Uniting Lightworkers: Building a Global Movement of Healers & Changemakers with Dr. Michele Andina Transcript

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Introduction to Dr. Michelle Andina

Hi, friends. Welcome back to Stepping Into Soul Power. I'm your host, Dr. Elizabeth Samanta, the intuitive psychiatrist. Today's episode is one you do not want to miss.

So excited to introduce this guest. She is amazing. Just amazing, just amazing! She's had just a fascinating life transitioning from a medical anthropologist with a PhD from Columbia to a soul to soul psychic medium and light worker.

And her career has spanned 26 countries and a passion for human rights. She is now helping light workers unite and transform the world. Dr. Michelle Andina, welcome to the show.

Thanks so much, Elizabeth. It's so wonderful to be here with you. I'm really excited. Wonderful. Dr. Andina, you know, thank you for being here. Thank you for being here.

I love for you, for those of us who don't know, we'd love to know more about you. Like, how did you go get on this path? If you could share your story about how you transitioned from medical anthropology to really stepping into your, it sounds like your purpose of bringing light workers together.

Yes, yes. So thank you so much for this opportunity. My life has been a long one already.

From Nursing and Anthropology to Global Work

I'm in my 70s, so I started out my first career in the nursing field at the time when I went to nursing school. Elizabeth, you may not even realize this, but there were 100 people in nursing schools.

There was one man and 99 women. And in medical school, and since you're a psychiatrist, there was one woman and 99 men. So those were the years, you know, in the early 70s, late 60s when I started nursing school, so I became a nurse and that was my first career.

And I quickly realized that I wasn't really, that wasn' what I was really interested in. I moved into public health and ended up going back in, um, the midst of having children and raising a family and doing everything else, getting my degree in medical anthropology from Columbia.

And because I speak multiple languages, I have dual citizenship, Swiss and American. I was able to work in about 26 different countries during my career.

My area of focus was always maternal child health, women's health women, reproductive health and rights. But of course, my formal career sort of ended up in the during the AIDS epidemic and I ended my career working on a very, very large project to prevent the spread of HIV AIDS in India.

So that was sort of one of my only long-term postings because I always just did short- term, more short term consultancies and working in different countries.

And then life progressed. I actually officially retired because the traveling became simply more than I could really deal with. And of course, we had a pandemic also, which made everyone sort of stop and rethink who they were and what they weren't really going to be doing with their lives.

Since I was a child, I have always known things, that there was no way that I could know them. I've always had a

very, very immediate feel about people and just sort of been able to literally see right through people.

So I have always known who was someone who I resonated with and who is someone I sort knew I needed to stay away. But, you know, especially growing up in the 50s and 60s, Wow, people thought I was a little crazy, and they found me very judgmental, which I can understand why they would think that, because I made quick decisions about people and about things, I knew inside of me what was right and what is wrong.

I had many arguments with teachers even about thing as a child growing up. But I've always been quite outspoken. So I finally decided that I'm going to see, is this real?

What I'm thinking, Is this really something that I have? Can I channel? can I do all this? And so I went off to Delphi University, which has an advanced channeling program.

And there were like 15 of us in the class. It was really great people in there. sat down and they just sort of throw you right in and say, okay, you know, they give you some tools to use how to do it.

And wow, it was all right there. The person who I was reading for just like immediately started crying because I had, I knew who they were, and it's so strange because i so admire teachers who stepped into this as adults and learned this, as never had to really learn it, it was always there.

It was a gift I had and I just feel incredibly blessed to have this gift and this ability. Its been just absolutely overwhelming. And of course, Pursued then took other courses, and that's actually how you and I met.

We both were enrolled in what was a year-long mediumship class with the Shift Network. And I think you dropped out after about the third week, I stayed a little bit longer, but not much longer because I realized that that particular course wasn't the right class for me.

But in that group, there we had this small group that formed right was a massive class with lots of people but there were these small breakout groups of like 15 people and we have this breakout group and i'll never forget because everyone went around and introduced themselves.

Discovering Psychic Gifts and Soul Family

And I go, okay, I know you and I really know. I could just tell exactly who were the members of my soul family, who I was finally meeting up with again.

Okay. and of course you were one of them. So even though you left the group, you know, decided, Okay, let's make a little WhatsApp group. Right. so we created this WhatsApp Group and sort of out of that WhatsApp I've just really come to realize how isolated people are.

Everyone's sort of alone. And then there are so many people who are in jobs that they really don't like their jobs. They really feel that what they're doing is not resonating with their soul's purpose.

So that sort became then the basis for this message that I literally got from Spirit. that, okay, you need to do something to bring people together, give them an opportunity to come together.

So that's sort of a long and short of me and how I got to where I am today. Yeah, well, I mean, we brought up so many important points for people who haven't really heard of that term, soul family.

Like, what does that mean? Yeah. Why is that important? Yeah. So, um, so, and everything I say is are my beliefs and part of my belief system. There's no, there is no written documentation to prove you prove that what I'm saying is true.

It's, it's what resonates with me. A soul family are basically those people who you're going to encounter again, life after life, after-life. And every one of them is in your life for a purpose.

Okay. They're all there. to teach you something that you're here to learn. Because that's why I believe we've come to this earth school. If I could just sit out there back in the quantum field and feel that love that is there the whole time, it would be wonderful.

But it's not the choice I made at this point in time. I've made this choice to come here. So we meet these people. And for me personally, again, part of my gift is that I literally know when I meet someone, like the minute I met the person who I ended up marrying, I knew we were gonna get married, and I know we're gonna have two children, okay?

I saw you and knew you were going to become a friend, there were so many people in that group who resonated with, it was amazing. And they they so family members, they can come in for a day.

They can coming for week. they. Can come for. A month they come. For a lifetime. Okay, but they are people who you know are there to teach you something and there's a special special bond that you have with members of your soul family.

Oh, yes, like no words are required. Yeah, no, words. No words required you just know you. Just know and I mean, that's what happened with us, right? I I just knew there was this connection, you It's magical, very fortunate.

Yes. Yeah, there is an instant knowing. And so, so soul family is incredibly important on this. on our journeys. And I guess I wonder if you could speak a little bit to the term light worker.

Yes. For people who don't know what that means. Like, is that me? Like who is one? And what do you do? So the team that is in the process. So we have founded this organization.

It's called Global Lightworkers United and the website is globallightworkersunited.org. And we were just having exactly today because we're just still in our infancy stages.

We're in the process right now as we are recording this podcast. of creating our website and everything else. But we were just talking about who and what is a Lightworker.

And when you go to different references like ChatGPT or Wikipedia or any of those things, and a lightworker is described as someone who feels a deep sense of purpose in helping others, in healing, or raising the collective consciousness of the planet.

So there are people who really know that, gosh, there's something I'm meant to be doing here, quite think I'm doing it. I mean, I spent a lot of my life feeling like, oh my goodness, there's something big I am supposed to be doing and healing the world.

And of course, then I became a medical anthropologist and realized, Oh my God, can't heal the word. There's no way I can heal world doing that kind of work.

But that's what a light worker, they're believed to individuals, They have compassion, positivity, the desire to bring light and understanding and love into the world.

I mean, that is what this our world is about. Our world IS about love. It really is not love and it also the term light work and then sort of suggests that there is a kind of intuitive connection to higher energies.

And in my book, back basically can just be faith. That can be a faith in knowing that we're not alone here and knowing We're all one.

Defining Lightworkers and Their Purpose

We are all the same. Everyone is one, so that doesn't need to be necessarily that you're a medium. You can just have that strong belief in love and unity and the power of bringing people together.

Some of the traits of a light worker, they have a strong desire to serve humanity or the planet. And we tend to sensitive to energies and emotions. I don't know about you, but I'm one of these people who I cannot be in big crowds because there's just way too much energy around for me.

It just like completely overwhelms me as you can see, I have enough of my own energy anyhow. So tend to be intuitive and empathetic and you definitely feel this calling toward your own spiritual growth and at the same time to helping others to heal emotionally, spiritually or physically.

So that's sort of what a light worker could be. Those are sort the broad categories. Then if you, again, further go down like a chat GPT rabbit hole or anything like that, there's other different categories, like grid workers and healers, and there's all these different categories, but I more like to think about the kinds of work that people do.

And for me, a light worker can be in any kind of profession. I mean, you can involved in healing and wellness, mental and emotional and spiritual guidance.

You can be doing reiki, you can a tarot card reader, You could be a wellness owner, or you could own a health spa and still be light worker. You're a psychiatrist and you're lightworker.

So it's really more that attitude of wanting to take the love and the light that you have within you and taking it and sharing it out with the world. So well said.

Just so excited for the possibilities of what this could mean for world. And I wonder if you could speak about just like an overall mission. What you envision might be possible because this organization Absolutely.

Well, we've come up with our mission statement and we have a vision and all of that already and they're all, you know, they are big and bold, but I absolutely believe it's all completely possible.

You know, our mission is actually to empower and unite lightworkers globally, providing a supportive community to connect, expand their knowledge, evolve professionally, and contribute to the transformation of the world.

So by bringing people together, allowing people to learn more about their own profession, about what they want to do. We're also creating a code of ethics, which is something that we believe is really, really important.

If you're going to call yourself a light worker, with that gift comes a responsibility, okay? And sort of like all doctors take a Hippocratic oath, we will have a kind of an oath for lightworkers.

And so we're all on the same page. Our intention is clear. It's very important that we all have shared intention. We envision a world where lightworkers are recognized, they're respected and supported in their roles to uplift humanity through healing, knowledge sharing and professional growth.

We envisioned a global network of empowered, ethical light workers who work together to positively impact individuals, communities and the planet. So pretty big.

We're not thinking little here. I love it. Thinking big, making big plans. But there's just so much potential here There is. There are so many people out there right now, Elizabeth, who are just We're all taking deep breaths, right?

We are living in a world right now that is really, you know, quite challenging. Irrespective of what's going on here in the United States, that's one thing.

But it's global. It's globally, okay? You know the disparity between the haves and the have-nots. The patriarchal powers that maintain control in so much of the world, the mindsets that are there, that it's really hard to break them down and break through.

Everyone is struggling, but I believe before the light, there's always this little bit of darkness. And within the darkness, all the more reason for those of us who inside know that there is this love, who know there there this

potential that us coming together can make a difference with our light.

I mean, one little light is one thing, but you put 10 lights together, all of a sudden you can see. It's so, the power of light, is amazing, it's amazing.

And that's by bringing us together by us, coming to together us by feeling supported. So often, so many of the people who I've met in this realm, they feel alone, They feel isolated.

They don't have anyone to talk to. I mean, so we met in a mediumship class. And so, we created, for example, that little group. That group is meeting once a month.

Then there's another group out of that medium ship that were like four of us, five of are getting together. We meet every week and we sit and talk about medium-ship things that I have no one else I can talk with about this stuff.

You know, I can't talk to most of my friends. They already think that I'm a little bit out on the margins. So, you know having that not feeling like you're alone in the world, because no one is alone.

Mission of Global Lightworkers United

We're all so completely connected, but our world today has put us each, behind our computer sitting in our house, right? We are not, it's not the same kind of community that there used to be when we didn't have this kind technology.

So bringing people together is just really important, super important. Oh, I love it. I Love it, bringing People together and and staying centered. And I and I wonder, you know, during these times, challenging times.

What has helped you stay centered? And and how might the audience do this? So I've been a meditator since in my early 30s. So that's over 40 years now that I'm meditating.

For me, my meditation practice is what grounds me every time. No matter how bad things get, every morning I wake up and I do my mediation, and every evening I try to again do a meditation.

And for me that moment of silence, of just sitting in silence I know a lot of people do guided meditations. I learned transcendental meditation years ago, and so that's basically what I'm still doing.

And it's just sitting and listening. Can you speak a little bit to what? Because that's a very specific type of meditation. Can kind of just describe?

So transcendental meditation is basically where you've been given like a mantra, which is this little phrase that you repeat over and over again. I must honestly say I no longer use that mantra because I can easily drop in to a very, very deep meditation.

That's come from years and years of meditating. For me, meditation is really just sitting in silence and listening. Now you say, oh my God, but my mind never stops, it keeps going.

And that's why it's so important to just be in that silence. So what they teach you to do in Transcendental Meditation, which for me was the biggest thing in the world, is you think of all those thoughts that you have, like bubbles in water, right?

And so every bubble needs to come up. It's just come, let it float up and that's all you're doing is letting go, releasing all those thoughts so that you can again find stillness and you keep finding that still in transcendental meditation by just repeating that mantra.

So you constantly focusing on the mantra, but even when you are saying the There's still this idea that comes up, this ideas that come up until you train your mind, which is basically what I've done now.

But it didn't happen overnight, trust me. It took me years and years of regular meditating to be able to just drop in the way I can drop it now, so. Wow.

So a morning practice and even practicing like that is what's keeping you leaving you. I have a lot of energy. I need to stop myself. If I can in the evening and just sort of re-center, because otherwise I had a mind that goes a thousand miles an hour.

And because I am so connected to spirit, I get so much messaging continually circulating through me. So that's why for me it really is important that twice a day.

Okay. Well, it is a great practice. I 100% agree that, I mean… But not everyone can do it. You're right. It's not for everyone. For a lot of people, what I recommend to everyone to do, and it's the other thing that helps me enormously, is go out and take a walk in nature.

just being out in nature. Because even when I have problems or something I'm trying to think through, I can release them into nature and nature can better absorb it than can my bedroom.

I try not to do it in my bed room because then it all sort of sits in in bedroom, but if you release it out to nature, it really has some place to go.

So walking, just walking in Nature, that's a meditation practice in itself. You're absolutely right. Walking meditation, running meditation there, um, you know, sitting meditation do what works for you.

Absolutely. So in this, I guess, switching gears now in, when you think about, so this your, your creating you've, or you created this association, this organization, For people who are interested in, you know, who won't be involved, can you speak to the ways, things that they might do to connect, how they'd be helpful.

Right. So what we're going to be having, we'll have a very vibrant community platform, which is going allow people to connected with one another. For example, there'll be a questionnaire, you fill out a question, and you'll say, I'm a medium, a tarot card reader, channel, interested in mythology, whatever it might be.

And then what you're going to be able to do with that is you are going be to meet other people who share the same kind of interests that you have. And by meeting them, you then also are gonna be beable to create a group.

Once you've met a few people, and you can start to say, I'm gonna have a groups, let's meet once a week, once once month and let just talk about mediumship or let talk mythology or whatever it is that your really interested in.

you can create a group to talk about it. There's also going to be the opportunity on the website for people to share what kind of classes that you're teaching, what kinds of your books that your've written.

So it's going be a way also then for you to, share the work you are doing even to monetize it because there can be link to so that people can buy directly through the, through website.

And so we want to help and promote lightworkers. So we would like that all light workers can come to one spot and find out.

Meditation, Nature, and Staying Centered

Let's look at all the different people who are working as mediums. as tarot card readers, or let's look at all the Reiki healers. Let's get all of the massage therapists.

It's going to be a way for people to find other people. There will also be membership directory. And the other big thing that we're offering to Lightworkers, which I think is what makes us really unique, because we've been hearing, and when I say we, there's three of us who are involved with creating this organization.

What we've been hearing from people is how many people are staying in corporate jobs because they're terrified that they can't, you know, create it their own light worker kind of business, or that can give up the job and all the perks of the jobs.

So one of things that we're doing is under Global Lightworkers United, there's going to be the opportunity to sign up for health insurance. There's gonna be opportunity join a 401k.

We're going be offering all same perks that the corporate America can offer because we're hoping that we will have large enough numbers. Let's say we have 100,000 lightworkers who are members.

We have a hundred thousand light workers who remember, insurance companies be thrilled to have access to that many people who aren't interested in having health plans.

So we are going to be providing also those kinds of things and there's also going support system for helping people to start and build a quote unquote spiritual business.

So that we're going to give guidance to lightworkers who are members. How do you start a business? What are some of the things you need to look at? And because there's going be this whole network of light workers, there is also going a built in mentorship component there also.

We'll be able to match people who have successful businesses you know, with groups or individual lightworkers who are just in the process of starting up their business.

We're all in this together. The more that any one individual succeeds, we all succeed, okay? And that's part of the premise here is that we all can support and build and help one another.

And in doing that, also that will augment the status of lightworkers so people won't think we're just a bunch of hippies running around doing sage or whatever or reading cards that they think are completely crazy, but that actually have a meaningful, intentful purpose in life.

helping to raise the consciousness of the planet. Really important. Yes, it is. You are really stepping into your power. And so I want to ask you this.

For you, what does it mean to step into Your Soul Power? So I think for me, the most important thing has been that I never really felt I could be 100% me.

I had a father who was very, very judgmental and didn't believe in any of the gifts that I was also married for almost 30 years to someone who thought I a total California woo woo, okay?

And so I always trying to fit into these roles. And finally now, you know, since I stepped into the fact that I do channel, that am a medium, I have these gifts, am psychic, and I can finally be who I am.

It's so much easier. I must honestly tell you, it is so much easier to be authentically who I am rather than always trying to fit and play a certain role.

So for me, that's been one of the biggest gifts of all. There was actually a name of movie, but there's a lightness of being.

Building Community and Supporting Lightworkers

there is literally a likeness of Being because you all of a sudden just being who you are is easy. It's really easy. It is when we are always either buried under all these stories that have been told to us all of these years and we're feeling like we have to sort of live in these story or trying to be something that we aren't that is hard.

That's a challenge. What's the challenge? That is a real challenge, so. Oh, wow, Michelle. This has been such a

beautiful conversation. I'm sure our listeners are feeling inspired to step into their own soul power.

The name of your show. And I think I personally, so I have, I again, these are Michelle beliefs, okay. You know, the way I see it, and I used to be a NICU nurse, Neonatal Intensive Care Unit nurse.

So I worked with the tiny, tiny little babies, And I'm telling you, when an infant comes into this world, they are pure. They are love and they aren't light.

I don't care how sick they, are they're pure, their love, and their life. And you feel that you just, you can, I could just always feel it when I had these, When I was working with these tiny little babies, then life happens and we put all this stuff, You know, all these ideas and thoughts and, Oh, well you need to do this and Oh you're too big or you too small or your too you're too light or you are too dark or your too loud or too soft, you know.

We get all these messages that pile up on people, which is almost like a bunch of dirt and grime that is sort of covering up the light that it is us. Because we come into the world pure light.

we are pure life, we're pure love. So I always just think when I start to feel really down and sort like this, I just thing of getting into a shower and just rinsing off all that muck that society and everyone has sort put on me.

I'm not carrying any of it with me anymore. I don't want to carry any it. And I just want let the light that is me shine through. Letting go of those stories, letting go, rinse it off, just shower it of.

You shouldn't have to work hard at being who you are either, okay? Just get rid of the muck. Just throw off those stories, throw of those ideas. Rinse them off, get in the shower, rinse them all off.

And then just be who you authentically are. I know, it sounds easy. It is relatively easy once you realize it. That's such a great practical tip. But for, I know we're getting a little bit low on time, but for people who want to get in contact, because you have this association, the Global Lightworkers United, who might want work with you.

Oh yes, happily, for sure, okay. So there's the website for global lightworkers united.org, exactly as it's spelled, is the website and you can sign up for membership.

Membership is very, very reasonably priced at $48.48 a year. We also have a couple of things I didn't mention, which is we have an emergency fund because we know that lightworkers and people get into trouble and they have either funeral expenses or they have to travel somewhere or if they a medical expense or something has happened in their lives and they just don't have cash, we will have an emergency fund for that.

We will also have a scholarship fund because there's a lot of wonderful programs out there and people just often can't afford to do those training programs, so we'll also a have scholarship funds available.

So those are two additional things that we will have with Global Lightworkers. And then for me personally, my website is called bridgingworldspirit.com and I do soul to soul readings and also do mediumship readings.

Stepping Into Soul Power and Closing Reflections

So that's all the information is right there on the website and then be happy to meet any of you. And I do them, they're all done by Zoom. So, you know, trust me, I can know you as part of my sole family, even on Zoom, because Elizabeth and I have never even met in person, right, Elizabeth?

We live on two different sides of the country. Yet I know she's my soul sister. Oh, this is Ellie's, Ellie. Um, well, thank you, Michelle, for your uplifting messages.

Um. Just. If, you know, if I am so excited, I really am. I'm like, oh my gosh, this is, it's happening. It's. Happening. We're shooting for a hundred thousand.

Okay. Were shooting. For a 100,000 members. You know? It is a nonprofit. There is no one making a penny off of this. Uh, You. Know. It's all going to be going toward the community, towards supporting the communities.

So it's very exciting. Yes. Well, I want to thank you. Thank you so much. Just for being here today, sharing your insights with us. You are truly, truly an inspiration.

And I'm so excited for what is to come. Me too. We can change the world, we can transform it. Okay. And that's our sort of our, our subline too is global lightworkers united, transforming our world together.

So love it, love. Great. Thanks so much. Thank you. If you haven't heard it yet today, I appreciate you The soul in me honors the soul you. If you want to see more episodes like this, please subscribe or click here.

And friends, if this spoke to you, leave a comment below. We would love to hear from you!