

Effective Prayer: A Light Meditation

"This meditation teaches you how to have to a real experience of the Light within you. Even though you may not experience the Light spontaneously, you can use your imagination to open the door to this new experience. Just imagine what the Light would look like if you could see it, and imagine how the Light would feel if you could feel it. Imagination creates the space for a real experience. Use these steps twice a day, allowing at least two minutes per step, and you will get results within two weeks. I have posted the prayer and a story about how I applied it."

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Kalie

- I release all of my past, future, grievances, fears, human relationships, self-image and limitations, desire for love, sex and money, judgments and communications to the Light.
- I am a Light Being. [It is my nature to love.]
- I radiate the Light from my Light Center throughout my Being.
- I radiate the Light from my Light Center to everyone.
- I radiate the Light from my Light Center to everything.
- I am in a bubble of Light and only Light can come to me and only Light can be here.
- Thank you God for everything, for everyone, and for me. Amen

Use your imagination to see and feel the light's radiance, even if you do not experience this spontaneously. Imagination can create the space for a real experience. Use these steps twice a day, allowing at least two minutes per step, and you will get results within two weeks. This prayer comes from United Research, P.O. Box 1146 Black Mountain, North Carolina 28711 [Click here to return to "My Effective Prayer Story."](#)