



The Lightworker's Handbook

A Spiritual Guide to Eliminating Fear

CAROLE GOLD

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Dedication

In appreciation and gratitude for my daughter, Zoe, whose Hebrew name is Zohar meaning Light. You are that in my life.

In appreciation and gratitude for the darkness, without which I never could have found The Light.

In appreciation and gratitude for all the brave Souls who volunteered for the position of Lightworker...even if you forgot you said "Yes." Awaken now and bask in the warmth and joy of The Light.

Preface

The Lightworker's Handbook brings much needed guidance as your Consciousness awakens in this new millennium. The world is going through a "realignment process" that causes the breakdown of previously existing patterns of behavior and resolution. This realignment can cause temporary confusion and yet, at the same time, seem strangely familiar and affirming. How two such contradictory perceptions can simultaneously co-exist is one of Life's paradoxes.

All of the book's content has been born from my personal experience. This is not to say that you should take my knowing as your own. Every teaching herein leads to one immutable conclusion: You are a unique and invaluable aspect of The God Source manifested in physical matter to achieve, through personal experience, your own knowing.

I, and all Lightworkers, delight in your individuality, glory in your awakening and patiently await your inevitable return to Oneness.

The Lightworker's Creed
FEARLESS CHANGE

This book is a call to action.

If it's in your hand, consider that you have been called and in return you have answered. What you have been called *to* is the purpose for which you were born. This purpose is explained in the following pages. All that is asked is that you be fully conscious and receptive as you read. The rest will occur on its own.

Welcome home. It's good to be here with you.



If you have been following global events, or even if you haven't but simply take a look around you Now, what you see is a great deal of ineptitude, confusion and fear. Most efforts, whether economic, political or social, seem unable to affect much good or solve the problems we know need solving.



In fact, it looks increasingly as if we're in a downward spiral.

But to where?



No one seems to know for sure and the uncertainty is unnerving.



The cause of our current condition, depending upon your perspective, may be one or more of the following:



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