

Thoughts to Ponder

Working with the Light

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We all have the Light of God within us. It is most important that we realize and accept this. We know that God is All That Is. Certainly that includes us. We are an important part of the All. Within us is the Spirit of God, which entails all His attributes, including power, love, compassion, and creativity.

Now, who or what is God? We say that He is Spirit. That Spirit is vast beyond our imagination. It encompasses every living thing. And everything is living, because it contains the Light of God. There is no such thing as an inanimate object, even though we may consider such things as rocks or stones as inanimate. Everything that we see or touch is a part of the God Force. And every being or object has its own frequency; although the frequencies can vary from low to ever higher.

Even humans vibrate at different frequencies, in accordance with their consciousness. Our goal is to lift our consciousness to the point that we can use the power of the God Spirit within us. In order to do this we must recognize that we *are* that Spirit within us. That Light of God within us is what we are. We are Spirit. We are Light. We have the power to create. We have the power to heal. We are, in our essence, the perfection of the God Spirit that expresses through us.

So in order to be all that we can be, we must live from the Light Source within us. Utilize this Light. Think, act, speak, and walk as a representation of the Most High. Know yourself. Live in accordance with that knowledge. Be what you are meant to be, a part of the vast spirit of the God Force.

Earth humans have allowed that shaft of light that is our true essence to fade into a spark. Whereas we can fan that flame at any time we choose. Light and Love are synonymous. Every time we express love, the light within gets brighter. Look upon your world with love, and your light explodes. Look upon your fellow humans, animals, plants, trees, every created thing, with love, and both your light and their light grows accordingly. Every time you use the light in a loving way, it expands.

So how can you activate it? First get yourself into a calm, peaceful and positive state of consciousness. Then picture the light coming down through your crown chakra or up through the soles of your feet. Visualize the light blazing through your body and coming out through your hands. You might feel them tingle. Then, hold your hands over something or someone you want to bless or to send healing energy to, and *feel* that light pouring forth from your hands.

Use it to bless your food. Put your hands over your meal and feel the light going from your hands into the food as you send it loving thoughts. The vibrations of the food will quicken and its life force will extend. Any negative energy within the food will change into a more healthful energy, creating greater nutritional value.



Do the same with water. Dr. Masaru Emoto of Japan has demonstrated how water crystals change from murky, incomplete forms to beautiful snow-flake like crystals when loving thoughts, words, or music are directed to the water. He has used this method to clear polluted and toxic lake water. You can do the same with the water you are about to drink. Put your hands over the water and send light/love through your hands into your glass or cup. Add high vibrational words like love and gratitude, either thought or voiced. This will purify the water and give it life. Your body will love it.

Use the Light also to send love to others, no matter how far away they are. Try sending light energy to someone ten feet or so from you and see if he or she can feel it. You can send Light to people any place in the world, wherever it is needed.

Try soothing an angry person or a group of people, even animals, by sending them light. You can choose a soothing color, perhaps the pink light of love, and note how the anger is diffused. Visualize the color you feel is needed, perhaps a soft blue to calm someone who is frightened or upset, or a green light to one who is ill.

Use the light often enough to enable you to be constantly aware that you have the ability to do so. When you get more adept in its use, try using it to create. Physicists are aware that photons of light can change from waves to particles by thought or words. Particles can congregate into form.

However, work with the Light in simple ways until you feel the power grow within you. And remember, light is love. Don't try to use it in any other way.

You are aware of how uplifted you feel when a positive person with a sunny disposition enters a gloomy room. He or she is radiating light energy. Choose always to be happy. Joy raises the consciousness and the vibratory rate of the person extending it, and the light that is radiated has an effect upon all in the area. More than that, it will also add positive energy to the mass consciousness that affects all

Don't look for something outside of you to make you happy. Happiness is a choice. No matter what happens, choose to be happy. It will uplift you and all those you come in contact with. When you get up in the morning, say to yourself *I choose to have a beautiful day*. You will be amazed to note how self-fulfilling that statement can be. You have that power within you. Use it well.

See yourself as constantly radiating light, love, and joy. It will have a snowball effect. You will see a change in yourself as well as those around you. As we all learn to radiate more light, our world will change. This is a great opportunity and a noble service. The power you have to change your world is limited only by your thoughts. Be the light that you are.

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