



“The Goddess of All Light”

This body of work introduces the seeker to the world of *The Goddess of All Light*, an Atlantean Goddess. It is a simple introduction to *The Force of The Mother*, through *The Goddess of All Light*.

These transmissions can be used sequentially daily or when your need Guidance, Reflection and Support to open up to *The Divine Feminine*.

See *The Divine Feminine*, as a *Mothers Love*, without the emotional overlay which comes with human mothering. This is *Unconditional Source Love*; always ready, always available.

The principle of the Divine Feminine is to really *Self Nurture*.

By reflecting on the daily transmissions the seeker can CHECK; OBSERVE; and TRANSMUTE every emotion with the knowledge that ‘She’ is in the Loving Empowering presence of *The Goddess of All Light*.

The Divine Feminine is the principle behind ALL that is Life Affirming and Good in the Universe.

The Goddess of All Light has been dialoguing with me since 2001/2. The Force of The Goddess of All Light was and STILL IS activated daily by me in healings, readings and attunements. Everyone who has been in my life, professionally and privately has been touched by The Goddess of All Light at some level.

It is an honour to be able to hear ‘Her’ call, again, and create the body of work which was channelled by Her daily since 2001/2. This compilation of Transmissions was taken from my personal diary during 2002-2003. Never has there been a more URGENT TIME, than Right Now, to introduce ‘Her’ to you. As we need to birth *The Divine Feminine* in our *Collective Core Remembering*.

ACKNOWLEDGEMENTS:

To all clients, students, friends and colleagues who have witnessed the personal power of *The Goddess of All Life*, in my life and taken healings, readings and attunement...to you; I am Grateful beyond words.. 'She' would not be here without each and every one of you.

NOTE: THE PHILOSOPHY AS IT IS APPLIED IN THESE DIALOGUES ARE NOT PATRIARCHIAL; THE PHILOSOPHY TO THE GODDESS OF ALL LIGHT, IS The SELF; SELF LOVE; SELF NURTURING... MEN IN OUR CULTURE NEED THE DIVINE FEMININE AS MUCH AS WOMEN. IT'S INTENT IS NOT TO MARGINALIZE MEN VS WOMEN IN THESE TIMES OF TRANSFORMATION FOR HUMANITY'S COLLECTIVE REMEMBERING.

DAY 1 PURE LOVE vs Being 'In Love'

Carmel: I feel people need further clarification on emotional love, i.e. “in love” and “Pure Love”.

The Goddess of All Light: The “in love” feeling is emotional. The emotional life is always at the ready to feed love. The emotional life is the slave of love as it wants love to feed itself. The human journey is to examine love in all its aspects.

Respect love and love respects you. Love is the essence of All life. Love is needed when the human soul needs repair. All human souls need love. Give it to everyone and yourself **first**.

The Goddess of All Light allows love, **pure love**, to be expressed throughout the person’s total being. She is evoked totally through the creation process. The creation process is the trigger for the seed of love to grow for oneself. The self is the creation. You are your own creation. You are the fruit of the seeds you sow. Plant your garden well for love to grow. Do not destroy your love for yourself by doubting that your plant, your love plant, will not flourish. Think of the balance you need now for your love to grow. Nourish the self, your love self, with loving thoughts for yourself and others. Every waking moment is a tribute to the human experience to love. Yes, love yourself every waking moment. You deserve to feel blissed out in every moment. Every second is an expression of yourself in your complete ability to love yourself. The experience of love transcends time and place and can be taken with you wherever you go.

REFLECTION QUESTIONS:

The Goddess of All Light is asking you to reflect on why you doubt yourself and destroy your love for yourself.

- Do you consciously send loving thoughts to yourself daily?
- If so, How often?
- If not, why not?

The Goddess of All Light is opening you up to new feelings you’ve activated now...

“The Fruits of the Seeds you sew”.

Now that you are planting your Love Seeds:

- Do you plant your Self Love seeds in rich nourishing soil?
- Are you tending to them carefully?

Sew your Seeds, as the human experience is to examine Love in All its aspects.

DAY 2

Women's Power & Freedom

Carmel: Could the Goddess of All Light speak to me of a woman's power?

Goddess of All Light: You will discover this when you love yourself, and your own discovery of your power brings worshipful behaviour towards you. Power for a woman on the Goddess path is to bring to her life the determination to risk emotional blackmail, her emotional blackmail to herself. Never allow yourself to blackmail the self. The energy of emotional self-sabotage is the feeling of abandonment of the true self. The true self becomes split off/damaged through self-sabotage. Try and observe every emotional reaction you have and know that it is something in yourself you don't like. This can occur when transferring emotion from one person to another i.e. a partner leaves, you then transfer to another person. This can cause problems and is blackmail of self.

Carmel: What is freedom exactly?

The Goddess of All Light: A free woman has the soul and mind of a bird. She is above the mundane concerns of everyday life. The free woman can see life from a different perspective. She is able to offer herself the gift of choosing. Choosing freedom implies no guilt, no relationship with the past, bound by duty, false loyalty or obligation. Ask yourself: 'Will my relationship with this person forward us both'. Never look back. Blot out the past. It will bring guilt and remorse and false promises and expectations. Be guided on the road you are now on. Keep looking ahead, but not too far ahead, because you can limit your horizons. Yes, keep looking ahead for 3-6 months, nothing more - too many roads can be opened.

For your freedom now, the Goddess needs a commitment for your growth as a free person. No restrictions from the past, no memory, good or bad, just now. *'What do I need to do **now** for my freedom?'* Release all expectations of anticipated behaviour, anticipated outcomes or anticipated beliefs. Your power is your freedom to make choices any moment. Freedom is an expression of divinity in you. Light of the Goddess is freedom from all restrictions which bind you to a certain way of acting, believing or just being. Freedom is strength and power to draw people you want now. *'I am free to explore my truth on my road of life. I am free to bring love, prosperity, travel, power, magnetism to me now.'* Be in love with freedom as it implies power.

REFLECTION QUESTIONS:

The Goddess of All Light asks you to observe every emotional reaction you have; and to know, it is something in *Yourself* you don't like.

- Are you observing these emotional reactions?
 - How are you transferring the to other people?
 - Do you sometimes feel you have emotional reactions to anticipated behaviours; outcomes and beliefs in your world?
 - If so, can you see these unmet expectations are robbing you from your power?
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DAY 3

How have I Worshiped Myself Today?

Carmel: 'Why do I want my freedom? I want my freedom to give me power over emotions.'

The Goddess of All Light: True freedom is abandonment from the past patterns of fear. Abandon yourself to yourself now. You are now surrounded by people who will forward your truth. Just allow the new aspect of yourself to grow and nourish yourself, daily, totally. How have I exercised my freedom today? Ask yourself: 'How am I nourishing my freedom and my pleasure to be me?' You don't have the karma of attachment to roles. The karma is only in the attachment to the role. Don't attach yourself to any role of any previously held belief about yourself. This way lies freedom. Let yourself honestly feel your power now. Belief in your own honesty and a true notion of what freedom is, is very important to you at this time. Recognise that true freedom and worship is one of the self. Self-worship is freedom. Freedom implies of life which is totally guilt-free. No guilt, no attachment - only worship of the Goddess through yourself. Ask yourself, 'How have I worshipped myself today?' Look carefully. What is worship? Adoration, devotion. Be in awe of yourself. This worshipful attitude will bring you much love and peace. When you are low/depressed, stop and ask 'Why am I not in adoration of myself at this moment?'

The Goddess of All Light speaks: Yes, she is connecting to you through your relationships. She is able to oversee all relationship issues and challenges. She challenges you to find within yourself the complete ability to trust in Her. Trust is your issue with yourself now. She brings people into your world to serve your divine truth and to emerge again in Light when your life path on earth plane is over. She will enhance and make all relationships perfect if you allow her. Evoke her for total Peace, Beauty and Trust in relationships. You have only furthered this commitment. She loves bringing people to you so they can see her in you. Look at the people who are drawn to your powerful magnetic energy. Feel her inside you when they become close to you and let her come through your heart to them. Just allow your heart to open wide to love and so in turn loving all the people who cross your life path now.

Just allow yourself peace and contentment to share your Goddess of All Light love to all. All love you because they see the Goddess of All Light in you. Be in love with the Goddess of All Light and she will give love to all you cross.

Allow the Goddess beauty to enfold you. Be in love only with the Goddess of All Light and she will bring you all you need in love.

REFLECTION QUESTIONS:

- Did the word 'Worship' challenge you in any way, in being aware of who you truly are?
 - Can you see what it will bring you?
 - Have you experienced the Feeling of 'Bringing' people to you; so they can 'see Her' in you?
 - If so, what was the experience?
 - If not, do you feel you are not yet fully able to 'Trust Her'?"
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DAY 4 BREATH

The Goddess of All Light speaks: She requests you to develop in yourself your power over emotional reactions. You must find within yourself your own unique capacity to process an emotional reaction. To do this requires discipline and strength, through the breath. Through the breath you will be able to process emotion much more quickly and thoroughly. The breath is the only way the Goddess of All Light can be strengthened in you. The breath has the power that cannot be underestimated. The breath is the life force of your creation. Think of a baby being born. It yells its first breath. It yells in out. Breath is the freedom you aspire to from emotion. Breathe in slowly, deliberately, consciously. Deep, slow, conscious breathing is essential for an evolved life in the presence of The Goddess of All Light.

Make a commitment each day to breathe in deliberately for ten minutes. Notice the difference in your body. Your body will become a channel for energy and you will not require as much food for fuel.

'My breath is sacred; it is sacred power. My emotions respond to calm, rational, steady breathing.'

You are given space to explore the emotion and track its source. Ask The Goddess to track the source of the emotion. Spirit comes in through the breath. Breath is spirit and brings the most beautiful divine love imaginable to you!

REFLECTION QUESTIONS:

- Why is Breath so important in creating and holding a presence, such as The Goddess of All Light in you?
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DAY 5 Attachment vs Detachment

Goddess of All Light speaks: now of attachment. Attachment creates separation because the attachment speaks of need. Need is greed. There is an aspect of a person which is unloved and thus greedy. Attachment is also fear, fear of loss and separation. Attachment puts a responsibility on to the other person because they feel obliged and have to respond. This is not a love filled space. So when you have an attachment, the person in fact becomes an object to you. You cannot love unconditionally an object. When you fear attachment in a relationship, an object or possessions, examine yourself in relation to the attachment.

The opposite of attachment is detachment. Detachment gives the other person freedom but it also gives you power over emotions which is what the challenge of being human is. Letting go of attachment is a primary learning task of being human. It is painful. It creates much self-examination to detach from being attached. Recognise firstly an unmet need within yourself. 'This need in me is not being fully met.' This is a time for peace/space and light. Give yourself space, and mostly give yourself time to acknowledge the source of the attachment. Very often it is karmic. This karma must be tracked to its source, as only by acknowledging its source will you be able to understand your terrible pain at the loss. The greater the pain the more powerful the karma. These karmas can have many lifetimes of pain or happiness.

Evoke in the name of Love and Light and in the name of my and divine truths, could I be shown the source of our karma, through the Goddess of All Light.

Wait for the source to be shown to you in a meditation, a dream, a thought.

A human who consciously works on understanding pain is given all the assistance imaginable and will be freed from loss and pain that the attachment brings.

REFLECTION QUESTIONS:

- Have you been able to determine '*the Need in You, Not being fully met*' in being attached to others?

Tracking the Karmas at Source is highlighted in this passage.

- Have you been able to allow this space within yourself to track this karma?

- What was the outcome?
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DAY 6 COMMITMENT

The Goddess of All Light speaks: Allow your life to shine through commitment. Through commitment to everything in your life you will forward your truth. Commitment : *What is it?* Commitment means that you must recognise your worth. How can you have commitment to anything, anyone, unless you recognise why you are committed. Why am I committed to this relationship, this project, this desire? Does the commitment serve my divine truth? Commitment must be shared. You may decide to commit to a relationship, i.e. to bring up a child together. You need to establish commitment boundaries and have a commitment ceremony so that the divine ones know of your truth and can aid you both with this. Commitment to a way of life i.e. your commitment to making your body a temple through diet, exercise, breathing techniques etc., can be validated through a commitment ceremony by evoking the elements and the Goddess of All Light:

'I hereby commit myself to my divine truth through this relationship; this way of life; this project. I ask for blessings and assistance on this path of commitment. I honour myself on this journey and I invite all those who wish to help further this commitment to assist' (this can be grandparents with raising a child, either biological or soul; academics for study; or any teachers to assist).

Give a gift and offer yourself to others for their commitments. When the commitment ends cut the ties to the person or situation and thank all those who assisted.

REFLECTION QUESTIONS:

The Goddess asks you if your commitments are Serving your Divine Truth..

- Have you reflected on your commitments?
- Have you invited your Heart to see if these commitments, *Serve your Truth?*

A Blessing Ceremony Commitment Ritual is suggested by The Goddess, for your commitments.

- Do you see the value in this?
- What does it bring?

DAY 7 DEVOTION

The Goddess of All Light speaks: to you now of your devotion. Devotion to the Goddess of All Light philosophy brings rich rewards. These rewards serve the divine truth of the aspirant. Devotion is a reverential acknowledgement of the Goddess of All Light in all of life. She is your creation. You have birthed her and you allow her to grow when you are in total acknowledgment of her power, life force and beauty. She is such a unique channel to trust as she gives you all you need for your soul's path. This is why you cannot be in competition against anyone else. Your path has been chosen for you now. You have chosen the Goddess for your life, work and pleasure. It is a choosing and a divine alchemy. Just think of never having to worry again because you have this philosophy to sustain you. Devotion to the Goddess of All Light creates and strengthens this divine alchemy. To be devoted is to recognise the power of what she can do for you and then acknowledging it to yourself. Then and only then can you create a space of reflection, thanks, gratitude, respect and love. The divine love from the Goddess of All Light spreads everywhere. You are the chosen one by her. This does not imply exclusivity or power, just a choosing.

*'I choose her/she chooses me because "we" are one and the same.
She is me - I am her - we are one together so she helps every choice.'*

Every action, word, thought, deed is hers and her frequency touches everything in your life now. Be in loving surrender to her now.

REFLECTION QUESTIONS:

By reading this transmission, you will have chosen The Path of The Goddess.

- Do you feel the need to commit to 'Devotion' to the principle 'She' represents?
- What are the rewards?

DAY 8 TRUST

The Goddess of All Light is now ready to bring to you all you require as you have shown your ability to trust. When you trust you open up your heart chakra to the most unbelievable degree. Your trust is your ability to access the Goddess. She cannot work through you without the trust process. There is a true beauty and youth which comes with trust. It is child-like and the simplicity brings youth, charm and much light to the aura when a person is being presented with something new, i.e. a relationship, idea, plan. there is always doubt, pain and hurt from previous encounters where trust was an issue. The Goddess of All Light knows this and she understands you must trust in her ability to help you. You must surrender to this moment. Ask yourself, 'Who/what do I have to trust right now?' Once you have made the initial commitment to trust then it must be followed through with a knowing that all will be well for your highest good. This is the demanding part. You can be shown a way of healing or attunement, but you must believe in your ability to trust the person who is the representative of the Goddess so that She can channel that trust to you.

Your challenge is to stay centred and calm and know the trust process must be monitored. You can say to a person, 'I trust you not to hurt me. I have been hurt before.' You are asking yourself,

'Can I trust myself enough to know I am strong enough in love and light to separate from that person's own pain not to let it hurt me?'

The Goddess of All Light knows this and creates the circumstances for the trust process to happen.

REFLECTION QUESTIONS:

- What are the benefits of TRUSTING The Goddess?
 - What is 'The Demanding' part of Trusting?
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DAY 9 EMOTIONAL EXPECTATIONS

The Goddess of All Light asks you to acknowledge always your need to examine the emotions. Being human is to have the emotional experience and expectations of another's behaviour. There is always a challenge when a person does not meet up to your emotional expectations of him/her, daily. You as a human are presented with the challenge of disappointment in a relationship where someone ceases to comply to your expectations of him/her. Firstly, again the feeling must be tracked to its karmic origin. The person may be showing you that there has been too much fear and abandonment which has not been resolved. This is an excellent time to say to yourself,

*'I see your decision, I am sad, disappointed etc. I see it is time for **me** to work through this emotion. It's ok for me to have it.'*

This is the most important thing to acknowledge - that it's ok to have the emotion. Allow yourself to look at it, feel it, try and explore its texture. Where it is in your body. Now you need to just meditate with it. It's ok to meditate on it and track its source. Try hard through conscious breath to track its source. Breathe into the fear and loss and abandonment this emotion leaves you with. Ask the Goddess to now release the original print on the memory screen of the source of the fear. These are always only your expectations of the behaviour of someone else. Release them from your unconscious patterning and they are gone forever.

REFLECTION QUESTIONS:

When a person does not meet with your expectation of him/her:

- What is this showing you about yourself?

The Goddess is asking you, to release the original print on the memory screen, on the source of the fear:

- Are you able to allow yourself to go and claim your authority over this 'expectation' of the person?

DAY 10

HOPE

The Goddess of All Light brings to you the message of hope. The hope is needed to keep humans connected to their Light source. Hope keeps connecting you to your source of power. Hope is needed when your energy is depleted and you feel overwhelmed. Hope will bring the Goddess to you in a magnificent form. Just keep breathing in Hope. Hope brings life force, love and power. Do not be afraid when you have no hope because it is fear which creates separation. Separation from the Goddess is destructive as it will magnify the fears which are already stored there.

The Goddess of All Light will always help you when you are human and feel overwhelmed by your fears and negativity. She shows you now that hope is part of the ascension of the human spirit. Even when in despair, very tired or overwhelmed, you need to breathe her in and get connected to the source of Light. Light, strength and power all come from the one ingredient of hope. Allow yourself to feel the sense of hope and love for yourself now. Bring the feeling of love and renewal of your spiritual self to you now through asking the Goddess of All Light to bring hope to your heart to strengthen your mind and spirit.

'I bring hope to my heart by strengthening my mind and my spirit now. I am a living reminder of the hope that the Goddess of All Light brings to me now. I surrender to the hope in my heart now.'

REFLECTION QUESTIONS:

- What are the healing benefits of having Hope?
 - Why is Hope part of the Ascension of the human Spirit?
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DAY 11 COURAGE

The Goddess of All Light speaks today of courage. Courage within a person is the knowledge that she has a goal which she must adhere to. This goal can be a challenge to confront a situation, a person or attitude to herself which must change.

'I confront myself now to have the courage to create change in my karma. I confront myself now to know I am part of a divine plan which I must follow.'

The courage is to look at the road map daily. 'What can I do today to confront all obstacles in courage.' The human condition is one of fear, confronting our fears. You need to ask daily,

'How can I confront my fear now of staying in my truth, where is the challenge of staying in my truth, where is the challenge?'

Feel yourself aligned to your truth. Visualise alignment taking place now, so you can be in alignment with your truth. 'My truth is my courage.' The courageous person confronts her truth daily with an affirmation:

- *'I ask that my alignment to my truth be taking place now.'*
- *'I ask for courage to bring this alignment into place now.'*
- *'I ask for all karmic patterns to be cleared so my truth be in alignment with divine will.'*

The courage to speak, act and be your truth is a challenge in this negative environment. 'I bring truth to my world now. I am in loving surrender to my truth in courage.' Be courageous in being human. The courage to speak, act and be you. Truth keeps the light bright.

REFLECTION QUESTIONS:

Looking at the road map daily:

- To confront ALL obstacles with courage, brings what?
 - The Affirmation invites you to examine the alignment with Truth through being courageous: What does Courage reveal to you now?
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DAY 12 DECISION MAKING

The Goddess of All Light speaks now of your ability to create choices which bring results that your Higher Self has chosen for your journey on Earth. Choices imply that the Soul has freedom at any given moment. There is a choice: how to act, think and behave. The Soul has the capacity to link with the choice-making faculty in the psyche. When you are confronted with a decision in your life you need to stop, look and listen to your inner wisdom. Too many people make decisions based on emotions. Greed is an example. The emotions seek to control all decisions.

Decisions must come from the heart, not the ego or will. A decision or choice is a very sacred thing. The sacred choice can change your destiny. Breathe deeply, go within and consider the options in your decision/choice-making and make sure it is in harmony and resonance with your divine truth.

'My divine truth is served by decisions which are holistic or soul-based. How can I forward my truth now? What decisions do I need to make now to forward my path. How are they soul-based?'

The question for yourself in choice-making is always the result of past actions. All karma must be cleared when decisions are being made. Ask yourself before decisions are made,

'What past actions will reflect this choice? What past actions will need to be addressed?'

Clear the past. Ask for your Soul, Higher Self to be present and the decision will be the only one for your truth right now. You are assisted.

REFLECTION QUESTIONS:

When you are confronted with making a decision in your life:

- What is the overriding consideration you must make? Why?
- Do you check in and Clear Karma's when decisions are being made?

DAY 13

MAGIC

The Goddess of All Light speaks now of magic. Create magic in your day by being responsive to the moment. Every moment lived in awareness of your truth is magical. A magical person just lets things unfold.

'I am magical when I live and love now. Today I just let events in my day unfold and I then will respond to them accordingly.'

Magical people are childlike. They have fun and respond to every moment. What a magical day! Breath is important to create the magical moment as breath is Divine Alchemy made manifest. Breath creates magic, because you consciously surrender to your truth.

'I love the moment of magical creation because I allow myself the freedom to breathe effortlessly, freely and in love.'

Love is magical. The most magical thing about humans is their capacity to love unconditionally and this creates magic.

To be magical to others means you must be magical to you, because every second you are breathing. The act of breathing makes the magic happen in you. Ask yourself now,

'How can I co-create with the Universe to be magical? I breathe in the ocean, the stars, the air, the Earth, consciously.'

Visualise the Air element being breathed in through you now. Breathe in through the crown, throughout the body and into the aura.

Visualise the Earth element, the rich soils, her heat and fire. Breathe it in, through the base chakra.

Visualise the Fire element, the Sun; the great central Sun and the Light. Breathe it in. The oceans, the rivers, the tides, breathe them in. It is through this integration that you have become a magical creation. Watch the magic happen in your life now.

REFELCTION QUESTIONS:

- What are the qualities of Magical people?
 - Why is Breath so important in being magical?
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DAY 14 ENDURANCE

The Goddess of All Light speaks of your need for endurance. The need to endure the constant bombardment of fear and negativity must always be acknowledged. Endurance is strength of purpose and will, to see a bigger reality, than the emotions keep presenting to you. The emotions will feed into any fear placed in front of it. The sense of endurance gives positive feedback to the emotional body. It says *'My emotion this day is*' To be able to endure its constant bombardment requires you to have a much larger agenda. Make your agenda a big one for your soul's path.

'My agenda is bigger than the fear being presented to me right now by my emotions.'

Endurance is the capacity to know that the body, mind and spirit are carrying a much bigger picture than the ego or subconscious will enact. When you know you have endurance, you grow in strength and stature within yourself. There is a part of you that knows it can keep going on.

'I can endure all the punishment there seems to be in this emotional world of mine.'

You are only punished by your emotions, and you can only endure when you know your emotions are acting out their old pattern with you. You are only tested by yourself. Each and every day you know some aspect of yourself will test yourself. 'Where am I being tested today?' Note it and allow yourself to feel fully free to command the underdeveloped part of yourself to grow up into awareness of your totality. The inner child needs talking to and rewarding when "the test" is completed.

REFLECTION QUESTIONS:

- Can you challenge yourself to 'Check In' with your emotions Daily, by asking yourself to List The Emotional Challenges?
- What is endurance?

DAY 15 COMPOSURE

The Goddess of All Light speaks of the need for composure. When you are composed there will be given to you a source of strength that you cannot imagine. Allow your mind to become composed and your body will respond. The need for composure brings strength and power - just allow yourself time to gain composure. You will find during your day that your mind becomes over stimulated. It then becomes over sensitive and you are liable to make mistakes. You, as a human, can become very overloaded quite easily as your brain is instinctual and it reacts to danger, real or imagined. Understanding that the brain works this way creates in you then the need for a discharge of built-up fears and old reactions to external events that plague the human psyche.

Placed within the human mechanism are concepts and ideas which jam this circuitry of fear and overload. Try breathing, just being still and calmly reassuring those thoughts, which are like demanding children, that all is well, that you are safe, that this challenge we have will only make it much better for us all in the future. Create with the instinctual brain, calm it, reassure it and it will settle down quickly. We co-create together for our higher good. The brain will respond, and in time, evolve. This is how humanity will evolve - patient acknowledgment of your life path. You will find in composure that your creativity will be enhanced, as the higher brain, the more sophisticated machinery, can then be enacted. The instinctual brain reacts to karmas and stored impressions fed to it by the subconscious.

Allow pauses in your day to clear out the clutter of the instinctual brain to bring composure and calmness to your day, evolving you.

REFLECTION QUESTIONS:

The need for composure and being composed bring many things.

- What are they?
- What are the difference between the 'Instinctual Brain' and the 'Higher Brain'?
- How does Composure support the 'Higher Brain'?

DAY 16
DIVINE TRUTH

The Goddess of All Light speaks of freedom and your need to explore your own unique truth. Truth is understanding at a basic and elemental level “why” you have incarnated and what your purpose being in a human body entails. This is the most important thing a human can know about herself at this time. ‘Why am I here and what is my “truth”?’ There is an urgency in knowing “why” you are in a particular job, a relationship or situation. Just ask - “why” am I doing this? Ask daily:

‘What is my truth today? My truth is to serve my soul’s path by being a witness to myself at any given moment. Why this, why now?’

Explore your truth and always ask:

‘In Love, Light and my Divine Truth, why I am “suffering”. Where is the pattern?’

You need to meditate on your Divine Truth daily.

‘My Divine Truth is to be exposed to me now.’

Explore your truth.

‘Am I in my Truth?’

This exploration implies that you are “in love” with the person “you” are.

Guidance is always available and you will be well served by paying attention to your Divine Truth.

‘I am in the presence of my Divine Truth now in Love, Light and my “Truth”.

Truth implies honesty with the self and a knowing that you are a unique human, on a unique journey. However, you are never alone, and no one expects the traveller to walk alone. Just allow yourself your own love of yourself to explore this truth. All alignment must be perfect for “truth” to be explored and acted on.

We are providing you with a unique opportunity to be in this state of reverence for yourself. By fine-tuning your relationship with your Higher Self and the Divine Ones, you will know exactly where you are at any given moment of your journey. Always check your compass and give yourself space to explore your answer which can come at any moment. Be in reverence for your Truth, and check daily.

REFLECTION QUESTIONS:

- How often do you 'Check In' and say: Why am I here?
 - Am I in my Truth?
 - Exploring your Truth required what?
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DAY 17 TRANQUILITY

The Goddess of All Light: the source of all power for the principle of the Divine Feminine is showing you now your ability to be able to find within yourself tranquillity. Tranquillity implies respect for yourself, and an acknowledgment of all you have achieved in your journey so far. You need to reflect now on the meaning of being tranquil. Being tranquil is a deep feeling within yourself of acceptance of yourself. 'I am tranquil'. Visualise yourself beside a pool of water. It is large and there are lotus flowers over its surface. The air is still and quiet. You now breathe this tranquillity into your heart knowing the tranquillity is composed of the elements being poured into you now. 'I am the essence of the elements'. This tranquillity brings a knowing that you are a unique creation.

'I create tranquillity within and this knowing brings the essence of the elements to me now. I am a being radiating Truth, Light and Love of the Universe. All elements through the Goddess of All Light are here to create a sense of deep personal quiet within me now. Yes, I allow the presence of the wise one to be with me now. I am in the presence of All Light of the Divine Feminine, the source of the feminine mysteries.'

The source of the Feminine is Self-Nurturing, and Tranquillity is the Breath and sound of utter knowing that you are a being of great reverence. When you are in the presence of the Beings of Light connected with the Divine Feminine, you are forever renewing yourself through them.

'I am tranquil, like a mountain, a pond, a soft breeze, a candle flame. I bring the natural elements to me now making me tranquil through the Goddess of All Light.'

REFLECTION QUESTIONS:

- How often do you reflect on the meaning of being tranquil?
- What are the benefits of Tranquillity?

DAY 18
TRUTH = OPEN HEART

The Goddess of All Light is an embodiment of all that is good and nourishing for the human. You need to feel that your truth is the most important thing in your life. Your truth is your conscience and your barometer for your Soul's journey. *'My truth is my ability to discriminate'*. It is like separating the wheat from the chaff. *What in your life right now is your chaff?* Blow it away. See the chaff just disappear into the four elements, to be transmuted into white light energy. Just allow your truth to be your guide in everything you do. Your wheat is the pure grain of goodness that you must feed yourself with daily. Feed your truth with nourishing wheat. *'My truth is on display every waking moment.'* Examine your truth whenever you are confronted with a decision. Look at the options. Breathe deeply three times, ask for the Goddess of All Light to be a witness to your truth and make a decision based on that truth. Allow the heart to open wide. Your truth is your open heart. *Ask, 'Is my truth in my heart, or is it somewhere else?'* Feel the energetic areas in your body and bring yourself back into alignment with your heart chakra/centre. Feel the energy well up in your heart now as you allow it to open to bring in your power. A powerful person is in her Divine Truth. I am an embodiment of all that is good and truthful. Your mission as a woman is to examine truth in every aspect. Do not be afraid to look deeply within yourself as you gather the grains of wheat and sift the husks/chaff from your life. Do this right now. *Who are the husks? Who are the grains?* Surrender to your truth.

REFLECTION QUESTIONS:

- What in your life right now is the chaff?
 - Divine Truth brings you what?
-

DAY 19 UNITY WITHIN

The Goddess of All Light brings to her devotees her need for unity within. Unity within implies strength to bring all aspects of the personhood into balance. You need to respect your many selves and honour those selves. Your selves are your need for acknowledgment in the service world and your need for your inner world to blossom. Yours is a world which is obsessed with the trappings of the outer world - material success, achievement and acknowledgment by your peers. This is needing balance, both in your inner and outer selves. All selves have two aspects : the inner and outer. The outer serves to bring order out of chaos. This order is expressed by our capacity to know and understand this order, the outer self. The service self is not the only self. Equally you must give to the inner you. This “is the real you”. The outer is not the real you because it isn’t creative in the sense that nurturing, the inner you, is. How do you nurture the inner “you”? Firstly, you must recognise that it is important enough to nurture. What exactly are you nurturing? You are nurturing the female aspect of yourself. The female aspect is the capacity to care for the “Self” - the true self; the self of “self service love”.

‘I am serving my love self. My love self is to be nurtured daily in quiet, reverential time.’

This quiet time needs to be away from all distractions such as the media. There is a need for love of Self to be acknowledged through Self acknowledgment and Self worth. It is not good enough for a woman to experience life one-sided. This imbalance is damaging to the psyche and the woman feels this way because the reflective side is not able to balance the one-sidedness expected of her in the male outer world. Peace and love of the Self, make a woman powerful.

REFLECTION QUESTIONS:

Creating Order out of chaos is the Outer Self:

- Why is it important to *Give to* the ‘Inner you’; the real you?
- Do you experience Life One Sided?
- If so, can you see the value in Balancing this aspect of yourself?

DAY 20 STRENGTH

The Goddess of All Light is allowing you now to process your strength. To be strong implies a need for total abandonment of the old. The old is very damaging to a human's psyche. Feel now that you can be strong enough to release the old. Trapped energy from past relationships sits on your aura and is damaging. Ask yourself,

'What relationships now are forwarding my soul's path. Whose energy am I allowing to "hold me back"?'

All relationships must be put under the microscope and examined minutely and regularly. Your Higher Self is always ready to assist and you must evoke your Higher Self when you are under any doubt about any relationship not forwarding your soul's path.

Your strength comes from acknowledging that your "time is up" together. This applies to family, friends, lovers. Anyone who is not forwarding your truth now needs gently, but firmly, releasing. Ask, 'Will this relationship forward my life's path?' If the relationship is not forwarding your truth you gently, but firmly, release it. Like a child who clings to its mother, you now must release the grip that this person has on you. Ask yourself,

'Am I the child too, do I need to hold on and why do I need to hold on? What part of me needs to be held? What part of me is vulnerable?'

Your strength comes from acknowledging your own vulnerability too, and you must be patient with yourself and ask for an answer for your own pain. Let yourself release this part of yourself first:

'I am strong enough to release my pain and vulnerability in being alone. I am strong enough to care about myself to address this "sore" part of myself. I am strong enough to feel freedom in release. I am strong enough to honour another person enough to let him/her be free from my attachment.'

It is only attachment. Be strong and free.

REFLECTION QUESTIONS:

- Whose energy is holding you back?

- Why are you allowing this?

In acknowledging your vulnerability in attachments:

- Did you ask yourself: Am I the child too?
-

DAY 21 FORGIVENESS OF SELF

The Goddess of All Light brings to you now your need to forgive yourself and others. It is time always to examine your growth through forgiveness of yourself. Human consciousness tends to be very critical of itself which is dangerous for personal development. You must ask yourself why the process of forgiving yourself is such a difficult one. The pain of being human is a challenge of forgiveness. You cannot forgive another until you have forgiven yourself when you are angry, hurt or betrayed by a person.

'I forgive myself for allowing myself this experience.'

The experience of a journey with another person is a unique experience of karma. The challenge in a relationship is to grow out of the karmic debt. Ask yourself, at the end of a relationship,

'How did I grow? How did I experience "forgiveness"?'

The challenge is to experience forgiveness of yourself. You are allowed to hurt in a relationship. It is good to hurt. Babies hurt themselves when they try to walk. All humans must hurt to grow. You cannot grow without pain. Even adolescent "growing pains" are physical signs of growth of the body.

The emotions must be fed by challenging old karma with another person, recognising that all relationships have the fantastic potential for growth of the soul. When a relationship is beginning ask,

'Where is my growth and what do I need to forgive in myself now?'

Really look at your "need" in a relationship and ask yourself why you "need" that person. What need is she/he fulfilling. Forgive yourself for that need and don't feel afraid to challenge yourself to learn from the relationship.

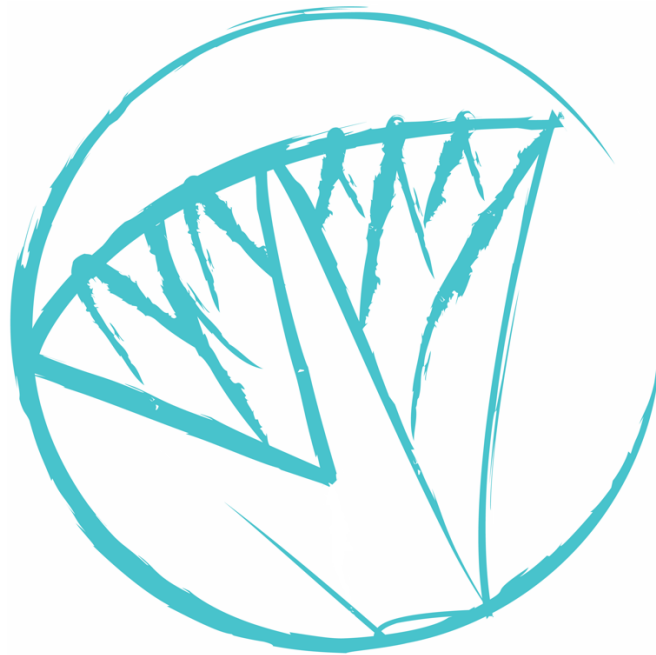
REFLECTION QUESTIONS:

At the end of a relationship, do you ask yourself:

- How did I grow?
- How did I experience Forgiveness?

When a relationship is beginning ASK:

- Where is my growth in this relationship?
- What do I need to Forgive myself for in needing this person?



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