

DIFFERENT FORMS OF LIGHT

From Holding Light to Radiating Light

Light is the living energy that moves through all things. It's the spark of divine intelligence that shapes healing, awakening, and the evolution of consciousness. Everyone experiences and embodies light differently, depending on where they are on their journey.

As our spiritual capacity grows, so too does our relationship with light. We begin by learning to hold it. Over time, as we become more open, light merges with us and eventually radiates effortlessly through us.

☀ Holding Light: Anchoring Divine Frequency

At first, learning to hold light means building the capacity to stabilise divine frequencies within our own energy field. This is a significant step – it requires presence, dedication, and a commitment to purification. At this stage, we act as conduits for higher vibrations, serving not only ourselves but also others, the collective, and the Earth itself.

When we hold light, we act as bridges between the physical and the spiritual. Whether in ceremony, in healing work, or simply in daily life, we carry a steady vibration that uplifts and transforms. Service at this level is about embodying a frequency, not about striving or performing.

☀ Merging with Light: The Threshold of Becoming

Once we've anchored the light consistently, a deeper process begins. Light starts to move into our inner world, infusing our breath, our cells, and our consciousness. It's no longer something external to reach for – it becomes part of who we are. At this stage, it's less about striving and more about allowing – softening into presence and letting light reconfigure us from the inside out.

The separation between our human self and our divine essence begins to dissolve. Light moves through our thoughts, our choices, and our energy field. It's a lived experience of communion – a sense that the divine is not something outside us but animates us from within.

★ The Alchemy of Light: Shedding What No Longer Serves

As light integrates more deeply, it sparks a powerful purification. This alchemical process brings to the surface what can no longer coexist with higher frequencies – old patterns, identities, fears, and distortions. These surface not to punish but to be released.

This phase can feel intense – physically, emotionally, or spiritually. We may feel raw, sensitive, or profoundly still. But beneath this discomfort, the light is doing its sacred work – reorganising our reality, refining our energy field, and making space for higher expressions of our true essence.

★ Embodying the Light: Becoming the Frequency

Eventually, we reach a stage where we no longer feel separate from the light – we become it. It informs our words, our choices, our posture, and our presence. Others can feel this light even if we don't speak of it. We become living transmissions of divine energy.

This embodiment doesn't happen through force or willpower. It unfolds naturally through surrender, devotion, and ongoing refinement. As we embody light, our physical body becomes more luminous, our nervous system more relaxed, and our emotional landscape clearer. We move through life as Spirit in motion – fully human and fully divine.

★ Radiating the Light: Walking as Presence

Beyond embodiment lies the phase of radiance – where we no longer even think about being light. We simply are light. Our frequency affects everything around us effortlessly. We become transparent to the divine, and our presence itself uplifts and blesses.

This state doesn't seek recognition – it simply is. We become sources of light, naturally blessing the world just by being who we are. This is the state we associate with great spiritual masters: their mere presence transforms, heals, and awakens.

★ Living in the Light

Every stage of working with light is sacred. Whether we're just beginning to hold it or learning to radiate it, each phase is part of the journey of becoming more of who we truly are. The path isn't linear – it spirals. We revisit earlier phases to refine, integrate, and deepen.

Light work is not separate from daily life – it is life, lived with spiritual awareness, continually refining and realigning with the divine.

Wherever you are – holding, merging, embodying, or radiating – know that your light is vital to the collective. Even if it's not always seen, it is deeply felt and profoundly needed.

Restoring the balance of Light in the body is central to the Frequency modality protocols I work with.