



School of Light

Practice Manual



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Practice Manual First Edition

This manual is to be a guide to those seeking deeper daily practices that help grow our strength along the Path of Light. All slides are intended to be used alongside basic or complicated breathing techniques, visual practices, meditation and prayer.

Developed by Michaelangelo Wolfe through experiences with different practices and guided by the Holy Spirit.

The breath holds the key to centering the mind.

The heart holds the key to opening the mind.

The spark of Divinity lives inside you.

The spark is the Light of Divine essence.

Divine essence is in you.

Breathe in.

Breathe out.

Focus the body.

Focus the heart.

Focus the mind.

Expand.

Contract.

Walk humbly into the Light.





Three Braided Chord

Father, Son and Holy Spirit

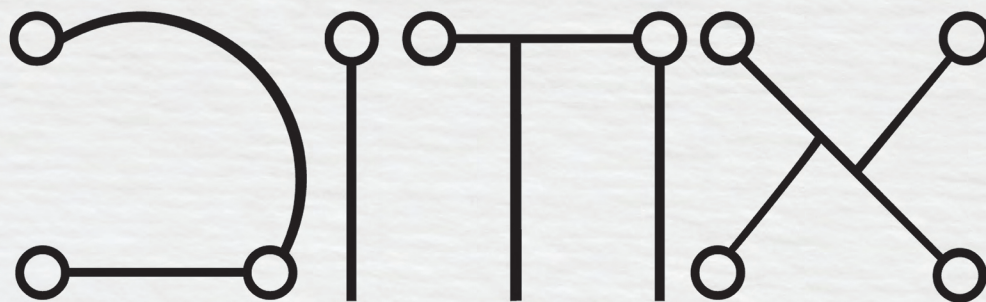
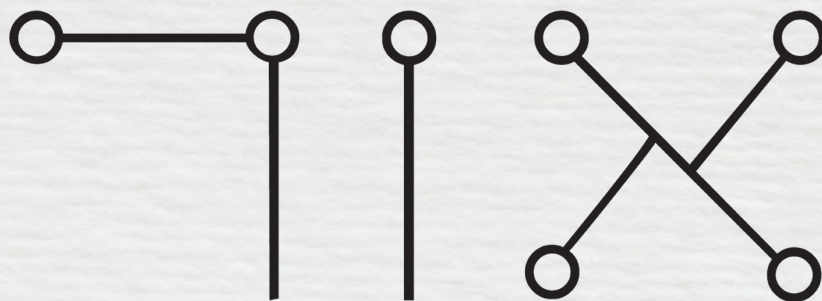
Mind, Body and Spirit

Me, Myself and I



דחאל וכפהי סיינשהשכ

When two become one



הוהי ווירש לב תא חק

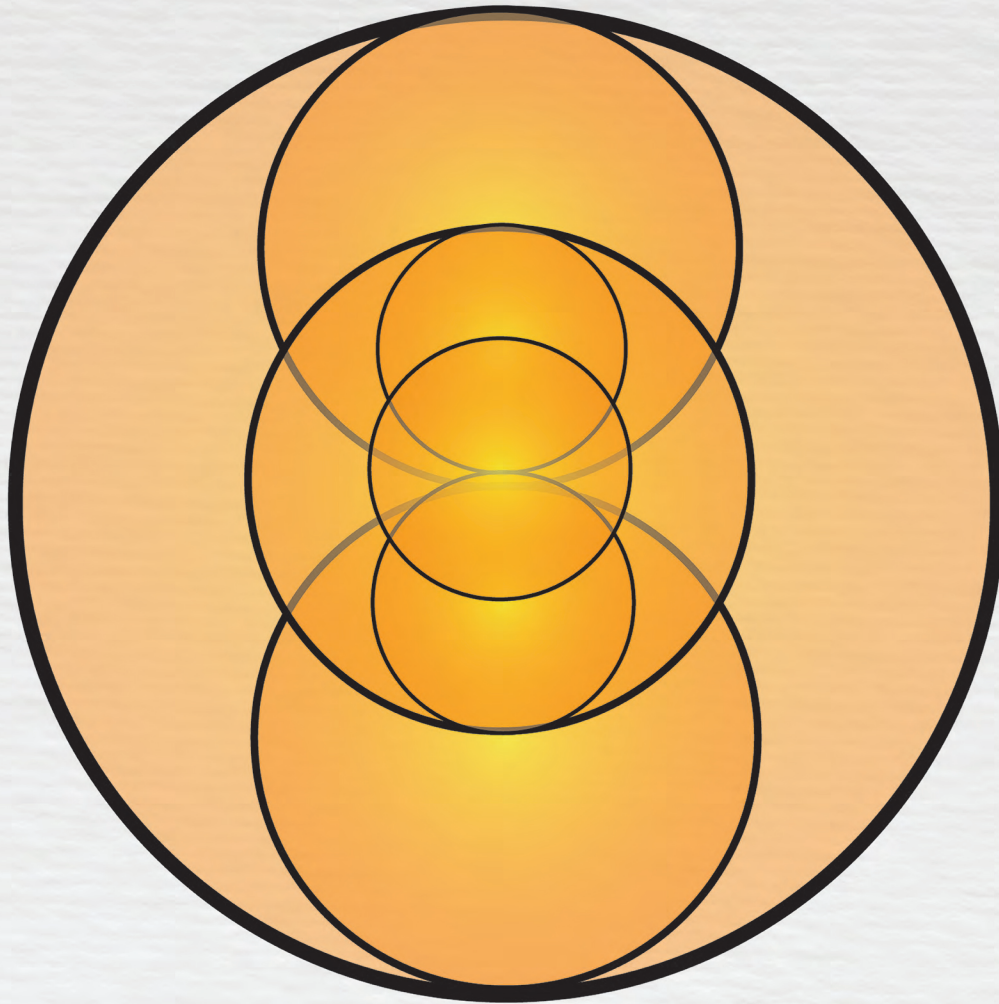
Take on the whole armor of God

The path of Light is surrounded by the darkness.

It is important that we keep the two sides of us together. The lower person and the higher person. If we go down this path and are not whole in ourselves, we stand to be swayed by our lower self or become disconnected.

We must also never forget what SOURCE really is. We are not SOURCE. We exist in SOURCE and are of SOURCE. We must take all the tools of the Spirit while walking the path of Light.





Expect the Miraculous

2 → 1 Thought + Emotion in the Heart

The Field + Right Hearted Man

The success of a person can be gauged on how balanced they are inside. We have two sides of us.

Thought and emotion. When one of them has more power over the other, we can find ourselves struggling with the things in this world that effect us negatively. Those negative influences, when we are focused on one or the other parts of us, we live in imbalance. When the two become one, we find ourselves in control of the world outside, (The Field / Our Thoughts) and a Right Heart. The miraculous should be expected. As miracles are moments of complete balance and wholeness.



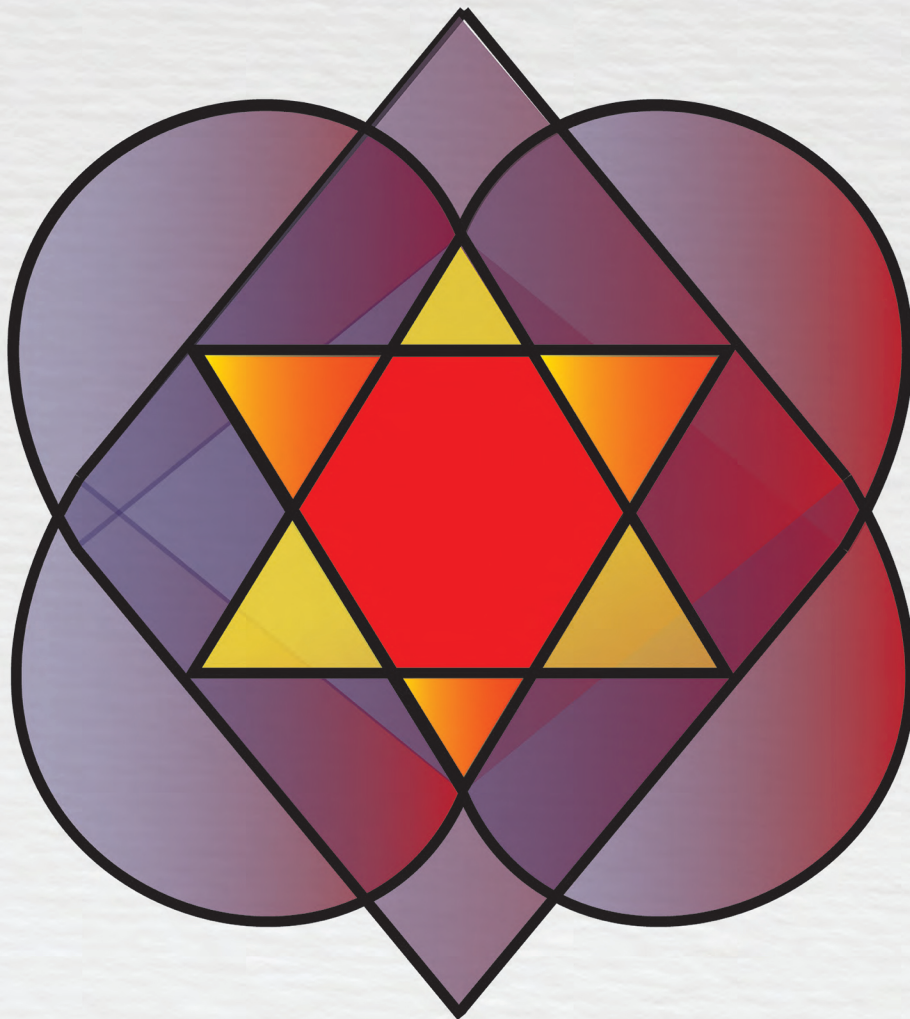
Divine

Compassion

Love

Gratitude

Respect



As Above - So Below

$$\frac{\uparrow U}{\downarrow Me}$$

The heart of Divinity is attainable when we let go
of our desire to be the center of the universe. In
the self centered state of being, our ego is in
charge and will keep us from the divine heart.
When we realize that we are not ALL, we are part
of the ALL, do we then begin the walk through
the heart. All of you and none of me.



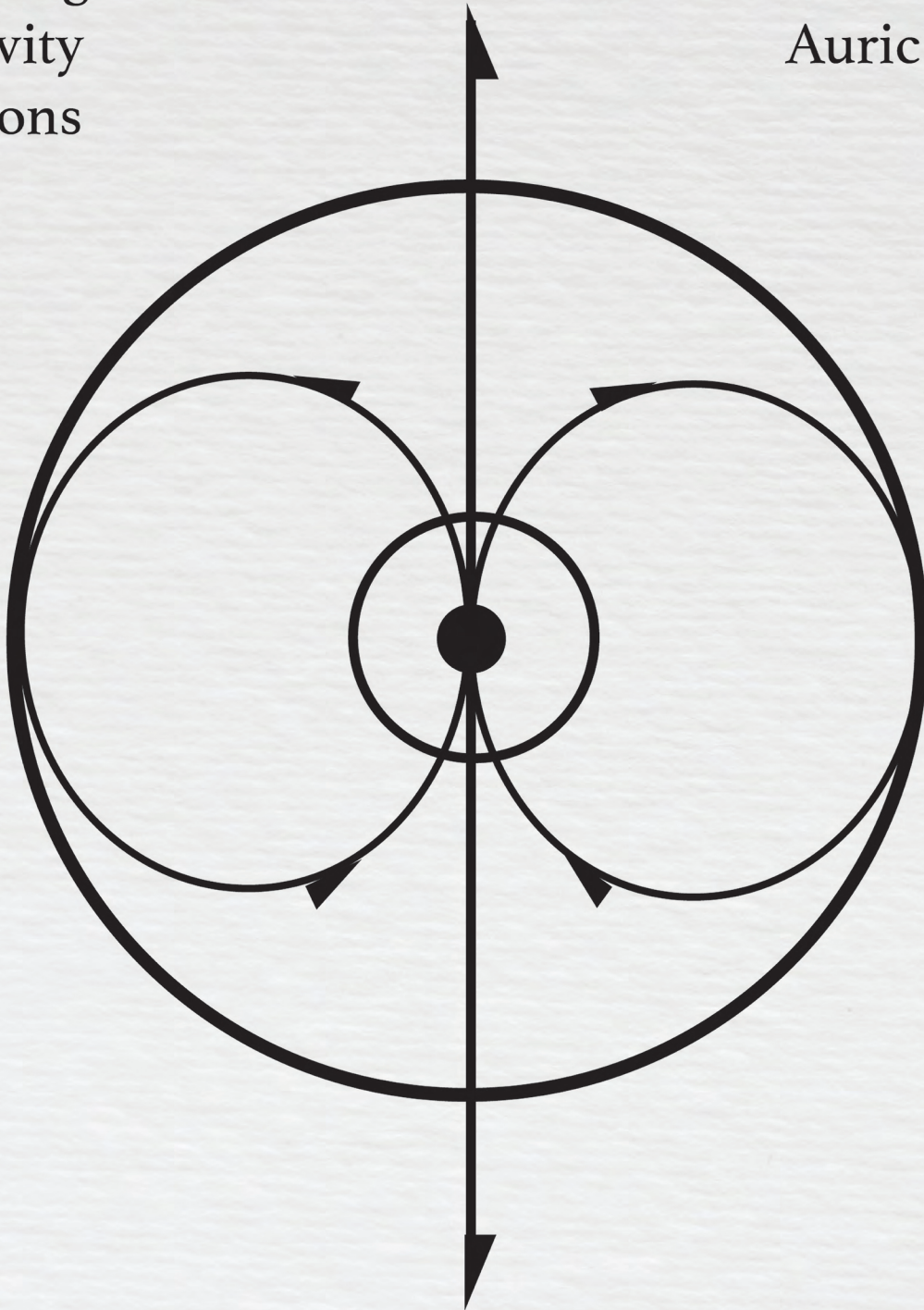
Divine

Centering
Creativity
Emotions

I AM Presence

Pillar of Light

Auric Field



White

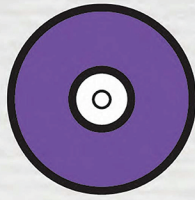
The I Am presence is what we are born with. It is the essence of ALL good things. It is the essence of ALL life energy. Aligning yourself with The I Am presence allows us to be aligned with SOURCE. We always consciously and unconsciously live in “I Am” power, but until we have align ourselves with The I Am Presence, we will not be fully centered or grounded.



Inner / Outer Balance

Ti - V

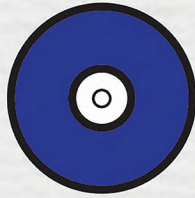
Oneness with Body, Mind,
Spirit and God, Alignment
of God's Will



Crown

La - I

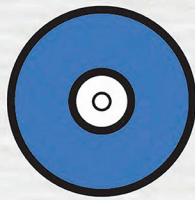
Soul Realization, Insight,
Clairvoyance, Peace of Mind



Third Eye

So - B

Creative Expression,
Validated, Understood
Positive Self Talk



Throat

Fa - G

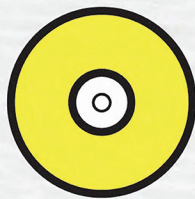
Unconditional Love,
Compassion, Peace,
Expection



Heart Center

Mi - Y

Self Worth, Peace, Trust,
Personal Power



Solar Plexus

Ra - O

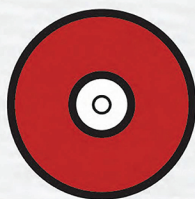
Pleasant, Passion, Healthy
Relationships



Sacral

Do - R

Mastery of Body, Secure,
Confident



Base



Kundalini

Kundalini energy should only be activated once self is grounded in Divine Light and Order. When Kundalini energy is activated with only the physiology, it can cause imbalances in the energetic systems taking control of the seat of the soul.

The body's energetic system has points of focus that can be controlled through sound, color and frequency. The balancing of the body while balancing the mind and spirit have very powerful outcomes. For this reason, it is important to have yourself grounded in Divine energy. Practicing sound, color and frequency work without Divine presence, a practitioner may open channels of energy that are dangerous and hard to harness. The focus must start humbly at the base bringing Divinity down to the carnal reality. Then allowing IT to lift the practitioner up through healing an to SOURCE.



DNA Stretching / Relaxing / Repair



12 DNA Strands

4 - Light

4- Crystalline

4- Carbon

How a person thinks, they are. Living with SOURCE allows us to channel Divine healing through our bodies. Realizing the physiology that is connected to energy will give us the tools to work on ourselves in very deep ways. By using the mind's eye and the present knowledge of Divine presence, we can process our molecular make-up and through breathing repair ourselves.



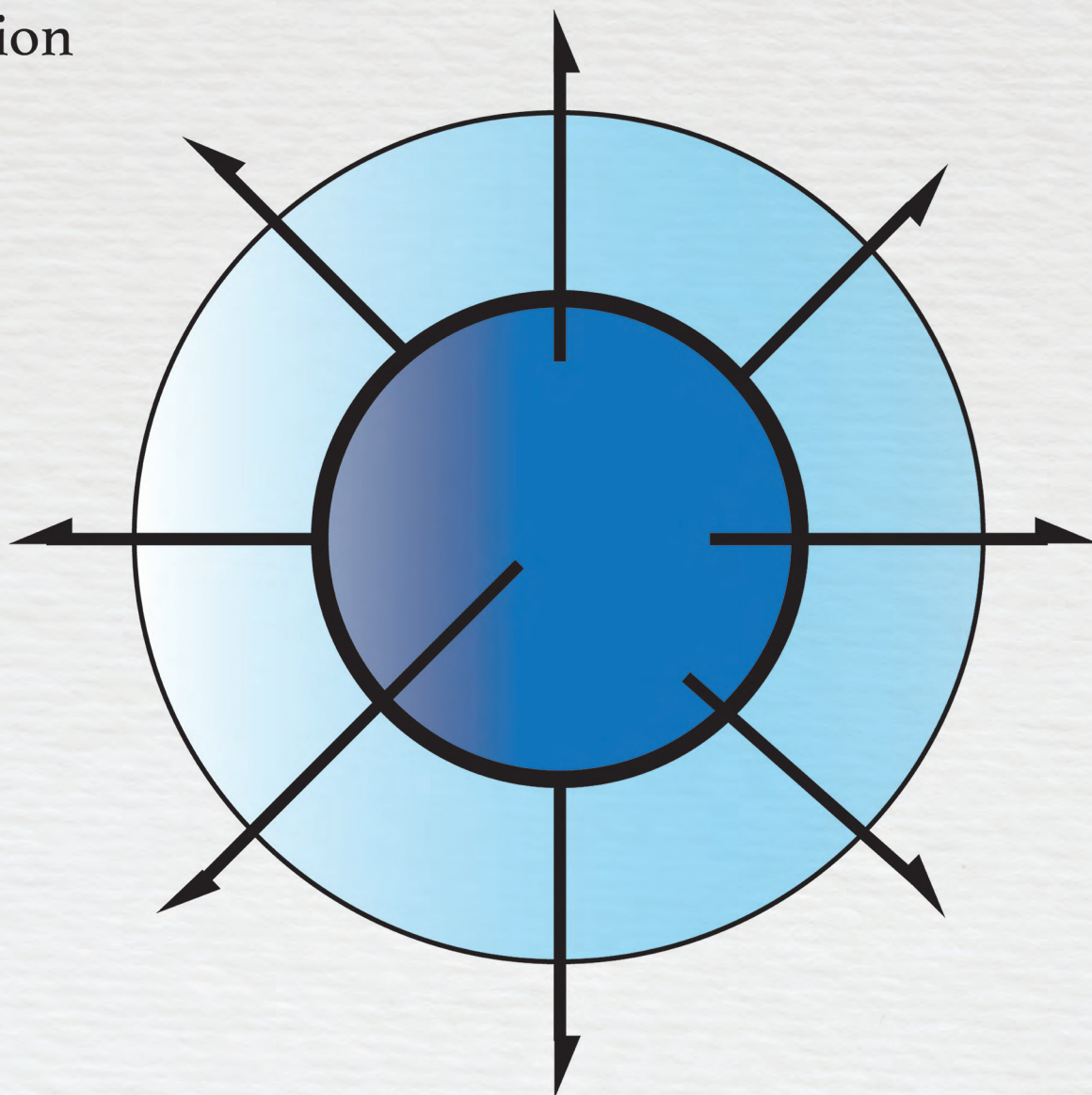
Divine

Mind

Focus

vision

Christ Consciousness
Pineal Gland Activation



Blue

Yeshua said we are the Light of the World.

Recognizing specific organs of our bodies that are catalysts in our triad system. The brain, the lungs and the pineal gland are examples of these organs. The brain processes all life into a framework that can serve as a gateway to deeper thought and experience. The lungs regulate our the pace of the moment at hand. The pineal gland, when activated, holds the keys to creation as it unfolds. It is the connector between what we see and how we perceive it. Allowing Divine presence to permeate this gland, will open the doors of perception in profound ways.



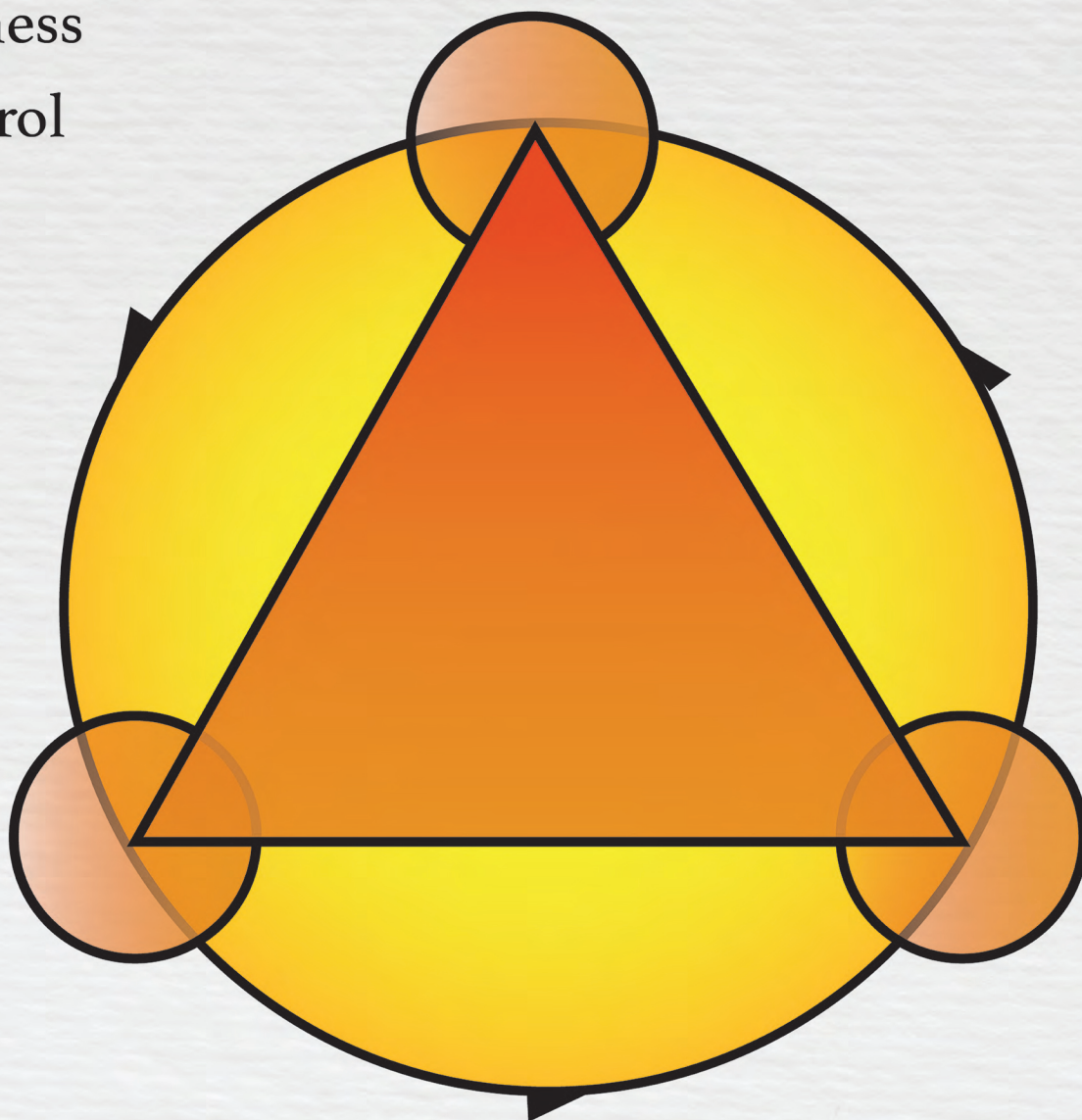
Divine

Health

Stillness

Control

Holy Spirit / Shakti



Gold

Walking in Light is to walk in Spirit and Truth.

The Holy Spirit is the fluid movement of the Divine machine. Finding ourselves in the flow of the Spirit allows us to seamlessly walk through the world. It guides our focused thought, it helps us navigate our emotions and even can guide our very footsteps. It is the comforter.



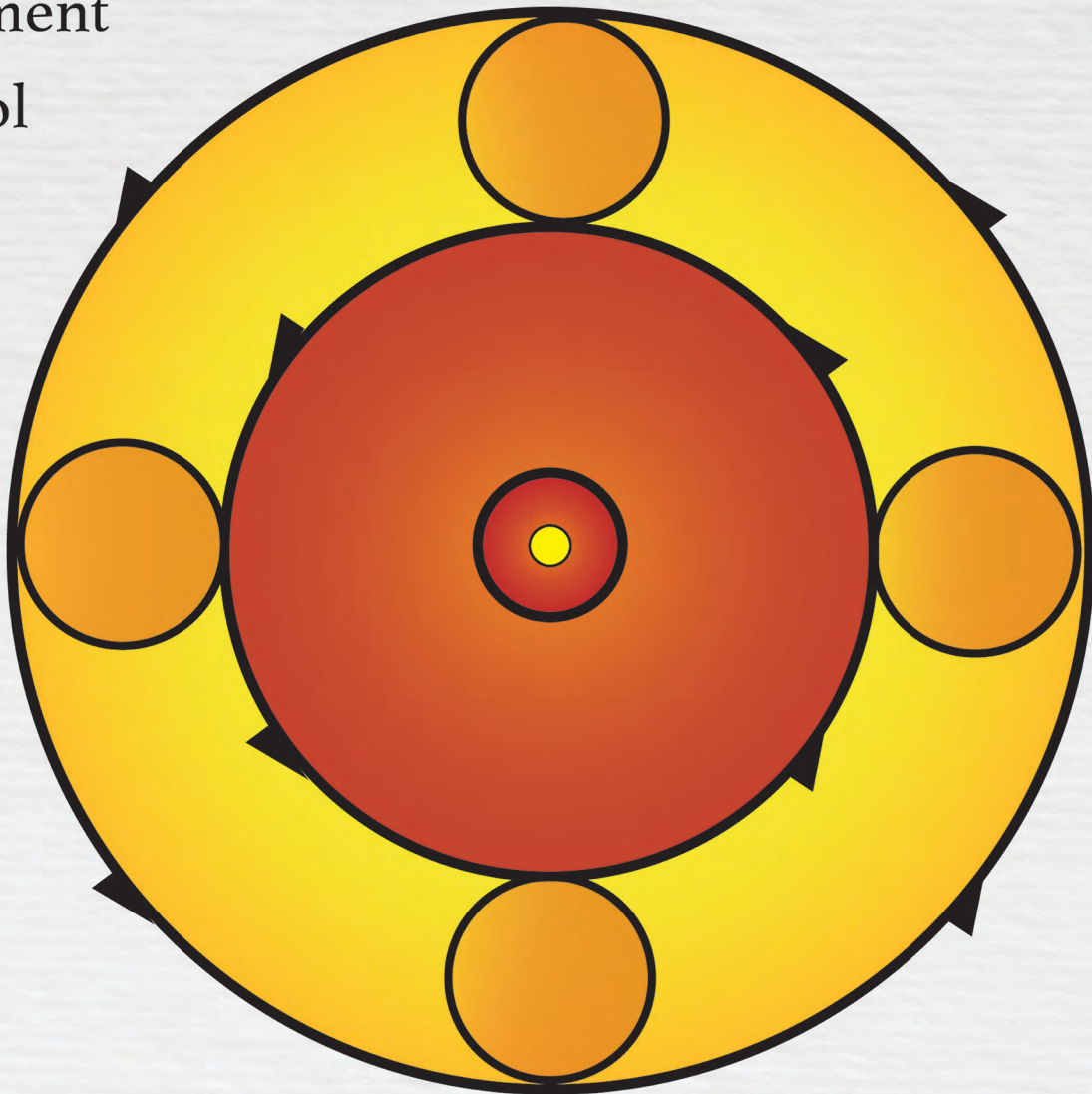
Divine

Shakina / Prana

Direction

Movement

Control



Gold

Walking as a dynamo of Divine power we are to
know the Divine presence, know our humble
place and be willing to stand in the fire, with the
fire. To enter this place the practitioner must learn
to be still, open, reverent and full of gratitude.

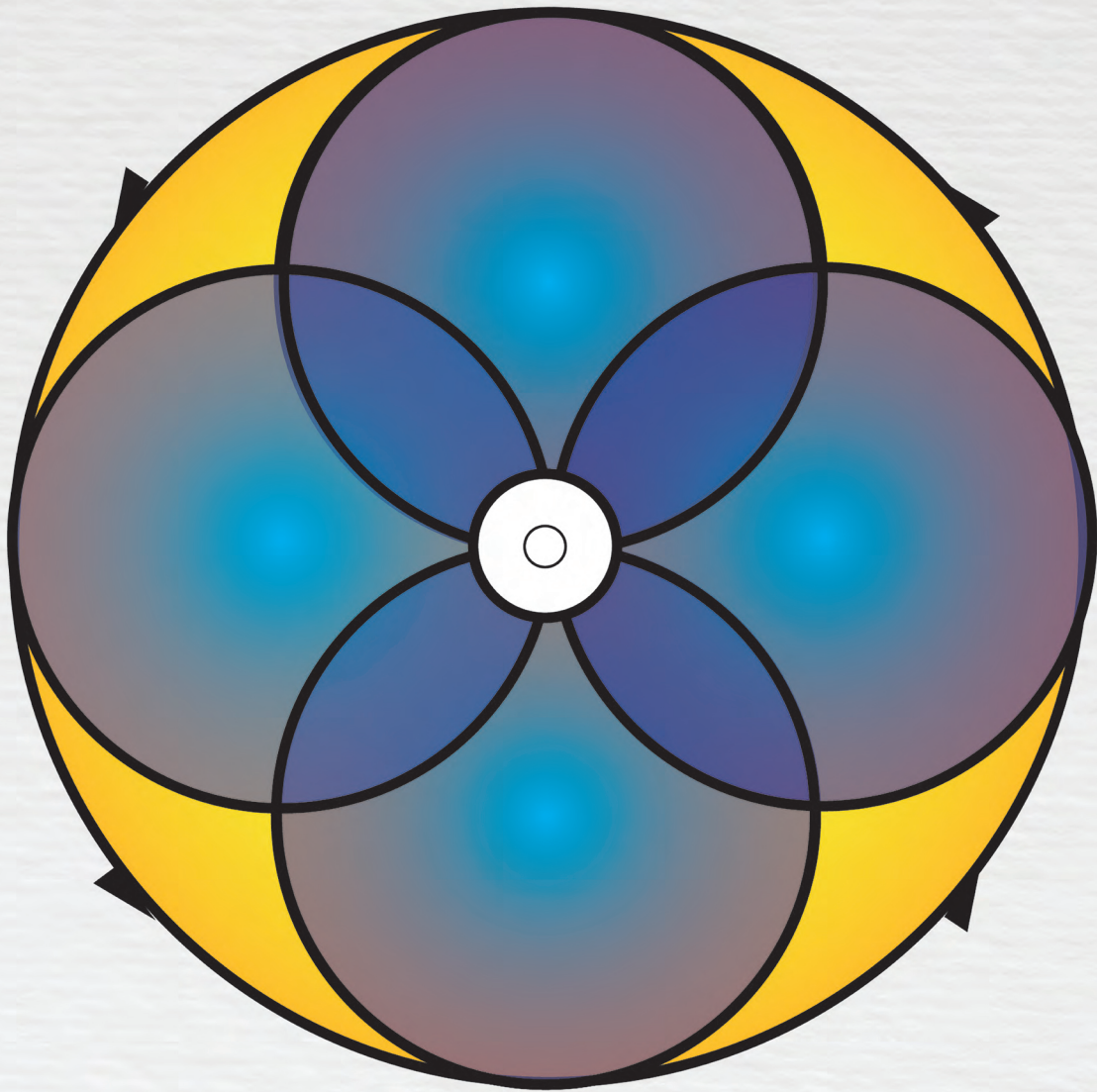


Divine

Spirit

Mind

Body



White, Blue, Gold

There is only Divine. Pulling together the Triad
System by taking the steps of focus, humility,
power, rebirth and infusion we have now reached
a fullness only found in the thrown-room.
Balancing Spirit, Mind and Body through direct
engagement with Divine energy allows us to move
through this world with more purpose,
compassion and peace, knowing we walk in the
Light.





School of Light