

Eva Kroth

A DIFFERENT KIND OF MEDITATION INTEGRATED INTO EVERYDAY LIFE

It is wonderful to meditate every day, to withdraw to a special space and retreat into oneself. It is just as wonderful when we integrate spiritual exercises with inner images into our everyday lives – wherever we are and whatever we are doing. This way, we learn to embrace our spiritual and our material sides simultaneously and in parallel. They enrich each other. After all, we are all used to doing several things at the same time.

When we inwardly open ourselves to the world beyond matter, we expand our spirit and let go of our fears. We unlock new powers. Our intellect alone cannot perceive the power beyond matter. Our inner light is our highest divine power.

By doing visualization exercises, we can learn to access this power that is there for us. Visualizations are inner images that trigger impulses in us. These impulses

vibrate through our entire body, our aura, and our mind. When we are in the company of other people, we consciously and unconsciously send out images and thoughts. This non-verbal language is perceived by others on a subtle level.

If we visualize light exercises in the company of others, we communicate all the information contained in the exercises. Whether others want to take in the information or not is something they decide unconsciously.

We are both physical and multidimensional beings. All aspects in us can become a whole. Spiritual exercises in everyday life are therefore beautiful, meaningful, and healing – not only for ourselves, but also for our environment. Everything is interwoven and forms a whole. Once we can integrate the various dimensions of our existence more naturally, our consciousness expands.

I will describe three exercises of light that can easily be integrated into everyday life. These exercises each have a physical, an emotional, and a spiritual aspect. The aspects and their effects are interwoven.

To decide which of the exercises you would like to do, go by what gives you pleasure, what seems fun, or your sense of what aspect of the exercise you seem to need.

The exercise with white light creates strength and power

Physical aspect:

When drinking water, imagine the water as liquid light. The water absorbs this inner image and disperses it in your body.

As we consist to a great extent of water, it shines in our body and illuminates and strengthens every cell.

When eating, imagine that your food shines. Everything we eat shines because all food has grown from the light of the Earth.

Emotional aspect:

Imagine that your inner body glows in a white light. It makes your soul radiate and helps you perceive your life with acceptance.

Spiritual aspect:

Imagine that you radiate white light beyond all boundaries.

The exercise with silver light offers protection and thus helps with anxiety

Physical aspect:

Imagining silver light protects us from all that is not us, even on a physical level.

Emotional aspect:

Imagining that we are surrounded by an oval of silver light protects us from unpleasant feelings and external thoughts.

Spiritual aspect:

Imagining that a silver light radiates from our innermost core frees our spirit in the knowledge that we are protected, always and everywhere and beyond our boundaries.

The exercise with golden light mobilizes trust in our life

Physical aspect:

Imagining golden light brings the elements of our body into harmony.

Emotional aspect:

Imagining golden light strengthens the trust in ourselves and our life.

Spiritual aspect:

Imagining golden light strengthens the inner knowledge that we are at one with everything.

How to do the exercises

Perform them everywhere and at all times. It does not matter where you are or what you are doing. Light up like a flash of knowledge. Take a walk, radiating in a white, silver, or golden light. Or shine as you recall these words. Shine when you feel a need. Shine when you are anxious or yearn for inner freedom. Shine with joy. Shine at others – people, animals, and plants.

These exercises are, of course, also suitable as a daily ritual. Focus on your innermost luminous core and shine in a white, silver, or golden light.

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Translation from the German: Annette Charpentier,

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