

Creating Balance While Being a Beacon of Light in the World Today

Interview with Mirabai Devi

What does it mean to be a beacon of Light?

Being a beacon of Light means that you have cleared enough of your own personal issues, blockages and samskaras to allow the column of Light into your spine to be so bright that you can radiate the Light to illuminate the path for others, including your life, those in your community, your family members, and any other individual in a relationship with you.

Is an individual who is a beacon of Light an awakened soul?

Yes, someone who is a beacon of Light is typically an awakened soul that has done their own personal growth, spiritual practices and self inquiry work to attain a level of consciousness that has been established.

This level of established consciousness is the pathway for the individual to be the truth, speak the truth, and emanate the truth. Awakening looks different at different stages.

What are the awakening stages?

The different stages of awakening span a pathway from overcoming an individualized pattern or *Samskara* to overcoming many individualized patterns or *Samskaras* until ultimately the individual is liberated from being and running a programmed existence.

Programs or *Samskaras* are based on attachment-grasping insecurities, fears, worries, doubts, negative emotions, negative agendas, family lineage patterns, karmic patterns and childhood patterns, and so on.

Also the level of development in an individual can be seen and experienced when an individual does many hours of spiritual practice per day, every day of their lives.

One can clearly see a demarcated sensitivity in their spine, chakras cells, brain and conscious awareness.

This means the way that they process life is not going through the many heavy dense filters that are within most human beings that make up toxic mental thought patterns and other toxic behaviors and imprints.

These would include alcohol, drugs, toxic foods, pharmaceuticals, and any other substance that is placed in the body. It also includes negative emotions, negative thought habits, living in reactivity, being caught up in delusions and/or illusions, and more.

The grow in awakening comes through our relationship with God, and the development of that relationship through the stages of awakening to deeper and deeper levels of communion with God. When we say God we mean the Divine Self, the true Self, the inner Self, the Light of all Lights.

We would see these stages be reflected through our self discovery, self inquiry, meditation and contemplation, practice of yoga and pranayama and Sadhana which would lead to Transcendental consciousness, God consciousness, and unity consciousness,

If I am a beacon of Light, am I also a Lightworker?

Being a beacon of light means that you are setting an example and inspiring others to follow your lead by your example.

Being a light worker means doing practices and working on yourself for a period of time so that you may purify and detox enough layers of baggage and blockages to prepare you to be able to help others help the world in a specific manner.

An example of a Lightworker is leading a meditation group, leading humanitarian projects, working on your entire family, counseling or coaching in a healing business or practice, creating conferences and festivals, or being of healing service in some manner to your loved ones and the community.

It's about showing up for your every thought, word, and deed, and to live and be your spiritual practice. A Lightworker is dedicated to refining our thoughts, attitudes, thought forms, belief systems, imprints and programs to be more positive so we may be directed towards being of service.

How can I as a beacon of Light find balance in this world of heaviness and chaos?

Through daily spiritual practice or *sadhana*, through practicing non-dual awareness, through opening the heart chakra and radiating positivity, Light, joy and by being in a positive mindset.

It is through non-dualism that we develop an understanding that the world is not as we see it. It's not the reality that we perceive. Who we are as the Light of consciousness is beyond this ego and beyond this world. The Light of consciousness helps us to be free of the world. The perception that the world is real is what causes the suffering. It is at this point that we then get lost in the illusion.

Advaita Vedanta teaches that the world is an illusion which causes suffering. When we overcome duality and start to practice Unity, Oneness, Consciousness, then we are free from the forms of separation that keep us lost in the mind's perception of what is real.

That is the key to eliminating suffering.

How can I create a balanced internal state that will support me?

In order to cleanse the negative programming of the subconscious mind and to balance the rapid activity of the mind that fluctuates from fear to worry to concern to doubt to lack of trust, self-judgment and judgment of others, to lack of self-worth and feeling unlovable, to being stuck in the monkey mind of our own story or drama, it is important to reprogram our subconscious mind into a more balanced state of awareness for optimal functioning.

Reprogramming our subconscious mind includes a variety of different spiritual practices (also known as daily *sadhana*), which can range from self-inquiry practices, meditation practices, affirmations, mantra practices, guided visualizations, prayers and self-forgiveness practices, breathwork and pranayama, spiritual healing, Light transmissions, and more.