

# Spirit Rising Sanctuary of Light, LLC

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## A Center of the Spiritual Arts

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### Angelic Attitudes®

*Inspirational offerings from the Angels to empower and uplift your spirit!  
Channeled by Mariah Crawford from her Literary Angel Band*

### ~ Hope ☺ ~

Hope is an Angelic Attitude. Feeling hope as you begin each new day allows God into your life in a richer and more powerful way. When you choose to have a hopeful attitude you will find yourself carried by Spirit through one day after another. Without hope, humans seem to shrivel up and blow away, like dust in the wind. You can always go forward when you have hope that you will succeed in your endeavors, make it though another day and turn the corner to move into a new era. Keeping the fire of hope alive and healthy is not simplistic and wishful thinking. You can indeed let hope soar in your heart *and* still be grounded as you walk upon the Earth. Hope is a true part of your spirit's nature. When you come to a true *knowing* that you are a beloved Child of God, a being of great beauty, radiance and love, you can overcome whatever the Winds of Life bring. If you pull the covers over your head, or keep a cloak of darkness pulled around you, you harm yourself, and make it very difficult for your loved ones and angel guides to uphold and sustain you in your hour of need. You must take the first steps back in to the Land of Living Hope. Throw back the covers, spring back into life and do what you came here to do! Throw back the hood of your despair and let the Light of the Beloved shine upon your head, brow, and heart! Remember who you *really* are, and live your life fully and courageously!

Make time every day to sit quietly and commune with all those who love you in Spirit. Those on both sides of the Veil between the Two Worlds must practice to become more adept at communicating. Regular time spent in meditation and prayer on *your* part will help raise your vibrations as those in Spirit lower theirs, so that you can meet in between. Become more observant, noticing how often "coincidences" occur that bring small or grand changes for the better into your life. Those who love you in the Spirit World work day and night for you, helping to clear rock-strewn pathways, opening closed doors, and showering you with rainbows and golden Light when life seems very dark. They *encourage* you to remember your spirit's *courage* and help in every way they can, even with trivial daily tasks.

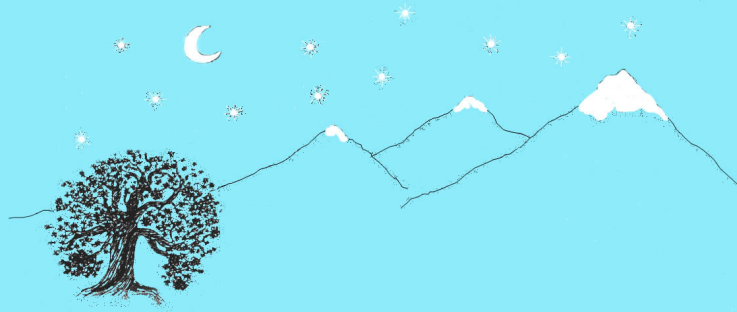
How do you see your Self? Do you believe you are valuable, that you have something to offer to the world, that you are loved and needed ~ or are there shadows in your mind creating false beliefs about your Self? The truth is that you are *so* needed in the world today ~ more than you know! Within your physical body lies a jewel more rare and precious than any that exists upon Earth ~ your exquisite spirit, the radiant and sparkling facet of the perfect Jewel of the Universe ~ God. Your Guides, friends and family in the World of Spirit love and appreciate you, and see your entire being for who and what you are! Will you look within and see that glorious and radiant Self? Reach out to Spirit *and* into *this* world to your Earthly friends for infusions of *hope* ~ one of the many gifts of God's love. When you find the courage to reach out to others you will be welcomed by those who sense your sincerity and your innate goodness, and recognize in

you a kindred spirit. So many are dying from spiritual thirst ~ their souls calling out for the nectar of love, comfort, heart fellowship, compassion and the desperate need to feel part of the Family of Humanity. Will *you* take a chance and open your arms and heart to give and receive the spiritual nectar and divine Light that dwells within each of us?

It is essential to find ways to inspire yourself and find soul refreshment every day. Many people can no longer bear the combination of troubles in their personal lives, and the horrors happening around the world. They may become overwhelmed with fear, and lose hope of any possibility that the wrongs in the world can be made right. Millions are choosing to put their heads in the sand, numbing themselves through all the addictions known to humanity, and ultimately numbing their lives and any hope for their future. In order to truly inhabit your life you must know what is actually happening in your country and on the planet where you live. Will you choose to fully live in and partake of your life, and be a part of others' lives who share the Earthly Realms? A balance *can* be found by becoming aware of the world you live in, *and* finding the right spiritual practice to keep yourself clear and bright. What a hopeful solution to overcoming despair and despondency, and to opening your eyes to see the Light at the end of the tunnel.

Withdrawing from time to time from the bleakness that is constantly painted by the media will enable you to have time to process information garnered. You will find by doing so that your mind will become more creative, your wits more keen, your sensitivities and intuition awakened, so that new ways can be found to deal with the issues at hand ~ whether personal or global. If you are constantly overwhelmed in your own personal life, as well as feeling drowned in the sorrows of the world, a hopelessness settles in, and nothing that is right and good can be achieved. Quiet times, withdrawing from the physical senses, the TV, newspaper, video games, phones, computers, etc., will encourage your spiritual greatness to slowly open and blossom. When you reawaken to that inborn Source of Strength and Light that you all possess, you will create anew each day a life that is worth living. You will bring a soothing balm and a higher energy to the world, even by seemingly small acts. Use discernment and discretion when choosing what to read, listen to, and watch. Determine what is useful to fire you up to make a positive difference in the world, and what simply adds more fear to your life, effectively dousing the spiritual fire within you. Spend time with those people who are of like-mind, avoiding those who bring you down, drain you or divert you from living joyfully, powerfully and usefully in the world. You may have family or friends who fall into draining/diverting categories, which can be quite a quandary. Be realistic. Fulfill your commitments and obligations, but protect yourself from their negativity by enveloping yourself in a protective cocoon of Light. Pray daily for them, bless them, *then* go on with your life as the free spirit you are. No one can hold you back except yourself. Leave behind blame of self and others. Acknowledge where you have erred without beating yourself up. Simply begin again each day and do your very, very best. Know that hope does, indeed, spring forth eternally from the Source Waters of God.

*Whatever* work you do in the world becomes your spiritual work when done with the *right attitude of service to humanity*. Be open to new lessons, experiences and opportunities with a fullness of heart, touching as many other hearts as possible. Express gratitude for all the great and small wonders of daily life and for simply *being*. Store within your memories all the precious, Grace-filled moments in your lifetime, filling up your "hope chest," then dip into those memories when your Light of Hope flickers. Begin the gift of a new day with the Angelic Attitude of Hope ~ greeting God, your angels and loved ones with joy as you open your eyes, reaching out across the universe with the Light of your being that outshines every heavenly body! Leap into the precious gift of the day that lies ahead. Shine like the "mystical jewel of God" that you are!



**Reflection:** Is the word *hope* a part of your vocabulary? Make it so, taking it apart for further analysis: H is for *helping* yourself and others to see the good, the Light of Spirit and the usefulness for your evolution and spiritual growth in every situation. O is for *offering* yourself, in every way possible, to clean and polish the world to a new shining glory. P is for persistence, patience and perseverance. E is for the *everlasting* Spirit within that can overcome any challenge that one must face ~finding courage, upliftment and most of all faith and trust in not only the power of your Original Self, but in God and your angels.

**Meditation:** As you sit in Sacred Silence, *take heart, open* your heart and ask Infinite Spirit to bring hope, in all its many facets, into the deepest core of your being. Dispel any thoughts that do not support God's gift of hope.

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