



IV ~ ILLUMINATION: PRACTICE OF FIRE

“To enter heaven you must bring heaven with you.”

~ *A Risen One* ~

Feeling tired, exhausted and fatigued during grief are down-cycles and the time for quiet respite—so let yourself rest. Don't permit the mind to dwell on any particular thoughts—let them come and go like autumn leaves floating by on a gentle stream.

PRACTICE 1. Find a place where you can easily sit or lie in some gentle sunlight. With your eyes closed, let a patch of sunlight shine on the face and on the chest and heart area—just a bit of warming with a gentle glow—nothing more. Sunlight is deeply healing and will slightly raise the vibration of your body's molecules as it warms and relaxes the muscles.¹

Breathe in through the nose and out through the mouth. See if you can envision the sunlight entering your body through the heart as you breathe in through your nose. As it comes in, envision it as golden light. As you breathe back out through your mouth, see the breath as grey clouds of dust. Each time you exhale, the greyness becomes fainter and fainter, until you are breathing only golden light in and out. The lower energies of the children of the dust— anxiety, fear, worry, doubt, frustration—will eventually transform into calming and healing energies of light. If you like, you can express any prayer or mantra while doing this.

¹ This is not to be misconstrued with Surya Yoga—or sun-gazing—a practice that should never be attempted without proper information, training and an appropriate teacher. Until then, keep the eyes closed and don't forget the sunscreen if you need it.

If there isn't any sunlight available, try imagining what it would feel like to have a warm spot of sun illuminating your face and chest. Visualize breathing the light in through your heart and out as vanishing dust in the same way prescribed above. You could also try a therapeutic sun lamp, the kind used to treat seasonal affective disorders.

This ritual is a good time to practice uplifting thoughts about our Relocated Loved Ones. Worrying that they're in pain or in a bad place is counterproductive and works against our own healing. It's safe to say they're in a good place. If you can't convince yourself of this, pronounce the following blessing: "[The loved one's name], your soul now rises in glory, rests in peace, and everlasting light shines upon you."

Continue to invite Risen Healers to assist your own healing. Say: "May all those who are interested in my well-being assist me now."

Allow yourself to relax into the gentle, sunny warmth of accepting that your request will be answered without fail. Relax ... *and rest*.

VARIATION WITH MINERALS AND SOUNDS. Enhance the previous practice of Earth by bringing your special stone with you, and maybe a tuning fork, while you relax in the sunlight. (See Resources for tuning fork information.)

PRACTICE 2. When we are bodily worn out and spiritually exhausted, fatigue sets in. It's our body's way of telling us it's time to stop whatever we're doing and rest. If we do not honor the body's messages, it will continue to lower the energy until we near or cross a line between wanting life and not wanting it.

Yet how many of us heed our body's innate wisdom, and instead listen to those mental voices rebuking us as lazy, irresponsible, and even weak and sinful? How many of us listen to the messages of the world, especially those of the media, warning us that "it's flu season again"—which we must believe if we want to stay safe—and we can only stay safe by first believing we are weak and that only spending time and money on a certain product will protect us?

Instead of repeating "I'm going to get sick" or "I'm unwell" we make declarations such as "I reject any ideas of becoming anything other than strong and healthy," or "this illness is done, over with and gone." This is hard to do while in the midst of illness, but with a little repetition it will have the effect of reversing the body's energy wheels and make them re-spin in a healthy way. While this technique can be used to ward off illness, it can also slow it down enough so that the body's natural healing aspects can bring it to a quicker mending.

While readjusting the mind's thinking, you can greatly help by increasing the feeling of being in the body. When most of us start feeling ill, we tend to distance ourselves from being in the body, so we might turn to things that will numb it or switch off the connection in some way. Although it seems counter-intuitive, we must go *towards* being in the body—and even more intensely.

Start with a finger on one hand. Concentrate on it so that you can feel only that finger, so much so that it stands out from the rest of the body. Then increase the feeling, as if trying to make a light bulb or candle flame glow brighter, until you can really feel the presence of your life energy in the finger. Then go on to do the same for the other fingers, and then the hands, arms, toes, feet, legs, torso, head, and so on, in any order you like. This is essentially like blowing on an ember and making it glow brighter, which will invigorate and stimulate the body system's natural healing process. It is announcing to the body, "I love and care for you, and will not abandon you; I am staying."

The best time to do this is just as you're feeling a possible malaise coming on, and it will often stop it in its tracks. But doing this even during the illness will help. It can be done while lying in bed at night, or while walking, riding the bus or train, or driving. It also works wonderfully to counteract any bit of weariness that starts setting in. But—if you are truly fatigued, heed the body's pleas to immediately retreat to a restful place.

Perhaps the most important thing to keep in mind, and which many of us will often forget, is that many of these practices—and especially this one—utilize earthly time in specific and cosmically wise ways. In practical terms this means that we will experience delays. But such delays are not because we have forgotten to do something just right, but because that is the way things grow after being planted in the earthly realms. Do not give up on the implanted seed because it is out of sight and not immediately bursting forth with fruit. Relaxing is the allowing, and the result is the reward.

