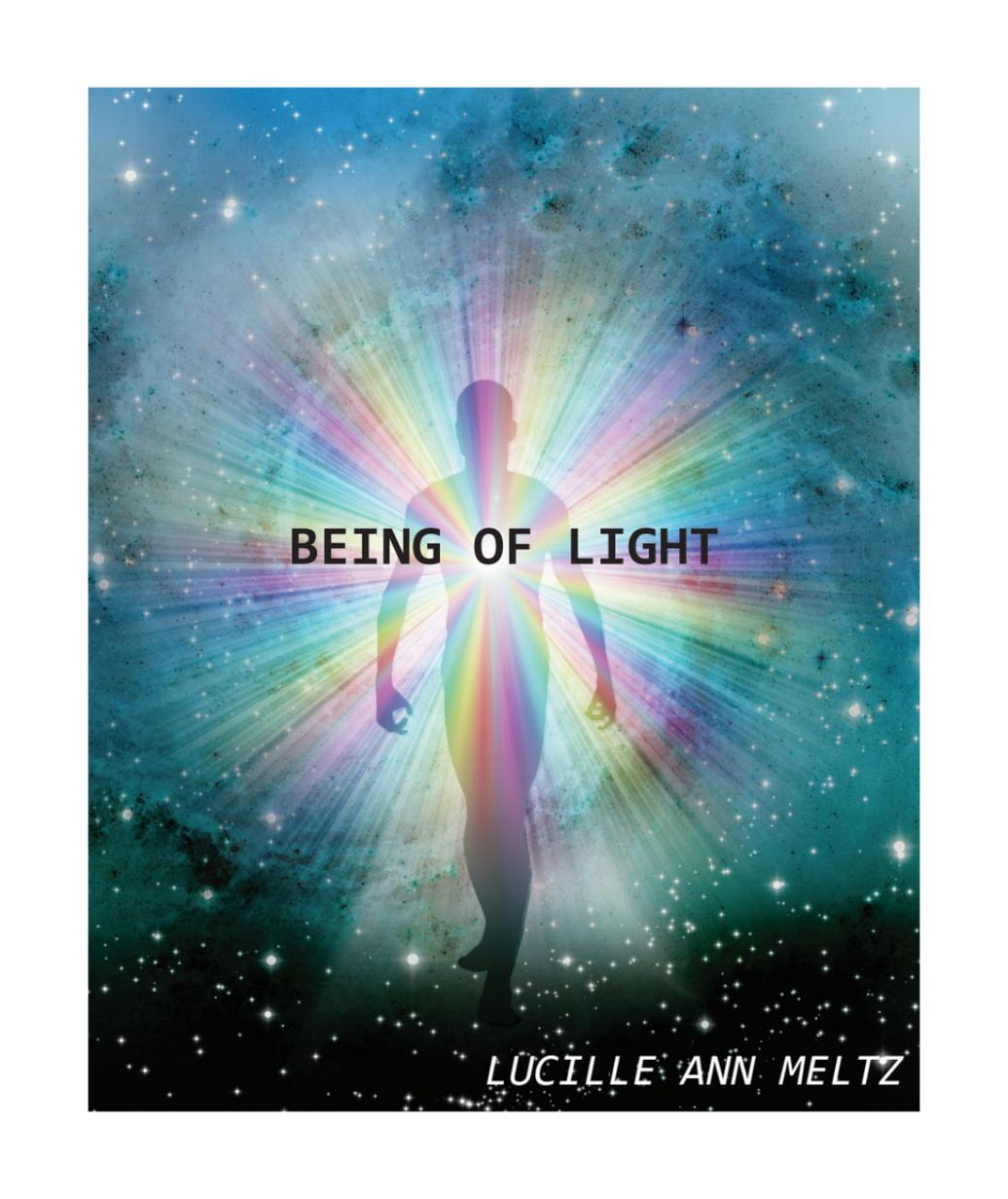


*Being of Light is a free
channeled booklet meant to increase
and expand the light in our world.*

*Please honor its intention by
passing it on to others who will also
honor its message from Spirit.*

Blessings of light, Lucille Ann



BEING OF LIGHT

LUCILLE ANN MELTZ

BEING OF LIGHT

BE PRESENT IN A QUIET PLACE
AND TIME

BE STILL

READ ALONE

BREATHE THIS IN,

AND PASS IT ON...

BEING OF LIGHT

I woke up to an email from God.

Asleep, my computer and phone were off, but my higher mind was fully on. In my sleep state I saw an email inbox, empty, except for one email.

The subject title was **Being of Light**.

The sender section was blank. Following was the subject title box with the one title, highlighted in red.

It felt so real, it woke me and I immediately jumped out of bed and checked my computer, expecting to see the same email with an identified sender.

There was no such email on the online page.

But that email title would not leave my consciousness.

I was moved to sit down immediately with pen and paper. The words that soon follow jumped onto the page.

What had came to me in a vision, a title on a blank page, are words that flow from a Source/Sender I cannot name, but know to be of Eternal Love, Guidance offered in the midst of a world that too often feels darkened by fear, terror, destruction, hate and suffering.

These words, this energy, as spoken to me, as channeled through me, I am being told, are for me to recognize, own for myself, practice *and share with you*:

YOU ARE A BEING OF LIGHT

There is no explanation here. No logic, no reason, no science, no analysis or specific examples are needed.

You know who you are. You know what you are here to be.

You need only remember:

YOU ARE A BEING OF LIGHT

It may seem you have come into this world at a time of overwhelming peril and challenges. There have been darker times, yet this is the time, the first time, when many, many will claim the light and truly transform the darkness.

You are here to stimulate, encourage, support and elucidate that transformation.

With these words you remember who you are and what you have come to be at this time:

YOU ARE A BEING OF LIGHT

You are imbued with light throughout your being.

You radiate light when you love, care, nurture,
speak gently, empathize, show compassion and
reach out to any being in need.

Male, female, young, old, gay, healthy, sick,
trans, poor, rich, Black, white, educated,
ignorant, Asian, Native, strong, weak, Hispanic,
tall, short, able or disabled,

YOU ARE A BEING OF LIGHT

In this global chaotic time of upheaval, division,
frustration, anger, wrath, injustice, oppression,
pain and heartbreak,

YOU ARE A BEING OF LIGHT

Drawn to read these words,

YOU ARE A BEING OF LIGHT

Drawn to the desire to alleviate the hurt and ills
of the planet,

YOU ARE A BEING OF LIGHT

Seeking greater peace within and without, no matter your status or life circumstances, your light is present,

ALWAYS.

Feel now the immutable power of Light through these words:

Your light exists simply because you do.

Whenever you feel joy, loving delight, whenever you laugh freely with deep inner love of life,

Whenever you know the beauty of the natural world, the sweetness of a newborn child, or the pleasures of your senses,

YOU ARE A BEING OF LIGHT

Touch, feel, claim your light and spread its unlimited power.

Light transmutes darkness. Light opens the heart. Light radiates joy, unconditional love and limitless compassion.

YOU ARE A BEING OF LIGHT

FIND AND ACTIVATE YOUR LIGHT CENTERS

Cross your hands, palms down, over your heart center.

Breathe in the light. *Count slowly to 3.*

Release the breath.

Close your eyes. Repeat the breathing. Again.

Expanding your heart center,

YOU ARE A BEING OF LIGHT

Each time you repeat your heart breathing, you expand your heart center, you increase your light.

Hear this: your heart beat. Feel this: your heart beat. Imagine this: your light expanding.

The beat of life and the beat of the continuity of light: all within you.

Touch your fingertips to the center of your forehead.

Breathe in the light. *Count slowly to 7.*

Release the breath.

Close your eyes. Repeat. Again and again.

Fill your center of higher knowing with light.

The light now shines from you, from your heart and third eye.

A beacon into the world.

You are growing, ever growing, your light.

You are transmitting your light.

YOU ARE A BEING OF LIGHT

YOUR LIGHT PURPOSE

You are here, among millions and millions of other light beings to dissipate the darkness.

Darkness fought and attacked only creates more darkness.

Only light illuminates and shrinks the darkness.

You are a Light Source, born now, living now, breathing now, knowing now, feeling now, reaching now, out into the darkness.

You are here to shine more and more light, every day in every way.

You are here to raise awareness in other nascent light beings, to grow and multiply as a vast, vast ocean of light into every dark corner and hidden speck of darkness.

Everywhere.

YOU ARE A POWERFUL BEING OF LIGHT.

DEVELOP YOUR TOOLS OF LIGHT *WORDS OF LIGHT*

These are the words, the only words, you are called to use which will spread and amplify the light:

Words of love

Words of kindness

Words of respect

Words of honor

Words of understanding

Words of humility

Words of appreciation

Words of empathy

Words of connection

Words of gratitude

Words of gentleness

Words of joy

Words of inspiration

Words of tenderness

Words of compassion

High vibrational words carry light. You are here as a bearer of the light. Words that do not carry a high vibration will rob you of your light. You can only give and spread what you have to give and spread.

Stay with the words of light.

YOU ARE A BEING OF LIGHT

ACTIONS OF LIGHT

These are the positive light affirming and expanding actions of a Being of Light. These are the actions *for you*, A Being of Light:

Listening with compassion and without judgment to another.

AND

Giving of your time to any or all beings in need.

Praying for peace within you.

Being in silence.

Being quiet, still and present in nature.

Being in, and speaking with, gratitude for all.

Praying for higher order, true divine outcome for yourself or another.

Paying attention to your repetitive thoughts, keeping them in words of light.

Caring lovingly for any living being.
Praying for peace within another.
Listening to inspiring, joyful music.
Meditating daily.
Being in stillness and solitude.

Centered compassion, awareness and sharing your true inherent loving nature are the Light Being's action tools.

YOU ARE A BEING OF LIGHT

Your light extends beyond your mind, your body, your spirit and adheres to all beings seeking the light and growing the light.

Act as a Being of Light.

YOU ARE A BEING OF LIGHT

INCREASE YOUR LIGHT

Light activates more light. Light, once begun, seeks to grow.

Notice your light and where it dwells in you.

Notice each time you speak words of light.

And be grateful.

Notice each time you use actions of light.

And be grateful.

Notice how your words and actions of light affect another, be it human, animal, plant or any living, existing being.

And be grateful.

Attention increases Gratitude.

Gratitude amplifies Light.

Gratitude amplifies Love.

Love increases Light.

Light increases Love.

YOU ARE A BEING OF LIGHT IN A CYCLE
OF LOVE.

*You are now growing as a Being
of Light.*

CONNECT TO THE LIGHT OF THE EARTH

Touch a tree, tenderly.

Speak to the planet with love.

Gaze upon a flower in bloom, in stillness and appreciation.

In silence, watch and bless a bird in flight.

With a prayer of gratitude, notice the movement and the beauty of any wild creature.

Thank the sun, the moon and the stars for their light.

YOU ARE A BEING OF LIGHT

You are birthed from the Light Center of the Universe.

Reconnect to your Light Center as you connect to your natural habitat, Mother Earth and Father Sky.

In the fullness of day or night, in the beauty of nature, raise and stretch your arms upward to the heavens.

You are receiving more light as you speak these words:

I AM OPEN TO THE LIGHT

I RECEIVE AND FEEL THE LIGHT

I SPEAK AND ACT AS LIGHT

I AM EVER GROWING THE LIGHT

I AM A BEING OF LIGHT

I AM LIGHT.

You have been given and attracted this pamphlet to *continue spreading The Light*. This pamphlet was created as an Intentional Light Communication Project to be shared without any financial interest, reimbursement or motivation. Please honor this intention when duplicating or sharing this pamphlet with others.

**May The Light Be Ever Growing in Your
Life and in Our World.**

Channeled Writing Being of Light

through Lucille Ann

www.lucilleannmeltz.com

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If you find this booklet helpful and would like to be part of a free one-hour webinar about Living in the Light, led by Lucille, please provide your e mail address at...

lucilleannmeltz.com/webinars*

Or email:

inquiries@lucilleannmeltz.com*

No promotions or marketing will be sent to you. Your contact info will not be sold or shared. You are not committing to attend, nor to respond.

* links are copy/paste only