

# At home *with* a lightworker

Be inspired

Author and teacher **Rebecca Campbell** tells Kate Delamere how she turned her home into a sanctuary

**M**eeting Rebecca Campbell is like taking a bracing dip in the ocean, then stepping out feeling cleansed and invigorated.

The genial Australian welcomes me with a megawatt smile into the North London basement flat she shares with her banker fiancé, Craig Gourlay, who she's set to marry in her birthplace of Sydney on 19 December.

Rebecca's burst of positivity started in 2012 when she realised that her purpose was to be a lightworker. She explains that this is someone who volunteers – before they're born, while still in the spiritual realm – to help the planet and heal others.

Her home is a testament to this purpose. It's filled with light that bounces off the cool white walls, floods through the skylight in the conservatory and shimmers in the flames of the essential oil candles dotted throughout the flat.

'For as long as I can remember, I knew I was here for a reason,' says Rebecca. 'I knew I had a calling, but the whole thing stressed me out. It was like walking round with a huge responsibility on my shoulders. It felt like I had this urgent thing to do and that time was running out. The feeling niggled me when I went to bed, in the middle of the night and when I woke up in the morning.'

On her bedroom altar stands a statue of the Hindu goddess Shakti, who represents the energy of all creation. In a similar way, Rebecca secretly started to galvanise the energy and strength she'd need to create a new world for herself.

She leads me to the bookcase in the front room



Rebecca meditating in her conservatory



The back garden and airy conservatory



Bookshelves are lined with spiritual authors



This necklace was a gift from the psychic surgeon John of God



Her selection of tarot and oracle cards



Rebecca believes in the energising power of flowers

and reaches for a book by spiritual teacher Sonia Choquette.

'My transformation was down to this woman,' she says.

In 2008, Rebecca had gone along to Sonia's psychic training workshop in London. They became friends, and Rebecca went on to take more courses with Sonia in the USA each year to strengthen her intuitive skills and discover her purpose, which turned out to be lightworking.

On a mantelpiece sits a Buddha head, a potent symbol of rebirth. It's what Rebecca feels she experienced – a rebirth of herself.

'The same year I met Sonia, I decided to go to a past-life regression session in Singapore held by regressionist Antoinette Biehlmeier, and I was taken back to before this life, where I was given my own personal mission,' she explains. 'I was taken to a massive, open, very bright and white space where many other souls were gathered. I couldn't see them, but I felt their energy as balls of buzzing, glowing white light. The atmosphere was electric and some of the energies were familiar, as if I'd incarnated with a few of them before.'

'As a group, we were given our brief by the Divine Source for this lifetime on earth. We were told that we'd use the interconnectedness of new media and communication to create a mass spiritual awakening in the Western world. We were one big army of light, and that's when I knew I was a lightworker – someone who devotes their life to being a bright light in the world.'

However, for the next three years this girl from

The heavenly and vibrant garden



a traditional Catholic background battled to find the courage to embrace her new unorthodox role.

In the airy living room, she points out the rows of spiritual books by global big hitters such as Denise Linn, Gabrielle Bernstein, Julia Cameron and Jean Shinoda. Rebecca read avidly to stay focused on her mission. These esoteric authors, who forged their own unconventional paths to follow their spiritual purpose, eventually gave her the strength

**'I felt the souls' energy as balls of buzzing, glowing white light'**

and impetus to leave her job in advertising and step into her role as a lightworker.

'I'd turned to relationships, career, travel, alcohol and partying, but nothing hit the spot. By 2011 my life felt like it was held together by a thread and it could come crashing down at any moment.'

When she hit 30, she'd achieved her ambition of



Light and love surround a photo of Rebecca and Craig

landing the creative director role of an advertising agency in London, where she was living.

'But I felt nothing, because my career no longer fitted my soul,' she confesses.

Her relationship of 10 years with her university sweetheart, Matt, was also on its last legs – despite him moving from Australia to the UK with her – and they decided to separate. 'Matt had suffered from depression for a while, and I hadn't felt joy in my heart for years,' she says. 'We loved each other, but we'd become friends, not life partners.'

Then in 2011, her best friend, Blair, died from leukaemia. Rebecca's spiritual purpose slapped her on the back to remind her life was short.

'That decided it. Every spiritual author I'd read advocated embracing the moment, so I told my ►



Rebecca works on her website in her office



Roses represent the opening of the heart

Kuan Yin, goddess of mercy, protects this altar

# How to create a spiritual haven like Rebecca's



## VIBRATION BOARD

This large pink board is a combination of a vision board and a feelgood montage, helping Rebecca attract what she wants in her life by making a vibratory match. To create your own, cover your board with pictures of things you desire in the future, like a house by the seaside, as well as things you've already achieved, such as photos of your partner or current home. Then stick pictures of the things that inspire you to keep your vibration high and make that match.



Herbal smoke can boost intuition and peace of mind

## Smudging sticks

Rebecca makes her own herbal smudging sticks and uses them in her home to uplift her spirit. Take 20 large sage leaves, a large sprig of rosemary and 3 lavender sprigs, then wind a 30cm/12in piece of string around them and dry them in the oven for a few minutes or hang them up to dry naturally. Light the dried bundle and waft the smoke around your home before extinguishing it. Sage enhances your intuition, rosemary cleanses and promotes peace of mind, and lavender will open you up to the spiritual realm.

boss I wanted to quit. Then I created my website, advertising myself as a spiritual mentor and practical intuitive guide, using knowledge I'd been taught by Sonia to help others hone their intuition. That was at the beginning of 2012.'

Although she's young, it's clear that Rebecca feels a sense of urgency about her task in life. She mentors people on their soul's purpose using her intuitive knowledge in one-to-one sessions, as well as hosting soul purpose workshops.

A typically focused Virgo, she's a perfectionist with a single-minded vision to make the world a spiritually brighter place. And her methodical work ethic is evident by the scores of Post-it notes stuck to the conservatory and kitchen walls, reminding her of what she needs to do.

One of the inspirations for her motivation and energy comes from the natural beauty of flowers. Her home is full of them, from the pots of peonies on window ledges to sweet peas in vases, or the rose petals Rebecca uses in her weekly prayer circle by the computer in her study.

'Flowers and nature light me up, give me energy and inspire my writing,' says Rebecca. 'Peonies

healed my heart more than anything. As I watched them open, my heart also opened and my spirit stepped forward, and as I became inspired, my writing became effortless. When I write, I feel most alive, most on purpose and most happy.'

Rebecca's spiritual blooming may be vibrant, but it has also been a long germination. Her first epiphany happened when she was only 14.

'I would pass strangers on the street and feel their innermost thoughts and feelings,' she says.

## 'Unfurling flower buds represent an opening of your heart to love'

'I used to think everyone could do it, and when I found out they couldn't, I kept my ability quiet.

'Some days I used to get off the school bus and walk up the steep hill to my home in a sort of creative trance. Words would rush through me that I had to get down – they would flow from my soul without effort and with a feeling of grace. I'd write about what was happening with the world, what happens when you die, that our loved ones who die never really leave us and how we each have our own team of angels and spirit guides around us.

'Looking back, I see now that I was channelling from Spirit. But I consciously shut away my spirituality and waited for the day when I would feel justified to speak of those things that dwelled deep within me. Until that day came, I was determined to keep it all inside.'

Another inspiration in Rebecca's life is the Indian spiritual teacher Amma, and her photo hangs on the wall in the study.

'I went to one of her events in London in 2013. There were thousands of people there, and Amma was uplifting and transforming people through her embrace. When she gave me a hug, it was like being hugged by the most nurturing mother. I felt a surge of divine love and compassion.'

At home Rebecca practises her own blend of

compassion using a prayer bowl made by her cousin. She sits in the garden and fills the bowl with heart-shaped items, rose petals that signify opening your heart, and a compassionate wish for an individual or the world, written on a piece of paper. Then she meditates on those wishes, sending the intention out to the universe.

To calm her mind, Rebecca does readings for herself using her friend Kyle Gray's *Angel Prayers Oracle Cards*. She can also often be found meditating at the crystal altar on her bedroom windowsill while she holds a crystal, like tiger's eye for spiritual grounding, rose quartz to symbolise love, or pyrite for spiritual protection.

'Craig calls them my lucky charms,' she tells me, laughing.

Fortunately, Craig isn't averse to the esoteric world himself. As a young boy he kept his own collection of crystals because he thought they were pretty.

Rebecca firmly believes it was no coincidence that Craig came into her life when she'd stepped out of her spiritual closet.

'I was ready to love the right man,' she says. Every evening, Rebecca washes away any negativity she may have attracted during the day as an empath – someone who soaks up others' thoughts or feelings. She puts cleansing Epsom salts in her bath, uses geranium soap and adds aromatherapy oils such as ylang-ylang.

'I use flowers because to me, the unfurling of the buds represents an opening of your heart to love,' she explains.

It's clear her home is a place of love. As I leave, I notice a quote on her study wall from Joan of Arc, the French heroine and Catholic saint.

'I'm not afraid. I was born to do this,' it reads.

It doesn't take any stretch of the imagination to realise that it could almost have been written by Rebecca herself. ■

**WANT TO FIND OUT MORE?** Read Rebecca's book, *Light Is The New Black* (£10.99, Hay House), or visit [rebeccacampbell.me](http://rebeccacampbell.me)



Nature inspires Rebecca's writing

## Rose body scrub

Rebecca makes her own cleansing scrubs to wash away negativity or bad energy. You'll need 250g/9oz sea salt, 120ml/4fl oz coconut oil (raw extra virgin is best), a handful of rose petals and your favourite essential oil.

Mix the sea salt and coconut oil in a bowl with 10 drops of essential oil. Tear the rose petals into small pieces, then stir them in. Scoop into a jar and put on your bathroom shelf to use once a week. The sea salt and coconut oil will moisturise and detox, restoring your spirit and clearing your energy.

PHOTOS KAREN HATCH



Wash away negativity with a natural scrub

## Top tips to create a prayer circle

Put forward a weekly intention using a prayer circle. You can make one wherever you choose in your home or garden

### ROSE PETALS

You can set an intention for someone else's benefit, such as easing the discomfort of an ill friend, or wishing for a respectful and harmonious break-up. Before you do this, scatter rose petals in a circle, to represent opening up your heart.

### CRYSTALS

Choose crystals that will boost the power of your intention. For example, if you want to heal a troubled relationship, put rose quartz in your circle to dissolve blockages to love, and rebuild loving feelings. Simply add the crystals in a circle around the rose petals.

### CANDLE

Light a white candle (to represent purity) in the



centre of your circle, then add a couple of drops of rose essential oil to open up your heart. Keep the candle burning as you say your intention out loud, then meditate on the flame for a few minutes before blowing it out.