

The Light of Life

SCRIPTURES: John 8:12; Matt. 5:14-16; Luke 13:21

Jesus - ultimate purpose for following His teaching is finding the “Light of Life”. Constantly, remind yourself that *“I am a Being of Light”*, even as you walk thru this Heavy Physical Existence. The Light of Life is the Light of God. We are immersed in it. It is WITHIN US & Shines THRU US. However, we have covered it with the heavy vibration of Physical Perception & seem to have lost Awareness of the Light Within Us. We need to take - Light in our soul out from under this basket of Heaviness & Let this Light shine into the world. Jesus assigned his followers to “Be the Leaven”. Create “Bubbles of Goodness” within this world in spite of the Darkness in the World around us, because these bubbles will eventually lift humanity.

Ways we can Find the Light Within & Let it Shine into our world:

- 1. Think of Light; Image Light; declare Light is present; or Pray by Surrounding in Light.** Light is natural to you. It flows effortlessly thru you when you place your attention on it. You don't have to visually see it. Pray by seeing a pathway of Light from your Heart to them. Surround everything in Light. See the Light: Healing, Prospering, Loving, & Blessing them in every way. Inspiring & leading everyone you pray for. Remind yourself All Day that “you are a Being of Light!”
- 2. In Meditation: Reach toward the Light of Life at the Center of your Being until you feel that you are touching it or you have an experience of Light.** Travel Inward in search of the Light at the Center of your Being (shining in your soul). Imagine a point of Light at the center of your being. Visualize the Light filling your body & radiating beyond. Hold that image for an extended time.
- 3. Let your Light Shine into the World by embracing the Emotions of Light & the Actions of Light.** Emotions of Light: Joy, Love, Peace & Harmony, Praise, Gratitude, etc. Actions filled with Light: Giving (generosity); Helping others; Being Understanding & compassionate; Listening; Giving Support; Cultivating Beauty in life. Anything that contributes to the Goodness in the world is Shining your Light.
- 4. Every day, spend some time Radiating Light into our World.** Declare: *“God, May thy Light of Life shine thru me to Bless the world.” “I am the Light of Life shining in this world!” “God, thy will be done thru me.” “I am the Leaven, May Goodness fill my life & help to lift the world.”* IMAGE the Light of Life radiating - Center of your being to envelope the world. See: the World enveloped in God's Light of Life.