

Miriam's Meditations Podcast: Season Three

Light Tools: Working on Things as Energy

A Syllabus

Here is a list of some tools we'll explore and the ideas that tie into these skills. We've made a beginning on some of these, and we'll expand and grow our abilities as we proceed through Season Three. This work is not sequential. It is rather like a crystal growing, adding layers, following flows.

"Be observant and be inventive." Duane Packer

Intro to Light Skills: The setup of Inner Beingness

- What's in your toolbox now? Inventory: You know more than you think
- Becoming flexible in your belief system
- Creating a starting point of Inner Clarity
- Your Higher Self and working with a Guide

The Light Tools

- Finding Things as Energy: Scope and Scale
- Imagination as a sense
- Finding what's ready to shift
- Adding Frequencies
- Allowing: Disconnecting from Outcome

Higher Light Tools

- Following Flows
- Fluidity in the Real/Stability in the flow of energies
- Choosing Frequencies to amplify
- Adding your frequencies of LIGHT
- Tapping into Mass Consciousness: Supporting Higher outcomes on a regional/global scale

Everyday Tools

- Being a Light Carrier wherever you go
- Sharing light with others
- Love for the Stranger
- Being Love in Action
- Working with symbols

The Holy Trinity: A template for Higher Consciousness

- Higher Mind
- Holy Heart
- Divine Will

In previous episodes, we've worked on clearing our belief systems of old ideas that no longer serve us. This is a theme we'll return to from time to time. You can experience this in this episode:

<https://podcasts.apple.com/us/podcast/miriam-s-meditations/id1538351832?i=1000548101385>

We've also made a beginning with working with our Guide:

<https://podcasts.apple.com/us/podcast/miriam-s-meditations/id1538351832?i=1000507426013>