

# Spirit Rising Sanctuary of Light, LLC



*A Center of the  
Spiritual Arts*

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*Living in the Light of the Moment®  
By Master Fredericke*

*(Channeled through Mariah Crawford at Spirit Speaks Seminar®, April 11, 2007 )*



I would like to speak on living in the Light of the moment, and I thank you all for allowing me to be with you this evening. When we all think of Light, we think of the Higher Realms, we think of people who shine out Light, we think of the daily sun that comes up. We think of light in many ways, and when we come to difficult times when living upon the Earthly realms, we forget about living in the Light of the moment, and we are pulled into the past or the future. We let ourselves be pulled into a spiral of downward motion, instead of upward motion *toward* that Light that is always spiraling around you who continue to live upon Earth. I, and those who accompany me this evening, would like to assist you in finding ways to continue to spiral out and up toward the Light of each precious moment upon Earth. Each of you may think of moments where you could not find any Light. If you look *backward* you cannot find that Light. But, in *this* very moment in time, whatever your wounds, sorrows, anger or disappointments, will you allow us (and your own higher being, which or course is Light, the loving vibration of the universe) to shine upon whatever is continuing to wound you?

We know that, *if you so choose*, you are able to shine that Light, (not only in *this* moment) back into the past like a bright beam, as though that situation or person were on stage. You could shine that Light so that it passes through any darkness of the person or situation that may have occurred to you in your Earthly Walk. We ask you to become creative, and even if the things that may have happened to you upon Earth were traumatic, which so many millions of you experience, will you not only be *realistic* about those experiences, but also give yourself the opportunity to *lighten up*, as well as *shine* the Light upon those situations or people. Begin in some small ways to lessen the hold upon you from these experiences, to laugh at and disempower any darkness that may be left behind. For laughter is part of the Light, and so is humor. You may find that impossible to accept tonight, or at this stage of your journey, but will you just store that in the closets in the back of your mind, and pull it out when the time may feel appropriate for you. Know that as soon as you accept the Light that is willing to help, (that's all of us and the Great Light of the Universe) it *will* come to you so that you may shine upon whatever is troubling you in that very moment.

We ask that you dress up situations in such a way that you can look at them in a *different* way. And if we may, knowing the Material Realms, we would like to take you in particular to one of the Harry Potter movie whereby when fears were looked at they could be transformed and made ridiculous, so that they no longer have power over you. Although they harmed you in the past, they no longer have the power over you *now*, and you can use laughter as another form, another vibration of healing Light.

We appreciate you even hearing these words tonight. All of us who have come in this evening to share with you and to help those loved ones to step forward, have lived upon the Earth and suffered and sorrowed. We ask you to receive any information that we bring tonight knowing that it comes with the deepest humility, compassion and understanding of the walk that lies before each one of you. We, in our own ways, will continue to cheer you on and shine the Light of our beings forward upon your pathway. You may occasionally feel that beam of Light, as though you were in a spotlight. Open your eyes wide, extend all your senses outward, and you may feel us stepping up to assist you. For it has been said, and it is true, that the Earthly Walk is as though you are walking and living on a stage.

Life flies by very quickly. Many people pass through your life, sometimes with just a small role to play, others for a life time. *You* determine your interactions with them from moment to moment. *You* determine if you will allow darkness to remain between you and the situation or the person, or that you will shine the Light of God upon the situation and upon yourself. We know that the world is a difficult place to live in, and probably the most difficult that it has ever been simply because of the speed of today's world. It almost feels as we watch from our perches, so to speak, that the world is on a stick and is spinning ever more quickly, as though it could spin and spin and then tip over. We ask all of you if you will find ways in your life to slow down, so that your *own* sphere of consciousness, when you are on your point and you are spinning, will not fall over, but will continue to be held in perfect gravity, in perfect balance, in that perfect Eternal Light.

Take your minds now to something as simple as making a cup of tea or coffee, the comforts of home, the down-home feeling of hearing the tea kettle whistle, of the warmth coming off of the kettle itself, of the warmth and the light that emanates from simply a cup of coffee or tea. When you sit down to enjoy the creature comforts, let yourself, with great intention, sit down in a beam of Light, and you will draw us to you, so that you may be refreshed and renewed. Not simply by the caffeine in the coffee or tea, but by sitting and drawing to you the healing energies of the spheres of consciousness from whence we have come.

We ask you also to play more, not so much with the games that are so quick and wear your minds out, but games that keep you focused, joyful, and playful. Games that make you *laugh and interact* with other people. We see so many now disconnected by games that are very singular, or sitting forever in front of what you call the "boob tube," or the computer screen, or the Blackberry, or all the games that are hand-held. We ask you, as you choose to step more and more into the Light, that you choose to slow down and interact with people in a different, more rare and beautiful way. In your moments of play, for that is sharing Light from heart to heart, with the laughter, with the healing interaction, use less of the machinery, even though it certainly has its place in your world today.

Will you become aware, in the quiet times that you allow in your life now, of waves of crystalized light rolling over you? We would particularly ask that you will be aware, when you are sitting in a favorite chair or lying down in bed, of the many rare and various playful and joyful forms of Light that we will bring into your lives, if you will allow it, and that which your own higher self will draw to you. Take what we bring tonight, play with it and expand it.

The word "Light" is almost overused in today's world in regard to spirituality. Do you know what it really means to *you*? Play with the word, and make it become a part of your everyday life. Dig deeper and deeper, just as you would in the time of year when you plant in your garden, yard, or in pots. Dig into your spiritual Light-filled Self, dig out all that is not right and good in you and discard it, as you would soil that may not be the best for the plants that you choose to plant. Fertilize, add water, let the sunlight of God's love assist you within to grow, to blossom into the most beautiful flowers that you can imagine. Most people are not even to the point of becoming *seeds* upon Earth right now. Those of you who are choosing to sit in

Light-filled circles and to bring more Light into the world, are already turning into buds. We say that not to flatter you, but to encourage you. Any way that we can, we shall shine our Light along with God's, (or whatever name you wish to call that Energy) to encourage you to let one more petal open, and then another to assist with your budding. You will find that you will indeed draw others to you who are ready to open the petals of their souls, of their hearts, of their vibrational energies, so that you will all come together into a garden of radiant flowers to add your own little gift of Light to the world.

We thank you for listening to what we have to say, and for thinking over how it may be used in your personal life. Now, we ask that you begin anew, begin planting new gardens within your own self, within your life, within your world. Be careful of the fertilizers that you use, metaphorically speaking, and be certain they don't have any poisons in them. Watch your thoughts! Are there poisons that might kill the plant that is ready to blossom? Put the best soil into your garden, stay *simple, but alert* in your growth. Dig deep and reach high, reaching always with your petals, stems and leaves outward and upward toward higher and higher ground.

We bless you now and wish you rainbows and clear skies. When the storms come, remember that they will be coming to water the seeds that you are growing within yourself. They will come to help you be refreshed when your petals are droopy. Remember that we cannot grow without those storms, and that the Light of Spirit will always come back out. This we know is true, and hope that you will see that in due time. Walk now as the glorious flowers that you are. We suggest playfully that you choose a favorite flower and see yourself as that, shining your Light, your fragrance, your beauty out into the world. We thank you now, we wish you well, we wish you beauty, we wish you remembrance of the Eternal Life that lies before you so that you will not be caught up and pulled down by any of the heaviness of your life, or of the Earthly Realms. Always keep your eyes reaching ever toward that Higher Ground, toward the Light, (as your heart and soul does) for you are one with that Light, and with all of us. Blessings, we bid you farewell.

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