

A Place of Light Facebook Page Exercise of the Week

Walking with Spirit

The Facebook page of A Place of Light exists to help people understand their intuitive abilities. To A Place of Light, having intuitive abilities means one can walk with spirit. Walking with spirit is a way of life separate from any religious practice or religious belief, although they can co-exist. Walking with spirit requires discipline and practice. To this end, exercises have been posted weekly on the Facebook page and have generated lively discussions, wondrous discoveries and joyful confirmations as well as explanations for what people have already been experiencing.

When Edgar Cayce was asked what was necessary to be intuitive, the Readings gave forth a series of sessions that delved into a way of life. These included the practice of patience, faith, integrity, and much more. Indigenous traditions also emphasize a particular way of life if one is to walk with the earth with a sense of knowing and oneness. From both sources, an individual is to be kind, patient, giving, unconcerned with one's material acquisitions (although one is to take care of oneself) to name a few. One is to walk in prayer and take time to listen to what Spirit has to say. One is to walk in such a way that Spirit can do its work through one's life and actions. These exercises are designed to help people gain some knowledge and understanding of these concepts.

It is always important to have a teacher when learning about walking with spirit. The spirit world is a vast and complex dimension, containing all things. An understanding of how to keep safe and to understand the limitations is important to have. A teacher can keep the student from going too fast, thus preventing physical and emotional difficulties.

When organizing the exercises, it was discovered that they fell under six categories: Creating Positive Energy, Relationships, Being One with the Earth, Connecting with Spirit, Spiritual Way of Life, and Intuitive Abilities. None of these categories is more important than another, yet each contributes to the existence of the others. The exercises included here are the ones given through September 2010.

Creating Positive Energy is the starting point, however. When beginning to reach out to the spirit world, one must be grounded and in a space where there is no unhelpful energy. Otherwise, all manner of entities who may not have one's best interest at heart can wreak havoc with the student and those around him/her. Staying in a spiritual place of love and compassion is essential when walking with Spirit.

It is through our **Relationships** with others that we find out who we are. Most of the time the "others" are physical people, but when we match ourselves against nature, we also discover our strengths, inner courage and limits. When we approach our relationships through a spiritually based foundation, we will find a far richer and more helpful bond with others. When we also embrace the world of spirit people, stone people, plant people and other sentient beings, our world becomes vast and rich with experiences, knowledge and wisdom.

Being One with Mother Earth and her Children is important because in so doing, we can learn infinite lessons about life. The Cayce Readings say that if you want your children to understand God, have them spend much time in nature. The native tradition

A Place of Light Facebook Page Exercise of the Week

emphasizes that the Earth is indeed our mother as she provides all we need. It is by understanding the balance and harmony of nature that we can come to understand our own balance and also why we must experience the upheavals and trials that come to us. Our relations here on Earth teach us so much wisdom, not only about physical survival, but also with their unique energy or medicine. We are totally dependent on all of our relations for our survival and it is important that we fulfill our responsibility as caretakers.

When learning about **Connecting with Spirit**, books and the like cannot help all that much. It is by the doing that we learn and gain understanding. It is also very important that we have someone right with us to keep us safe and make sure we understand what we are experiencing. For this reason, there are not many exercises on this topic. Prayer (talking) and meditation (listening) are the safest ways to connect. It is important to be very careful when someone says that s/he can teach you this. You need to ask the person questions like "can you travel with me and keep me safe?" It is very easy to harm the physical body while connecting with Spirit if one does not know what to do. Be sure they have the wisdom as well as the words.

Many of the exercises were about a **Spiritual Way of Life**. When we live in a certain way, our connections with Spirit are easier to experience and understand. Our attitudes, our thoughts, and our emotions are the primary help or obstacle to connecting with spirit. When we have a state of mindfulness, we are better able to be open to the messages and guidance we receive from the spirit world.

Intuitive Abilities present fun and safe exercises that allow you to try different ways to receive information intuitively.

Many of these exercises require more than just a week to incorporate into your lifestyle. By presenting them in this format, you can select one or two and work with them until mastery is achieved. Should you have any questions about the nature of the exercises and also your results, please know you can always write apolfriends@earthlink.net for guidance or post a message on the Facebook page of A Place of Light.

It is also asked that you keep this document for your private use. Thank you for the honor of allowing me to be part of your spiritual journey!

Dance in the light of spirit!

Susan Gale

A Place of Light Facebook Page Exercise of the Week

Creating Positive Energy

Ever stood in line with a cranky someone who just made everyone around him/her miserable? Here is a solution you can try (especially with family members!). Imagine a big pink egg filled with gooey pink love light over the head. Crack the egg and let it go all over the person. It may take multiple eggs for those who are operating with a deficiency of love. I once had to use 18 eggs on a grumpy bus driver!

Most of us would not eat slimy or moldy food from the garbage. If we did, we would not be surprised if we got sick. However, we need to take the same care about the energy with which we surround ourselves... words, attitudes and deeds all affect our spiritual life and well being in the same way food affects our physical life. Keep your space clean.

Want to know if there is any negative energy in your home or work space? Set out a glass of water. If there are bubbles on the side, that is the negative energy the water trapped. Please thank the water and pour it out onto the earth. (not always in the same place as it will kill the grass). Not good to drink or pour back into the water system!

Always tired when you have been in a public space or around a lot of people? Next time remember to ground yourself and push out a lot of love. You will see a big difference! (To shield means to push away and that you are operating within the attack/defend paradigm, to love means to embrace and change.)

Shopping making you exhausted? Take time to remove all that energy you are absorbing into your aura by being around so many other people. Go to the link below and take a look at the question about clearing negative energy! The water is a particularly good way to know what kind of energy is in your physical space! (FAQ page of www.placeoflight.net)

Relationships

from the Cayce Readings... if we want to know our true relationship with God, take a look at our attitudes towards and relationships with others. Whew! When I first read this, it was a life changer for me! Are we able to see the divine within all and just realize perhaps they are just not seeing/knowing it themselves?

Give hugs instead of shaking hands. I once read that it requires 16 hugs a day to thrive, and one of the saddest thing I ever heard was from a child who said she was lonely at school because there were no hugs. Be brave... HUG!

Again, the challenge is offered to go a whole day without thinking or saying anything negative about any individual, corporation, government or governmental official... whew! Always we come from a place of love and within that love all will resolve itself...

Still thinking on language and the concept of oneness... try to avoid the words they, them or those people... instead try "those of us who..." whether or not you feel you

A Place of Light Facebook Page Exercise of the Week

belong in the group or not. For example, those of us who harm the earth... Yikes! it is not as easy as it sounds... but we are all one in our true selves.

Try a week of detachment. Be aware of when you use the word my and avoid it as much as possible. How differently do you view people, things and events when not seen through the eyes of ownership? In reality, the only thing we own is the way we act.

This week take about ten minutes to sit silently with someone you know. Listen to them with all of your being. Just focus all your attention to them. Then share what you "heard."

Instead of asking "what is WRONG with this person?" ask "what is his/her story?" Everyone has a story that influences their choices. Understanding does not mean condoning anything, nor does being compassionate mean being a doormat...

During this week, do a kind thing for someone. However, perform your kindness with anonymity. By remaining unknown, the recipient will truly see the kindness a gift from the Universe!

Being One with Mother Earth and her Children

Take the time to sit out at night and be still. Be open to all the beings from the other dimensions, especially those that live in the trees. Trust what you see!! There is more than spirit people with us!

Connect with Mother Earth. Lie down with your ear to the ground in a profound state of silence and listen to her heartbeat. It may take a few minutes to hear it, but you can... her heartbeat is deep, strong and profound to hear... it also steadies and comforts us.

Choose a plant and sit with it. Breathe with it and be aware of the exchange between the two of you... an exchange without which life would cease in minutes... give gratitude... accept gratitude...

Think of a four legged, winged one, or creepy crawler that is special to you. Study it in its natural habitat if you can. If not, then learn about it from other sources. For example, wolves make use of the extended family to care for their young. This is called its medicine. What is the medicine of your special relation?

In the forest, a grandmother tree seeds each species and so all trees are related. In western culture, we do not allow trees to be with their relations; and they are truly lonely. Adopt a tree... sit with it, talk with it. You will be surprised at the joy and gratitude the tree will give. Remember, we can only live a few minutes without the oxygen they give us.

The seasons are changing in many parts of the world... pick a patch of the earth and watch how it reflects the change in your part of the world... be aware of the animals'

A Place of Light Facebook Page Exercise of the Week

behaviors and the changing of the plant people. Here, the skunks mark (literally, ☺) when both spring and fall begin!

Want to know a little about the weather? Watch the birds. Whenever they "disappear" you know a storm is coming! It is not so hard to walk with the wisdom of the earth...

Here in New England, most of our animal and plant relations are sleeping or slowing down to get through the time of winter, drawing upon the sustenance they have acquired during summer. When you encounter times of winter in your life, be sure to take their lead and slow down and rest, drawing up energy for the times ahead.

Choose a plant outside or inside and sing to it each day. After you sing, take time to listen to what the plant has to tell you in return...

Connecting with Spirit

The person who starts a project in prayer is different from the person who only prays at the end! Prayer is how we attune ourselves to Spirit, seeking guidance. It is good to do all things in attunement to Creator. It is also good to remember that all our thoughts are prayers, even our worry thoughts!

Spirit sends us messages in many ways. Sometimes it is with a song that just pops into our consciousness. If this happens to you this week, be mindful and see how the circumstances and the song are related!

Take care to be mindful of the animals that frequent your vision, whether they be from the wild or in pictures or simply in your thoughts. In native tradition, animals carry medicine that help us understand and cope with the three dimensional world.

Spiritual Way of Life

When something is bothering you, whether personal or global, focus your attention to your third eye or your heart and take a look at it that way. This may help you see things differently...

All our thoughts are prayers... what do you think about with the most intensity? Is it your gratitude or your worries? Whichever it is, that is the prayer that will be answered... be aware of your thoughts and thought patterns... give intensity to that which is right in your life and the world so that more may be.

How we interpret the information we receive from Spirit is often influenced by our expectations. This week, write down two things that annoy or anger you. Then write the expectation you hold that creates this annoyance or anger. How realistic is that expectation? Can you change your perspective?

Give gratitude when your intentions are answered... pray from the heart so that you feel the prayer as well as say it. And let us continue with our intention in that the oil flow has stopped into the Gulf...

A Place of Light Facebook Page Exercise of the Week

Try to listen twice as much as you speak this week... this also includes listening to nature and twice as much meditation as prayer!

Everything we do, say, or even think, comes back to us ten fold. Try this week to be mindful of your actions in the light of whether or not you would want your thoughts, words and/or deeds coming back to you. (And remember, they do come back!)

The Cayce Readings suggest that for a balanced life, one third of each day should be for rest, one third for play and one third for work... try to seek that balance, which means we need to have a less hurried day (another Readings says to make haste slowly!)

Be mindful of the harvest season. What are you "harvesting" in your spiritual life that you can plant in the spring? Remember part of the cycle includes allowing things to lie dormant so that they can come to life with the increasing presence of the sun... what are you going to let take hold in your spiritual life?

Practice being brave. When we worry or doubt, we are actually saying that Spirit or God or whatever name we give our Creator is not enough. With Spirit all things are possible. So practice knowing you are cared for and be brave!

As you look over the past year, find the lessons that your tough times taught you and give thanks for the opportunities. Remember that everything that happens to us is to help us learn about that which separates us from Creator. Sometimes we are very stubborn and need very hard lessons!

There is no time better to practice random acts of kindness than during this shopping season. Take time to let people in the line of traffic and hold open doors. These are two simple ways to manifest Spirit that will make life easier for us all.

In native tradition, the one who gives away the most is the richest. What can you give away of your possessions in this time of great need for many? What do we truly need as opposed to what we want? What makes us hold onto the things that we do... in this season of giving, let us all examine our practices of ownership and sharing.

View your experiences through a spiritual perspective. For example, instead of asking "why me?" ask "what is my lesson?"

In addition to reading about spirituality, live your knowledge daily as a sacred habit from your spiritual heart...

Be aware of balance in your life. Rest, work, play, alone time, together time, spiritual time all need to be part of how you plan your time. Remember you always have the choice to step back and just breathe. You are in charge.

Pay attention to your strengths.

A Place of Light Facebook Page Exercise of the Week

Want to get to the root of an issue bothering you? Try this! In one sitting, write 100 questions about the topic. You will be amazed at where your questions will take you. It is important to do this in one sitting for that is how you are able to go deeply within.

Can you spend a day without putting yourself down... "as much as the trees and stars, you have a right to be here," (Desiderata) Be gentle with yourself! Be your own best friend, for truly you are the only one who will always be with you.

Walking this spiritual path asks us to be one with all... particularly in western cultures this is not supported by mainstream thought. This week can we all look at how our culture has placed obstacles to believing we are one with ALL sentient beings of both the seen and unseen worlds... How do we compensate for this barrage of separateness.

How much negative energy do you accumulate by playing the "what if" game? By this I mean worrying about things that might happen but are not happening and probably will never happen. Stay in the present and try not to gather such energy to you. It really serves no useful purpose...

Be aware of the kinds of energies that come into your home. Before you bring a used purchase from a garage sale or online site, or found items into your home, smudge it to make sure it is energetically clean. The same with a purchase of a car... it is important to take care of ourselves in this way.

What if every self affirmation helps others too! This is quite a thought! Of course if this is true, so is the opposite: that every put down of self brings others down as well. When we are kind and responsible with our own lives, we contribute to the lives of all. Energy is a powerful thing and asks much wisdom and strength of us. This week, say kind things to yourself, even if it hurts!

What if suppressed emotions generate dis-ease? As I used to tell my students, there is a lot more room outside than there is inside a person. We can receive more accurate intuitive information when we are clear minded and strong. Let it flow and let it go, as Rolling Thunder put it.

How would you live differently if you believed that all paths are valid? Would you see people who seem to be on the wrong track differently? Would you be kinder with yourself? This is about seeing all events for everyone as lessons and/or opportunities to serve. Practice being mindful of this if you like!

The above three exercises were based on Linda Iribarren's book, *What if You Can Change the World?*

Intuitive Abilities

Try your hand at reading objects. Ground and protect yourself then relax into a meditative state. Hold something that does not belong to you and see what is shown to you. It is better to start off with objects belonging to people you know and trust.

A Place of Light Facebook Page Exercise of the Week

Name two small ways you will use your intuition this week! As a suggestion, try it for finding a parking space and the best line at the check out counter. I know you can think of others!

Do you ever get near someone and your hands get warm and tingly? That is healing energy being sent to you to share with that person. While with your family and friends this season, be aware of how Spirit wants you to share this healing and trust that it serves the highest good.

Get together with a friend and make a plan to send each other messages at a certain time of the day (not both at the same time, though!). See how well you do at "hearing" each other! If you do not know someone you can do this with, trust your intuition and choose another fan!

Be mindful of what color clothes you wear as they tell you the color of your aura. When we tell someone "that color looks good on you," it is because it matches the aura. We can all see auras, just not all of us accept the information.

Consider a situation that is bothering you. Take a look at it by focusing through your solar plexus. Now take a look at it by focusing through your third eye. What are the differences? Would be interested in results, but no need for details about the situations!

I had the thought that perhaps I was spending too much time online... so phone line went crazy, cancelling the DSL connection and then order to reinstate DSL was interpreted as canceling everything. Be mindful of your thoughts!

Practice your precog skills in a simple way. In the morning, write down how many personal e-mails or phone calls or other communications you will get during the day. Don't think about it, just trust what comes to mind! Don't worry if it is not right, someone could have thought about it and changed his/her mind!

All day I have asked for the exercise, and keep getting the same thing... drink water! So here it is... drink water... we have to trust what we get!

This is a fun thing to do to help spirit people cross over. Imagine a staircase that leads to the light. You can make it look anyway you wish... some imagine escalators! Ask for assistance from spirit entities in that dimension in helping them over. Then call, either silently or aloud, for all who want to go to the light to go up the staircase.

For those of you who see spirit people, please know that the vast majority are simple every day folks who are confused about what has happened to them. As long as you keep your home and self energetically clean, you do not have to worry.

Be mindful that the way to perceive the academic world is different from the way to perceive the spirit world. The academic world requires linear thought. Linear thought prevents one from linking with spirit. It is like using hammers and nails to build with stone to use linear thought with spirit matters. One must simply allow and/or do.

A Place of Light Facebook Page Exercise of the Week

When you go out and see small children watching you as if they can see right through you, send them a telepathic and gentle "hello and glad to see you on this side." You will be amazed at the responses!

Play hide and seek in the dark... focus on being aware of the presence of each other's energy rather than relying solely upon sight! Can do this inside or out!!

Do you ever feel heat or tingling in your hands for no apparent reason? This is healing energy and means that someone near you or with whom you are energetically linked needs help. It is spirit working through you!

Be sure to remove the energy from your hands when you have channeled energy to someone. It is not wise to wipe your hands on clothes or towel as that places all the "stuff" you have picked up on the material. Likewise it is not wise to "flick" it into the air as that simply redistributes it in the space. Just shake it directly into the ground and thank Mother Earth.

To see how smudging helps clear an object, sense the energy of an object you wish to cleanse by holding your hand a couple of inches above it. Then smudge the object and hold your hand over it again... feel how it is different. If you cannot tell, then keep practicing! (or it may not have needed the cleansing!) A really good place to try this is with the interior of your car!

What if you broadcast a frequency that others receive? What frequency would be yours? Happiness? Anxiety? Peace? What frequencies surround you? Do you want to change any of these frequencies?

Ground yourself. Take a stone or crystal and hold it in your hand. Get still, relax and allow the energy of the stone to speak to you. You may feel an emotion, hear words, hear the stone's song, see a vision, or something else. There is no one way. If you sense nothing, then keep practicing in a relaxed way.

Grounding and staying grounded are probably two of the most important things an intuitive person can do. We are in physical bodies and need to honor that if we are to walk in balance. We all have different ways, can some of you share yours? Anyway, be mindful of staying grounded, making it part of your morning routine. Watch our video about grounding on You Tube: <https://www.youtube.com/watch?v=vV0nVu4283E>