Becoming
Masters of Light
Becoming Masters of Light
Co-Creating the New Age of Enlightenment

Darrin William Owens
This book is dedicated to Helen.
Thank you for always reminding me of my invincible spirit.
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Acknowledgments

I give all my love and thanks to my soul sister, Jennie Taylor Martin, and the A.R.E. for making a dream come true. To the wonderfully gifted Mary Warren Pinnell for her editing magic and new friendship.

To my family: Carol, Helen, Karen, and Scott. Thank you for the support and the love.

To Carol Pate: Thank you for helping me discover my destiny and for teaching me truth from the very beginning. Your wisdom continues to inspire me.

To H.A.L.: Thank you for your presence and insight, my spirit brother.

Deepest thanks and love to my spirit directors, Master Ron Roth and Her Divine Majesty, Gloriana; you fill my heart and soul with pure wisdom.
Introduction: The Reluctant Psychic, No More

Since the publication in 2006 of my book, Reader of Hearts: The Life and Teachings of a Reluctant Psychic, my life began to take on many forms. I became a published author, a renowned lecturer and spiritual teacher, as well as a celebrity, to some degree. I accepted the majority of the roles I needed to step into, but fame did not sit well with me at all. How could a spiritual teacher be a celebrity? At book signings, I met people from all over the country who had read my book and were literally changed by what they had read in its pages. Helping people was my intent. What was not my intention was the “guru” façade that I felt was manifesting itself at every public appearance I made.

People wanted their pictures taken with me, my autograph, and just to be near me. My concern was that they were seeing me as the source of the message and not just the messenger. I was not the Divine; I was merely delivering the Divine’s message. I had a taste of what a true mystic like Edgar Cayce must have experienced in his time—to be not only a deliverer of blessings
but also to be looked upon as the blessing itself. I had worked with many “famous” psychics and spiritual teachers during this period and was hoping to find someone with the same challenge I was experiencing. Instead, I found a “Spiritual Hollywood” type of atmosphere. Colleagues who had been my friends prior to my writing the Reader of Hearts book were no longer my friends once I became a published author. I was now their competition. To say that I experienced a shock to my system was an understatement. I had the perception that all of us “spiritual celebs” were on the same team and had the same mission: to inspire, to educate, and to heal the planet.

With this new world of “spiritual celebrity showdowns” at my doorstep, I felt pretty much alone in my professional world. I did have the blessing of a few friends in the business, but all in all, it was not a business I felt very inspired by.

Messiah complexes were running rampant. When did the spiritual and self-help “movement” become “Spiritual Hollywood”? I could see that the true soul of a very powerful movement was in jeopardy of losing its purpose. Sadly, in my opinion, the movement was not so much about healing any more as it was about “star gazing.” After about two years of pushing my book, giving interviews, and lecturing, I burned out. I stopped. I was experiencing my own personal issues at home dealing with a sour relationship and personal feelings of inadequacy. Yes, even we psychics and spiritual teachers have our issues. I needed a break from my own spotlight. I had to get back to what was real. It was time to re-balance my life and gain a clear perspective on my affairs. I left the psycho–spiritual rat race and stepped into my own cocoon in order to heal. A bitter, unhappy spiritual teacher is a bore. I don’t like to be a bore.

What was to be a yearlong hiatus became a three-year retirement. I went back into my work as a publicist and booking agent for speakers. I had done this freelance job between private healing sessions before psychic celebrity fame hit me. It’s funny how the Divine will lead us into life experiences that hold all the answers to the question marks we create for ourselves. I ended up
as a booking agent for celebrated actresses who had expanded their careers into spiritual teaching and healing. I found the irony fascinating, as I had previously labeled the current spiritual and self-help movement “Spiritual Hollywood.” Now, I was booking events for this very same movement. It was, however, a completely different energy.

I coined the term, “conscious celebrity” while working during this time as an agent, which is exactly what these public personalities—whom I had the honor of working with—embodied. The amazing ladies who had been a part of Hollywood for many years advised me repeatedly that it was time for their true work to begin. Their concern was a true eye-opener for me. These lovely ladies of the stage and screen were using their visibility to help people in the pursuit of spiritual healing and guidance. Their helpfulness was the true meaning of Spiritual Hollywood in its most authentic form. A thought that I had cast a shadow on was now transformed into the light that it truly was.

Not only was I working with these ladies but I was also learning from them. I was discovering that millions of people all over the world looked up to them for their show business work and as examples of authentic spiritual individuals, as well. I used to overhear attendees at a workshop with Dee Wallace, Helen Reddy, or Lindsay Wagner proclaim, “If they can balance a “Hollywood” life with their spiritual selves, I can do the same in my own life. I can be balanced, too!” I loved the realization that I detected in people’s eyes. I also loved the realization I was seeing within myself, witnessing these Hollywood ladies in all their spiritual glory. During this time, I began to comprehend that my desire for authentic friends and colleagues in the “spiritual biz” came straight out of Hollywood. What divine humor! This timeframe was a wonderful point of enlightenment for me. When I stepped out of the forest, into the sunshine, I could see clearly. I was becoming aware that what I was uncomfortable with during my “psychic celeb years” was something within myself. I had not yet accepted my own mission as a spiritual teacher. So goes the label, “Reluctant Psychic.” I was very afraid people would look at me as
the divine source and miss the fact that I was only the messenger. In truth, we are all the divine source. As *A Course in Miracles* conveys, we are all ideas in the mind of God. I was forgetting the divine perfection within me. I was forgetting that my mission was to magnify the Divine’s love and light on Earth. The very foundation I wanted others to remember was something I had forgotten to reflect within myself. That’s what it really boils down to for all of us: we miss the fact that we are divine perfection. What you see in me, you must see within yourself. The reason we walk our spiritual paths is to remember who we truly are. Then, we must magnify, by example, that realization of divinity to the world.

As I write this narrative, it all makes sense. I was not able to receive the gifts from so many people who read my work and listened to my lectures until I was ready to accept the gift of spirit for myself. In truth, I did not take a hiatus from my mission; I went into hiding. I see that now. Thankfully, the soul will never stop its mission of calling us to our highest potential. Now, as with all realization, comes healing and balance. We must be the light God created us to be. As my dear friend, Dee Wallace, often says, “We all have a *bright light*, and we must keep it shining for the world to see, so that we can help others shine, too.”

So here I am after three years, and the little voice in my head told me it was time to get back to work. The three years did not pass without working on my own personal issues. I released a relationship that was not good for me, reestablished former friends, built new friendships, and created a wonderful soul family. The reluctant psychic did not feel so reluctant anymore. I was becoming who I was created to be, just like you are. When we truly realize that we are children of the most high, then we start shifting and changing our life to fit that truth. We must clear out the debris and make room for more love in our life. It’s a funny thing. Many people still see psychics and spiritual teachers as having all the answers. That is not true at all. We may have “the calling,” but we are still souls that inhabit a human body with life lessons to learn just like you. We are in fact, and should be, more reflective than most.
Just because a person writes a book about spirituality does not mean he has fully graduated with honors from his own journey.

It's even more essential for me as a teacher of spirit to delve into my inner questions and walk my talk. Why? The reason is because I cannot in good faith teach you how to rediscover yourself if I'm not doing the same thing. If I don't walk my talk to some degree, I have no justification to tell you how to do it. I have been called the “Judge Judy” of the psychic/spiritual world, a description that I love. But, this comical label comes from the fact that I'll whip myself upside the head with truth just as hard as I would you. We are all in this journey together. This statement is a true and conscious evaluation. The years in which I wrote *Reader of Hearts* and the years that followed its publication were the most expansive for me. I'm still discovering who I am and where I'm going.

It feels good to be with you, dear reader, once more. I'm very excited about my second book. I still get letters from all over the world from fans of *Reader of Hearts*, and they always end their gratitude with, “When is the new book coming out?” Well, kids, here it is. I realize now that it was not the lack of support in the “spiritual business” that was the problem. It was the lack of support from me that was blocking my mission. What we have blocking us within will project itself to our outside world. What we believe within us we will manifest without. Once I truly started supporting myself, spiritually, I attracted people and experiences that would do the same for my life.

If you lack support for yourself, you will draw to you those who agree with you. If you are tired of people who do not support you, start supporting yourself. Then watch the magic happen. We all need a spiritual support group in life. Start a group, but support yourself in the meantime. The Divine will add members to it one by one. Create your own world, and stop living in others’ realities. As Judy Garland once said, “Always be a first rate version of yourself and not a second rate version of someone else.”
THIS BOOK: ITS PURPOSE AND USE

Well, Darrin is back and in full spiritual force. It's the dawn of a New Golden Age of Enlightenment, kids, and we have work to do—so let's get to it.

If you have not read my first book *Reader of Hearts: The Life and Teachings of a Reluctant Psychic*, you may want pick it up and give it a go. I wrote it for the purpose of helping people understand the levels of spiritual growth that we all navigate as well as the true role of being psychic. Think of my first book as lubricating your spiritual muscles and this new work as putting those muscles into action.

The purpose of *Becoming Masters of Light: Co-Creating the New Age of Enlightenment* is to focus on how we can utilize our spiritual potential in this new era of consciousness. I will describe the spiritual evolution of psychic potential from as far back as the Old Testament to the present. Also discussed will be how we can release our “need to know” the future in order to embrace the reality that we will co-create. I want to share with you the many spiritual powers and metaphysical systems of healing that I have worked with for many years, because I feel that everyone should open up to these powerful remedies. It's time to be masters of our destiny.

We have been in “metaphysics 101” long enough. We have what we need to fully embrace our divine selves and take hold of the truth that we are the New Earth that we are so longing to see. We are the New Golden Age of Enlightenment. We must stop focusing on the doom-and-gloom nonsense of fear that some are trying to catapult into the atmosphere of our minds. We will stop the thought of fear by not believing in it. Only Love is real. In essence the Shift, the New Golden Age, is not about catastrophe and chaos. Who wants to buy into that reality? It is about the realization and manifestation of a global family. Spiritual humanitarianism is a new foundation that is being birthed from all of us that are heeding the call to heal our planet.

This is a book is for the conscious soul. It's a primer on the
spiritual powers available to us as master co-creators with the Divine. Along with a retrospective on the evolution of our soul’s progression insofar as psychic power and spiritual healing, it also covers a wide range of subjects formulated to enhance the spiritual resources within you. My goal for this work is to help you strengthen your inner foundation with the Mother/Father God, the Source of all things. As we have crossed the threshold past the year 2012 into the New Golden Age, it’s imperative that we be as internally vibrant as possible to represent Mother/Father God on Earth. Instead of looking to others we think are “spiritually special” to be our voices for God on Earth, we must now step into the role of using our own voice of God for ourselves and others. Being a Master of Light means that we are ready and able to be authentic channels of healing and balance. When we master that potential in our own lives, we are better equipped to co-create with the Divine. Is this not the goal of any spiritual journey?

I believe that there is a threefold process to our soul’s evolution, in this most sacred timeframe. First, we must awaken to our spiritual selves. Second, we need to allow the awakening of the spiritual reality within to transform us. Third, from that transformation, we will magnify our spiritual foundation as children of the most high. For the conscious soul, it’s a time of magnification—to live the spiritual life not as a hobby, but as a lifestyle.

This book is not intended to be a scholarly work on metaphysics or spiritual healing. It’s simply a primer, an expansion from my work in Reader of Hearts. It’s a guide for those who have awakened and transformed and are ready to progress even further into spiritual humanitarianism. From that awareness, we will go a step further into the magnification of our spiritual power. I will present the many mystical and spiritual principles that I have discovered along the way in my professional career as a psychic healer, as well as in my own personal growth. We are lights among the world; and as lights, we must take the responsibility of being co-creators with the source to the fullest degree. From that powerful responsibility, we will learn how to use our spiritual gifts for the benefit of conscious evolution and total well-
being for our planet. I know that these are bold statements from an author, but I write these powerful words because I know them to represent truth. Each of you reading this book at this very moment knows there is something more for you to do as a co-creator with God. This book will be your guide to enhance your spiritual self-esteem and reinforce your foundation as an expression of divinity—as a master of light!

“I want to do more!” I hear this call from many of my clients and students, so it is my hope that this book will be an answer to your request. I’m not here to tell you how to get a cool, new age job or how to become a world sensation as a spiritual guru. I’m here to give you information about how to empower yourself and be the best at what you’re doing right now. When you feel you are in sync with yourself and the Divine, you are more apt to be open to the living guidance God offers you. You are also—by sensing your own inner security—more open to help and guide others who are currently struggling with their faith and place in the universe. Like moths to a flame, people who are lost in their own unconsciousness will be attracted to your light. You will help others find their own glimmer of truth. Is that not the reason we started our spiritual journeys: not only for our own well-being but also for the well-being of others? The Master Jesus knew early on what his mission was. He did not study with the mystics of his time purely for his own benefit. He studied to strengthen his connection to the Father/Mother God and to prepare his inner dynamics for the responsibility of bringing truth to the masses. As Jesus expressed, as He could do, so can you.

This book will cover many of the spiritual resources we have at hand. I will put my own spin on some subjects with the hope that it will help you to grow even closer to alignment with your spiritual power. I’ll refer to master teachers and healers such as Ron Roth, Edgar Cayce, and of course, Jesus. I’ll also include the importance of the role of the Divine Feminine, which I lovingly call the Holy Spirit. Another important goal of this work is to understand the evolutionary process of psychic power.

Many of us have become caught in a psychic web, sustaining a
sense of desperation to know what’s going to happen in our lives or what’s around the next corner. There is power and faith in the mystery. Being able to have faith in mystery creates a wellspring of freedom that is our sustenance in remaining connected to the Divine. This ego mind with its fear of the “unknown” has kept many of us away from our ability to be co-creators.

THE SEVEN LEVELS OF SPIRITUAL GROWTH: A QUICK OVERVIEW

Over many years of working with clients and students (and myself!), I’ve seen a common pattern of spiritual development. Many people go through particular stages in a certain order. Learning the lessons of one stage is what prepares you to advance to the next stage. Once you have downloaded one piece of divine inspiration, you are ready for the next.

The common pattern is to pass through seven different stages, which can be called spiritual awakening, divine darkness, interior power, inner attunement, conscious creation, holistic living, and divine oneness.

Each of these seven levels of spiritual awareness formulates a progressive expansion for your soul to maintain and magnify its inner awareness as a child of God. It is important be aware of these levels in our lives, and the awareness builds a stronger relationship with the Divine. Even for the conscious soul, these levels of awareness make their presence known in our lives as reminders of our spiritual power. You don’t graduate after you experience their lessons—instead, you liberate your soul by the pervasive, ongoing awareness in your life.

SPIRITUAL AWAKENING

Spiritual awakening is the beginning of the journey of self-discovery. It happens when you begin to see a sliver of the Divine in your life. It’s as if your spiritual eyes begin to open from a deep sleep, just enough to see the new morning light. When the awakening process is complete and your spiritual eyes
are fully open, you are conscious of your divine nature. You know that there is a divine purpose in everything.

**DIVINE DARKNESS**

Once awakening sheds light on what needs to change in your life, you are ready for divine darkness or “the dark night of the soul” to help you make those changes. If awakening happens when you open your spiritual eyes, then divine darkness occurs when you wipe the “sleep” from them. It happens when you begin to cleanse those crusty, irritating habits, illusions, and thoughts that previously glued together your spiritual eyelids. This is the stage of growth that prepares the way for you to clear out anything that keeps you from remembering your true divinity.

**INTERIOR POWER**

Once you have cleansed your soul of the illusions that have limited you, you are ready to ascend out of the darkness. Now that you understand the source of divinity, you can move toward the light by learning how to access the energy of the Divine. This energy is all around us, vibrating through our bodies and all matter. You simply have to become more aware of it as you understand how to use it in your spiritual development.

**INNER ATTUNEMENT**

You’ve probably heard the statement *the kingdom of heaven is within*. In this level, you acquire the skills that make this statement a reality in your life. You create a peaceful “inner heaven” by working with the divine energy flowing throughout your body—the energy you discovered from the previous level of awareness. You control, balance, and tune this energy to bring clarity, calm, and a heart-centered focus. This process of inner attunement allows you to maintain your interior power,
strengthen your connection to the Divine, and continue on the path of spiritual growth. It gives you a fresh wellspring of energy to invest in your life.

CONSCIOUS CREATION

We create our own reality. This statement has been one of the most popular—and most misunderstood—teachings in the New Age. But the truth it expresses is fundamental to spiritual development. We are creative beings, and our minds are powerful. What we create in our minds shapes our experience of the world, and even the world itself.

It all hinges on your perception—how you see yourself, your situations, and the world you are living in. A person who sees herself as a desirable and successful person in a world of opportunities is going to create around herself a reality that’s very different from the reality of a person who thinks of himself as a failure in a world intent on beating him down. Your perception shapes your thinking, your thinking shapes the way you act, the way you act affects the people around you; and it is all reflected back to you.

HOLISTIC LIVING

Throughout the previous levels, I focused on sustaining and cultivating the inner life of soul development. You have learned that inner attention, when focused correctly, develops your capacities for self-knowledge and communion with the Divine. In this level, you express those spiritual dynamics outward in order to create a lifestyle aligned with your renewed sense of being. In this way, you become a clear channel of divine expression. Once you establish a bond with the Divine, you are meant to express that divinity, to become a channel of peace, and to share your light with others.
DIVINE ONENESS

The previous levels of spiritual growth led you toward a single goal: to be at one with yourself, the divine presence, and everything around you. This is the experience of oneness, of being completely in sync with the sacred energy of the universe. Oneness happens when the real you—your higher self—is fully present at every moment, and when your mind, body, emotions, soul, spirit, and psyche are all in unison with the Divine.

These stages manifest differently for each person. Not everyone goes through them in the same order. And more importantly, once you pass through one “stage” and into another, you aren’t necessarily finished with the earlier one. You can be well into the sixth stage but still have to deal with issues you thought you had mastered in the fourth stage. In other words, the stages might be simultaneous. The elements contain lifelong lessons that you will continue to experience from time to time. It’s important to remember that spiritual growth is not a contest to be won. You become more and more conscious on many different levels throughout your life. The universe is a vast array of spiritual wisdom that is hidden in every cosmic molecule of life.

Perhaps many of you who are perusing these levels have been nodding your head in alignment to your truth; every soul that opens to its spiritual nature begins the process of these seven levels of consciousness. This new work takes you even further into the co-creative process as a conscious spiritual being. We are truly in the age of accepting the sovereign role of becoming a Master of Light.

FINAL THOUGHTS

It takes great courage to take the first step on your spiritual journey. It takes even greater courage to continue to experience your spiritual journey. This book is about living your spiritual journey and embodying your role as a true spiritual catalyst while also activating your spiritual power. As you can agree now
in 2013, we are still here on the earth. There is obviously more to be done. 2012 was simply an open door into another level of evolutionary consciousness for this planet. The role of this book is to encourage perceiving your life from within while reducing perceptions that are focused “out there.” Our empowerment and our perceptions are fed from the energy vibrating within us. Understanding our inner energy changes the way we look at everything in our lives.

Throughout this work, I will include invocations and prayers to help you awaken the deeper spiritual powers that you will be reading about. When we absorb the knowledge of any spiritual work, the use of prayer and invocations while we study can call forth the wisdom enveloped in the teachings. Each chapter will be a subject unto itself. I find that distinct chapters and subjects make it easy for the reader to flip to different topics in order to revisit their message. I have also included recommended books and resources throughout this book to help further your studies and spiritual education. Enjoy the journey—awaken, transform, and magnify!
There is absolutely no doubt that we are experiencing a new and more dynamic dimension of reality, but we must fully realize that this shift—this change—is manifesting through us. We are the Shift and we are the New Earth.

News flash! 2012 has come and gone and we are still living in the present time. It’s funny how that happened. Yes, we are still here; and aliens did not come to earth to beam us up to a fantasized, “holier-than-thou,” new age earth plane. Our planet did not blow up like a ticking time bomb, no matter what Hollywood tried to portray. We are here because we still have work to do. We exist to help with the spiritual evolution of our global mind by the conscious use of our spiritual and psychic power. We are here because we are stepping into our new role of being ministers of light. If you are reading this book, you are one of the cherished souls chosen to help in this holy quickening.
LIVING LIFE IN THE NEW GOLDEN AGE

We are living at an incredible time; there is no doubt about that. This is a sacred time where the cosmos takes a sigh of deep, peaceful release, and we are imbued with its nourishment and well-being. Speaking “energetically,” we are rising higher in our thought patterns and vibrations. This high vibrational living is the new wave of a more holistic lifestyle that is essential for us to incorporate on a daily basis. Meditation, prayer, and inner attunement are as indispensable as drinking water. I have always taught my students and clients the importance of keeping the physical body in shape and exercising the spiritual body, as well. This new era of our spiritual existence is asking us to embody our spiritual nature as a priority in everything we do. Luckily, as conscious souls, we understand the new spiritual dynamics of healthy living, healthy thinking, and healthy relationships. I won’t bore you with more details, as there are many books in the new age market that delve into those subjects. Honestly, by now, you should have gotten the memo! I want to take you a step farther. Again, we are focusing more on spiritual humanitarianism here and less on what can I create, what can I acquire, and who can I attract as an individual? It’s “we” time.

MASTERS OF LIGHT

I’m going to take another bold step at this time. I like doing that often; it keeps my readers on their toes. I’m asking for you to accept a new role. This is a role that takes great courage, backbone, and guts. I assume that if you have read this far and have not yet asked for a refund on this book, you are willing. For the past several years, the global mind has been infused with teachings about the creation of your own reality and the law of attraction. This wonderful progression for the awakening of our planet has taken us only so far. Now, the bold step is to fully understand what creating your reality is truly about. The proper phrase in the New Golden Age is co-creating your reality. You can’t co-create without a creative source. That Source is God. Call it what you will—the Universe, Divine Love, or Great Spirit—it is still the very essence of creation. We are temples for this creative spark. Through
the teachings of the law of attraction, we were able to partially tap into our creative ability—but only partially. We learned that thoughts are truly things and that with enough intention we could set the stage for what we want.

Sadly, I saw the old ego step in when people began to be preoccupied with creation on a material level.

“Dear God: I want a car, a house, a lover, and a good job.”

Don’t get me wrong; these requests are just fine. God is glad to provide us with all we desire, but there is a need for balance. I began to feel that we were using our creative energy more to obtain “stuff” and less for the true purpose of co-creation as examples of spiritual humanitarians. We got into this same trouble eons ago when we separated ourselves from the Source and decided to create without the Creator. So entered the great fall of man from God. I write more about that idea later in the book.

I listened as I heard students and clients struggle with manifestation.

“I say my affirmations for a new love twenty times a day, and nothing happens.” “Why can’t I get a new job? I’m so unhappy; when I put my intention out, there is dead silence.”

Honestly, folks, if I were God and I had to hear all of your “I want, I want, I wants,” I would take the phone off the hook, too. Think of it this way. You’re in your car driving down the highway of life. God is driving and you are the passenger. Remember, you are a co-creator. God knows your direction, knows the turns, and knows the way.

You, on the other hand, like a spoiled child, keep bugging the driver with, “Are we there yet, are we there yet?” “I’m bored, can we pull over?” “Let me drive, let me drive. You’re not going fast enough!”

You know how annoying that can be. So, the universe will keep taking you to your destination, but you have missed the mark for your journey. You are so worried about getting there, and having what you want when you want it, that you have lost the true meaning of what it is to be a co-creator with the Divine.

God knows our needs and desires. The true art of manifestation is to set our intentions with God and let everything else go. There is no need for a reminder. In the meantime, we must step into a higher place of co-creating as Masters of Light. It sounds simple, because it is. God is simple.
When our lives feel chaotic, we often remove our focus from our co-creative power. Instead, we put our focus on our ego, consisting of fear and attachment. Remember, it’s time to move beyond me to us.

As we step into the role of a Master of Light, we move into the most powerful level of co-creation. We have set our intentions for a healthy life, full of abundance, and now we must place that life with the Source. The power of surrender is the key. We set our sights on becoming an embodiment of light. We are living in a timeframe where many are still trying to catch up with their own spiritual selves. As burning examples of God’s light, we can be there for the handoff. We become extensions of God’s divine love and are able to help guide others to their own truth and well-being. All that “stuff” we want comes with ease when we let go of our attachment to it. Beware of new age thought that believes in order to create, you have to attach. Some call it focus; I call it obsessive-compulsive behavior. When you are saying twenty affirmations a day and have poster boards all over your room that reflect the lifestyles of the rich and famous, you’re attached instead of creating. You don’t need any of that nonsense. God knows your desires before you can even utter them. Proclaim them once to the universe and then let it go. You have bigger fish to fry out in the world as a Master of Light!

A Master of Light is an embodiment of God’s pure, divine love on earth. You will also become conscious of the spiritual power running through your being. Remember that. When you truly live by charity, faith, and peaceful action, you are going to shift the actions of many folks around you. You don’t need to stand on a corner and shout that you have the truth and the way. God will send you the people and resources you need to be a light for the world. Just as we have had that same blessing in our own life (of meeting the right person at the right time), we now have to be the right person for someone else. This book will cover many subjects to help you open to your Master of Light role. You are ready to take action now, and it is my hope that this little primer will support a deepening of this holy experience.

Remember that our thoughts are things. If we set our thoughts on God, surrendering our desires and needs in order to receive from the Source, we cannot go wrong. We need to keep our mind on our responsibilities as light bearers, and then everything else will be laid before us.
Think of surrendering to God as the best type of job with the best insurance available in the universe. The job perks are limitless.

**MEDITATION FOR A MASTER OF LIGHT**

Allow yourself to relax. Take three deep breaths: one for the mind, one for the body, and one for the spirit. Feel your tensions wash away with each breath. Now, just breathe deeply and easily. Still relaxing, let the intake and out breath create a peaceful center within you. Relax. Relax more.

Within your mind, imagine a tiny ball of white light. Allow the light to expand, like a sunrise over the mountaintops. The light becomes larger and larger, and it completely embraces your entire body. You feel the warmth and comfort from this shining white light. Every cell, organ, and bone is bathed completely—refreshed and renewed. The light begins to magnify even more, stretching itself outward from your physical body. Rays of white light expand and grow in every direction. You begin to feel at one with everything and everyone around you. A ray of light directed from your very being reaches out and touches the heart of every individual you come into contact with. You are a lighthouse, a guide for all who see your shining brilliance. You are a Master of Light.

As you take a few more deep breaths, you allow the light rays to play their part in your life. Bring your attention back to your inner self—you are still fully relaxed and still breathing. Take another deep breath and allow yourself to come back to the space where you are. Open your eyes.

Now you can take this inner light out into your day, every day, and embrace the role of being a Master of Light.