

Lightworker

February 2010

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MAGAZINE

**Doreen Virtue:
Opening our Hearts**

**James Haskell:
Under the Spotlight**





Wow!

I am an optimistic, but even I am amazed at the hugely positive reception Lightworker received in its first month, so thank you to all our loyal supporters in 31 countries across the globe.

Thank you too to all those who contributed suggestions, comments and feedback on our first Awakening issue. As an Editor, this information is probably more valuable than the praise (although I don't complain about receiving that too!) and we hope to reflect your requests in this second issue – Believe.

The subject of belief is close to my heart. Without belief, I wouldn't have quit my corporate job 3 years ago to follow my inner calling. Without belief, this magazine would never have launched. And without belief, I wouldn't be proudly introducing this February edition with man-of-the-moment England rugby star James Haskell on the cover perfectly encapsulating human strength, courage, determination, resilience and a sense of onwards-and-upwards whatever challenges life throws at us.

The Lightworker team are committed to providing free, premium content; may you be inspired, challenged and educated by all.

Love and light

Rachel

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Adrian Myers



Adrian is based in London and lucky enough to combine his passions for sport, action and photography. He is just as happy shooting in a studio as he is up a mountain, or even chasing tornadoes across America. He exhibited at the International Photography show in Arles and his work was recently awarded a nomination in the sport category of the Masters Photography Cup. Clients include The British Army, Adidas, BBC, McLaren F1 and Reebok. www.adrianmyers.com

Mel Diamond



Mel is an ardent fan of Green & Blacks Maya Gold but becomes nauseous at the thought of mushrooms, her two favourite bands are Fleetwood Mac and Led Zeppelin, and whilst some women have a penchant for shoes, she is a herbal tea and incense lover.

Hetta Rogers



Hetta is a mad keen runner and outdoorsy type, addicted to backgammon and always trying to coerce friends into tournaments, and the scariest thing she's ever done is the Shotover Canyon Swing in Queenstown - particularly petrifying as she is scared of heights.



“Work like you don’t need the money, love like your heart has

Aurora Greenway



never been broken, and dance like no one is watching"

Father Christmas isn't real?

by Ryan Pinnick

www.ryanpinnick.com



Ryan is a passionate, inspirational and wise speaker and writer in the fields of personal development and wealth creation. Born in Cape Town, Ryan is now based in London and a leading light in the social media scene.

Whatever you believe you will conceive. The Wright Brothers believed they could fly, and they did. President John F Kennedy said, "I believe that this nation should commit itself to achieving the goal, before this decade is out, of landing a man on the Moon and returning him safely to Earth", and they did.

What do you believe in?

I believe that the purpose to life is to create what you love. I also believe that the meaning of your life is the sum total of the results of creating what you love. You are a powerful creator. Believe that you are a powerful creator and magical things will happen. If you are not happy with something - your job, relationship or hairstyle - believe that you are a powerful creator, and change it. By believing in yourself you will attract the resources you need to bring what you believe into reality. You may meet the right person. You may read a book that teaches you the next step. The 'what' is irrelevant; just trust that whatever you believe you will conceive.

Who influenced what you believe in?

Maybe it was your parents, or your school, your friends and a zillion other sources. Quite frankly, it doesn't matter. What matters is what you choose to believe in today. And what you choose to believe in today must support what you would love to create in life (in whatever guise). What serves you more? Following what others believe in, or discovering what you believe in? If you follow what others believe in, you become like the others. If you discover what you believe in, you discover you.

When I made the decision to leave employment and start my own business my colleagues and friends told me I was crazy. Some of them even believed that I would fail, but I absolutely believed that I would be a successful entrepreneur. There is no doubt in my mind that believing was the single most important factor inspiring me to overcome the challenges of starting my own business. And the funny thing is that now I am a successful entrepreneur, the same people who thought I was nuts now tell me they believed in me all along! Believing in it is crucial when bringing your creation to life.

Connect with Ryan
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When did you start believing in something?

When you were a child you probably believed that Father Christmas would come down your chimney and personally deliver your presents to you while you were asleep. I can't remember when I found out that Father Christmas wasn't real (I am guessing the moment was so traumatic that I blocked it out of mind), but for years I believed that he would visit my home on Christmas Day - so much so that I used to leave a glass of milk and cookies next to the Christmas tree the previous night. And yes, when I woke up the next morning the milk was gone, the cookies were eaten and there were presents under the Christmas tree.

So if you bought into believing that Father Christmas was real (apologies if you didn't know that he isn't), what else do you believe that is not true or real? We are bombarded with thousands of messages every day through media, government, people and workplaces, all trying to make us believe in them. And by believing, we create wars, terminate relationships, split up families and send businesses bust. Take ownership of what you believe in today and choose for yourself what you believe in, by following your heart not your newspaper, TV or government propaganda.

How did you believe?

Imagine what you would love to create in your life, business or relationships and believe in that. Every time I am preparing to go on stage to speak in public, I imagine and believe that my talk will be fun, authentic and inspiring. I am often surprised by the results that I create simply by believing that I can do it.

You can either be-and-leave what you love, or you can believe in what you would love. The choice is yours.

Once upon a time...

Belief *does* save lives

by Charlotte di Vita MBE

www.tradeplusaid.org

www.whateverittakes.org



"I strongly believe that we can find practical ways to improve the economic conditions of some of the world's poorest communities. And by simply working together to share a common vision we can achieve a better life for less developed countries."

Charlotte di Vita is, by anyone's standards, an inspirational lady.

In 1992, the site of a starving child dying in its mother's arms while they waited for medical assistance in northern Ghana was the catalyst for Charlotte to develop an international fundraising organisation focused on ethical trade.

In 1997, Charlotte established a British registered charity - the Trade plus Aid charitable trust - in order to donate surplus profits from these ethical trading initiatives to fund development projects designed to alleviate poverty.

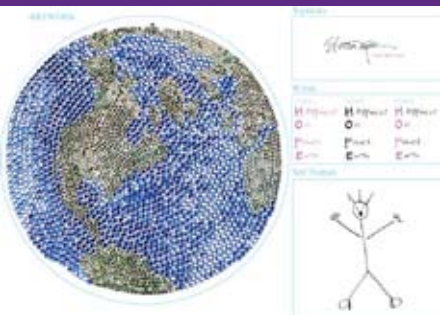
"Ethical trading creates the opportunity for long term income and employment for disadvantaged communities, which in turn brings self-esteem," explains Charlotte. "These communities are tremendously hard-working and creative. They consider that this an enormous opportunity."

In 2003 she was inaugurated as a Nelson Mandela Children's Fund Goodwill Ambassador.

To date, Charlotte's trading ventures have enabled over £3,000,000 to be returned to producer communities as payment for their handicrafts.

In addition, Charlotte and Trade plus Aid have committed US\$4,200,200 to fund development projects in Africa, Asia and South America for impoverished communities that could not be directly assisted through ethical trade.

Charlotte believes that, "Poverty does not exist because there isn't enough money in the world. Poverty exists because there aren't enough people using their moneymaking skills positively."



Whatever It Takes

21st Century Leaders is a unique charity artwork project founded by Whatever It Takes; a subsidiary of the Trade plus Aid charitable trust.

The concept is simple. They gather artworks from leaders in all fields; royalty, film, music, Nobel Peace Prize laureates, sports, literature etc. Each ambassador donates a symbol of hope, a self-portrait and a message of hope for the future.

These artworks are used to create Whatever It Takes products: 'merchandise with a meaning'. From wristbands to clothing, from tableware to cosmetics and footwear, each product is ethically produced and sold to raise funds for charitable causes chosen by each contributing leader.

Many of the world's most celebrated public figures – including George Clooney, Nicole Kidman, Deepak Chopra, Westlife, Stella McCartney (and her Dad!) Gary Lineker, Billy Connolly - put their names to their projects.

The signed artwork donated by each Leader is his or her original work and donated for the exclusive use of the Whatever It Takes campaign, which has so far raised over £2,000,000 for charitable projects worldwide.

By becoming 21st Century Leaders, these public figures are pledging to do 'whatever it takes' to address issues of the 21st Century.

The collection of iPod and iPhone accessories, mugs, t-shirts, bags and much more can be bought online from shop.whateverittakes.org.



People are the answer

by Scott Gould

www.scottgould.me



Scott loves people. He runs a few projects that you might know about, but the most important thing to know is that he is interesting in connecting with leaders who can do great things together. Talk with him at his blog, scottgould.me

Connect with Scott
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A, B, C. It's as easy – apparently - as 1, 2, 3. Last month we Awakened, and this month we Believe. And I can tell you right now that belief isn't as easy as 1, 2, 3. But then again, it is as easy as do-re-mi. The irony is that we can believe in ourselves in one breath, and doubt ourselves in the next. Not making any sense? I thought so. So to make things more confusing, let me tell you a story.

At the end of this month I'm welcoming some of the world leaders in Social Media and People-to-People to Like Minds, an organisation I co-founded with Drew Ellis. We have incredible people working with us - from Fortune 500's and leading brands to local companies and charities who are doing great things - and I feel very blessed to be able to work with these likeminded individuals.

But the real story is the fact that 6 months ago I knew none of these people, and these people certainly didn't know me. In fact, 6 months ago, I never imagined I'd be writing this article, or even thought that in years I'd be working with executives at some of the most well known companies and agencies in the world. I'll tell you this: it has very little to do with me.

Boyhood belief

I've always believed in myself. I was given the opportunity to do lots of different things, and my upbringing in the church that I now help lead gave me a healthy self-esteem. I think, like most people my age, I believe that I can do what I set my heart on. I grew up not only hearing a message of faith from the church, but a message of faith from brands; Nike told me I could do it and Flora told me to hold a 'positive mental attitude'. What's more, the teenage feel-good films told me that the geek can be the hero, and the Matrix told me I can even dodge bullets, albeit in some mystical sense.

As lightworkers, I don't think we lack belief. The very fact that we are pushing forward in innovative ways highlights the frame of mind that we do indeed have the potential to do whatever we set out sights on. I'm sure as you read this right now you know that your belief has brought you to where you are today.

And belief took to me to where I was 6 months ago. There were a range of accomplishments I was proud of, and I was mostly content with what I was doing; working with companies to boost the experience that they deliver to their customers.

If social media site Twitter sounds more like a product stocked at your local pet shop than a way to increase your business by communicating and collaborating with other like-minds, Mark Shaw's novice guide "[Twitter is not just about cheese sandwiches](#)" may help fill in the blanks.

Disbelief

But at the same time as believing, I was disbelieving. As I said before, I didn't believe and didn't think it possible that within a period of mere months I'd find myself not just working with top brands and statured names, but able to meet hundreds of wonderful people with whom we could collaborate to create something significant.

What made it happen? What changed? I think, quite simply, that my belief went to a new level. 6 months ago, sure, I believed in myself, but it was a contained belief. Despite saying and professing that I could do whatever I set my mind on, I didn't actually believe it - I just believed it to a level, to a certain degree.

Containment

It's here that I began to realise how contained our belief can often be. We limit ourselves to expecting what was before, and only look for incremental growth, when the truth is that there is unlimited potential waiting for those who will take it.

So then, how do we break containment?

People. The answer is people. Being around people who stretch you, who are ahead of you, who think without containment. When we are around them, work with them and build with them, it's then that we begin to think differently too. We start to

set our hearts on bigger goals and achieve more significant change, thus making a more relevant and real difference in this world.

John Donne famously said that no man is an island, yet many of us think and act accordingly; we like to keep control, to build our own empire and to govern our ideas. But, I wonder whether this isn't the containment itself?

Ronald Regan mused that there was no telling what a person could do or how far they could go when they didn't mind who got the credit. Social Media in particular is an industry that extols the idea of collaboration, the flattening of power, the democratisation of information and the levelling of 'popularity', but alas, many people still grasp too tightly to the fame they so desperately seek whilst simultaneously attempting to straddle their professed dislike of celebrity.

The way I see lightworkers moving forwards is as a group, as a collective of people who are collaborating with one another and valuing both the connections they share with one another and the tremendous work they do to make a difference. Fame isn't part of the equation - living well, and helping others live well is.

When I begin to think like this, I can feel the containment lifting.

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by Stu Gatherum

www.stugatherum.com



Stu is a passionate and focused Strength and Conditioning specialist who is committed to delivering outstanding results in fitness, nutrition and total health and wellness.

Hi All, ready for your next health and wellbeing instalment?

By the time you read this you will be a month into the Tens. Your fitness regime started early January has been an ever-present part of your weekly routine and you're making some great strides towards your goals; whether they are cosmetic, health related or a combination of both.

"What is the 'fitness man' going to tell me this month that will benefit me? I'm already eating better, feeling stronger, running faster and losing weight," I hear you saying en mass.

Contact Stu

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Well, firstly, I want you to take a quick look at the theme of this month's issue: believe. I feel that belief and trust go hand-in-hand, so believe me when I offer my congratulations on all January's' success in your diet and exercise adherence. Also, believe me when I tell you that if you missed the initial bandwagon there is a repeat service scheduled to pick you up for the start of February (look at [January's issue](#) and kick-start your regime, today).

I also want you to trust me that at some point in the near future the rapid gains and results from your exercise will begin to dwindle to dribs and drabs, you will become despondent and there will likely be a comparable loss of motivation for this new exciting lifestyle. It's at this point that you'll likely find it more difficult to resist the Friday night curry and/or Saturday night pizza.

With any luck, this article finds you just before these feelings set in! The reason for the reduction is simple; your body has adapted to the new activities you put it through. No longer do the 3 sets of 15 sit-ups and 20 lengths breaststroke that you made your benchmark challenge the muscles. Pah! They're easy!

So, what do you do to keep the results rolling in and avoid what I fondly call the dark-side (the stack of paper menus in the kitchen drawer – didn't think I knew about them, did you!)?



In the same way that January's new regime shocked the system, February's tweaked regime needs to do just the same. And here is where the trust and self-belief comes in.

You need to get a piece of paper and write down your weekly exercise schedule. Done? Ok. Now everywhere you wrote 'running', for instance, you need to change it to 'cycling', and vice-versa. Where once was written 'lunges', it now needs to read 'squats' instead. Everywhere you wrote 15 reps with 2 minutes rest, you need to pencil in 20 reps and 1 minute respectively. I am sure you get the picture.

What I am advocating is to trust yourself to regulate your own exercise program. Don't rely on someone else to do it; it's too easy to 'try' to book a program review at the gym and give up when you can't coordinate diaries. In my gym instructor days I used to see people wandering around the gym in the middle of summer with a tattered card in their hands that I wrote for New Year! Avoid that rut and believe in yourself to challenge your body and mind.

All your body needs is to be given a new stimulus. Imagine going to the cinema to see a great film. You might go again with a different friend or even on your own as you enjoyed it so much. Now, a month later, when you have seen it seven times, is it quite so entertaining? Nope. And the same rules apply with exercise. You need to 'entertain' the body with something new and exciting.

I'll finish this month's column by sharing with you one of the best quotes I ever heard regarding this: 'A program is only as good as the time it takes you to adapt to it'. And on that note, the more experienced you are with exercise, the faster you will adapt.

So trust yourself to challenge your body.

I believe in you. Do you?

Being vs. Doing

by Earl Talbot

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Earl is fascinated by ancient wisdoms, cultural diversity and evolution. As a Certified Master Practitioner of NLP, Reiki level 2, Registered Hypnotherapist and TimeLine Therapy™ Practitioner he re-connects people to their life purpose and passion for living.

I remember sitting down some years ago to watch an unassuming, softly spoken, elderly man address an audience. As everyone listened intently, I wondered how he managed to command the attention of the audience as a conductor would an orchestra.

This elderly man was my Grandfather.

His other great qualities included being able to debate without alienating others, to wisely communicate with others without getting caught up in the intellect, and maybe most importantly, to not be self-serving nor act as self-important.

When I think of lightworkers and many of the great teachers, trainers, coaches, leaders and everyday people that - directly or indirectly - positively influenced me, they all have different values, qualities and abilities. However, in my eyes one thing really stands out and captures my imagination; it is not what they are "doing", it is how they are "being". It is not their activity but their presence that presses upon and inspires both me and others.

As a student of NLP (Neuro-Linguistic Programming) curiosity motivated me to enquire "how are they so inspiring?" and thus far I believe there are two key aspects that make my Grandfather and those others stand out from the rest:

1. Believing in something greater than themselves
2. The ability to transcend the Ego and just Be

Let me start with the second point, the ability to transcend the Ego. Whilst I probably couldn't define exactly what the Ego is, I would compare it to a wrapper or packaging; it is not who we are, but it helps the external world identify who we are (what type of person) and for us to advertise to everyone who we think we are and what we represent.

So whilst the Ego is important inasmuch as it has a role to play, it is not the real substance that is inside the packaging. You tend to notice when people

get caught up in the Ego: they need to be right, to demonstrate their self importance (sometimes over others), and become stressed or uncomfortable at being judged due to being overly concerned with what others think of them.

Lightworkers on the other hand seem able to simply minimise the fruitless preoccupation of Ego-centricity. Instead, they focus on the inclusion of people and ideas and the notion that no one is right or wrong but that there are many different ways of seeing things. They believe they are no more important than anyone else and that everyone is important in their unique way. They are not concerned what others think of them and they'd rather use information from others as feedback on how they can continue to grow. They are peaceful just being and accepting themselves.

My Grandfather was a man of faith and wholly believed that he had a part to play in positively contributing to the community, society and humanity.

Again, one of the key characteristics I find is that lightworkers are committed to fulfilling a small but significant role for the betterment of the whole system (whatever that may be for them). This is their purpose and they tenaciously stick it. They do not necessarily need to believe in God or Spirit, there just seems to be an understanding that they are a part of something larger, whether it is the employee serving the company rather than just earning a buck, the scientist working on something to cure, or the inventor seeking to enhance peoples' quality of life.

Another point to note is that lightworkers, whilst primarily beyond the Ego - by working for the good of everyone and not just for themselves - seem to work tirelessly and effortlessly in a sustainable way and do not burn out.

On my journey to aspire to this state, which one could consider to be living with integrity (wholly being Oneself) I came across many books and CD's, attended training courses and workshops, etc. and the one teaching that was the simplest and most effective at keeping me on my path is Don Miguel Ruiz's The Four Agreements, Code for Life;

Agreement 1 - Be impeccable with your word

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Agreement 2 - Don't take anything personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others you won't be the victim of needless suffering.

Agreement 3 - Don't make assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Agreement 4 - Always do your best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

These four agreements are non-intrusive and allow you believe what you will, whilst giving simple guidelines for living your fullest life. I hope they can serve you as they serve me.

Under the Spotlight



James Haskell

Which is your favourite fruit pastille?

The blackcurrant ones.

What are the wisest words anyone ever told you?

The best revenge is living well. Or, you can lie to everyone else but you can't lie to yourself.

What is your dream car?

Ferrari 599 GTB in red.

If your life so far was a book, what would be the title?

"Adventures of a Naughty Schoolboy"

What is your number one hidden talent?

Driving heavy digging equipment.

What makes you bored?

Tax returns, and long video analysis sessions.

Can you roll your tongue?

Yes.

Do you remember your favourite teacher?

Yes - Ken Hopkins from Wellington College. He is a legend without knowing it.

Rise to the Challenge



Austin, Martin, Matt

www.sportrelief.com



Lightworker Challenge

How to make the leap into entrepreneurship

by Rachel Willis

www.RachelWillisUK.com



Rachel is one of the country's leading spiritual business specialists; with one eye on the bigger picture, she advises clients how to achieve abundance – both individually and collectively - within the realm of heart-based living. She is also an inspirational writer and Editor of Lightworker Magazine.

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It's 10 o'clock on a rainy Monday morning and you're sitting at your desk nursing a lukewarm cup of coffee whilst surveying your to-do list with a growing sense of dread.

Deep inside, an encouraging voice whispers "Is this all their is to life? You could be somewhere else. You could be turning your innovative idea, unique talent or lifelong dream into reality..."


A louder, more demanding voice replies "Don't be stupid. Why would you jeopardise your career and lifestyle for that? It won't work anyway, just forget about it and get back to your emails."

However, the Richard Bransons, Martha Lane-Foxes and James Caans of the world are those that turn down the volume on the noisy voice of fear and instead leap into their new venture with full conviction.

They aren't fortune-tellers, they don't know any more about the future than you or I, but they do have the crucial ingredient for success: belief. In both themselves and their product or service.

As a business strategist, I often ask hesitant clients, "What is the worst that could happen?". After the initial nervous laughter, the answer usually surprises them. Yes, you could end up a little red-faced and back in a 9 to 5 job with a bank loan to repay, but equally you could help thousands of people, become a household brand or have your local swimming pool named after you (just ask Rebecca Adlington!)

Don't get me wrong. It's still a wise idea to research the viability of your idea (outside of your friends and family, who tend to be biased), investigate production and marketing costs or consider potential financing methods, but don't fall into the trap of paralysis by analysis.



As I do with my clients, set specific targets, pre-empt and minimise obstacles where you can, and create bite-sized strategies for achieving these goals. Then, and this is key, put a timeframe on the steps, and take them!

You learn the most by actually doing, not just thinking about doing. For each action you take, evaluate what worked and what didn't, and if necessary, adjust your next step accordingly.

For example, create a prototype of your new home exercise weights and ask 10 of the local Weight Watchers group to trial them for a week. Use their feedback constructively to finesse the design, as inspiration for an advertising campaign, or as an end to this particular idea and motivation for another.

Rest assured that when you're 95 years old, you'll regret not even trying rather than making an informed choice not to pursue an idea.

Ask most successful entrepreneurs and they'll tell you profits came from Version 164 of their original idea. It's that essential component – belief – that keeps them going.

So, next time your boss asks you to work late on a Friday evening, the Circle line is closed for engineering, or your pay rise is half what you anticipated, ask yourself what step you can take - right now – towards your dream, and make the leap.

Lightworker in Training

The great escape

by Hetta Rogers



Hetta's background is in Art History and Literature. She spent the past 7 years training and working as a lawyer before quitting her job to find greater fulfilment, and now her days are filled with riding horses and trying not to get thrown off...

For many of us, "believe" is a hugely powerful word that conjures up a long list of thoughts, ideas and concepts, many dealing with such things as faith, religion and even politics.

What I wish to focus on here, however, is the notion of self-belief. By that, I do not mean a blind or unfounded self-assurance or conceitedness, but instead a rational sense of esteem. A confidence in one's own abilities or judgements that is shaped principally by one's awareness of oneself and of others, together with a healthy dose of optimism.

It goes without saying that we each make decisions in different ways. Some decisions are made after careful research and a weighing up of the potential outcomes; others are made on impulse or by following a gut feeling. I do not support any one approach over the others; often the circumstances will dictate which one is best at the time. What is often missing in the decision-making process, however, is self-belief. If those who believe they are doomed to fail often do, why do we frequently neglect to focus on thinking positively and believing in our own capabilities when making important decisions?

As far back as I can remember, I have been allergic to change – be it deciding to change schools or jobs, or simply throwing out an old pair of running trainers. Whenever I have a genuinely important decision to make, particularly one affecting my future, two things invariably happen: firstly, I almost certainly ask myself: "what if I'm doing the wrong thing?" and, secondly, my mother reminds me of a quotation many attribute to the German poet, novelist and scientist Johann Wolfgang von Goethe (1749 - 1832), which describes how a courageous action can put into motion a whole string of (positive) unforeseen events:

"Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred.

A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now."

These are wise words indeed.

Mistrusting change like I do, it is a little ironic that last year was a year of significant personal adjustment for me, much of which was of my own making.

Like many people, I chose a demanding profession and worked hard at it, but I often struggled to achieve the right balance between work and time I needed for myself. I did not always begrudge that imbalance, but felt certain that I was letting "life" pass me by and knew I needed to make some fairly drastic changes. Surprisingly, rather than opt to soldier on in the hope those feelings would pass, I made a more radical decision to leave my job and take myself travelling for a few months. In early November last year, three weeks after finishing work, I landed in New Zealand – somewhere I have always wanted to visit. A close friend had encouraged me to go alone, saying that I would have an altogether different experience than I would do travelling with friends. Looking back, she was absolutely right. New Zealand is the most wonderful place with a seemingly endless list of activities for those seeking an adrenaline rush or, like me, wishing simply to escape from it all. I also met a fantastic group of friends along the way. I did not spend my time away worrying about what I would do on my return to the UK – in fact, I still have many loose ends to tie up in that respect – but what I know now is that if I want to change something, it takes courage, effort and positivity to get it right. I cannot simply allow fate to dictate my fortune.

I am not advocating that every person who is unhappy in their work or with a particular aspect of their life should walk away from it; that is not the only answer and life is certainly not that straightforward. Most of us have mortgages or rent to pay and countless other responsibilities to contend with. But what we can all do is take the time to assess our priorities and acknowledge what it is we each want to accomplish in this short lifetime, whether it is big or small. We all hear stories of people affected by the recession, particularly those who have been made redundant from their current jobs only to find that the closing of one door opens up other opportunities they would not otherwise have encountered. I am convinced that these stories are not urban myths, but examples of people whose courage and self-belief at a very difficult time points them in a different, often better, direction.

Until some bright spark publishes the definitive guide to life – one that contains all the answers – we will all have to find our own way forward. With a bit of self-belief, this might not be as hard as we think.

Words of Wisdom

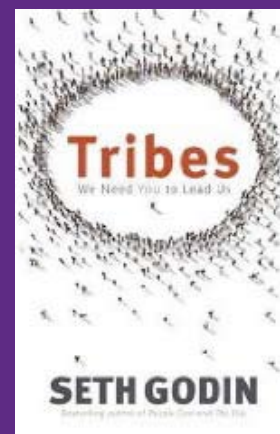
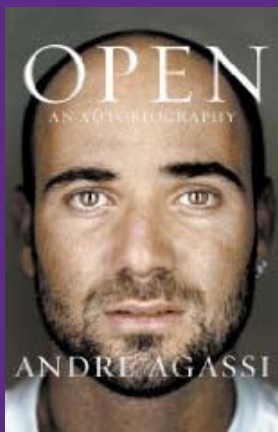
The warrior of light pays close attention to a text that the Soul of the World transmitted to Chico Xavier:

"When you have managed to overcome grave problems in a relationship, do not spend time remembering the difficult times, concentrate on the joy of having passed yet another of life's tests. When you emerge from a long period of medical treatment, do not brood on the suffering you endured, think instead of God's blessing that allowed you to be cured.

Carry in your memory, for the rest of your life, the good things that came out of those difficulties. They will serve as proof of your abilities and will give you confidence when you are faced by other obstacles."

Manual of the Warrior of Light, Paulo Coelho

Lightworker Loves...





Next Month's Issue

Communication

Communication is the cornerstone of life; getting your needs met, connecting with others, broadcasting your message. Conquer this challenge and the rest becomes much easier.

Including:

The final instalment of the Indigo Adults trilogy
NY Times bestselling author Dr Judith Orloff
Richard Branson

Available at www.lightworkermag.co.uk from 8th March

Yoga Psychology on Stress Management

by Robert Butera, PhD

www.pureheartofyoga.com



Robert Butera PhD is an internationally renowned author, publisher of Yoga Living magazine, and director of The YogaLife Institute in Pennsylvania, where he trains yoga instructors as well as students.

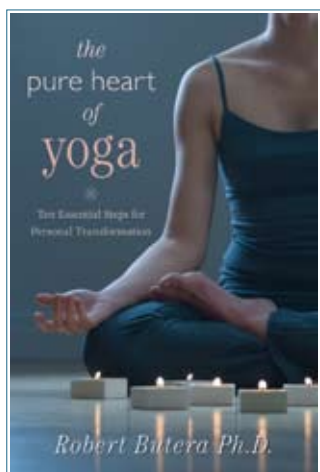
How do you face your daily challenges? How often do you feel subtle or extreme stress? Are you constantly reacting to your surroundings without awareness, or are you paying attention and discerning your choices?

Let's take the universal example of traffic. What do you experience when you are stuck in a serious traffic jam? Often the answer to this question is some kind of negative emotion such as anger, frustration, or pressure. But what if you thought of the traffic jam as a small blessing that allowed you some unexpected time to reflect, relax, or enjoy some deep breathing? It is interesting to note that 20 people stuck in the same traffic jam will have 20 different reactions to the situation. This phenomenon offers a simple yet profound lesson – the traffic jam is simply a traffic jam. It is how we react to the traffic jam that creates and sustains unnecessary levels of stress in our daily lives.

Contact Robert

www.pureheartofyoga.com

The Pure Heart of Yoga: Ten Essential Steps to Personal Transformation, now available at Amazon



This concept that everything is neutral is one of the primary underpinnings of traditional Yoga Psychology. It is a unique perspective, because when we contemplate this idea, we must ask ourselves: If everything is neutral, then why does stress exist? Yoga teachings tell us that anything that clouds our understanding of reality causes a corresponding amount of struggle in life. To understand how to have positive reactions to life requires us to understand the deeper reasons, values, beliefs, and life events that have shaped our approach to living and relating.

The traffic jam is really just a metaphor for any challenging situation we face throughout the course of the day. When we are emotional, it is hard to take a step back and see things as they truly are. Learned emotional responses trigger unaware reactions. When we become aware of our triggers, take a deep breath, and review the situation, the possibility of emotional transformation arises. In those few moments, a situation that might normally bring stress into the mind/body can instead bring about a sense of equanimity.

Six Ways to Apply Yoga Psychology to Daily Life

Every time you recognise and understand a personal stress, there is an opportunity for positive change and personal growth to occur. Use stressors you identify as a way of learning more about yourself. Whatever you learn will be interesting!

This six-step process can be used any time, but for many, the end of the day (before falling asleep) is best. Even the busiest person has 5–10 minutes before bedtime to reflect on the events of the day.

1. Think of one minor stress from the day – something as simple as traffic is better than a profound catastrophe.
2. Think of the emotion you felt during that situation. Refrain from stating the cause of the emotion. Phrase the statement, “I felt (emotion) while I sat in the traffic.”
3. Consider how the situation could be neutral. The traffic is just the traffic. It did not force you to have any specific emotion. You had the emotional reaction to the traffic. Some people like traffic, such as salaried workers who get a break. Notice how your perspective toward a neutral situation affects your emotional response.
4. Understand your underlying belief pattern that creates your reaction to the situation. For example, “Traffic is annoying because I do not have enough time to spend with my children after working all day.” The issue to be understood is not the traffic but the fact that you feel as though you don’t have enough time.
5. Re-evaluate how you can tailor your belief pattern in a fashion that allows you to have your deep values without evoking stress reactions. “I accept that working will alter my life with kids. However, this is my life and I will accept that children are raised by a village – and I trust my village.”
6. Let your stressful situations be permitted. Let self-understanding be permitted. As you understand your situations, see yourself as a wise person and integrate the idea that all things are neutral, and you can reduce stress to a minimum.

As you work through these six steps and apply these lessons, remember that the easier part of the process is recognising that all things are neutral and that you have the power to react without stress. The harder part of the process is accepting the pain that you find when you examine the “whys” of your reactions. Stay present with what you uncover, and use it as a learning tool to positively transform your experience of daily life.

Opening our hearts

by Doreen Virtue



Doreen is a spiritual doctor of psychology and metaphysician who works with the angelic, elemental, and ascended-master realms in her writings – she has published over 20 books - and international workshops.

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[Click here](#) to visit Doreen's Products at Amazon

As lightworkers, our primary purpose is to heal ourselves, so that we may heal others.

When we open our heart chakras fully to Love, other people notice the glow that naturally emanates from deep within us. Even those with no knowledge of spirituality are drawn to our love and light. They notice something “different” about our peaceful nature, and the glow of Divine love triggers a deep, forgotten memory of God. So, the greatest mission that lightworkers can now embark upon is to lose their fears of love, so that their light can help to awaken our sleeping brothers and sisters.

The heart chakra becomes clogged, shrunken, and dirty from fears associated with love. It seems that every person has suffered pain in a relationship, including romantic, family, and friend relationships. This pain causes us to fear love. Yet, because love is the essence of life, this fear causes us to lose touch with life's true essence. We become confused and forget what true love feels like.

When we are afraid of love, we are literally afraid of being ourselves. The fear of love leads us to become guarded, sarcastic, and defensive. We are so frightened of being hurt, manipulated, abused, or controlled, that we seal our heart away from all experiences of receiving or giving love. Unfortunately, when we close our hearts to love, we also shut off the awareness of God speaking through our intuition. Ironically, this intuition is the trustworthy guide that reliably leads us to relationships that honour and support us. When we block the awareness of Divine guidance, we are unaware of the angels' warnings about abusive relationships.

Here is a powerful healing meditation given to me by the angels, to help us lose our fears about love and cleanse and open our collective heart chakra. You may want to record this meditation with soft background music, so that you can easily listen to it once or twice a day:

“With your eyes closed, and in a comfortable position, take two or three very deep cleansing breaths. Visualize a beautiful cloud of emerald green light surrounding you.

As you breathe in, you take this healing energy into your lungs, your cells, and into your heart.

Concentrate upon your heart a moment, as you allow the emerald green light to cleanse away any negativity, which may have caused you to feel pain.

With a deep breath, allow the light to carry away any fears you may have about love. Be willing to release the fear of feeling love. You need do nothing else except breathe, and hold the intention to heal yourself of the fear of love. Just be willing to be healed, and God and the angels will do everything else.

Take another deep breath, as you become willing to release the fear of being loved, including the fear that if you are loved, you could be manipulated, tricked, used, abandoned, rejected, persecuted, or in other ways, hurt.

With another deep breath, allow all these fears from any lifetime to be lifted and carried away.

Now, allow the light to cleanse you of any fears you may have about giving love. With a deep breath, be willing to release the fear that if you give love, you could be controlled, abused, deceived, betrayed, maimed, or hurt in any way. Allow these fears to be lifted completely, and feel your heart expanding to its natural loving state.

Allow yourself to release any old unforgiveness you may be harbouring toward those who seem to have hurt you in a love relationship.

Become willing to release unforgiveness toward your mother . . . toward your father . . . toward other parental figures . . . toward your siblings . . . toward your childhood friends . . . toward your adolescent friends . . . toward your first love . . . toward those whom you dated and loved . . . toward anyone with whom you lived or married . . . allow all of your hurts and disappointments associated with love to be cleansed and fully carried away. You don't want the hurt, you don't need it, and with another deep breath, it is lifted to the light where it is transmuted and purified. Only the lessons and the pure essence of love contained within each relationship remains, since that is the only thing that was ever eternal and real within each of your relationships.

Now, with another deep breath, allow the light to cleanse you completely. Be willing to release any unforgiveness you may hold toward yourself connected to love. Be willing to forgive yourself for betraying yourself, for ignoring your intuition, or for not looking out for your highest interests.

Give yourself a hug, either in your mind or with your arms. Reassure your inner self that you will never again engage in self-betrayal.

You now commit to following your intuition and discernment, so that you could never be or stay in any relationship that would hurt you. Fully release the unforgiveness for any mistakes that you think you may have made in any relationship, including your relationship with yourself. And with another very deep cleansing breath, feel yourself healed, whole, and ready to enjoy the love that is the truth about who you really are.

Article originally published [here](#) on Doreen's Angel Therapy website.

Part 2 - Indigos and the Art of Self Belief

by Mel Diamond

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Mel is a passionate advocator of the Indigo cause. She wants to speak out to help and inspire other Indigo adults to become aware of who they are. Mel is a Reiki healer and teacher, sound healer, writer, singer, neo-pagan and a student of the shamanic arts.

If my last article resonated with you and you feel you're an Indigo, you may be thinking 'now what do I do?' The first step is simple – start to believe in yourself!

Change of Ages

You've probably read or heard that we are living through a change of Ages, something that happens approximately every 2000 years. Currently the Age of Pisces is on it's way out, and the Age of Aquarius is coming in. 2012 is mooted as the major moment of change (and it is only a mere moment in this thing we call 'time'). There is a paradigm shift happening, and it's happening fast. In a nutshell, this means that the energy of our planet is changing, rising to a state where lower vibrations of control, deception and stifling regulation are obsolete. These cannot continue to exist in an Age where Aquarian qualities such as Truth, Love and Freedom will be prevalent.

The way we live is changing, and this is where Indigo souls come into their own. We are a soul family that came to help eradicate that which is no longer serving humanity for it's

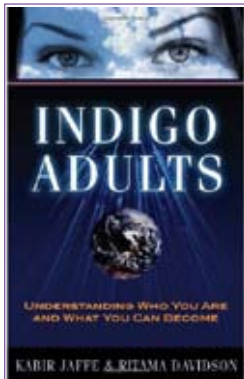
highest good. Old beliefs and ways of being are becoming outdated, and many people are not relating to the established social conventions; feeling dissatisfied without really understanding why. These same people grew up feeling - as I did - ill at ease and out of place. We got on with life as best we could, but without true fulfilment. There was an ever-present feeling that we should be doing something more with our lives and the question 'is this all there is?' was never far from our thoughts.

If you identify with the above, you're probably an Indigo soul. And you came to this planet at this time to instigate and perpetuate the changes that are needed as we transition into a New Age.

Strong sense of truth

For Indigos, there is a deep sense of frustration in us at how the world currently functions; we know there is more to life than what we are 'allowed' to know. The systems of government, bureaucracy, corporations and education system are just a few structures that cannot continue as they are – limiting, deceptive,

Recommended further reading and websites



Indigo Adults: Understanding Who You Are And What You Can Become-Jaffe/ Davidson (above)

I cannot stress enough how brilliant this book is, it really helped me make sense of me!

www.theindigonetwork.ning.com

a growing community of Indigos, a place to connect and encourage each other.

My Indigo blog – indigostar12.blogspot.com

greedy and/or stifling. We are here to challenge and change them, and are equipped with the qualities of courage, tenacity and a preternatural sense of truth, for this reason. It's impossible to lie to an Indigo, and where we sense lies or half-truths there is a need to dig deeper until we get to the root of the matter. We, as courageous warrior souls, free spirits and visionaries, are a major part of the paradigm shift. Our collective purpose is to clear a path and show the way for coming generations. We are here to do the hard work of facing and taking down the brick walls that hinder our progression as a race. No easy task, but it's why we volunteered to come here. We are here to confront the unjust and to promote truth, integrity and freedom in its place.

Self-belief

This task cannot be accomplished without believing in oneself. As an Indigo Adult, self-belief is one of the first challenges we face, because often doubt exists where belief should be. Before we experience the 'penny-drop' moment of Indigo awakening, we're often riddled with self-doubt and insecurity because,

frankly, we think there's something wrong with the wiring in our heads. There isn't. The trick is to begin to replace the self-doubt with self-belief. The more we hold faith in ourselves, the clearer our paths become and the more self-assured we feel. Believing in and trusting yourself is crucial. Realise that your feelings and opinions are for a purpose. Sometimes you might want to challenge something you sense is unjust, perhaps you are told something and sense that you need to know the deeper meaning behind it, or you might reject established social conventions because they hold no meaning for you. This is how we are evolving and you're part in this is more than relevant. You may have ignored an instinct or intuition in order not to stand out from the crowd and blend in with the social 'norm'. Did you feel like you were restricting yourself or wearing a mask? You don't have to hide yourself in these conventions if these do not reflect the real you. Follow your intuition at all times. You hold a strong connection to higher spiritual energies and your intuition is one way these energies communicate with you; your intuition is your most reliable friend.

Simply live your truth

Many Indigo Adults are very much out there doing the front-line work; they are campaigners and activists taking on the inequitable aspects of society. You don't have to be doing this to make a difference - it's enough to simply live your own truth and stand by your own beliefs in humility. You will provoke interest from other people because that's how your energy works, something I noticed happening around me since my teens. The fact that you are different and confident in your own skin will inspire others to live their own truth, and in this way you are fulfilling a real purpose. We instigate change simply by being ourselves; creating ripples in a pool that was previously still.

There will be times over the coming months and years that you feel challenged and temporarily uncertain of yourself. Standing out from the crowd can be unsettling and scary, even for a courageous Indigo Adult. Take a moment for yourself in these situations and affirm 'I believe in me'. Remember who you truly are and stand tall.



Quotes

"I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act."

Buddha

"We are what we believe we are."

CS Lewis

"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success."

Pablo Picasso

"I believe in being an innovator."

Walt Disney



David Beckham

Inspire

David Beckham leverages his exposure as a renowned footballer and global brand to assist charities that help and inspire others who are less fortunate than him.

The Beckham family charity was set up in 2002 to help thousands of children born each year with disabilities. It has helped over 1,000 children by purchasing mobility aids that help enrich their lives and support families. Furthermore, UNICEF awarded David with the role of Goodwill Ambassador as a show of appreciation for his support. As one of the world's most recognisable sports stars, his special focus was on UNICEF's Sports Development Programme and at the time he said, "it is one of the proudest moments of my life to be given the role of UNICEF Goodwill Ambassador and I hope to play a part in supporting children at their time of need."

Educate

He established The David Beckham Academy in both London and Los Angeles as an exciting new football school focusing on the development of young players. David's motivation was to educate and encourage them to fulfil their own potential, whether on or off the pitch.

The purpose of the Academy is to give young, aspiring athletes the chance to develop their skills, learn about teamwork and healthy living, and above all to understand the importance of having fun every time they step on the pitch. Each youth player is put through a variety of assessments to examine their strengths and weaknesses and the coaching staff then devise a plan to improve each player's game.

Challenge

Within the sporting arena, David - and his longevity within the game - challenge generations of players to be the best they can be. He is currently England's most-capped outfield player with 115 appearances; testament to his hard work, rigorous training and ambitious attitude that "as a footballer you always want to test yourself against the best."