

# Thoughts to Ponder

## Back to the Light

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When mankind first came to Earth, many eons ago, they were centered in the heart. The heart, not the mind, ruled their thoughts and filled their consciousness. They were, of course, beings of a high vibratory frequency. They lived in love and peace, caring for each other and realizing the oneness of all. Mother Earth was recognized as a sentient being, and so they treated her with great respect and honor. They lived simply in mutual consideration with Earth and every living thing inhabiting their beautiful planet. Life was joyful and fulfilling for all.

Much later, beings of a lower vibration came to Earth and colonized. From time to time others with self-serving agendas came to mine for gold or other minerals. Slowly the frequencies of this glorious planet were compromised, its brilliant light dimmed. As more and more beings of the lower realms arrived and blended with the beings of light, the population became more and more physical, more and more dense. Their thoughts no longer came from the heart center but from the mind. The mind had gained control of the body, as a dark shadow fell across the planet. The flame of light within the inner sanctum of the heart became dimmer and dimmer as the light of love was overshadowed and the frequency of Earth's inhabitants diminished.

Eventually the inhabitants saw themselves as separated from the God Source. This illusion perpetuated through eons of time. Earth's history tells the story of wars, violence, isolation, and poverty. Now is the time for change. Now the entire heavens are supporting your climb back into the light. The promise of a new age is upon you.

What can you do, individually, to pull yourselves out of the quagmire? For the change so longed for will evolve one individual at a time. You have been told many times to change your thinking. How? The answer lies in the heart, in the sacred center where that small flame of God Force is waiting to expand. Therein lies the true you. There is no separation between you and the holy energy you call God, or Buddha, or any of the many names you have given it. You *are* that small flame of power within that sacred center which you have subjugated. You relate your identity to your body. You are not your body. You are that flame of God, for the God Force is within every thing that is.

It is time to take your thoughts out of the mind and center them in the heart, wherein lies love, the greatest power there is. Wherein lies peace, and joy, and comfort. Breathe yourself into that center with every breath you take and know that you have found the true you. Allow it! Don't try to force the entry, just allow. There is no effort involved. Simply relax and breathe from that center, for within it is the true you.

Just as you created the illusion that you were separate from God, know that it was just that, an illusion. Within your heart lies the truth. Let your thoughts come from that truth. You have allowed your mind to create illusions. Have they served you?

See yourself in that inner sanctum of your heart. Picture yourself in front of the sacred flame of God energy. Note the power emanating from it. Feel it enfolding you in love. Notice the peace, the comfort, the lightness you feel as you gaze. Do you see the light expanding and enveloping

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you? Have your thoughts dissolved into nothingness? If so, you are centered in the heart. Allow yourself to realize that blissful feelings have replaced negative thoughts. Hold onto those feelings. They have dissolved all negativity. Just bask in their comforting softness.

Whenever the mind starts to focus on unpleasant thoughts, know that you can return to that heart center where you can exchange uncomfortable thoughts for blissful feelings. Each time you do so you are becoming more and more centered in the heart. Go to that place whenever you need to be renewed. You don't need the mind to guide you. The heart is where your true guidance lies. The mind was not meant to make your decisions. Only the heart knows what is for your highest good. Allow it to decide. Visualize yourself standing or sitting in the peaceful ambiance of the heart and feeling the wisdom embracing you. Gaze at that holy flame and realize that therein lies the true you. Therein lies your path back to the Light.

When your thoughts, words, and actions are centered in the heart, wherever you go you will carry that light with you. It will uplift every living thing that you come in contact with. Without *doing* anything, you will become a beacon leading all humanity into the higher frequencies. You have the power to change the world!