

## *Michael Jones*

Author, Spiritual Teacher,  
Modern Day Messenger  
Healer



### **Surround Yourself With Light**

Every day, each one of us will make many decisions regarding where we place our focus/attention and how we choose to use our energy. The question is not whether we choose to make these decisions; rather the question is, will we choose where and how to focus our attention and energy consciously or unconsciously?

Where and how we choose to focus our attention will strongly influence the use of our energy. Energy follows thought.

I encourage you to be the "gatekeeper" of your own thoughts. Being the gatekeeper means to be mindful of what we put into our mind. This includes (but is not limited to) TV or movies we watch, and books, articles and news we read. Just remember, everything counts.

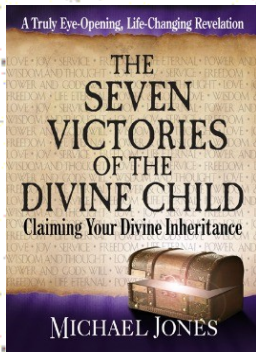
The Universe operates through the Law of Vibration. Everything vibrates, everything is in motion. Even our mental and emotional states carry their own vibratory signature. Whether they are aware of it or not, even the mildly sensitive person will pick up on the underlying mental and emotional vibrations of another person. For this reason, I always like to encourage people to be very aware of the vibrational energy in their own homes.

Ideally, our home is one place where we would like to have the feelings of love, peace, and acceptance. Each of these feelings carries their own unique vibrational feel. At the same time, in our daily walk in the world, there are times when we personally experience or we are in the presence of mental and emotional states which are more on the negative side. By negative, I mean the mental and emotional states that do not serve our highest and best good.

There are ways we can choose to protect ourselves from allowing lower, negative vibrations from affecting us or bringing those energies into our homes. One of the ways we can protect ourselves is by surrounding ourselves with the Pure White Light. This Light is Spiritual Light. We can mentally, visually, invoke the Pure White Light to surround us and enfold us so that only the highest and best many come to us, as well as come from us.

Surround yourself with the Pure White Light so that only the highest and best may come from you and come to you throughout the day.

In Love and In Light...Michael



For more information on this and other spiritual topics, read Michael's book, *The Seven Victories of the Divine Child* (ISBN: 978-0983778011)

**Michael Jones** is an ordained Spiritualist minister and founding member of Spirit Source, an organization dedicated to providing spiritual guidance and healing to those on a path of self discovery. To learn more or connect with him, visit Michael's website at: [www.MichaelKJones.net](http://www.MichaelKJones.net)

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