

## *The Light at the End of The Tunnel*

Is given into the world to be an exercise, a meditation, a prayer to inspire within you the movement from uncertainty and unhappiness to that of

### **Calm**

From which place you can more easily and peace-fully move into your next step on your Path.

Seek out, if you can, a gentle Friend [physical or angelic] whose Love for you enables you to trust that their listening and encouragement - freely given without strings - is their gift to your Joy in life.

Share your insecurity and your fear without judgement of yourself or your Friend. Cry and rant as you need to while you listen in awareness to your words - the underlying symbolism will surface. Tell your Friend of your insights and listen respect-fully to those of your Friend. Together you can come to that place of calm from whence your healing can proceed into your circumstances...

As you prepare for this meditation/prayer, breathe deep into your belly, taking in all the healing Golden Light energy of the Highest Pure Source. Breathe to your heart, pause, and exhale down through your feet, grounding this Light throughout your entire body. Repeat; and Repeat.



And so one day in the darkness of despair,  
I cried and said, "God,  
I do not see and know  
The Light at the end of the tunnel!  
Once I knew so strongly that even without  
a vision of it,  
I was confident and aware of its unfailing  
Light guiding me to its presence.

I shared my belief with those who were  
uncertain - laughing in assurance that  
though we saw it naught - yet it was there  
for us,  
leading us as a beacon into its full Light.

"Lord, I have lost my way - even my sight -  
my confidence is diminished and  
the little flame of my faith flickers with  
uncertainty...

"Lord, deep under layers of fear,  
I do believe and I desire  
- At times desperately so -  
I do desire that that belief,  
that surety would rise again,  
Lovingly healing the fears,  
Patiently cherishing Fear as an old reliable  
servant  
Who has just tried to protect me too  
much -  
Reassuring Fear that it is OK to rest in a  
corner  
And I will ask its advice from time to time.

I need my Fear soothed by our Love [yours  
and mine]

to realize and accept that it is allowed an  
opinion in my life,  
not a vote,  
and certainly not the burden [for it and  
me] of running my show.

"Lord, I who have been strong and  
independent -  
Standing or trying to stand on my own two  
feet -  
Fearing to be judged and a burden to  
others -  
I ask to be healed and cherished in the  
arms of the Beloved,  
To relinquish all uncertainty, all  
burdensomeness,  
All faith-less-ness and worry to You.

"I need your help."

"Goddess Light, I need your guidance.  
Show me my value;  
show me my path.  
Lead, guide and direct me to  
the highest best service I can be for All  
That Is..."

And the crying out and the giving over and  
the asking for help washed away the  
darkness of despair, lifted the over-  
burdened yoke of false duty and infused  
the unhappy heart and mind with **Calm**.

And Love said ...

Do you know where the end of the tunnel is?  
It is deep within you where the eternal Light  
of God and Goddess, All That Is shines  
always.

The Light at the end of the tunnel is never  
distanced from you for it dwells within you.

And with every act of love or request for  
peace you make, it shines more brightly from  
you and for you.

Whenever darkness clouds your vision and  
your light,

Ask for help as you cry a little,  
Allow yourself to be held a  
little, and  
Perform an act of love -  
even a little.



The Love that is All That Is  
speaks to us gently  
that we are encouraged to calm and  
silence  
in order to hear and to heal.

This healing treatment -  
is yours to use as guidance out of  
your own dark tunnel.

May you open your vision and your  
heart  
to the Blessings  
that surround you always  
and accept them into demonstration in  
your Life.

In the words of  
The Archangel Raphael  
*"To H E A L  
Means to*

*Help Everyone Attain Love"*

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