



# Sacred Spaces



## Light Body Owners' Manual

by Toni Elizabeth Sar'h

Let's set out a few simple steps for the awareness and maintenance of the Light Body. Since you are living as light, it is good to know how to maintain this container you as living consciousness are using.

### First, remember:

Physically, you exist as two basic particles that are comprised of energy waves. These particles are called protons and electrons. The proton contains weight, which allows you to observe yourself consciously within this dimension. It uses gravity to “keep” you here. The flowing electron creates the aspect you know as light. The interchange of these two particles in flow manifests what you know as the physical you – a vehicle for your conscious, *individuated personality*.

*Individuated personality* is the operative phrase here from the standpoint of light body awareness and, ultimately, maintenance. Your *individuation* is your formation as a distinct entity. Your *personality* is the sum of your characteristics and qualities or, as I sometimes say, your “stage costume”.

If you wish to become aware of yourself as light, it is imperative that you realize, hold true to and fully embody your distinction and embrace your qualities. Though others might judge that distinction and/or qualities do not fall prey to judgment. Stay true to yourself. Express what **you are as** you are and learn to shine your light (you are the only one who can) within this dimensional realm.

You align yourself with Source Consciousness that knows no specifics (right or wrong; good or bad). You remove judgment from the equation. You clarify your alignment as radiant energy. Your light becomes clearer to you. You live your life through the lens of light as only you can. There is only one light called “you”. To be aware of yourself as light, you must live your life fully as **you** wish to express as **that** light using all of your natural attributes.

Question all of your beliefs because nearly all of them tell you that you are a material being rather than a light body. Dissolve, shatter and dismantle all belief structures telling you otherwise. Put a firm foundation under your “light knowing”.

Second: Imperative  
Third: Nice Options  
Fourth: Window Dressing

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**Second: Imperative**

**Solitude. Silence. Coherent harmony. Intention. Silence. Solitude.**

It is only in silence and solitude that you drop your ideas about yourself; how you are to appear and/or perform and what expectations you believe you are meant to fulfill. Here you will become aware of what you believe you are.

It is only in silence and solitude that you can observe, commune with and set up an open transmission line within you as God. While your day-to-day activities are also divine happenings, your mind will keep you very busy doing, doing, doing during them. Stop, be silent, sit. Just that. Sit in silence. Be with you.

Here you will fall in love with yourself. Recollect how “falling in love” takes up your energy and focus. All of your thoughts are for the beloved. Make that beloved you as Source because you are Source. You are the beloved. There is only Source. There is only One. You are in union within the One. You are the beloved.

When you sit in silence, you will quickly come to the realization of how important your intention has become. What you intend is what creates your reality. Through intention, you begin the process of living as light. Once you have set the intention to recognize yourself as only light, your focus will feel aligned and harmony will be the result.

Keeping your focus upon your intention becomes your mainstay. Your intention is to be in love with yourself as the beloved as light. Everything else compliments that intention or has no place within it. Life becomes very simple because you only have one focus. Your attention is given to your own divinity.

From this perspective, you see only light in all experiences and life becomes a gentle, continuous flow. Within your natural fluidity, you allow and accept life to express itself as it does. The need to control, take charge or force changes are not included within your focus. The filter you use to view your life in earth is clear, pure and light-filled.

### **Third: Nice Options**

#### **Manage the physical through feelings**

Many people believe it is imperative to live a vegetarian lifestyle, practice yoga, spend time in nature and refrain from looking at the news. All of these life choices are optional. If it feels good, do it. If it feels *necessary*, question it.

It is as easy to know you are light and eat steak for dinner, as it is to know you are light and eat a salad. It is the belief you hold about *what* you are eating and *why* you are eating it that makes the difference. All is light.

Your belief and your intention are the principles that formulate your reality. Feel into what you believe and what you are intending so you easily become intimately aware of your light.

Workshops, books, videos and the Internet offer optional experiences to enhance your awareness of being light. Here is where you want to use your most discerning wisdom before choosing any offering.

***Rule of thumb for making choices:*** If any book, video, workshop, speaker or online offering uses fear in any way to attract you or “alert” you, it is not for you as the beloved. If it suggests separation (us vs. them), claims to be the only one who knows or looks like it’s attempting to sell you something slick, it is not for you as the beloved.

Choose very wisely. Make your decision from the standpoint of what the offering feels like rather than what somebody else tells you about it. What is this offering suggesting will be the outcome of the time you spend with it?

You are, in this moment, absolutely at one with the earth and all its inhabitants. Within that concept lies the reality that you don’t need to be in nature to enjoy its fruits. You don’t have to go to the mountains, sit by a stream or invoke the moon and the sun. You, as the beloved light, are one with all of these natural forces. If your life style has the time and space to visit nature, make it a wonderful experience that is not more important or better than your usual daily activity. All is being experienced as light. All is light. That includes the floor you wash, the computer you sit at every day and the car or truck you drive. There is no separation.

Maintain harmony within your frequency through the feelings and thoughts that stimulate that feeling. Use any thought that inspires congruency within you. It doesn’t have to be a “spiritual” subject. Thinking of chocolate cake will do.

## **Fourth: Window Dressing**

### **No one is more important than you are**

It is very easy to be swayed by a person or persons who claim to be able to enlighten you. This is impossible. No one can enlighten another person. You are light. They are light. You are equal within your light. All is divine.

### **Consider window dressing as:**

The need to *follow (become attached to)* a specific leader, guru or “wise” person

The need to do only what that person says to the exclusion of all else

The need to follow any practice as though without it you won’t “make” it

The need to believe that someone is more sacred than you are because of the way he or she presents him or herself

The need to use specific words or phrases to appear “enlightened”

The need to refrain from anything that makes you happy i.e. movies, dancing, expressing yourself

Window dressing is always like the parsley on the plate. You order the entrée (incarnate) and then everything else that you are told to believe becomes like the parsley that decorates the plate. You can eat it if you want to yet it’s not the entrée – incarnating, as the beloved in a divine form, is your substance.

This very short owners’ manual will get you started on being aware of and maintaining your magnificent light body. It is certainly not inclusive of all aspects of maintenance and you may come up with others. Perfect! You tap into the Cosmic Mind and add your piece into the mix. That is your portion of the owners’ manual. It works for you. It works for others. It works for all.

# You are light. You are the beloved. You are God.

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