

the negative vibrations that they have accumulated during their lifetimes.

How do you use Light as a weapon? You will need to use your imaginations. Each of you has been given an imagination, an ability to create. In order to create you first need to *visualise*; you visualise and you then bring into being that which you have visualised.

If you are reading this and saying, 'I don't have an imagination,' - *nonsense*, of course you do! It is simply that certain human beings seem to wear their imagination, their creative ability, closer to the surface – and therefore be more consciously aware of it – than others. But each of you can dream. Each of you dreams, do you not, at night? Each of you has an imaginative capacity, a creative capacity. You need to use that capacity in order to wield the weapon of Light.

A Meditation.

To wield the weapon of Light you first of all need a quite time. There is always a need for quiet on your Earth; always a need for silence... *You need a quiet time.*

You need to set aside time to *deploy* your weapon.

During that quiet time you then, in your imagination, see souls and situations that you wish to change: the group of people that does not behave as you think it should; the group that is perhaps more violent than it should be; the individuals you wish would change so that they stop harming other human beings; the heads of state and heads of government that are responsible for policies that cause harm to people; the national thinking from certain centres around your globe (including your own) that leads to despondency, that leads to upset for human beings. You see

Illumination

– visualise – these things in your mind’s eye and then you bring your weapon of Light to bear.

In the case of an individual, see that individual standing in front of you (and you will have to be brave and loving at this point because you will have to discard all judgements on that person, all your personal biases, the revulsion you perhaps feel at times towards them. All these things you must put aside). Visualise streaming through you, coming down from the top of your head and out through your solar plexus towards that person, a stream of perfect white Light – brilliant white Light – which you then see surrounding the person. It will help sometimes to perhaps see the person dressed in grey and to then see, as the Light hits them, the Light turning that grey into white. See them as being immersed in that white Light to the extent that you cannot see their outline any longer – all you can see is the white Light. Then leave that Light with them as you drop your connection to that person with a: ‘God bless you, you are held in God-Light this day.’

You can then move on to greater assemblies of souls; you can move on to larger groups of people and the places they live. Picture in your mind the shape of the region of the world that you are sending Light out to. Again, do not judge, but instead send Light into the outline of that region – seeing every man, woman and child being bathed in the white Light. See them disappear into the white Light, see the location disappear into the white Light and then move on with a: ‘God bless you, you are held in God-Light this day.’

This weapon can be used for individuals, groups, heads of state and governments as I have said, but it can also be used as a tremendous force for healing. The people who suffer

Joseph's Vision

from terminal illnesses, the people who suffer from constant pain and from defects in their bodies are doing so for a variety of reasons – some of which are karmic – but many of which are because they have gathered around themselves so much negativity that that Light they sorely need is prevented from getting to them from within themselves. (In the normal course of things there should be no illness as I have explained in the past.) In cases like these you also have the opinions of the people who surround those who are ill to contend with, because their husbands and wives and bothers and sisters and relatives and friends, and the medical profession *all* believe, in their heart-of-hearts, that the person is seriously or terminally ill. So they contribute to the wall of negativity that prevents the Light getting to the patient. You have to combat that!

If you know someone who is terminally ill, who is suffering greatly physically or mentally, picture them in front of you. See them in perhaps in a dark grey and, as you send the Light out to them – drawing it in through your head chakra and pouring it out through your solar plexus – then see that dark-grey turning to light-grey, the light-grey turning to cream, the cream turning to white and then them disappearing into the God-Light. Confirm for them: ‘This day you are healthy. You are filled with God-Light. Amen.’ and move on in your mind to the next case or gently come out of your meditation.

(*Michael*: at this point, as you end your meditation, please remember to ask God to protect you and to guide you and to close your chakras for you as explained in Chapter 4.)

Remember that God does not place barriers between Himself and His children but His children produce barriers that shut Him out.