lightfilled Co-Creating

After reading Lightfilled Sexuality in the previous section and experiencing ‘Awakening Our Lightfilled Sexuality’ you probably realise just how powerful our Base Chakra is in creating things on the physical and energetic plane. When we are connected to our Base Chakra, we are connected to the source of life itself. We are amazing co-creators with God when we give birth to children on this earth. The miracle of life is a miracle. But it is one that occurs every few seconds across the globe every day. Realistically, we are creating all the time. Every time we breathe in, we create new cells that feed our body. Every time we eat good food and exercise we replenish our bodies, rebuild our muscles and create greater strength. We are co-creating all the time. We cannot not create! It is a wonder that we don’t consciously realise just how powerful we are all the time. We don’t make these things happen, our Higher Power does. It has the infinite intelligence. We are linked to this infinite intelligence if we choose to connect to it. When we link in, we are in the flow. Remember we talked about being in the flow in Section 4? Well with co-creating, we are in the flow and we are also sharing this flow consciously with ourselves and others with the intention to create.

There are 3 types of Lightfilled Co-Creation:

1) Lightfilled Co-Creating with our Higher Power
2) Lightfilled Co-Creating with Another Person
3) Lightfilled Co-Creating with a Team

Lightfilled Co-Creating with Our Higher Power

As I said in the introduction to this section, we are creating all the time. However with Lightfilled Co-Creating, I want to point out that we are consciously creating and including our Higher Power in the process. These are projects that we embark on as an individual. We do them on our own, however we are never alone. We are guided each step of the way. Any obstacles internally and externally are met with open arms as opportunities to learn and evolve. We see nothing as a mistake in the process. We continue along the journey. Our intention to create something may indeed evolve as we go. We might have one idea and then we are guided to change tact. That is wonderful! It is important to know whether changing tact is our will or our Higher Power’s. Sometimes it is our Higher Power’s will to finish a project. Trust me, I am at the second last section of final level of the Lightworker Practitioner Training series, you know it when it is time to finish because you can feel it, hear it and see it!

One thing to watch out for is when we feel that we are sabotaging or that one of our shadow aspects is in the driver's seat. It is important to engage our Higher Power and Higher Self to check in with this shadow part. Shadow parts are extremely creative. If we ignore them, we cut ourselves off from easy creating. It is much easier to connect with a shadow part than it is to force creation. My suggestion is that the shadow part is trying to 'get us there quicker' by sabotaging. True sabotage teaches us what we don't want. Therefore it teaches us what we really want. The shadow may be on board more than you realise. After all, it is the shadow's job to serve the light. The quicker we see the sabotage as a gift, the quicker the project will move. Ironically, the shadow part probably has some crazy good suggestions to offer to get things done a lot quicker.

Lightfilled Co-Creating with Another Person

When working with others in Lightfilled Co-Creating with another person, we need to be mindful of 3 main things:

1) Know when either of you are in the flow or blocking it
2) Know when either of you are in your Higher Self or another Shadow part
3) Invite your Higher Power into all major decisions

1. *Know when either of you are in the flow or blocking it*

   Firstly, you need to have your own connection to the flow in order to consciously co-create with someone else in a lightfilled way. If you are blocking the flow, chaos or stagnation reigns. Things don't move or there is chaotic manic behaviour within or around you. Communicate openly about how you both feel regarding where you are in the flow. Sometimes you need to know when to hold them and fold them. Sometimes you do need to stick at something even when either of you are unsure of what is happening next. Keep open to being guided. When you know, you will know. Sometimes you need to discontinue a project with others if the co-creation has discontinued from being one that is Lightfilled. Sometimes we need to work together closely during a project and at other times we need to work on parts of the project separately. If we stay current we stay in the current. We don't fight the flow. Staying current means communicating where we are at in the flow.

Here is an exercise to help you check into the dynamics of you and your co-creator and whether you are in the flow or not.

Imagine you and your co-creator are standing in front of a big pipe that is shooting out water. If either of you stands there, what happens to the water? It spurts everywhere! If you resist the flow, it's like you are rejecting its power. Imagine that you are swallowing the water, what happens to the water? You fill up and up and up with this energy. If you are holding onto the flow by taking too much on, you will feel as though you are carrying everything. You can both be doing either of these things at any time. If you are the one in resistance, see what happens when you let go of resistance. Notice whether things shift and change quicker or if they are not moving at all. If they are not moving, your co-creator might be resisting or carrying too much of the flow. Make sure you double check with spirit because if you are both in the flow and nothing is moving, it could be more of a universal timing thing. If you see the flow of water flowing straight through either of you, that is a good sign. It is good to regularly check in to see what is happening energetically with you both by using this visualisation technique.

2. *Know when either of you are in your Higher Self or another Shadow part*

Secondly, in order to know whether you or your co-creator's shadow parts emerge, you need to have a connection with your own Higher Self and your co-creator's Higher Self. If you have a strong platform to start from, then you will both feel that you can deal with shadow parts as they emerge. Our Higher Selves always sees the gifts of the shadow so it is good to have a strong definitive starting point that builds from strengths. All shadow parts are either helpful to your co-creating or not so helpful. Let them be good at what they are good at. Stay out of judgment and remember that we are all mirrors of each other. If a shadow part triggers your shadow part, then deal with it and share it with your co-creator. Don't concern yourself with whether they transform their own shadow part. That is their business. However, if their shadow part remains unconscious or behaving immoderately, then you can share how it is affecting you. That is perfectly okay. If we are in our shadow, we may think that we are seeing the truth of a person and their choices. However, if we are in our shadow, we may be seeing lies rather than reality. Not all of shadows are enlightened or transformed all of the time, but they can still serve a good purpose and get jobs done. They are often good at the mundane tasks too. Don't get too caught up in how much transformation is required to co-create together. Give each other wide open spaces and time to evolve and grow. Ensure that both your Higher Selves remain witnesses to the shadow so that you can take responsibility for each of your own actions.

3. *Invite your Higher Power into all major decisions*

   Thirdly, you need to both consciously want to have your Higher Power involved in all major decisions. Don't sweat the small stuff. But ensure that you both consult your Higher Power with the big stuff. Spending too much time on every little decision is a trust issue. Allow yourselves to be as centred as possible, but relax and know that you will both have many parts of yourself on board that are contributing to decision making all the time. Go with the flow and don't be too nit-picky. Allow each other to be creative and to contribute. When it comes to the major decisions, stop, take a breather and consult your Higher Power together or on your own. Sleep on it if you need to. Then regroup and share your guidance. It is very important not to rush major decisions, even when they emerge naturally. You may need to think about whether there is more detail involved to make the decision clearer to both of you.

Lightfilled Co-Creation within a Team

The same 3 guidelines apply with teams as well as co-creating with others. We still need to know whether we are in the flow, connecting with our Higher Selves and inviting our Higher Power into all major decisions.

The difference between working within a team and co-creating is that it might trigger more of our shadow aspects that stem from our family dynamics. We may take on roles that we played in the family or lock ourselves into certain tasks rather than share or expand ourselves. Sometimes it is easier to hide in a group by wearing old masks.

The most important thing with Team Co-Creation is that we are all satisfied with the mission. We can take apart the jobs and delegate them out, however we are all committed to the end creation. The process and the jobs are not as important as the end result. However, we also need to ensure that the journey is held in reverence by all included, because even though we are not getting too caught up in the process, we don't lose sight of the importance of the process. The process is less of a burden because usually we are sharing the load. This is the benefit of the team. However, every team member needs to pull their weight. We may dislike some of the jobs we are to do. However, we use this as an opportunity to experience and get to know a different part of ourselves. We build from strengths as we all have unique gifts. So we welcome the gifts of others without putting them in a box. Everyone is free to expand, grow and evolve in their consciousness by contributing to things that they are strong with and that challenge them.

Because there are many team members, we usually align ourselves with people that we feel comfortable with. The interesting thing is that we grow more when we learn to embrace and transform our internal mirror of those that we feel uncomfortable around. Usually there is no escape from team members when working on co-creations and we need to learn to deal with them anyway. We can reframe this thinking and see our needing to 'deal' with them as us needing to transform part of ourselves. We can see these team members as gifts that are helping us to evolve. No matter how annoying they seem to be! Be open to different points of view, new ideas, encourage brain storming with the team and don't judge people for their input. Even if it seems weird, it may lead to genius.

The funny thing is that there is no greater reward than the feeling of unity. It is the feeling that we can experience more of in a group or team environment. Unity is really real in this kind of environment when we are all working towards the common purpose. 'Comm-Unity'.

When to Co-Create

When to co-create with ourselves, another person or team of people is something that we need to be guided to do. It may be that we get a sense that we are ready to step up. Or perhaps we don't feel quite ready, we may have a lot of fear on board, but we know that it is the right time.

At this level of the training I encourage students to co-create on their own at the very least. They may not be quite ready to jump into co-creating with another person or team quite yet. Or they might. Everyone is different and brings their own individual readiness and unique gifts to this level of training. I don't want to lock people in a box and say 'Now co-create this specific project with 3 people'. It might not be accessible or even natural for them. I might be getting in the way of a really great idea. Wielding my will is not what this training is about. It is about building the Higher Self of the student and encouraging the connection with their own Higher Power.

As part of student's assessment at this level of the training I was guided to ask students to co-create a piece of work of their own creation. Utilising their connection with their Higher Power and their Higher Self, I request that students develop their own product, service, artistic creation that they believe they are guided to do. The purpose of the creation is the only definitive element to this assessment. The purpose of the co-creation is to raise the vibration of the planet. In the process, the student also raises their vibration thereby giving confirmation to the principle of unity so divinely imbued in the fabric of this level.

Putting Your Stamp On It

At times in the world we utilise the tools, resources and experiences that we have gained and build on them. We put our own stamp on it as it were. By utilising this knowledge we become co-creators with others on an energetic level. This is such a lovely compliment to others and reinforces their good work. Ensure that you're careful not to breach copyright or patents in the process. Remember to dot you I's and cross your T's. Be creative and also be respectful of honouring other people's creations as well. I like the saying 'we stand on the shoulders of giants' because we really do. We are all one and we benefit from each other's sharing. It is a form of energetic respect to acknowledge the original creators and authors of anything that we put our individual twists to. I am honoured when people acknowledge me and value my work by developing or transforming it into other forms that serve to raise the vibration of the planet.

Section 7: Abundant Lightfilled Transformation

Why Transform?

When we transform our vibration, we transform the planet. We are all one. This is enough motivation in itself, however we often commence our transformational journey kicking and screaming!

The reason why we transform may commence because we want to be more evolved or conscious. However, more often than not it may be because we are sick and tired of being sick and tired. We throw our hands up in the air and say “I want an easier life” or “I am sick of the drama”. We may hit a rock bottom and believe that the only way is up, so we might as well get on board and make some changes.

Sometimes life forces our hand. The consequences of continuing down a path that we know is not serving us starts to cost us big time, we may: be sick of going around in circles; have had a near death experience; caused an accident through our lack of consciousness; have lost someone close to us and this becomes our catalyst for making life changes. We may also feel inspired by others who have transformed their lives and this fills us with the hope we need to make changes.

Once we are on the path (whether willingly or not) we begin to experience the benefits of our transformation. It may be slow at first. We see snippets of how we can feel more centred and peaceful. We start to believe that we can live a different way of life.

After a while we are used to feeling this peaceful transformed vibration. The closer we get to experiencing consistent moments of transformation, the more we realise that it is not only for ourselves. True transformation connects us with everyone and everything. As my vibration is a more harmonious one, it also flows out into the world and transforms you. Transformation doesn’t see anything as separate. As we transform, so does everyone else. As other’s transform, we are affected and it assists in our transformation. When we view transformation with unity, our mind is transformed. We feel a deep sense of truth with this mindset. There is not a feeling of separation or an ‘us vs them’. This mindset is what brings forth motivation to transform for the benefit of the entire universe. What starts out as a selfish motivation transforms into a more universal motivation. It is ironic that transformation transforms our initial motivation from a selfish one into a more unified one.

What is Transformation?

When I commenced writing the Lightworker Practitioner Training I knew that at level 7 we would be talking about transformation. In our mission statement “This new way of being will create and

build energy towards a group consciousness of living in the light and Spiritualising matter" meant that we as a unified consciousness, are able to transform even matter itself. At the time, I thought that this was maybe how we see it in the movies where we can magically turn one thing into something else. What I now realise is that matter itself is defined by the limitations of our own mind. So the transformation of everyone and everything exists between our two ears. It exists within our own mind. This is the power of the mind of our higher self.

Transformation includes the body, emotions, mind and spirit to effect the change in our resonance and vibration. When we are transforming, we uplift our vibration to be aligned with Source. We are able to transform the vibrations of things outside of ourselves. We can 'overcome' lower vibrations in both the physical and energetic sense. We are able to feel connected to our own energetic systems when we allow transformation. We begin to experience an enlightened energetic system. Food allergies are less of a concern because we have taken ownership of our bodily functions at a higher level. Our higher self is more incarnated into our body. We are guided what to eat, how much and when. If we overindulge we recover more quickly. Our higher self is able to transform food that doesn't agree with us more easily. Our body reflects our enlightened mind. Our feelings are no longer feared or judged, we transform them to the highest vibration possible. We don't fear other people's emotions either. We are able to transform these as they enter our energetic field. If another person is energetically forcing their will onto us, we are able to contain our own will as separate from them, no longer feeling submissive or confused. We are able to transform our own inner thoughts so that our shadow parts are heard and attended to. They now become our allies rather than our enemies. We gain strength from these parts when we assist in their transformation.

The biggest transformer of all is when we are able to see the eternal truth of a person, situation or thing. We see the source in everything. This is real and can never be destroyed. When we are able to connect with the Source, we are able to see the Source in everything and everyone.

Transformation is also when we see others as already healed. When our higher mind is able to do this, we vibrate at a level that heals situations effortlessly. Again we are only seeing what is eternal and real within a person. This does not mean that we cannot see resistance or the limitations on non-reality in a person's own mind. We can see this too because we can clearly define what is real and that which is not.

As we acknowledge that transformation is part of every moment, every second, we can change how we think and feel at any moment. Nothing is set in concrete, there are no road maps, yet we feel safe. We know we are guided at each step of the way. Transformation is occurring in every moment.

Resistance to Transformation

As we are always transforming, the only thing that can slow this down is our own resistance. When we remove resistance, transformation is inevitable.

We can consciously choose to remove our resistance and get back in the flow. Ironically, the true removal of resistance is a transformation rather than a removal. Resistance is the absence of acceptance. Therefore acceptance is the absence of resistance. We don't literally have to remove resistance for it to no longer be energetically blocking us. We can ask our Higher Power to help us to accept the resistance. Yes, we can begin by accepting that a part of ourselves is in a state of resistance!

We can ask our Higher Power for help in understanding and accepting what our resistance is saying and stands for. We can then engage our Higher Self to assist us and ask our Higher Power for help to support our resistant part. This is important because as we hand over our resistant part to be taken care of by our Higher Power, we are accepting spiritual help at the same time as we are accepting the resistance. We are not making the resistance all powerful. We hand over our resistant part with love. We know that it is taken care of 100% and then we can listen objectively to what it has to say. We stop reacting to our resistance and we are able to take in the information that our resistant part is sharing. It usually has something very important to say. When we feel a part of ourselves is fighting a change in our vibrational frequency we can ask our resistance the following question, "In experiencing this change, what is the worst thing that could happen?" This can help us to gain some perspective as to why this part of us fears moving forward. As we listen with love, we engage our Higher Self. Our Higher Self infiltrates our entire body with an unlimited supply of acceptance. Once we are not fighting our own resistance, we are back in the flow. Once we understand the role that our resistance is playing and we accept this role as helpful, we are back in the flow. Then we will hear the next step we need to take on our transformational journey. Never underestimate the power of accepting resistance.

We may also see resistance that others have towards their own transformation. We may see what is getting in the way or their resistance to being healed. Transformation is always a choice. Ask for guidance on how much to share with others before you share it. If another person asks for your opinion, they are usually ready to hear it.

When we have reoccurring guidance, this is usually a good sign that we need to follow it. We do not lose anything by following guidance. We only gain in our own evolution and in our vibrational frequency. If we don't follow it, we are in resistance. Resistance causes us to lose time and opportunities. Resistance also attracts more grief, trauma, drama and loss to us. If we are continually in resistance we may be used to it to the point that it is all we know. It takes time to

get used to being out of this kind of way of living. However, we can do it one day at a time. Before too long, we have created a new way of living.

We step out of resistance one step at a time. Remember this when you step back into it. You can step out of it at any time. Resistance does not have to mean that you are in complete relapse of your former self! Do not catastrophise resistance. The discomfort of resistance is a good reminder of where we really want to be.

In summary: notice resistance, accept it and step back into the flow.

Transformational Moments

Living and breathing transformation is a moment by moment experience. We talked about Holy Instants in Level 1. These were the moments that we experience a sense of peace at that instant. The more we experience these moments, the longer these moments get. We get used to being in this state of vibration. The time between these wonderful moments gets shorter. We begin to feel like this is the way we want to feel more of the time.

We need to remember that in each of those instants we are in a place of transformation. We are undeniably in a place of exquisite transformation. In the peace of that moment, we merge with our source. There is no denying the feelings that this kind of peaceful transformation brings. When we truly feel peace we are feeling it in our mind, body, emotions and spirit. We feel it all over. When we feel this level of peace all over, we are in a process of transforming. All that is not real is either suspended for a time or transformed into more of what is real. This happens on an hour to hour, minute to minute, second to second basis in our lives. It is always both a consciousness and a choice to embrace.

Encouraging Transformation

I remember when my Aunty Doreen's son Nicholas was a young boy her told her "The only constant is change". It is true. Wise words from such a young child. We are always in a constant state of change and evolution. To encourage more transformation and to continue to evolve in our consciousness, we need to make a conscious decision to allow transformation. Transformation also involves choice. This is our free will. We can invite it or fight it.

We also need to make a commitment to transformation. In this commitment we are really saying, "Transformation is eternal and I am allowing myself to evolve". Therefore we link transformation and evolving together as united. In order to follow through with this commitment, we need to

practise the principles of responsibility and discipline. We need responsibility on board because we are responsible for choosing or resisting transformation. We need discipline on board to follow through with our commitments and choices. These commitments vary depending on what area of our consciousness we are transforming. For example, if we are aware of an addiction at play, we need to be disciplined in addressing this addiction. Or if we are aware that we are intellectualising our spirituality rather than bringing it down to the physical plane, we undertake disciplined activities that create a balance.

In order to see in a transformational way we need to invest in the biggest transformer of all – faith. We need to believe that anything is possible 100% of the time. Our level of faith encourages transformation and speeds it along.

We need to ensure that we are not allowing material support or lack thereof to stop us from doing what we are called to do. We encourage transformation by doing the next thing that we are called to do. We step into trust and believe that if we need this financial support it will be given. We forge ahead with what we can do. Each little step encourages transformation.

We also need to be willing to see time as something that is not fixed. Time is irrelevant. We limit our belief in transformation when we are fixated on laws that we are creating for ourselves. Transformation occurs anytime, anywhere and when it does, it affects everyone and everything across all space and time. We encourage transformation when we look for transformation in each second. We don't think that it is something that just happens at the end of the journey. We know that each step of the way is a transformation. Think about yourself a year ago. What is different? You may feel that in some areas of your life you have evolved, grown up more or transformed. In others, it may seem like you have gone backwards. But perhaps you are at the precipice of change right now. Look for the transformation that is occurring right now.

When we are enjoying the present we 'buy in' and increase the speed of transformation. We are no longer waiting 'until' or 'as soon as' to do the things that we are called to do. We are practising acceptance of wherever we are at. This also encourages transformation because we step out of any resistance. When we are grateful for where we are at any moment, we catapult our transformation. Our gratitude not only keeps us in the present, but it assists us in making the most of our present. This keeps us in the flow of transformation and we manifest more enlightenment.

Outcomes of Transformation

An outcome at this level of transformation is that we are willing to live what we are guided to do 100% of the time. We may not like it 100% of the time, but we are willing and we do know that it is in our highest good. We are less and less in resistance and we actually want to turn up to do what we are guided to do (most of the time).

When we are peaceful beings then we create a sense of peace within and around us. We bring forward solutions to us that we would not have thought up. Our vibration is stronger than forcing solutions. We attract solutions rather than force them.

We are in the box seat. It is a joy to embrace transformation. This level of joy actually puts us in the driver's seat. We don't have to be in control though because we are enjoying the ride. When we connect with the joy of what we have been called to do, nothing can really get in our way. No matter what happens we have decided that it is okay ahead of time. We can't lose. This is undefeatable joy. All we have to do is to turn up and enjoy it!

Our relationships transform. Like attracts like, so as our vibration transforms, so does our relationship with the world around us and the people that are in it. Living abundant light means that we benefit from the light we share. It comes back to us through people and our community. Our energy and enlightened mind affects others around us. The enlightenment that others have gained through being in our presence ends up surrounding us. It was funny that on the weekend of finishing writing this book, I attended a gathering held by another friend that brought all my Lightworker friends together through a crystal party plan style gathering. The hostess asked my friends to pick a crystal, read the meaning and share how the quality of the crystal could assist them in achieving a goal. My friends all started to share one by one how they were bringing their Lightfilled Creations down to earth. How's that confirmation for what's in this book!!

That same weekend, my husband put his Lightfilled Paintings online to share with the rest of the world. It was a big, big deal for us. My hubby and I went out to lunch to try a new vegetarian café. I had suggested that one of my graduates, Candy, supply her raw key lime pie and kale chips. She was so excited that she started her business "Nourishing Alchemy" that same day and is now supplying them her transformational food. When my hubby and I arrived they immediately thanked me and told me that they had sold out of the kale chips and wanted double the supply! So here I was eating a piece of delicious raw vegan key lime pie at a place where we always dreamt of. We had always wanted to eat this kind of food somewhere nearer to us. And here it was! I realised that I was truly living abundant light because I was continually surrounded by it. I had attracted this café, my friends, and the transformational food. My fellow Lightworkers were innovative and putting their guidance into action. I realised that this abundance was the outcome

of all my choices. My choices have also affected those around me. It was an amazing realisation. I thought to myself “Oh my God, this is living abundant light!” When we paid for the meal, the hostess thanked me for referring all my friends and as a thank you, she discounted our meal. Wow! It was not only an amazing realisation, but the universe was saying “Just when you think that you’ve really got abundance, guess what, there is even more.”

Another outcome from transformation is that we truly understand that we never truly lose anything. Nothing is lost in the eyes of God. We know that we never really lose anything because it is never gone. It is just transformed. We know that the only constant is change. What we gain is a new vision, a new sight. We more readily see the transformation that is already occurring. Our minds are brought back to truth and again back to peace. If we cannot see the transformation, then when know it is simply just a part of ourselves that we are yet to become conscious of and transform.

When we accept transformation as an integral part of the journey, we see resistance to transformation as a part of transformation. We are able to accept resistance within ourselves and others. When others resist our transformation they are not right or wrong. However, we don’t dim our light or slow down our own transformation. Our transformation may well be a catalyst for deep change in others. However, we don’t bombard people either. We respect their level of consciousness whilst also respecting ours. Our choices reflect this mutual respect. No one is to blame. No one chooses to not be conscious until not being conscious hurts them too much. We respect that this is also part of their transformation. We are at peace with ourselves. We are at peace with others. We are at peace with the will of the universe.

As we discussed in Section 5, when we bring our Lightfilled Creations down to earth by completing them, it is a birth. We know that the cycle of transformation is Birth, Death and Rebirth. The outcome of transformation is Rebirth and more transformation. Transformation begets transformation. Everything is in a process of transformation all the time. The more we understand transformation as a continual cycle rather than a finished product, the more we become accepting of things passing. The less attached we are to outcomes and material possessions. We see everything as temporal because nothing is ever finite. The less our grief stagnates and the more we are able to accept change as a healthy part of life. This enables us to finish projects quicker because we are neither fearing success nor failure. The journey is as important as the end result. The end result does not determine success. The success is in our connection to Source, which is the journey of transformation.

When our focus is transformed, the goal or outcome of all we do is enlightening the planet. So with each transformation, we embrace a new level of enlightenment and consciousness. The more enlightened we are, the more conscious we are with Source. Source is all loving. Source is

pure love. Love is the only thing that is real. So everything that is not real, falls away from our vision. We become unified with the one mind. We return to love. Our vision sees the love in everyone and everything, even when they cannot. This love brings forth the light - the light of truth. As an unloving illusionary world is stripped away from our vision, our sight is transformed to the truth. We are then able to live our lives in peace for ourselves, for others, for All.

Group Exercise of Transformation

This exercise is a skill builder in transformation. The power of the group consciousness can uplift a situation and allow it to be seen as transformed. Remember the biblical saying “When two or more are gathered in my name, I am present”. Well this builds on that idea using a specific scenario. Where we may have a friend, family member, colleague or student that is struggling to see the transformation in a situation, this can help. If someone we know is ‘stuck’ and unable to see a situation as healed we can engage our Higher Power and Higher Selves to provide an alternative vision. Transformation provides for more transformation as you will see below.

1) Ask the person to the share their view of their current/past situation. They openly share how they are struggling with untransformed vision regarding the perceived negative situation, inconvenience, loss or grief. e.g. I am heart-broken after the ending of my relationship. Please note that this process is not about encouraging others to minimise the loss of someone. It is to encourage another point of view so that they can regain their centre and engage their higher self. All grief is acknowledged as a powerful part of transformation.

2) Ask each member of the group to individually share their Higher Self’s view on the processes of transformation they see occurring. Ask them to share any benefits and solutions that they see.

3) Ask the original person to share from their Higher Self how they now view the situation.

4) Give feedback, in a natural group sharing as to what transformation has occurred. Acknowledge what part of their vision has changed.

5) Individuals now go around and share how this process has affected and provided transformation for their own life.

Transformation of Our Energy Centres

When we transform, it usually occurs one energy centre at a time. These energy centres are the basis on different consciousness. We have explored these in great detail over the past 7 levels of training, because each level of the Lightworker Practitioner Training covers a chakra. Therefore I have created a chart below that provides a summary of how each of the chakras are transformed and enlightened.

The only chakra that we haven't covered in its own level of training is the Ear Chakra. At this stage of the training, I have been guided to focus on the Ear Chakra as a way that bridges the gap between spirit and each other level of consciousness. When we are listening, we are open to spirit. This opening allows us to receive each of the levels of consciousness. So the Ear Chakra is a consciousness that we need to have on board throughout the training. When we stop being open, receptive or stop listening, we shut off from spirit. We shut off from ourselves. We shut off from others. So the Ear Chakra keeps us open.

Level of LPT training and Chakra	**Unenlightened**	**Enlightened**
Level 1 - Crown	Judgment and critical of others. Shut off from spiritual resources. Negative attitude and beliefs of self and others. Uninspired. Obsessive thoughts. Chaotic mind and indecisive. Inability to concentrate or stay on track. Attention deficit. Darkness penetrates the mind. Materialism clouds ideas and judgment.	Spiritual clarity of thought and transformed beliefs. Inspiration and ideas come through freely through our claircognisense. Connected to spiritual resources. Enlightened mind and positive attitude that focuses on what we want rather than don't want. Innovative and inventive. Mind can be still, emptied and quiet.

Level of LPT training and Chakra	Unenlightened	Enlightened
Level 2 - Third Eye	Blind to lies or only sees untruth in self and others. Unhealthy relationship with self, others and Higher Power. Uses replacements for Higher Power e.g. addictions.	Sees the truth in self and others through spiritual vision of clairvoyance. Ability to distinguish truth from lies. Forms healthy relationships with self and the world.
Inclusive to all Levels of the training - Ears	Closed and unreceptive to spiritual guidance. Confused by internal self talk vs spiritual guidance eg schizophrenia. Shut off and unwilling to listen to the higher self of ourselves and others. Inability to discern what we are hearing vs what others are hearing. Lack of boundaries leads to projection and enmeshment.	Able to hear spiritual guidance clearly through our clairaudience. Ability to listen and distinguish between spiritual guidance, higher self and shadow parts. Open and willing to listening to the higher self in others. Staying current with our spiritual guidance in the present. Listening for the ‘how’ we are guided to fulfil tasks.
Level 3 - Throat	Unable to speak internal reality of shadow or truth of higher self. Lies to cover up shame of self. Difficulty in swallowing truth of higher self and spiritual guidance. Swallowing untruths whole without question or unconsciously. Internalising feelings, wants and needs.	Able to communicate needs, feelings, wishes and both personal and universal truths. Ability to take in information and remain discerning about whether we agree or disagree. Not swallowing information whole, remaining a witness and objective. Ability to take in what resonates with us and leave the rest.
Level 4 - Heart	Shut down from connecting to ourselves, others, the earth and the universe. Unable to give and receive love, compassion or feel joy for self and others in balance. Disconnected from our heart. Living in our heads. Robotic, dry and purely logical decision making.	Able to feel connected to ourselves, others and the universe. Experiencing a balance between giving and receiving love, compassion and joy for self and others. Heart centred decision making. Beliefs are connected to the heart space and imbued with love and compassion. Balance between head and heart. The head makes loving decisions and the heart chooses wisely.

Level of LPT training and Chakra	Unenlightened	Enlightened
Level 5 - Solar	Lost and unsure of who we are. Feeling disempowered and like a victim. Overpowering others to gain a sense of control and power. Behaviours/addictions that allow us to feel in control. Inflexible, uncreative and anxious.	Able to feel a sense of internal strength, love and security with our Higher Selves. We know that we are all equal extensions of the divine. Feeling this unity with others. Ability to set goals but remaining in the present and staying in the flow. This brings forth our creativity and a sense of joy and peace. Empowered and focused.
Level 6 - Sacral	Inability to take care of our own needs and spiritual nourishment. Neglects self and others. Greed, overindulgence and addictions are replacements to spiritual nourishment. Darkness penetrates into the body and we experience ailments, illness and disease.	Able to fill ourselves with nourishment and transform any emptiness, toxins or attachments with correct source. Feeling at peace and able to meet all physical and spiritual needs. Our bodies are transformed into Lightfilled Beings. We feel healthy, vibrant and make moderate food and lifestyle choices. We recover from illness quicker and more easily.
Level 7 - Base	Inability to trust others. Relying on material forms of security to feel safe in the world. Shut down or excess of sexual and material urges. Waiting until we are materially supported before we do what we are called to do. Not sharing our spiritual gifts or following through with what we are guided to do to ourselves. Self-reliance, anxiety and paranoia. Prostituting ourselves or stealing. Feeling that money and possessions equate to power. Wilful behaviours that disconnect us from the universal flow.	Able to trust spirit 100% with all earthly and spiritual needs. Relying on spiritual guidance through clairsentience and intuition in daily life so that each step on physical plane is enlightened and transforms self and others. Remaining in the flow and taking the next step we are guided to take. Sharing what we are called to do whether we have the financial support to do it or not. Connected to our bodies spiritually and this expresses itself through our sexuality with ourselves and others. Giving freely to others and believing that as we give we also receive. Believing we are all one.

Real Time Transformation

On 19/4/2011 Archangel Haniel appeared to me on the full moon and showed me that it was ok for me to express my spirituality 'real time'. She said that I had built up relationships around me enough to not edit myself when I come out with 'one liners'. She said that working on the Higher Consciousness Reflections was very powerful and increased my own spirituality. She said that my spirituality is growing every day and that the little bits I say are very powerful. Haniel suggested that instead of thinking about what I say, just saying what I am thinking (which is coming from the higher consciousness) is like I am a channel real time and that this impacts people in a really powerful way.

When we are at the stage where we are conscious enough that our Higher Self is on board as a consistent way of being, we are more likely to get this kind of guidance and be able to know that what we are saying is coming through from a clear space. Truthfully, I don't always think about what I say before I say it now. It is now August 2012 and this way of being is now the norm. It started off fairly uncomfortable. I actually was scared to say what was going through my mind a lot of the time. What I realised was that most of the time, I was only saying what everyone else was thinking anyway. I will often get people nodding their heads and actively engaging in deep discussion as this is like the open door they needed. It doesn't take saying much sometimes. It's not what we say; it's that we are willing to be a part of the transformation that we are in the flow of at the time. This often directly involves other people. All we have to do is be willing to turn up and stay in the flow.

Haniel was right, writing the Higher Consciousness Reflections with my husband in 2011 definitely assisted me in my own growing consciousness and that of our relationship. In fact, it was the catalyst for lighting the fire and guiding me to resume writing Level 2, 'The Lightfilled Relationship', which I had not picked up since 2007. Now fast forward 18 months later and I had finished writing 2, 3, 4, 5, 6 & 7 levels of Lightworker Practitioner Training! This is a great example of how all we need to do is to step back into the flow at any given moment and transformation occurs.

Life Purpose Transformation

As we have discussed in previous Levels 1-3 of the Lightworker Practitioner Training, we start off by calling on source and transforming blocks, resistance and attitudes that are stopping us from living out our life's purpose. We call on help from our spiritual helpers to assist us to do this. New ways of thinking that create solutions towards living our life's purpose emerge. We let go of fear of living our life's purpose. Then we find that levels 4-6 actually assist us in fine tuning our life

purpose in the most creative and balanced ways as possible. We increase our toolkits and broaden the expanse and breadth of our life's purpose with a multitude of resources. And now here we are in Level 7 where we find that we are able to fully 'earth' our products, services and creations to completion. We give birth to them and share them with the planet. These creations are the children of our life's purpose. Each Lightfilled Creation promotes the enlightenment of the planet and universe. All 7 levels of the training increase our own consciousness and evolution towards our life's purpose. Each step raises our own vibration. We become clearer and more energised. We find ourselves stepping into our joy and loving our lives. Our life purpose becomes more of who we are rather than what we want or feel called to 'do'.

We also find that by Level 7 we are able to go beyond what we currently think our life's purpose is. We dare to dream and feel that anything is possible. When we allow ourselves this privilege, we feel an undeniable exhilaration for life. Every day is a new adventure. The future is unknown, yet exciting.

Here we achieve that which we had never thought was possible. In fact we probably haven't even thought of it before we even arrive there. It is an important discovery that one could go beyond that which they thought was their life's purpose. We may have had a good idea at what our life's purpose is and we have taken strides towards ensuring that we are actually bringing this down to earth. We may have not only stepped up to our life purpose but we have stepped out in our life purpose. Beyond life's purpose transformation means that we are not attached to what we think our life's purpose is. Our life's purpose may change form at any time and we are ready and willing to step up and transform with it. In many ways, we allow our life's purpose to evolve and to find us. We simply turn up and with willingness we are open to the form it takes. I have provided a guided meditation to assist you with this process. In this meditation, we also might find another part of us that pops us and we want to assist that part in its transformation also. Allow yourself to be guided as to whether this is the time to do it during this process or if you need to do this meditation again and purely focus on that part. You may also choose do a process such as the 'Shadow Integration Meditation' as outlined in Level 3, at another time.

Life Purpose Meditation

Closing your eyes now and taking a deep breath down to your toes. Feeling your body relax and feel yourself completely surrendering to this process. Feel the light of the source travelling through your body, from the top of your crown down to your feet. Feel yourself completely flushed with the cleansing source of spiritual light. Feel yourself completely safe and bathed within you. Feel completely bathed with the light of source all around you. All of your spiritual resources are here to support you through this process. Feel a connection to your Higher Self.

Now I want you to repeat the following statement and sense how your body responds “I am willing to live my life’s purpose”. Sense now into your body. Scanning your chakras now, notice whether you have any blocks or tightness in these energetic centres. They may feel filled with light. Or they may feel quite dim. Just notice how each chakra feels. As I say the following chakras, check in with how they have responded to your statement of being willing to live your life’s purpose. Starting with the top of your head, notice how your crown chakra is responding, now moving to your third eye, your ear chakras, your throat, your heart chakra, your solar plexus, your sacral chakra and your base chakra.

Now scanning your body for any tightness or lightness of feeling in response to this statement of being willing to live your life’s purpose. Noticing where the energy is stuck, blocked or dense. Noticing where the energy is lightfilled, vibrant and streaming out. Now I want you to choose one of the energy centres or parts of your body that you feel you are being called to focus on. It could be the denser part or lighter part. Whatever you feel is calling you right now. Go deep inside this part of yourself. Notice what you see around you. Notice that your Higher Self could take a walk there. Notice the scenery and how you feel there. Feel that you have your spiritual resources with you for support. Notice now that there appears in front of you the shadow part that is represented by this energy. Notice what it looks like and how it might be feeling. Take a moment to hear what this part of yourself has to say about the role it is playing towards your life purpose. Take a moment to listen. Now float into this shadow part of yourself. Gain an understanding of how this shadow part has a role to play in the unfolding of your life’s purpose. Gain a deep sense of knowing of the importance of this shadow aspect of yourself. Look back at your higher self and know that all is in perfect order as it should be. You hear your higher self say to you ‘what is your gift to me’. Feel yourself sending this gift to your higher self. Feel this resource flowing from this shadow aspect of yourself back to your higher self. Feel a sense of validation in the role that you are playing in assisting the higher self to follow through on the life purpose it has chosen. Feel that this shadow aspect has an important part to play. Feel a rising of acknowledgment within this shadow aspect. It is now fulfilling its part of the contract.

Float back into the body of your higher self and feel yourself receiving the gift from this shadow aspect of yourself. Know that this is exactly what you have contracted with this shadow aspect to give to you, to assist you on the journey of your life's purpose. Looking back at this shadow aspect, you notice if they have changed or transformed in any way. You thank them so much for their presence, connection and support in fully realizing your life's purpose. You see them as an ally and helper. Ask this shadow aspect what steps you can do to assist them in helping you with your life's purpose. You know that when they are present, you need to give them what they need and call on them for their gift. You notice how the part of your body now feels and looks. Notice if it has transformed or changed. Feel how your body feels in this place in your body. Sense into whether you need to ensure you come back and spend more time here in giving this shadow aspect what it needs. Thank the shadow part for being willing to work with you. Embrace this shadow aspect of yourself and as you do so, you feel them becoming one with you in this place. Notice how you feel in other places of your body and whether your body has shifted in any other areas due to the integration of this shadow aspect. Make a commitment to revisit this place within or any other place that you feel is calling you, to assist with further commitment to living out your life's purpose.

Beyond Transformation

So, here we are at the end of this training, however by now you probably know that this is also a beginning. When we reach the end, we also come full circle and it is time for a new journey, a rebirth. I hope that you have all enjoyed the journey as much as I have enjoyed writing it. I hope that in my learning it helps you to evolve. I also want you to know that as you evolve, it continually assists me to evolve. So thank you in advance!

It has been a wild ride full of stops and starts and now it has come to the final chapter. However we know that the finale is merely a beginning. I want to wish you all a blissful journey of continuing consciousness. I hope that in reaching this stage of the training you know who you truly are and that you feel connected to the All.

Now take this out into the world and LIVE abundant light!