

Divine Light

Soften in the heart.

Pause for a moment after every sentence, and read slowly.
You may repeat any of these paragraphs more than once if desired.

Divine Light is pouring into me now. Divine Light is filling my energy field on every level. Divine Light is increasing within me now. I am receiving more and more Divine Light, moment by moment. Divine Light is healing every limitation within my energy system and opening me to Wholeness now.

Pause and continue reading slowly.

Divine Light is releasing all discord within my system now and opening me to more Divine Light. Divine Light is flooding my energy system now. I accept Divine Light within me now. I know that Divine Light is increasing its presence within my system and illuminating my entire energy field. The most rare, delicate quality of light in creation is opening in my energy system and lifting my energy field into resonance with sacred light vibration.

Divine Light is healing me now. This Sacred Light is lifting, opening, cleansing and healing my entire system, and allowing the presence of Light to increase within me now. Divine Light is filling every organ, tissue, cell, atom, and particle of my body. Divine Light continues filling me and healing my entire energy field. I am inundated, saturated, permeated and penetrated with Divine Light.

Pause and continue to read slowly.

Divine Light is emerging from Source and overflowing on every level of my energy field, nourishing my system with more Divine Light. I am receiving wave after wave of Light. I am filled with Light. More Divine Light is awakening in my entire system and releasing all that is not whole.

The Wholeness of Divine Light fills me now. All energies of limitation and lack are dissolving as Divine Light vibrates throughout my energy field. I am held in Divine Light. I am bathed in Divine Light. I am healed in Divine Light. I am lifted, opened, cleansed and freed in Divine Light.

Thank you Divine Mother, and so it is.