

Summon the Light Within: Daily Exercises and Meditations

Susanne Miller



GREETINGS

Beloved Children of the Light, please allow us to put forth for your benefit the following exercises. They will enable you to work daily toward manifesting the truth within. Once they are completed, you will most certainly have the strength and courage to carry on with the work at hand. Of course, we are referring to the fulfillment of your sacred path, which is the path of the Father/Mother/God.

These seven exercises are designed so that you may do one each day on a continuing basis. As you carry on with these exercises as they were intended, that is, with light-heartedness and joy, each day will unfold as a glorious new beginning.

Beloved Children, stand tall in Love, Light, and Wisdom. Do not falter. Realize that you are ever closer to reaching your goal of being at one again with your Creator Source. These exercises will enable you to achieve this goal very soon. Of this be assured.

We are ever with you in Love, Light, and Wisdom.
—Ascended Masters

Day #1 Exercise:

FORGIVENESS IS FOR GIVING

A Circle of Joy

Forgiveness is the act of letting go. The time has come to eliminate the impurities that you have accumulated. The time is *now*.

Before we begin this exercise, we would like to discuss the importance of forgiveness. Perhaps there were times in your life when you wronged another. You may have attempted to slow down or stop their life flow. On the other hand, there may have been times when the tables were turned and it was you who became the so-called victim. We are telling you now that the latter is a result of the former when forgiveness is not utilized.

What we just described regarding forgiveness, is, of course, karma—the law of cause and effect. Forgiveness can be applied to ease the burden of karma; this exercise is designed to aid you in this process. When doing this exercise, realize that in order to make it work, it must come from your heart, not from your head.

Close your eyes and relax. Take a few deep breaths. Be sure to inhale through your nose and exhale through your mouth. This will help you to become even more relaxed and centered. Now visualize a golden light—the *Light of Forgiveness*. It is here to aid you.

Next, recall an incident where you did not act appropriately toward someone else or they toward you. Surround that person and the incident with this golden light. Hold this vision with unconditional love, and say to yourself three times:

I AM Forgiveness acting now!

Hold what you are forgiving a little longer in the golden light, then let it go. Know that once you let it go it is banished into the light forever.

Next, visualize the golden light encircling the Earth. Realize that this beautiful forgiving energy is penetrating the planet and all of Her inhabitants. Then, bring the light back around yourself and experience the joy that has come from balancing your karma.



Give your full attention to only one forgiveness incident at a time. This is the best way to balance each episode in this lifetime that requires forgiveness.

Be honest with yourself for this is the only way that this exercise can work properly. Also, realize that incidents from past lives may crop up. If they do, wonderful—all the more to clear up in order to carry on.

Day #2 Exercise:

LIFE IS FOR LIVING

An Exercise in Faith

Tell yourself that today you will experience everything to its fullest extent, with gusto! Realize that everything that occurs today will happen exactly as it should happen. Nothing, absolutely nothing, will be out of place.

Are you out of bed yet? Good. Stretch that physical body. Reach up toward heaven as far as you can go and embrace the wonderment of it all. A nice, big smile would also be appropriate right now, that is, if you aren't already smiling.

It is important for you to remain aware today by staying in the moment. Become the active observer. This could mean taking a shower and feeling the water as it splashes upon you. What does the soap look, feel, and smell like? Thoroughly dry yourself with the towel and notice how each part of your body feels. Make yourself a breakfast that you particularly enjoy (this goes for lunch and dinner as well). What does the food smell like? How does it feel upon your tongue? How many bites does it take before you swallow?

This exercise is to be extended throughout the day. You need not follow exactly as we put forth, but you get the idea. Also, it is very important to greet everyone that you encounter today with a smile. Take the time to listen to what others have to offer. Allow them to be who they are right now.

At the end of the day, just before retiring, get quiet with yourself. Review the day's activities in your mind. Then meditate and/or pray. Thank the Father/Mother/God, and yourself, for having created such a glorious day. Realize that everything occurred exactly as it was supposed to. Be grateful that you had the faith to allow your day to flow.

Amen.

Day #3 Exercise:

ATONEMENT IS TO BE 'AT ONE'

Divine Recognition

I AM with you every day
I AM showing you the Way
I AM staying right on course
I AM One with the Creator Source!

Your “I AM Presence”—the “I AM that I AM”—is your divine link with All That Is. This exercise will allow you to get in touch with and remain centered in your own I AM Presence. When this occurs there will no longer be any false beliefs concerning your own self-worth (doubt, pity, guilt, etc.). This exercise is actually a way for self to examine Self, which, in essence, is self coming before God and asking to become at One with Him/Her once again—and recognizing that it is so.

Let us begin:

This exercise is to be done in a meditative state. Relax, close your eyes and take several deep breaths (inhaling through your nose and exhaling through your mouth). Take a moment to release all thoughts. Allow yourself to feel, rather than think, yourself into a state of centeredness. Now call upon the Father/Mother/God to surround you and protect you in pure, White Light. (At this time you may also choose to call upon the angels, members of the Spiritual Hierarchy, or your own teachers and guides, if you know who they are.) Request our aid in helping you to recognize your own I AM Presence.

Acknowledge and work with any and all images, thoughts, and feelings that arise now. Face all blocks that you recognize as hindering your own I AM growth. Surround these so-called blocks in pure, White Light and ask your Higher Self for Divine Recognition. Know that it is done.

Slowly come out of your meditation and thank everyone who helped you. Ask your own I AM Presence to continue helping you to always remain anchored in the Pure White Light.

This exercise should take about 30 minutes. It will enable you to see who you really are. Remember, the “you” that you know is but a part of the whole.

I AM the Resurrection and the Life
I AM, I AM, I AM!

Day #4 Exercise:

BRIGHT AS THE CENTRAL SUN A Garden of Delight

You are a Child of the Light, having originated as a spark from the Great Central Sun. You were sent forth to experience creation for the Creator Source—your divine Father/Mother/God.

The Great Central Sun is located beyond your own Sun and, yes, that is where your journey started, hence the name: Child of Light.

This exercise is designed to allow you to recall significant moments in this life *and in previous ones*. If you work at this exercise diligently, you will eventually be able to recapture the precise moment when you were ignited as a spark. You will then recognize your own divinity.

This exercise requires a lot of concentration. Therefore, choose a time when there will be absolutely no interruptions. Choose a room in which you feel totally at ease. Take the phone off the hook. Give yourself at least one hour's time, although you may find yourself wanting to stay with it a little longer. This is perfectly okay.

All that you will need for this exercise is a blank notebook or journal, a writing utensil, concentration (as stated), and a willingness to allow events to occur without judgment. Let us begin:

Have your paper and writing utensil within easy reach. Get comfortable. Take a few deep breaths. With each exhalation allow all of your muscles to relax.

Now visualize yourself stepping into an elevator. See the door close and feel yourself going down. You know you have reached the floor below, but instead of stopping, the elevator continues. You notice that the elevator is immersed in **RED** light, and so are you. As you pass the next floor going down, you notice that the elevator is now immersed in **ORANGE** light, and so are you. The next floor is passed and you are now immersed in **YELLOW** light. Feel these colors; breathe them in. On the next floor you are immersed in **GREEN** light. Another floor is passed and you are now surrounded in **BLUE** light. You come to the last floor and you are surrounded in **VIOLET** light.

The elevator slowly comes to a stop. The doors open and you step out into a corridor of pure, **WHITE** light. You walk along the corridor until you come to a **GOLDEN** door. You have come to the *Room of Memories*. Before you open this door, however, specify how far back in time you would like to go. (It may be best to start with more recent memories and then work your way back.) Having made your request, open the door and walk into your memory. Allow yourself to observe and participate. Allow your memory to play itself out.

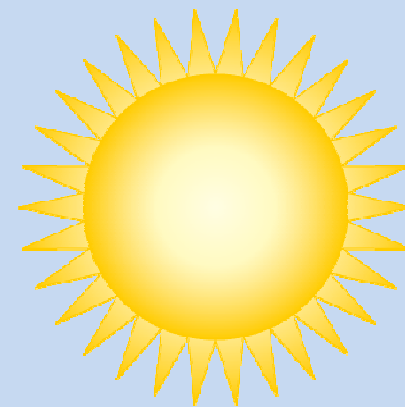
One or two memories per exercise is sufficient. Each memory will let you know when it is over, not the other way around. When this is done, thank all of the players. Take one last look around in order to retain your memory. Be sure to tell yourself that you will retain the memory as well.

Now turn around and walk back through the **GOLDEN** door. Walk out into the corridor of pure, **WHITE** light. Walk down the corridor to the elevator. The elevator doors are open, waiting for you to step inside. You and the entire elevator are once again surrounded in **VIOLET** light. Of course, the elevator is now going up. As it passes each floor, remember to see and feel the **BLUE**, the **GREEN**, the **YELLOW**, the **ORANGE**, and finally the **RED** light. See the elevator doors open. Step out, slowly become aware of your environment, and open your eyes.

Write down everything you experienced while in the *Room of Memories*. Do this before you take any time to reflect on what you saw. This will keep the information pure. Date what you have written and keep an ongoing diary for each time that you do this exercise. Remember, do not let your mind interfere by questioning or judging any information obtained during this exercise. After you have written all of the information down, then you may decide how much of it feels right.

This exercise requires discipline, but the rewards are great. Manifest the pure, White Light that you are. Cultivate it and grow.

Happy gardening!



Day #5 Exercise:

WITNESS THE MOMENT OF REBIRTH

Specialty of the House

This is a simple yet glorious exercise. The only requirement is that you get up just before the Sun rises. (Check your local newspaper or an almanac to be sure of the correct time.) Then place yourself in a comfortable position facing east, with a clear view of the horizon. Ideally, you want to be outside (weather permitting). Now experience the Sun's rising. Stay with this experience—*be* with it—until the Sun is well above the horizon.

Know that you are living in the House of the Lord.

Day #6 Exercise:

ATTENTION EASES TENSION

A Key to Success

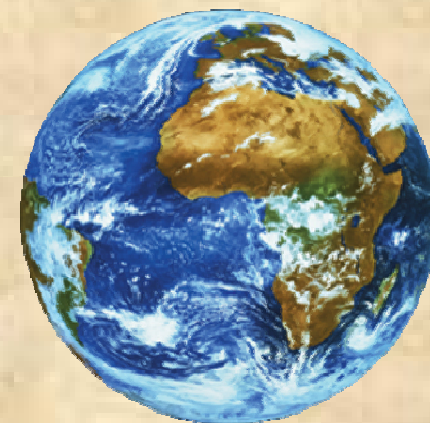
To be aware, you must pay attention. But pay attention to what? Everything. This, you might think, would cause more tension than it would ease. Initially this is correct, because you are willing, or disciplining, yourself to do something that you are not used to doing, like focusing your attention. But as you continue to do this exercise you will notice—and you have to notice as you are staying aware—that you are beginning to relax. Rest assured that this will occur. Let us begin:

This exercise is a meditative technique that may be built upon over several sessions. For the first few times (3-4) do it for 10 minutes only. For the next few times do it for up to twenty minutes. After this, do it for no more than thirty minutes per session. (Go at your own pace; stretch your limits only when you feel comfortable doing so.)

Close your eyes and take seven deep breaths (inhaling through your nose and exhaling through your mouth). Keep your mind focused on your breathing. Relax. Allow your mind to go blank. When a thought comes in (as they always do) pay attention to it, stay with that thought, don't let it go. If you should lose your thought, relax. Then move on to your next thought, but try to stay with this one a little longer. If you should lose this one, go on to the next, and so on. At the end of the meditation, relax, become aware of your surroundings, and open your eyes.

As you continue with this exercise, allow the attention that you developed to be used in everything that you do. Your overall awareness will then be heightened. This, in turn, will open many doors that you previously thought were closed. Success is yours for the asking.

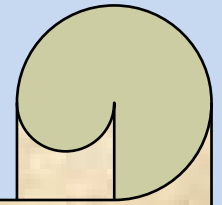
Day #7 Exercise:



PEACE ON EARTH

An Agreement

*Dear Beloved Mother Earth,
Thank you for your kind and benevolent service.
You have nurtured and sustained all terrestrial life,
yet have not always been repaid in kind. Therefore it
is my wish, in honor of all that you have done, to go
forth and be of service to others. I will ease your
burden so that you may take a well-earned rest.*



*Dear Beloved Mother Earth,
You deserve my efforts. By following your example,
I realize that no service is too large to overwhelm me,
nor too small to be overlooked. Like you, I AM
motivated by pure intentions. I WANT TO SERVE all
of humankind, helping to raise terrestrial vibrations so
that every living creature may live in harmony.*

Do not worry, dear Mother, for I AM here.

*Signed _____
This _____ day of _____
in the year of _____.*

BENEDICTION

Dear Beloved Children of the Light,

We leave you now to practice these daily exercises and meditations. As you continue using them, try to feel our energies combining with your own. Know that you are developing your highest potential while manifesting your True Essence. This will enable you to fully acknowledge and appreciate your existence within the Kingdom of the Creator Source.

The following affirmation is a powerful and effective tool designed to quicken your spirit with Divine Illumination. Please repeat it three times daily. Always hold it within your heart as well, for you truly are a Child of the Light:

I AM a Child of the Light
I AM serving in God's Sight
I AM asking, show the Way
I AM serving every Day.

We are ever with you in Love, Light, and Wisdom.
—Ascended Masters



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Susanne Miller is a conscious channel and spokeswoman for the Great Light Brotherhood and Spiritual Hierarchy. She has been giving channeled readings by Quan Yin, the Ascended Masters, and spiritual guides for more than 25 years. Susanne lives in Santa Fe, New Mexico with her husband and their dog.

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