

## *A Fearless Light Bearer's 40 Day Plan of Action*

### **INNER WORK TO CLEANSE THE CONSCIOUSNESS**

1. Recite the **Prayer for Protection** once a day for 40 days

*The light of God surrounds me  
The love of God enfolds me  
The power of God protects me  
The presence of God watches over me  
Wherever I Am, God is!*

2. Visualize yourself filled with *Pure White Light* for 5 minutes a day for 40 days. (You can also affirm "I Am Light" while visualizing, but the most important part is to be filled with light.)

3. Recite the **HoOponopono Prayer of Forgiveness** while centered upon your heart, 13 times a day for 40 days

*"I am sorry"  
"Please forgive me"  
"Thank you"  
"I love you"*

4. Pray, meditate upon and affirm **The Great Invocation** once a day for 40 days

#### **THE GREAT INVOCATION \***

From the point of Light within the Mind of God  
Let Light stream forth into human minds  
Let Light descend on Earth

From the point of Love within the Heart of God  
Let Love stream forth into human hearts  
May Love increase on Earth

From the center where the Will of God is known  
Let purpose guide all human wills  
The purpose which the Masters know and serve

From the center which we call the human race  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells

Let Light and Love and Power  
Restore the Plan on Earth  
Let Light and Love and Power  
Restore the Plan on Earth  
Let Light and Love and Power  
Restore the Plan on Earth!

*\*adapted version*

### ***OUTER WORK TO BLESS OUR WORLD***

“All our thoughts and actions become part of the Collective Energy of our Planet. As we use our energy to bring Light, it combines with the light of others to dispel the so called darkness.

- Bless Everyone and Everything as much as you can
- Send out unrestricted good for others as a daily practice
- Acknowledge Omnipresence.
- Drop all Negativity like a Hot Potato
- Spread the Atmosphere of Loving Kindness
- Do Good Unto Others
- Give out and attract Goodness, Beauty and Joy
- Do everything you can to experience a greater sense of Wellbeing and Peace

As masses of Heart Centered people do this throughout their day, we enhance the Life and Growth of all creation on the planet.”