

Hopeful Healing Thoughts

14. Being the Change

Hello Beautiful People!

On a personal note, when I meet people the first thing I experience and see is their Light, (their authentic self) and then other layers of Light energy/ vibration and then the physical body. It is my privilege to have that experience. Everyone's Light is beautiful, distinctive, unique. And thus, hello beautiful people!

The present can be challenging, uncomfortable, and tedious but life unfolds as it will, and the universe will wait as we make our way into the unknown. Some of us are just trying to keep our heads above water. Some of us are envisioning new career paths, building a family, developing the self or maybe all of them. Let's see if, for a few moments, we can take a quiet non-judgmental look at ourselves.

Enjoying and fully experiencing the journey of life is as important as achieving goals and reaching milestones. There are lessons we can learn during these moments that seem immaterial or insignificant that we cannot learn at any other time. This is our time in history to learn these lessons. Knowing and appreciating the lessons takes patience and awareness.

As humans we tend to focus on the fulfillment of expectations rather than the simple joy of being. Some of you will smile here, shake your head yes and know what I am saying. Many of you will say... heard this all before ... let's get on with it! It's you, yes you, that I am talking too!

Consider this, that awareness of the self can only grow when you are comfortable looking closely at all the elements of your personality and your life. Oh yes! We will not always like or enjoy what we see but these revelations are a part of us. And a part of what is happening in our world today. We, each of us, is a part of the problem... and we can choose to recognize, embrace, appreciate, and accept those parts of us... and then let it go... ground it in Mother Earth who will take it, transform it, and send it back out into the universe as creative energy.

And then, we become a part of the solution. And we need a solution. Simply put, darkness begets darkness, Light attracts Light. There is an abundance of darkness that needs to be negated. It will not happen with wishful thinking. Or thinking that someone else will solve the issues we all face here. It will happen because we create it to be so.

You don't have to have all the answers. You can explore your thoughts and feelings and think about your dreams for the future; and while you are doing that also embrace the process of personal discovery and savor each step of the journey.

We together, and you individually, are powerful beings. What we have created, (and make no mistake, we have created it,) we can recreate. Step up, step out the shadows, do your part, be the Beautiful Light that you are, share your heart Light with the Universe. You are requested and you are required! Yes, that means you who are busy, you who are depressed, you who are ill, all of you!

All of us!

It seems that short meditative thoughts work well with many people so we will continue with a few of those.

In the above message it is talked about letting go of those things inside of us that are basically of our ego energy that we have gathered in our earth time... we all have things to release, some of them we want to avoid thinking about, perhaps they are too painful, or others we just don't want to face. Those are the very things to let out of our body, so they don't create disease and at this point in our human existence are creating a massive amount of darkness/negative flow. These are your private thoughts and experiences. These are the thoughts you beat yourself up with or hold other people captive (unforgiving) in your mind... which holds you captive.

Get in a quiet place, take some deep breathes, and allow your mind to relax and bring to your awareness thoughts you need to release from your body and mind. Think about the bottom of your feet connecting with the earth and ask that the energy of that thought, or experience to leave you and the magnetic energy of the earth will take it from you. Breathe and let the light moving from crown through your body, cleansing you and moving into the earth.

It's a simple but powerful exercise and can be done in a moment or you can take longer with a deeper meditation. If possible, you will feel it more with bare feet on the ground! Always thank and bless the earth for the help that it has given you.


Another meditative exercise you can use is clearing your heart. It can again be done in a moment, throughout the day, or a longer meditation.

Drop your attention down into your heart center.... the area between and just behind your breastbone. Some of you will see colors in your mind's eye, some will feel a fluttering feeling or lightness or something unique to you. Just relax, breathe, be aware ...it's all about intention.

The purpose here is to allow more and more of your heart light to shine from you. It happens momentarily when you are joyful, happy, or contented. It happens permanently and grows as you let go of heaviness in your heart. Those things we have discussed above, refer back if you are unsure.

Sit in meditation with the intent of sharing more love to others and the universe. You might want to start by picking someone to shed light on. Just by thinking of them with caring and kindness will begin the flow.

Again, you can use this in a moment, throughout the day, or take it into a deeper meditation. We will be working with this one again and again!

Thank you each for your contribution to the Earth and Universe. Remember to accept the Love that is around you 

Deborah