

THERE IS A LIGHT

From the Bible, Luke 11:36.

“If then your whole body is full of light, with no part of it in darkness, it will be as full of light as when a lamp gives you light with its rays.” We talk about the Light, we ask for the Light to surround others. When we conduct the Healing Meditation, we say, “We will now conduct the Healing Meditation, calling in the healing forces of the Lodge. Let us surround the Guardian in Chief with the White Light, all Temple officers and members here and elsewhere who are in need of help, all those who have sent in their names for the Healing Bowl and everyone who is searching for the Light.” Are we all not in that group of people, “...searching for the Light.” Why is it necessary to search for the Light? It is not lost. This light is everywhere; even in the deepest darkest recesses we can imagine. Trust that ALL is well. Where the Light is the brightest the shadows are the darkest. Stay in the Light. When things look troublesome know you are a child of GOD. The following is advice given to me and has probably been the one greatest help given to me. I was told, “Chris, remember to put the Light around yourself. I ask, “Do you visualize the Light surrounding yourself?”

Consider the energy we use when we force ourselves to throw all our energy outward. As in putting the light around others. It is much like scattering seed in the wind. It goes everywhere uncontrolled. The real challenge for the student on the path is to control that force and make it go where we want it and have it do the most good. Not only for others but also for ourselves. As you think of the above passage from the Bible, visualize and then feel the Light as it surrounds you always and all ways

And to do the most good I quote what Gerald Jampolsky, a noted writer has said...” see the light in others and not the lamp shade.”

Chris R. Thyrring