

“There is a Light”

For much of my life this phrase ruthlessly stabbed into my world, splitting it in two. “There is a Light,” I thought “it is there, and I am here. Thus I am not where the Light is”. The implications seemed clear, I am in “darkness” and the “Light” is my goal. In trying to get to the “Light” I began by focusing on identifying darkness, hoping to use a process of elimination – when I’ve identified and escaped all the darkness, the Light would be what is left. So it went: types of people, types of places, types of situations, types of activities to walk away from. And the more I looked the more I found darkness everywhere. Meaning, I looked for darkness, and accordingly darkness is all I saw. The world seemed so corrupt, the ideals of the country that I lived in such a lie, the people that surrounded me so immoral. I spent years criticizing and demanding change from the world. Constantly comparing the levels of darkness in those around me to judge and condemn them as lost, as none seekers. I gave these people up for “bad” and pushed them out of my life (for fear that they would drag me down deeper into the “darkness” I was trying to escape). Last year I met a man who showed me a different way. He never pushed the “bad” people away; contrarily he invited them in, brought them closer. He refused to acknowledge anything but Light in any person or situation. This inspired me, and I took my time in Europe to begin practicing this new approach. Having little to no money and depending entirely on the kindness of strangers from all walks of life for five full months, it was only the practice of seeing Light in everyone that kept me safe even when in contact with some of the least pleasant and safe personalities. I gradually realized how in the past simply by looking for darkness, I was the source of all the darkness in my life. This led to a shift in approach to living. The Light is everywhere! Everything in the universe, animate or inanimate holds the potential of becoming the source of this light, like a light bulb. If some being or situation seems dark, it’s your fault for not turning them on. You are the Light! Be it. It is everywhere and in everyone! See it. Your heart is the socket, get plugged in and ... Shine it!

—Yuliya Moiseyeva