

Thoughts to Ponder

Walk in the Light

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Are you bouncing around in the chaos of change? Do you need a little grounding? Well then, plant your feet firmly on the ground and send a ray of light from the top of your head down through the soles of your feet and deep into Mother Earth. If you can't muster up enough of your own light, ask God, or your guardian angel, or an Ascended Master, to send light through you? Call in as much light as you want until you feel balanced, grounded, nourished, and peaceful. Then ask that the light stay with you for as long as is needed but at the same time, let it radiate out from you and go wherever light is needed in this troubled world.

Now, concentrate on your feet and feel that light flowing through them and spilling out around you. Feel the softness and the calmness of that cushion of light you are walking on with every step you take. Know that as you walk in the Light, you are spreading it wherever you go. Feel the peace and harmony in the light that fills every cell and atom in your body and radiates from you as you go about your day. You are a being of light. Share your light with the world and see how it molds your world into a radiant and peaceful environment.

It is time for you to activate your power. If every individual in a society feels powerless, that society is doomed to failure. And in this time in history there is a lot at stake in the word *failure*. Earth and the life upon her are in an ever-shortening window of opportunity to leave a fear-ridden world of duality and ease into a world of peace, joy, and love. But each individual is responsible for his own efforts to make it happen. You must give up the fear, the passiveness, the helplessness, and be the kind of person you want in your new world. For creating this new world is an individualized choice.

Be the love that you want in your life. Be the joy that you desire. Be the peace that comes with responsibility and dedication. Reject the limited thinking concerning yourself and your own little world and look at the greater picture. Would you want to be alone in a new world of love and light? Or do you want loving, kind, and understanding people to surround you? Then ask yourself, what can I do to help others who seek the same goal. Resolve to inspire, to offer a helping hand, to be an example, and to allow others to be your teacher, your inspiration, and your guidance.

Your power lies not in your muscle and brawn or your ability to manipulate or dominate. Your power lies in your connection with the God Force and with your fellow travelers. Your power is the power of love, which is the greatest power there is. You will lift yourself up through your love. And as you are lifted up, so will billions of others be lifted. Every loving thought that runs through your mind, every loving word you speak, every act of love you demonstrate, generates powerful energies that touch the hearts of those who receive it and cause a snowball effect.

A wonderful life awaits you. But sometimes the ripest fruit is at the top of the tree and takes a lot of scrambling and clawing to get to. Yet when you get there and sample the sweetness of

your reward, what an enriching satisfaction you will experience! The key is to keep your mind on the goal. Never allow others to hold you back or dissuade you. But if they decide to follow, give them a hand up. When shared, the enjoyment of the fruit will be doubled.

Maintain your vision of a world of peace, joy, and harmony. No matter what happens in the outer world, keep that vision in your heart and know that it is attainable. Don't listen to the prophets of doom. Don't compromise your integrity simply because others' mistaken assessments of right and wrong are being accepted. Let your heart tell you what is right for you, and it will lead you to the path of fulfillment.

The Magic of Love

Love can awaken the souls of mankind,
if only we learn to be loving and kind.
So walk down the street with joy in your feet
and love in your heart for those whom you meet.
Smile to the crowds, and throw seeds to the doves.
Toss out your love to the heavens above.
Let it rain down on the hills and the town.
See it change faces that once wore a frown.
Watch how it shimmers and glimmers with light
as it flows through the ethers to brighten the night.