

Divine Light



Practitioner & Master Levels

Love Inspiration



Love Inspiration

Learn • Heal • Awaken

DEDICATED TO ALL DIVINE BEINGS
WITH LOVE,
FOR THE BENEFIT OF ALL.



DIVINE LIGHT
PRACTITIONER AND MASTER LEVELS

Welcome!

There are no prerequisites for this course however please ensure that before you begin the Divine Light ebook you have activated (unlocked) the Divine Light energies and attunements using the activation code & instructions on the next page.

***Once you have unlocked the energies, you are ready to begin.
With love, we wish you well on your Divine Light journey!***

If you have not already done so, please feel free to [sign up for free Ascension Healing](#) to help you on your Divine Light journey.



ACTIVATING (UNLOCKING) THE DIVINE LIGHT ENERGIES:

Before opening up to these beautiful Divine Light energies, it is very important that you firstly activate or 'unlock' the energies and attunement in this ebook. Once this is completed, you will then be ready to begin Divine Light!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some soothing or relaxing music, light some candles or burn some incense to create a nice ambience.

2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



"With infinite grace, I ask humbly and clearly to activate the energies and attunements for Divine Light. With the unique activation code 8049333 may this be so. May this activation benefit all beings. Thankyou, thankyou, thankyou!"

3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

4) Understanding:

Once you have completed your activation, we ask that you now read through - "[Activation Codes and Suggested Timeframes](#)". This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Divine Light energies! May you enjoy these with much love & light and with an intention to benefit all beings.



DIVINE LIGHT
PRACTITIONER AND MASTER LEVELS

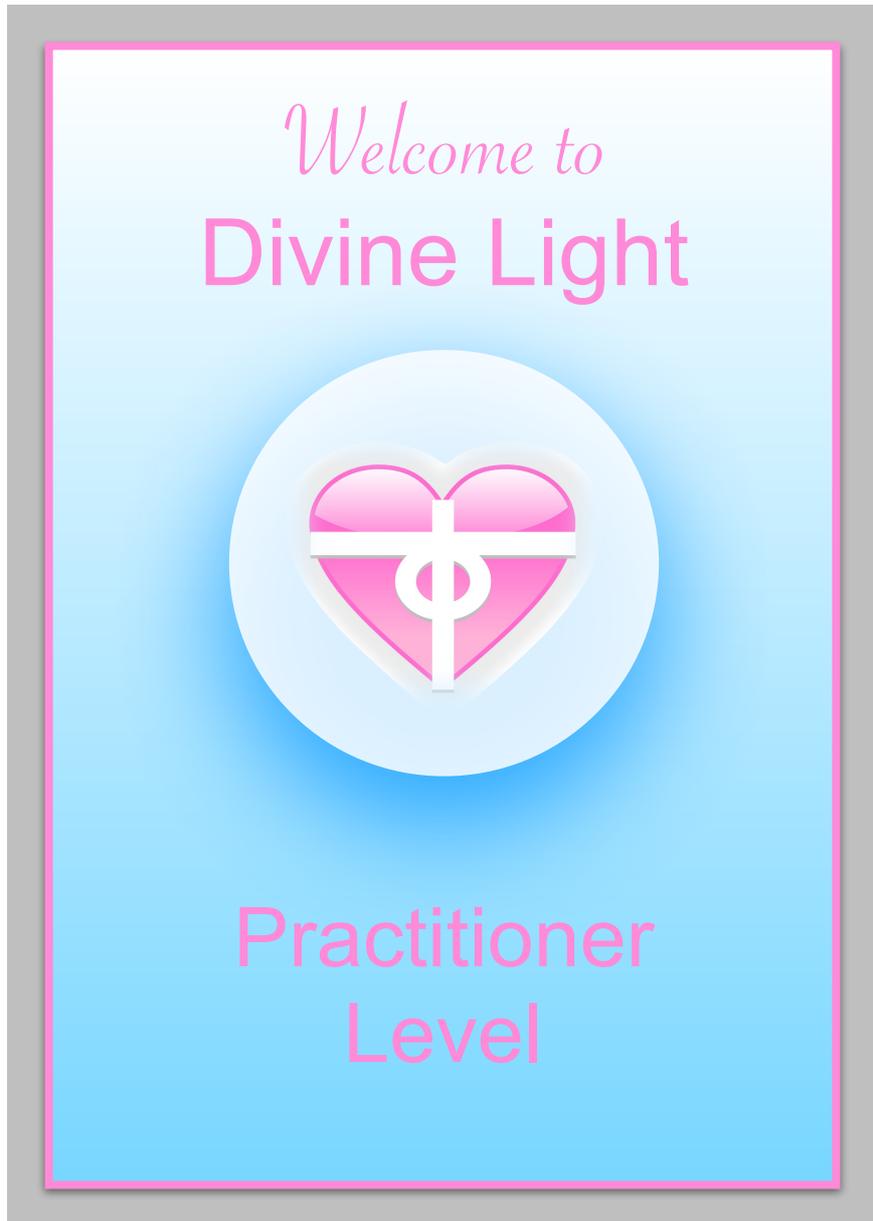
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Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout your cleanse if you wish, please [visit our website](http://www.loveinspiration.org.nz) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on our website will always be the most current.





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DIVINE LIGHT
LEVEL ONE - PRACTITIONER LEVEL

WE WARMLY AND HUMBLY WELCOME YOU TO THE DIVINE LIGHT MEDITATIONS!

It is with love that we welcome you to this truly unique duo of divinely inspired meditations. Through these teachings, we are able to call on and merge with a beautiful suite of divine healing frequencies which help us to create feelings of inner peace, blissfulness, love and wisdom from our meditative practice.

For those of you who are already working with other forms of energy based healing practices, these meditations may bring a new and unique perspective to your practice and will give you the ability to also call in these loving frequencies alongside them.

For those who are being introduced to energy based healing through these meditations we are truly excited to welcome you to these beautiful and loving frequencies – may they bring you happiness in your life.

The Divine Light practices are simple and easy to learn and are a great set of meditational practices which help us to find peace, bliss and feelings of relaxation and love during our meditation.

We hope that you enjoy them!


*Marty & Gerry
Donnelly*

DIVINE LIGHT
PRACTITIONER AND MASTER LEVELS

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1. INTRODUCING DIVINE LIGHT:

The designs for the Divine Light meditations were received intuitively through the spiritual work of Marty and Gerry during November 2012, whilst enjoying a summer retreat in New Zealand for the benefit of all.

Through these meditative communications, Gerry was clairvoyantly shown a number of 'symbols' and instructions about how one can work with these symbols (or energetic frequencies) through the format of meditation to allow for a better functioning of the energy field.

Thus the Divine Light meditations were born.



DIVINE LIGHT PRACTITIONER AND MASTER LEVELS

The name Divine Light is simply a representation of the divinely guided aspects of the practice and as a way of communicating to people that this practice helps us to move closer towards the divine light which lives within us all.



The name also helps us to understand that the energies being worked with during these meditations come from a divine frequency of love, compassion and wisdom, thus allowing us to move towards these vibrations themselves through meditative practice.

As you can see from the table below, the Divine Light meditations are taught over two levels – practitioner and Master, with each level containing a further two sub-levels. In total there are four levels or steps within these teachings with each step representing the next phase of the meditation.

| Level | Intention | Focus On | Benefits | Daily Practice | Suggested minimum practice time |
|-------------------|---|--------------------------|--|----------------|---------------------------------|
| Practitioner (L1) | Connecting with the energies of Mother Earth | Lower chakras | Cleansing impurities and grounding | 5 – 15 mins | 11 days |
| Practitioner (L2) | Connecting with a higher consciousness | Higher chakras | Cultivating higher levels of spiritual awareness | 15 – 30 mins | |
| Master (L3) | Filling the sacred heart space and healing the whole | Heart space / whole body | Merging all energy systems throughout the body | 30 mins | Ongoing |
| Master (L4) | Shining Divine Light outward for the benefit of all living beings | One-ness | Merging and becoming one with the universe | 30 - 45 mins | |

When completed, the Divine Light teachings form the basis for one complete meditation which helps our energies to vibrate at a higher frequency of love and understanding. A key part of the meditations at the Master level is an understanding of the truly divine power which comes from applying the altruistic intention. As we begin to understand and feel the impact that the altruistic intention has on our own energy based healing work, we are then better able to cultivate these types of mindsets in our meditative practice and in our daily lives.

In this way, these practices can help to open many doorways to more positive states of awareness. For when we can combine these Divine Light energies with both the altruistic intention and the understanding that all is one, we can truly start to transform our consciousness. With time, this allows us to move closer towards health, happiness, inner peace, love and spiritual awakening.



2. THE ATTUNEMENT PROCESS:

As in most energy based healing practices, the attunements for these Divine Light meditations are a most crucial part of the learning process. There is an attunement required for both the practitioner and Master levels. For those of you who are unfamiliar with the term 'attunement' please [click here](#) to be taken to our website FAQ section for more information.

In simple terms, the attunement provides you with a process of healing and growth as you become able to access the energetic frequencies required for these meditations. Once attuned to these frequencies, you also become a more effective healing channel (both for yourself and for others).

Each of the attunements introduces new divine healing frequencies into our consciousness so that we are able to deepen our meditative and healing practices at each level. This can often result in stronger feelings of bliss and inner peace through our meditative state as we move from the practitioner level to the Master level. There is also a strengthening here in our love vibration and thus, we heal.

We have also been taught that as we accumulate more symbols, or more access to these types of divine healing frequencies, these act like a sort of magnification so that our light can shine brighter from within. The analogy given to us was that of light bulbs. To work with 3 symbols is perhaps akin to lighting an area with 3 light bulbs – the lighting is quite good. As we introduce additional light bulbs into the area, say 5 or 6 bulbs, it is clear that the light is now significantly brighter, allowing us to see more of that area. This is a good way of thinking about the brightness of our energies as we introduce additional symbols into them. Our light is stronger, brighter and operates with more efficiency.

The attunement process helps to bring these symbols into our energy field and thus brightens or lightens our energies closer to love. We will be providing you with some step by step instructions on how you can receive your Divine Light practitioner level attunement a little further on but for now, let us introduce some of the more practical aspects of this practitioner level.



3. INTRODUCING DIVINE LIGHT - PRACTITIONER LEVEL:

There are two sub-levels to the Divine Light practitioner level with the first emphasising the importance of connecting with the cleansing energies of our earth. By starting to work at this level we allow our lower chakras to be cleansed and nourished which is most important for our energy field.

In addition, by starting with this practice, we are also being provided with a great 'grounding' practice which then helps us to more effectively work with the energies being introduced in the later parts of the meditation.

This first sub-level of the Divine Light meditations is one which can be deeply relaxing and it helps us to feel a deep connection with the abundance which this earth can offer. As we progress with this practice, we may also become aware that this type of energy exchange with the earth can be done in every waking moment.

It would seem that this is a most crucial time here on earth given the environmental circumstances which we are facing and we note here that there is much benefit being gained during this technique at both an individual level and a planetary level.

Moving on to the second sub-level of the practitioner practice, we introduce the first of the Divine Light symbols to start working with - Pure Existence. This symbol vibrates pure love and understanding which we can use in our meditation to bring a cleansing and nourishment to our energies, particularly our higher chakras. (We talk a lot about chakras in our manuals and practices so if you would like more information about them please [click here](#) to be taken to our website FAQ section).

As we were taught, working with the symbol Pure Existence helps to cultivate a higher spiritual awareness or understanding from within and allows for a much stronger connection to our own higher (divine) self.

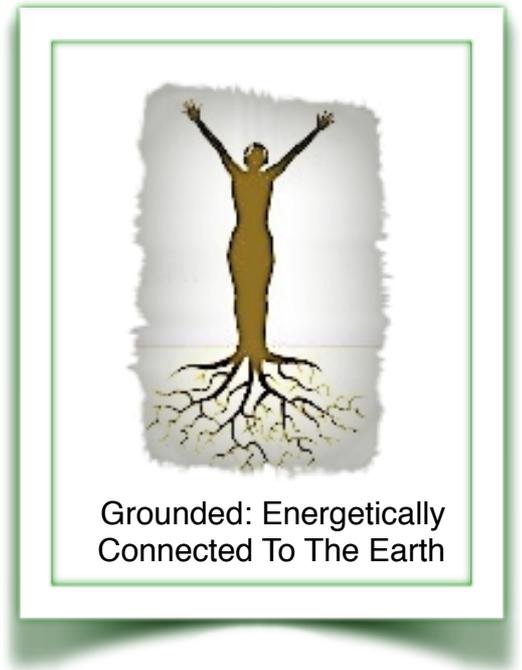
Accordingly, through this practice, you may receive more insight into situations or problems that may be troubling you, perhaps gain some further realisations about how you might wish to move forward in life or perhaps be able to see more clearly the inner workings of your mind and emotions.

All of these are really good signs that your Divine Light meditative practice is providing you with some great benefits. It is often these realisations that come during our meditation that slowly and organically accumulate into great new understandings and perspectives which apply to many aspects of, and can change, our life.



They also may help us to find our true purpose in life and may help to give meaning as to why we are here on this earth. The symbol Pure Existence may assist and accelerate this process of inner realisation.

For those of you who have not yet worked with symbols in meditation or healing then this will no doubt be a great introduction for you.



Grounded: Energetically Connected To The Earth

We note that the techniques that we will outline here in this manual will mostly focus on the practical aspects of working with Pure Existence so for those of you wishing to gain some good theoretical understanding of symbols and their role in energy based healing practices more generally, feel free to visit our website FAQ section on [Working with Symbols in Healing & Meditation](#) for some preliminary information.



To better understand the true nature of symbols can often mean that we are better able to work with these frequencies in our meditation. For example, by understanding the divinely guided aspect of these energies and to understand the importance of love, surrender and gratitude can be a key part to our meditative development.

As we move forward into the Master level, there are two new symbols introduced which focus on the love aspect of the Divine Light practice, a love for ourselves and a love for all.

The Divine Light practitioner level then is like the crucial preparation for the love and light which the Master level brings. With the assistance of these practitioner levels, we are able to cleanse, nourish and circulate our energies with more efficiency which then helps the Master level (love) vibrations to spread throughout our body and outward for all to benefit.



4. EVERYTHING IS INTENTION:

As we progress through any type of energy based healing practice, we start to realise the true innate power which lies within our own minds. More specifically, it is the thoughts we choose or our intention which often holds the key to our truly divine power.

This especially becomes noticeable when we start practicing with these types of energy based healing practices. As we merge with the energetic frequencies within these types of systems, we can start to understand the different types of thoughts or intentions that bring us to higher vibrations of love and light.

For example, we can experiment with the intentions of surrendering, love, being open, letting go, compassion, gratitude and above all, the altruistic intention, to bring us to these higher vibratory meditative experiences.

As we start to cultivate these intentions and combine these with our energetic practice, we can really start to feel the differences that these types of intentions can create within us. We can start to feel the subtle differences in vibration through these meditative experiences and thus we learn and grow.

EVERYTHING STARTS WITH OUR INTENTION

It is this very important concept which will play a key role in these teachings and in how our practice develops. For as we strengthen and purify our intention, and as we start to adapt different techniques to help crystallise these intentions, we can become better able to shine our love and divine light outward for all to benefit.

Through these manuals, it is our aim to help wherever we can so that your practice can blossom into something which is truly magical. We aim to provide you with the techniques *exactly* as we received them from 'spirit' and we will also provide some additional insights gained through our own meditative experiences.



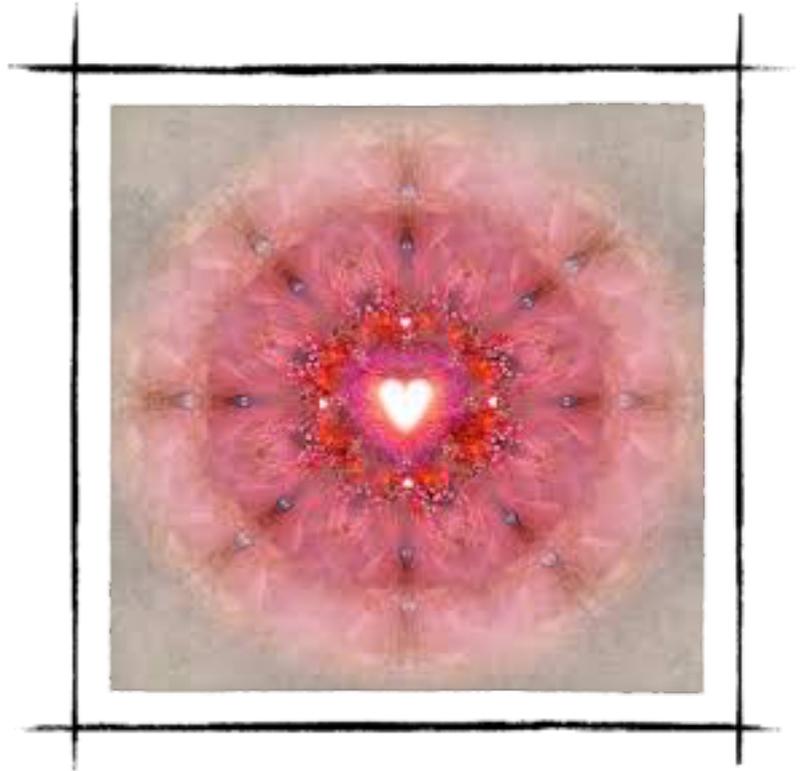
5. RECEIVING THE ATTUNEMENT FOR DIVINE LIGHT - PRACTITIONER LEVEL:

Before we cover the actual practices for this Divine Light practitioner level, it is important to firstly outline and describe the methods for receiving the attunement. As we've mentioned above, taking the attunement is a key part of any energy based healing practice and this is also true for the Divine Light practices.

In this first attunement both of the meditations in this level will be activated. Firstly in the "connecting with our earth" part of the attunement, the energy works to open the lower chakras in order to strengthen our ability to connect with the earth. And secondly, in the "raising spiritual awareness" part it provides us with the necessary access to the divine healing vibrations of the symbol 'Pure Existence'.

Just to reassure you, taking the attunement is normally a very relaxing and nice experience and you may feel some energy moving during the process. Some may not feel anything at all and this is absolutely fine also.

In the days following the attunement, and as you repeat the Divine Light meditations more and more, you may feel some different sensations as many of the old, unwanted energies clear away, shift or move. Energy based healing practices can bring much healing to the surface and in some cases, we can often experience what is known as a healing crisis. If you are clearing away lots of old energies i.e. there is deep healing being done, then your body will need to work to clear these, so as a result you may feel sluggish or tired. Others may feel some slight cold or flu symptoms as the energies clear. You can sometimes even get a few extra trips to the toilet if the energies are clearing in your lower chakras.



There may also be some emotional clearing happening from the attunement and / or your meditational practices so just be mindful of this if you are experiencing any anger, sadness or other types of emotional unrest. For more information about the healing crisis, [click here](#)

6. INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

To ensure that the attunement process works successfully we ask that you follow our instructions and most important is to relax, open up and receive these gifts with love.

Firstly, before starting this attunement, please ensure that you have activated (unlocked) the Divine Light energies and attunements prior to commencing.

The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that all the Divine Light energies and attunements (for both Practitioner & Master Levels) have been activated specifically for you. You are therefore then ready to start receiving your Practitioner Level attunement!

If you have not yet activated / unlocked the Divine Light energies for yourself, you may do this by following the instructions on Page III of this ebook.

Now that you have unlocked / activated the energies, you are ready to begin your Practitioner Level attunement!

Preparation:

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 15 minutes. Perhaps you wish to play some soft relaxing music, light some candles or burn some incense to create a nice ambience.

Invoke the Divine Light Practitioner attunement:

Invoke the attunement by placing the hands together, fingertips touching in prayer position whilst saying the following:



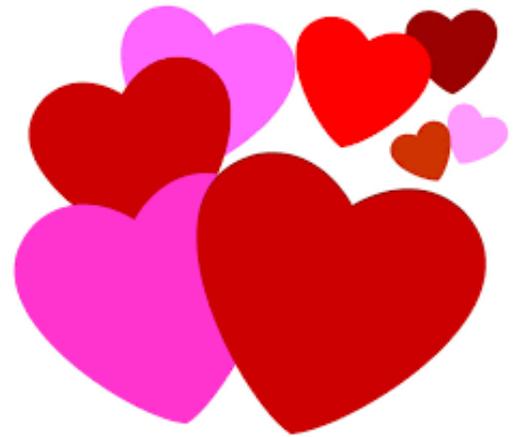
HANDS IN PRAYER POSITION



**“With love and gratitude I humbly request the attunement for
the Divine Light Practitioner Level.
May these energies benefit all beings!”**

DIVINE LIGHT
PRACTITIONER AND MASTER LEVELS

*[Note that the word love is divinely important in requesting Divine Light energy – the stronger the feeling of love that you ask with, the stronger the energy that flows. Also, when we add the highest intention for **all beings to benefit** (in anything we do), the energy is also stronger.]*



Now your attunement will commence and will take around 10-15 minutes to finish so **it is best to sit or lie down for around 15 minutes**. You can time yourself or simply wait until you feel the energy drop off a little bit. The energy tends to build over the attunement period with the energy at the end of the attunement being much stronger, so if you don't feel anything at the beginning, don't worry – it is still working!

And you don't have to leave your hands in prayer position for the entire time, please feel free to rest your hands either by your side, over your Heart Chakra or as you feel most comfortable.

You may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing happen. Whatever the case, you will receive the Divine Light Practitioner level attunement and with this, you will be able to practice the Divine Light Meditative practice described in the next sections.

Closing the attunement:

As always, we close our attunement with love and gratitude, by saying something like:



“With love and gratitude I offer my sincerest thanks for receiving the Divine Light Practitioner Level attunement. May I use this new energy for the benefit of all. Thankyou, Thankyou, Thankyou.”



7. THE DIVINE LIGHT MEDITATIVE PRACTICE:

Once you have taken your attunement, you will then be able to start practicing with these first two sub-levels (L1 & 2) of Divine Light – the practitioner level. The techniques which are described throughout this practitioner manual are very flexible noting that different people will no doubt have different preferences to their practice.

Accordingly, we will firstly describe the teachings as we received them for each part. Then as we move through these sections, we will also provide you with some different ways that you can add to your practice. You may find some of these techniques resonate with you whilst others may not. As always, use your intuition and work with what feels best for you.

Our approach to any energy based healing practice is to encourage you to work with the practices that help bring **you** to the best possible vibration. These will often be practices which help to bring your intention to a more loving, positive state of vibration. They may be techniques which perhaps help you to feel more in synch with these feelings of love and peace for your meditative practice.

We also encourage you to be creative with these practices and with your own mind so that you can bring in your own ideas and techniques into your healing practices. These may be small little add-ons that you choose to add to the techniques described here so that you can help your practice to blossom and grow for your best possible healing result.

In many cases, where these techniques seem to present themselves to you during your practice it is often the divine guidance aspects of the practice shining through. In other words, you are being guided to evolve into something even more perfect for your consciousness.

Usually the best way to approach any practice is with love, gratitude, surrender and with a fun loving attitude. If you are enjoying your practice then you are most likely going to want to continue it, so whatever brings you feelings of peace, bliss and love is normally the best option for you!

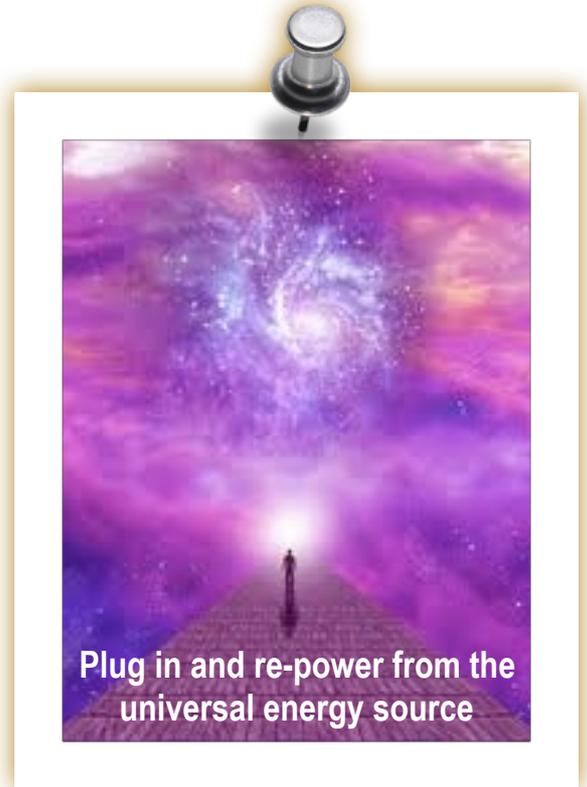


Be creative with your practices!

Another good way to think about our practice time is that it is time for *ourselves*. It is time to reflect on all the things that we face in the hectic bustle of life as we may know it, time to listen to our inner world, to see or understand what it may be telling us. We may just need some time to rest, relax and rejuvenate for a while and this is often a great part of any energy based healing practice – to plug in and re-power from the universal energy source.

By thinking about our practice in these kinds of ways, we can start to bring some additional perceived value to our practice time, to enjoy it and to perhaps look forward to this time to ourselves.

Often, there will be some things we notice about our inner world during our practice that is not so pleasant; maybe we can see some of the anger that lives within us for example. The key here is to always treat ourselves with loving kindness and patience. Results may take time but are usually organic and sustainable and are definitely worth the wait!



8. THE PREPARATION:

You may do these practices either sitting down on the ground, sitting in a chair or a couch or if you prefer, lying down. How you meditate is totally up to you noting that by far the most important factor to consider is your own comfortability.

If we are not comfortable, our mind will be disturbed and this is not always good for our practice. For those of us with busy, overactive minds, you may wish to lie down for this is generally more peaceful and relaxing. For those who are quite naturally 'easy to sleep' type people, then perhaps sitting upright is best where you can feel the relaxation without nodding off half way through.

To reach a place of inner stillness or to be deeply relaxed without dozing or sleeping is normally the best vibrational state to aim for. The term 'relaxed concentration' is normally very appropriate to best describe the formula for meditation.



You may also wish to light some incense, have some soft lighting perhaps, burn some candles or put some music on. How you like to meditate or practice really does come down to your own personal preferences. Most important is that you are undisturbed for your practice and that you are comfortable.

Turn your phone off and give yourself this precious time to enjoy some 'you' time, with love. May you reap the benefits of a regular practice!

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