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case studies

September 2012 Healing 1.0: Placing Radiance

For many people, the idea of placing radiance sounds abstract, even impossible. But the truth is nothing could be more simple or have more profound results.

I use one tried and true method that helps me add sparkle to my home on the literal, as well as metaphysical, level. After sharing this easy technique with my tele-class group last month, I had my usual dramatic results. So I thought I would share this technique with all of you this month.

Sometimes when I'm busy with my life--healings, writing, meditation--clutter accumulates. Eventually I tackle it. The first--and most important--thing I do is place radiance into the area of clutter. What this means is I will just "imagine" or "see" radiant light in that area.

As I guided the group participating in the tele-class to add radiance, I, too added radiance in my home. I started by placing light by my desk, where a clump of books and papers had developed their own urban sprawl. Next, I turned my attention to the kitchen. I swept light along the counters, which had become a little overgrown with stuff, and in the sink, where there seemed to be a permanent collection of dishes.

The very next day, I started to clean. Within an hour or two, the whole kitchen sparkled and everything had been relocated to its proper place. Then, totally inspired--compelled, really--I dismantled the clutter near my desk. I went through every paper, including things that had been sitting in one drawer for several years.

By the end of the day, it was as if we lived in a sparkling new house. The radiant light had made all that cleaning and organizing easy, fun and essential. Frankly, I could never have done such a great job, and so quickly, without the support of the light.