



# Sacred Love Light

So many people have asked me to give them the instructions for the special healing auric protection that I use every day. As I have explained it is an Hawaiian Huna technique and is similar to the White light, except that it's protection comes from it's healing and harmonious vibration. White light can be too much like a barrier especially when used with fear and often has a reflective quality that bounces negativity back into the world. White light protection is best used as a bandaid or first aid measure, whereas every day protection can be the Love Light, even when filled with the colour white, it works in a more intentional way to create harmony and peace, within and without - the intent of the Love Light is to heal and harmonise.

Charging your Love Light is a little like programming a computer, you put all the intentions you need to into your Love Light. I have a number of things I 'program' into my Love Light and I have been using it for so long many of those are now automagically programmed in and I don't have to charge them daily any more.

## Basic Love Light Intentional Programming

First – drawing on the power within you, use your own mind to imagine yourself surrounded by and filled with the 'Love Light'. We call this 'turning on the light". Imagine this in anyway that is appropriate for you, it can be a visualisation, it can be just the belief that it is there, you could feel it surrounding you, whatever works for you. My own 'Lovelight' is usually filled with colours, sounds, symbols, patterns, music and soft or tingly sensations, depending on the effect I want. It also gets stronger with constant use. As you turn on the light you also 'charge the light' by generating a positive emotion. A simple appreciation of something beautiful will do this, or you could go for a stronger emotion.

The first assumption is that the 'Love Light' exists, the second is that it will extend outward or beam toward any areas of your focus. The third assumption is that it will follow your instruction. Here are some suggestions:

1. Start each day by turning on the 'Love Light' and extending it throughout your immediate environment. Speak to the 'Love Light" (everything is alive and responsive) and give it instructions, mentally or aloud, "Harmonise this space."
2. Use the 'Love Light' throughout the day with different people, places and situation in the same way as above.
3. Whenever you experience physical or emotional distress, recharge the Love Light and say, "Harmonise the energies around me."

- Remember to put anything into your Love Light that has meaning for you, you can have butterflies, a special tune, feelings, colours, stars, rainbows, crystals, basically anything that you want, just imagine it there and it is there.

The Love Light is unique as it is used as a filter and it allows all energy to be absorbed into it; negative energy is not reflected back out into the world, it is healed and transmuted into something positive, in the same way that every seemingly negative situation has a positive lesson and then this newly positively charged Love energy is allowed back into the world, where now it can now help to heal the energies in that area.

You can change the colour of your Love Light to suit your day too. So each time it is unique, I have my favourite recipe that I can now turn on instantly, but if I am teaching that day, or have plans of any other kind, I take a moment to think about any changes I wish to make to my Love Light and then change it to suit.

For instance:

Colour	Word	
White	<i>'Enlighten'</i>	- used in healing to help increase self knowledge and connection with the higher self, also when no other colour seems appropriate.
Red/Pink	<i>'Clear'</i>	- used to help remove mental and physical tension and limitations; good for increasing group rapport.
Yellow	<i>'Centre'</i>	- helps to relieve worry, resentment and guilt, helps to remove procrastination, increase persistence and stimulate enjoyment of the present moment.
Green	<i>'Bless'</i>	- helps to increase self-esteem, appreciation, friendship, love and has connection to the heart Chakra. Great when your healing others, as most dis-ease is as a result of these emotions.
Blue	<i>'Empower'</i>	- helps to increase spiritual and physical strength, self-confidence and inner authority.
Violet	<i>'Assist'</i>	- helps to establish spiritual and physical harmony, attunement with purpose and prosperity, alignment with others for common goals.

A rainbow can be used as an alternative to white and black and grey can be used if necessary to neutralise excessive negativity of any kind. I prefer to program into my Love Light the knowing, trust and intent that whatever colours, music, symbols etc., I have used the intention that my Love Light is able to deal with whatever comes my way and then forget it. When you get used to creating and playing with your Love Light you can change and charge it secretly at any time in a second. Remember thinking a thing is only in your

head, believing a thing requires faith and trust, but knowing a thing is complete and whole.  
**Know your Love Light is all the things you want it to be and it will be.**

Some of the intentions I program into my Love Light are unique to me, however many people over the years have expressed an interest in knowing more about my personal intentional Love Light programming as a way to get their own ideas. I can tell you it is really all about what you feel you need as a way of protecting yourself from your daily stresses, adding in intentions like peace to all you meet, healing etc.. Love is the basic premise of the Love Light, and I like to program in the intention that 20% of that love is felt and absorbed by me at all times and 80% automatically goes back out into the world.

Love Light is a form of Tong Len an ancient Buddhist practice of absorbing the negative energies into yourself and sending them back out into the world cleansed and positively charged. Something my friend Samyo calls 'Hoovering' as we both do it regularly as our gift to the planet. My Love Light also does this automatically for me in every place I go, because I take it with me wherever I go.

#### **Some of my Love Light automated intentional programs:**

- All energy is transmuted into Love 20% for me and 80% out into the world around me
- That I am in a state of connection to all around me; more especially to the universal wisdom so that I can allow that to channel through me in all situations
- That all beings are moved into a state of grace when near me (this works well if you are inclined to attract wandering and lost spirits as they when they come near you they are enveloped in love and immediately see the light and most will choose to pass over – it also distracts negatives often sending them into the light or just keeping them well back and so is the perfect protective halo)
- That everything I need for that day will be within reach (this means that even when unexpected things happen throughout my day, I have already pre-empted those events with this intention e.g. my car breaks down – I will find a passerby will stop who has what I need, a phone will be within reach to call for help...

Your energy is at all times (no matter what you have been taught before) in your control, you are in control of your energy and no-one and no-thing can change that unless you give some kind of permission. Your Love Light will need to be charged consciously and with intention every morning for at least a year before you can truly say it is an automated process. It may take you less time and it may take you more, but this is such a lovely process that doing it daily is not a chore it is a peaceful and beautiful time of self healing. Even once you know it is automatic you will find you still sit and charge it intentionally for different reasons, or just because it is a gift to yourself.

So take control in the most beautiful way you can, by programming and charging your Love Light regularly.

BTW: Children take to this process like ducks to water, many people pray with their children at night, I took them through a simpler guided meditation 'bedtime story' version of this magical process and they always felt protected from the 'gremlins.' 😊

## Lovelight Induction

Get comfortable, breath in through nose and out on a sigh "Aaaaaahhhhhhhh..... do this gently three times in a row.

Get in touch with your body, and your energies feel where you are now, right now as you sit here waiting in your calm space. Notice for now... if there are any areas of tension either in your body or in your energy.... Take a breath in through your nose and breathe out through your mouth as if you were blowing out a candle, very slowly. Your lips should be rounded and your breath slow. Know that as you do this, any and all tension is leaving you, and you can feel yourself slipping more deeply into relaxation. It's just like letting go really.

And now find your heart, that source of infinite love, your heart is like a deep, deep well, from which springs **unlimited compassion, limitless kindness, infinite unconditional love.** Get in touch with that love now, knowing that as you do that your heart can heal anything as it is always in touch with the infinite source, it is an infinite source of love. If it helps to remember a time when you felt that kind of love, do it now! I know that you know how it feels to love, now... then.... Feel your heart fill with infinite unconditional love ..... fill to overflowing... and as your heart overflows with love it cascades right throughout your body, filling every cell, until every cell is radiating with infinite unconditional love.... Now.. then... wasn't it amazing as you felt the power of that unconditional love throughout every cell. Every cell in your body seemed to vibrate with the knowledge that you can heal anything with pure love. That's right! Experience your entire cellular body filled to the brim with infinite pure love..... now, right now. Knowing that anything that enters this space, this space of pure love will instantly be transmuted into positive healing love to go back out into the world.

Feel it overflowing out into the space around you, so that your body seems to extend outward by at least 2 feet, in all directions, even below you.... Because we all know that love is limitless, it can go anywhere. Pure infinite unconditional love can slip between the cracks in the universe, fit into the space between the electrons that make up the entire universe. Wow, what a feeling!

Now..... then..... I want you to imagine or experience in any way that is appropriate for you that this love light has a colour, a colour that can be changed any time you feel you need to. But give it the colour it needs to be now, today ... then ...say this colour out loud. You can

even whisper it if you want to.... Now you have the foundation of your love light, you can now decorate it any way you would like. Now.... I don't know what symbols will be right for you today..... Will you have beautifully coloured butterflies, or gentle bluebirds, or even pretty pink hearts? What about rainbows and stars or fairies, this is your love light you can bring in anything that feels right for you..... you know exactly what you need today..... now.... What helps you feel creative..... loving..... even..... magickal.....

Now what about sound, will there be the sound of a water fall, or a special piece of music that has meaning for you .... Or a babbling brook..... or perhaps the sound of laughter, you know what sound will compliment your love light today, you already knew yesterday .....(laugh) what about a feeling, is there another feeling you could ask your love light to bring in, sometimes it is great to have more than one, love covers all, yet at times we might need a little strength, or wisdom to teach or explain.... Or fun .... Or peace... you can bring any feeling in at all to compliment your needs..... this is your love light you can bring in anything that feels right for you..... you know exactly what you need.... What helps you feel creative..... loving.....strong... flexible..... even..... magickal.....

This is your love light and you can now know with absolute certainty that at any time, every time you are surrounded by infinite .....pure..... love..... which is the most powerful force in the universe. With this loving shield around you, you can walk into any situation, talk to any person knowing that any and all negative emotions and energy will be instantly transformed into infinite..... Positive ..... healing..... love. Some of which comes to you, to energise you and some of which goes back out into the world around you, changing it, healing it.

And I don't know when it will be that you begin to feel or to experience the difference you will feel now that you have consciously created your love light, ..... and I don't know in what way you will feel or experience it.... It may come into your awareness as a feeling of peace... or it may be a tingling... or even a feeling of letting go, yet being in control..... But I do know that you will. It could be now.... Or it could be later..... perhaps the feeling or experience will catch you unawares... at times... just to remind you of what you already know.... But I do know... that it will....

Remember this is your love light and you can ask it to meet your needs at any time..... if you are ever feeling a lack of harmony, or confronted or anything that feels uncomfortable, you know that you can recharge your love light as easily as saying the words "harmonise now" in your head. No-one has to know at all. And as you do..... you can feel the feeling you have now..... this is a state of being and feeling and this means that you can access it any time you want to. You are now a walking, talking, emissary of love and healing wherever you go.

You always were, now you know it..... then and now. Didn't you... laughter.

Now taking a breath in, through your nose and out through your mouth making a breath sound and another as you allow your consciousness back in to the now, back into the room, being here now. And opening your eyes.

There it is, your Love Light is now charged and programmed ready for your day. Doesn't that feel wonderful and magical?

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I hope you truly feel blessed by this process and begin it today, the more love we can send out into the world the better and each one of us must do our part to heal our little part of the universe. We are all responsible for creating a loving, peaceful world and using the Love Light daily is one of the most responsible things we can do. It means we take peace, harmony and love with us wherever we go and that is a very beautiful place to live.

**\*\* An MP3 of this process will be available on my website soon. If you would like to be given a link to this MP3 for free, please make sure I have your name and email address in my system as it will not be available, free anywhere else.**