

SOUL LIGHT - Two

YOUR MANTRA IS YOUR MESSAGE TO THE WORLD

I recently sent out a mantra which many of you have been using to wonderful effect.

It has become, for some of you, your message to the world.

I encourage you all to adopt it.

I AM LOVE

AND LOVE IS ALL I NEED TO GIVE

TO ALL I MEET

AND ALL I DO

One person wrote: "For me this mantra brings me back to me – I am finding that when I do "step out or aside" of me, this mantra comes to my brain and as I breathe into it, I am centred again. Magnificent".

Another said "First I realized how often I still have to remind me of the truth that I am love and when my 19 year son pushed a button, I fell out of love quite quickly for a moment. A great reminder of how much more there is to love!".

And a third: "Imagine my surprise at this realization - as I thought for some time I had indeed let go and let God only to realise my very need to take full control of my life has created the opposite and I was not allowing God fully in. Just a little bit".

This mantra –alone - is able to fulfill a person for a lifetime.

However, should you wish to have another (and have used the first daily for at least two months) I suggest using the following every second morning.

Take careful note of the emphasis in the wording – from the first word in the first statement to the second in the second, etc...

Allow ample space between each of the three statements – don't rush them!

Let each of them flow across your thoughts and through your being like a great wine being tasted and held on the tongue....

Fully digest and acknowledge each statement before moving onto the next.

Allow yourself the luxury of 10 minutes first thing each morning in your special, sacred space for this enrichment.

I AM SPIRIT

AND ONLY MY SPIRIT IS REAL

I AM SPIRIT

AND MY SPIRIT IS JOYOUS LOVE

I AM SPIRIT

NOTHING ELSE.... NOTHING LESS.

To gain the most through using these mantras, create them into beautiful, easily legible posters: frame them and place them in your bedroom and lounge-room so you

can see them regularly in an appropriately loving and uplifting environment.
This will constantly remind you of who you are.

One day, through diligence and focused awareness, there will be no need of any reminder.

You will have become the beauty of their message to the world!

Love and Blessings,

Les