

Meditations on light, Luminescence, Glowing in the Dark

The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life— of whom shall I be afraid?

For with you is the fountain of life; in your light we see light.

Your word is a lamp for my feet, a light on my path.



The unfolding of your words gives light; it gives understanding to the simple.

Psalms 27, 36, 119

Lord keep my lamp burning, cause it to be lightened, to shine;
You illuminate my darkness, turning it to light

Psalms 18:28

Shine and make your joyful boast in him, you lovers of God. Let's be happy and keep rejoicing no matter what.

Psalms 143:8 TPT

Let the dawning day bring me revelation of your tender, unfailing love. Give me light for my path and teach me, for I trust in you.

Psalms 105:3 TPT

So don't hide your light! Let it shine brightly before others, so that your commendable works will shine as light upon them, and then they will give their praise to your Father in heaven."

Matthew 5:16 TPT

The eyes of your spirit allow revelation-light to enter into your being. When your heart is open the light floods in.

Luke 11:34 TPT

For God, who said, "Let brilliant light shine out of darkness," is the one who has cascaded his light into us—the brilliant dawning light of the glorious knowledge of God as we gaze into the face of Jesus Christ.

2 Corinthians 4:6 TPT

Your words are lights to my feet and lamps to my paths

Psalms 119:105

Come, descendants of Jacob, let's walk in the light of the Lord. Isaiah 2:5



Glow labyrinth Prayer Sphere

We have our beginning in the love of God. God made you. God adores you, God keeps you. The spiritual journey is the slow constant transforming nature of this truth. A journey of becoming the beloved.

We are so preciously loved by God that we cannot even comprehend it. God loved us before we were made, and this love has never diminished and never will.

God's intention for us is to 'glow', to shine as stars in the universe.

How does an apple ripen? "It sits in the sun. (Thomas Merton) As we sit in the sun we feel its warmth energising, filling us, so to the radiance the Son can also be felt enlightening our lives.

It is not merely our own desire but the desire of Jesus that draws us to want to experience God's radiant love. A desire which is poured out in us by the strong, compassionate, kind living Spirit of God. We are small creatures and our lives are not long, but long enough to learn.

The contemplative practice of walking labyrinths either with your feet or fingers embodies all these ways of journeying 'sole to soul' 'with God's transforming glowing love.

The glow labyrinth sphere is a metaphor for light. It can represent God's light or God's light in you. As glow sphere gets charged, or filled by a greater light it then radiates the light from within. Jesus was known as the light of the world, and invites us to be light too.

Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness but have the light of life. While I am in the world, I am the light of the world. Believe in the light while you have the light, so that you may become children of light" John 8:12,9:5,12:36

This is not something we do but God does in us by the power of the Holy Spirit as we wait, stay, hold on to and rest in Jesus' promises and presence.

To say that I am made in the image of God is to say that love is the reason for my existence, for God is love. Love is my true identity. Selflessness is my true self. Love is my true character. Love is my name.
Thomas Merton

How to use your glow labyrinth prayer sphere

With the labyrinth prayer sphere, your prayer can now literally be “all fingers and thumbs”, in a good way ! Intentionally following the labyrinths prayer route. You are ‘doing’ prayer, embodying prayer, trusting the metamorphosis, that you are becoming prayer itself.



There is no wrong way or right way to hold and pray these meditations. Go with the way that resonates with you.

Go charge up you glow prayer sphere labyrinth, a few minutes near a light bulb to get it glowing.

Find a quiet space where you can't be disturbed. Turn off/ mute your phone. As you read a verse or meditation, you may find a phrase or word that ‘sticks’. With gratitude Take that phrase or word and hold it with intention in your head, your heart, your body.

Holding that word/phrase slowly trace the cyclical route of the labyrinth. When you get to the centre rest and wait a while, on the phrase/word. Slowly retrace the way back. Trust God's enlightening work in you.

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Have patience with everything unresolved in your heart,
and try to love the questions themselves
as if they were locked rooms
or books written in a very foreign language.

Do not search for the answers, which could not be given to you now,
because you would not be able to live them.

And the point is to live everything.

Live the questions now.

Perhaps then, someday far in the future,
you will gradually,

without even noticing it, live your way into the answer.

Rainer Maria Rilke , letters to a young poet



We have what we seek, it is there all the time, and if we give it time,
it will make itself known to us.

Thomas Merton

You are being presented with a choice: evolve or remain. If you choose to remain unchanged, you will be presented with the same challenges, the same routine, the same storms, the same situations, until you learn from them, until you love yourself enough to say ‘no more,’ until you choose metanoia ‘changing to a bigger mind, heart, way of life’. If you choose to evolve, you will connect with the strength within you, you will explore what lies outside the comfort zone, you will awaken to love, you will become, you will be. You have everything you need. Choose to evolve. Choose love. *Henri Nouwen*

If you are generous with the hungry and start giving yourselves to the down-and-out,

Your lives will begin to glow in the darkness, your shadowed lives will be bathed in sunlight

I will always show you where to go. I'll give you a full life in the emptiest of places - firm muscles, strong bones. You'll be like a well-watered garden, a gurgling spring that never runs dry.

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You'll use the old rubble of past lives to build anew, rebuild the foundations from out of your past. You'll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community liveable again.

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Isaiah 58:10-12 MSG

If you think you have blown God's plan for your life, rest in this my beautiful friend, you are not that powerful !

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Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a Child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson

Give me a candle of the Spirit, O God, as I go down into the depths of my being. Show me the hidden things, the creatures of my dreams, the storehouse of forgotten memories and hurts. Take me down to the spring of my life, and tell me my nature and my name. Give me freedom to grow, so that I may become that self, the seed of which You planted in me at my making. Out of the depths I cry to You...

George Appleton

Allow me to rest in Your will and be silent. Then the light of your joy will burn my life. Your fire will burn in my heart and shine for your glory
That's what I live for. Amen, Amen

Thomas Merton

We so often see ourselves as failing, but God sees us only rising, and me thinks God has the greater insight,

Julian of Norwich showings

God glows and burns with all the divine wealth and all the divine bliss in the spark of the soul.

Meister Eckhart

Shine like stars in the universe

Philippians 2:15



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Luke 11:34

The fountain of life flows from you to satisfy me. In your light of holiness, we receive the light of revelation.

Psalms 36:9

If your spirit burns with light, fully illuminated with no trace of darkness, you will be a shining lamp, reflecting rays of truth by the way you live."

Luke 11:36

Truth's shining light guides me in my choices and decisions; the revelation of your Word makes my pathway clear.

Psalms 119:105

For the truth is a bright beam of light shining into every area of your life, instructing and correcting you to discover the ways to Godly living.

Proverbs 6:23

Once your life was full of darkness, but now you have the very light of our Lord shining through you because of your union with him. Your mission is to live as children flooded with his revelation light!

Ephesians 5:8

Every gift God freely gives us is good and perfect, streaming down from the Father of lights, who shines from the heavens with no hidden shadow or darkness and is never subject to change.

James 1:17

Remember, our Message is not about ourselves; we're proclaiming Jesus Christ, the Master. All we are is messengers, errand runners from Jesus for you. It started when God said, "Light up the darkness!" and our lives filled up with light as we saw and understood God in the face of Christ, all bright and beautiful.

2 Corinthians 4:6

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I wish I could show you when you are lonely or in darkness, the astonishing light of your own being. *Hafiz*

God is like the air we breathe. Perhaps that is why the deeper we grow in the prayerful awareness of the Divine presence in our lives, the less we actually say with words and the more we simply breathe and enjoy it. How does an apple ripen? It just sits in the sun.

Thomas Merton

You are made to shine, my friend, and Jesus is the source of your light!

Though it may not be as prominent as it was for Moses and Stephen, when you spend time in the presence of your Saviour, your countenance will reflect it. As you pursue close and connected relationship with Christ, you will be graced with a full measure of His radiant glory, which can be shared with everyone stuck in darkness or discouragement.

Though they may not understand the source of your glow, they will be drawn to it and may just want to know what it is that makes you different.

Let your light shine brightly from within you, and it will be felt and seen wherever you go!

God hugs you. You are encircled by the arms of the mystery of God. You shine so finely, it surpasses understanding.

St. Hildegard of Bingen 12th Century

Holy Spirit Giver of life to all life,
moving all creatures root of all things,
washing them clean, wiping out their mistakes,
healing their wounds.

You are our true life, **luminous**, wonderful,
awakening the heart from its ancient sleep.

St. Hildegard of Bingen 12th Century

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One of the most interesting facts in the account of Stephen's life is that when he confronted the Sanhedrin, he was glowing like an angel.

There's something about being in Jesus presence that causes a person's appearance to radiate with His supernatural glory. Even though he was facing intense persecution and was in an extremely stressful situation, God's power overcame Stephen and he physically manifested the light of His Saviour.

Similarly, when Moses came down off of Mt. Sinai after being in God's presence, he too was emitting a supernatural brilliance.

The truth is that when you encounter Jesus, His glow gets on you, and the more closely you linger with Him, the brighter your light becomes.

Perhaps this is why David said in Psalm 34:5 that "those who look to Him are radiant; their faces are never covered with shame."

When some object gives off light, that light is called luminescence. The luminescence of a lighthouse helps keep boats safe on foggy nights.

Glow-in-the-dark stars stuck to a bedroom ceiling have a luminescence you can see when you turn out the light at night. Lightning / glow bugs blink on and off with luminescence in the summertime. Luminescence, scientifically speaking, describes a glow or light that's emitted at a cool temperature, rather than one caused by a fire, for example. The Latin root is lumen, or "light."

A nightlight glows in a dark room, and a distant flashlight beam glows like a candle. Other things that glow include fireflies, TV screens, and city lights when seen from an aeroplane at night. A person's face can also be said to glow, when it's shining and flushed with health or happiness.

The radiance of light or pleasure itself can also be called a glow, from the Old English glowan, "to shine as if red-hot."

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“The morning glories and the sunflowers turn naturally toward the light, but we have to be taught, it seems.” *Richard Rohr*

“When we keep claiming the light, we will find ourselves becoming more and more radiant.”

People who have come to know the joy of God do not deny the darkness, but they choose not to live in it. They claim that the light that shines in the darkness can be trusted more than the darkness itself and that a little bit of light can dispel a lot of darkness. They point each other to flashes of light here and there, and remind each other that they reveal the hidden but real presence of God.

It is the place of light, the place of truth, the place of love. It is the place where I so much want to be, but am so fearful of being. It is the place where I will receive all I desire, all that I ever hoped for, all that I will ever need, but it is also the place where I have to let go of all I most want to hold on to. It is the place that confronts me with the fact that truly accepting love, forgiveness, and healing is often much harder than giving it. It is the place beyond earning, deserving, and rewarding. It is the place of surrender and complete trust.

“To finally surrender ourselves to healing, we have to have three spaces opened up within us - and all at the same time: our opinionated head, our closed-down heart, and our defensive and defended body. That is the summary work of spirituality - and it is indeed work. Yes, it is also the work of “a Power greater than ourselves,” and it will lead to a great luminosity and depth of seeing. That is why true faith is one of the most holistic and free actions a human can perform. It leads to such broad and deep perception that most traditions would just call it “light.”

Such luminous seeing is quite the opposite of the closed-minded, dead-hearted, body-denying thing that much religion has been allowed to become. As you surely have heard before, “Religion is lived by people who are afraid of hell. Spirituality is lived by people who have been through hell and come out enlightened.”

Henri J.M. Nouwen

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Small lights have a way of being seen in a dark world. *Neal A. Maxwell*

Nothing can dim the light that shines from within. *Maya Angelou*

There are two ways of spreading light: to be the candle or the mirror that reflects it. *Edith Wharton*

We are told to let our light shine, and if it does, we won't need to tell anybody it does. Lighthouses don't fire cannons to call attention to the shining...they just shine *Dwight L. Moody*

No one is useless in this world who lightens the burdens of another. *Charles Dickens*

Stars don't shine because they want to be seen. They shine because they are stars. *Alexander Den Heijer*

In the midst of darkness, light persists. *Mahatma Gandhi*

Your work is to discover who you are and then with all your heart give your light to the world. *Jennifer Williamson*

If you want to give light to others you have to glow yourself. *Thomas S. Monson*

Hope is being able to see that there is light despite all of the darkness. *Desmond Tutu*

All the darkness in the world cannot extinguish the light of a single candle.

St. Francis of Assisi

The thing about light is that it really isn't yours; it's what you gather and shine back. And it gets more power from reflectiveness; if you sit still and take it in, it fills your cup, and then you can give it off yourself. *Anne Lamott*

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People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within.
Elisabeth Kübler-Ross

There is always light. If only we are brave enough to see it. If only we are brave enough to be it.
Amanda Gorman

Only when we are brave enough to explore the darkness will we discover the infinite power of our light.
Brené Brown

Light must come from inside. You cannot ask the darkness to leave; you must turn on the light.
Sogyal Rinpoche

Keep your face always toward the sunshine — and shadows will fall behind you.
Walt Whitman

It is better to light one small candle than to curse the darkness.
Eleanor Roosevelt

Glow wherever you go and let the light of God reflect in the world around you. You carry the light of God and wherever you pass, darkness must flee.
Israelmore Ayivor

What is emitted from the divine, though it be only like the reflection from the fire, still has the divine reality in itself, and one might almost ask what were the fire without glow, the sun without light, or the Creator without the creature.
Max Muller

This little light of mine, I'm going to let it shine, Oh, this little light of mine I'm going to let it shine, This little light of mine, I'm going to let it shine, let it shine, let it shine, let it shine...
Harry Dixon Loes

Lighthouses don't go running all over an island looking for boats to save; they just stand there shining.
Anne Lamott

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You know how every once in a while. you do something and the little voice inside says, "There That's it. That's why you're here."
..and you get a warm glow in your heart because you know it's true?
Do more of that. *Jacob Nordby*

Light of light, be light in me, light before me, light behind me
light below me light above me, light on my right,
light on my left, light in the eye of all that see me,
light in the ear that hears me. light to comfort and restore me,
light in quiet, light in danger, light in hearts of all that love me.

The eyes of your spirit allow revelation light to enter into your being. When your heart is open the light floods in. But when your heart is hard and closed, the light cannot penetrate and darkness takes its place. *Luke 11:34*

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For the truth is a bright beam of light shining into every area of your life, instructing and correcting you to discover the ways to godly living. *Proverbs 6:23*

You have the very light of our Lord shining through you because of your union with him. Your mission is to live as children flooded with his revelation light! *Ephesians 5:8*

Your life stands tall as a tower, like a shining light on a hill. Your revelation eyes are pure, like pools of refreshing— sparkling light for a multitude. Such discernment surrounds you, protecting you from the enemy's advance.
Song of Songs 7:4