

Lightworker Resource Guide (1) – Tara Nikita

It was hard to get down some of my favourite resources to a fairly concise yet comprehensive list, but I'm sure that the selections here – all tried and tested by me – will positively enrich your journey of consciousness...

I opted not to put them in any particular sequence, in order to maximize the fun you'd have digging in and exploring. Enjoy ~

1. **Mira Kelley** – past life regressionist. Mira has written an absolutely amazing book called *Beyond Past Lives*. It just does that – takes us beyond more conventional understandings of past lives by transporting us into the more uncharted territory of parallel lives and the simultaneity of time. Full of deeply inspiring and empowering guidance. To access Mira's work, go to mirakelley.com. To see my thoughts on the *Beyond Past Lives* go [here](#).
2. **'Oldies but goodies': Brian Weiss & Michael Newton** - These two did a lot of the ground-breaking work on past lives and 'life-between-lives' soul states. Weiss, American psychotherapist and hypnotherapist, specializes in past life regression, future-life progression and the journey of the human soul. Author of 'go-to' past lives books including *Many Lives, Many Masters*; *Same Soul, Many Bodies*; and *Miracles Happen: The Transformational Healing Power of Past Life Memories*. Access Brian Weiss's work at brianweiss.com.

When hypnotherapist Michael Newton began regressing his clients to access lives in other timelines ('past lives'), he discovered that clients in an altered state were able to recount what their souls were doing between lives on Earth. Newton is the author of three best-selling books, *Journey of Souls: Case Studies of Life Between Lives* (1994), *Destiny of Souls: New Case Studies of Life Between Lives* (2000) and *Life Between Lives Hypnotherapy*. You can access Michael Newton's work at newtoninstitute.org.

3. **Kryon, channelled by Lee Carroll** - Listening to these channels is like coming home for the old soul lightworker. You feel completely surrounded by the benevolence of spirit. [Free download of the Kryon material](#) is available from the Kryon website.
4. **Bashar, channelled by Darryl Anka** - How to bring the higher mind and the physical mind into proper relation and the critical importance of *following your highest excitement*. Bashar's material is a gold mine of soul-expanding content. Be sure to check out interviews with Darryl Anka in which he is *not* channeling, too. You can

access Bashar's material at bashar.org and on the [Bashar Communications YouTube Channel](#).

5. **Micheila Sheldan** – fantastic channel for many interdimensional collectives including Jeremiah, the Lemurian Ascension collective and St. Thomas Aquinas. Micheila channels very in-depth and high quality information, which I'm sure will enrich your journey. Featured on the Awake and Empowered Expo Youtube channel, where she co-hosts with Ethann Fox. You can access Micheila's work at micheilasheldan.com.
6. **Awake and Empowered Expo YouTube Channel** – one of my favourite places on the internet for absolutely high quality, mind-expanding content. Hosted by Ethann Fox.
7. **Barbara Marciniak** –Trance channel for the lively, witty, and tell-it-like-it-is Pleadians (the P's) since 1988. Author of *Bringers of the Dawn, Earth: Pleiadian Keys to the Living Library, Family of Light* and *Path of Empowerment*. You can access Barbara Marciniak's work and schedule of events at pleadians.com.
8. **Tom Kenyon** – scientist, sound healer, channel for the Hathors – an interdimensional, intergalactic collective. The Hathors offer compelling perspectives on the ascension process, and the use of sacred geometries in meditation and personal consciousness expansion. The Hathors also communicate through sound patterns which are channelled through Tom's voice, and are offered as sound meditations. Many of these sound meditations are available for free download on Tom Kenyon's website. These meditations typically come with instructions from the Hathors on how to employ the sounds for maximum healing. Access the Hathor material here: <http://tomkenyon.com/hathors-archives> and here: <http://tomkenyon.com/listening>
9. **The Pleiadian Network** – features material from an anonymous channel for the Pleadians. Channels are typically posted at the new and full moons. Website: pleiadiannetwork.com
10. **Wendy Kennedy, channel for the 9th dimensional Pleiadian Collective** - In Wendy's work, the Pleadians employ tones and sound that resonate with listeners on a cellular level. (This is characteristic of the P's in general, so you will find that this holds true for all the Pleiadian channelled material listed in this document). The P's offer perspectives on the evolution of human consciousness and galactic history, as well as provide tools for empowered living. Wendy has collaborated with Tom Kenyon to produce [The Great Human Potential: Walking In One's Own Light](#), a compilation of teachings from the 9th dimensional Pleiadian Collective and the

Hathors, which I highly recommend. You can access Wendy's work, including free videos and audio, at higherfrequencies.net.

11. **Matt Kahn** – spiritual teacher, intuitive. There's a certain energy that you feel in your body when listening to a Matt Kahn transmission. Through the words and loving teachings that Matt is intuitively guided to speak, one experiences an energy shift resulting in a palpable sense of calm and relaxation. Matt's witty delivery allows you to see the humour in situations we lightworkers tend to take very seriously. Matt's teachings give us the gift of being able to laugh at ourselves, thus making the load a little lighter. I highly recommend watching Matt's transmissions on the [True Divine Nature Youtube Channel](#). Access Matt's work and schedule of events at truedivinenature.com.

12. **Kristen Alexander** – Kristen is an energetic healer, intuitive, medium and spiritual teacher. Kristen worked in the entertainment industry until she experienced a spontaneous kundalini awakening and received a calling to become a healer. Kristen routinely receives downloads of esoteric knowledge including sacred symbols and activations from her higher levels of spirit guides and interdimensional beings of light. I highly recommend listening to Kristen's interviews, some of which can be found [here](#).

13. **Lilou Mace** – engaging, lively and absolutely lovely web TV host featuring a whole host of interviews with spiritual and intuitive practitioners and authors. [Lilou Mace's YouTube channel](#) is where I discovered many of the bodies of work and authors that have truly changed my own life. Lilou herself radiates such grace and authenticity in her video blogs and interviews.

14. **James Tyberonn, channel for Archangel Metatron** – James Tyberonn worked as an engineer and geologist for over 30 years. His work has focused on understanding the energy of the living earth from both a scientific and metaphysical perspective, and he is an expert on earth energies, crystals and healing gems, sacred sites, power nodes, vortexes and portals, and the planetary grid system. His work features the spiritual information received from Archangel Metatron. Tyberonn's body of work crystallized and deepened my understanding of the function and use of gems and crystals. I highly recommend checking out [one of Tyberonn's presentations on the healing power crystals on Youtube](#). Metatron's channels and other material can be found at earth-keeper.com.

15. **James Gilliland** – James Gilliland is a counsellor and teacher of higher dimensional realities. Author of *Reunion with Source*, *Becoming Gods*, and *The Ultimate Soul Journey*. Facilitator at the Ecteti Ranch – internationally known for sightings of inter-dimensional and extra-terrestrial activity. Access James Gilliland's work at ecteti.org and check out [one of his really great interviews with Ethann Fox](#).

16. **Lisa Renee – Energetic Synthesis** – Lisa is an ascension guide, trained in the science of ascension by what she refers to in her work as the *Guardians* – a collective of interdimensional, extra-terrestrial and ultra-terrestrial beings. She also works with the planetary grid and is an etheric surgeon. Lisa stepped into her work as an awakened starseed when she experienced a spontaneous kundalini activation, and knew herself to be a hybrid walk-in with Sirian connections. The purpose of Lisa's work is to share the information she has compiled on the ascension process, as a result of working with the Guardian groups. Access Lisa Renee's work at energeticsynthesis.com, and view her YouTube content on the [Energetic Synthesis Channel](#).

17. **Rebecca Campbell** – spiritual teacher, author and intuitive guide passionate about teaching lightworkers how to “follow what lights them up” in order to step into their divine potential and authentic selves. Rebecca's first book, *Light is the New Black* was released this year and is definitely one of my favourite reads for 2015. Access Rebecca's work at rebeccacampbell.me and check out her [YouTube channel](#).

18. **Laura Eisenhower** – Laura Eisenhower describes herself as an “intuitive astrologist, global alchemist, and cosmic mythologist.” Her work involves teachings on the integration of the divine feminine through the understanding of the Gaia-Sophia energies of love and wisdom. Laura delivers lectures and workshops on esoteric cosmology, exopolitics, and the ascension process. Access Laura's body of work here: cosmicgaia2012.com.

19. **Jennifer Kass** – Check out Jennifer's podcast and Instagram feed for truly empowering wisdom designed to help you move into greater self-love – all brought to you from Jennifer's life experience. She's such a powerhouse – in the most loving and authentic way. Access Jennifer's work at jenniferkass.com.

20. **Daniel Scranton** – Daniel Scranton is a reiki master and verbal channel. He first began channeling in a Reiki session as he noticed his hands beginning to move of their own accord. Channeling energy through Reiki then morphed into verbal channeling. Some of the collectives Daniel Scranton channels include the Hathors, The Creators, and Archangel Gabriel. Thoughtful, uplifting channels full of wisdom are posted daily to his website and Facebook page. Daniel also teaches people how to channel. Access Daniel's work at danielscranton.com.

21. **The Four Queens** – Kelly-Ann Maddox : Spiritual Counsellor, Tarot Reader. Check out the [Four Queens YouTube channel](#) and [blog](#) for a range of fantastic content on self-love and how to live an authentic, empowered life.

22. **Anita Moorjani** – Anita Moorjani’s exceptional near death experience (NDE) is the subject of her book *Dying to be me* – one of the most gripping, moving and inspiring books I’ve read. In an epiphany ‘on the other side’ Anita realizes her inherent worth and magnificence as a being, and that she has the power to heal herself of her cancer – the physical result of her crippling beliefs. In *Dying to be me* Anita shares everything she learnt as a result of her NDE. To access Anita’s work, and schedule of speaking events go to anitamoorjani.com.
23. **Steve Rother** – Author and channel for “the Group”, a group of 9 ‘energetic entities’ whose mission is to assist lightworkers in remembering who they are and why they are here. The Group first came to Steve Rother in 1996 and since then has given information for an evolving planet that has filled several books, including my two favourites: *Re-member* and *Pretending to be a Human*. You can access Steve Rother’s work at lightworker.com.
24. **Danielle LaPorte** – Author, speaker, creator of *The Desire Map* – a holistic life-planning tool that is designed to connect you to the *feelings* you desire most, and therefore create “goals with soul.” LaPorte’s work is designed to connect you with the divinity of your desire, and to help you live an authentic, joyous existence. I highly recommend *The Desire Map*. Be sure to check out Danielle LaPorte’s [blog](#) too.
25. **‘Oldie but goodie’: The Seth material** - The Seth Material is a collection of writing dictated by Jane Roberts to her husband from late 1963 until her death in 1984. Retrieved from an energetic essence or being known simply as ‘Seth,’ the Seth material continues to be a ‘go-to’ for me, and for many people worldwide. The Seth material includes groundbreaking books such as *Seth Speaks* and *The Nature of Personal Reality*.
26. **Tara Nikita** – And of course, I’m here to support you with blog posts, podcasts and nourishing Tarot readings, all designed to help you rediscover the creative power of your own consciousness. You can find me at taranikita.com.