



LETTER TO A LIGHTWORKER

Episode Transcript

Hey, it's Rebecca. Welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me.

Today on Returning, Letter To A Lightworker, a poem from my first book, Light Is The New Black. You can find it on page 33 if you'd like to read along with me. I hope you enjoy.

Letter To A Lightworker.

I believe you came into this life with a deep inner knowing of what you were here to do and an inner guidance system to make it happen.

I'm not talking about a carefully laid out path that comes with an instruction manual, but rather an unshakable, deep seeded knowing that you're here for a reason, that there's serious work to do, and that the universe will support you in doing it.

I believe that until you answer this calling, you'll always feel as though there's something missing and something you may have forgotten no matter what you use to numb it out. It'll be there. The only way to stop the calling is to answer it.

I believe that your message is so deeply ingrained in you that sometimes it's hard to realize that everyone else doesn't think like you. They don't.

I believe you chose your parents. No matter how hard or soft or rich or poor or light or dark or old or young, present or not, kind or troubled - you chose them. And with this simple selection, you will put in exactly the right place and given exactly what you needed to inspire you to rise up, to rise up into yourself, to rise up into your highest, most authentic self, to take your position.

I believe that your tragedies, your losses, your sorrows, your hurt happen for you, not to you. And I bless the thing that broke you down and cracked you open because the world needs you open.

I believe that life lessons are less about getting it right and more about getting it wrong.

I believe that you are more on track than you feel. Even if you don't feel it. Especially if you don't feel it. For the further you get off track, the closer you actually are to abandoning the wrong path and leaping onto the right one.

I believe that you are closer than you think and more qualified in your message than you could ever possibly fathom.

I believe that the things that you are here to teach are the very things that you most need to learn and that the best teachers are the ones that struggle the most because when they get it, they get it with a triple smackdown.

I believe that the darkness is a birthing process and that in order to find your light, first you need to venture through the shadows of your ego.

I believe that in order to be a light in the world, you first need to come home to who you truly are and then bravely show it to those around you.

I believe that you are surrounded by a personal team of angels and guides and teachers both in this world and beyond, way, way beyond. Who are so completely devoted to your growth that if you knew, you would not spend one more day worrying about things working out. And that if you could see things from their viewpoint...each time you see a challenge, you'd meet it with a cheer.

I believe in you. And us. And all of this.

And so it is.

This was one of the first significant things that I wrote when I'd finally surrendered to the call of my soul. I had received a vision for so many years that I'd be writing books and I'd be praying to God or the Goddess, the universe to just tell me what to do, like what's the next step? But I couldn't, I couldn't see the path. And then eventually I started receiving guidance that I was to write a book for Lightworkers, encouraging them to be courageous and share their voice. And I was really frustrated at receiving this because I felt like I was a Lightworker and I'm the one who needed the courage to follow the call of my soul and share my voice and all of that. And so there began my writing process and progress of literally writing to myself. Writing what I most needed to hear.

I remember where I was when I received a Letter To A Lightworker. I'd been kind of dancing around it a little bit. So, the word Lightworker was one that, at the time, really resonated with me. I think these words and labels, they're tricky because it's like we need to claim the title in order to then release it and not need it, you know? So I don't I don't use the term Lightworker that much now. The word that resonates even more for me now is Mystic, which is about having the direct experience of the sacred. But Lightworker and Healer, these were two words that I really, really, really needed in order to claim and embody who I was from a soul perspective. And so Letter To A Lightworker was really like a manifesto for me, an anthem of encouragement, encouraging me to gather the strength to trust that inner voice I had within me since I was a young girl that said there's work that you came here to do. There is a call that you came here to answer, a yearning that you've always felt. And Letter To A Lightworker was the encouragement anthem, encouraging me to trust that and follow that and then also share it with others.

But yeah, I remember where I was when I received the full Letter To A Lightworker. I'd recently started dating my husband and we met in London. But I met him, I had been doing a training in Chicago and he was going to be in California for, to see his sister and his mum and he invited me. When we met we did this, he, I had said that I didn't want to just, like, drink and, you know, do the normal kind of dating thing, I want to like, have fun and, you know, go on adventures and stuff. And so he came up with this game called the Alphabet Game, where we went through the letters of the alphabet for each of our dates. And yeah, so for our C date, we met in California and we'd gone to bed. We were staying near the beach and as would so often happen and does so often happen when I'm writing, especially back then before I had kids, I would find that sometimes through the night in my sleep, I'd connect with the energy I was writing with. And that happened that night. It was our first night in California, and I remember just, like, hearing Letter To A Lightworker come in. I connected with, like, the energy I was channeling for a Letter To A Lightworker and Light Is The New Black was the Council of Light, who I'd been connected to for quite some time. So I knew it when I felt it. And I went and sat in the armchair just next to the bed. So it's kind of like in the dark. I had my phone and I was writing it in my phone, so there was a little bit of light from my phone in the dark bedroom as the sun was rising, actually. So there was a bit of light outside. And I, it came in pretty much fully formed very fast. And at that stage my relationship was quite new. He knew I was a writer but had no idea if I was always just going to be a wannabe writer. Like I was just saying I wanted to write a book or whatever. And yeah, and then he woke up and then many mornings after that this happened and he was like, what are you doing sitting in the dark in the corner of the room? And I'm like, don't talk, I'm getting something. And yeah, and so that was this chapter. I should probably remind him of that because he probably doesn't remember. And I can be like, see it's this. Yeah, and it really became the essence of, first of all, my book proposal that I handed in that brought the book to life. The book ended up being called Light Is The New Black. But the title that I gave it to start with was Work Your Light. And so it was really about, like, embodying, hearing the call of your soul and then acting on it. That really is what that book's

about. If you want to work out what your soul's calling you to do and how to respond and embody that, Light Is The New Black is the book for it.

And yeah, and then it was also the thing that kept me on track while I was writing the whole book, because it was my first book and I had no idea how to write a book. Especially the way I write, it's not very linear and so it's more energetic and I receive things kind of like in full as I do, and then there's lots of weaving that happens around that. So that is the story of Letter To A Lightworker, which is on page 33 of Light Is The New Black. I do sometimes update this book. I haven't updated it for quite some time. I feel like I'm always updating my writing. I'd be editing forever if I could, but on my copy, it's page 33. So yeah, curious if you've heard it before, how it lands with you, and if you don't have the book and you want to check it out, head over to lightisthenewblack.com. All right. Holding you in my prayers as always. Loads of love.