



EXERCISE IN EXPANDING THE LIGHT

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through the Messenger „Godfre Ray King“
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“The first step to the control of yourself is the stilling of all outer activity, of both mind and body. Fifteen to thirty minutes at night before retiring and in the morning, before beginning the day’s work, using the following exercise, will do wonders for anyone who will make the necessary effort:“

Make certain of being undisturbed, and after becoming very still, picture and feel your body enveloped in dazzling white light. The first five minutes, while holding this picture, recognize and feel intensely, the connection between the outer self and your mighty God within, focusing your attention upon the heart center and visualizing it as a golden sun.

“The next step is the acknowledgment: ‘I now joyously accept the fullness of the mighty God Presence – the pure Christ.’ FEEL THE GREAT BRILLIANCY of the Light and intensify it in every cell of your body for at least ten minutes longer.

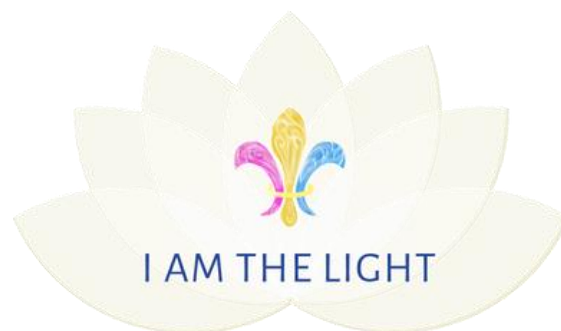
Then close the meditation with the command: I AM A CHILD OF THE LIGHT – I LOVE THE LIGHT – I SERVE THE LIGHT – I LIVE IN THE LIGHT – I AM PROTECTED, ILLUMINED, SUPPLIED, SUSTAINED BY THE ‘LIGHT,’ AND I BLESS THE ‘LIGHT.’

“Remember always: ‘ONE BECOMES THAT UPON WHICH HE MEDITATES,’ and since all things have come forth from the Light, Light is the supreme perfection and control of all things.

“CONTEMPLATION AND ADORATION OF THE LIGHT COMPELS ILLUMINATION TO TAKE PLACE IN THE MIND – HEALTH, STRENGTH, AND ORDER TO COME INTO THE BODY – and peace, harmony, and success to manifest in the affairs of every individual who will really do it, and seeks to maintain it.

“If you will practice this exercise faithfully, and feel it in every atom of your mind and body, with deep, deep intensity, you will receive abundant proof of the tremendous activity, power, and perfection that abides in, and is forever active, within, the ‘Light.’ When you have experienced this, for even a short time, you will need no further proof. You become your own proof. The Light is the kingdom. Enter into it and be – at peace. Return to the father’s house.

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