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How can I live in the light?

We can always be adding more light, whatever is going on in our lives. Indeed, some spiritual teachers tell us that when things are darkest, it is the easiest time to turn to the light. Sometimes, there really isn't much else we can do. And actually, in my experience, it's always the best thing to do. When we serve the light, the light also protects and guides us every step of the way.

On the most basic level, ask yourself: What am I already doing that adds the most light? It could be caring for your family, or volunteering at your church. Take a moment to think of some of the ways you already add light to your world.

Now, ask yourself: What could I do to bring more light to my life? Sometimes, it's as simple as setting an intention to be kind to everyone you meet, or those you love, or someone who is difficult. We don't have to travel the galaxies to offer more light. Being kind to everyone is a tremendous spiritual practice that will brighten the day of everyone you encounter. You may decide you want to always speak the truth. Or always offer your highest effort, whatever you are doing.

These intentions can transform your life.

You can also bring more light into your life by setting aside time for a daily spiritual practice such as prayer or meditation. You may decide you want to serve in a soup kitchen, or read to someone who is sick. And, of course, you can visualize and place the most radiant light in your home, your car, your school, your work.

The important thing is to always add a little light. Before you know it, your whole life will be radiant.