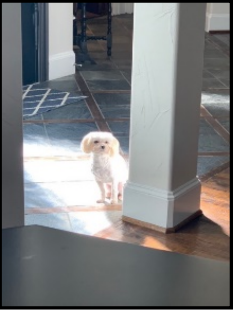


## HOPEFUL HEALING THOUGHTS

### 02. Standing in the Light



See this sweet picture of my grand dog, Maddie, who is afraid of everything... everything?!

Tonight we are going to use this picture as a symbol. As you can see, she is standing in the Light and looking into the darkness. Let's practice standing in the Light!

We are going to train our mental muscles for improving concentration and focus. The following days exercises are mini workouts and to strengthen the mental muscles, just like any muscle, requires time, practice, and consistency.

I know you have done this before; put that aside because we are working with a different frequency now. What you have done before is in the past.

Visualize yourself standing in a cylinder of Light, whatever color that comes to you is what you need at this time. Now, "feel" the Light. Be still and feel. Notice the texture of the Light, the air surrounding you, your breathing, your skin. Bath in it for a while. Take a few deep breaths to anchor the Light inside you and around you.

Extend the Light that surrounds you, out to cover the Earth, offering healing to all, be with that vision for a while .....and then bring the Light back to you. Deep breaths again. Anchor it in your body with knowing that this is you. This is you. You are the Light. You are the miracle. You are the healer. And you are humbled with that.

Please do this several times a day. Eventually it will become second nature to you because that muscle memory will come back to you. You have forgotten who you are, and you have forgotten what you came here to do. Time to step up.... yes, that means you! And you and you...

Please forgive any typos, incorrect spelling, or incorrect use of grammar. This just comes to me; I don't edit it and I type as fast as I can. It's the energy not the words that matter. It is what it is.

Have a wonderful, Light filled evening. Wake up feeling the Light within you!

Thank you, Maddie, for being such a great symbol!

Deborah