

Using Light Props

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Last month, I posted on this topic. One very important thing to remember here is NEVER use any LED lights or bulbs! They have an ultraviolet wave length that is bad for eyesight.

If you use a desk lamp, use one with a regular normal lightbulb.

Shining a light in your face with your eyes closed can be a huge help in the visualization of light, especially if you are sick with a dirty aura, or cannot access the sun, etc. Especially for new people.

Always stick to using a regular soft white lightbulb. LED lightbulbs are damaging to the eyes.

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