

## **LIGHT MEDITATION**

Visualize the space above your head. Visualize a gold light, the size of one of my gold dollars—ABOVE your head. THIS GOLD DOLLAR LIGHT is transparent, filled with LIGHT.

Visualize this circle of light above your head. This circle of light represents ALL UNIVERSAL GOODNESS, Love and Wisdom, and also the fulfillment of your highest potential. Now, see, this circular dollar like light decreasing in size. It may be now one half inch in diameter, descending through your head, into your HEART center.

Now, it begins to expand, spreading and filling your entire body. All the solid parts of your body are dissolving and becoming light. Your organs, bones, blood vessels, skin, all become pure white light and your body becomes a body of light.

All problems and negativities have vanished. You have reached wholeness and perfection. You are joyful. Any sad thoughts you have dissolve in the light. But not only has your body become a body of white light. It has joined the light of all the apparent, disparate bodies, so that we are all now a beautiful light of God, filling this room and filling one another.

The SHECHINA is One.