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During this time of immense change it is quite handy to have a daily practice that puts life in perspective. It is said that we live 100,000 years per year during this day and age. No wonder that time seems to be going too fast, or not move at all. The only thing to do is to slow down, be in the here and now, and take baby steps. The "unbearable lightness of being" (a book you don't have to read, but the title is priceless) is called for. Overwhelm lurks in the shadows. Cleaning your thought patterns and energy on a daily basis is just as important as washing your skin, doing the dishes, and brushing your teeth. Or else you become quite smelly.

The Light Meditation is a welcome attribute to anchoring and centering your energy. When you connect with the core of mother earth also connect with the core of the galaxy, even though you don't know what that looks like. All of us are becoming aware of being global citizens and part of a galactic, universal community. Write this addendum in the printout you have of the Light Meditation (in the attachment we have added the connection to the galactic core).

Old belief systems, fear pictures, resentments, pains, worries and too many things to do are garbage that clutters up our environment as hazardously as nuclear waste. What belongs to you cannot be given or taken away, so a de-cluttering daily practice without the fear that you let go of something you need is appropriate. When you do this daily, follow up on your "hunches" and be willing to receive. It is amazing how chaotically balanced life falls apart together. This then means that you are in the "flow" – miracles happen and synchronicity becomes a major support system.

Daily practice:

Before you do your meditation

1) Write down what you are thankful for.

2) De-cluttering

Needed: a bowl with many little stones (gravel or such)

Sit down quietly with the bowl of stones next to you. For every worry, pain, thought, thing to do, question, fear, person or situation you are concerned about, take a stone out of the bowl and ask the powers of love and light (or the angels) to take care of it. Put the stones one by one on the floor or table, and one by one let go of the issue. Do not judge the importance of your issue. It may be having to clean the toilet bowl, pay a bill, finding a present for somebody or the state of the world. Build a circle out of the stones. Having 30 “worries” is not exceptional. You may burn a candle in the middle. Or just scoop the stones up when you are done. Say the Light Prayer out loud.

The Light Prayer

May all good things flower
I release all of my past to the Light
I release all of my future to the Light
I release all of my present to the Light
I release all time to the Light
I release all of my negatives to the Light
I release all of my fears to the Light
I release all of my angers to the Light
I release all of my relationships to the Light
I release all of my opinions of others to the Light
I release all of my opinions about money to the Light
I release all of my opinions about sex to the Light
I release all of my opinions about food to the Light
I release all of my opinions about work to the Light
I release all of my expectations to the Light
I release all of my judgments to the Light
I release all of my communications to the Light
I release all of my whole being to the Light
I am in a bubble of Love and Light
Only Love and Light can come to me
Only Love and Light can be here
Only Love and Light can go from me
And, now, as I go throughout the day, the days and nights ahead..
I and the Creator/Creatress are One
I create Love and Light in everything and in everyone on all planes
of existence and in all dimensions, throughout all creation

I am always in the right place at the right time doing and saying the right things

Thank you Father/Mother God that this is so

May the words that leave my mouth be true

May the thoughts that leave my heart be pure and true

From the Mother/Father God of my Being and the Mother/Father

God of the Universe and the Mother/Father God of all Worlds

May I be for the benefit of All Beings of All Worlds

So be it..

So it is..

Amen

Please rewrite The Light Prayer according to your needs, and according to your religious/spiritual insights.

Suggestions for daily practice:

Go over all your worries, concerns, and fears; let them go for the moment. Then say The Light Prayer out loud.

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