This journal belongs to
Introduction

Have you ever been told you are an old soul? Even people that aren't particularly into spirituality or the new age often use that term. It's a way of recognising the depth of compassion, presence and ancient wisdom that a certain soul type naturally carries. Lightworkers are a special type of old soul. They are people who love the light. Rather than living their lives focused on what they can get, they are naturally drawn to that which helps them give. Especially when that giving is about truth and inspiration, higher purpose and love.

Lightworkers are motivated by the things that help people to find ways out of darkness and suffering. Even if they don't think of themselves as healers, their loving and giving presence, and genuine goodwill towards all beings gives them a healing quality. Even if they would rather not make waves (because they love peace), lightworkers tend to ‘rock the boat’. This is part of their divine destiny. They are meant to bring in new belief systems and that can cause reactions from others who want to maintain the status quo. Not fitting in can be hard at first, but when a lightworker realises the freedom this brings, they often embrace their unique belief systems and feel delight in expressing themselves in many creative ways.

As they learn that they don't have to convince anyone of anything, and that they are free to express their truth and allow others to do with that what they will, lightworkers become a source of energy for many people, giving a sense of permission to believe in whatever one chooses. In a society largely conditioned by fear, this can be liberating, helping people change their lives for the better.

Lightworkers sometimes feel wearied by the weight of the world, as though the problems that they see all around them are somehow their responsibility to try and heal. They are genuinely motivated—as if spiritually programmed from the inside—to make a positive contribution to the planet. Instinctively, even if they don't use this sort of language, they recognise that part of their spiritual purpose is to raise the light quotient on earth. As they learn that they don't have to rescue anyone, but instead just shine their light through being themselves in positive ways, they can feel more optimistic.

An important lesson for lightworkers is to remember to take care of themselves first, to deal with their own issues. The more they are helping others, the more connection, peace and clarity they will need for themselves. When a lightworker starts to feel a sense of despair, doubt, fear or anxiety, it's a sign that they have become overloaded, quite possibly with energy that is not their own, and it is lowering their vibration. Like a bird trying to fly with rocks sitting on its wings, their natural lightness of spirit can start to feel heavy, as if they cannot attain ‘lift off’ or find their optimism, hope and laughter. When that happens, they need to switch off from others for a while, take a big step back into their inner world, perhaps through journaling, meditation and rest, and take some quality time to nurture themselves and attend to their own needs, so their lightness and energy can naturally return.

Lightworkers are regular human beings just like anyone else, and yet within them is something so unique that it sets them apart from the world in which they live. That inner difference is so profound that lightworkers may sometimes wonder if they are an alien in human clothing, looking like other people on the outside, but on the inside feeling somehow out of place in this world. For the special category of super-sensitive lightworkers that I refer to as star children, there is a sense of having come to this earth from another planet, galaxy or star altogether! Those souls often know they are here to serve and help others, yet can really struggle with the feeling that their own values of love, peace, higher consciousness and wisdom are so at odds with a human culture that often seems obsessed with gaining worldly power regardless of the spiritual cost. These special beings are helping to bring a refined consciousness to this planet, for the betterment of humanity, but they can often struggle to find their footing in the early part of their life, and even suffer from a feeling of spiritual displacement, wondering if they really belong here on Earth.

All lightworkers, including star children, are meant to be here on Earth but they often need encouragement to learn to embrace the earth as a loving soul guardian, feeling her generosity and protection before they can settle down with trust and really commit to their life journey. It often takes other lightworkers to recognise what a star child is going through and giving them the spiritual encouragement that they
need. This can include a gentle but firm explanation that the negative feelings they are encountering are a result of their spiritual frequency adjusting to the emotional content created by the wounds of humanity. They will be able to handle their feelings more skilfully in time. They will learn how to spiritually ‘surf’ the collective emotional field of humanity, rather than drown in it, but it can take a little while to master that skill. Meditation often helps to speed up that process, as does any kind of therapeutic support in learning how to process emotions in a healthy way.

All lightworkers, particularly star children, can struggle with depression or addiction, or a feeling of homesickness and, during deep crisis, perhaps even suicidal feelings. Getting as much support as they can during these times is so important. Along with meditation that they enjoy (and there are many different types of meditation to explore), therapy with a professionally trained and open-minded psychotherapist can be of great help whilst they learn to ground their spirit in the world. I have found that Jungian analysts can be wonderful supporters for people on the spiritual path, but choosing a therapist is a heart-felt, intuitive choice that needs to resonate for each individual.

This is important, because apart from the fact that lightworkers are beautiful beings and do not deserve to suffer, they also have a unique purpose to fulfil on this planet – helping to bring the higher frequencies from their spiritual home and manifesting them on the earth. We really need them on earth!

A helpful way for all lightworkers to ground and more easily manifest their divine life mission is to fall in love with nature. Trusting in nature as a ‘soul mother’ brings comfort, guidance and the reassurance they are safe, needed and really do belong here at a deep, spiritual level. Meditation, journaling, sacred rituals and conscious dance are other ways lightworkers can be reminded that they still have their spiritual home right inside of them (which they always do), even whilst they are learning to manifest that inner consciousness in their outer lives. The Universe is kind to these beings and when they ask for help, the right information, teacher or support system will pop up for them. It is just a matter of trusting in the journey.

If you resonate with the path of the lightworker, know that you are not crazy just because you see things differently—even if you see things differently to absolutely every person around you! It’s okay. You are as you are meant to be, and you were designed with a higher loving divine purpose in mind. Your task is to be wholly, truthfully and joyfully yourself, and to take your journey, loving what you love and asking the Universe each day to connect you more deeply to the divine energy of love, truth, wisdom and presence that lives within you.

The Universe knows your inner path and purpose—even when you might be feeling confused about what to do or where to go—and it is always guiding you so that you can do the work you came here to do, in your own unique way. The Universe can and will lead you each step of the way to fulfill the inner destiny that you sense but cannot always clearly see or articulate. Trusting in the intuitions of your heart will help you find patience and peace as you take the journey step by step. You may even notice in time that your own soul growth is inspiring and nourishing to those around you. Without realising it, they are taking refuge in your growing light. When you relax and trust in yourself and in the Universe, there is so much spiritual healing that just pours through you for the greater good.

With love and blessings,

Alana
The universal law of resonance and vibration explains why, as lightworkers, we deal with the negative in our world, and in us, as best we can, but when we have the choice, will surround ourselves with truth, beauty and healing energies. We may do this by spending time in nature and clean, uplifting environments or meditating regularly and connecting with a source of inner peace. We raise our vibration and we feel better for it.
When working with light, you need to listen to your body. Rest and pace
yourself. Learn how to expand, but also how to recover and integrate.
Take your time to replenish so that when you give, it feels like you are also
receiving, rather than depleting yourself. If giving feels tiring, you need to
receive more. Balance will help you experience joy in sharing your light
with the world.