

The Awakening



Through daily practice, you can expand your receptivity to the entire visible spectrum, and in so doing learn to quiet your mind, increase awareness, and maximize your potential.

Light awakens and brings something that is a vibration similar or identical to something unresolved in ourselves and, homeopathically awakens it and brings it to the surface.

The whole process of using light in our lives is simple. It provides a new way or opportunity of coming into a fuller relationship with life, so that the aspects of life that we use to be “allergic to”, the things that use to “trigger us” and, creates an allergic reaction, no longer creates that because we make no meaning about them. Because our relationship with life is totally different. And in so doing we become increasingly imperturbable and, in becoming imperturbable life becomes level. And when life is level this thing that we call stress either disappears or becomes absolutely minimal.

The minimal is not a problem, it is a sign saying this is the way to go, this is the next frontier. Wherever there’s a perturbation there is no problem. This is just God’s way of pointing the finger and saying “its this direction”.

Every perturbation is giving us the message that something is in the process of healing. That is the healing equation. When we begin to really understand that life works that way we then stop changing the subject and, we stop running away, and in the process of no longer running away - we meet everything.

When we meet everything we get in the practice of meeting everything - that is called being present. Be here now!

When we have the practice under our belt, after a while, we do not get overwhelmed. Because the practice of our life has been meeting life. After we meet life constantly for a period of time we get to the place of knowing that no matter what happens we are always going to meet life, gently. There is nothing that is going to happen that’s any bigger, that is going to run us over. We are going to meet it joyfully, blissfully and with love.