

# **In Light & Love**

## ***My Guide to Balance***

“In Light & Love” Series - Book 1

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Lisa Gornall

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## **Acknowledgments**

To my daughters Emily and Megan. Thank you for helping me to learn balance in every moment no matter what craziness was happening around us.

# 1 - Foreword

At some point, you get settled in your career, family, and friendships and you forget that life is all about change. The seasons change, your environment changes, and people change. Children grow and your body ages, no matter how you may try to fight it.

Often, you reach a point in your life where not living consciously (being aware of your actions, choices, and the impact of these on the whole Universe), is no longer an option. No matter how you may fight to keep things as they are, you are being pushed to live consciously.

You may reach this awareness or “ah hah” moment through an illness, losing a loved one, a major life change, or losing a job. Somehow, something happens to you in a dramatic way to get you back on track and living consciously.

Just like aging, you may fight this inevitable change in your life. You may feel stuck and trapped with fear. This fear of changing, the unknown, is what paralyzes you, the actual change frees you.

You may also be afraid of the changes that are going to happen and the things you think you will not have control over. Here are some tips to help you move past this fear:

- \* You did not have control before when you were living subconsciously, it was an illusion. It was as if you were

driving your car with your eyes closed. You were gripping the steering wheel tightly with clenched fists afraid of what was around the next corner.

- \* Life is so much easier when you live consciously. You will see that you are driving your car with your eyes open, aware of your surroundings and actions, and you are fully supported.
- \* Being afraid to make these changes in your life is the hardest part of your journey, not the change itself. The key is to let go of the fear that is holding you trapped, stuck, or frozen. That fear is what is controlling you in this moment. Do not worry; there are sections in this book to help you with this.

You may not have complete control of what is happening around you, but you can control how you respond to it. Your thoughts and actions in this moment create your reality. Balance is possible in every moment.

### ***Beginning to Live Consciously***

Once you begin your journey to live consciously, you will find that it will also have a significant impact on those around you.

You will find that the people you once considered close friends may now seem so different from you that the friendship will fade or disappear altogether.

Friends that have no interest in living consciously may try to



keep pulling you back out of balance. Perhaps they can only be friends if that dysfunction is in your relationship. They will try to keep you in the type of friendship you have had together because that is what they know. They may not be comfortable with anything else.

That is okay, because at this point, you will start attracting people to you that are similar. They are like-minded and they prefer to live in balance rather than chaos. They appreciate the journey you are on because they have experienced it or they are experiencing it now.

You will find that you are much happier living consciously, but it will be different at first. In the beginning, it can seem overwhelming, especially without a guide to help you through it. I have been where you are and I have helped many people find their balance and get back on track.

You are living in a fast-paced world. You no longer have to go through a long, drawn-out-philosophical process to experience God, love, the Universe, White Light, spirituality, or whatever you would like to call it. The tools in this book will help you connect and find your balance easily and quickly.

### ***How to Use this Book***

As you go through this book, turn to the sections that will help you restore your balance with your body, mind, and spirit, in any given moment. Practice what you read. Read a section and apply it

to your life in that moment. If you are feeling out of balance; sit down, find the sections of this book that apply to you in that moment, and apply them to your life for at least a few days.

This book is full of the tools that I use when working with my clients. The work I do is completely intuitive. I know why a client is holding energy in a certain place and how they can let it go to get back into balance in that moment.

Every situation is different. What works in this moment may require a tweak to work a few minutes later. Trust your intuition (what you are getting to do, your immediate insight), to help yourself in any given moment. I have written this book to provide examples that you can apply in your own life. It is here to help you find balance no matter what challenges you are facing.

You will see that balance is possible in every moment and that your life is so much easier when you are in balance. Use the tools in this book to create your routines and practices to live in light and balance.

In Light and Love,

Lisa

## 2 - Starting Your Journey

Life is a process where you learn balance. When you get out of balance (and it can happen so easily), everything seems to fall apart. There are many simple things you can do to help get yourself back into balance. It all begins with reconnecting with your truth:

*I am love. I am light. We are all one.*

This is truth. You know this to be true; you can feel it inside of you when you say those words. They feel peaceful and freeing.

This is often forgotten in our day-to-day routine. Somehow the darkness creeps in. Whether it is the anger and frustration we pick up throughout the day and store in our bodies to deal with later (and then we forget), the thoughts that are judging us and others, negativity in our surroundings, or the darkness that sometimes appears to swallow you in, these are not truth. They are simply the absence of love. Negativity or darkness has no power unless we give it power. It is an illusion or a shadow that disappears quickly when we remember the truth; only love is real.

This can seem like a juggling act, where up until this point, any darkness has had an illusion of much power. However there is a shift happening. We are no longer okay with the negativity and we are receiving daily confirmations we are on the right track when we focus on love and light.

Love is light. Love conquers all. The moment we remember

that, we reclaim our power and the darkness goes away.

### ***What is White Light***

You are a being of love. Visually, it is seen as a White Light shining through and around you.

In pictures of spiritual people, the White Light is drawn around their bodies. This White Light is not reserved for “some” people. We are all made of White Light. We are all connected by the White Light. The White Light is in you. The White Light is love.

White Light is God, love, the Universe, really you can call it what you like. It is non-denominational; it simply is. It is what we are.

We are love, we are light. It feels nurturing and supportive because it is. Before we inhabit our bodies, love is all we know. This is our truth and we can return to it at any moment.

### ***How to Bring in White Light***

Being that we are light, it is very easy to bring it into your body. The White Light helps you feel calm, centered, and balanced. Imagine the White Light you see shining through trees or through clouds over lakes or oceans.

When you bring the White Light through your body you can be standing, sitting, or lying down. Choose what is the most comfortable for you in this moment (although if you lay down, you may fall asleep). Just make sure you do not cross your arms, legs, or feet as that will slow the energy down.

Now it is time for you to try it. Imagine the White Light and let it flow through each part of your body.

Close your eyes. Imagine that White Light shining down on you. The White Light comes in through the top of your crown (top of your head), down your face, your neck, into your shoulders, down your chest and back, into your stomach, into your hips, down into your thighs, to your knees, down your legs, and into your feet. The White Light flows from the center of your feet, down into the Earth. You become one with the light and the light flows into you and into the Earth. You will feel calm, centered, and at peace. You will be grounded.

If you feel tension, simply take a deep breath of White Light and imagine pushing the tension out of your body. If it is difficult to push out, that is okay. That just means there is some letting go to do in that area. (See the Letting Go section, Chapter 4.)

Practice bringing the White Light in at least once a day for five minutes. When this becomes a part of your routine, practice bringing it in twice a day for at least five minutes. The goal is to eventually do it throughout the day as your body gets out of balance and whenever you feel your body can use some White Light.

If you find yourself having a hard time visualizing the light, you can stand outside under the sun or under a light. You can also use your hands to help bring the White Light through your body. Just bring your hands up in the air over your head and slowly bring

them down your body (without touching your body), until you bring the White Light through your feet and into the Earth.

If you feel like you are floating in the air or you feel spacey, bring the White Light through your body again and make sure it goes through your feet and into the Earth. This will help ground you. It may seem fun to feel like you are floating, but this takes a lot of energy and you will not make the best decisions unless you are grounded.

## ***Using Your Intuition***

### **Intuition and the Mind**

Intuition is not something that your mind can make up. The mind is not that creative. The mind really questions things, ponders validity, and likes to have order (everything has a place.) Intuition is possibilities without limitation. Often, we dismiss our intuition because our mind cannot make sense of it or we do not trust our intuition.

Intuition can be a feeling or a sense of something coming (often called your gut feeling). It can be something you see happening soon or in the future. Perhaps, it is something you just “know” without any logic or reasoning. Intuition can also be something you hear. Everyone experiences their intuition in different ways. How do you experience yours?

### **Trusting**

Trusting your intuition is something that usually happens over time. You will have a feeling, sense something, know something, and it happens. The first time it may seem like a coincidence (which there is no such thing), but after a few times, you will start to trust what you are getting, seeing, sensing. Just remember, it is not something that has to be proven to your mind or anyone else's. Sometimes it cannot be. Sometimes it can. The point is that your intuition is here to help you, to guide you, to support you.

One thing to know about intuition is that things change CONSTANTLY, especially when you are going with the flow. Just because you are getting that this is the way to do something right now, or that something is going to happen a specific way does not mean it will. There are so many other things in place, so many free wills. This by no means is a sign that your intuition is not working. Things change. Life is full of change. Sometimes, we see something that takes years to happen.

Use your intuition as your guide. Whatever intuition you are getting in a moment, it is true. The question then becomes, am I supposed to do something with this? If you are, then do what you are being guided to do. If not, it may be something to help you know you are on track, or it might be something for you to know and do something with at a later time.

Whatever your intuition tells you, it is important to let it go, do not hold onto it. Everything happens as it should. Everything always works out in the most perfect way possible. Life flows, just

like energy, just like our intuition.

### **Creating Your Reality**

The most powerful words you can say to the Universe are “I AM,” and believe it.

“I am love. I am safe. I am whole. I am supported by the Universe. I am\_\_\_\_\_.”

I am means that you already are. The words you say to the Universe become your reality. I often use several “I am” statements at a time for myself and when working with clients. The ones I find people use the most in the beginning are:

- \* I am Love.
- \* I am Light.
- \* I am Safe.
- \* I am Whole.
- \* I am Peace.
- \* I am One with the Universe, or I am supported by the Universe.

When you are introducing a new “I am” statement, make sure you start off by bringing the White Light through your body. Let the White Light radiate through every part of you. Then say, “I am \_\_\_\_\_.”

Notice where you are resisting your, “I am \_\_\_\_\_.” This is an area where letting go is to be done.

When you release the resistance, the “I am” will easily replace



whatever was there originally. Sometimes, it is helpful to use another “I am” statement with the one you are trying to connect with.

### **My “I am” Statement is not Working**

You have to believe what you say. If you do not believe it, you cannot say, “I am peace” when you feel completely irritated. The parts of you that are irritated are screaming at you, “No, I am not peace and you cannot pretend I am!!!” Notice the, “you cannot pretend I am.” Your body knows you cannot pretend and so do the beliefs that are hiding. The goal is not to pretend. The goal is to KNOW, “I am peace,” as your new reality.

Start by letting go of whatever is making you feel irritated. Bring the White Light through, imagine the irritation floating away like smoke and then fill the space where that irritation was with some supportive “I am.” “I am love. I am light. I am peace.” This is a process that will lead to the original “I am” statement, “I am peace.” Keep doing this until you can connect with your “I am” statement.

### **3 - Becoming Aware of Your Energy**

Every thought you think and every word you use creates your reality. As you have heard, like attracts like.

If you are thinking positive, loving thoughts, you will attract more of those thoughts and that will become your reality. However, if you are thinking negative thoughts and you are judging yourself, you will attract more negativity and this will be your reality. It is easy to get stuck in the negativity, especially when there is always a villain, bad guy, or scapegoat in our society. This does not have to be your reality, you have a choice.

What are you thinking? What are you saying? What reality are you creating for yourself?

#### ***Thoughts and Words Create Your Reality***

Every thought you think and every word you use creates your reality in this moment. This moment then shapes the next moment, and so on. Things are put into motion and become reality without you consciously being aware of what you put into motion. What does this mean? It means that your thoughts and your words are very powerful even if you are not aware of what you are thinking and saying. Pay attention to them!

#### ***Be Aware of the Words you Use***

Imagine that the Universe is a server in a restaurant and your