



*Lightworker and Personal
Evolution*

Where are you on your journey of evolution and enlightenment?

What is your next step in your personal development?



PO Box 146
BORDON
GU35 9ZQ
UK
+44 (0) 1420 474873
0800 0409 115
www.psycademy.co.uk
info@psycademy.co.uk

Contents

<i>Why Are We Evolving?</i>	3
<i>The 7 Stages of Evolution</i>	4
1. Dormant	4
2. Awakening	4
3. Seeker	4
4. Chaos	5
5. Visionary	6
6. Pioneer	6
7. Lightworker	6
<i>Challenges of each stage and how to minimise them</i>	7
1. Dormant	7
2. Awakening	7
3. Seeker	8
4. Chaos	9
5. Visionary	10
6. Pioneer	10
7. Lightworker	11
<i>Cycles of Evolution</i>	13
<i>Evolutionary Steps and how to get there</i>	15
<i>Lisa's Story</i>	16

Why Are We Evolving?

Ever since the big bang the universe, energy and consciousness has been evolving. But why? Why do we evolve? What is the purpose of evolution?

Most people believe there must be some purpose to life, and if there is some purpose, what might it be? Well it could be to raise our consciousness, increase our understanding and awareness. By consciousness, I mean how conscious we are of ourselves, our place in the world and universe as well as the role or roles we play when interacting with others.

Evolution goes through cycles. Within each cycle are distinct steps or stages and each stage brings its own joys and challenges. Some stages are easier to handle than others. Some bring more joy, and some bring more pain. There are ways to minimise the pain and maximise the joy.

This e-book will help you:

- Understand the evolutionary process, what starts it off and how it progresses.
- Learn what each stage means.
- Identify where you are in your evolution.
- Minimise the pain of any particular stage.
- Anticipate what your next stage is and make the transition from and through each stage as easily as possible.
- Avoid the pitfalls of evolution
- Recognise the mistakes that most people make and how to avoid them.
- Identify the specific action you can take to accelerate your evolution.

If you have already completed our on-line questionnaire, you will have been given an indication of the current stage you are experiencing.

The 7 Stages of Evolution

Evolution is a journey and a cycle. There are distinct stages and each stage brings its own learnings and challenges. In this e-book we present a model of the evolutionary cycle. Here are the 7 stages of evolution.

1. Dormant

The first stage is Dormancy. At this stage your life is fine; you want to maintain the status quo. You don't want to rock the boat. If you are new to evolution you might believe that there is nothing more than this. Life is just what you make of it and all this new-age fluffy stuff is nonsense. Ignorance is bliss.

People at this stage think they know exactly how the world works. They think they have it made, know it all and are often quite closed to new ideas or philosophies.

Until ...

2. Awakening

You start to notice strange coincidences. You might have strange dreams or become increasingly sensitive to others, to people and places. You begin to question things. Why do things have to be this way? Isn't there more to life than this? Who says this is how it is?

You notice a change both in yourself and in others. You begin to develop a sense of being different. You experience raised awareness and increased self awareness. You undergo an awakening.

You might start to feel confused, and curious. To satisfy your curiosity, you become a ...

3. Seeker

You seek answers. Having undergone an awakening you start asking more questions. You actively seek out answers. You begin to seek out new knowledge, new philosophies and new understanding. You read books on personal and spiritual development. You think about or actually do go and attend courses. You become experimental and open to new things. You try different therapies, or healing.

As your knowledge and understanding grows, you start to become dissatisfied with the state of the world or your life. Your new understanding and wisdom does not fit with your old way of life. Your job or lifestyle no longer satisfies you. A desire to change the way you live or work builds up inside.

You have gained new knowledge which you need to integrate into wisdom. If you don't act upon it, it leads to ...

4. Chaos

You experience a personal crisis. This might be financial loss, physical illness, or challenging relationships. You are tipped into chaos and you are forced to make radical changes to your life.

Whilst you were seeking all that reading and all those courses increased your knowledge. This raises your life force energy, chi, ki, prana (or other name). If you have any "faulty wiring" in your circuitry these faults will be activated.

Imagine your energy system is like a badly wired house. Whilst you had only a few lights turned on you didn't know there was a problem. When you turned on more lights and activated more circuits, it caused you to "blow fuses".

When this happens it will either manifest in your mind as an emotional problem, in your physical body as an illness or it may even manifest outwardly in your life as relationship or work problems.

Before you increased your energy you were unaware of the problems. They were always there but you just didn't know you had them.

Many evolving souls experience such life crises. These problems are signs that you have found a block or "faulty circuit", and it is actually good because it means you can heal it.

Some people think that if they simply wait that the problems will disappear. In fact, they get worse if you don't take action. This is the hardest stage for people to get themselves out of. They know that the support is there but the very reason they need the support is the reason they give for not being able to take it.

This stage requires you to take action and empower yourself. Give up being a victim. Take and accept responsibility and control over your life will lead to your healing.

When you have healed and released your blocks you will move into being a ...

5. Visionary

At this stage, you start to see the woods from the trees and the trees from the wood. Great leaps of understanding, context and wisdom occur. You wonder why you didn't think that way before and how obvious the answers are.

Your "very alive" talents have been awakened. You may start to channel, or have visions. You are given inspiration, or wisdom of a new higher order, and are called to play a part in this. You may become psychic, and channel high level insights. You enter a dream like state easily and receive visions or knowledge of the future.

You have a very strong desire, to set up a new business or work in a different way. You may experience this as a "calling". When you ground your calling you become a ...

6. Pioneer

A pioneer does things differently. When you are a pioneer you begin to use your visionary talents and insights in a practical manner. You set out to change the world. You want to do something different or the same thing in a different way. You set up a new business, work in a different way. This does not HAVE to be one that is labelled a spiritual one although it may be. You want to help, heal and share your wisdom with others.

A pioneer is a visionary who has grounded their vision and is manifesting it in a real and tangible way. The pioneer takes the vision and brings into reality. They put their plans into action.

At some point the plan starts to come together and take off. You start to support yourself financially and you move into ...

7. Lightworker

When you are a Lightworker you realise and actualise changes the world. You become a model of excellence, a real leader. You become a power to be reckoned with and are unstoppable. You experience a sense of inner peace of all being right with the world and of having it made.

Until ... the cycle starts again and takes you to the next level.

Challenges of each stage and how to minimise them

Each stage is positive, but brings challenges.

1. Dormant

The danger of dormancy is that you miss the awakening. If you have been round the cycle once already you may think you are a Lightworker and know it all. Yes you have taken a lot of workshops. Yes you have read a lot of books. Yes you might transcend during meditation. BUT there is always more. The challenge here is to pay attention and notice your next awakening has begun, embrace the next trip round the cycle to get you to the next level.

To Minimise the Challenges

Pay attention to the signals and signs. Notice the changes in yourself and your surroundings. Be open to the possibility that you don't know it all.

If you are new to personal or spiritual development, consider training in NLP. It is grounded and well researched.

If you have been around the cycle a few times book a Karmic Mentoring session to find out how you can take what you know even further.

2. Awakening

One challenge of awakening is to admit that you are awakening. Don't try to push your new awareness away, or try to repress it. You may experience a feeling of being embarrassed by your experiences, or confused by them. You might even start to wonder if you are going crazy.

Another challenge for those who are awakening is to get out there and learn. Many people get stuck here because they don't take action. Being curious is not enough. You need to make a commitment to your own personal development in order to move to the next stage.

To Minimise the Challenges

Take your personal development seriously. Most people spend more time planning a holiday than they do planning their life. Be prepared to invest in yourself. Some people here, although curious, would rather spend money on a new car or holiday than investing in themselves. Your evolution and development is the ONLY thing that you can take with you.

Staying stuck here is a choice, and one that many people take.

Attendance of one of our one day workshops is a good start such as Lightworker Activation, Perfect Living Now or Unleash the Book Inside.

Take action. Learn new things and you will move into Seeker.

3. Seeker

If this is your first time round the cycle it can be overwhelming. You might become a workshop or self help "junkie", or a serial therapy / healing client.

A problem for seekers is that they KNOW a lot, but do not DO a lot. They have the knowledge, the information but may not necessarily integrate that knowing into wisdom. People who do this often set themselves up as healers or teachers, but are false leaders because they have not yet integrated the wisdom. They have not integrated their own knowledge and certainly don't know how assist others to do this.

It is at Seeker where people are vulnerable to some less ethical trainings and therapies. There are many trainers and therapists out there that are untrained or self trained. Unfortunately this can lead to the seeker finding a false guru. Indeed all gurus are false gurus. A true spiritual leader or lightworker will empower their clients and discourage dependency.

The challenge for seekers is to start to integrate their knowledge into wisdom, and this means they may have to break down their inner resistances or blocks.

To Minimise the Challenges

Pay attention to any signs that you might have a block. Seek and learn but use discretion. Use logic and think things through. Watch the signs. The early signs of chaos are indications of blocks. If you seek the right help early enough chaos can be minimised or even avoided.

Integrating the knowledge and transmuting it into wisdom can require breaking down of the blocks. This does not HAVE to be painful, but if you don't take action it can lead you into Chaos.

Apply for our Lightworker Training or attend our NLP Practitioner training to guide you out of Seeker and to minimise or bypass Chaos.

4. Chaos

This stage is the one that presents the most problems and is the biggest opportunity for growth. Pain is just weakness leaving the body. Problems reveal resources you didn't know you had.

Many people who are in this stage make the mistake of thinking that the problems have been caused by awakening and becoming a seeker. They try to go back to dormancy, which is a denial.

Chaos is a sign that you need to make changes, inside yourself and in your life. Problems just show you what you need to work on and are sign that you have blocks that need to be released. When these blocks release you will reintegrate your life at a higher order. New channels, psychic centres, chakras and energy centres will be opened when the blocks are released. When they do you will become a visionary. You will receive your messages and guidance from spirit. You are always receiving them but don't always know it.

A word used for this stage is often "breakdown". You hear people say, "They had a breakdown". And that's exactly what they have had. But it is not a breakdown of their lives it is a breakdown of their blocks. It is a breaking THROUGH their barriers.

The danger of this stage is that your crisis prevents you from taking the very action you need to take to get out of the crisis. You cannot meditate yourself out of a breakdown.

To Minimise the Challenges

Rest and recuperate. Give yourself some time to heal and release the blocks. If you are not releasing them easily, get help. Have faith. All WILL be well. All IS perfect you just don't realise how perfect it is.

Find and take the help, healing or therapy that you need. If you heed the warnings and get the help you need you can breakthrough and breakdown the blocks before your life breaks down.

Getting help might mean taking action to empower yourself. You need to give up being a victim and take control and responsibility.

If you fail to do this you can stay stuck in the problem. The problems have manifested to show you that you have a block. Get the therapy you need to release the block and the problem will go away. Therapies like Time Line Therapy™ or Higher Self Therapy will release these blocks so that your channels can open and energy centres activate. These therapies enable you to integrate the knowledge into wisdom and can cause your emotional, physical and material problems to ease or even disappear.

A common thing I hear people in this stage say is, "I'm waiting for a sign from the universe before I take action and come on the training / come for therapy". The problem you are facing IS the sign.

This stage requires faith and taking a risk. When you take the risk, go on the healing course, get the therapy, and make the changes in your life you move into becoming a visionary.

If you are in Chaos, speak to us about Karmic Alignment, or other therapies to help you release your blocks.

5. Visionary

The challenge of the visionary is to ground their vision into a practical reality. If you fail to do this you will remain forever a dreamer.

There are many people here with ungrounded visions. They are struggling to support themselves and are often over or underweight as a result of being ungrounded. If you fail to ground your vision you may keep returning to chaos.

Visionaries often rely ONLY on their intuition and throw all logic out.

To Minimise the Challenges

Use rational thought and logic to put your vision into action. Find a balance between logic and intuition. Find a balance. Trust your intuition, but check the small print. Don't step blindly forward. Step forward with your eyes open and turn on the logical part of your brain. Have faith, but not blind faith.

Contact Psycademy for a Life Breathing session, which is a specialist technique designed to ground visions.

6. Pioneer

The challenge of the pioneer comes from being a way shower and a trail blazer. You want to do things differently and you start to do things differently. You make changes and in doing so force others to question themselves and you.

The challenge of the pioneer is to have faith in their vision. It will be questioned all the time, just as every pioneer throughout history has been questioned. The temptation might be to give up, to stop, to try to go back to the status quo. This is impossible and will only push you back to the Chaos stage again. Your Higher Self will keep urging you to be a pioneer. If you deny the call, the call will only get louder.

To Minimise the Challenges

Live it. Do it. Embody it. Face every challenge or problem as an opportunity for new learnings and growth.

Karmic Mentoring will support pioneers to fully manifest their vision.

7. Lightworker

The challenges of the Lightworker are many and great. A true Lightworker continues to evolve only consciously and with volition, moving actively around the cycle.

Probably the biggest challenges a Lightworker experiences is from those in the Chaos stage. The challenges include:

Clients or students will try to become dependent on you. They will try to give up their free will. "What should I do?" they may ask, holding their umbilical cord out, hoping to plug it into you. The challenge for you is to not allow others to become dependent on you but to empower them to make their own choices.

Others will look to you for help and support and you may want to give it. You will attract those who are in the Chaos stage but they may not have the means to pay you for your services. Your boundaries may be challenged as you will want to help them, but know that they must take action and invest in themselves.

They may simply want you to rescue or heal them. But a Lightworker knows that all healing comes from the client and that you are simply the guide. A client in Chaos may want you to wave a magic wand and make it all go away.

If they don't have an investment or if there is not a win-win fair exchange (i.e they pay for your services) you can create a dependent relationship. The result is that whatever you do, won't work because until they take responsibility and develop their inner resources, they can never move out of the problem.

The interaction must be karmically balanced. If you help someone out of their challenge, without allowing them to make an investment you have denied them the opportunity to have faith and take a risk. The result is that whatever you do, won't work because until they develop faith and take the risk, they can never move out of the problem.

Sometimes when you refuse to take their free will, which they might interpret as a refusal to help them they may perceive this as you attacking them. Others may see your success and attack you out of jealousy.

Ego can creep in here. You have made a massive step in your evolution. Most people hang around at the lower stages, dipping in and out of chaos. Some people go round and round but only making very small steps on each circuit.

As a Lightworker, you have come further than most people and you know it. The challenge is to experience all human conditions with compassion and love, whilst remaining impartial and detached.

Another challenge of this stage is to think you know it all or to miss that you are awakening to the next level.

To Minimise the Challenges

Be clear on your boundaries. Remain humble. Admit when you get things wrong. Be the bigger person. Release Ego (Time Line Therapy or Higher Self Therapy). Don't think you know it all. Be prepared to keep learning and evolving.

Don't fall into the trap of the "Messiah Complex". Just because you have had a life crisis and recovered does not mean you are here to save the world. You ARE still human and you are still evolving. The next cycle is just around the corner. Visionaries can also fall prey to this.

Evolution is never ending. Just when you think you have it, you haven't.

Apply for our Associates Programme which is specifically designed to support Lightworkers.

Cycles of Evolution

We are all evolving and will continue to evolve and develop. Most philosophies seem to suggest that evolution is our reason for incarnation. During our lifetime(s) we will travel round the cycle several times, each time evolving to higher levels.

Some "circuits" are more challenging than others. There is usually one particular circuit that will awaken you on your SPIRITUAL journey. This can be the most profound. But it is not your last.

It is important that you make no judgement about where you are in your journey round the cycle. Don't make comparisons with others. As soon as you think that you are better than another person because you are "more evolved" you have succumbed to EGO. The sign of a truly enlightened person is one who is beyond such judgements. Recognising that everyone is part of one creation which they are playing a part in.

Being a true Lightworker is about recognising that you are always evolving and to move through the cycle CONSCIOUSLY. Most people, certainly on their first significant cycle move thought it UNCONSCIOUSLY. They are entirely unaware of where they are or that they are even evolving. They simply REACT to outside influences and circumstances. The ideal is to consciously move yourself through the cycle. Recognise where you are, take the steps necessary to pass to the next stage.

For many people there will be a highly significant cycle, one with a high level of evolution can take months or even years to travel through the whole cycle. When you become very skilled and highly self aware you can pass through the cycle in a matter of months, weeks and I have known it happen even in a day!

It is not uncommon to go through the cycle and set up your own business, become fairly successful and the business grows nicely. At some point the business will "outgrow" the level of evolution at which you are currently. If you are self-aware and honest you will recognise this and go through the cycle again with volition. Doing this raises your energy and evolution enabling your business to grow again.

At Psycademy, we have developed a Lightworker training designed to take you from wherever you are in the cycle, or your evolution and get you to the next level. Our Lightworker training will take you from where you are now, to becoming a Lightworker. If you are already a Lightworker it will take you to being a Lightworker at a higher level.

The training will challenge you. You will raise your energy bringing awareness of new blocks and resistance. You will then be guided to gently and painlessly release those blocks to open up new channels and energy centres. This will activate your psychic circuitry and enable you to channel and receive insights and visions.

You will be supported to make the changes in you life that you need to make in order to accommodate your new way of being. You will leave the training feeling healed, whole and magnificent, revealing the best and most divine version of your true self.

Join us on the path of evolution today. Blessings on your path.

Dr. Lisa Turner

- Founder and Research Director of Psycademy
- B.Eng (Hons) PhD
- Trainer of NLP, Hypnosis, Time Line Therapy®
- Shamanic Practitioner
- Spiritual Practitioner
- Reiki Master



Evolutionary Steps and how to get there

Recommended activity	Dormant	Awakening	Seeker	Chaos	Visionary	Pioneer	Lightworker
Increase your Psychic Abilities e-book	**	***	***				
Psychic Self Defence e-book	**	**	***	***			
Perfect Living Now e-book	***	**	***	*			
Stages of Evolution e-book		**	***	***			
Psycademy Guided Mediations		**	***	*			
Higher Self Therapy Pack		*	*	***	**		
Karmic Mentoring / Alignment		*	*	***	**	**	**
Perfect Living Now workshop		***	***	*	***	**	**
Lightworker Activation		***	***	n/a	***	**	**
NLP Practitioner		**	***	***	***	***	***
NLP Master Practitioner		*	*		**	***	***
Life Breathing, Soul Naming & Unleashing your Book Inside		*	*		**	***	***
Workshop Teacher Training		*	*		**	***	***
Lightworker Training		*	**	*	***	***	***
Lightworker Ascension Programme					***	***	***

KEY

n/a - Not appropriate | * - Appropriate | ** - Recommended | *** - Essential

Lisa's Story

Years ago I used to be an engineer, and my life was pretty ordinary. Sometimes things went well, and sometimes they didn't. Sometimes I got what I wanted, and sometimes I didn't. I was never fatalistic; I always believed I had some control over my life and some degree of choice in what I did. I thought I could change certain outcomes by taking action, but also thought that some things I just couldn't change. Like many people I used to imagine that the main driving forces in life were luck and action. If I took action and I was lucky, I might just get what I wanted. Sometimes it worked and I got what I wanted and sometimes I didn't.



It was years later that I learned the truth about luck, action and outcomes.

I was always interested in the weirder side of life, but due to lack of opportunity and not really thinking there could be any real basis for such phenomena I did little to pursue my interest. I concentrated my efforts on being an engineer.

At the age of 25, I had a car accident. Technically the car had the accident and I just got in the way. Whilst out on a bike ride, a car hit the back wheel of my bike. The impact threw me high in the air and landed several metres away on the opposite side of a roundabout. It was later I learnt I had broken almost every bone on the right hand side of my body; jaw, ribs, wrist, elbow, skull, collar bone and a head injury.

Although the following three days are a complete blank, I remember what happened next very clearly. The roundabout was called "Clock Tower Roundabout" because on one corner there was a high clock tower. It was from the top of this clock tower that I remember looking down on my own twisted body thinking, "Ouch! That must really hurt. That looks nasty"

I observed my body with detachment for what seemed like an age and a split second all at once. An ambulance arrived and a plethora of machinery was brought to my body, lights were shone, people shouted, needles were used. All the while I watched impassively from above, as if watching an episode of Casualty.

At some point I became aware of a presence next to me on the clock tower. The presence of this presence was a sign. I knew, without knowing how I knew, but I knew that this presence meant I had a choice.

It was this point that I recall very clearly. It was one of those pivotal moments in life. Those split second moments when one thing changes everything. One single decision can change the entire course of your life.

It was that moment that I knew I had a choice. I could choose to stay out, or I could choose to go back to my body.

Obviously I chose to return to my body; otherwise I wouldn't be here writing this. But it wasn't until much later that I realised I had a third choice, and it was the third choice that I'd actually chosen.

Back in my body, and after physio, re-hab and recovery, I went back to work as an engineer. But something was different, but I didn't know what. It became harder to hide the part of me that felt more authentic, more real, but I didn't really know what or who that part was yet either. I learnt to meditate and started to read books about spirituality. The Celestine Prophecy, books by Deepak Chopra, Serge Kahili King. The things I was learning didn't really fit with the model of the world that I had previously held.

I didn't quite know what to believe. I couldn't integrate what I previously thought with what I was now learning. When I spoke to other people they looked at me as if I was mad, or if they were a bit kinder, told me that those books were nonsense. They might say, "It would be nice if they were true but life just isn't like that." or, "That's just not how things are".

Shortly after beginning to meditate regularly, I noticed it. Slowly at first but more and more until it became undeniable. The phenomena of thinking a thought in my head and then seeing it happen in reality. It got weirder and weirder. I became more and more uneasy. I would feel uneasy, and then something would go wrong. If I thought a bad thought a bad thing would happen. Was I creating this or just predicting it?

In a desperate attempt to understand what was going on, and either stop it or control it, I intensified my research and attended courses and trainings. I learnt more and more about spirituality, healing, personal development and the mind. It was all so fascinating.

I was still working as an engineer but my heart was no longer in it. I had to force myself to go to work each day. Motivation was at an all time low. What I really wanted to do was to be a healer or therapist, but couldn't see how I could support myself doing that. I did healing part time but that just put more pressure on me.

Eventually I lost my job. I was made redundant. The day my boss called me into the office to tell me was such a shock. I didn't know what to do, or say or even think. I panicked. How was I going to support my family? I tried desperately to find another job, but to no avail.

Fortunately I had received enough redundancy cover the bills for a while. I took some time off. I didn't have much choice as I couldn't seem to get another job. My life seemed to be in chaos.

I had some coaching, healing and therapy. I spent a lot of time meditating and thinking. It was as if every part of me had been stripped bare. I didn't even know what to call myself any more; by my maiden name, Dr. Lisa Austin, which I had worked under, or by my married name Mrs. Lisa Turner, which I healed under. I wandered round in a daze most of the time.

This went on for nearly a year. I tried to earn a living doing various things but nothing seemed to come off. I was getting desperate.

Then one morning I woke up and it was as if a light had gone on. "PING."

I knew exactly what I wanted to do. It was as if someone had lit a fire inside me. I was so passionate about this new idea.

I set up a training company, Psycademy. I used all my training and knowledge and skills to model spiritual evolution. I knew I was being guided, and I knew it was a risk. My husband would have rather I got another job, teaching or lecturing, a nice steady income. But I knew that I couldn't go back. I had to go forward. I took the risk and invested the last of my savings in the business.

It wasn't easy, and still isn't always easy. But I have a business that supports me. I have a great team around me. I do what I love. I see people transform before my very eyes. Every day brings new experiences, new learnings and new joys.

As I think about that pivotal moment, when I was out of my body, observing the mess below from the clock-tower with the presence, I made a choice. But what I didn't realise until much, much later was that I had made the third choice. I hadn't chosen to stay out of my body, I hadn't chosen to go back to my body. What I chose was to come back to my body WITH the presence. This presence continues to guide me to this day, and has assisted me to write this book.



PO Box 146
BORDON
GU35 9ZQ
UK
+44 (0)1420 474873
0800 0409115

www.psychademy.co.uk
info@psychademy.co.uk

