



From Darkness to **LIGHT**

We should establish ourselves firmly in the understanding of the total unreality of evil. Dominion over all that is called evil comes not by considering it a great power that we overcome by mighty conflict, but by robbing it of its seeming power by our understanding of the allness of Spirit. "Ye shall know the truth, and the truth shall make you free."

Charles Fillmore – "Fear Not"

Truly, the thing that I fear comes upon
me and what I dread befalls me.

Job 3.25

Fear begins in the

Mind

1 - THOUGHT

2 - BELIEF

3 - FEELING

4 - WORDS

5 – ACTION / INACTION

6 – DIVINE LAW

7 - RESULTS

Instead of pitying yourself and looking for pity from your friends, rise in the majesty of your true self and cast off all the works of darkness. Your positive stand in Truth will turn on the light and will dispel ignorance and its shadows, and you will be the light of your world.

Charles Fillmore – “Fear Not”

Part of our task is to no longer contribute to that field...to burn our light so brightly that we actually dissolve that “shadow field.” Darkness doesn’t have a power of its own...it’s an absence of light. Learn how to embody your soul and your brighter light will eclipse the darkness. Affirm who you really are...the light of consciousness, wholeness in expression, and it dissolves fields of darkness.

Suzanne Giesemann – *Next Level Soul Podcast*

Re-center yourself as the witness/the observer. Put your hand on your heart, reminding yourself “I am safe.” Keep aligning with your higher frequency...your true self. Attune yourself to higher energy and what you desire to see in your life and the world. Anchor yourself in that as often as possible to be of service in the way you intended when you incarnated here.

Karen Bell – *Wisdom from North Podcast*



