

## *Lesson 5*

# Connecting with the Light Grid

Greetings Dear Friends of the Light:

It has been our great joy to bring you these lessons that all build on each other and ultimately leading to the lesson of the Light Grid. All Light is energy, love, abundance, creativity, prosperity and health. It is the Universal God Force. Simply put it is God, the God of all the religions, and the God of all life. Each living creature on your beautiful planet has a Light Force or “God Chunk” deep inside of itself patiently waiting to be ignited for service to self and others.

When your “God Chunk” connects (through your permission) with the Universal God force, or the Light Grid, it connects with your highest intentions and life’s purpose and talents then...miracles happen!! A miracle is occurring at this very moment that you read these words. Notice the stirring within your heart as this little shift occurs connecting you to God.

Now, imagine if you will a threaded grid of the purest whitest Light. Close your eyes and watch it undulate, wave, sway and continually bring Light into itself all while giving its Light back to all of life. This Universal God Force is all that is, it is the One and the Way, it is Truth. If you could see it using your scientific tools it would be in continual movement, creating and always flowing similar to what is presented by Einstein’s General Theory of Relativity as the space time curvature. It is never filled with judgment, fear, or any negativity- only absolute love, serenity and the ability to re-create itself, and yet always give of itself. It is all that is and will ever be. It is far more expansive than your mind can possibly conceive. It is all of the Universe, and all of the unimagined Universes, yet it can appear so small a molecule would seem enormous in comparison. It never intends harm; it never shames or robs power from outside of itself. It is perfection that continually increases into newer and different dimensions of perfection. Sweet ones, it is God - it is the Grid of Light that welcomes you with unconditional Love to connect with it to become your highest self, to grow your talents, to serve the planet and those around you, and all the while serve you in manifesting the life you want and the world you want. Your time has come to embrace the possibilities of you within this time of your life. Your point of power is here today, you do not have to wait until death or another life, your point of power is now.

Allow yourself a little playful, visionary exercise to connect with and better understand the Light Grid. Imagine if you will a magnificent fishnet-like design that moves, sways, collapses and recreates itself in the blink of an eye. Now turn your attention to all the nodes, or the points where the grid lines meet or intersect. At each of these nodes, there are brightly shining lights that are little Universes unto themselves. Examine this grid or net with all its magnificent nodes (points of light) and notice that as you hold that image in your mind and heart you feel a connection to it. Initially perhaps that connection feels very distant and faint, but each time you welcome the Light Grid to you the connection grows stronger.

Now notice your own body and its internal spiritual workings. You each have a similar grid-work design with its own nodes illuminating each of the grids intersections. These points in your body are referred to as meridians in Chinese Medicine. They are the points used in acupuncture. When small needles are gently placed into these meridian points the congested energy, or chi, is released and energy flows freely bringing healing and well-being. The principle of joining with the Universal Light Grid is similar to acupuncture, but on a bigger scale.

You may feel that you can relate to the idea of the acupuncture metaphor because it is three-dimensional and within you knowledge base. You may, however, have more difficulty with the concept of a timeless

multidimensional “God Grid” floating around in space somewhere. Well, of course it is a bit of a stretch for you, but not impossible if you simply close your eyes, put on some very relaxing soft music and begin visualize this Light Grid with all its beautiful points of Light. You can begin to connect using a very simple exercise.

First, begin slowly imagining this Light Grid gently descending down to your body, as your body slowly ascends up to meet with the Light Grid. Second, imagine the body’s meridian points connecting with corresponding points on the Light Grid. You may use your most playful and child-like imaginations as you do this connecting of your points of Light with the Light Grid’s points. Lastly, imagine each of the points both in the Light Grid and those in your body have attaching snaps which can connect to each other. You may choose to imagine the connecting points in the Light Grid and in your body as Velcro instead of snaps if that works better for you. The idea is to begin playing each day with ascending yourself to the Light Grid while you ask the Grid to descend to meet you. With practice it will feel much like a very gentle but powerful blanket covering you, loving you and bringing you creativity and energy.

As you commit yourself to joining with the Light Grid initially you will notice subtle changes, changes so small that you doubt anything is actually happening. At that moment of doubt try the exercise again increasing its intensity just a little more until your doubt begins to melt and you notice a shift. Some of you precious beings that love a challenge and tend to take life head-on at Light speed (no pun intended) may want fast intense changes. Please be aware that this is very powerful stuff, and while we honor your zest and resilience, do take care to always ask for guidance and protection before beginning the exercise. You won’t burn out, but energy without regulation can create bursts within your body and psyche that feel uncomfortable and cause one to become stuck. If you experience this, simply breath deeply, sit quietly and ask Mother/Father God to slow down some of the energy and bring you in balance.

Each time you connect with the Grid of Light you not only will notice subtle changes within your world around you, but also within yourself physically, spiritually and mentally. Areas of your body where there have been health issues will begin to change and achieve balance. You may notice weight loss and strength, or have a much lighter feeling in your step. Problems with mood swings, depression, fear, anxiety, poor concentration, focus and addictions may begin to improve. With practice these physical problems will eventually fade. Family and friends may comment on your changes and ask you what your secret is. Please do share, especially if you feel they are of like mind. If their religious beliefs or philosophies would not allow them to accept any part of joining with the Light Grid, then perhaps tell them what honors their beliefs, such as, “Oh, I’ve been praying more with the faith that God could really help all parts of my life, and I guess it’s working...thanks!” This message is all part of the Universal truth, and you will be a positive force in creating change in the Collective Consciousness for the ascension of the planet. As you perform this exercise please try not to force the outcomes. Miraculous things will happen for the highest good of yourself, others and the planet if you simply ask for help joining with the Light Grid.

Joining with a church or group of like minds will fortify your strength and courage. Strength in numbers will create a kind of synergy that will make the process easier and stronger for you. We invite you to join with the Light Grid as it grows closer to Mother Earth. You are invited to become co-creators of a world with higher vibrations. This is your legacy from God. The light is your authentic home, the home you have been longing for all your life. Dear friends, we in the Light welcome you home!

May the Good Grace of the Universe Flow Within You and Surround All the Places within You That Need Healing and Abundance,

Susan and Others in the Light

*Next time: Specializing your Skills and Talents with the Light Grid*