

Strengthening Your Energy With Light

Take a few slow deep breaths. Breathing in and out through your nose. Follow the breath, with your attention, as it moves up and down your body. Notice as your breath fills your belly, your chest and then your upper chest. Bring your palms together up into the prayer position, in front of your heart. We begin the process of strengthening your energy with Light.

Connect your attention to your heart energy

When we place our palms together, we are creating a continuous flow of energy through the body, where the energy from each hand goes into the other. This energy then moves through the arms and circulates around in the body. When we bring our palms together, it initiates a blessing of energy flowing through our bodies. We are blessing and re-charging ourselves with our own energy flows. By bringing our hands together in front of our heart center, we connect that flow of energy to our heart's flow of energy.

Tapping into our personal energy generator: the heart

Our heart has an amazing flow of energy that amplifies of its own accord. This energized heart flow of energy continuously pulses out into the world, all around us. It's connected to our core source of pure Love and Light, which is amplified through us and beyond us. Bringing our hands up into the heart energy directs even more pure Love energy to flow through our hands into our body. This circulates our heart energy deeper into our physical body. We open, open, open, even more, to receive this pure Love and Light energy. Opening our cells, tissues and organs, opening every molecule to receive even more Love and Light. Choosing to receive pure Love and Light self-healing energy now.

Bringing the energy of self-healing Light into our nervous system

Now imagine that this healing Light is wrapping around all of your nerves. Your nerves are being coated with soothing, calming Light. All your nerves are being coated with Light right now. As a result, we imagine opening our nervous system to receive this soothing energy.

Imagining Light throughout your nervous system has the potential to calm and relax this entire system. We begin to feel our body release tension and relax deeper and deeper.

Imagining Light in our body, brings Light into our body

Our nerves extend throughout the entire body. Some individual nerves run the entire length of the body. Every aspect of our physical tissue has nerves running through it. So, when we imagine surrounding our nerves, our entire nervous system with Light, essentially our entire body is filling with Light. We can deepen this experience with our imagination. We imagine being able to breathe Light through our nerves, in and out and all around our nerves. Just by intending this to happen, causes it to occur. Our intention creates our reality ([Wayne Dyer](#)). Notice how you feel as you do this. Notice if you are relaxing deeper and deeper. Allow yourself to rest and sink into this possibility, this exercise.

Holding specific nerves in the Light

Now focus on bringing even more Light into one of the most important nerves in the body.

“The [vagus nerve](#) is involved in nearly every physiological action in the human body and harnessing its power can have an immediate and dramatic impact on your well-being.”

For this exercise, it's not essential to know where this nerve is located in the body. Our intention to bring light into the vagus nerve is what is important. Our body knows where the vagus nerve is, even if we don't consciously know. By focusing on bringing even more Light into the vagus nerve, we are creating the opportunity for even more relaxation to occur. As the body, mind and spirit relaxes, self-healing prevails. Imagine continuously breathing more and more light into and around the vagus nerve. Continue breathing Light into your vagus nerve while you read or listen to the following.

Wondering what limits your self-healing abilities?

You may be unconsciously limited in these abilities by an over-stimulated vagus nerve. One contributing factor to this over stimulation may be due to your inability to keep your personal energy field in balance. Ideally, our energy field extends to the length of our outstretched arms. When your energy field extends beyond this, it indicates that you are overextended. As a result, we may [feel stretched too thin](#), anxious and worried all the time. The commonly, over-stimulated vagus nerve may keep your nervous system excited and stuck in hypervigilant mode, i.e., on the alert for danger.

It's a bit of a vicious cycle, our worry and anxiousness about relationships and life, overextends our energy, stresses out our vagus nerve, and causes yet even more worry and anxiety.

Bring your scattered energy back

The next step in calming the whole system involves bringing your energy back. By visualizing your overextended energy field, you begin to recognize the imbalance. Begin bringing your energy back within your field by stretching your hands and arms outward, with the intention of grabbing your energy from afar. Imagine, as you do this, that you are able to grab and pull your energy back within your healthy energy field. Repeatedly reach out a couple more times and bring your energy back to yourself. Then place your hands on your body, above and below your heart. Know that your energy will continue returning to you, until it is complete.

Draw back all your Light-filled energy

Repeat with your inner voice, "I draw all my Light-filled energy back, into my body, mind and spirit." Imagine that happening as you breathe, in and out. Repeat 3 times. "I draw all my Light-filled energy back, into my body, mind and spirit." "I draw all my Light-filled energy back, into my body, mind and spirit."

Imagine the field of energy around you becoming denser and more filled with Light. Your energy field is glowing with Light, golden white Light, with a clear strong boundary at the edge.

Bring your focus back to you and doing what's best for you in any given moment. Rest within your contained field of energy, your restored boundaries, your restored sense of peace and safety.

Notice how you feel, relaxed? Calm? Peaceful? Allow yourself to rest in this energy, to truly experience how it feels.

Work with maintaining your field of balance

For a moment, lightly dwell on something that you've been concerned about. Just float it into your awareness for a second and notice what happens to your field of energy. Notice if it disrupts your sense of peace and calm. Now, let it go and breathe more Light into your field. Intentionally draw your energy back into your field again. Call all manner of pure Love and Light to bless you. Just by thinking this, makes it happen. Feel and imagine your boundaries opening to receive this Light into

every cell of your body. Notice how that feels. Notice If you're able to come back to that place of peace and calm.

Send Light to your relationships, your issues

Whatever aberrant thought you just focused on in that last exercise, imagine asking the Divine to surround this person, this issue or this place with pure Love and Light. "I am grateful for the Divine presence to surround this with pure Love and Light." Repeating this three times, with your inner voice; "I am grateful for the Divine presence to surround this with pure Love and Light." "I am grateful for the Divine presence to surround this with pure Love and Light."

Again, checking in with how you feel after doing that. Are you still connected to the peace and calm? Did you lose track of it in that process? If so, were you able to bring back the peace and calm by focusing on it again?

The more we focus on bringing our energy back and keeping it full of Love and Light, the better we get at maintaining peace and calm in our life.

Gratitude

We give gratitude for all the beings of Light who have aided and assisted us in this process. We are grateful for deeper learnings about pure Love and Light in this mystery called life. We are grateful for the presence of all the rays of Light.

Namaste, Amen