***“YE ARE—THE LIGHT”  
LORD—SHINE—THROUGH ME  
(Guided Healing Meditation)***

***No. 1 “ I AM* – THE LIGHT – OF THE WORLD”**

***WE BECOME*** – ***THE LIGHT -- OF THE WORLD* –   
IN PROPORTION TO – OUR – DEGREE OF – ILLUMINATION**.  
 TOS Ch XVIII

*Matthew 14-16* ***14 - YE – ARE* – “*THE LIGHT”* – *OF THE WORLD***.   
***16 - LET – YOUR - LIGHT – SO SHINE – BEFORE MEN –*  
 *THAT THEY – MAY SEE YOUR GOOD WORKS*   
 *AND GLORIFY – YOUR FATHER* – *WHICH IS IN HEAVEN.***

***“LORD—SHINE—THROUGH ME”  
“ I AM* – THE LIGHT – OF THE WORLD”**

TOS – Intro  
**ONE THING ALONE** –   
 ***WILL* – *DEMONSTRATE – THIS TEACHING*;**   
 ***REALIZING*** – ***WHAT THE PRINCIPLES ARE* –   
 AND THEN** – **TAKING THEM –   
 INTO YOUR HEART AND MIND AND SOUL AND BODY,  
 LIVING** – **WITH THEM** – **AND** – **THROUGH THEM,   
 UNTIL** – **THEY – BECOME** –   
 ***DEMONSTRABLE PRINCIPLES* – WITHIN YOU.**

***THEN*** – ***YOU – BECOME*** – ***THE LIGHT - OF THE WORLD****.*  
 **NO TWO WILL BE LED IN THE SAME WAY;   
 NO TWO WILL EVOLVE IN THE SAME MANNER.**  
***IT ALL DEPENDS*** – ***UPON*** – **THE DEGREE** –   
 ***OF YOUR INDIVIDUAL UNFOLDMENT*.**

***“LORD—SHINE—THROUGH ME”  
“ I AM* – THE LIGHT – OF THE WORLD”**

***THE ENTIRE MESSAGE OF THIS BOOK* –   
 is based on – *THE PRINCIPLE –   
THAT THERE IS*** – ***AN INNER GRACE* – which** –   
 ***DOES NOT*** – **OPERATE** – **THROUGH, OR BY,   
 *physical might*** – **or** – ***mental powers*.**

***THIS GRACE*** – **OF WHICH MOST PEOPLE ARE UNAWARE,**  
 ***OPERATES ONLY*** –   
 ***WHEN FAITH* – *IN ANYTHING –* and - *EVERYTHING*** –   
 ***HAS BEEN RELINQUISHED*,**

***EVEN INCLUDING* – *FAITH*** – ***IN A GOD* – *FROM WHOM* –**  
 **THE WORLD HAS BEEN EXPECTING MIRACLES –   
 *AND FOR WHOM* –   
 THE WORLD HAS BEEN WAITING** –   
 **SINCE THE BEGINNING OF TIME.** TOS – Intro

***THE ONLY*** – ***REAL STRENGTH*** – ***THERE IS***,  
 ***IS IN*** – ***CONSCIOUS – UNION*** – ***WITH GOD*** – and –   
 ***IN A REALIZATION*** – ***OF*** –   
 **THE TRUE NATURE** – ***OF*** – ***SPIRITUAL POWER*.**

***WHEN WE HAVE*** – ***THAT – REALIZATION*,   
 *ONE WITH GOD*** *–* ***BECOMES A MAJORITY***.

***ONE INDIVIDUAL* – *HAVING THE* –**  
 ***SPIRITUAL UNDERSTANDING*** – ***OF THE NATURE OF GOD*** –   
 ***BECOMES – A LAW*** – **OF *–* harmony, health, and supply –**  
 **unto thousands and thousands of people all over the world**.   
***THAT*** – ***IS WHERE THE STRENGTH IS: IN – UNION – WITH GOD.*** TOS – Intro

***SILENCE – IS – THE WAY.***

***THE SILENCE – IS NOT – AN ABSENCE OF SOUND****,*

***BUT – IS – A STATE OF CONSCIOUSNESS –   
 WHICH – ENABLES US –   
 TO REFRAIN FROM MENTAL REACTION –   
 TO WHAT IS SEEN OR HEARD****.*TOS Ch 1

**John 1 (**LB)  
**1-2*BEFORE ANYTHING ELSE EXISTED --*   
 *THERE WAS* -- *CHRIST – WITH GOD*.   
 *HE HAS ALWAYS BEEN ALIVE -- AND IS HIMSELF -- GOD.***

**3*HE CREATED* -- *EVERYTHING THERE IS* —   
 *NOTHING EXISTS* -- *THAT HE DIDN’T MAKE*.**

**4ETERNAL LIFE -- IS IN HIM – and --  
 THIS - LIFE -- GIVES – LIGHT -- TO ALL MANKIND.**

**5HIS -- LIFE -- IS -- THE LIGHT --   
 THAT -- SHINES THROUGH -- THE DARKNESS --   
 *AND* -- THE DARKNESS -- CAN NEVER EXTINGUISH IT.**

***Matthew 14-16  
14 - YE – ARE* – “*THE LIGHT”* – *OF THE WORLD***.   
***16 - LET – YOUR - LIGHT – SO SHINE – BEFORE MEN –*  
 *THAT THEY – MAY SEE YOUR GOOD WORKS*   
 *AND GLORIFY – YOUR FATHER* – *WHICH IS IN HEAVEN.***