

A background image of white flowers, possibly cherry blossoms, with soft, out-of-focus petals and yellow centers, set against a light, airy background.

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ask diane

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How can I add light to situations and things in my life?
And what will the light do?

Everything in the universe is permeated by light, even if we can't always see it. Therefore, we can always add more light, sometimes just by visualizing or intending more light. (See this month's guided meditation to the left.) In addition, prayer and meditation are traditional ways to add light. There are good reasons to add light, mainly because it will enhance our lives.

I always say that adding light brings more flow, more ease, more grace and more joy. It brings things to a higher order.

So what does that mean? Sometimes the addition of light is intangible to most of us, although we sense it immediately and respond to it quite strongly. For example, have you ever gone house hunting? One house is very drab and ordinary. Another one sparkles and just makes you feel peaceful and happy. Or if you look at two paintings of the same scene, one might be very dull, and the other is inspiring or even a masterpiece. The difference is in the illumination with which the appealing house--and the fine painting--have been imbued.

We can consciously add light to anything, whether it is our relationships, or our surroundings, or a project we are working on. Sometimes the light brings very tangible, easy to track results. It could be the difference between getting a used car that's a lemon, or one that runs impeccably for years. I've added light to surgeries and seen fantastic outcomes. I've added light to people's homes, and seen them sell, even if they had previously languished on the market for months or longer. I've added light to things I wanted to manifest, and they come to me in the very highest form possible. I've added light to the bonds between a parent and child and seen the relationship and love flourish.

Sometimes, I say the addition of light lets us take our journey in style, metaphorically speaking, riding a limo, instead of a bus. Sometimes the higher flow is very literal. Once, when I still lived in Manhattan, I was driving home from a weekend in the country with a group of friends. Traffic was very heavy. I was still in my early days of experimenting with energy. I went into a deep state, and added light to the traffic flow. I had no idea what it could possibly do.

I opened my eyes as we were arriving at the approach to the George Washington Bridge,

which was bumper-to-bumper with traffic. I spotted a sign that read: "Alternate Route," and saw that the road was empty. Taking that road we were at the toll booth in under five minutes. Curious, I turned on the radio for the traffic report and learned that there were hour-long delays in the approach to the bridge.

To me, that is a perfect example of a high flow state, a higher order. For years afterward, one of the people in the car joked with me that I should be working for the Port Authority of New York, easing traffic flow. He was teasing me, of course.

The best thing of all about adding light is that it brings incredible peace of mind. Whenever I add light, I know that whatever happens is for the highest good and will unfold in the highest way. Even when there's a momentary obstacle, I don't worry or stumble. I always say the light is supremely intelligent. It never ceases to amaze me with its brilliance.