

A Blessing of Light

As I bask in the light:

What light is meant by this? It is the spiritual light of higher ego connected to its Atmic source. Alternatively, "It is the 'Spirit of Light,' the first born of the Eternal pure Element, whose energy (or emanation) is stored in the sun, the great Life-Giver of the physical world, as the hidden Concealed Spiritual Sun is the Light and Life-Giver of the Spiritual and Psychic Realms" (SD i 481). **that illumines and empowers us all:** In deeper meditation, higher compassionate awareness, or intensely concentrated spiritual study. Also, it's the simple grateful reception of prana from the glow of the sun. **may those in need of healing and relief:** Here we take a

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short time to mentally identify the individual(s) or group(s) to confer our thoughts upon. **be blessed to receive all they need at this time:** Physically, emotionally, and spiritually. **May their days be filled with peace and harmony:** Potentially the highest good that may flow to them even if only in small measures. Healing is usually a journey and persistence in sending our healing thoughts is an important factor. **and their lives aflame uplifted in heart:** Those in need of healing are naturally open to healing as embers are to reigniting by the fanning of fresh air. By intentionally guiding our vibrational thoughts to selected others, we release arrows of healing energy to the intended marks. Never doubt that our thoughts have energetic substance

that can be remotely felt by the designated individual(s) according to the strength of the sender's vibrational connection and concentration. **with new measures of strength:** One should hold in one's mind that the blessing has already been realized. **now held in their hands:** Offering new possibilities for themselves.

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