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case studies

December 2011 Healing 1.0: Placing Radiance

We can always place our radiance, and it will always have a positive result. I've had many dramatic experiences adding light to places, circumstances, and projects, and of course, people. So I'll share one wonderful experience.

Almost a decade ago, I was staying with a friend in her lovely townhouse in a great neighborhood. I had recently moved to Los Angeles and had not yet gotten settled. In those days, I was a bit of a wondering sadhu, or seeker.

At first, I was thrilled with my new temporary digs. But the longer I stayed at my friend's house, the more I noticed the wear and tear it had suffered, and the physical and energetic cobwebs lurking in hard-to-reach places. I was very grateful to be in this townhouse and enjoyed my friend's company very much. I realized I could get upset every time I saw the energetic disorder, or I could add light. I chose to keep adding light. Wherever things looked dim, I placed the most radiant light. I did this on a daily basis.

A few months passed and nothing had changed. Hmmm, I wondered, where was all the light going? Didn't it have to have some effect? The light works on its own timetable, and obviously it wasn't time.

Eventually, I went on a long spiritual retreat. Towards the end of my retreat, my friend called with great excitement. She told me she was going to move to a new area. "Do you want to take over the townhouse?" she asked.

"Yes," I said, instantly. Before I knew it, I had signed a lease. And that's when I saw the light go to work. The landlord told me she wanted to redo the entire townhouse. She let me choose the flooring, the paint, the cabinet colors and hardware, and even the light fixtures. Soon, I had a radiant, newly upgraded townhouse in a beautiful neighborhood that reflected my aesthetic. It became a very happy home for me.