



## LIGHT BEACONS PORTAL

with

Jennifer Hoffman

A 5D Community for  
Light Age Activists

### Light Beacons February Topic Energy Guilt

In this month's lesson you will learn about how you limit your energy flows, the energy you allow yourself to receive, and the movement in your life path because you feel guilty about being higher frequency, more accomplished, or moving along your path in a different way than other people.

One of the consequences of energy guilt is staying far too long in relationships that do not serve you. Another consequence is dimming your light so you do not shine more brightly than others. And one more thing, you limit your path because you fear leaving others behind.

How do you know that you have energy guilt? Look at areas of your life where you want to move ahead but you don't:

I would be more successful but I am afraid that \_\_\_\_\_

I would like to have a loving, fulfilling relationship but \_\_\_\_\_

I could have a more joyful, joy-filled life but then \_\_\_\_\_

If I had everything I wanted then I wouldn't be available to \_\_\_\_\_

Energy guilt only serves to limit you and it is a big issue especially with those of you who have strong ties to Atlantis. You feel it when you think you are leaving others behind, you haven't healed them enough, or they are not at the 'light level' you think they should be at.

The only way to resolve energy guilt is to know how much more effective you are as a resource for transformation—where others see your light and are inspired by it, than a source for transformation, where you are the Martyred Healer.

## Light Beacons Portal Monthly Lesson

One of the contributing factors to energy guilt is our belief that we are others' healers and that our work is finished when they are healed, whole, and standing in the light next to us. That would be a noble cause but it is an impossible task – we are unable to heal anyone. They have to heal themselves. We can be a source of inspiration but we cannot do their work.

Think of the people you believe you are here to heal:

What do you want them to do, to be, or to become?

How long have you waited for this to happen?

How much longer are you willing to wait?

How much more of your life, light, energy, and potential are you willing to sacrifice for this task?

Now, what does your life look like when you are fully in your energy, shining your light from your point of greatest potential? Be creative here, be outrageous, courageous, bold, and daring. What do you wish for, long for, wish would happen? That is your potential. Now go and create it.

The answer to the last question above is your highest potential reminding you of what you are capable of doing, being, and having now. Follow your own light, be in acceptance of others' choices, and let the guilt go as it limits your ability to expand your energy.

I hope you enjoy this month's lesson!

Many blessings  
Jennifer Hoffman  
Lightbeaconsportal.com

Remember to send your questions to [support@enlighteninglife.com](mailto:support@enlighteninglife.com)

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