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Into The Fire, Wood

by Rebbie Straubing

This little light of mine,

I'm gonna let it shine.

Folksong

How bright is your light in this moment? Is your beautiful spirit glowing in your face? Is your field radiating rainbows of love? Or is your brilliance hidden within worries? Has your armor blocked your luminosity? Have you forgotten your true nature?

Plodding through physical life on Earth can become so challenging that it distracts you from your own light. That may not seem like such an important loss but try watching a movie with no light streaming from the projector. Try navigating your ship when clouds block the stars. With no light, life becomes difficult and dismal. Your efforts to bring forward your light will benefit you in 360 degrees. And wherever your light shines, that aspect of your life blossoms. Like sunshine on your garden, you beautify your life while making it more bountiful when you let your light shine.

Lampshades

I just bought a couple of lamps with patchwork shades that have some very dark swatches of color. As soon as I pull the beaded chain and the light comes on, the dull fabric comes alive with contrast and texture. It offers a soft glow of warmth to the room. You might not call it cheerful or even bright. But the presence of the light behind the dark shade offers a soothing vibration. Its nonverbal message says, "Behind appearances, all is well."

Sometimes the circumstances of our lives become like dark lampshades. They feel heavy and hopeless. At moments like that, it is helpful to remember that the most beautiful light is often the one that comes through the darkest shade. Your light is always shining. When you allow it to illuminate your difficult and dark conditions, you emanate a soft glow that will light your way. It will soothe your own pain while at the same time offering a nonverbal reassurance to others that "behind appearances, all is well."

Stoking the Fire

You have an internal fire. It is hot and bright. Does your inner fire feel reduced to embers or is it a strong steady source of vitality and wisdom? Bringing your inner fire into balance helps you to heal both physical and emotional distress. The light of the fire, when scaled to your needs, warms the heart and clarifies the path. You can bring your fire forward and begin healing your most challenging circumstances right now.

You may be surprised to find how much firewood you have stockpiled in your shed. To fuel your light you can burn all your impurities. All your troubles and worries, all your negative thinking, your hurts and grudges, your pains and sorrows, they all burn like kindling. This wood belongs in the fire. It gets you going until your true light kicks in. As you toss your old unwanted habits into the fire, you free yourself from their burden. You loosen up and more light pours through you.

If you feel that your light is dim or your fire is fading, if you feel burdened by difficult circumstances, you can do this meditative process to stoke your inner fire, brighten your light and lighten your burden:

Sit quietly and squarely upright with eyes closed. As you quiet your mind, search your field for impurities. Don't get involved in identifying them. Just see them as specs and flecks that obscure the light in your field. Catch them. Scoop them up with a net, pluck them from the air, do whatever feels comfortable and effective. As you remove them from your field, toss them in the fire. Let the fire transmute them into sparkling energy, neutral, useful energy. Let them revert to their true nature, which is light. Your field begins to become clear and bright. Your fire becomes strong, steady and brilliant. Your mind is still and you are glowing. When you feel peaceful and energized, open your eyes.

A balanced light is always a welcome gift in the midst of difficult life conditions. You become a blessing to others as you develop your inner fire. You also soothe your own being as you shine your light. You are unique and magnificent, contrasting and textured and as your fire burns brightly and glows from deep within you, you are beautiful.

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Dr. Rebbie Straubing, spiritual writer, workshop leader and Abraham coach (www.abraham-hicks.com), has also developed The Yoga of Alignment, an inner system of alignment based on the principles of meditation and a compassionate approach to daily life. She offers telephone consultations through her website at www.TheYogaofAlignment.com. Dr. Straubing can be reached at yogaofalignment@cs.com.

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Tel: (248)569-3888 Email Address: info@phenomenews.com Fax: (248)569-4512
phenomeNEWS · 18444 West 10 Mile Rd. Suite 105 · Southfield, MI 48075
Send Comments & Suggestions to: webgoddess@phenomenews.com
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