



Sacred Spaces



Life as Light

by Toni Elizabeth Sar'h

The DNA within the body holds the coding for the light body. As the cells metabolize light from the sun, the cellular functioning within them is activated.

The energy production for proper cellular function comes from the absorption and storage of ATP (*adenosine triphosphate*) and ADP (*adenosine diphosphate*). The cells store ATP, which is derived from sunlight. ATP is made up of a chain with three phosphate groups. When the molecule loses the outermost phosphate group, it changes ATP into ADP (*di* vs. *tri*). The action releases energy allowing the cell to function. If an ADP chain acquires energy and another phosphate group, it becomes ATP once again. It is a constant exchange of energy between the two molecular chains within the body rather than derived from something outside of it.

As focus on the light body becomes more intense, one can become more sensitive to living as light; the body is producing greater amounts of unstable ATP. The bonds break into ADP increasing metabolism within the physical body. With increased metabolism come the symptoms known as *detoxing* as cellular waste is released. This activity emphasizes the importance of a clean diet and drinking enough pure water.

This activity results in the absorption of more light, creation of additional light or arrival of a new essence of light. The individual is accelerating and expanding upon what is normally present. Flooding with this light



begins to release any imbalance within the system. The light body becomes very tangible. The spin within the cells is beginning to decode into a higher transducer of information.

DNA brings in information from other frequency dimensions and activates the instructions accessing and moving within the light body. This increase in light that is now being stably manifest within *through intention* changes the chemistry of the brain. It shifts the hormones within the cells and the electromagnetics of the body.

This is a very natural transformation resulting in:

THE MENTAL BODY NO LONGER RULES

ACCESS TO THE HEART IS PARAMOUNT

**THE HEART CONNECTION BRINGS MENTAL/EMOTIONAL
BALANCE**

THE PHYSICAL BODY IS EXPERIENCED AS *HOME*

The mind will begin to go through different types of experiences creating a feeling that things are shifting, unreal. Time may feel like it is “slipping” (slippage). It is the experience of more than one dimension at a time. This is the mental body surrendering its control. As *spirit-in-formed*, contact is being made with frequencies of other dimensions allowing a greater understanding of *being* human.

Life is reevaluated. Everything happening in life is seen from a completely different standpoint with the realization emerging that all people within one’s life are here as assistants. They support expansion *no matter what role they are presently playing*.

It can be a little bit frightening especially if there is a feeling of lack of control. This is a time to tap into the intuitive side, the telepathic aspect of the experience. Learn what mastery really means within the light body. Learn to release, relax and receive.

Realization of being the source in a physical body can create a feeling of reconnection with an *idea* of God. Dissolution of the concept that it is possible to

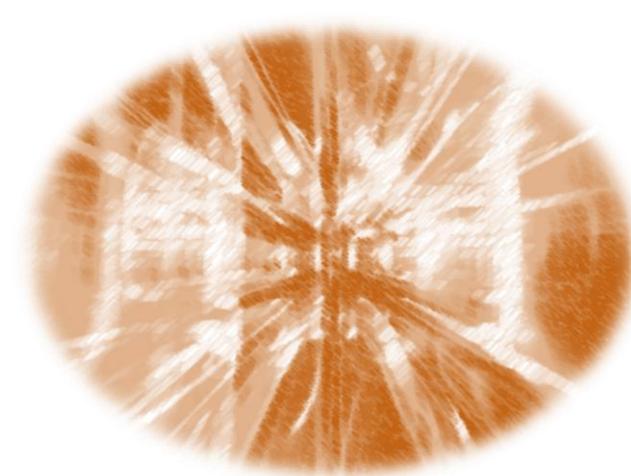
be *disconnected* from that which *is* will be one of the first aspects to experience as light in form.

Sometimes life might feel like a very dark world. Yet, again, that is all based on belief. As the source in form, there is only light. Each human being is light in form, hence *enlightened*. There is no separation from the light even after leaving this embodiment.

Within the awareness of enlightenment comes recognition of being the *Christus*, the *anointing*. The experience of time within space will change as the transformative time within this frequency takes on new meaning. Human beings are bringing more divine information into the human system.

The Christus is the light. The Self has summoned itself into this place, into this incarnation, into this incarnating *within* this world to experience physicality and bring its light into the bioelectric field. This means that every desire, every thought, every idea is actually a focus of the source itself.

There is no thought, feeling, emotion or idea that is *outside of* source. There is no *straying* and **there is no path**. The journey is a symbol in physical form of the light manifesting as the Christus in this dimensional realm.



All that is manifest and unmanifest is *entangled*. All is an experience of the whole. Awareness of being light in form, *in-forms* the whole. It is a mirror mirroring back to the mirror. The transmission and the receiving of the information are simultaneous.

Within this particular dimension, the sun emits the light stimulating the growth process of this world. It creates a semblance of order for that which *is* in this dimension and, at the same time, consumes itself as it is sending forth the energy that will be the ultimate growth and expansion process of the earth and all nature.

The understanding of *being light* is a direct communication with the sun. The photons within the body absorb the energy from the sun working with through the intention of the conscious mind. This is referred to as *spiritual sight* or the ability to see with the *eyes of spirit*.

Yet that gives a sense of separation to everything that exists because there is nothing that is outside spirit. Everything is imbued with the essence of spirit. Life seen from this standpoint is seeing with *spiritual eyes*. It is embracing all with the eyes of the Christos (*anointed*).

Embracing the light body and *exposing its form to all* causes attachment to physicality to become an obvious illusionary belief system based upon mass consciousness (herd mentality). Awareness to personal divinity is an expression of light facilitating actualization of the awareness of light in other beings. It must be **consciously embodied** before it can be transmitted to others (the standing wave).

