

The power of light

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Light is a very real force. Darkness is not. Even that which seems to be darkness is shared or extended through light. This is important for you to remember, not as a trigger for guilt, but as a matter of realization. Only light is real, so only light is in affect at any time. This is your power. This is your strength. This is how you will find your freedom. You will discover your freedom right where it already is, in the power and strength of light.

Darkness is only light transmuted through a filter. It is nothing more than this. In this way, it is still light. It may seem that this knowledge isn't helpful, but that is only true when this knowledge is viewed through the filter that isn't light. Without the filter, the answer shines as light and it is *this* light that shines brighter than the attraction to the filter.

Begin to see all darkness as light. Notice the strength of darkness and realize this is the power of light. Hold to this idea as the grip of darkness seems to grow stronger and stronger on your mind. Remember that the true strength of this grip is the strength of light.

As you focus on the darkness as light, you begin to realize the force of your own power. You begin to feel the reality of your own strength. As you come to know yourself as strength and power, you begin to see yourself as you truly are. This is important, because then you are not seeing yourself as victim. Seeing yourself as victim is a lie and it is this lie that keeps you feeling trapped. You must unlearn this lie by looking directly at what you are, acknowledging your strength in realization and gratitude and honesty. See the darkness as light and see clearly who you are.

The filter that transmutes the light to darkness is carefully constructed to hide the light, but hiding light is not stopping it. Hiding comes from the disguise. Light cannot be stopped. As you see the light...the force and strength of the light even as it is disguised as darkness...you begin to shift the focus of your mind. Shifting the focus from the filter and disguises of the filter to the strength and power of the light is the exact shift that undoes the filter. For believing that the light is darkness is the primary component that makes up the falseness of the filter. By undoing the primary component through focus, the idea of the filter must collapse.

Here is how you undo the filter through focus. It is simple, but it must be accomplished through you. It is your decision to see that leads you to put away the filter and step clearly into the light as the only way to see.

Here is how:

Notice the current idea of darkness in the mind. Notice the intensity of the idea. Notice how it colors your vision, blocks your love and creates pain that you can hardly bear. Notice every aspect of its strength and shift your focus from the idea, from the thought, from the judgment to the strength. Look only at the strength and power that grips your mind now, and realize this is the strength and power of light. This, which you are feeling right now, is the complete undeniable strength of light transmuted through a filter of darkness. Feel yourself shift from the voices of the filter to full focus on the power of the light. Dive into the power by feeling with appreciation the absolute strength of what it is. Let go of everything but the realization of the power and know this power is light.

As you practice appreciating the power, your shift of focus will grow strong. You will use what seem to be attacks by the dark to realize only the strength and power of light. As you realize this strength, it will strengthen you. Your awareness of the power as light will expand in the mind. As it expands, any idea that the power is not you will die, for you will become the power and the strength. As the power and strength becomes in you and you become within the power and strength, the light shall become as an extension to your own arm. When you feel this extension, you will use it to extend the light to your whole body, to your heart and to your mind. As strength and power is seen as only light, only light shall be seen.

Strength and power remains as light and light is all there is to be seen, experienced and known. This is your freedom. This is your truth. This is what is happening in you now. You need only choose to see it to see that it is true. You are saved through seeing the beauty of that which you are.