

Light up the World

Focusing your attention on the everyday gifts that nature gives can help you cultivate reverence for the earth.
By Nischala Joy Devi

Sit quietly as you take in a few deep inhalations and then let them out very slowly.

Allow the breath to return to normal; observe it as it slowly flows in and out.

Bring your awareness to the light in your heart, where the divine spirit resides.

With each inhalation, observe the light in the heart brighten.

On the exhalation, allow that light to flow out to the earth as love.

Allow the light to expand until it becomes the size of the heart... the whole body... and then let it fill the entire room.

As you inhale, the light brightens; on the exhalation, light flows to the world as love.

Allow the light to expand beyond the room and embrace each flower, tree, plant, and animal.

Let your love fill the streams, lakes, rivers, and oceans, until it merges with the very core of our Mother Earth.

Absorbing this love offering, she makes this healing energy available to all, soothing the entire world.

Now slowly and gently begin to bring your awareness back to your own heart.

From now on, with every heartbeat, light and love are sent out as a wish of peace for all.

