

INNER LIGHT MEDITATION

The Inner Light is now dawning in my mind and I see clearly the reality of Life from the higher levels of Divine Light and Love. I see myself going through the days in this incarnation with the Light of Truth preceding me; showing me the way, directing me in my every thought, word and deed.

With my free will, I open my mind and heart to the Inner Light of Truth. I see Life in Its true reality from the inner eye, the all seeing eye. I look beyond appearance and I see the Divine Truth of Life. I am guided by the Inner Light that shines ahead of me showing me the way.

The Father within is my guiding star and the Light of my life. I see clearly His Light as He shines It ahead of me. Through His Divine Light I understand myself and others. Through His Light of understanding I can look beyond and through what seems to be the mistakes of myself and others. I realize that mistakes are only opportunities to learn. I can truly be grateful for the opportunities.

When I go within the inner realms of mind and spirit the Inner Light goes ahead of me showing me the way to the higher realms of Divine Love and Light. On the wings of thought, guided by the Light, my consciousness is quickly lifted and I am again home in the land of my dreams.

Through the Light of understanding I realize that the land of my dreams is much more real than the physical world I inhabit during the day.

Through the Light I understand that the darkness of fear holds mankind as a whole in the physical world in bondage. But also through the Light I see that more Light and understanding is coming on earth each day. More of us each day are able to receive an increase of Light and understanding. This gives me the courage to stand forth on the physical plane and let His Light shine through me.

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I know that as each one is brought into the Light that they, directly and indirectly, affect everyone they come in contact with. The Light spreads out and out, brightening up the dark corners of doubt and disbelief.

This vision of Light that I project into the ethers will find fertile soil and return to me multiplied.

I stand fast in the understanding of God's Truth, letting His Light build a stronger and stronger foundation of understanding that will sustain me under all circumstances.



\*If you are interested in metaphysical discussions visit Meta-Moments on YouTube



\*If you are interested in channelings by Don visit Metatations on YouTube