

*CALLING ALL
LIGHTWORKERS!*



*Patti Ortyl
Feeling For Healing
616-949-0845*

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Email: patti@feelingforhealing.com Website: www.feelingforhealing.com



Patti Ortyl

Patti Ortyl is a Reiki Master/Teacher and Psychic Medium. She currently works at The Crown Jewel Spa and Salon in Grand Rapids, Michigan, where she practices and teaches all levels of Reiki. In addition, she holds special workshops on various topics like Intuition Development, The Human Energy System, and Relaxation and Meditation. She is also a member of The International Association of Reiki Professionals.

As a Medium, Patti helps her clients find closure, validation, and peace of mind by communicating messages from loved ones on the other side. Clairvoyant since the age of six, she has helped hundreds of people through the painful grieving process of losing a loved one.

THE LIGHTWORKER

What is a Lightworker?

A lightworker is a person who agreed before birth to help people (and the planet) heal and transcend fear. The lightworker is a healer. Each lightworker is here for a divine and sacred purpose.

You know you are a Lightworker if you:

- Feel called to heal others;
- Want to resolve the world's social and environmental problems;
- Believe that spiritual methods can heal any situation;
- Have had mystical experiences, such as psychic premonitions or angelic encounters;
- Have endured harsh life experiences that eroded the knowledge of your divine perfection;
- Want to heal your own life as a first step in healing the world;
- Feel compelled to write, teach, or counsel about your healing experiences; and
- Know that you are here for a higher purpose, even if you are unsure what it is or how to fulfill it.

Source: Doreen Virtue: The Lightworker's Way

Lightworker “Symptoms”

Many lightworkers are now just “waking up” to their calling – an inner calling that can’t be ignored. Once “woken up”, there is no going back -- mainly because it feels “right”. Many are discovering that their psychic “senses” are opening up and they pursue avenues of development such as taking classes in psychic awareness or meditation. Others are discovering that they have innate healing abilities and are learning skills such as Reiki or Healing touch.

The lightworker is *sensitive* to energy and energy shifts. Many are empathic and can sense physical and emotional feelings from others, including “global” feelings or events.

Within the last few years, lightworkers have been dealing with the following due to these energy shifts:

- **Body aches and pains**, especially in the neck, shoulder and back. This is the result of intense changes at your DNA level.
- **Feeling of deep inner sadness** for no apparent reason. You are releasing your past (this lifetime and others) and this causes the feeling of sadness. This is similar to the experience of moving from a house where you lived in for many, many years into a new house. As much as you want to move into the new house, there is a sadness of leaving behind the memories, energy and experiences of the old house.
- **Crying for no apparent reason**. It's good and healthy to let the tears flow. It helps to release the old energy within.
- **Sudden change in job or career**. A very common symptom. As you change, things around you will change as well. Don't worry about finding the "perfect" job or career right now. You're in transition and you may make several job changes before you settle into one that fits your passion.

- **Withdrawal from family relationships.** You are connected to your biological family via old karma. When you get off the karmic cycle, the bonds of the old relationships are released. After a period of time, you may develop a new relationship with them if it is appropriate. However, the relationship will be based in the new energy without the karmic attachments.
- **Unusual sleep patterns.** It's likely that you'll awaken many nights between 2:00 and 4:00 AM or 3:00 and 5:00 AM. There's a lot of work going on within you, and it often causes you to wake up for a "breather." Not to worry. If you can't go back to sleep, get up and do something rather than lay in bed and worry about humanly things.
- **Intense dreams.** These might include war and battle dreams, chase dreams or monster dreams. You are literally releasing the old energy within.
- **Physical disorientation.** At times you'll feel very ungrounded. You'll be "spatially challenged" with the feeling like you can't put two feet on the ground, or that you're walking between two worlds. As your consciousness transitions into the new energy, your body sometimes lags behind. Spend more time in nature to help ground the new energy within.
- **Increased "self talk."** You'll find yourself talking to your Self more often. You'll suddenly realize you've been chattering away with yourself for the past 30 minutes. The conversations will increase, and they will become more fluid, more coherent and more insightful.
- **Feelings of loneliness,** even when in the company of others. You may feel alone and removed from others. You may feel the desire to "flee" groups and crowds.
- **Loss of passion.** You may feel totally disimpassioned, with little or no desire to do anything. That's OK, and it's just part of the process. Take this time to "do no-thing." Don't fight yourself on this, because this too shall pass. It's similar to rebooting a computer. You need to shut down for

a brief period of time in order to load the sophisticated new software.

- **Digestive system, gastrointestinal tract.** There are major changes in the digestive tracts of humans as the changes to biology begin. Just know that although most of these changes will be brought to your attention in the negative, they are happening in the positive as well. Changes to the human digestive tracts will cause a wide variety of symptoms in the near future. Know that if you are experiencing these, that even though you may be having difficulties, you also may be one of the first to take a higher vibrational physical body. Be patient and don't forget to breathe.
- **A deep longing to go Home.** This is perhaps the most difficult and challenging of any of the conditions. You may experience a deep and overwhelming desire to leave the planet and return to Home. This is not a "suicidal" feeling. It is not based in anger or frustration. You don't want to make a big deal of it or cause drama for yourself or others. There is a quiet part of you that wants to go Home. Spirit needs you here to help others transition into the new energy. They will need a human guide, just like you, who has taken the journey from the old energy into the new. The path you're walking right now provides the experiences to enable you to become a teacher. As lonely and dark as your journey can be at times, remember that you are never alone.
- **Seeing the number 11.** This is the number of the lightworker. You are probably seeing 11:11 or 1:11 on the clocks. The 11:11 is a wake-up call you sent to yourself. A reminder of your true purpose here on Earth.

Source: Unknown – received in a group e-mail in 2006

LIGHTWORKER SYNDROME

Lightworker Syndrome is a lack of acceptance of one's power. This person:

- Wakes up to a higher level of consciousness, but can't figure out how to live on purpose *and* feed themselves at the same time.
- Feels they must compromise: either stay connected up top and be totally ungrounded, or lose that higher connection and become more grounded.

(These lightworkers either do empty work they don't enjoy but which pays okay, or they do purpose-centered work that hardly pays anything. They end up sacrificing either their purpose or their income. It's hard to stay on purpose if you're worried about paying the rent, and it's hard to generate good income if your work doesn't inspire you.)

- Fears their own power. The reason some can't maintain a stable connection to Source AND remain grounded at the same time is that they are afraid of what it will mean if they succeed. They fear that if they actually succeed, they'll have a lot of responsibility on their shoulders.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.”

~ Marianne Williamson

LIGHTWORKER SURVIVAL TIPS!

1. **RITUAL.** Meditation (or quiet time) is extremely important. Set aside time in your daily routine to meditate and balance your energy.
2. **INTENTION.** Set your intentions daily as you meditate. Be clear and detailed as to what you want.
3. **GET TO KNOW YOUR GUIDES.** The guides will make themselves familiar to you as you meditate. They will become your support system as well as your friends.
4. **STAY THE COURSE!** Do NOT allow fear to make your decisions in these tumultuous times. Do not go “outside” for your answers – you must go “within”.
5. **STAY GROUNDED.** It is all too easy for the lightworker to get caught up in the esoteric. To truly do your work, you must remain in the physical and stay in the moment.
6. **BRING JOY INTO YOUR LIFE.** Every day when you wake up, decide what it is that you are going to do that will make you smile. Perhaps it is a bubble bath after work, a walk in the park, or a piece of chocolate.
7. **KEEP MOVING!** Your body might go through some vibrational changes, so make sure you walk, do yoga, dance, or any type of exercise that is fun to you.
8. **GO TO THE HEART.** When you feel stressed, anxious, or unsure, ALWAYS bring your energy to the heart chakra.
9. **AROMATHERAPY.** Find a fragrance that will take your energy field to that place of peace. For example, Nag Champa incense is of high vibration and may remind you of a meditation class you took; or a certain oil used in a

relaxing massage might actually bring your field (or memory) back to that place. Lavender is excellent in promoting relaxation as well as cleansing the aura.

10. **PLAY**. We humans take ourselves so seriously most of the time. The guides insist that we add play and fun into our routine. Laughter causes the aura to expand!
11. **REST**. You must take care of yourself first! Rest is so very important as you go through vibrational changes. Give yourself permission to take those afternoon naps!

Helpful Websites

www.kryon.com

Lee Carroll (who channels the entity 'Kryon' is a delightful presenter and has several books, including "The Indigo Children". Excellent website! He has channeled at the UN several times and will travel and do seminars. If he is in your area, this is a MUST SEE!!

www.lightworker.com

Steve Rother and his wife have channeled at the UN and have a unique website with lots of info on the 'lightworker', including a DVD on "Living in the 5th Dimension" and the free "Beacons of Light" newsletter.

www.tut.com

Sign up for daily "thoughts from the Universe". Often just what you need to hear that day! Mike Dooley has a great website and the messages are funny, yet profound.

www.metaphysicalwisdom.com

In addition to website design, Cyndi hosts an online community of messengers, teachers, students and seekers of Metaphysics from around the globe. Beginning in fall of 2012 she is announcing the Wisdom and Intuition Network which will provide interactive webinars with master teachers and professional intuitives.

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