



## DAY 4

### MORNING PRACTICE : EMBODYING YOUR LIGHT

#### STEP ONE

Once again, start your morning practice with your Soul Light Meditation. Take your time, be vigilant and mindful and watch your reactions to how open or closed you are to embodying your Light.

**Can you approach this whole process with kindness?**

#### STEP TWO

After you have finished your meditation, click the **Servant of thy Peace** button in the Fierce Grace Sanctuary and play the song. Now stand up and move your body to the music as you repeat your Soul Light practice. Move the parts of your body that feel alive with love. Move the parts of your body that need more of your light and love.

If you know the words of St. Francis's Prayer, then sing along, consciously unblocking your throat, your will in your stomach and your heart. End your practice in gratitude and prayer for the good in yourself and our world.

### MID-DAY MANTRA PRACTICE :

Spend five minutes throughout your day analysing St. Francis prayer and contemplating the questions raised in today's notes.

***Lord, make me an instrument of Thy Peace;***

***Where there is hatred, let me sow love;***

***Where there is injury, pardon;***

***Where there is doubt, faith;***

***Where there is despair, hope;***

***Where there is darkness, light;***

***Where there is sadness, joy.***

- Prayer of St. Francis

### EVENING PRACTICE

**Tonight in your evening practice again ground yourself from the inside out in your Soul Light. Then take time to deeply answer the following :**

- *Who or what is God of my own understanding?*
- *Who or what is my inner source of Love?*
- *What Goodness do I truly believe in?*

**Then allow this faith to rise powerfully from within. Your prayer is:**

In my faith. I AM READY.

**If you have time, you are welcome to download and read The Five Steps in preparation for tomorrow. This is how we 'dance in the Shadowlands'.**

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

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DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22



# EMBODYING YOUR LIGHT

DAY 4

## YOUR SOURCE OF LIGHT

What do you believe in? Existentially, as well as in faith?

Where do you go to affirm your meaning of life? And what do you do to find and sustain it?

Today you are invited to get more precise, deeper and more steadfast in the faith that makes meaning for you.

Is it the Divine Mother, The Universe, God of a Christian or Abrahamic influence, Gaia or Mother Nature, the Ever-present Mind or your Ancestors?

Your faith is yours, and today you are invited to trust your faith's Love, Goodness and Oneness like you haven't before.

In A Course In Miracles, we learn that Love is the most authentic thing about you. It teaches that God, who is Love, created you or your soul, and the moment you separated yourself from Love, a divine bridge was created, instantly linking you back to love.

No matter what you've done, what you've seen, or what you have thought (in fact, ACIM teaches that there are no private thoughts between you and God), that bridge is there for you to step on and walk back homewards towards Love.

To dance with your shadow, you must not only know your source of Love and meaning-making, you must stand rooted in it. Your faith is like dance shoes, but your source of meaning-making or Spirituality is the dancefloor. It has to be solid. It has to be a foundation you can trust. It needs to be a platform you can lift, glide and pirouette from. How well you shadow dance will depend on this.

Today you are to get rooted in faith. Surround yourself with wisdom from Saints and Sages, Mystics and Wise World Weathered Teachers.

Dust off your prayer books and pull down the cobwebs that have shrouded your path.

Light your candles and prepare.

Root your whole self on the dancefloor of the sacred. Tomorrow we start our shadow dance there.



# MOOL MANTRA

*Prayer of St. Francis of Assisi  
Servant of thy peace - Snatam Kaur*

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## **Aad Sach, Jugaad Sach**

True in the beginning, True throughout the  
ages

## **Haibhay Sach,**

True here and now,

## **Nanak Hosee Bhay Sach**

O Nanak, God shall forever be True

## **Prayer of St Francis of Assisi:**

Lord, make me an instrument of  
Thy Peace;

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

Oh, Divine Master,

Grant that I may not so much seek

To be consoled as to console;

To be understood, as to understand;

To be loved, as to love;

For it is in giving that we receive,

It is in pardoning that we are pardoned,

It is in dying that we are born into  
eternal life.