

Meditation on the Net Of Light

“The light that Illumines the net originates in the heart of each one.”

To experience the Net of Light, think of, imagine or sense a sparkling Net of Light, like a fishing net that covers the entire world. As you think of this Net notice that you are attached to it, a point of light on the Net. Feel, sense, see or imagine your connection.

As you make your connection, you will become aware of strands of light moving from person to person all over the earth. It is this connection that creates this Net or web. Hold this thought and observe your response to it. How are you attached to the Net? Where are you placed? Don't question your observations-*just observe*. Questioning at this point ties the mind in knots and stops the flow of meditation.

Drawing a picture of the Net can make its image clearer. Some visualize when they do an exercise like this, some conceptualise and others sense things. As you begin, notice how you experience the Net of Light. If you are not a visual type you can simply think of it and imagine your connection to it. Since your energy always follows wherever you send thought, thinking of the Net is enough to bring it into being.

To activate your place in the Net of Light, inhale its light for four or five breaths. Feel or think of your place in the Net while you breathe and notice how your body responds. **“As consciousness of your place in the Net awakens and becomes stable, you may feel the effervescence from this lighted Net moving through the veins of your body.”** You may experience a movement of light inside you now because there Net is inside as well as outside you. You are part of it just as it is part of you.

Responses to the Net are beautiful. Some see or sense light illuminating their body. Some feel joy or peace, while most feel loved and comforted by this connection. No matter what you experience, by thinking of the Net, once you activate your place in it, you are part of it.

“The light that illuminates the Net originates in the heart of each one.” the Net is not external because **“the Net is lit by the jewel that each one is.”** Everyone who participates in this mediation gives love and support to the Net, becomes part of the on-going flow of giving and receiving light. Light, broadcast along the lines of the Net, quickly returns to the sender through her senses. **“Your hearts make the decision to generate light. This is then pumped into the world through the strands of the Net. After that, it is your eyes, ears and breath that bring to you the gift of returning light.”**

Think of sending light from your heart through the strands of the Net and notice how love and light follow your thought, moving into the world. You are more powerful than you have ever imagined. It is your own heart that generates the light of this Net and your thought of connection with the Net of Light that transmits it.

Sending light through the network takes place effortlessly; no sooner do you think of it than light moves forth. Experience the transmission of light along the increasingly lighted network that you are awakening, supporting, and which is in turn supporting you.

You are part of the Net of Light, a living system that supports the earth. It is your own heart that generates the light of this Net and your heart, pumping light with each breath that sends it forth.

“If you choose to give through your hearts, you will receive through your senses, and by this meditation on the Net of Light, goodness of every kind will be multiplied throughout the world.”

When I asked why light returns to the sender through her senses, these Grandmothers said, **“Light returns through your senses because humans receive this way; this is how you know something is real. If information came only as a thought, you wouldn’t believe it, would you? When something comes through your senses you record it physically, emotionally and mentally.”**

A Call to Power

The Grandmothers Speak Book 1. Sharon McErlane. Page. 165