THE LIGHT OF FIRST CAUSE

The Light of First Cause is the quality of light you choose to begin your day and your interactions with others. This is no easy practice especially if we have become conditioned to a more reactive way of living to circumstances or behaviors of others. This quality of light is the one you are choosing to make the foundation of all your interactions. It is creative and represents your inner strength.

What is the quality of light I choose to lead with?

THE LIGHT OF RESPONSE

When faced with instances that might normally draw a negative reaction, your Light of Response is your conscious use of your inner power, to respond with a higher vibration than the one directed at you.

What is the quality of light I choose to respond with?

THE LIGHT OF REFLECTION

The Light of Reflection is how we view ourselves in our past and present. It very much creates the ground in which our future self is built. When you look back at your life, your day, or just at yourself, as if from a star way yonder in the sky, what is the quality of light you choose to view yourself with?

What is the quality of light I choose to reflect with?

THE LIGHT OF ASPIRATION

The Light of Aspiration is our North Star. It is that quality you may already have but also the one you may need the most to grow in or that quality which will grow you the most.

What is the quality of light I choose to aspire to?