

5 MISTAKES Light Workers Make and How to Correct Them

Get "unstuck" and back in the flow...



by Reverend Barbara Marie Babish, Ph.D.

5 Mistakes “Light Workers” Make and How to Correct Them

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Are you a “Light Worker” or a Holistic Service Provider? Is part of your life purpose to offer your “gifts” in order to serve others? If so, then you might be making some of these mistakes that are stopping you from living the life that you could be enjoying right now. If you are seeking **success** along with Peace, Love and Joy, know that it is possible! Check out the list below and see if you are making any of these mistakes and then see how you might correct them.

Keep in mind that you probably know about these mistakes but you might not take them seriously. If you do not correct them now, they will add up over the weeks, months and years and you will suffer greatly because of them.

- 1) **You do not have regular healings for yourself.** Please know that you are sensitive. When you are with other people in general or helping others, you are gathering their energy. Some of this energy might be negative. This affects your own body because their energy stays with you, unless you have released it in some way. This actually hurts you and holds you back, even though it is invisible to your physical self.

Example: We will use Betty as an example. She is a yoga instructor. She would sometimes notice after a client left, how she would feel. She might feel tired, anxious, angry or just feel like she was “off” in some way. Maybe she did not notice this after one client left, but by the end of her day, she would notice these things. She was not sure why she felt this way because she started out the day feeling great.

Correction: After being in a crowd or after each client session, it is helpful to do a quick releasing of their energy. It is of great benefit to have a regular schedule for self healings and clearings. Book regular appointments with a holistic healing facilitator or take time for yourself either weekly or monthly to deal with this. Release all that extra energy you have collected from others but also all negativity that you have gathered from your own thoughts and actions.

- 2) **You do not put yourself first.** Please know that you are kind. You always put others first because you have been trained to put others first. You were told that thinking of your self first was SELFISH. If we give from an “empty cup”, this leads to giving with resentment. This is not healthy and it will probably lead to illness of some sort.

Example: We will use Cindy as an example. Cindy is someone who takes care of her family and has those duties, and then also cares for her massage clients. Life can get pretty hectic for her. There are demands on her time and her energy that can be overwhelming. She keeps pushing on, not giving herself the attention that she needs. This depletes her “cup.” Once there is nothing left within her to give, that is when resentment takes over. She will help others, but now there is an underlying energy of resentment.

Correction: It is important to give in a healthy manner without hurting yourself. You must give from an “overflowing cup.” Setting aside time to nurture and care for yourself, will fill your cup. Do this consistently and your cup will be overflowing. This is the healthy foundation that you are able to give from without stress or resentment.

- 3) **You do not have a regular self care program.** Taking care of your self cannot be sporadic. If you eat well only twice a week, you will never get healthy. If you exercise only twice

a week, you will never get flexible and your heart will not build the strength it needs to stay healthy. You can not create momentum or consistent results unless you have a consistent program.

Example: Let's take Susie for an example. She is a Reiki practitioner and she works from 10am to 3pm Monday through Friday. She tries to meditate three times per week, but cannot quite manage once a week. She tries to eat well, but she is always in a rush. Every now and then she remembers that she could be giving herself a Reiki treatment, but she forgets.

Correction: You must stay healthy in order to serve others in a healthy manner. Set up a self care program for yourself. This might include exercise, eating healthy, prayer, meditation, and any other activities that you enjoy. Put this program on a daily calendar or make a daily "to do" list. Add "self-care" to your list. This will set a firm foundation for your general health.

- 4) **You do not have clear goals and you let your self be sidetracked.** When your goals are not firm enough, they do not hold your attention. When this happens, you are easily distracted. "Life" gets in the way. Children, family, jobs, and your friends, take your attention away from your goals. Because you love others and want to help them you put them first. Your own goals get lost and fade away. (Go back and read #2!)

Example: Let's take Susie again as our example. She is busy with her family and busy with her clients. Writing a book of her own has always been a dream of hers. She even has an outline for it and she knows that this book could help a lot of people. Since she wrote her outline, she has not even looked at it again and that was a year ago. This dream is just fading away and she loses hope of ever writing it.

Correction: Your goals have to be nurtured and you must have a plan of action. Your goals need to have a higher priority than they probably have now. It is best if your plan is worked on daily, either physically or mentally or both, to be able to reach your goals. Write out your goals and read them daily. Take time to visualize the end result that you desire. The correct actions to take will be given to you by your spiritual guidance or your intuition.

- 5) **You do not have regular daily guidance from Spirit.** We all have the ability to receive Divine Guidance. If you come in and out of receiving spiritual guidance, this can lead to taking the wrong actions. These actions may then come from ego, and just waste your time and energy. You may feel like you are moving forward but then something comes up to stop you. This leads to frustration and you lose faith in yourself.

Example: I will use myself as an example here since this used to happen to me all the time. I would receive some wonderful divine inspiration about a website that I was building. I would just let all my energy go into building the website. I would work and work on it and then all of a sudden just stop. I was blocked. I did not know what to do with it next. I would ask for guidance again, get a new inspiration and then run with that for a while and then be blocked. After a long time, I was shown that my ego would take over. I was no longer following my guidance but my ego. If I only asked for guidance when I was blocked, then I was wasting a lot of time. I needed to ask for guidance each step of the way, so I would not waste my time, energy or money.

Correction: If you are in contact with Spirit first, each day, then you will be guided every day. You will not waste energy doing things that are not leading you to where you want to go. Checking in with your guidance, each step of the way will lead to full success and joy. This connection is

best if it is daily, or even several times a day. Eventually you will stay in this guidance mode constantly and all of your actions will be fruitful.

You may live in the cycle of these mistakes over and over again and not even be aware of it. When you are conscious of it, you are able to make the necessary changes. I gently suggest you take a minute and see where you are in regards to these five areas.

If you notice that you are making some of these mistakes, please take the time to make the changes that are required, for you to really be as healthy and strong as you can be. Your clients and your family need you at your best! This is for your own sake too, so that you will be happy in your home life, but also in your business life. You will be happy to get back in the Divine flow!

Note from Barbara Marie: *The reason I wrote this article is because I have made ALL of those mistakes in the past. Working with my angels and guides and my Inner Guidance system, I was able see where I was hurting myself and made the corrections to my own behavior. Since part of my life purpose is to assist other Lightworkers, I thought this might be of service to you.*

Let me know if it does help you in some way. If you have other mistakes that we make, I would love to hear them. I am always looking to improve myself and then pass it on to others.

About Barbara Marie:

Reverend Barbara Marie Babish, Ph.D. is an Empowered Spiritual Life Coach offering Divine Guidance through various services and programs.

Her life purpose is to assist Lightworkers, Holistic service facilitators and Spiritual seekers to:

***Explore and strengthen their spiritual connection,
Expand and amplify their gifts and to
Express and share their gifts with the world.***

You are invited to see other information from Barbara Marie on this page. www.ReverendBarbaraMarie.com