

MODULE 1

EMBODYING YOUR LIGHT



YOU ARE LIGHT

DAY TWO

ORIGINAL BENEFICENCE

What thoughts, notions, ideas, stories or concepts would you have to shift if you were to believe, *unequivocally*, that you are Good? Like born good. and essentially as in of your very essence, good. Could you for a whole day maintain the embodied knowing that you are intrinsically good exactly as you are? Could you do it? Would you like to try? Could you also remember that everyone is also intrinsically good, just like you?

It's not that easy, is it? To keep your heart open when your teenager is impersonating a tantruming toddler or your toddler has chosen the middle of a shopping centre to unleash an epicentre of rage. It's also not easy to love the other when you've found out he's been having an affair, or she stole your money, or they manipulated you into taking over your business, or they crashed your car or killed your son.

Sometimes the effort it takes to get out of bed without being obliterated by the voices of criticism in your head is impossible. And sometimes, the hurts that Life unceasingly gives everyone of us, is too much to bear. So we/you go back to sleep, literally or otherwise. And your light, *the strange notion that we all could be intrinsically good*, grows pasty, dim or disappears.

If you relate to this, then you're in the right place. It's into this conundrum that this course is sailing. But before we can begin to look at our demons and dark places, we have to get our Light source sorted, and for that, we need context :

Forgetting that you are good is not all on you

It could be society; it could be your epigenetic trauma, it could be bad parenting, a dodgy childhood or a few thousand years of intentional oppression. But what your personal flavour of forgetting your beneficence is really about (and this is both our antidote and our problem) is that it's actually part of being human.

It's part of the contract your soul said yes to in this lifetime. You are here to REMEMBER who you are. And who you are is Love. Divine Light and Spirit incarnating as you. It's not the forgetting of your Divinity that you're here to experience, that is part and parcel of being human. Your job is to REMEMBER your Light, which is love, and of course, share it with everyone.

This is just a belief you can try or not try. If you do choose to; maybe you could also believe that *we are here to experience our own personal type of suffering or separation from Divine Love until we get bored*

of it. Then, when we do get bored, and our own personal type of suffering is no longer teaching us anything, we decide to ditch it and do whatever we can to get back to Love.

Wouldn't this make you grow soul gifts? Wouldn't this give you a sovereign load of embodied wisdom? So if you accept you are intrinsically good and finally reach the spiritual maturity to take responsibility for it, then could, just maybe, your shadow serve a greater purpose?

What could happen if you made friends with the noble friend that is your darkness? Not to give it any power, not to give it control, but to make it an ally in your dance called human existence? Maybe your shadow, the places that you have forgotten Love, are signposts that let your soul choose either an adventure in suffering (or separation) or an adventure in returning to the truth of Love that is inside you?

Whom could you be if, from this moment on, you knew every time you reacted in anger or collapsed in fear, you were simply at a crossroads to either choose more love or more fear?

Which direction would you choose?





DAY 2

MORNING PRACTICE : EMBODYING YOUR LIGHT

Start your morning practice with the Meditation you learned last night.

You are invited to start your day from the moment you become conscious, with a connection to your Soul and inner Light. You are encouraged to start your day with a prayer to God / Spirit of your own understanding, committing yourself to perceive the world, love the world and be of service in the world in a way that increases your capacity to be love and service in action. ***You are welcome to use an adaption of my prayer on the following pages if it serves you.***

Your aim is to spend time penetrating your perception of your flesh (on the surface and inside your whole body) with love and soul light. This might not be as easy as it sounds because you might find places in your body that feel dead, dull, heavy or painful. Do not worry if they are. Keep working, breathing and staying an equanimous observer. This is necessary and important work.

MID-DAY MANTRA PRACTICE :

Spend five minutes throughout your day repeating this mantra :


Holiness created me holy
Kindness created me kind
Helpfulness created me helpful
Perfection created me perfect

-- Lesson 67 ACIM

EVENING PRACTICE

Tonight in your evening practice, take 20 minutes before bed to once again consciously embody your light. Tonight see the Divine Sacred Mother pouring liquid gold down through your crown chakra, feel it penetrating every nook, chasm and cranky cranny in your body-mind. Feel this light penetrating the cold, dense forgotten feelings and memories stored in your body and feel the liquid gold, the temperature and consistency of warm olive oil picking up and removing any blocks, stuckness or density.

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7
DAY 8
DAY 9
DAY 10
DAY 11
DAY 12
DAY 13
DAY 14
DAY 15
DAY 16
DAY 17
DAY 18
DAY 19
DAY 20
DAY 21
DAY 22



MORNING PRAYER

with a little thanks to Saint Teresa of Avila

Today I will live the peace within me
Today I will trust Love that I'm exactly
where I am meant to be.

I will say yes to the infinite possibilities
of goodness discovered in mystery and
I'm going to use wisely and generously
the gifts I have received. I will pass on
the love that has been given to me.
Today I will nestle, content in knowing
I am a cherished and innocent child
of God.

I will practice over and over allowing
Love's divine presence to seep deeply
into my bones. While my soul lives the
freedom to sing, dance, praise and
give kindness to all.

Today I will celebrate the beneficence
in each and every one of us.

Today I will remember I am Good.