

# ADVENTURES IN CONSCIOUSNESS™

## Light Meditation

In order to free our mind from all darkness, doubt and despondent thoughts, we must learn to meditate upon the great Light without a shadow—Light beyond all darkness, Light of the soul—whose presence revives and redeems one from the weight of the body

God is light and in Him is no darkness at all – *St John*

All things when they are admitted are made manifest by the light; for everything that is made manifest is light. – *EPH. 5:13*

Awake thou that sleepest, and arise from the dead, and Christ shall give them LIGHT. – *EPH. 5:14*

The light which resides in the sun, in the moon, in fire and which illumines the whole world, know that light to be Mine. – *Bhagavad-Gita*

Light is the most perfect symbol of Truth. It is a force and an action meant for daily connection.

Practice this Light Meditation daily for an experiential connection to the Light. When we connect to the Light we automatically connect to our own higher consciousness. It feels peaceful, beautiful, calm, and helps everywhere we place it.

Upon finishing the full meditation place the Light in your home, family, friends, school, neighborhood, the country, the world, and in all your thoughts, deeds, words and actions, “always for the highest good.” You not only help yourself, but you help everyone and everything around you when you do this.

First say, “I call on the light to fill, surround, and protect me for the highest good.” (Guide your attention as you guide the Light to each body part.) As you begin, put your attention on your torso for a while and feel the energy, calmness and peace enter you.

**My body is full of Light.**  
**My hands are full of Light.**  
**My feet are full of Light.**  
**My head is full of Light.**  
**My senses are full of Light.**  
**My heart center is full of Light.**

Concentrate on the breast bone, one finger length down from the hollow of the throat. This is a sacred center in the body. A spark of the divine is hidden in this center. Let the power flow into it to help purify and open more and more every day.