

***Meditating and Healing with  
Color Ray Light Energy***  
*by Bryan, Kevin & Katherine James*

Meditation is a very important tool for spiritual growth, and there are a number of effective methods for accessing our inner self. One popular form of Eastern meditation has participants seated silently in the lotus position. By contrast, we perform Light meditation speaking aloud (although we could do this silently) with the legs uncrossed.

While Eastern meditation is focused inward attempting to impartially observe internal thoughts and emotions, this form seeks to 'make something happen,' by connecting upwards with the Etheric (or heavenly) realms.

Meditating with the Light is a very dynamic process, and involves calling forth universal energy. This is quite a dramatic contrast to the practice of observing the flow of what comes to mind for us while accessing our inner self. These forms of meditation are very important and valuable to our spiritual growth, but working with the Light requires a different technique.

With the Light form of meditation, you speak the energy into key points in your aura. This method is also very enjoyable because many (if not most) people eventually see and feel the Light energy as it works through their energy centers and physical body. Meditating with the Light energy is a very gentle but dynamic process, and a relaxing and comforting experience. But most importantly, it works!

The process is a little different for adults than it is for children, but it works just as effectively for both. I'll let Kevin and Katherine explain how this works, as they understand the process.

**Kevin:**

This is how adults meditate with the Light.

1) Ask for Protection. First you surround yourself in the golden Light.

**Bryan:**

It's always important to ask for protection when you deal in the spiritual/psychic realm. Imagine you are sitting inside a large golden bubble that insulates you from any psychic disturbance.

**Kevin:**

2) Raise your Consciousness. You can raise your consciousness by saying something like, "Heavenly Father, Holy Mother, God, I raise my consciousness to your consciousness, where we are one."

**Bryan:**

You reach your Higher Self by imagining you are extending your consciousness (as if you could extend an invisible spiritual connecting cord) two feet above your head to your Higher Self point. You've now connected to a divine source of power with unlimited spiritual energy to fulfill your every physical, emotional and spiritual need.

**Kevin:**

3) Ask for the Light. After you raise your consciousness, you might say, "I ask that you send down (e.g., the green Light) to my Higher Self point. Let the Light come down to each of my energy centers (chakras). First to my mental center (forehead), then my throat center, my hermetic center (middle of chest), and my emotional center (navel)."

**Bryan:**

Imagine the Light entering each point and fanning out in every direction. We'll not get into too much discussion about the energy centers, but these are entry points for the Light.

**Kevin:**

4) After you've received the Light, say something like, "Thank you that this is so, and so shall it always be. So be it."

**Bryan:**

After you receive the Light, take a moment to pull yourself together as you might feel a little dizzy from what is often a very powerful reception of divine energy. Try to remain present to what you just received.

**Katherine:**

Children can sit down or lie down on their back. One time while meditating, I had a visitation from Jesus and he told me not to lie on my side (because it affects the energy flow). He told me to say:

"Dear Heavenly Father, Holy Mother God, please send me down the (name any) Light to all of my centers. I thank you that this is so. So be it."

**Bryan:**

Katherine often does this in bed lying down instead of sitting up in a chair. This is okay, but as she said, she has on good authority (more about Jesus later) that we lie flat on our back instead of on our side.

The format that Katherine demonstrated is sufficient for young people as their Higher Self point isn't fully in place until they're approximately twelve years old. However, children can and should still call on these energies. When they do, the Holy Ones (their teachers and angels) make sure they receive the Light. They're also more likely to see the Light energies early on, which is quite a thrill for them.

But for adults, the Higher Self point is definitely in place. Since Katherine is clairvoyant enough to see the spiritual cord, I occasionally ask her to follow my cord as it ascends from my head upwards, to see how far it can go. She then tells me where it stops, and I can measure my progress.

There are higher points beyond our Higher Self that we'll eventually want to reach to increase our spiritual flow, but that is a subject for another time. For now, our Higher Self point is where we need to connect.

You could also liken raising your consciousness to raising a television or radio antenna. I've observed that my ability to raise my consciousness high enough

affects not only the flow of the Light energies I receive, but also the clarity of the image (or picture) I get during a vision.

The higher I raise it, the clearer the picture. If I lose focus of what I'm doing, and the invisible cord slips, the picture fades out and the Light stops flowing as much.

**Katherine:**

Sometimes I see things like crosses hanging over my dad's head. I also see golden 'leaves' of Light on people. I might see them on someone's face or in their hair. Sometimes I only see one and other times I see a lot of them. They move really fast, all over a person.

**Bryan:**

Katherine is probably viewing thought forms, but I'm not absolutely sure. I see thought forms all the time, swirling in a circle around my forehead. To me, they look like little white paisley objects flying in formation.

I've noticed that if I have an idea about something I'm working on, I often see thought forms swirling around my head. As I mentioned before, everything we think, say or do creates energy of some form or another.

The children and I also see the Light energies going into someone during a meditation, and we can also differentiate portions of our own auras. Each of our energy centers give off a different color of its own. For example, if I close my eyes and look straight ahead, I might see the golden Light coming from my Mental Center. If I look down a bit, I would see the green Light at my Hermetic Center, and down around my navel, the pink Light. Not everyone has the same color 'scheme,' but that demonstrates how the Light manifests in each energy center of our aura.

## **Healing with Light**

**Katherine:**

My dad often uses Light to help me feel better. I also help my brother or dad when they get a headache or a sore throat. It works fast! We also help heal our cats, trees and plants when they're hurting. Our peach and avocado trees were dying and we meditated for them on several mornings and the trees got better.

If my brother feels sick, my dad has me send him Light. Sometimes I send it to my mom and dad if they get sick, and my friends at school too.

**Bryan:**

As a family, we've used Light mediation to successfully heal or relieve headaches, colds, joint-aches, etc. Naturally, we still consult our doctor and use various medicines, herbs and vitamins. The Light is a great support for our health needs, but we still need a balanced diet, exercise and sufficient sleep.

Besides our health, we can use the Light to help heal broken relationships, depleted finances, or just our own personal issues, like self-consciousness, fear or depression—you name it!

**Kevin:**

To heal something (or someone), you have to ask the Lights to come down so a person (or thing) can feel better. You ask the Light (select one) to come down to the person or thing you want to heal by saying something like:

"Heavenly Father, Holy Mother God, I raise my consciousness into your consciousness, where we are one. And I ask that you send down the (e.g., Blue-White Fire) to help heal (whomever). I now ask the Light to go back to its source and I thank you for making it so, and so shall it always be. So be it."

**Bryan:**

I give Katherine and Kevin a daily regime of healing Light. The Light method of meditation also helps relieve my wife's discomfort with her fibromyalgia. It doesn't remove it completely (possibly due to karma, or to serve a higher purpose), but it does take away the aching, and helps her sleeping.

Although I rarely get headaches, I sometimes get one if the children start screaming or fighting in the back seat while I'm driving. After a few rounds between them, my head feels like it's going to explode! When this happens, I pull over, quiet them down and have them give each other Light to make up, and send me Light for my headache. Usually within a minute or so, they calm down and my headache goes away.

The Light is so practical, useful, and easy to apply that we're all learning to rely on it in nearly every aspect of our lives. No matter what's occurring in our lives for us, positive or not, there's a Light energy we can use to support the situation. We try to remind each other to, "Make sure you use the Light," when working through important issues. And since I tend to think out-of-the-box, I'm always discovering new uses for the Light in my life.

For example, I occasionally buy coffee at a local gas station in the morning, because it's usually fresh and tastes good. One day it just had a terrible, bitter aftertaste, and there was no way I could drink it. But rather than just throw it away, I decided to send Light to my cup. Surprisingly, the bitter aftertaste went away, and it became quite drinkable! I've done this successfully several times now. Try it and see for yourself.

### **Solutions to Life's Challenges**

To go along with our success in working with the Light energies, I've noticed another benefit for my family is a change in our perspective in how we now view life. Our family culture has shifted its views concerning life's challenges. We now see them as normal and welcome aspects of the evolutionary process. They're only burdens if we say they are. I'd compare it to the homework my children complete every night. It's all designed to get us to the next spiritual level.

What a relief! Whatever the condition or situation we're in, whether things are going well or they're not (i.e., whether we understand the lesson or not), we know we have an effective tool that will at the very least, comfort us during both the easy times and the difficult ones.

And while we still communicate and make our requests known through prayer, we don't have to sit passively by and wait for divine intervention to bail us out. Instead, we respond by accessing universal energy to treat the condition and ourselves.

That means no more playing the martyr while we fall to pieces, waiting for someone to answer our tearful, desperate prayers and complaints. Regardless whether our crisis (or lesson) is related to health, relationships, finances or our spirituality—we have a solution, a source of power to turn to. And we can have peace of mind in knowing the Light will sustain us despite all appearances, conventional wisdom, the circumstances facing us or the odds against us.

We actually choose how situations work out for us, based on how we respond to them through our thoughts, words and actions. As mentioned before, every thought, word and deed generates Light, and Light is the power of the universe. Whatever we set in motion, will either generate positive, bright, beautiful Light; or negative, dark, unpleasant Light.

To create positive outcomes we naturally have to generate positive Light. Therefore, our thinking, speaking and doing, even during a crisis, must be positive (e.g., kind, loving, forgiving, gracious, pure, patient, etc.) if we want to positively affect our future. If we're having difficulty feeling positive because we're angry, depressed, frustrated, ill, etc., and we all have those times, meditation with the Light will provide that positive energy boost for us. Remember, whatever we set in motion is exactly what we're going to get back (i.e., cause and effect, sowing and reaping), whether we feel we deserve it or not.

For example, if I find I'm too upset with someone to treat him with kindness like I should, meditating with the pink Light will give me the ability to soften my approach. If I'm having trouble sticking to my budget, the gold Light will help me maintain more self-control. When I find myself acting impatiently with my children or coworkers, the green Light helps me step back from the situation, and reevaluate it with calmness and fairness.

Of course, it works for others too. When my secretary is depressed because she's had a bad weekend, giving her the orange Light seems to cheer her up. If a coworker is struggling with a complex organizational problem, sending the silver Light will help him think it through. When Kevin's trying to focus so he can study for his spelling test, I send him the yellow Light.

Both the lesson and the solution are for and according to our highest good—and nothing less than that! We're comforted to know that no matter what the lesson, we'll never have to feel helpless again. No matter what!

This peace of mind has quite a positive impact on how we now approach our lives, and most importantly, our spiritual evolution. The Light makes it possible for us to patiently endure life's challenges, as we know they're only temporary, and we have a solution available to us. It helps us avoid stressing out when our plans go awry or something occurs outside our control.

As I know that this Light energy comes from God, it now makes even more sense to put our trust in the Creator, our angels and our etheric spiritual teachers, because they provide us with special power to effectively manage our lives and spiritual growth. And as we build that trust, we realize, perhaps just as importantly, that we can also trust ourselves.

That trust is in our Higher Self, our true self. This is that self that speaks to us with that still quiet voice, from deep within us. And as we develop that trust in ourselves, we begin to remember and acknowledge whom we truly are and what we came here to accomplish in the first place. That acknowledgment leads to expanding our spiritual growth, and eventually to evolving to a higher realm and reuniting with the God presence.