

THE 22
Star Seed
GROUPS

What the Akashic Records Reveal
About our Soul Origins



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The 22 Star Seed Groups

By Anna Sayce

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CONTENTS

Introduction	6
The Wider Context of the Soul Groups Present Here on Earth	18
Earth Souls	24
The Blueprinters	28
Blueprint Originators	29
Blueprint Designers	32
Blueprint Technicians	34
Blueprint Deliverers	38
Blueprint Translators	41
Blueprint Changers	45
The Star Traveller Groups	48
Mintakans	50
Sirians	56
Polareans	64
Pleiadians	70
Arctureans	75
Nihal Souls	78
Alpha Centaurians	83
Alpha Fornacians	88
Hadarians	91
Vegans	98
Spica (1)	102
Spica (2)	105
Alpha Caelians	107

Mars Souls	110
Maldecians	113
Mission Realmers	115
Parallel Souls	117
FAQs - Soul Groups of Origin	129
FAQs - The Akashic Records	144
Conclusion and How to Identify Your Soul Group of Origin	147

Update June 2026: This book is called the 22 Starseed Groups but there are now more than 22 groups covered within it, as it was originally written and named in 2020 and additional groups have since been discovered.

Introduction

It was two o'clock in the morning on a summer's night in 2007. I was tossing and turning in bed, unable to sleep – I had an awful lot on my mind.

At the time, I was living and working in Spain at a small English and French language school in the Spanish Pyrenees.

During that period of my life, I remember that I was searching for something, but I wasn't exactly sure what. I had just graduated from university, and I fell into teaching work – not because it was what I wanted to do, but because it was the least worst option I could find. I was frustrated and I had a sense of “is this it?” about my life.

I felt as if I was destined for something other than what I was currently living, and I needed to find out what it was. Something was definitely driving me in that search and I felt as if there was a strong spiritual aspect to it – spirituality was always something I had been passionate about. The spiritual side of life was a sanctuary from the disappointing and frustrating life I felt I was leading. The mystical side of life felt like something more mysterious, interesting and amazing than anything I could ever experience in my everyday life, and so I pursued my interest in the spiritual world with curiosity and devotion. In particular, I was very interested in past lives.

My spiritual search involved two types of sources: books and online research. Around that time, several spiritual blogs had sprung up online with all kinds of interesting content on them, and I devoured everything I could find about past lives and psychic development.

A couple of months previously, I had also come across the blog of a spiritual reader in Arizona who offered Akashic Record readings.

For anyone reading who is not familiar with the Akashic Records:

The Akashic Records are an energetic 'place' or realm which holds all the memories and records of our souls. All the events, words and thoughts that have ever occurred in the history of your life as a soul are recorded in an Akashic Record.

The Akashic Record readings offered by the lady in Arizona covered soul gifts, life lessons, soul origins and past lives. The past life aspect was most interesting for me, and so I decided to pursue a reading with this woman.

However, the night before the reading, something very strange happened. That night, I dreamt that my Akashic Record reader told me some curious things about my soul involving my soul group of origin – which came up as 'Sirian' in the reading.

(To briefly explain, a person's **soul group of origin** – which is of course the topic of this book – is the place that their soul chooses for its first several incarnations, and the impact this home world has on the soul. By place, I mean star, star system or home world.)

Anyway, back to my strange experience with this Akashic Record reading...

When I actually had the Akashic Record reading with the lady in Arizona, some of what she told me matched the contents of my dream, including some uncanny details about my soul group. What were the chances of that? This was not information that could be found on the internet, or in fact, anywhere else. (I later learned that the information was fairly closely guarded.)

Not only did the information match what I had been told in the dream, but it was also highly accurate and relevant to me.

I was very impressed with the reading I received and so I decided to sign up for an online course, to learn to read the Akashic Records, which the lady had recently released on her website.

So, that was how my spiritual career started around 18 years ago.

I am not going to pretend that it was an easy ride for me to transition from being an English and French teacher to becoming an Akashic Record reader.

For a start, I was a very analytical person who had just graduated from the University of Oxford. There, my spiritual beliefs had been scoffed at by my peers and I had learned to hide them to avoid ridicule and conflict. I was also raised by a mother who was very scientifically focused, and she believed that the spiritual realm did not exist. She frequently asked me to hide my spiritual pursuits from her friends and our family members (presumably to avoid embarrassment). After she divorced my dad, she remarried a man who subscribed to 'Skeptic' magazine, and he was simply unable to hide his disdain for the new path I was going down.

So let's just say that I was not surrounded by people who were open to, or supportive of, the new path which I found myself on. There was also the issue of money.

I was a new graduate who had a lot of credit card debt from my student days, along with a student loan which I could not hope to pay off any time soon. I was also making a pittance in my job. I felt so drawn to getting a reading with the lady in Arizona and I had also signed up for the Akashic Records course – but I couldn't afford any of it.

So, there I was, tossing and turning at 2am, trying to reconcile all my experiences and make them fit together in my head.

On the one hand, the spiritual experiences I was having had been amazing. The Akashic Records course soon propelled me into a realm where I was having mediumistic experiences involving channelling my boss's wife's late partner, who had died of cancer in his thirties; the experience is detailed in [this article](#). The spirit had been telling me accurate things that I could not have known otherwise. My new path was leading me somewhere significant, and I could feel it. It was somehow linked to where I was supposed to be going in my life.

Yet when viewed from a logical standpoint, it all seemed a bit crazy and ill-advised. I was spending every spare moment on an Akashic Records course which, among other things, taught me how to find out which world or star system my clients were from (i.e. the fascinating topic of this book!). It did not seem very practical, the people around me thought I was mad, and I was also slightly worried that I was doing something stupid.

However, here's what I discovered: Although I suffered from a lack of support from my family and friends at the time, I came to realise that I was not making a mistake. The way that I was learning to work in the Akashic Records offered me an amazing way to tell people about their souls - including their soul origins.

People were fascinated by this idea that their soul might have had its origins in another world. The information which I researched and passed on to my clients really resonated with them. Time and again, I found that people so identified with the information that when I told them about their soul origins, laughing or crying in resonance was not an unusual reaction.

Over time, my faith in the soul groups information grew, so that it was able to override my self-doubts and analytical mind, which liked to punch holes in 'spiritual stuff'.

90% of my clients who gave me feedback resonated with the vast majority of what I passed on about their soul group of origin, and many referred their family and friends to me too.

I concluded that this could not be a fluke, and that there had to be some substance to the information. So that is how I got to this point, transitioning from being an English and French teacher to an Akashic Record reader, who is now writing a book about the soul groups of origin.

Now, before going any further, I would like to clarify what exactly a soul group of origin is, so that everyone reading has a good understanding of the topic.

What is a Soul Group of Origin?

The soul group of origin is governed by the star system or universe that the soul chooses for its very first incarnation. The energy of that star system becomes a permanent part of the soul's energy and identity. In our first few incarnations, we 'absorb' the energy of the star system where we spent our formative lifetimes, and this reveals itself as certain characteristics and a soul purpose that we carry with us always.

All star systems work with different types of energies. For example, in the Pleiades, they work with fiery energies - the energies are speedy and dynamic. So if you experience your first incarnations in the Pleiades star system, you will become imbued to some extent with those fiery energies and you will express those in all subsequent incarnations, no matter where those subsequent incarnations take place. You will inspire others with your dynamism and 'just do it' attitude, and it actually becomes part of your purpose to contribute those unique, soul-level energies in places where they are needed.

There are over twenty different soul groups. Each group has a collective past which governs their challenges and their gifts.

A Little Note on ‘Soul Families’

I would also like to make a clarification about another common usage for the term ‘soul group’.

Some people who have read the hypnotherapist Michael Newton’s very interesting books ‘Journey of Souls’ and ‘Destiny of Souls’ may use the term ‘soul group’ in a different sense altogether.

Michael Newton was a hypnotherapist who regressed clients to the ‘bardo’ – the place in between lifetimes, where souls plan their lives on Earth and undertake a life review, and he wrote a couple of books about his experiences as a hypnotherapist.

In his books, he examines the concept that we have a group of souls (usually numbering between five and twenty) with whom we work closely on the other side. We incarnate primarily with these souls over and over, and they show up as our friends, lovers, and family members. He calls this group our ‘soul family’.

Many people also refer to this concept of ‘soul family’ as a ‘soul group’ and so sometimes there can be confusion between the soul group of origin (which is the topic of this book) and the ‘soul groups’ referred to by those who have read Michael Newton’s books, which are actually ‘soul families’.

So, to clarify:

The **soul group of origin** means the place where our souls have had their formative incarnations, whereas our soul family is the group of soul mates that we are bonded to, for this lifetime and in other lifetimes, too.

I hope that that clears it up, as it is quite a common misconception.

Now I want to look at a common question that people ask about the soul groups of origin:

Where Does The Information on Soul Groups Come From?

The information on the soul groups of origin, as presented in this book, has come from the Akashic Records.

The person who originally began researching the Akashic Records and amassing this body of information was Arlen Bock (now deceased), a mining engineer from Colorado, USA, who was also a metaphysician.

Arlen Bock used a pendulum to navigate the Akashic Records, and via a series of carefully worded yes/no questions, he gradually put together a body of information.

The motivation for the research was to discover the spiritual purpose and plans of the star traveller souls here on Earth, so that they may be more conscious of who they are and where they came from. His wife, a channeller, was able to confirm the information for him.

Having seen some of Bock's original channellings, I can say that they only bore a basic resemblance to what is in this book.

So How Did Arlen Bock's Information Become What It Is Today?

Arlen Bock's information was passed on to his student, Venessa Rahlston, who taught many students through her 'Soul Genesis' programme, including Susann Taylor Shier and Mamie Wheeler. Mamie Wheeler taught Andrea Hess, who was my teacher, through her Soul Realignment Program.

As mentioned, Arlen Bock's research was much less detailed than the information presented in this book. Arlen Bock established some basic facts and his students later noticed certain characteristics and soul gifts that their clients (belonging to certain soul groups) had, and added these to the body of knowledge. They channelled additional information, too. Consequently, over time and over a few decades, the body of knowledge has grown into what we now have in this book.

Thus, the soul group information is a mixture of the channelling work of Arlen Bock, Venessa Rahlston, Susann Taylor Shier, Mamie Wheeler, Andrea Hess and of course, me. The information that I was taught 18 years ago was not as complete or detailed as it is in this book – and many of my own discoveries, adaptations and additions from the last decade are in the book too.

I am proud to say that I believe that this iteration of the soul groups information is now the most clear and down-to-earth body of work out there. In previous years, this information was closely guarded and was only available to my [Akashic Record Reading Program](#) students and those Akashic Record Reading clients who received information within their readings about their soul group of origin. This is the first time this information has been accessible to all, in book format.

Why I Wrote This Book

I wrote this book to help people to pinpoint their soul origins.

Not everyone who visits my website will be in a position to have an Akashic Record Reading. Therefore this book is a way for people to become familiar with all of the soul groups of origin out there, and perhaps get an inkling for which one fits the best. It isn't a foolproof method of finding out your soul origins, but it can give you an idea of which soul group(s) is likely to be yours.

The other purpose of this book is to give spiritual seekers a bigger perspective on each of the various soul groups and what they are doing on this planet right now. Having this information will help you to make sense, on the spiritual level, of what kind of a place Earth really is, which types of soul come here, and for what reason. Hopefully, it will help you to put your own spiritual path into a broader context.

I hope you find it interesting.

The Wider Context of the Soul Groups Present Here on Earth

The information on the following pages is quite theoretical, abstract information. Please bear with me while I do my best to explain it all.

We can divide souls who incarnate here into three main categories:

1. Souls who experienced **their very first incarnation on Planet Earth** and have since only ever experienced incarnations here on Earth (these are called ‘Earth souls’)
2. Souls who have experienced **their very first incarnation in another star system, and we know which one** (these are called ‘star travellers’)
3. Souls who have experienced **their very first incarnation in another star system, but we don’t know which one**, nor does it matter for that soul (instead, the soul’s identity comes in large part from a particular role that the soul plays here on Earth)

You have perhaps already heard the term ‘star traveller’ or ‘star seed’. Souls belonging to category two and category three are star travellers.

Star travellers are fairly easy to spot – they are quite different from those souls who have only ever experienced earthly incarnations. According to the Akashic Records, about 22-23% of the Earth's population are star travellers.

Star travellers tend to identify as light-workers – they know intuitively that they are here to contribute their energies and gifts in order to raise the vibration of Earth and to raise the consciousness of this planet and its people. Star travellers usually feel connected to the spiritual realm and motivated in their spiritual and personal development. Because of this, they often have more energy focused in the upper chakras (in the throat, third eye, and crown chakras) and this may be at the expense of the lower three chakras (the root, sacral and solar plexus). Star travellers come in with an entirely different perspective (and agenda) from that of the Earth souls.

Star travellers are a bit like expats in a foreign country – they often seek out similar company (i.e. other star travellers) and they can feel out of place and as if they don't belong, especially if they're only surrounded by Earth souls.

Now that we've discussed the star traveller souls, let's talk more about the Earth souls (and the original Earth blueprint).

The Blueprint for Planet Earth as a Place of Incarnation

Before we can fully understand the role of the Earth souls, we must first understand the reasons behind this planet as a place of evolution and growth for souls.

Why do souls incarnate here, and why was this place conceived and created in the first place?

These may seem very big questions, but the Akashic Records offers answers to them both.

The 'blueprint for Planet Earth' means its original design and purpose. The primary purpose of Earth is first and foremost to be a place of evolution for souls. This is an 'Earth school', and many of the souls incarnated here are here to evolve and grow spiritually.

In fact, huge amounts of growth on the soul level can result from incarnating on Earth, and many brave souls (i.e. you and I!) queue up wanting to incarnate here for this very reason.

Why Does So Much Growth Happen on Planet Earth?

A lot of growth happens here because when we are on Earth, we principally experience life in four ways

simultaneously: through the **emotions, mind, body** and **spirit**.

This may seem very obvious to you, but it is worth bearing in mind that in some star systems, there is no physicality and no way to experience life in a body, while in other star systems, there is little to no emotional aspect, and there can sometimes be no way to have a life with all the richness and complexity of emotions that we can experience here.

So, the original design and purpose of the Earth plane was for souls to incarnate here and experience growth through living in the spirit, body, mind and emotions simultaneously.

I am sure I don't need to tell you that this is a challenging and complex undertaking for any soul to choose – I'm sure you have already noticed that life here is not always easy!

One of the reasons for the difficulty is because the physical plane is far removed from the spiritual plane, and so it is not always easy to remain connected to one's soul and to Spirit when incarnated in a physical body. Moreover, it is not always easy to manifest the gifts of your soul into the physical and to remember who you are and where you came from. The concerns of the physical plane can weigh heavily, and the connection to Source/Spirit can be easily lost.

Souls choose to incarnate here because we get a lot of growth from navigating life with the complications and challenges of human emotions, work, the physical body and its needs, the spirit, the intellect, and the existence of free will to create our lives. When you throw in the concepts of space and time (which are not features of all places of incarnation), you have an interesting challenge that induces growth in an unparalleled way. Indeed, Planet Earth is considered the 'Mount Everest' of spiritual challenges among the souls who incarnate here.

Spiritual Connection

Another important feature of the Earth blueprint involves co-creating with Spirit and with our souls, which means expressing who we are on the soul level into our earthly lives. For this to happen, we need to be able to communicate with our souls and our spirit helpers through the means of intuition.

The Energy Streams

As part of the Earth blueprint, we should also remain connected to certain universal energy streams such as Divine Love (which manifests as the energies of compassion, kindness and respect) and which is accessed primarily through the heart chakra. There are other energy streams too, such as Divine Power (which can be accessed through the solar plexus and crown chakras) and Divine Truth (which can be accessed through the third eye chakra).

When we are disconnected from any of these universal energy streams, this reveals itself as an imbalance in one of our chakras (and of course, in our lives).

So, spiritually speaking, Planet Earth is a unique place with unique laws and features, and it is geared towards one thing – growth!

Now that we have the wider context of what the original Earth blueprint is, let us take a look in the next section at those souls who are “native” to Planet Earth.

Earth Souls

The majority of souls incarnated here are Earth souls; the percentage is thought to be around 75-77% of the Earth's population.

What defines Earth souls is that they have experienced their very first incarnation on Planet Earth and have since only ever experienced incarnations here on Earth. This means that Earth is their home world. Earth souls almost never incarnate elsewhere.

The mission and purpose of Earth souls is not a complicated one – they signed up simply to experience being incarnated in a physical body, and having to deal with the emotional, psychological, physical and spiritual aspects of life while being in a body.

Not surprisingly, these souls embody the quality of being 'down-to-earth'.

Earth souls are usually very engaged with human life in all its practical and physical aspects. They are often drawn to having a family (more Earth souls choose to have children than star traveller souls do). Relationships, tribe and family are very important for the Earth soul. So if you know someone who is a loner and who enjoys spending a lot of time alone, it is less likely that such a person would be an Earth soul.

In addition, Earth souls' work is often linked to the production, selling, or preparing of food, and they are often the ones farming the land. I have been told in the Akashic Records that Earth souls frequently choose to incarnate in less developed countries, where the focus of life is on survival. This means that you'll definitely find a higher proportion of Earth souls in developing countries than in first world countries.

Most Earth souls have experienced multiple incarnations here. They may not have the breadth of experience that many star travellers do (remember that a star traveller is a soul who has experienced many incarnations in star systems other than Planet Earth), but they are used to being here, and they can show those star travellers who have less experience incarnating here how to live comfortably on Planet Earth.

Earth souls are interested in knowing all there is to know about Planet Earth and are often drawn to, or interested in, disciplines such as geology, geography or meteorology. Earth souls love being in nature.

These souls tend to be a bit less interested in spiritual matters than the average star traveller soul is. They are less likely to be the types of people who spend a lot of time philosophising and pondering the meaning of life. Instead, they are the doers, the builders of our societies; those who engage with life in the external world and really live it to

the full. If they choose to engage with a religious path, it is often to fit in with their family members who share the same religion, rather than out of a deeply-felt conviction or belief.

Sometimes, my clients will ask me to look into the soul group of origin for their loved one, and I have come across clients' loved ones who belong to this soul group, but I've only ever had one choose to have a reading with me! (This may also be because many of these souls live in developing countries.)

Unlike some star traveller souls, Earth souls are deeply invested in this planet, with all its beauty and hardship, because this is their home world.

What the Earth Souls Are Learning

Every soul group has a life lesson or a weakness inherent within the group. This is because every strength on the soul level (in this case, that strength would be the down-to-earth, practical quality that the Earth souls embody) is counterbalanced by a weakness.

I am told that Earth souls are here to develop their awareness – awareness of how their actions impact on other souls and the planet, awareness of their feelings, thoughts, beliefs, needs, values and desires, and more awareness of other people's feelings.

Most Earth souls are not interested in exploring the inner reaches of their own unconscious mind, or anything to do with the spiritual side. However, these souls are steadily growing in spiritual, emotional and mental awareness with each passing generation, and part of this extra awareness comes from the influence of their star traveller ‘cousins’.

The number of earthly lifetimes experienced by the average Earth soul incarnated on the planet right now is between 60 and 70. Earth souls began incarnating here around 210,000 years ago, and very intermittently at first, but they started incarnating with more regularity in the last 10,000 years.

Historical and public figures belonging to this soul group: Florence Nightingale

At this point, you now have an understanding of the original Earth blueprint, and you also understand the role of the Earth souls within that blueprint.

Next, let’s discuss the souls who were actually responsible for the Earth blueprint. These souls are called ‘the Blueprinters’.

The Blueprinters

The Blueprinters fall into the category of souls who have experienced **their very first incarnation in another star system (but we don't know which one)**.

Blueprinters come from many different worlds and star systems, so they are classed as star travellers, but unlike other soul groups, we can't define them by their origins, because we don't know the exact origins of the Blueprinters. Instead, we define them by their role in the evolution of this planet.

The Blueprinters were the group that received the mandate from Spirit to create this 'Earth school'. They helped to design the original Earth blueprint and they are still in charge of upholding it. This means that the leadership of Planet Earth lies with the Blueprinter souls.

As you might expect, all Blueprinter souls are invested in and committed to Planet Earth as a place of evolution for souls. When incarnated, they often come across as very responsible individuals. All Blueprinter souls hold this original blueprint in their spiritual DNA. Consequently, Blueprinters instinctively seem to know what the Earth blueprint is and they intuitively recognise it.

There are six sub-groups within the Blueprinter soul group, and each sub-group has a specific role within this Earth school. Most Blueprinter souls belong to one sub-group (it is possible to belong to two or more sub-groups, although that is very unusual).

Please note that Blueprinter souls, and the six sub-groups that represent this wider soul group, make up around 8% of the world's population.

The first sub-group that we will discuss is that of the **Blueprint Originators**.

Blueprint Originators

To understand the Blueprint Originators, we first need to understand that the Earth plane was originally created as a place of evolution for souls by a council of spiritual beings on the 'other side'. The Blueprint Originators worked in tandem with this council of beings. If these spiritual beings were the CEOs who came up with the plans for Planet Earth, the Blueprint Originators were the servants who helped to implement these plans in the early stages. They were then responsible for overseeing these plans over a longer period of time, checking that they are functioning as they are supposed to.

Let's take a look at how this Blueprint Originator soul purpose tends to manifest in reality when the soul is incarnated here:

Detached Observers

Blueprint Originators, when they are incarnated here on the Earth plane, don't usually fully engage with life in the way that some other soul groups might. Instead they take on the role of observer and oversee things from a distance. There is a certain level of healthy detachment that they can bring to this place, and to situations and relationships that they come across. They have the ability to see the bigger picture of Planet Earth.

As a result, they have a great deal of wisdom and an expanded perspective to offer us. When they do incarnate, they often have a strong connection to Spirit and some of them may present themselves as spiritual guides and teachers. However, because they don't have a huge number of incarnations under their belt, and also perhaps because they tend to feel themselves to be quite 'different' from how they perceive the rest of humanity to be, they may lack self-confidence in presenting their wisdom to others. They may instead choose to keep it to themselves.

Blueprint Originators are very good at 'coming in under the radar'. They can often go unnoticed and they are very discreet. They are highly intelligent and observant, and many of them have photographic memories. They are

commonly ‘lone wolves’ who choose not to get too involved in groups or communities.

The Blueprint Originators don’t incarnate very often, and when they do, it is usually at major potential turning points. They often incarnate en masse when there is an opportunity for people to make a shift and align themselves further with the original Earth blueprint, such as in times of turmoil and crisis. The Blueprint Originators have been incarnating more frequently in recent years and many of them are children and teenagers right now.

Most Blueprint Originators have not experienced many incarnations here (the average number of earthly lives for a Blueprint Originator is just 25 lives), and perhaps because of this, they can struggle with certain aspects of being incarnated on Planet Earth. For example, they often have difficulties with the emotional aspects of life here. They also dislike the limits that language places on our ability to communicate.

In spite of the fact that the Earth plane is supposed to be a place where souls evolve through the contrast of light and dark (i.e. we can grow through both positive and negative experiences) these souls dislike many of the negative aspects of incarnating here. They often have a problem with fear energy, where it is applied as a motivator and they can be quite critical of the way in which society functions. (Yes, this is somewhat ironic, and perhaps also

part of the reason that Blueprint Originators don't come here very often).

The Blueprint Originators are still observing and overseeing the implementation of the Planet Earth's blueprint, and they feed information back to the spiritual beings who originally set up the Earth plane as a place of evolution. This may be happening at night in the astrals, when they are asleep. Their role here is very much to contribute this information, and it can even override other aspects of their soul's development, such as a focus on life lessons.

Out of the entire Blueprinter population (which makes up around 7-8% of the world's population), 5% of the Blueprinters present on Earth right now are Blueprint Originators.

Blueprint Originators are more likely to incarnate into developed, 'first world' countries.

Historical and public figures belonging to this soul group: Charles de Gaulle, William the Conqueror

Now let's have a look at the second Blueprinter sub-group: the Blueprint Designers.

Blueprint Designers

The Blueprint Designers helped to design the Earth plane as a place of evolution for souls. More specifically, they worked with the Blueprint Originators to bring beauty and aesthetics to this planet and the life forms present here.

This sub-group has many traits in common with the Blueprint Originator soul group, in that **they are also detached observers who do not fully engage with life in the way that some other soul groups might**. They take on the role of observer and oversee things from a distance. They engage with the world more in an aesthetic way (i.e. through documenting beauty wherever they can, such as through photography, drawing and painting) and they often exist in a creative world of their own.

Blueprint Designers, like the Blueprint Originators, are also good at going unnoticed – they do not seek the limelight and they are also quite discreet.

Most Blueprint Designers have not experienced many incarnations here (the average number of earthly lives for a Blueprint Designer is just 35 lives).

I don't often read for Blueprint Designers (having read for only a few of them). More often than not, they are uninterested in spiritual matters. Or if they are interested in spirituality, it is more of a passing interest than something that they will invest in. In their career, they are often found to be working in a creative field, such as photography, architecture or graphic design, and they can

be quite immersed in their creative interests, sometimes to the exclusion of plenty of other aspects of life. If they're not already working in a creative industry, they usually aspire to it.

Out of the entire Blueprinter population (which makes up about 7-8% of the world's population) only 3% of the Blueprinters incarnated on Earth at the moment are Blueprint Designers, so this is a small soul group. Relatively speaking, they are rare birds.

Historical and public figures belonging to this soul group: Queen Elizabeth I

Now let's have a look at the next Blueprinter sub-group that I would like to cover:

Blueprint Technicians

The Blueprint Technicians were the 'engineers' of the Planet Earth experiment – they took the plans of the Blueprint Originators and the council of spiritual beings that I mentioned previously, with the added specifications of the Blueprint Designers, and they had a role to play in implementing it all.

In particular, the Blueprint Technicians were involved in setting up the interaction of the physical with the spiritual. They also helped to set up the structure of our energy bodies, including the chakra system, the meridians and

the interaction between the nervous system, endocrine system and the energy body.

Additionally, they had a hand in setting up the various layers of our energy field, such as the mental body, the emotional body and the spiritual body, and they helped to programme the twelve strands of DNA.

It should not be surprising therefore that Blueprint Technicians have an innate understanding of human energy anatomy and human biology. Blueprint Technicians intuitively understand the workings of the chakra system, meridians and energy bodies.

An Interest in Systems and Processes

Blueprint Technicians are very interested in ‘how things work’ in general. They are good at examining systems, processes, structures and organisations in an analytical way, in order to improve them. Blueprint Technicians see things in a very literal way and their way of working is very methodical and linear. Because of this, they often choose a career or have an interest in a field such as genetics, engineering, chemistry, microbiology, biology or linguistics.

Blueprint Technicians are also extremely detail-oriented, to the point where they can lose sight of the big picture and get bogged down in the details. They have a tendency to reduce things to their functioning parts, rather than to see

the whole ‘ecosystem’ or bigger picture behind the set of functioning parts. Because they like things to work perfectly, they can spend a long time perfecting processes or whatever it is that they are currently working on.

Blueprint Technicians are extremely intelligent. Essentially, their soul purpose here is to support us in our understanding of how things function – particularly when it comes to the human body and energy anatomy.

Although they embody the power of the intellect, some Blueprint Technicians can be slightly arrogant in their intelligence and think they ‘know it all’. Some also like to point out where other people are ‘going wrong’ and they may offer unsolicited advice and help to others, which is not always well received. They are also quite critical of perceived character flaws in other people.

Focus on the Mental Body

For some reason, Blueprint Technicians seem to give greater focus in their lives to their thoughts rather than their feelings, and many of them behave as if human thoughts and rationale are superior to feelings and emotions. Some of them also appear to lack an attunement to other people’s feelings, and so these souls tend to be somewhat dismissive of people who make decisions or take action based on emotional input. Some of them can also be scathing when it comes to psychology and other modalities that focus on feelings.

A Materialist and Sceptical Bent

These souls have the minds of engineers and scientists, and they have contributed a lot to the world of science over the course of history. They like things to be specific, measurable and tangible. Although some do have a sense of spirituality, many of them are very critical, analytical thinkers who favour scepticism and materialism as a worldview.

The extent to which a Blueprint Technician soul will identify with some of the more problematic traits that we associate with their group will depend on their own level of personal evolution. Some Blueprint Technicians have learned to give equal focus to their feelings and their thoughts and make room for other people's feelings, while other Blueprint Technicians consistently dismiss and invalidate other people's feelings in such a way that it can become a problem in their relationships.

Out of the entire Blueprinter population (which makes up about 7-8% of the world's population), 20% of Blueprinters are Blueprint Technicians, so this is a sizeable group of souls who are present here. The average number of lifetimes for these souls is between 90 and 100. However, this is a soul group which I don't see that often; I have only read for a handful of Blueprint Technicians in the last 18 years.

Historical and public figures belonging to this soul group: Confucius, St Paul, Henry VIII, Mary Queen of Scots, George Fox (founder of the Quakers), Frida Kahlo, Salvador Dali, Tim Berners-Lee (inventor of the internet)

Now let's have a look at another Blueprinter sub-group. This one is much more common among my clients than the other groups we've covered so far:

Blueprint Deliverers

The mission of the Blueprint Deliverers is to ensure we keep a connection to Divine Love.

Divine Love has many different manifestations, including compassion, acceptance, kindness and respect. Blueprint Deliverers emit these energies, and through their interactions with others, they remind us that we have access to respect, love, compassion and kindness at all times.

This is not something the Blueprint Deliverers have to work at doing – it is something they do very naturally and unconsciously. They just make people feel cared for and valued.

The Blueprint Deliverers essentially help people who have forgotten who they are on the soul-level; those who have forgotten that they are spiritual beings. They soothe those

people who are disconnected from Source and are living in fear.

Because of their ability to bring the energies of Divine Love, they are often working in roles where they have a lot of interaction with others – especially the underprivileged. They are often social workers, educators or hospital workers, and some of them work for charities. They may sometimes be found working with the homeless or with those who have substance abuse problems. In my experience, they prefer to work with people in a ‘hands-on’ sort of way – you don’t often find them working in an office job or in the corporate world.

Blueprint Deliverers care very much about helping others improve their circumstances in a practical way, and they care about social issues.

Another defining characteristic of the Blueprint Deliverers is optimism. Blueprint Deliverers generally see the glass half full. They work to uplift, ‘nourish’ and encourage others to bring out their best. They are cheerleaders for Divine Love and also for the potential of other souls.

One of the challenges that Blueprint Deliverers face is sensitivity. Blueprint Deliverers can easily become bogged down by the environments they work in, and they may identify heavily with the people they work with, to the point that their own vibration is lowered significantly. Lots of them are [overwhelmed empaths](#).

The second significant challenge that the Blueprint Deliverers face is fear of rejection. Unconsciously, these souls fear that both Divine Love and their individual contribution to this wider purpose will be rejected. As a result, the Blueprint Deliverers are not usually particularly forthcoming or assertive in the way they help others, even when they need to be. Because of this, they may prefer to express their gifts in an 'official' capacity (i.e. in a capacity where their help is not likely to be refused).

I have read for many Blueprint Deliverers since I started reading the Akashic Records in 2007. I don't see as many of them nowadays, but in the early days of reading for people (between 2007 and 2012), many of them signed up for a reading with me.

The average number of earthly lifetimes for this soul group currently is between 110 and 120. This Blueprinter sub-group is one of the few to have started incarnating here right from the beginning, when this planet was first created as a place of evolution for souls. For as long as there has been human life on Earth, Blueprint Deliverers have been present here, which is possibly why this sub-group presents as one of the most experienced in terms of earthly lifetimes.

Out of the entire Blueprinter population (which makes up about 7-8% of the world's population) 30% of Blueprinters

are Blueprint Deliverers, which means that there are a good number of these souls incarnated here at the moment.

Historical and public figures belonging to this soul group: Jesus, Martin Luther King Jr, Nelson Mandela, Oprah Winfrey, Sigmund Freud, Carl Jung

Now onto the fifth Blueprinter sub-group, and one which is once again fairly well represented among my clients:

Blueprint Translators

Blueprint Translators are very concerned with the part of the blueprint which says that we are to experience life through the body, emotions, mind and the spirit, simultaneously.

In particular, they are here to remind us of the balance between the physical and the spiritual. These souls know that we are meant to be connected to our souls while incarnated in a physical body.

Blueprint Translators are also very down-to-earth people – they bring very practical, grounded energies into the physical – but on the other hand, they bring spiritual energies into the physical realm too.

Blueprint Translators are essentially bringers of balance. As such, they bring grounded, practical energies to very spiritual people who are out of balance, reminding such

people to stay grounded and realistic. They also bring spiritual energies to materialists (i.e. people who are overly immersed in the physical realm, who do not feel that there is anything more to life than just this material existence). They do this by planting little seeds of spirituality and suggestions that there is something more to life than just the physical realm.

So, they are here to balance other people out and remind others of the part of the Earth blueprint which is all about balance.

Blueprint Translators remind people of the spiritual side of life, but they do this in a very down-to-earth way. They 'live' the spiritual side, rather than philosophising about it or flaunting it. If you ask a Blueprint Translator what their spiritual practice involves, they may be puzzled because their spirituality is very integrated into their lives.

Here is an excerpt from an online article ('Loosening the Bible Belt', by Kate Northrup) which I feel sums up the energy and purpose of the Blueprint Translators rather well:

Over dinner, Judith looked at me and said: "So, Kate, tell me about your spiritual life." It was phrased so directly and simply that I was caught off guard and I didn't know what to say.

The first thing that popped into my head was, "What spiritual life?" Despite having started daily practices such as meditation, morning pages, pranayama, yoga and a gratitude journal, I've

never really stuck with something that I do every day. I don't pray in any sort of recognisable fashion, and on Sunday mornings I'm usually at brunch with friends or sleeping in.

But after a beat, I realised my whole life is my spiritual life. Just as there is little divide between work and play for me, every waking and non-waking moment is infused with the Divine. Smiling at babies is a spiritual practice. Flirting at a bar is a spiritual practice. Taking a deep breath is a spiritual practice. I commune with the Divine through chocolate, romantic comedies, sex, asparagus, a good novel and a good cry.

Blueprint Translators' sense of spirituality tends to be so integrated that it reminds me of the Native American spiritual traditions, which emphasised the presence of the Divine in every living thing (be it human, plant or animal). The Native Americans were also known for their reverence for Mother Nature. They didn't build churches to connect with the Divine. Instead, they believed the Divine was manifest in everything. And so their spiritual beliefs and values were integrated into their lives in a seamless way. This is how it is with the Blueprint Translators.

Blueprint Translators make very good teachers and they are very good at translating and explaining concepts in general so that others can understand them. They are very good at processing raw data and putting other difficult-to-grasp information into more understandable formats. They are also skilled in using examples to ground concepts.

Interestingly, Blueprint Translators seem to have a connection with languages – they are often bilingual or even trilingual. Some of these souls will have also studied foreign languages or computer programming languages, and I regularly encounter Blueprint Translators who are working as either computer programmers or language translators.

The average number of earthly lifetimes for this soul group is between 110 and 120. Clearly, this is a soul group that has had plenty of experience being in a body here on Planet Earth. They tend to be pretty street-wise due to all the earthly experiences that they have had in the past. This Blueprinter sub-group is one of the few groups to have started incarnating here on Earth right from the beginning. For as long as there has been human life on Earth, Blueprint Translators have been present.

Out of the entire Blueprinter population (which makes up about 7-8% of the world's population) 25% of Blueprinters are Blueprint Translators.

Historical and public figures belonging to this soul group: St Francis of Assisi, Martin Luther (helped to initiate the Reformation), King Charles I, Isaac Newton, Benjamin Franklin, Vincent Van Gogh, Helena Blavatsky (famous Russian spiritualist), Monet (French artist), Steve Jobs, Eckhart Tolle, Mark Zuckerberg, Boris Johnson (former British Prime Minister)

Next, let's take a look at the final Blueprinter sub-group:

Blueprint Changers

The Blueprint Changers are healers. They help souls to heal from certain difficult aspects of life here on Earth. In many of their past lives, they have incarnated into difficult or traumatic situations such as abuse, oppression or other forms of victimisation. They are sometimes born into war zones or places with a lot of turmoil and violence.

Once they have experienced such situations, they then recover from them and help others to heal from similar situations or experiences.

They don't experience dramatic challenges in every single life (as that would become very tiring on the soul level), but Blueprint Changer souls will have survived and recovered from something in this lifetime (or another lifetime) and part of their life purpose will involve helping others to recover from the same experience.

Because of their past (and present) life experiences, the Blueprint Changers understand suffering and they have a survivor's compassion. Even if a Blueprint Changer has not suffered greatly in this lifetime, he or she will still understand and have great empathy for the suffering of others, and this is the great gift they bring to the world.

In addition, Blueprint Changers also bring the message “life is to be enjoyed, not just endured” into the physical realm. They bring the energies of enjoyment, peace and wholeness, reminding others that life is precious and to enjoy the moment.

The average number of earthly lifetimes among the Blueprint Changer soul group is currently between 100 and 110, so this is another soul group with plenty of experience being here.

Out of all the Blueprinters present here on Planet Earth, Blueprint Changers make up 17% of the overall Blueprinter group.

Historical and public figures belonging to this soul group: Louis XVI (the final king of France), Ernest Hemingway, Catherine, Duchess of Cambridge

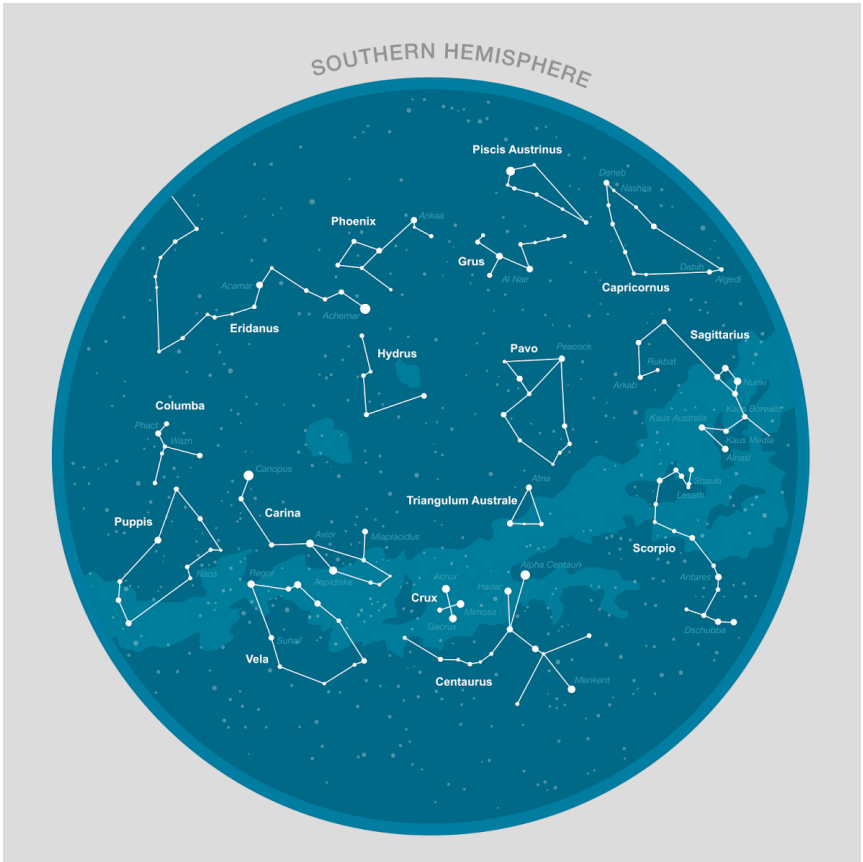
That is all of the Blueprinter sub-groups. Just to remind you, the Blueprinters are souls who experienced **their very first incarnation in another star system, but we don’t know which one.** However, this does not matter for the Blueprinter soul, because **the Blueprinter’s identity comes in large part from a particular role their sub-group plays here on Planet Earth.**

Very occasionally, I come across a Blueprinter whose original place of incarnation still shows in their Akashic soul record. When this is the case, the primary soul group of origin is the Blueprinter one, and the secondary soul group mentioned is inevitably a star traveller soul group. When this is the case, it indicates that this is a Blueprinter soul who did not willingly let go of their first soul group of origin like most of the other Blueprinters did when they became involved in helping with this 'Earth school'.

In the next section, let us take a look at the various star traveller groups that I know of.

The Star Traveller Groups





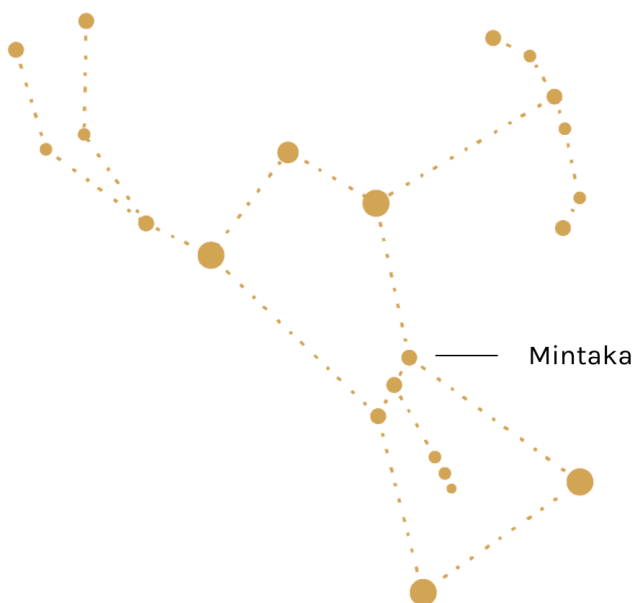
Star traveller souls are those souls who have experienced their very first incarnation in another star system or place, and we know which one.

The reason we care about this is because in our first few incarnations, we ‘absorbed’ the energy of the star system where we spent our formative lifetimes, and this shows itself as certain characteristics and a soul purpose that we

carry with us always. Therefore, the soul group of origin is a big part of who a person is on the soul level.

Let's take a look at the star traveller groups that I know of. These star traveller groups together make up around 15% of the world's total population (Blueprinters make up around 8% and Earth souls make up the remaining 75-77%.)

Mintakans



Those who are Mintakan have spent their formative incarnations in Mintaka, which is a star located in the star system of the Orion constellation – it is the third star in Orion's belt. Their home planet is called Arturvia.

I am starting with the Mintakans partly because this is the most ancient star traveller soul group. The Mintakans were actually the first group of star travellers to come to Earth. This group of souls has been incarnating here for at least 250,000 years, and as a result, they are highly invested in and attached to Planet Earth as a place of evolution for souls. This is not the case, though, for all star travellers. They are one of the only groups which has incarnated here for almost as long as the Blueprinters have.

They first came to assist in what they regarded at the time as this 'Earth experiment'. This was natural for them, because Mintakans love to be of service and to help others to grow, especially on a spiritual level. However, because Mintakans have been incarnating here for such a long time, many of them have become weary of this place and long to 'go home'. I have heard many Mintakan clients say things such as, "I really hope this is my last incarnation here," or "I'm not coming back!"

Mintakans and their Relationship to Divine Light

One of the reasons the Mintakans have grown tired of Planet Earth is because of the negative aspects of life here on Earth. Here on Planet Earth, we evolve through contrast, including the contrast between positive and negative. As souls, when we are here, we learn our life lessons through both positive and negative experiences, but where Mintakans come from, they did not evolve through

negative experiences. The Mintakans' home world was a utopian place, and so as a result, the Mintakans as a group do not understand the need for polarisation on Planet Earth, and more specifically, the need to experience darkness in order to understand the Light, and the need to experience negativity in order to know positivity.

As a group, they have an extremely high alignment with Divine Light, which means that they do not understand darkness. They are also not very good at being nasty, cruel or malicious, and they simply do not understand those who make choices that are cruel or destructive. Indeed, they have very little patience for war or hatred on this planet (most Mintakans do not watch or read the news for this very reason).

From this high alignment with Divine Light springs the Mintakans' biggest struggle, and also their biggest gift.

It is their biggest struggle because they can get very tired of Planet Earth, and it is their biggest gift, because the Mintakans' mission is to bring that Divine Light into the physical. They are here to show us that 'Light is all there is'. Mintakans know that darkness only has the power that we give it – and that what you focus on expands. As a result, they tend to focus on Light and the good things, and through doing this they uplift others – this is one of their great gifts.

Mintakans as Bringers of Positive Energies

So how does this manifest in practice?

Well, Mintakans see the good in every situation – they are experts at finding the ‘silver lining’ in any cloud. Even in difficult situations, they are able to see the positive, even if the only positive thing is what they have learned through the difficult situation.

Souls that have spent time in Mintaka see the light side, and they bring very light-hearted energies. They are very optimistic and positive people – and these positive, uplifting energies are the gift that they bring to this world.

Mintakans naturally look for the good in others and they usually think the best of people. When people disappoint or hurt them, they are forgiving and may give people a second, third or even fourth chance – they do like to give people the benefit of the doubt.

It is as if the Mintakans are cheerleaders for other people’s potential – they see what others could be. They can often make excuses for unacceptable behaviour and they can be disappointed when they realise that their vision for other people’s potential has taken the place of reality. And so Mintakans are sometimes considered naïve by those around them – especially when it comes to relationships.

In addition, Mintakans often have more compassion than is good for them! They have a habit of gravitating towards those who are depressed, lost, or even those who are not well-meaning. They may engage with those who want power over others and those who aren't particularly nice people! Mintakans may find themselves getting burned as a result, and through experiences such as these, they learn to be more street-wise.

Spiritual Faith and Connection

All the Mintakans I have encountered have had a strong, unshakeable connection to Spirit. They tend to know that a higher power exists and they have a deep faith that God is looking after them, and that things will work out. Because they trust in God, they are good at taking leaps of faith.

Love/Hate Relationship with Water

Finally, I want to tell you about a Mintakan-related quirk that I have often seen in my clients:

Where Mintakans came from was a utopian water world, and the water was transparent, clear and illuminated all the way to the bottom of the ocean. As a result, Mintakans have an interesting relationship with water. Most Mintakans hate being in dark or very deep water, and some Mintakans hate being in water altogether, but they do draw some comfort from having water around them. Many Mintakans choose to live close to a body of water or the

ocean. If they have a pool in their back garden, they may love to sit on the edge or dip their feet in, but will not usually want to get in!

Arturvia, as a planet, is no longer habitable, and as a result, Mintakans have a strange longing for home without knowing where their home is. (Perhaps this is why Mintakans tend to be real home-bodies – most seem to love spending time at home.)

Lots of them appear to have adopted Planet Earth as their secondary or replacement home. I do encounter Mintakans who appear to favour back-to-back incarnations here, and it is almost as if they feel that they have nowhere else to go to incarnate, in spite of the fact that they have a love/hate relationship with Planet Earth.

To sum up, Mintakans have a longing for utopia, which they know is not Planet Earth. They miss a world where there is no stress, hardship, conflict or suffering. This is one reason why many Mintakans are not keen to reincarnate here, but most of them keep coming back because they really care about Planet Earth and they know they have an important role here, which is to bring their much-needed positive energies.

The average number of earthly lifetimes for Mintakan souls incarnated now is 120, and these souls make up around 0.5% of the world's population.

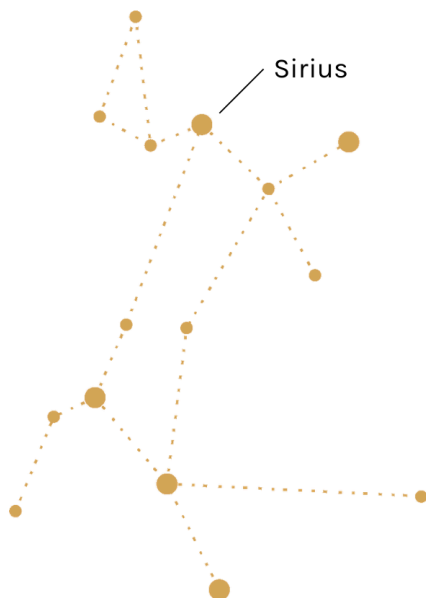
Historical and public figures belonging to this soul group: Paul McCartney, Goldie Hawn, Meg Ryan

- Have you been accused of being a ‘Pollyanna’?
- Do you enjoy the Law of Attraction teachings?
- Have you been called an ‘old soul’?
- Do you enjoy living near water or being near it? (but perhaps not so much getting into it?)

These are all signs you might be Mintakan.

Now let’s have a look at another ancient soul group:

Sirians



Those who are Sirian have spent their formative incarnations in the Sirius star system. This is another group that has been incarnating here for a very long time, having been present on Earth for around 170,000 years.

Here's what else we know about the Sirians:

The most defining trait of the Sirians is that they are always looking for ways to improve themselves. They are very interested in personal development and self-improvement.

Not only are they interested in self-improvement, but they are also interested in improving the world around them. This includes their work, the systems that they work within, and they also enjoy helping others to improve an aspect of their performance.

Sirians are very good at taking a system which is functioning poorly or adequately and finding ways to make it function exceptionally well. If this soul group had a motto, it would be "let's find a better way".

I've found that the Sirians I've come across are always looking to apply this motto to their own lives. As a group, they are very willing to examine what they see as their own faults and shortcomings, in the spirit of improving themselves.

This constant desire and openness to improve and grow is the unique gift that the Sirians bring to this world.

The Purpose of the Sirians

Sirians have always been interested in spiritual growth and improvement, right from the very beginning. Their purpose as a group is to bring in the energies of spiritual advancement into this world. They always seek to be on the cutting edge of evolution, both technologically and spiritually.

As a result, Sirians often choose to incarnate at times of great change – what we call ‘heightened times of civilisation’, when technological progress and/or spiritual evolution are accelerating here on Planet Earth. Ancient Greece and Ancient Egypt were examples of periods in history when there was a high concentration of Sirian souls.

Sirians are incarnating frequently at the moment, due to recent technological progress, societal changes and spiritual advances that we have been making – so now is a very ‘Sirian’ time, too.

Technological Advancements

The Sirians have developed highly advanced technologies in their home world. Some of these Sirian technologies have inspired inventions here on Earth too – particularly in

the area of computing, telecommunications, lasers and nuclear technology.

Sirians have a special fondness and affinity for technology and tools, and they are always looking for technological tools and spiritual techniques which can improve our quality of life.

There is an interesting history to the Sirians' love of technological progress, which affects many Sirians on a subconscious level:

As mentioned, Sirians really love to help others to evolve and improve. In the past, they have become a little carried away, and have shared their knowledge inappropriately in a desire to be of service. Sometimes this has meant giving their valuable knowledge and wisdom to just about anyone who is willing to take it, without considering who the person on the receiving end actually is, and what their intentions might be.

In the Akashic Records, it says that Sirian technologies and knowledge, shared inappropriately, have indirectly brought about the destruction of civilisations and worlds. As a group, Sirians feel responsible for (and have also been blamed for) some of the conflicts and warfare that have occurred in our solar system, and in other star systems too, due to their over-enthusiastic sharing of knowledge.

As an example, Albert Einstein was a Sirian soul. Einstein was famous for the theory of relativity, which laid the basis for the atomic bomb and nuclear technology. It was perhaps not Einstein's intention (or directly his fault) that this technology was used to blow up a city, yet it is a good example of what can happen when the Sirians bring through their advanced knowledge and it ends up in the wrong hands.

All these past catastrophic events exist in the Sirian collective consciousness, and consequently, Sirians seem to be subconsciously aware of them. On an individual level, this subconscious knowledge often manifests with the Sirian experiencing an inhibitive sense of caution and experiencing a fear of coming forward with their knowledge and power, without exactly knowing why.

Sirians often fear the consequences of their actions and they fear taking risks. They often expect that things will 'blow up in their face', simply because, for them, 'things' literally have blown up.

As a result, a common Sirian behaviour is to avoid stepping into their power. They 'hide their light under a bushel' and avoid the limelight. Most Sirians certainly do not like to attract attention through their achievements.

However, for the most part as a group, Sirians have already learned the consequences of getting carried away with sharing their technological knowledge with anyone who

will take it (including those whose intentions are not good). This means that the remnants of these past events are more of a 'hangover' to Sirians, rather than something that they are still actively grappling with.

Let's take a look at a strength that we associate with the Sirians as a group:

Organisation, Planning and Structure

Sirians love organisation and structure. They bring a sense of structure and logic to any project or task that they're involved with. They are usually very organised in their own lives too. Many of them love to make lists, spreadsheets and use their calendars. Sirians are rather logical too. They love clear methods and processes. They also like to plan ahead and they often make back-up plans in case plan A fails.

Sirians can love planning so much that they can sometimes get stuck in the planning stage. Some Sirians may even use planning as a way of procrastinating and delaying taking action. Others can become so attached to the beauty or efficiency of their plans that they may find it difficult to shed the plan later on, even when it is no longer useful or needed.

Because of their organised and motivated natures (and strategic skills), Sirians often do really well in fields such as accounting, project management and finance – many of

the Sirians I have read for work in these fields. Even Sirians who work in a more creative field still bring a strong sense of structure and organisation to whatever it is that they do.

I'm not sure if this is representative of Sirians as a group (or just the Sirians I work with), but when I've read for Sirians who are working in areas such as project management or accounting, they usually tell me that they wish to shift to something more aligned with the totality of their soul gifts – namely, the part of their soul purpose which is about helping others to improve an aspect of their lives or performance.

Next, I am going to cover one more challenge for the Sirians as a group:

Making 'Projects' of People

Sirians are extremely growth-oriented and improvement-oriented souls, and they love to be of service. One of the downsides of being this way is that they often expect others to be as interested in evolution and improvement as they are. Unfortunately, this is not always the case, because Sirians tend to grow really quickly, whereas some other soul groups present here on Earth prefer to grow at a more leisurely pace. This means that Sirians can fall into the trap of wanting others 'get on track' in their lives. Put simply, they like to make 'projects' of people, and they often think they know exactly what is best for other people, which can lead to a lot of frustration.

Other souls may be happy to grow at a slower pace, and Sirians need to remember that everyone is in the right place on their path!

To sum up...

Sirians as a group are highly motivated, organised and goal-oriented. As a result, they are often found to be vigorously pursuing their goals and experiencing some degree of success in both their personal development and career.

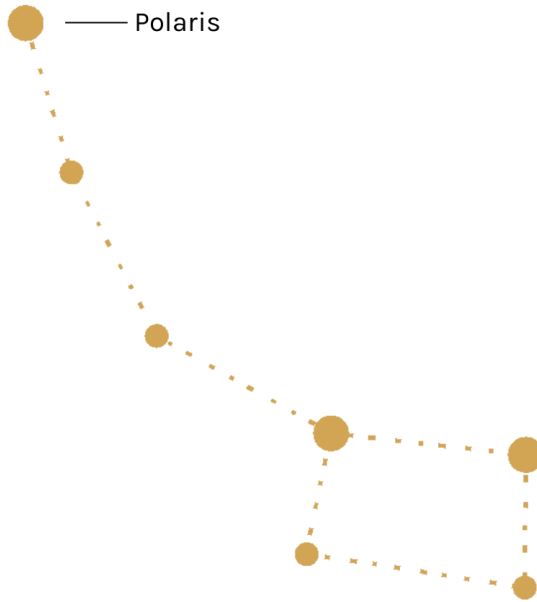
I was taught that the Sirians who are incarnated at the moment are working very hard on repairing their relationship with their own power, and as a group they are evolving rapidly at this time. I have read for hundreds of Sirians in the last 18 years and many of my Sirian clients report feeling a great urgency to step into their potential, finally, and reach their goals.

The average number of earthly lifetimes for Sirians incarnated now is around 120. And this soul group makes up around 0.5% of the world's population.

Historical and public figures belonging to this soul group: Joan of Arc, Albert Einstein, Thomas Edison, Eleanor Roosevelt, Steven Spielberg

Next up, a star traveller group I hardly ever encounter:

Polareans



Polareans have their origins in Polaris, which is known as the North Star or the Pole star. It is the star that has guided seafarers and travellers over the centuries. The North Star is a symbol of consistency and dependability – traits that also define the Polareans.

Loyalty and Reliability

The most defining trait of the Polareans is that they are highly loyal and dependable in all their relationships. They form very deep and loyal attachments to their loved ones. Their friendships also tend to be long-lasting. They are very

good at staying in touch, and their partnerships faithful ones.

Because the Polareans have a loyal, dedicated nature, they can sometimes be overly loyal, even when their loyalties do not serve them. They often do not feel free to pursue their own best interests. They tend to stick with relationships and jobs even when they have clearly run their course. **Their superpower is that they always see things through to the bitter end!** This is great for persisting with goals and dreams, and finishing projects. But not always so great for getting out of relationships or situations which no longer suit them.

Healing through Unity and Oneness

Polareans as a soul group also teach us about oneness and unity. They embody this energetic quality of unity. They are the people who keep families together, and bring groups and organisations of people together. Polareans help to create unity in groups of people and they also help to heal divides between groups. Some of them may be doing this on the global level, by working with conflicting groups, such as religious or political groups who do not agree with one another.

Alternatively, they may simply fulfil this purpose on the level of the family or community by helping clashing groups and people to unite and see what they DO have in common. Polareans teach us that behind everything, we all

come from the same source, and we all seek the same basic things in life. They help us to see our commonalities, rather than our differences.

Polareans have had a strong role in anchoring in the energies of unity and oneness for people during those times in our history when we have needed to unite behind a common goal. With their strong focus on community, they show us how to put aside our more individualistic impulses and focus on the needs of the collective. Times such as World War Two were very 'Polarean' times – times when Polareans 'came into their own'.

Inclusivity

Polareans are the types of people who like to set up family businesses or go into business with their partner. They like to be involved in all areas of their partner's life and they often also feel this way about their children and other loved ones. They don't like people to feel left out. They are democratic in their inclinations – they dislike hierarchy and they prefer everyone to have a say in situations and decisions.

Stuckness

Most Polareans work with a grounded and 'sticky' energy that is quite heavy and rigid (we associate this energy with the lower chakras.) On the plus side, this helps to keep Polareans grounded and stable in their life. On the minus

side, it can allow Polarean souls to get stuck because this energy is not so dynamic. This energy is like Earth energy – stable, grounded, heavy, solid and dependable. Remember that their star, Polaris (the North Star), is a symbol of consistency and reliability for travellers throughout the centuries, and so it makes sense that these people are dependable, solid and stable. Flightiness is certainly not a quality we associate with the Polareans!

However, as with everything, this grounded energy has both its advantages and its drawbacks:

The drawbacks can manifest as Polareans finding it difficult to leave jobs and relationships that are long past their sell-by date (as already mentioned). They can also get very stuck in their thinking, beliefs and ways. They may find it difficult to get out of certain situations out of loyalty. It often takes a Polarean many years to break promises or release commitments which no longer serve them – Polareans take their commitments very seriously.

The tendency to work with grounded energy is a scale. Some Polareans are on one extreme of the scale, being exceedingly grounded and stable (and often having the weight issues as a result), and others on the opposite end of the scale will have the good fortune of naturally being able to work with dynamic, fast-paced, upper-chakra energies in addition to the very stable ones. Some Polareans will be somewhere between the two extremes. For all Polareans, there will be at least one area of life where

they cling to patterns and habits that are not serving them, and there will be other areas where change comes more easily to them.

In general, Polareans are learning to overcome this ‘sticky’, rigid energy in the areas of life where it does not serve them.

Polareans sometimes find it hard to get started on new tasks or projects, but once they get going, they have immense self-discipline and powers of persistence.

Connection to the Earth

Polareans have a strong connection to the Earth and to the ley lines of this planet. As a result, they can be adversely affected when the tectonic plates move and earthquakes and tsunamis occur. They will usually feel very unsettled for a period of time afterwards – usually days, sometimes weeks.

Polareans are a group that many of my students (who are learning to do Akashic Record Readings) come across during the course of their readings. However, it is one that I hardly ever see. I think I have only ever encountered one Polarean throughout the course of my 18-year career of doing Akashic Record Readings.

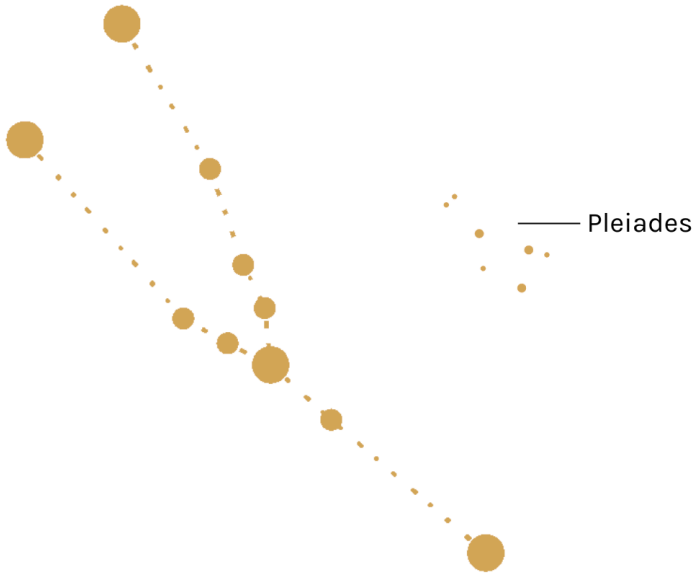
This is a soul group that has a fair amount of experience being incarnated here on Planet Earth – Polareans have been incarnating here for around 70,000 years.

The average number of earthly lifetimes for Polareans incarnated now is around 100, and this soul group makes up just under 0.5% of the world's population.

Historical and public figures belonging to this soul group: Queen Elizabeth II, George Harrison, Kevin Costner, Louis Armstrong, Bette Midler

Now let's have a look at another star traveller group that I see more frequently than I do the Polareans:

Pleiadians



The Pleiadians are souls who have spent their formative incarnations in the Pleiades star system (the Pleiades is a star system in the Seven Sisters constellation.)

Again, this is another soul group that has been around and incarnating here on Planet Earth for a very long time, and it is one of the more well-known groups. (They have been here for approximately 100,000 years.)

Here's what else we know about the Pleiadians:

The most defining characteristic of the Pleiadians is that they are here as catalysts, and as agents of change in the New Age. As a group, they bring in energies of fast change, and they have definitely succeeded in helping us to speed up the rate of evolution on this planet. They are dynamic and inspirational individuals who inspire us to take the steps towards our goals. If they had a motto, it would be to "just do it!"

Pleiadians and Communication

Pleiadians are excellent communicators and teachers – they love to talk. Incidentally, a lot of material has been channelled from the Pleiadians for this reason – they are vocal even when they are in spirit, and this is one of the reasons this is a well-known group. They make good PR people, even when not incarnated!

Many motivational speakers are Pleiadian. Pleiadians inspire us to reach our goals, and this, combined with their gift for communication, makes them powerful inspirational speakers and writers.

Pleiadians like to constantly express their thoughts and opinions and dish out advice. Although their advice is well-meaning, not everyone is always ready to hear what the Pleiadians have to say. Consequently, like many other highly-evolved star traveller groups, they are learning to

respect that everyone is at the perfect place on their path, and that sometimes people need to have their own learning experiences and make their own mistakes.

The Pleiadians have a love of both technology and communication. In fact, some of our communications technology has actually been inspired by the Pleiadians, including developments with the internet, telecommunications, television and mass media. The Pleiadians have originated various kinds of technology to help us to connect and communicate.

Pleiadians are always looking for the next exciting trend or thing. Because of this, they are often good in career roles involving product development and market research. They also make good entrepreneurs, because they are dynamic, visionary and quick-thinking.

Getting from A to B and the ‘Quick Fix’

Pleiadians are strong visionaries and leaders because they can see the ‘big picture’ and can communicate their visions to others very successfully.

They can see exactly how to get from A to B, but they are often less enthusiastic about taking all the steps and little actions needed to arrive at their destination. They can become rather frustrated, because in their minds they will leap forward, often leaving behind all the practical details that need to become a reality in order for them to achieve

their goals. They simply want to reach their goals as fast as possible. They love speed and they dislike the principle of 'step by step'. As a result, it can be highly satisfying for a Pleiadian to delegate all of the tasks to help bring about their vision. A Polarean and a Pleiadian would be the ultimate dream team – Pleiadians are the starters and Polareans are the finishers.

One downside of this intense desire for instant results is that the Pleiadians have a weakness for the 'quick fix', and it is good for Pleiadians to be aware of this so that they avoid taking shortcuts (these may appear to get them towards their goals quickly, but can lead to a poor end result). Additionally inherent in their 'just do it' attitude is a tendency to act now and think later. Although this can result in favourable progress, it can also have some unexpected results at times.

The Pleiadians have a liking for revolutions (because they bring about fast change), and if you were to look behind the scenes of many of the revolutions that have occurred throughout history, you will find that a Pleiadian has been a driving force in the background. However, the Pleiadians don't tend to look very far ahead to what happens afterwards; they are more focused on their role of catalysing, and they leave others to pick up the pieces.

Overall, the Pleiadians have a great deal to teach those of us here on Earth who tend to get stuck in the pursuit of our goals. They are inspirational leaders who can show us how

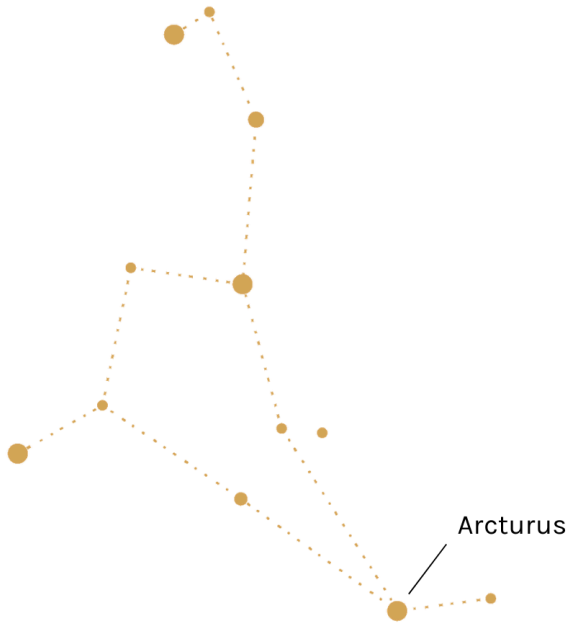
to move forwards quickly. They can teach us to overcome procrastination and go for our goals and dreams, even if we feel we lack the courage or self-belief.

The average number of earthly lifetimes for Pleiadians incarnated now is 80-90, and this soul group makes up around 0.2% of the world's population.

Historical and public figures belonging to this soul group: Jim Carrey, Robin Williams, Ringo Starr, Dustin Hoffman, Jack Nicholson

Let's have a look at another star traveller group that has been well represented among my clients in recent years (despite this being a fairly rare group of souls here):

Arctureans



Arctureans are those who have spent the majority of their formative incarnations in Arcturus. (Arcturus is a star in the Boötes constellation.)

The most important thing to know about Arctureans is that they generally don't incarnate very often (the average number of earthly lifetimes for an Arcturean is around 25). Here is why they incarnate so infrequently:

Arcturus, as a place of incarnation, resonates in the seventh dimension. By contrast, Planet Earth resonates between the third and the fifth dimension (which are of

course further removed from the seventh dimension). As a result, Arctureans do not usually like being in a physical form. For this reason, they do not choose to incarnate here very often.

They are more often found on Spirit Guide teams and as non-physical teachers, and they are more comfortable with this role.

When they do incarnate, they tend to be very interested in spirituality and metaphysics, which is probably why I read for a fair number of them, despite the fact that they are relatively rare here. Arctureans are highly spiritual, intuitive and intelligent souls. Even when they are incarnated, they often end up in the role of spiritual teacher or guide, often choosing a career (or a side job) in the area of metaphysics or healing. As a soul group, they are deeply respected, and they also have a reputation for being highly evolved healers. This is a soul group that has a strong desire for spiritual service.

I also feel they have an affinity with advanced technologies when they are incarnated, probably as a result of the advancements they have made in their own home world. If they are not working in areas such as healing or metaphysics, they are often drawn to I.T. and computing.

Staying Grounded

Because Arctureans are more comfortable in the higher dimensions, staying grounded can be a challenge for them while they are incarnated. They often have difficulties with the practical aspects of life, and many of them wish they could eliminate certain ‘tedious’ physical tasks altogether (such as washing or eating). In addition, Arctureans often have too much energy in the upper chakras at the expense of the lower ones, which often manifests as a lack of grounding. As a result, many Arctureans gain weight as a way to ground themselves in the physical.

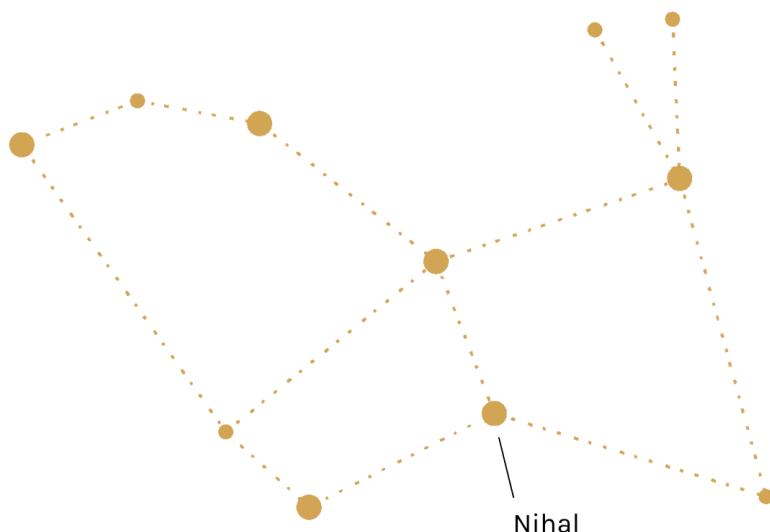
The Arctureans have been incarnating (very intermittently) on Earth for around 40,000 years. The period and place in history with the highest concentration of Arcturean souls was Ancient Babylon. The preponderance of the highly evolved Arctureans who were present during that period was the driving force behind that civilisation making many key advances in astronomy, mathematics, geometry, architecture and more.

The Arctureans make up just under 0.2% of the world’s population.

Historical and public figures belonging to this soul group: Celine Dion

Now for another soul group - one that I have also encountered a fair bit over the last several years:

Nihal Souls



Nihal is a star in the constellation of Lepus (it is more commonly known as Beta Leporis). Nihal is the Arabic name for this star, and so this soul group takes its name from the Arabic. Those who have spent their formative incarnations in Beta Leporis are called Nihal souls.

Indigo Children and Intuitive Ability

I am guessing that some who are reading this book might be familiar with the terms 'Indigo' or 'Crystal' children.

Nihal souls are often labelled 'Indigo' or 'Crystal' children because they have psychic and telepathic gifts which are

in evidence from an early age. Indeed, many of the souls who are labelled (or think of themselves) as Indigo children are actually souls who have their origins in this star system.

Nihal souls do not have a long or consistent history of incarnating here on Earth (the average number of earthly lifetimes for these souls is 30-40).

On the soul level, they are bringers of change, and they tend to only come in at times when there is a lot of change happening or progress burgeoning (it could be technological progress, societal change, or spiritual evolution). For this reason, similarly to the Pleiadians, Nihals tend to incarnate during revolutions, and many Nihal souls I have encountered exclusively incarnate when there is some kind of revolution in the pipeline. They are rather selective about when they incarnate.

Nihals have been incarnating in large numbers in the last few decades, due to all the technological, societal and spiritual progress that has occurred in recent times.

The Nihal Souls as Spiritual Leaders and Bringers of Change

Nihal souls incarnate at times when the Earth's evolution is accelerating, or when we have reached a pivotal point in our earthly advancement and we need a little help and guidance as to what to choose next. Essentially, they are

young spiritual leaders who are here to bring change and teach us how to do things differently.

Nihal souls often seem ‘young’ even when they are older. This is perhaps because they are highly progressive and modern in their outlook. They challenge people unconsciously through subverting the status quo. By nature, they tend to be explorative, playful and experimental people.

Nihal souls like to be involved in, or work for some kind of organisation or cause that progresses society in some way. They are here to modernise and move us along in terms of societal progress, so that we can live in a fairer, more compassionate and more evolved society.

Here is an example that might help to clarify what I mean:

I was taught that Princes William and Harry of the British Royal family are Nihal souls. They came in to modernise the British Royal family, which is historically a very stuffy and traditional institution.

Not so long ago, Prince William was on the cover of Attitude magazine (a magazine for the gay community). His brother Harry has also spoken publicly about his struggles with mental health. Prince Harry also married a mixed-race woman (obviously not a decision that was made with the intention of modernising the Royal family,

but nevertheless, Nihal souls tend to encourage or promote modernisation through their own personal choices).

These are good examples of the approach Nihal souls tend to take to life.

Update, Early 2020: Prince Harry and his wife left the Royal family and cast off tradition in favour of freedom and personal fulfilment – a characteristically Nihal choice to make.

Nihal souls are often interested in LGBT issues, civil rights, animal rights, new-age spirituality, the legalisation of marijuana and similar causes. They sometimes work on issues that might be considered a bit 'taboo' (for the British, with our 'stiff upper lip', this has also historically included mental health). They often have a side interest in spiritual matters, which they may or may not make their full time work eventually. Often, they choose to work for non-profits and charities. They also find opportunities to bring modern and progressive energies into whatever it is that they are involved with, including their relationships and their family.

Childlike Energies and Naïvety

Nihal souls can be quite naïve about the way the world works. The Nihal souls who have not often been incarnated here on Earth tend not to understand societies and how they function. They are free thinkers and free spirits who are not interested in following conventions or traditions,

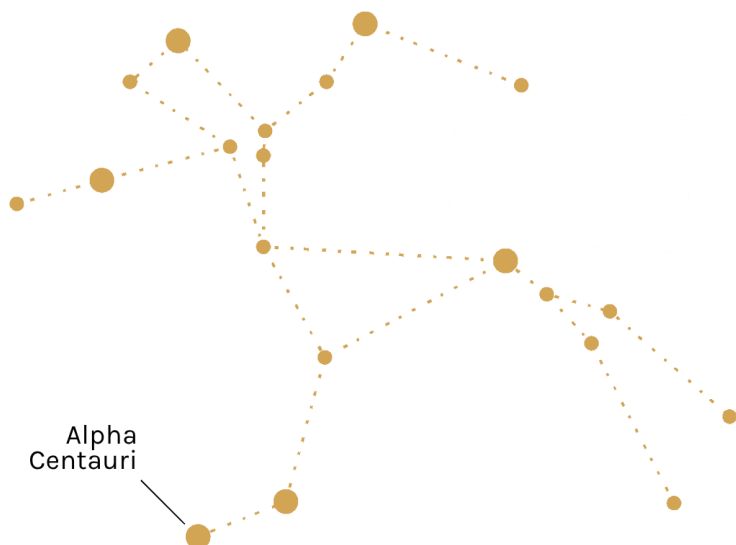
because they are here to bring in new energies. This means that they often need to be consciously taught the ‘rules’ for the society that they live in. Sometimes, they may do very ‘different’ or subversive things without even meaning to shock others.

Their home, Beta Leporis, is adjacent to the Sirius star system, and many souls who have their origins in Nihal choose at least one Sirian parent. There seems to be a certain affinity and connection between the Sirian and Nihal souls. Many Sirians seek out friendships with Nihal souls.

Nihal souls make up around 0.5% of the world’s population.

Historical and public figures belonging to this soul group: Princes William and Harry, Shirley MacLaine (actress)

Alpha Centaurians



Alpha Centaurians are souls who have spent their formative incarnations in the Alpha Centauri star system. Alpha Centauri is the closest star system to our sun (i.e. our neighbouring star system).

The Alpha Centaurians came here as ‘self-appointed guardians’ of Planet Earth. They see their collective spiritual purpose as being to protect Earth against negativity. As a result, they are usually highly protective of their families, loved ones and communities and they make excellent neighbours.

What does it mean exactly to ‘protect Planet Earth against negativity?’

Earlier on in this book, we talked about how part of evolving here on Earth is through the contrast of light versus dark. So why would the Alpha Centaurians want to protect Earth souls from this set up?

Alpha Centaurians came in around 50,000 years ago, and I feel that this was with the idea of helping and protecting Earth souls, not necessarily from all negative experiences, but from the **more extreme hardships and dark periods** in our history. They do this because they feel they can help to steer us towards a better place. For this reason, these souls are concerned with social justice. To give one example, the Alpha Centaurians helped win the fight to abolish slavery in North America and they were present in North America in large numbers during the American Civil War.

Affinity for Technology

The Alpha Centaurian souls have a special affinity to technology and systems, because in their own world, they have developed technologies that are much more advanced than those here on Earth. Part of their purpose here could be to bring their advanced scientific and technical knowledge to this planet to help us evolve. This soul group places a lot of importance on things working

efficiently (although sometimes they can place too much importance on functionality and practicality).

These souls have many attractive qualities – they are loyal, reliable, down-to-earth, self-sufficient, strong and hard-working. They have a strong sense of responsibility and a very practical approach to life. They are also good providers for their families.

Alpha Centaurians and the Mental Body

Alpha Centaurians are much more comfortable operating in their mental body than in their emotional body. For this reason, they have very strong analytical skills and well-developed intellects. They are also excellent problem-solvers.

However, many of them have difficulties accessing, naming and processing their emotions. Alpha Centaurians are much more likely to bypass their feelings and conceptualise what they feel rather than actually feel it. Some of them also have issues understanding the emotions of others. Because their approach to life is so practical, they can miss out on the emotional aspects of a situation.

This does not make them uncaring, but it can sometimes seem that way, especially to people who are more emotionally oriented. To compound this, Alpha Centaurians are not often very physically demonstrative, even with their

families, because they have unique energy fields that they like to keep pure.

Alpha Centaurians can often have challenges in love relationships, because they tend not to be in tune with conventional protocols for how romantic relationships work. For example, they are not very good at expressing their affection for people, either verbally or in a way that other people commonly do. Instead, they express affection through providing and holding a safe and stable space for another person.

Many Alpha Centaurians are natural loners who have a strong need for their own time and space. They can be so self-sufficient that they do not feel they need much company or affection from others. Indeed, some Alpha Centaurians may see this as an issue they need to ‘work on’, in order to improve themselves or their relationships. Alpha Centaurians are well served by remembering that their liking for solitude is actually a part of who they are. And it can have its benefits: for example, Alpha Centaurians can do solitary work that more extroverted souls may shy away from – such as writing or researching.

Alpha Centaurians have a closer relationship than most star travellers do with Earth souls. They feel very protective of Earth souls and have a special connection with them. Therefore I have found that it is more common for my Alpha Centaurians clients to find they have Earth souls

around them, in their personal life than the other star travellers groups.

The average number of earthly lifetimes for Alpha Centaurians incarnated now is 100, and this soul group makes up just 0.4% of the world's population.

Historical and public figures belonging to this soul group: Charles II, George Washington, Abraham Lincoln (who is also Alpha Caelian), Queen Victoria, Rosa Parks, Eva Perón, John F. Kennedy, Margaret Thatcher, Barack Obama, Clint Eastwood

Alpha Fornacians

The Alpha Fornacians come from the **Alpha Fornacis star system** (this is a double star system in the Fornax constellation.)

(They are also called the Emotional Realmers.)

Alpha Fornacis is a place that resonates in the 9th dimension; a non-physical world that is primarily an emotional, relational world, where emotion is amplified. Souls do not have physical bodies there, instead they just have emotional bodies.

This is a place where souls can go to experience emotional intelligence at a high level.

As a result, Alpha Fornacians are emotionally skilled and emotionally intelligent and bring these skills when they are incarnated. They often support others emotionally and model emotional intelligence – they bring compassion, empathy and self-awareness into their interactions with others.

They teach us emotional awareness, healthy emotional expression, finding ways to handle negative emotion, and heeding the messages within negative emotions.

These are souls who help humans get through tough emotional experiences, involving conflict, rejection, grief and tragedy. The ultimate aim of this is to help us to create greater harmony here on Earth. They are also here to help us to work through draining emotional quandaries and reclaim our power. They are helping to reverse emotional stunting.

Alpha Fornacis is similar to Earth in that one can evolve through the contrast of both positive and negative there, so negative emotions are a feature of life in that place. However, the main difference between Earth and Alpha Fornacis, as mentioned, is that Alpha Fornacis as a place of incarnation is very far removed from the dimensions we exist within here on Earth (the 3rd-5th dimensions).

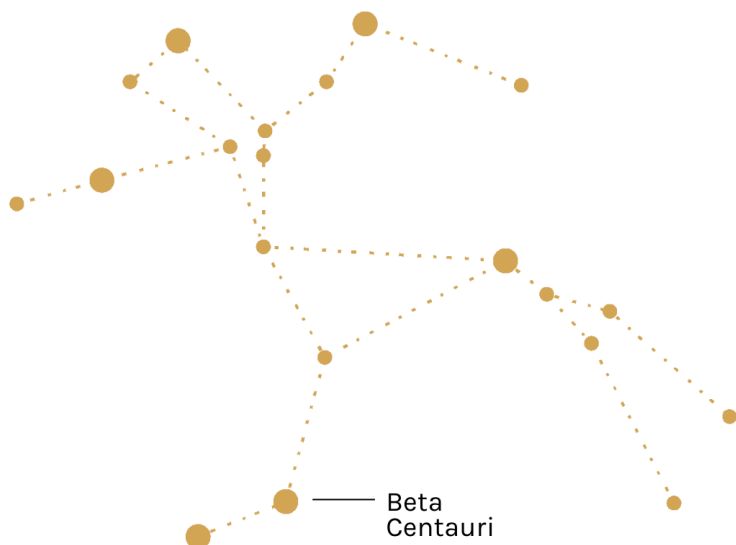
As a result, Alpha Fornacians struggle with the physical nature of our Earth world. They find our physical world a bit tedious in terms of all the grunt work that has to be done to make changes in our world.

Most Alpha Fornacian souls have been incarnating here on Earth for around 6000 years and most of them have had no more than 50 earthly lives here. They make up around 0.6% of the world's population. Many of them are parents who are raising emotionally intelligent children, and they often work in the mental health field. Some of them work with people who struggle with identifying and articulating their emotions, such as those with autism, others work with

people who come from cultures which discourage emotional expression amongst men.

Lots of Alpha Fornacians incarnated in the last century, during World Wars I and II, when it became clear that many societies were nowhere near emotionally equipped or evolved enough to face these challenging world events.

Hadarians



Souls who have spent the majority of their formative incarnations in Hadar, are called Hadarians. (Hadar is a planet in the Beta Centauri star system.)

Here's the most defining thing about the Hadarians:

Hadarians are bringers of the energies of Divine Love.

If they had a motto, it would be “all you need is love”. Love is usually the central theme in a Hadarian's life, and the most important area of life for any Hadarian.

The collective purpose of the Hadarians as a group is actually to teach us about all the different aspects of Divine Love that we can experience on Planet Earth, such as connection, co-creation, community, grace and togetherness.

As a soul group, Hadarians bring Divine Love in two different ways: they radiate and give love in their personal interactions with others when they are incarnated here. When they are not incarnated, these souls see it as their mission to raise the vibration of Planet Earth, and to achieve this, they are sending out Divine Love, like a beacon, to Planet Earth, so that we may be reminded of the existence of Divine Love, at times when it is needed here.

Hadarians are creative and playful and they have a quality of innocence, softness and purity in their way of being that endears them to other people. They have sensitive, tender hearts and they wear them on their sleeves. Because they bring the energies of community spirit, co-operation and togetherness, they prefer to be surrounded by others, and they do not like to be alone.

Hadarians can suffer because of what they see in the world. They feel the lack of love on Planet Earth very deeply. They often feel that life here is very harsh compared to life in their home world, and as a result they may feel quite alone. Hadarians are learning not to be discouraged by what they witness here. Being discouraged may mean they radiate their loving energies less strongly, which in turn means

they do not contribute as much to this planet as they might otherwise, had they not become discouraged.

Soul Background of Oppression

Because Hadarians have so much to give and because they bring so much love to the Earth plane, whenever they are incarnated here, they have historically tended to attract the attention of energy vampires. In psychological terms, this means narcissists, sociopaths and the like – essentially, controlling and abusive people who seek to drain others and give nothing in return.

Because Hadarians are such pure, loving souls who think the best of others, they are easy to take advantage of. Because Hadarians unfortunately have a long history of attracting energy vampires and narcissists, they have frequently been oppressed and abused in their past lives as a result. **Hadarians were actually overrepresented amongst slaves (and black anti-slavery activists) in the US over the last few centuries.**

Consequently, as a group, many Hadarians hold an illusion of victimhood in their collective consciousness – the illusion being that they are powerless and that they are not in control of their lives. They often doubt themselves, their value and their power to contribute anything positive or effect change in the world. However, this is not an accurate reflection of their identity and abilities.

Lessons in Love Relationships

Although Hadarians are here to teach us about Divine Love, they can often feel dissatisfied with the quality of their love relationships.

The love that the Hadarians bring is unconditional and completely pure, but it doesn't often translate well into human relationships. This is because Hadarians love unconditionally and give unconditionally. When things go wrong in their personal relationships, Hadarians react by bringing even more love to the situation or to the person in question. In some cases, this is an excellent response and in other cases (where the other person involved in the relationship does not have good intentions), it can be disastrous, because it can result in the Hadarian being trampled on and taken advantage of.

As a result, Hadarians can find themselves in relationships and friendships with others who take more than they give, and it is not uncommon for Hadarians to find themselves in abusive relationships, too.

A typical Hadarian reaction to being in such situations would be to bring even more love in the hope that the unfair treatment would stop. However, in scenarios such as these, what is usually needed is a dose of self-love (and 'tough love'). 'Tough love' is a kind of love that is foreign to Hadarians because their brand of love is unconditional –

the kind that might urge the Hadarian to stay with the person who is abusing them!

Hadarians are learning to exercise discernment and judgment in their relationships, and to work out which relationships are worth saving and which ones are best walked away from. Hadarians are learning to put themselves first in their relationships and they are learning that unconditional love can only truly exist in the relationship with the self. All other relationships on Earth are conditional in some way or other.

I mentioned earlier in this reading that Hadarians hold an illusion of victimhood in their collective consciousness (the idea that they are powerless and not in control of their lives) due to past life experiences of injustice and oppression. The extent to which each Hadarian is personally affected by this past life ‘hangover’ varies from one Hadarian to the next. A few Hadarians are barely affected, while others are heavily affected. Most are somewhere in between.

Here are some signs that a Hadarian soul is greatly affected by past life experiences of oppression that are common to his/her soul group:

- The Hadarian soul feels really uncomfortable with wielding power and hierarchy in general, and is always on the lookout for abuses of power.

- He/she thinks a lot about governments purposely limiting our expression, movements or freedom
- He/she dislikes official institutions and is distrustful of authority figures such as the police or the military.
- He/she has strong, irrational fears and at least one unexplained phobia.

When I read for a Hadarian who resonates strongly with the above statements, I recommend [past life regression therapy](#) to gain resolution around difficult past life experiences. Past life regression is a modality that Hadarians can benefit greatly from.

Hadarians have been incarnating here on Planet Earth for around 60,000 years. The average number of earthly lifetimes for Hadarians incarnated now is 100-110, and this soul group makes up around 0.5% of the world's population.

There were many Hadarians present in the USA during the times of the American Revolution and the American Civil War. Like the Alpha Centaurians, this is a group that has strong links with the abolishment of slavery in the USA. Their role during that time was to attempt to counterbalance the dehumanisation of African American people by bringing Divine Love to others and reminding us that we are all the same. We all bleed the same blood and breathe the same air.

This was a huge task, and you can see why the Hadarians are inclined to become so discouraged when faced with the lack of love on this planet, and the scale of their mission to counterbalance this.

When faced with the harshness of the world, they can feel as if they have been ‘cast out into the wilderness’, and they may long for their own home world.

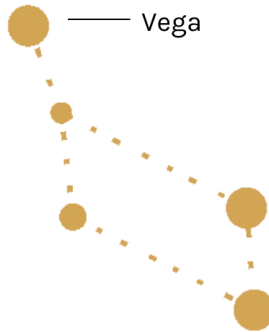
To sum up...

Hadarians are amazingly caring and loving individuals who have a great deal to offer in their relationships and indeed any setting where they come into contact with other people. As a group they have had an important role to play here in bringing the energies of Divine Love throughout human history, and they are a highly respected soul group.

I have found that the Hadarians who are incarnated here at the moment are working very hard on shedding the illusion of victimhood and the idea that others are more powerful than they are. One of the ways they are doing this is by choosing their relationships carefully and surrounding themselves with people who lift them up and love them back. This is really important for Hadarians.

Historical and public figures belonging to this soul group: Princess Diana, Wayne Dyer, Marilyn Monroe (also a Parallel soul), Gwyneth Paltrow, Elizabeth Taylor

Vegans



Vegans are those souls who spend the majority of their formative incarnations in the Vegan star system. (Vega is a star in the constellation of Lyra.) These souls are sometimes also referred to as ‘Lyrans’.

Vegan is pronounced vay-gan rather than vee-gan (as in someone who doesn’t consume animal products!).

Here is what is most defining about the Vegans:

Vegan souls bring the energies of joy, humour and light-heartedness into the physical.

In terms of their personality, they are humorous. They are good at making people laugh and are fun to be with. These souls have a lot of light and energy. Many Vegan souls love to be in the limelight and they are often found working in the world of entertainment as a result. For this reason, this group is over-represented among public figures and celebrities.

Talents and Skills

Vegan souls are self-sufficient, independent, proud and strong-willed. And they also tend to appear strong and capable to others.

They are generalists – they tend to be knowledgeable in a wide variety of areas, and have a variety of talents and capabilities. As a result, they have many interests and areas of focus.

They also tend to be quite creative. The Vegans who I have read for in the past have had talent as artists, web designers, inventors, architects, or they may work more closely with creativity through new or expanding technologies. Their methods of working with technology will differ from many, as it is based more on “feeling” than on intellectual or technical understanding.

Vegans become bored easily. They do well at beginning projects, but less well at completing them. They often surround themselves with others who are supportive and

will aid in the completion of projects and ideas, and they are often learning self-discipline and willpower.

Vegans love variety and they tend to seek it out in the different areas of their life. This may manifest itself as a love of travel, a dislike for routine or a need to break out of the rut on a regular basis.

They have a strong need for time alone, privacy, freedom from restrictions, and they have a tendency to neglect others in relationships due to their many interests and areas of focus.

Nurturing and Healing

Vegans have a strong sense of responsibility, nurturing and caring. They have healing abilities, and many have an affinity for stones and crystals, so may be drawn towards crystal healing.

Some of the Vegans I have come across also work in caring for others, either in healthcare or as teachers. They often work with children or those who are ill or in need of care and support.

A challenge with this, however, can be the tendency of being overly responsible for others, and they may find themselves being taken advantage of due to their caring natures. They may find others attracted to their understanding energy, and may be approached in many

situations by others wishing to share personal problems. However, few from Vega are themselves willing to share personal details with others unless trust is very firmly established.

I have been told by my Akashic Record Spirit Guides that the Earth souls have a special connection with Vegan souls in that Vegan souls help to raise Earth souls' spiritual awareness through humour and entertainment.

Vegans are also sought out often for friendships by the Pleiadians, who find members of this soul group stimulating and entertaining to be around.

Arctureans also get on well with this soul group (the Arctureans have incarnated a lot in Lyra, which is the Vegans' home world), as do Hadarians.

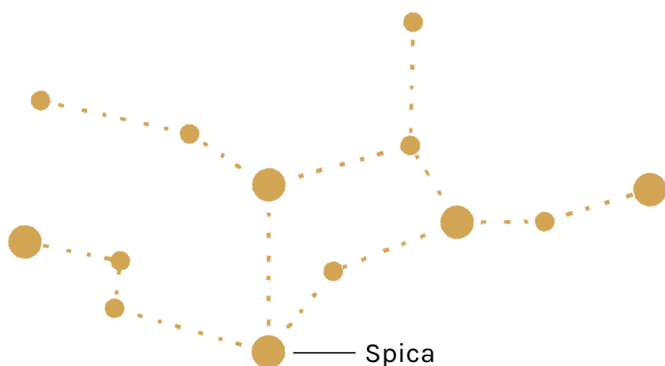
The Vegans bring an energy of neutrality into the physical realm. They are good at holding the higher and best interests of everyone in their mind at any one time, which is possibly one of the reasons they are so well-liked by all soul groups. When incarnated, they tend to have lots of friends.

Vegans have been incarnating here on Planet Earth for around 30,000 years, but the average number of earthly lifetimes for Vegans incarnated now is 100-110. This means that this soul group has been incarnating at a higher frequency than most other groups.

Vegans make up around 0.3% of the world's population.

Historical and public figures belonging to this soul group: William Shakespeare, Jane Austen, Emmeline Pankhurst (British suffragette), Richard Branson, Elon Musk, Bill Clinton, Hillary Rodham Clinton, Kate Bush (also Sirian)

Spicans



Spican souls are those that spent their formative incarnations in Spica. Spica is a star in the constellation Virgo (an alternative name for this star is Alpha Virginus.)

This soul group can be divided into two sub-groups – Spica (1) and Spica (2).

The information below applies to both Spica (1) and (2).

The Spicans are highly evolved as a group and hold the codes for enlightenment (which means reaching a state of balance that is beyond all human suffering). It is a state that usually requires a completely balanced aura. All of us receive lifeforce energy from the Creator, and this energy is received and assimilated through the seven chakras. We receive love energy through the heart chakra, truth energy through the third eye, power through the solar plexus, and so on.

However, it is common for humans not to receive and assimilate this energy fully due to various energy misalignments (such as past/present life traumas, negative cords and other blockages). Enlightenment is when you do not experience blockages, so that you can receive that energy fully. However, it is a rare state for a human to be in. When it is reached, often a soul may no longer choose to incarnate.

Spicans are not only teaching us about enlightenment. They themselves are also learning about how human beings can reach this state. Their lives may seem to be a big experiment in how one can shed negative energies to reach a more balanced state of being. They might not do

this through taking the role of ‘enlightened one’ or spiritual teacher. Instead, they often struggle in their lives, but it’s all with the purpose of showing us (and them) more about how ‘enlightenment’ can be reached here on Earth.

Spicans are non-judgmental, ‘live and let live’ kinds of people. They are good at seeing the bigger picture behind the choices that others make, and as a result, they are able to keep an outlook of neutrality and understanding.

Because of their neutrality, they may appear detached and aloof to others, or as if they do not care. However, this isn’t the case – they just have lots of respect for the choices that others make, and they have faith that other souls know exactly what they are doing on a karmic level.

Many of the Spicans who I have come across choose to live in nature or in remote places. Some of them choose to work as farmers, in forestry, or as rangers. My students have reported seeing the same characteristics, and there is a clear reason for this:

Spica was quite different from Planet Earth as a place of incarnation. Spicans existed in a higher dimension and had light bodies that were very different from the physical bodies that we have here.

Unlike Planet Earth, Spica was not densely populated, and so Spicans had a lot of energetic ‘room’ in which to grow and evolve. As a result, Spicans still bring this sense of

spaciousness and space to their interactions with others. They are able to hold a space for others in their interactions in which others are able to see their own projections, just like a mirror. (Some people value this, and others do not like it.)

Some Spicans can be uncomfortable with all the energetic ‘noise’ that comes from so many people incarnated and living together in a small geographical area. As a result, they may find that they need to spend a lot of time alone or in nature to recharge their batteries and clear their energy. This is why many of them choose work which allows them to live in isolated or remote areas, such as farming or conservation work.

Spicans are good at fitting in well with a community, while at the same time feeling comfortable ‘doing their own thing.’ They do not tend to feel that they need to follow the herd or take on beliefs or values that don’t fit with their own.

Spica (2)

As mentioned above, the Spican soul group can be divided into two sub-groups: Spica (1) and Spica (2).

The information that I have given above about the Spicans applies to both Spica (1) and (2), but here is what is different about Spica (2):

Spica (2) souls are more invested in Planet Earth than Spica (1) souls.

Spica (2) souls have had their eye on earthly evolution for a very long time and are very interested in what they see as this 'Earth experiment'. They have been working for a long time to help us Earth dwellers to work through the negative aspects of life here (e.g. war, injustice, inequality, etc). These souls are helping us to move towards light over darkness.

Essentially, these souls are less self-focused than Spica (1). Spica (1) souls are mostly here to pursue their own path of health, healing, balance or 'enlightenment' (for want of a better word) and they are more self-focused on their soul's purpose as a result.

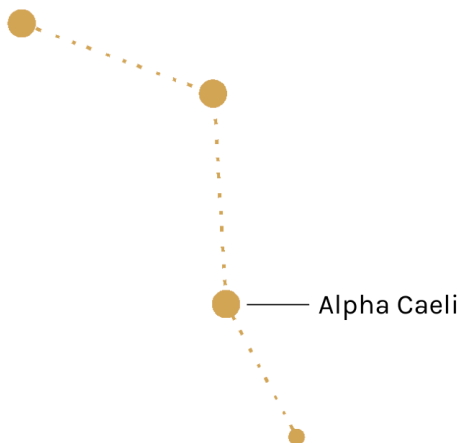
Spica (2) souls, on the other hand, are often found in prominent positions in various fields, trying to guide Planet Earth towards positive outcomes. They belong to a kind of Spican High Council – they're more driven and visionary than Spica (1) types, and a powerful and effective force for good. They feel driven by a strong sense of purpose, that they are here to contribute to the greater good here on Earth.

Spicans have only been incarnating here on Earth for several thousand years. The average number of earthly lifetimes for Spicans incarnated now is 70, and this soul

group makes up between 0.1 and 0.2% of the world's population. The highest concentration of Spican souls is in Scandinavia.

Historical and public figures belonging to the Spican soul group: Marie Curie, George Orwell, Walt Disney, Deepak Chopra, Ronald Reagan

Alpha Caelians



Those who spend the majority of their formative incarnations in the Alpha Caeli star system (this is a double star system in the Caelum constellation) are known as Alpha Caelians.

Here's what we know about these souls:

Alpha Caelian souls have mostly been non-physical healers and guides on the 'other side'. As mentioned earlier on, here on Planet Earth we evolve through both positive and negative experiences, and that contrast between light and dark that we can experience here on Earth is a defining aspect of evolution here.

This means that we can go through difficult or traumatic experiences and even die from them. Once we reach the other side following a traumatic death, or following a life where there was a lot of trauma, there is a healing process that takes place for souls on the 'other side' - a "sloughing off" of the emotional or physical imprints from such earthly traumas on the soul.

As a group, Alpha Caelians seem to specialise in "lightness" as an energetic quality. On the 'other side', many of them have been involved in helping human souls to heal after difficult lifetimes, and slough off any heavy energies that need to be released. This means that healing and lightness are their speciality as a soul group.

Then, around 1000 years ago, many of them started to incarnate here on Earth for themselves, to get a taste for the difficulties that humans can go through (note - some Alpha Caelians did arrive prior to this time).

This was a kind of experiment to help them serve others better. Many of them came in around the times of the American and the French Revolutions, and some of them are still incarnating here now, in an attempt to help and serve. (Their average number of earthly lifetimes is 30.)

However, they do struggle a bit once they're incarnated here. For a start, they consider Earth to be a very 'low density' place for them in terms of its vibration, because their own home world resonates in the seventh dimension. Alpha Caeli is a non-physical world that is very high-vibrational (hence the energetic quality of "lightness" that they carry.)

Because of this, the Alpha Caelians feel as if they're 'fish out of water'. They often lack confidence and self-assurance, which is usually because they're not entirely sure of their place here. They struggle with the polarity between light and dark and the very low-density energies and negativity which they help other souls to "slough off" on the other side. This makes them feel like frauds sometimes - they can help others to heal, but when they're incarnated here, they sometimes struggle to heal themselves or get past the sort of thing that they are able to help other souls with. They need not feel this way, but they often do.

However, Alpha Caelians do serve in various ways. At the moment, they are to be found in many positions of influence within society. They bring the qualities of

lightness, sensitivity, love, loyalty, generosity of spirit and hope. These are highly sensitive souls (something else they struggle with too). Many of them are HSPs and empaths. So they can bring that sensitive approach to others. They are effective healers too, which means that they may be drawn to counselling and high-level spiritual healing (the kind that works with the light bodies). Their goal is to help us to build a gentler, kinder society, where we can be more attuned to one another's feelings and considerate of other people's needs.

Alpha Caelians make up around 0.4% of the world's population.

Historical and public figures belonging to this soul group: Beethoven, Anne Frank, Oscar Wilde, Edgar Cayce, J.K. Rowling, Greta Thunberg, the 14th Dalai Lama, Michelle Obama, Prince Charles, Elvis Presley

Mars Souls

Those who spent their formative incarnations in Mars belong to this soul group.

Souls from this soul group have been incarnating here on Earth for around 15,000 years, but they have never felt very comfortable here. Their presence was never meant to be permanent; I was taught that they started incarnating here due to their home planet being uninhabitable, after an

explosion on a neighbouring planet. Because of this, they are not as invested in this place that some other star travellers groups are, and indeed, not many of them actually choose to incarnate here any more – they mostly incarnate in other star systems now. For this reason, Akashic Record readers do not often see them in their readings.

Mars souls usually keep a ‘low profile’ when they’re incarnating – they keep to themselves, quietly living their lives without drawing attention from others. In this respect, they are quite mysterious kinds of people. They do not like to put the spotlight on themselves and as a result, they can often come across as somewhat withdrawn and secretive. This behaviour is somewhat at odds with the current trend of ‘sharing everything’ online and drawing attention to oneself on social media, so souls from Mars may feel a little ‘out of step’ with certain aspects of Western society. As a result, they are more often found incarnated in Far Eastern societies which have lots of rules and structure, such as in Japan. Many Mars souls have incarnated in Japan, especially over the last 1000 years.

Martian society had a lot of structure and order to it and it was very male-dominated. For this reason, they tend to prefer a very structured life. When they do incarnate here, they are often learning to loosen their grip on their attachment to set routines and learning to add more freedom and spontaneity into their lives. Simultaneously though, they can often find the chaos of Planet Earth rather

overwhelming - hence their tendency to choose other places of incarnation. These souls tend to be quite self-assured and confident. They are sure of who they are and their abilities and tend not to doubt themselves. Some of them can come across as rather dour people.

Souls who have their origins in Mars usually feel displaced and as if they do not belong here. Some of them still have not accepted what has happened to their home planet.

One quirk that has been noticed about these clients is that souls from Mars tend to look unusual. They are often tall and thin, or otherwise have an unusual body shape. They may have unusual facial features and a penetrating stare which appears to look right through another person, although they seem to evade similar scrutiny from others due to an impenetrable aura. For this reason, the Mars soul can appear difficult to get to know.

Mars souls currently make up around 1.5% of the world's population, and many of them are to be found in the Far East and Russia. The average number of lifetimes for this group is 35.

Historical and public figures belonging to this soul group: Franklin D Roosevelt (also Maldecian)

Maldecians

Maldecian souls are those who spend the majority of their formative incarnations in Maldec.

Maldec was a planet once orbiting between Jupiter and Mars. It exploded around 52,000 years ago and is now the asteroid belt between those two planets. (The explosion on Maldec stripped the surface of Mars and shifted the axis of the Earth, which resulted in our 365 day orbit around the sun, instead of the original 360 day orbit. Pieces of Maldec also struck Planet Earth following this explosion.)

The Maldecians were a combative soul group whose mental faculties had evolved to such an extent that their emotional side became left behind. As a result, Maldecians have strong intellects even now, and this is often at the expense of their emotional side. They can struggle with emotions but often have strong left-brain qualities such as analytical skills and problem-solving abilities. In my experience, Maldecians can appear somewhat serious in their manner.

As a group, the Maldecians feel displaced and they feel the loss of their planet very deeply. A specific behaviour that has come out of this experience of loss is the careful examination of all possible consequences of their own actions. As a result, the actions that the Maldecians take in

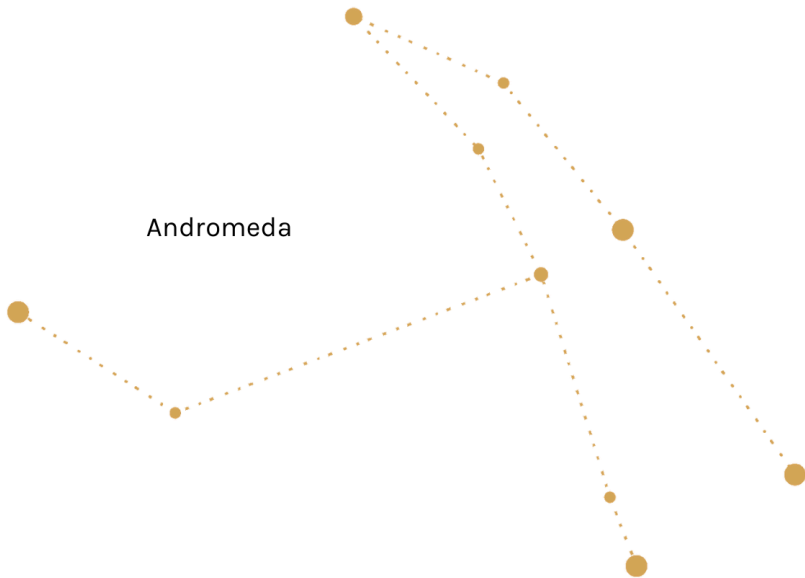
life are very strategic and deliberate. They are very safety-focused and security-focused people. They don't like to take risks.

On an energetic level, the Maldecians feel to me to be somewhat similar to the Mars souls – they work with similar sorts of energy and have some traits in common.

Altogether, Maldecians make up around 0.3% of the world's population. They have been incarnating here for around 15,000 years and the average number of earthly lives for this group is between 40 and 50. There is currently a high concentration of these souls in Polynesia and on the continent of Oceania.

Historical and public figures belonging to this soul group: Winston Churchill

Mission Realmers



Mission Realmer souls are from the angelic realm (also called ‘the Mission Realm’). I was also taught that they have their origins in Andromeda. Some call these souls ‘Andromedans’.

Most Mission Realmers have only started to incarnate here in the last few thousand years, and for a very specific purpose: in the hopes of counteracting the negative aspects of life here on Earth.

However, coming to Planet Earth has been quite a culture shock for these souls, because Earth is very different from

the angelic realm. The main difference between the angelic realm and the Earth realm is that angels do not evolve; they simply have a mandate from Spirit to hold and emit energies. However, here on Planet Earth, evolution is the name of the game!

Because of this, being here has proved slightly more challenging than the Mission Realmers envisaged, and their spiritual purpose of counteracting negativity has not been quite as successful as they had hoped.

The first challenge for the Mission Realmers arises from their tendency to simply 'be' rather than 'do'. This is a great gift that they can bring to this planet, as many people do not or cannot take the time to stop and just 'be'. Mission Realmers bring very peaceful energies which help us to do this, and they are excellent at holding a space for other people.

For the Mission Realmers, the downside is that they often feel as though they lack the motivation to achieve the sorts of material goals they see others achieve here in the physical realm. Moving forward and making progress in life can be a slower process for them. They are usually content to choose the easiest paths through life. They are often happy simply to witness, observe and watch the world go by, and this is fine. Sometimes, Mission Realmers compare themselves to others and feel that they are a lot less dynamic. Yet they are not here to be 'dynamic' (in any sense of the word). Instead, they're here to hold a space,

and move forward and progress in their own time; others cannot push them. Nor should they attempt to speed up just for the sake of it, or compare themselves unfavourably with others who may move forward in life super quickly.

Mission Realmers bring many gifts to this plane, including their peaceful, soothing energies and their willingness to listen and hold a space for other people. They are also able to bring a great deal of spiritual wisdom and insight to others. As a result, they often end up in the healing or counselling fields.

Mission Realmers make up around 1.5% of the world's population, and the average earthly number of lives for Mission Realmers incarnated now is around 40.

Historical and public figures belonging to this soul group: There were none I found during my research.

Parallel Souls

Parallel souls are souls who come to us from completely different universes. When I refer to 'universe', I am referring to the totality of all that is, and everything that we know of (planets, star systems, galaxies, solar systems).

Furthermore, Parallels not only come from different universes, but they exist and experience life in more than one universe at once. Their consciousness is usually

anchored in two or more universes at any given time, so a part of the Parallel soul is always in another place.

The Parallels are a relatively new soul group – at least, new to Planet Earth. The vast majority of them have been incarnating here on Earth only during the last few thousand years.

Parallel souls do have some commonalities, but they also have lots of different reasons for incarnating here. The Parallel souls who come to Planet Earth are usually here to experience one aspect of human life that they cannot experience in their home world. Some examples of what the Parallels might be here to experience (that they cannot experience in their own home world) include spiritual connection, evolving through the contrast between positive and negative, being in a physical, human body, experiencing human emotions or being part of a tribe. I have elaborated on these possibilities further below.

Many of the Parallel souls who I have come across are essentially here to enjoy themselves and to have earthly experiences. As a result, their sense of purpose as a soul is more ‘casual’ and self-focused than that of most star traveller souls. The best analogy for the Parallel souls’ situation is that of the foreign student who has come to an English-speaking country to learn English. Like foreign students, Parallels often hang out in small groups to ease homesickness. They always seem to have one foot (or in this case, part of their consciousness) in another ‘country’.

and like students of English, they are only here temporarily, for a specific purpose.

Because only a part of the Parallel soul's consciousness is tethered here, the Parallel is not grounded or anchored to the Earth plane in the same way as other souls are. Parallels may find it hard to be truly present to their life – it can sometimes seem as if they are spacey and not fully invested or engaged with their human life. In comparison to some of the more driven soul groups, these souls may appear to lack self-discipline. This does not have to be such a problem for the Parallel soul – indeed, it is a natural side-effect of having one's consciousness anchored in another place too.

Unlike some other star traveller souls, Parallel souls have not come here to teach us something specific, because their reason for coming here is more about their interests and goals. However, through being here, they do teach us something inadvertently: they remind us that we are complex, multi-faceted and multi-dimensional, and that we do not have to be defined by any one part of us.

Additionally, Parallels do not usually experience feeling hemmed in or restricted here on Earth, like other star travellers might do. They know that life is expansive and that the possibilities for self-expression, both here and elsewhere, are infinite. Essentially, they bring the energies of freedom and multi-dimensionality into the physical, reminding others that they are freer than they think they

are. While doing so, they always remain true to themselves, and they have a strong sense of self, despite it being a rather multi-faceted one.

Madonna is a great example of a Parallel who teaches us this through her way of being. Madonna is someone who has re-invented herself numerous times and refuses to be defined by one persona that she may hold at any given time. Lady Gaga is another example of a Parallel soul, who through her performances (and personal appearance) shows us that the possibilities for self-expression are endless.

Parallel souls make up to 5% of the world's population and the average number of lifetimes for this group is around 35.

Historical and public figures belonging to this soul group: Cleopatra (Egyptian Queen), Michelangelo, Leonardo da Vinci, Marilyn Monroe (also Hadarian), Meghan, Duchess of Sussex, Madonna, C.S. Lewis, Lady Gaga, J.R.R. Tolkien, Peter Jackson, Meryl Streep, Pablo Picasso, John Lennon

Most Common Reasons for Parallel Souls Choosing to Incarnate Here

1. The Contrast Between Negative and Positive

A large majority of the Parallel souls who I come across in the course of my readings choose to incarnate here in order to experience the sense of polarity between positive and negative here on Earth.

What does this mean? Well, here on Earth we evolve through the contrast between negative and positive. When we learn a life lesson, we get to learn that lesson through both positive and negative experiences. Through experiencing darkness and negativity, we can understand the Light. But without this experience of negativity, we have no context for fully understanding positive energies and putting them in their right context. I'm referring to energies such as love, peace and truth. We can fully know the value of these qualities by coming across situations where these energies are absent.

This is exemplified in a lovely quote by the poet Kahlil Gibran:

"The deeper that sorrow carves into your being, the more joy you can contain.

Is not the cup that holds your wine the very cup that burned in the potter's oven?

And is not the lute that soothes your spirit the very wood that was hollowed with knives?

When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy.

When you are sorrowful, look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.”

The fact that so many of the Parallel souls that I read for have come here specifically to experience this polarity on Earth indicates to me that this is not something that is a feature of their experience in other places of incarnation.

Let's also have a look at the second most common reason for Parallel souls to come here:

2. Spiritual Connection

Plenty of my Parallel soul clients are here on Earth because on the soul level, they wish to have the experience of keeping a connection to Spirit while simultaneously being embodied in the physical realm.

This is quite an ambitious undertaking for any Parallel soul. This is down to the fact that keeping a spiritual connection when you exist in the earthly realm (and the third dimension) can be quite challenging. The third dimension we live in is the realm of matter, where everything can seem very heavy, slow, and there are many illusions which can keep us separated from Spirit. So, it is perhaps for that very reason – because it is so challenging

- that Parallels sometimes choose to come here to experience this in particular.

3. Our Beautiful Planet Earth

Some Parallels are simply here to experience all that this physical realm and this world has to offer, especially in terms of the natural world and all of the different environments one can experience while incarnated here. This can manifest in different ways for different people, but the Parallels I have read for in the past with this soul purpose tend to have a fascination with the natural world. They often have lived in lots of different places or have an urge to travel and experience many different climates, seasons and environments.

4. Communication Whilst in a Physical, Human Body

A few Parallel souls who I have come across are here to experience all forms of human communication, include verbal, written and non-verbal forms of communication.

Why would a soul come here to experience communication, of all things?

Well, in other places of incarnation, communication may not occur exactly in the way that it does here. Some places of incarnation are non-physical realms, where communication does not occur through making sounds and writing words in the physical. Self-expression and

communication may occur effortlessly through telepathy and thought. So the set up here on Planet Earth is quite different here from other places in which the Parallel may have incarnated.

Secondly, in order to communicate effectively here, there are conditions; we need to be centred enough to be aware of our own desires, needs, opinions and beliefs in order to communicate them effectively. (In short, we sometimes have to get past earthly restrictions and illusions in order to communicate effectively.) This is also something that some Parallel souls come here to experience.

5. Human Emotions

A few of the Parallel souls who I have read for seem to be here in order to experience the emotional aspect of being human here on the Earth plane.

In some places of incarnation, there is no emotional aspect, and no way to have a life with all the richness and complexity of emotions that we can experience here. Obviously here on Earth, the blueprint for evolution is that we incarnate here to experience spiritual growth through living in the spirit, body, the mind and the **emotions** simultaneously.

Parallel souls who are here to explore emotions could be learning to navigate strong or negative emotions, dealing with emotions in a constructive way, being guided by

them, or finding emotional stability. Obviously, our emotions contain messages and feedback for us about how we are approaching life or what we are experiencing. For example, anger is often a sign that someone has overstepped our boundaries or that we are not looking out for our own interests.

So it is to be expected that a Parallel soul who is here to explore emotions will probably have lots of experiences around grappling with his/her emotional aspect, becoming aware of messages in emotions and heeding them where appropriate. He/she may also have experiences around repressing negative emotions.

The fact that some Parallel souls come here specifically to experience emotions on Planet Earth indicates to me that this is not something that is a feature of their experience in other places of incarnation.

6. Human Tribal Dynamics

Some Parallel souls come here because they wish to experience belonging to a ‘tribe’ here on Earth. This is a rather broad intention, and could involve experiences belonging to a family, a political group, an ethnic or national group, or a religious group (to give a few examples).

This could indicate a Parallel soul who has experienced incarnations which were isolated ones where there would

not have been a sense of being part of a group, and through incarnating here on Earth, there is an opportunity to experience something different, including all the upsides and downsides of being part of a group.

When this is a Parallel soul's reason for being here, there could well be a tension in this lifetime between belonging to a group (which might either feel like 'toe-ing the line' or experiencing the camaraderie of close relationships within that group) versus seeking solitude and doing one's own thing as a 'lone wolf' (and not feeling bound by any shared beliefs of that group which do not serve one personally).

Something I have seen is that when a sense of being part of a group is actually a soul purpose for the Parallel soul, they may incarnate in large or small groups in order to fulfil this. To give an example of how this may play out, when I was training as an Akashic Record reader in 2007, I was also an English teacher working in a small village in Catalonia, close to the border with France. This was an area of Catalonia that was so patriotic and attached to their native language that if you spoke to people in Spanish they would respond in Catalan or not respond at all.

Once a week I went to teach English at an infant school, to a group of about 15 young children. Around this time, Spirit told me that bar a couple of exceptions, all of these little ones were Parallel souls who specifically chose this time and place in history in order to have an experience of **nationality** and being part of the Catalan tribe.

Interestingly, when they came of age in 2017-2018, there was a lot going on politically in that area of Europe around the [Catalan Crisis](#) (an attempt at Catalan independence that was quashed).

7. Male/Female Binary

I have encountered a few Parallel souls who are incarnated to experience the biological contrast of male versus female. Note that this is an exploration of the contrast that is rooted in biology, rather than an exploration of gender identity.

For Parallel souls who have come here to explore this, there could be an element to them around exploring human sexuality or there could also be a more objective exploration of the biology aspect of the subject. (Interestingly, one of the Parallel souls I read for who had this soul purpose was a doctor working in obstetrics.)

The biological male/female binary, and everything that goes with it, is also possibly not something Parallel souls are able to experience in other places of incarnation.

8. Having a Physical, Human Body

Some Parallels simply come here to have the experience of incarnating in a physical, human body and experiencing earthly life through this vehicle of a human body, but with a focus on the bodily side of things.

Because some places of incarnation are non-physical, there are experiences one can have here in the earthly realm that are not available elsewhere. These experiences include sensual pleasures, such as feeling rain or the sunshine on one's face, enjoying food, and sexual experiences. It could also include earthly challenges such as experiencing health challenges related to bodily functions, and having to fuel the body through food (and finding ways to support oneself and one's physical health in this realm of existence).

So that concludes the soul groups information. However, I believe that there are more soul groups to be discovered in the future.

FAQs - Soul Groups of Origin

Below, I have included some of the questions I often have from students about these soul groups. I have added the answers here in case they are helpful for someone reading this.

Can we have more than one soul group?

Yes. Sometimes there may be another star system or place that is not the soul's first place of incarnation, but which figured strongly in the soul's past, in their formative 'years' as a soul. As such, the energy of that place will have become part of the soul's energetic 'make up', leaving a mark on the soul's identity and characteristics. So, you can have a primary and secondary soul group identification. Your primary one will be the actual place where you spent your formative incarnations, and the secondary one will be another place where your soul has spent time. If you resonated with two groups, that may be the reason for it.

Do our souls literally come from and spend time in other star systems? Or is this just a metaphor for the “environments” that our soul has grown up in?

This is a difficult question to answer for certain, but I'll tell you what my experiences have been and then leave you to make up your own mind.

Clients tend to resonate strongly with the information about their soul groups. Some clients have related dreams and visions they have had, relating to their origins in the stars, which occurred in mystical experiences before they actually received information about their origins in an Akashic Record Reading.

The other thing we have found is that, for example, clients also resonate and agree with literal descriptions of their home world. For example, the information we have in the Akashic Records about the Mintakans' home world is this:

"Where Mintakans came from was a utopian water world, and the water was transparent, clear and illuminated all the way to the bottom of the ocean. As a result, Mintakans have an interesting relationship with water - most Mintakans hate being in dark or very deep water, and some Mintakans hate being in water altogether, but they do draw some comfort from having water around them. Many Mintakans choose to live close to a body of water or the ocean. If they have a pool in their back garden, they may love to sit on the edge or dip their feet in - but will not usually want to get in!"

Upwards of 80-90% of my Mintakan clients resonate strongly with this detail. And other soul groups have

reacted similarly, with a strong sense of recognition when told about the details of their home world.

Having said that, there are a few practitioners who do not take the information literally and believe that these home worlds, and the traits that arise from them, though accurate, are metaphorical, not literal.

I have done a course by another Akashic Record reader, who taught us about evil or de-evolving soul groups who are ‘reptilian’ or who have their origins in the Draco star system. Can you shed any light on this, and why are these souls not included in your book?

I don’t fully agree with these teachings.

Instead, I believe that occasionally when we incarnate, we can take on a dark role for a lifetime (otherwise known as a ‘perpetrator lifetime’), but I don’t believe that any soul or soul group is inherently evil and on that path permanently.

More about Perpetrator Lifetimes

A perpetrator lifetime is one in which we work with dark energies, engaging in behaviours such as lying, manipulating, stealing, violating or hurting others in some

other form. While we are experiencing this sort of lifetime, we are disconnected from the high vibration of our spirit.

There is a very logical reason for souls to occasionally choose a perpetrator lifetime – if I am poor in one lifetime, I often choose to be rich in the next. If I've been male in the last ten lifetimes, I will choose to be female for a while in the next ones. If I was an empath and cared a great deal in my last life, I might choose to be ruthless, destructive or uncaring in this one.

In this way, we get to experience ourselves as every facet of the Divine – the young and the old, the light and the dark, the male and the female, the rich and the poor, the hero and the anti-hero.

I resonate strongly with something I read in the 'Conversations with God' series of books, which is that negativity exists because God wanted to experience relativity. The idea is that the Big Bang was effectively a shattering of God's energy into small particles (souls) so that God could experience Itself as many polar opposites – positive and negative, male and female, hot and cold, light and dark.

In seeing opposites, we get to experience negativity as well as positivity. Without the dark, there is no experience of light, and vice versa. In this process, we understand what we stand for on the soul level, and we ultimately come to identify ourselves as beings of love and light (which is indeed what we are). This is why perpetrator souls will always be a feature of our experience here on Earth. If we

were to look back over our own soul's past, most of us would find that we had experienced one or more perpetrator lifetime.

But no soul chooses the perpetrator role permanently, and it is not an inherent feature of the soul. When we occasionally choose this perpetrator role for any given lifetime, the traits and strengths of our soul group of origin become obscured and take a back seat.

Which are the groups you most often read for, and are there any you hardly ever see?

First of all, in terms of the souls I read for, I almost exclusively attract star travellers and Blueprinters. This may be because (1) Earth souls are not terribly interested in spiritual matters and (2) you'll find more Earth souls in developing countries than in the West.

Between the years of 2007 and 2013, around 75% of my clients were Blueprinters, which was amazing given that there are many different soul groups incarnated here. These days, I don't attract as many Blueprinters - my clients come from a variety of star traveller groups. The only soul group I almost never see is the Polareans (I only read for one in 2008.)

In my personal life, I attract a wide range of different soul groups (all star travellers and Blueprinters).

Why do we know so much about some groups, but not a lot about others? For example, there are five pages dedicated to Parallels, but there is only about a half page on Maldecians.

The reason we have a lot of info on the Parallels is because there are lots of them incarnated here. Meanwhile, groups such as the Mintakans and Sirians are ancient groups with a long history of incarnating on Earth and a lot of investment in this place - this is partly why there's a lot to say about them.

By contrast, the Maldecians don't have as much involvement or investment in the Earth experiment, they don't have as much of a history incarnating here, and they are more rare than other groups. These are some of the reasons why there is less to know or say about such groups.

During a reading, I was told I am a Parallel soul. Would my family, my partner and my children belong to the same soul group? Do we “travel” together?

No, not necessarily. I may have given you this idea when you read the story about the 13 Catalan children who were

all Parallel souls and all went to school together. That is not common for such a concentration of one group to be found in one place.

Star travellers (Parallel souls fall under the category of star travellers in general) do tend to stick together, but not in every case. When a star traveller client has asked me about the souls in his/her family, I tend to find a mixture of Blueprinters and other star travellers. Occasionally I'll find an Earth soul in a family of star travellers, but it is not as common.

You may also be getting 'soul families' confused with 'soul groups of origin'. If so, please go back and read the section in this book's introduction about soul families (on page 13).

Which soul groups are most influential on Earth right now, and why do some soul groups you researched seem to have few or no public figures belonging to them?

I would say that different soul groups tend to be influential in different fields. For example, in the field of science and technology, Sirians, Blueprint Technicians and Blueprint Translators are most influential. Alpha Centaurians have been well represented in politics over the last couple of centuries, especially American politics. Vegans dominate

in the entertainment field. Earth souls dominate in the fields of agriculture, travel and logistics.

I feel that the groups with the most influence on Western culture right now are the Alpha Caelians and the Parallel souls, who are bringing their respective energies of sensitivity and freedom of personal expression.

Certain groups are not often found to be public figures, such as the Mars souls, Maldecians, Arctureans and the Mission Realmers. The Mars and Maldecian souls prefer not to seek the limelight, while Mission Realmers are happiest when watching the world go by, so can lack the motivation to get into public life. Arctureans find lots of things “unevolved” about our planet, and in many ways, they can’t be bothered to get too involved either. These may be reasons why these groups are not well represented in public life.

I’ve found some websites with information about the soul groups of origin and some of it differs from what is presented here. How do you explain the discrepancy?

Anyone on the internet can post anything they like about the soul groups, whether it is accurate or not is another question. The question I would ask such channellers is,

how many readings have they done, and has the information been tested on the general public?

The information presented here has been in existence for several decades. It has been built upon and refined by several Akashic readers, all of whom were testing the information on their clients and making sure that it resonates consistently. If a soul group never comes up, either for me or my students, or if people repeatedly do not resonate with the information we have about a soul group, then we know that the information is not quite right. On the other hand, for those soul groups that people resonate with a great deal, we know we have accurate information.

So, this testing is a form of quality control and a lot of the information you'll find online is freshly channelled but not ever tested with clients.

I'm pretty cautious about taking on board new material and of course I don't add anything new to my body of information that does not resonate with me.

What is the ultimate purpose of all of these soul groups being here on Earth? Are they just here to learn a collective lesson? Does our tenure here on Earth collectively mean something for us?

On the soul level, we always have strengths (look to your soul group of origin for those) but there are also energetic qualities that we lack in ourselves.

And the purpose of incarnating here is to give our souls experiences that change us slightly on the soul level, so that we can integrate other energetic qualities into our soul, and reach a greater sense of wholeness on the soul level.

To give you an example, perhaps on the soul level (not talking about you, but just as an example) you are an empathic, compassionate soul who has developed healing skills over many lifetimes – that's your strength. However, your weakness is that because you have supported others so much, you are not good at receiving support or allowing people to help you, and so you tend to get into one-way relationships with others. Based on this soul level strength (and weakness), you are likely to have experiences which teach you about receiving, specifically in the area of relationships, and integrate the energetic quality of balance.

When we reach a greater place of wholeness in ourselves by integrating other energetic qualities besides the ones we naturally excel in, I have been told by Spirit that in doing so, we also help to raise the vibration of the planet. The planet itself is on a path of evolution, and we souls seem to contribute towards that path.

This book does not cover the Lemurian soul group, the Cassiopaeans, the Orions, the Andromedans and the Lyrans - can I please have info on these groups.

The Andromedans is another name for the Mission Realms, which are covered in this book (page 115).

The Lyrans are also known as Vegans, who are covered in this book, too (on page 98).

Orion souls are Mintakans, again covered in this book (on page 50).

Lemuria is not a soul group of origin, as it is an earthly period in history.

The Cassiopaeans identified themselves to a channeller named Laura Knight-Jadczyk as "we are you in the future" – so they're not presented as a soul group of origin, but as a future version of humanity communicating back through time via channelling.

I am a student of your Akashic Records Program. Why is the 'Procyon' soul group taught in that professional course but not included in this book?

This omission is not an oversight.

To answer this question properly, I'm going to include a description of the Procyon soul group which is covered in the course but is not included in the main body of this book.

“The Procyons

This is a very rare soul group that we know little about.

I was taught that the Procyons are an isolationist soul group, meaning that in their home world historically they have rejected (and still reject) any kind of interaction or cooperation with other soul groups. This is mainly to protect them from conflict and from negative influences, such as those that affected the Hadarians.

According to what I was taught, Procyons are rare here on Earth because most of them do not leave their home world. If a Procyon leaves his home world, he may not return. As a result, a Procyon soul who incarnates here is usually stuck here and cannot go home. The outcome of this is that Procyons do not have a definite purpose here, in the way that other soul groups do. They can certainly learn from being here, as all star travellers do, but they usually do not know why they are here.

As a result, some Procyons may end up taking on the agenda and purpose (but not the characteristics) of another soul group.

Apparently the Procyons as a soul group are adept at using the sun's energy to nourish and sustain their physical bodies to the extent that some of them do not need to eat (this practice is called 'breatharianism').

They are usually found to be living in sunny places, such as California or Florida. Not all Procyons you come across will be breatharians, but this is a practice they are familiar and comfortable with as a soul group – perhaps this is something that they practised in their home world.

Procyons usually have mysterious, enchanting eyes."

OK, so that's the information I have about this soul group and while it's information that I learned from my teacher many years ago, I have in fact never come across a Procyon soul in practice.

There seems to be ongoing disagreement among practitioners as to whether the Procyon group exists as described. Some believe Procyon doesn't represent a genuine soul group, but rather a symbol for a particular scenario – specifically, a soul who has walked away from their original soul group's purpose for some reason and taken on the purpose of another.

As mentioned, I have never personally encountered a Procyon client in eighteen years of readings. I also reached

out to experienced colleagues and almost none of them have encountered one either.

One colleague who was also taught by my teacher, did identify apparent Procyon clients but she intuited that these souls were from a different realm entirely, rather than being starseeds hailing from the Procyon star in the Canis Minor constellation (as we had been taught). More specifically, she came to believe that there was a connection to the fairy realm.

So, in conclusion, the Procyon description feels somehow 'off' or incomplete to me and other practitioners I know. For this reason, Procyon is not included in the main text of this book, though it remains in my Akashic Records course (as that course was written many years ago.)

How does a soul take on the purpose of a soul group that is not their own?

I'll give you an example of how this sort of thing can happen in practice...

I came across a soul (I'm going to call her "Christina") who is a client of mine. She had taken on the Blueprint Deliverer soul purpose without actually belonging to the Blueprinter soul group.

She had a past life around 500 years ago where she worked in a charitable hospital caring for the sick (mainly people who could not afford medical care or had no one to look after them) alongside members of a Christian religious order, most of whom were Blueprint Deliverers. These charitable souls were truly living Christ's teachings and the Blueprint Deliverer soul purpose: respect, love and acceptance for others.

Christina became involved heavily in their project in that lifetime and was so impressed by what she saw around her, that in the Akashic Records it says that she took on the Blueprint Deliverer soul purpose. So, that is one scenario where I've seen this happen.

FAQs - The Akashic Records

Can you please explain how you receive information from the Akashic Records and what the records ‘look like’ to you?

To go into the Akashic Records, the process is similar to the way intuitives tune into someone’s Spirit Guides or Higher self. The main component of the ‘tuning in’ process is a visualisation which takes you to the Akashic Records, which to me looks like a large library with lots of books in it.

Once you get there, you need Akashic Record Spirit Guides (or ‘librarians’) to find the relevant soul record for you, as the Akashic Records are a vast place.

Once you are in, you give your guides the relevant birth information (which is the client’s date of birth, name and place of birth) and then they find the right Akashic ‘soul record’ for you. To me, this looks like a book which holds all information about a soul.

Then, to read the person’s soul record, you need to understand which information to look for, and you need a

system of retrieving it. Mine involves a pendulum and some channelling.

I'm not in a trance while I do it. The state that I'm in would be the same state an intuitive is in when they're doing a phone reading for you, live.

I am always in a quiet place when I'm reading the Akashic Record, with no distractions. I prefer to prepare all my readings rather than do them live, as it's much easier.

Can anyone enter the Akashic Records?

To read an Akashic soul record, you need to have Akashic Records Spirit Guides assigned to you – my teacher did it for me through an attunement. It can also happen spontaneously. A well-known intuitive wrote to me saying that she'd been assigned an Akashic Record Guide spontaneously, and this can happen if you're ready to access the Akashic Records on behalf of other people (but you'll need some intuitive ability already for this to be able to happen).

If you want to be able to look up information in the Akashic Record with some level of reliability and accuracy, I'd recommend you [get trained to do it](#), as you need to know which questions to ask and how to interpret the answers.

Can you look up any information that you want in the Akashic Records about anyone?

It's true that the Akashic Record is full of information that you might want to know about yourself or others. However, in most cases, you cannot look up someone's soul record without permission. So when I do a reading for someone, I need permission first. You are allowed to look up the Akashic Record of those who are close to you, such as your family members, significant other and close friends. However, you are not usually allowed to look up information about someone in the Akashic Records just out of curiosity or nosiness; if you do look up a stranger's soul record, you need to have a legitimate reason for doing so.

Conclusion and How to Identify Your Soul Group of Origin

This concludes the information on the various soul groups which are currently present on our planet.

Obviously, this is all theoretical information which cannot be easily applied to yourself, unless you identify strongly with a particular group or you have a hunch of belonging to one of the groups covered in this book. However, I am more inclined to validate any such hunches a person may have upon reading this information, as in my experience, knowledge of our soul's true identity is embedded deep in our 'spiritual DNA', and what our intuition tells us about it is often correct.

If you wish to seek confirmation, or you'd like to identify your soul group, there are a few ways to go about it:

- Book a [mini reading](#) with me (I offer them periodically but if they aren't currently offered when you check the page, the best place to hear about when they will be available again is [my newsletter](#).)

- You can also [learn how to read the Akashic Records](#) to identify your own soul group and the soul groups of people around you.



This is the best option if you would like to be able to tell other people what their soul group is, along with a host of other interesting information about their soul such as past lives, life lessons for this lifetime, soul gifts, intuitive gifts, and more.

I hope you enjoyed this book and thanks for reading.

About the Author

Anna Sayce is an intuitive, healer, and teacher of spiritual development, who has worked with thousands of clients and students since 2007.

From childhood onwards, Anna has been intensely curious and fascinated about what lies beneath the surface of life, and for over two decades, she has been a keen student of topics such as intuition, past lives, healing, and the Akashic Records. She took what she learned through her own experiences and exploration, and she created a series of online courses, which aim to demystify the spirit world and make intuitive development practical, safe and easy.