STELLAR ORIGIN:

NIHAL (Indigo): One of the youngest groups to arrive on our planet, Nihals began incarnating here in significant numbers in the 1980s and 1990s and were referred to as "indigo" and "crystalline" children, although many Nihal souls also came to our planet earlier. They are very aware and self-aware and many of them are naturally intuitive. They can be quite naive about the physical world and must consciously learn the "rules" that govern our society ... even if these rules don't make much sense to souls who are relatively new to human society. They question the status quo and the existence of the social "rules" we taught them as children. They experiment with those rules, testing and stretching them, so that they can experience the "true" consequences. They are the "millennials" par excellence. Because of their willingness to question the status quo, they are highly innovative, creative and quick thinkers. They can be drawn to any kind of virtual means of connection, such as social media. The dysfunctional aspect of this group of souls is rebellion. It is one thing to question and reform the rules of society. It is another thing to ignore human reality and still generate good results! Nihals may question reality to the point of ignoring it, creating their own "virtual world" in which they operate on their own. Sometimes they literally create their own online world ... which may or may not create great real life results for them!

Arcturus - Arcturians are often highly conscious individuals who advocate spiritual wisdom. They have many insights to share. They are, however, rather quiet individuals. They do not aspire to be known or famous. Arcturians tend to remain in the background. They are usually the influencers behind the influencers, the people who know everyone but no one has ever heard of. They are often drawn to the study of metaphysics and spirituality, where their ideas and wisdom is greatly appreciated. Arcturians are somewhat confused by existing social structures and systems that don't seem to "make sense" to them. Whether it be organized religion or institutions such as marriage or the educational system, they may feel uncomfortable or at odds with being involved in these types of structures. The dysfunctional aspect of this group of souls is the secret rebellion against "normal"social structures, rather than openly seeking to challenge and reform them. Arcturians may begin to have "secret lives" that allow them to express aspects of themselves that do not fit neatly into society's perception of "normal", rather than taking the position of living out the truth of who they are.

Maldec - Maldec was supposedly a planet that was destroyed and is now an asteroid belt, located between Mars and Jupiter. Maldec was a warring civilization that disproportionately advanced technically and mentally until they managed to literally blow up their own planet. The explosion supposedly ripped off the surface of Mars and changed Earth's axis, which is why we now have a 365-day orbit instead of the original 360 days that comprised the Earth year. They are extremely mentally gifted and have problems with emotions. They make very deliberate decisions and tend to overthink their choices for fear of creating devastating consequences. They are talented strategists and analysts. The dysfunctional aspect of this soul group is social awkwardness or anxiety because they do not relate well to their emotions.

Sirius
Sirians are very good at making things better! If they had a slogan, it would be "Let's find a better way!" Their creativity is inspired by existing structures and systems. They don't invent the wheel - they make the wheel rounder, faster and more efficiently with their creativity.

Syrians are inspired by improving what already exists or combining and assembling what already exists in a new way. They tend not to create "from scratch" or create something completely new. Sirians tend to be very organized. They tend to love systems, methodologies and processes. They like to plan, write lists, have detailed calendars, mind maps, systems and spreadsheets. Some even like their checkbooks! Sirians like structure and hierarchy and are actually very comfortable in hierarchy and organisations like corporations. They are quite averse to risks, and they like to be part of established structures.
They can be highly goal-oriented individuals and plan all their steps to success with a high level of organisation and motivation. However, they can also get stuck in planning, analysing and refining methodology to the exclusion of actually implementing it. Their love of improvement extends to self-improvement and are often found in the world of personal transformation. However, they can become frustrated if they are not in a position where their helpful advice is desired or appreciated. They can also be frustrated by their desire to be original and innovative. Unfortunately, this is not how Syrian creativity works - they need to improve on what already exists. They can be highly creative and original in this way, but only when they embrace the risk inherent in launching new ideas into the world. The dysfunctional aspect of this group of souls is their lack of originality. Instead of employing their creativity to improve what exists, they go out of their way to adopt existing structures and systems. They will aggressively embrace religions, business values, and social norms, trying to be "the best" at the structure or system they have adopted. They may also adopt other people's teachings or products as their own property, sometimes even plagiarising intellectual property.

Pleiadians

Pleiadians are natural agents of change. They are very active as visionaries, teachers and are powerful communicators. They tend to be highly verbal people. Their motto is "just do it!" Pleiadians are not afraid of change. In fact, they like to jump in with both feet, and FAST. Pleiadians have great vision and are "big picture" people. Often, their vision is so big that it is highly impractical. Interim steps are tedious and complicated to a Pleiadian. They want to achieve their ultimate goal in a single step, which means they usually never start. Pleiadians like to communicate because they inspire others with their great vision, they excel at creating and leading a community. They are great motivational speakers and writers. Pleiadians are charismatic and charming, and often love to be the centre of attention. Pleiadians are great visionaries and communicators, but detailed implementation is best delegated. They like to skip steps whenever possible and often sabotage their own creative processes, going for the "quick fix" whenever possible. The dysfunctional aspect of this group of souls is manipulation. In their desire to go fast and skip the boring little steps, they use people as a resource - or as a shortcut - to get where they want to go. They have no problem crafting the truth, or telling a good story to get what they want from others. They HAVE a way of justifying the means they use to achieve their goals. Pleiadian souls can get negatively oriented very often. They have also figured out a way to leave Earth for other star systems by running a "karmic deposit" and essentially convincing other Pleiadian souls to take on their karma for completion here on our planet.

Missionaries of Andromeda:

The Missionaries of Andromeda are one of the rare groups of souls who arrive from outside our galaxy, the Andromeda galaxy. They are here specifically with the "mission" of solving the negativity on our planet. Unfortunately, because they had no clear concept of the density of three-dimensional existence, they bit off more than they could chew. They had little sense of the effort involved in

creating a human experience. They are very gentle, loving, somewhat passive souls who are amazing listeners, are generally very intelligent and offer great insight. They are incredibly talented at supporting others with acceptance and non-judgement. They are naturally giving to people by totally forgetting about themselves. However, this detachment also sometimes means that they don't feel much about their own goals. They tend to move slowly through life and actually need to practice a healthy egoic desire that leads them to the life they want for themselves. Their detachment extends to their physical body, which they may have problems with. They simply don't always think of their physical body as part of their identity! They must engage with their physical body in unique ways to really feel like they "own" it, from diet to exercise to how they express themselves sexually. Likewise, they must allow themselves to progress towards their own goals in a unique way, rather than forcing themselves to adopt someone else's system or methodology. In an attempt to resolve negativity, they often incarnate with negative souls as family members. They often try to introduce new consciousness in this way without realising that negativity works very well for many souls! They must learn that the best way to resolve negativity is to create a beautiful, self-expressed life by supporting people who truly appreciate and respect them. The dysfunctional aspect of this group of souls is exhaustion. They often allow themselves to become energetically depleted by their negative family members because they feel they are on a "mission" to resolve negativity. They may have difficulty letting go of those relationships or setting healthy boundaries. Energy depletion may manifest as emotional or chronic health problems, which exacerbate the detached relationship these souls have with their physical bodies.

Hadar / Lyra

The Hadarian homeworld was a place of unconditional love, which is the energy that Hadarian souls bring to our planet today. They have much love to give. Unfortunately, they often struggle because unconditional love is not the basis for our relationships here on Earth. They can end up carrying a lot of victimhood energy because relationships are conditional here on our planet. Hadarians are incredibly loving souls who have a lot of difficulty with relationships on the physical level. They engage in loving relationships with an intensity that can be flattering, but also a little frightening to others. Hadarians often feel out of place here on our planet and are always looking for "home". They often walk around a lot, not understanding that what they are really looking for is the unconditionality of their home planet. Hadarians are understandably relationship-centric people who need a lot of interaction with other people, including a high level of physical intimacy, an active social relationship and committed family life. The dysfunctional aspect of this group of souls is codependency and entanglement. Hadarians can lose track of the boundary between themselves and others because they seek unconditional love. They may self-sabotage and become highly powerless, and expect others to "rescue" them when they are in financial difficulty or in a health crisis. In their quest to be loved "no matter what", they can become quite manipulative, literally making every effort to "get" the love they want. Their impatience can also result in inadequate impulse control - they may end up chasing the next thing that "feels good", emotionally and physically, as a substitute for unconditional love.

Spica - Brightest star in the constellation Virgo and one of the twenty brightest that can be seen from earth. Rather rare soul group. Their own home planet didn't have many Souls on it. Spica love a lot of space - for them, Earth is too busy. They like to spend time alone, and in nature where they have energetic peace and quiet. They may have difficulty with the practicalities of our planet. For this reason, they can seem spacious and down to earth at times. They are very outgoing and non-judgmental people who adopt a stance of neutrality towards the choices of others. They are often dreamers and visionaries and have a live and let live perspective. They have a lot of love and are good-hearted people, but because of their neutrality they can appear detached, dispassionate, distant and

indifferent. They hold a very energetic clear space for others. They are energetically very still and neutral, which means that we see ourselves very clearly in their vibration. . This can be disconcerting if we don't want to see ourselves clearly! They can find their own emotional body quite overwhelming. They can get stuck in their own feelings, trying to endlessly process the emotion, rather than releasing them through productive action. Because the emotional and physical aspects of life seem so dense to them, it can feel like it takes too much effort to do anything. The dysfunctional aspect of this group of souls is avoidance. They usually feel that the practical aspects of life are too heavy and may resent being in a physical experience. They may be attracted to the world of spiritual development because they wish to escape from physical life. They may become attached to some of the more magical and unrealistic aspects of the new age world, becoming increasingly resentful when they discover that making a vision board and meditating does not lead to "effortless" manifestation. They may also abdicate responsibility for the practical aspects of life, such as making money, telling themselves they can do without and adopting a very austere lifestyle. Love life, take care of your spirituality, but remembering that being on earth is also a divine and wonderful way.

PROCYON

Procyan souls are a bit mysterious. They are very much drawn to allowing solar energy to nourish their bodies. The practice of respirarianism derives from this Soul group. Procyans are drawn to the sun! They like to be outside and need lots of light to flourish. They usually have thin bodies and very light unusual eyes. Procyons ended up on Earth accidentally and feel completely aimless on our planet. Their own planet has adopted a more isolationist policy and souls who were travelling were simply prevented from returning. They often don't have a clear connection with a sense of purpose and feel a bit lost here. They are better supported by others who have a clear sense of direction and purpose. The dysfunctional aspect of this group of souls is the lack of direction in life. They may try to make others responsible for giving meaning and purpose to their life, leading to codependency in relationships.

POLARS

Polars are our "true north" and embody loyalty, constancy and consistency. They are the people we always count on to be there for us. Polarians stay in jobs, marriages, friendships, social groups and organisation for years and years ... sometimes much longer than is good for them. They can be loyal to even when someone else fails and they are uncomfortable and need to learn to be loyal to themselves first. Polarians bring the energies of wholeness and unity. They HAVE a talent for creating these energies in groups - families, organizations, clubs, etc. They are the "glue" that holds us together. Polareans love inclusion. They love making decisions "in committee" with partners and co-workers and love all aspects of "togetherness". Polareans are slow to change their lives - they take a long time to consider major life changes. Once decided, however, they are a force to be reckoned with. They do not do well with slow, gradual, incremental transitions. Change is so hard for them that for them to feel better, they make big changes at the same time. The dysfunctional aspect of this soul group is stagnation. Polareans can become deeply entrenched in their current situation, their way of thinking, habits and even their plans! They may also stubbornly insist on pursuing a path that clearly will not serve them. Their ego can sometimes get stuck in a particular self-image, even if that self-image proves to be incongruous and unproductive time and again.

Vega

Vegas are relatively uncommon. These souls thrive under the spotlight and in the attention in a charming and enchanting way. They are by no means traditional "attention seekers''. In fact, many of them do not resonate with wanting to be in the spotlight or in the public eye. However, if they do get out there - in front of an audience, video camera or microphone or in a prominent position - they find that their Being is truly amplified in a way that serves them, but also really touches their audience in a way that offers real value. Vegans are natural-born artists, even if they don't identify as or in the traditional entertainment industry. They have vivacity and kind personalities and people are naturally charmed by these souls. They make us feel inspired and evoke a warm feeling inside us when we give them our attention. Vegans have a high level of natural confidence, which is why they can handle a lot of targeted attention in their way. However, vegans themselves often don't realise that they have a high level of confidence - they simply have nothing to compare it to! You may need to remind your vegan clients that trust does not mean never doubting or questioning ourselves. In fact, confidence is evidenced by our willingness to try new things (for which vegans generally like!) AND by our ability to question ourselves. If a Vegan Soul does not put themselves in a position of prominence in which they can receive attention from many, they may be attracted to people who will give them an inadequate amount of attention. They may attract partners who are highly needy and codependent. Vegans can handle a lot of intense attention from other people and can tolerate harmful boundaries in their relationships. They may find themselves supporting others inappropriately and can often be taken advantage of. Vegans should be encouraged to put themselves "out there" so they can shine! Understand that this is not about "ego". The attention of other people amplifies your natural gifts in a way that really serves your audience too.

Alpha Centauri:

Alpha Centauri souls are generally very mentally oriented. They are technical, analytical, great problem solvers, and generally have a very disciplined work ethic. They are highly practical, with a strong emphasis on functionality. Alpha centaurs are very strong and steadfast people who roll up their sleeves and do what needs to be done. They are very protective and are excellent providers for their families. They can be so practical in their thinking that the perspective emotion is lost on them. Emotions are something they understand conceptually more than feeling. This can actually be a strength - some Alpha centaurs become experts at helping others sort out their feelings and emotional bodies because they don't get caught up in the drama and intensity of the emotional body like others. However, some Alpha Centaurs tend to completely ignore the emotional body, both in themselves and in others. Some literally need to learn behaviors that demonstrate love and caring, because it doesn't come naturally to them, they demonstrate love through practical acts of service. They will do for others what they perceive "needs'' to be done. This means that their efforts are not always valued. The dysfunctional aspect is disconnection. They can become loners who do not relate well to others. Sometimes this disconnection has a "practical" ring to it. For example, an Alpha Centauri may become a workaholic, telling himself that he is only supporting his family when in reality he cannot connect with them.

Mintaka

Mintaka is located in the constellation of Orion, and most Mintakans recognise this constellation and constantly observe it in the night sky. Mintaka was a water world and a somewhat utopian civilization where no one was aware of negative choices. Mintakans have a hard time dealing with the intentional amount of negativity on our planet. They don't understand choices to go to war, to hurt others, to lie or be evil. Their great gift is to see only the positive potential in others, and that makes them feel extremely good about themselves. Mintakans usually wear rose-coloured glasses. They focus on the

positive side of life. The glass is always half full and every cloud has a silver lining. They are often completely blinded by other people's choices regarding negativity. They simply do not understand those choices. Mintakans have no ability to make conscious negative choices - if they know it's "wrong", they can't do it! Mintakans tend to invest heavily in other people's potential. They are usually everyone's cheerleader and the person others turn to when they need to feel good about themselves. Mintakans need to develop a greater discernment between one's potential, to tell the truth of who they really are, as evidenced by their current choices and consequences. Mintakans tend to view people as "projects". This is especially true of Mintakan women in romantic relationships - they tend to choose partners based on who that person wants to become, rather than who they are. Mintakans tend to overestimate others. Most people don't enter her at her potential, they just like to be in the energy of someone who supports her for them. Mintakans can end up disillusioned and disappointed in others. They give people four, five or six chances ... even when they are taking advantage of them, because they don't expect negative choices from others. They should focus on embracing their own potential and really leveraging their ability to uplift others, and bring out the best in them in a way that serves them, rather than depletes them. Mintakans have a strange relationship with water - they will love being around it and in it, but some Mintakans don't like 'dark water', like the ocean or a lake. In their homeworld, the sun filtered down to the bottom of the ocean. Water is a very healing element for Mintakans, though being near it often fulfils purpose. As their homeworld is no longer habitable, Mintakans often feel a strange and sad longing for "home". They love to work from home and make their home an important safe haven.

MARS

The surface of Mars was supposedly uninhabitable by the Maldec explosion. Earth was simply the next most convenient place for the Souls from Mars to express themselves. We rarely encounter Mars souls in our practice. Souls from Mars are not very comfortable on this planet. They have a feeling of being out of place and not belonging here. They usually shape their bodies based on this sense, and it can seem a bit strange.Mars souls like a lot of structure and can be quite aggressive. Their society was made up of warriors and very male-dominated (there's a reason why they think of Mars as the god of war!) They can be drawn to military service. The dysfunctional aspect of this group of souls is hiding from society. They may be the silent bookkeeper in the office, or the scientist who works in the lab eighty hours a week.

Earth

are practical and grounded individuals who feel at ease in their physical activities. experience ... In fact, they are driven by comfort, safety and security as their primary goal! They have a strong relationship with this planet and may be interested in Earth healing energies and are concerned about the environment. They will also have a strong relationship with nature - being outside is balancing and important to them. The dysfunctional aspect of this soul group is complacency. They can become overly focused on physical comfort and security, to the point of stagnating.

Star Projectors: Changers

They no longer have any connection with any star. If the technicians were the engineers, and the distributors the factory workers who actually got their hands dirty. Then the Changers are the "fixers" who come to clean up the nastier and darker issues that arise from integration with a physical body

and put order into creation! They often incarnate in situations of violence or find themselves dealing with victimization, sexual abuse, slavery, human trafficking, etc.
They can bring awareness to these issues on our planet. They can find great success by embracing a cause - usually something they have overcome themselves. They can create a huge impact by inspiring others who are still dealing with the same obstacle.
The dysfunctional aspect of this group of souls is victimhood. Unfortunately, they can lead very difficult lives as they get involved in the very situations you wish to change. Instead of "being the change" they want to see in the world, they may continue to see themselves and others as a victim. They may become caught up in difficulties, negativity and aggression, rather than bringing new awareness to these situations.