

## The Breath of Light

*I am White Eagle.*

The human body is but a flash of lightning. It is but a Flash of *Light* that wings its way through space like the fireflies whose breath is a beam of light.

Light comes from the Breath – the First Breath that brought all into creation. So that Light – each Breath of Light – is a symbol of Life, the Life which sustains the human body until once again it diminishes into that breathless night that brings it once again into the Light.

For the Light is everlasting and though you see it flashing in the firefly, it is but a reminder of the Breath of Life. How transient it is, yet how simple and light, dancing in space, moving with the breeze, lifted by the air from which it gains its sustenance. The Breath of Life beams Light to every corner.

*Remember this: The Light is the Breath of Life on which all else proceeds.*

*Dance.* Dance in the wind. Listen to the breath within you. Feel it rise and fall. Feel its Light within you that you may know that Light is Life. And on that Beam of Light, you shall ride into Eternity unafraid of what is to come, wholly at peace with the Light and Life within you, the Light and Life that sustains you, the Breath of Life that moves you. It is forever golden, uplifting, buoying you ever higher to remembering who you are and where you belong.

No one can force you to see the Light, yet those who are aware can see the Light and they will know the path within that leads to more and ever-increasing Light so that every breath you take becomes a Beam of Light, lighting the way for others to follow, lighting and guiding the Way Within.

Take deep breaths and own the Light. Know that the Light is yours. You are the Light of the World and with each breath remember your sacred calling to Be the Light.

Light the Light Within with the Breath of Life – and Life Everlasting is yours. You are home free when all the Light surrounds you within and without. And you know in your heart of hearts – *You Are the Light* – dancing in a world of Light that makes no pretense to be anything other than the Light. The Light within you is pure. Believe in the Light. Make it your own and send forth Light forever from your heart of hearts.

*Sing of the Light  
Speak of the Light  
Know the Light  
Be the Light for the Light is yours.  
You are the Light.*

*We are all One – in the Light.*

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