

# LIGHT CODES FOR THE SOUL



LAARA

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*Wisdom, Symbols, and  
Stories for Energy Healing  
and Ascension*



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Stories for Energy Healing  
and Ascension*

by

Laara

LIGHT CODES BY  
**LA**  **RA**

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This book is dedicated to every eternal being  
choosing to embrace Love and Light.  
May you know your true self in accordance with the  
Love That You Are.



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—*Laara*

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# **PREFACE**



In the spring of 2020, the world was turning upside down. There was chaos, confusion, suffering on all levels, and people were fearing what the future would bring. I was on a two-week, self-isolation quarantine after arriving back home to Canada from a book tour in Australia and New Zealand. It was a stark contrast coming home after such a wonderful trip, as my partner and I arrived to a completely different world than the one we had left.

I realized then that as a collective, humanity had taken its dysfunction to a new level, which is a common occurrence during a transition of Ages. As we let go of the Piscean Age, and learn to embrace the Age of Aquarius, some bumps are to be expected. We have entered the Age of Purification and there is now an important purging of low vibratory energies. Humanity is receiving an influx of new, high vibratory frequencies, both man-made and outer-worldly, and the lower vibrational energies are surfacing to be seen. This unfolding is an important process as we set our sights on the Golden Age, creating Heaven on Earth.

Each of us as individuals faces a choice: remain unaware (“asleep” as spiritual people say), or “wake up” and embrace the truths arising within us. Fortunately, as we embrace the higher vibrations, we receive wonderful downloads and upgrades of our gifts and talents—and as a collective, we contribute to the healing of our beloved planet. It is a unique and special time to be incarnated on Gaia.

While I was in quarantine after arriving home, I decided to give myself the gift of experiencing a personal Vipassana spiritual retreat. I turned off my phone, didn’t

## PREFACE

Speak with anyone—and dove inward. I meditated, practiced yoga, went for walks in the forest and on the beach, and even swam in the chilly Pacific Ocean (the ocean is cold in Canada!). During my retreat, I received a massive download. I had begun working on a book—my second on Light Codes—which was meant to provide wisdom and insight in support of the physical body. But it seems that *that book* wasn't the one I was meant to focus on, because the download I received—almost in its entirety—was *this* book.

The message that I received (in a nutshell) is that humanity is in need of healing at the very core. To heal our wounds we need to cut to the chase; we need to understand *why* we experience any upset energies at all. What a gift it would be if we were all able to release our suffering. Just imagine what it would be like: No pain. No suffering. No needs. In our essence, we are energetically full, stable, strong, and capable. This is our truth. This is our Love. Anything outside of this is false, and it is this falseness that is in need of healing.

My wish for you, dear reader, is that you skip through this book as your intuition guides you. Trust yourself. Everything you need is within you. This book is simply a reminder of what's already there. Use what resonates with you, discard what doesn't, and combine other modes of healing to supplement your journey back to the Love That You Are. No one thing or action is a cure for this tangled mess we are in ... but remember ... there are no limitations! That being said, the holistic approach is always wisest.

## Light Codes for the Soul

All blessings, dear souls. Thank you for being here at this time. You are needed, you have been called. You are greeted with open arms and all my Love.

Laara

Victoria, B.C.





# Chapter 1

## Introduction



## The Way of the Codes

Many of us have common goals that we desire to fulfill in our lifetimes. We accumulate mental check-lists: We want to be happy and healthy, we want a job we enjoy and are good at, we want a partner who loves us, maybe we even want to have a family. We want to have friends and a social life, to live in a certain place, to acquire special trinkets and toys ... and we want to make enough money, feel powerful, and be respected and appreciated by others.

Maybe we attain some of our goals. One by one, we check them off of our mental list, and we take note of how long it took us to move up our inner achievement ladder. Some things in our life feel perfect and some things are close to perfect. Then there are the things that are not perfect. Do those count? With all of the perfect things and the imperfect things, how do we feel? Do we feel complete? Truly happy? Full of Love and joy?

How much of our lives do we spend searching, consciously or unconsciously, for the next thing on our list in order to fill a void deep within our being? How much of our lives do we spend dissatisfied because we haven't achieved some of the things others in our tribe have been successful in acquiring?

We find that we are searching for something ... something to fill the emptiness. Maybe we turn to spirituality. Maybe we learn about different psychological techniques or energy healing techniques and we set out to uncover pieces of ourselves that we aren't so sure we

want to uncover. “Some things are better left alone,” we think. So, we get caught in a never-ending cycle. We search our hearts, we get scared, we jump into addictions and bad habits, then we hurl abuse at ourselves (and others), all the while struggling, hoping to find a way to cure our “deficiency.” And maybe (if we’re lucky) we discover that our less-than-desirable tendencies, behaviors, and personality traits—about which we judge ourselves—are the wounds of our inner child.

Once the wounded child within us reveals itself and we grasp the confusion, pain, and suffering this aspect of us holds, we can become overwhelmed as we process the intense emotions, sensations, and longings that arise. We might look for outlets to soothe our inner child, to satisfy its wants and desires. *How can we make sense of what is surfacing?* Perhaps we feel vulnerable and sensitive. Perhaps we feel anger and frustration. *Have we always felt this way?*

Next logical step: Google it. We discover fun quizzes and articles describing Highly Sensitive People, Empathic People, Indigo Children, Crystal Children, Twin Flames ... the list goes on. We are in heaven! “I’m different and special!” our inner child exclaims as we search each social media platform. We study what it means to be all of these things ... we get distracted for a little while ... until one day, we realize that our wonderful exploration of self-discovery was simply one more step on our journey towards self-mastery.

The more we search and discover, the more questions arise. The questions lead to more searching, more discovery. We go on a shopping spree, ordering incense, candles, tarot cards, oracle cards, multiple spiritual books, posters,

and of course, crystals. We play with our spiritual toys for a while, yet we continue to bump along on our journey no matter how many essential oils we buy! We find ourselves still dissatisfied. We might contemplate and engage with the pressures of time ... we feel that we are “behind” somehow, that we need to “catch up.” As we expand our awareness of the physical, mundane three-dimensional realm, our vibrations increase, which fuels the purging of lower vibrational energies. We feel our souls kicking into higher gear and now we want to connect with our spirit guides and the Ascended Masters. We pursue initiation into healing modalities and higher consciousness and we rejoice as each stage of our journey unfolds.

*But still ... the void lingers.*

The void we feel is our disconnection from our Love. It is the disconnection from our higher self, soul, and Source energy. This book will attempt to show you the story behind this disconnection, so you may find your way back home.

## The Purpose of this Book

The purpose of this book is to help you reconnect to your soul: the divine, sublime you, who is fully connected to All That Is. This book has been written to help you to tap into your individual truth, so that you may see with clarity the stories that shape and color your life. It is to provide you with an opportunity to heal, once and for all, the great wound which sparked the fire of your pain,

suffering, and confusion. It is to empower you and offer you a roadmap back to your true self. It is a gift you give yourself which can help you to find that “something” that until now you could never seem to find. The purpose of this book is to show you the way home: back to the energy that feeds your soul. How you name this energy, God, Source, Divine, Universe (or any name you connect with) is up to you. The workings of the energy remain stable in any name of the Light that resonates with your heart. For the purposes of this book, we will refer to this ultimate energy as “Love” and as “Source.”

# What Are Light Codes?

Everything is energy. Look around at the space you are in. Everything you see (and everything you can't see), at a fundamental level, is energy. Energy is Light. Light holds all of the information in existence, on all levels of existence. Information is knowledge, wisdom, and everything consciously known and unknown. Information is actualized through consciousness—and consciousness arises when energy (Light) is focused into a point of awareness. Our individual consciousness, although existing with infinite expansion, is limited by our scope of awareness. It is our awareness that is limiting, and it is our expanded consciousness that is called upon to help increase our awareness beyond our physical, three-dimensional senses and experiences.

Light Language transcends human language, because our limited languages cannot describe the mechanics of the universe. Human language doesn't have the expansiveness of Light Language, but even so, our spoken word carries energy. Our words are important, the way in which we speak them is important. Our words are an expression of our Love, and they have a direct impact on our manifested reality.

Light Language is the conscious tuning into and expressing of a massive, multidimensional stream of information. This expression can be literally anything. Light Language is expressed through everything in nature, and nature is everything in the universe that is in accordance with Love. Human beings are an expression of Light Language. A flower blooming, a bird singing, ocean waves crashing upon a shoreline, sun glistening off a lake—anything that makes your heart feel warm is Light Language. Art is an expression of Light Language, as are dance, music, and photography. Mathematics and science are types of Light Language too. Light Language flows within and around all things, it is part of the expression and creation of all things.

## The Stream of Energy

The universe provides a multitude of options for us as human beings to connect to the infinite information and energies that feed and nourish us. When I write or sign



Light Language, I am consciously tuning into the Light stream of infinite information—condensing this information into little symbols and squiggles—while keeping the integrity of the energetic message intact. I access this stream of energy through the chakras above the crown, including my heart, third eye, and crown chakras. But in order to channel it effectively onto this plane, I remain grounded and present in my body. I raise my vibration, and because I am adept at it now, I connect to the energy instantly. It's like hooking myself up to a jet stream of energetic information. I hold a topic in mind and allow my expanded consciousness to call upon the information and to assemble and actualize it into a single point of awareness within my being. Once this has occurred (it is instantaneous), I can speak, write, or sign this information in the form of Light Language or Light Codes.

# The Difference Between Light Language and a Light Code

Light Language is the expression of the infinite, multi-dimensional knowledge, wisdom, and information stored in Light. When we condense Light Language (in the same way we might condense a computer file so it's easier to store, export, or import), we get a Light Code. Because of their condensed nature, for some, Light Codes can be easier to work with than Light Language. Rather than concentrating on a longer expression (as is seen with

traditional Light Language), we can focus on a single symbol or image, which holds within it a vast, complex, multi-layered message from the universe. Light Codes are immeasurably helpful and supportive to humanity and to the collective consciousness of all souls. Some of their benefits include:

- ☉ Activating our energetic bodies
- ☉ Turning on dormant DNA and RNA
- ☉ Acting like missing puzzle pieces for healing and ascension
- ☉ Serving as methods for our soul, spiritual guidance, and Source energy to get a message to our subconscious or conscious mind
- ☉ Helping to strengthen specific levels of our beings (including our mental/emotional/physical/spiritual aspects)
- ☉ Helping us to expand our consciousness and develop our mental/emotional/physical/spiritual awareness
- ☉ Triggering change in alignment with our soul
- ☉ Opening and connecting chakras and meridians
- ☉ Working with all levels of our being
- ☉ Healing present, past, and ancestral; global, inter-dimensional, and intergalactic levels of being
- ☉ Being comforting and relatable
- ☉ Serving as methods of connecting with the soul, the higher self, and the Spirit
- ☉ Serving as ways for Spirit to communicate with us.

Light Codes are available to anyone, are safe for everyone to use, and also serve as:

- ☉ Communication healing tools
- ☉ Maps to a higher function of expression
- ☉ Visual homeopathies
- ☉ Technologies for communicating with the conscious, subconscious, super subconscious, and superconscious minds
- ☉ Multidimensional frequencies connecting with you wherever you are along your journey
- ☉ Expressions of purity, Love, creation, and truth
- ☉ The language of the universe—the universal language recognized by our soul.

Raise your Vibration (Fill Your Body with Light)

Each time you practice with Light Codes or read stories about them, take your time to contemplate their wisdom. I recommend that you use the grounding technique below to help facilitate an optimal, receptive energetic state of being, so you can work with the Light Codes as consciously as possible. This exercise engages the minor chakras on the bottoms of your feet to help you to ground, center, and attune with the vibrational frequency of the information, stories, and Light Codes provided in this book.



### Grounding Practice Meditation

Sit in a chair with your feet flat on the floor. Relax. Breathe slowly. On each inhale, imagine that your feet are suction cups, pulling energy up from the earth. On each exhale, relax. With each inhale, imagine your feet pulling energy up from the earth, through the floor, into your legs. Feel the energy moving up within your body with each in-breath, until it reaches the top of your head. Release it out of the top of your head (your crown chakra). Imagine the energy flowing out like a waterfall. Practice this grounding exercise often, so it becomes second nature. Using this process at the beginning of your meditation practice will help center you and prepare you to enter any level of awareness you may wish to access. Grounding connects your heart and mind. It can promote wellness, improve sleep, lower your blood pressure, and reduce stress and anxiety—it's a great way to start and end each day!



### Clarification of Terms:

Light and Love and “Light” vs. “light”

When Light is described in this book, we are referring to Divine Light. Divine Light is the Light of “All That Is”—Source energy or Universal energy. It is God’s Light, it is your infinite Light. Your Light is the Love That You Are.

“Love” vs. “love”

Love as an action (“loving” or “to love”) is different than the Love That You Are (your true, authentic self). We capitalize Love throughout this book when we are referring to the truth of who you are, to your essence or Soul Light, as well as to Universal/Source/God Love.

On Time

Time is a distinctive carrier band, similar to that of a radio wave of energy. There are multiple frequencies (carrier bands) of time, and depending on our individual resonance, we find an energetic connection to a particular line or frequency of time. Our resonance depends upon our soul’s mission, our karma, or simply our individual frequency.

Time is an unfixed, four-dimensional construct, which has an effect within the third dimension. Time moves in a spiral, providing us with an opportunity to revisit the “past” in the “future.” There are multiple timelines active on this planet “at this time.” We are even able to switch timelines in our lifetimes. The person you pass on the street may be experiencing a very different life than yours, and could even be living on a different timeline. Because of the unfixed nature of time, everyone experiences time differently.

How to Use this Book

In this book, the Light Codes are not arranged in any particular order. Their sequence within these pages is not significant. You may choose to read this book cover to cover, or you are welcome to choose a symbol that resonates with you at any time. You may enjoy taking a

few moments to breathe with the Grounding Practice provided, and then when you are ready, asking the universe to show you which page is most appropriate for you on this day. Then pick up the book and allow a page to open before you. Or, perhaps you want to flip through the pages to a symbol you are drawn to—and work with that symbol as long as you feel is necessary.

Reading this book is an exercise in reclaiming your power, authenticity, and truth. The channeled messages and wisdom woven through its pages will assist you in connecting more deeply with The Ultimate Divine Energies, understanding them, and correcting any misconceptions you may have about them. Many of these Light Codes have short descriptions accompanying them, but note: These descriptions are intended only for the purpose of conscious identification. In some cases, explanatory text accompanies a Code. As noted earlier, while Light Code messages transcend human language, sometimes, by knowing on a conscious level what a sigil represents, we can engage with that Light Code with more authority and awareness. Sometimes, however, the Codes stand alone, affording you space and freedom to connect with their energies without the imposition or limitation of language. Their infinite knowledge and wisdom speak directly to your energy body, your heart, your higher self, and your soul. What better way to do soul healing than by using a language that your soul and higher self recognize and speak?

You may be surprised by the messages of the channeled stories or amazed by the energies the symbols emit. Conversely, some may disturb you. Whatever

occurs as you interact with each symbol, know that your reactions are normal. Be patient and gentle with yourself. Just observe your responses. There is no rush. Take as much time as you need to reflect on each Code. You can even postpone working with a particular story or Light Code. Often our reactions will trigger a memory or lead us into a specific area that needs healing. By focusing on the issues we are guided to, we can tackle deeper wounds. You can always circle back!

# Working with the Messages and Light Codes

Although these messages are channeled, we are each still limited by our personal language and our individual history. Therefore, as you read the messages and stories you must apply your own interpretation. For example, as you read, you may begin to ponder your own life story. How has your life been shaped, directed, or defined by the wounds of your soul? We encourage you to meditate upon and contemplate the messages in this book and in the process, to allow your own truth to emerge. Allow your mind to consider multiple viewpoints for any Code, story, or message—what do they mean in the context of who you are and who you want to become?

### Meditating

We invite you to use the Grounding Practice Meditation provided as a baseline practice for working with Light Codes. The meditation will help you to become present, grounded, relaxed, and open to receive the messages and energies on a more conscious level. Or, you may find that your own favorite meditations help to bring you into a grounded state of being—so use those instead. As with all things, the more conscious we are, the more connected and empowered we are and the more meditation both expands our conscious mind and helps us to tap into the collective unconscious. That said, Light Codes work with us for our highest good, whether we are aware of them or not. (Note: If you wish to take the messages provided in this book to a deeper place in the Quantum Field, we recommend checking out Fractalline Healing™.)

### Using Affirmations

Throughout this book, you will find helpful affirmations. Affirmations can be powerful tools in gaining clarity of mind and focusing your energy toward a desired outcome. As with everything within this book, take what resonates; leave what doesn't behind. Feel free to alter the language of the affirmations to suit your needs. Please read the guidelines for Intention-Setting below to assist you in amplifying the manifestation qualities of the affirmations.



## Suggestions for Working with Light Codes

### Intention-Setting

We are thinking, feeling, conscious, creative human beings with the capacity to make what we think become our reality. When we intend to manifest certain things in our lives, it is important to be clear, specific, and detailed in our intentions *and* to engage with our physical senses as we hold an intention in our conscious minds. In order for our intentions to have momentum, we must engage at least two (and preferably more) of our physical senses simultaneously. We must see, hear, feel, smell, and even taste the thing we intend to create. The more senses we can engage, the more real our intention becomes and the more likely it is to manifest in physical form.

So, we need to *choose* (as our act of intention-setting) to work with these symbols in an honorable way, bringing forth our most excellent selves to the best of our ability. Remember, there is no pressure, just do your best to accept yourself for who you are and where you are on any given day. Showing up is half the battle. When you work with a symbol, be clear in your intention that you are choosing to heal that which no longer serves you, and that you are making room within your being for more Love, happiness, health, and abundance!

### Tracing

Trace the Light Codes on a piece of paper—create your own unique art. Make each one special, and place it in a suitable location. Hang it on your wall, set it on your night stand, or make it a special feature of your altar. It can also be helpful to carry with you the Light Code that is resonating for you at any given time. Keep it in your wallet, purse, or pocket.

### Working with Crystals

You may want to charge a crystal with the energies emitted by any Light Code. Begin by clearing any lower vibrational energy from the crystal by using salt water, sunlight, or smudge (what you use depends on the composition of the crystal). Research the best way to clear and cleanse your crystal, as some will dissolve in salt water or fade in sunlight.

Once your crystal is clear, place it on top of the Light Code you wish to work with. Ask the Beings of Love and Light, your crystal, and the symbol itself to assist you in transferring the energy from the Light Code into your crystal, in the Highest Good for All. How long should you leave the crystal and Light Code together? Trust your intuition (or your gut feelings). You might feel that the energy transfers happen instantly or that it's best to leave them together overnight.

There is no right or wrong way to work with Light Codes. Allow yourself the freedom of self-discovery. As we are all evolving continuously, our needs change. Give yourself

permission to change how you work with and interact with these sacred symbols. Follow your inner guidance and you will get the most out of the Light Codes—what feels most in alignment with you?