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**The Path of Illumination**

**By Michelle L. Casto, M.Ed**

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By Michelle L. Casto, M.Ed.

Whole Life Coach, Speaker, and Author

Change is a mythological journey, where we hear the call; go with uncertainty into unknown dangers, until we finally find our way home. You can become what your spirit intended you to be—whole, perfect and free. To free yourself, you must step into the light, be brave and take action. Although you may feel safe in the dark because it is what is familiar to you, the safety is within the light. Where there is light, there is growth. Once you have stepped on the path of transformation, you are well on your way to a new experience. You can no longer deny the growth that is taking place within you. If you do, you will extinguish the growth. You must honor the growth. It is like a growing tree, if you cut the trunk, it will die. If you deny your own growth, you will kill the light within you—the golden light of love, peace, and knowingness. You must stay on the path of illumination.

You are where you are on the spiritual path because of many things you have experienced and learned. You have knowledge. But that is not enough, you must apply that knowledge by taking action and making smart decisions. You cannot stand still. You must keep walking on the path, progressing forward. The soul is a manifestation of God's power. Your soul (like all souls) is infinite, with no beginning and no end. Each soul is an important part of the universal plan for humanity's growth and evolution. We all have the responsibility to illuminate and enlighten ourselves. Illumination is the higher state of consciousness. Higher consciousness is the constant, ever-changing awareness of our psychological truth. It is an awareness not only of positive, conscious intent, but also of negative, destructive intent that may lie in consciousness. The spiritual person understands that they must be aware of unconscious attitudes that prevent positive manifesting. They know that in order to create a beautiful, fulfilling life the fears that lie in the unconscious must be brought to the surface, looked at in the light of reason, worked through and dissolved.

The more this process is done the more conscious intent and unconscious intent come to unity. Once unity is achieved it is possible to manifest exactly what one wants.

Just as the caterpillar struggles to break out of its comfortable cocoon, stretching itself—getting blood to its wings and body—enabling it to transform itself, you have to experience some struggle and strain

in order to grow. Having gone through the various stages of growth and transformation, you now have a fuller understanding of yourself and Spirit. You have shifted from what you are you going to do to who you are going to be. You have a new perspective (a mental view of aspects of a subject to each other as a whole) and a wider view of how the universe works. You have hope, the feeling of being deeply assured that what you desire is actively coming into existence. Your path is brightly lit from your shining inner light. Nancy Passmore once said, Awareness means participating in your own evolution. When you are aware, you can easily see the many sides of life. You have the capacity to be multifaceted. Just as a crystal reflects the many colors when the light shines on it, so too do we shine when light is put on those parts of ourselves that are hidden.

\*\*\*This article was adapted from Life Transformation 101 Workbook: How to Make Life Changes and Let Your Soul Be Your Guide

Michelle L. Casto, M.Ed. is a whole life coach, speaker, and author. She has written three self-help books and a dozen workbooks on life empowerment topics. Her coaching practice is Brightlight Coaching. She helps people come up with bright ideas for their life and empowers them to freely shine their bright light to the world. Contact her for a complimentary coaching session: coach@brightlightcoach.com or Visit virtually:www.getsmartseries.comwww.brightlightcoach.com

### **Light Pollution and the Surrounding Environment**

**By Dianenewsom**

#### Light Pollution and the Surrounding Environment

Light pollution is a term that is often used to describe excess light in an area or location. Its effects and causes are continuously under debate, but there are certain effects of light pollution that can be irritating, and according to some, even harmful to health and the environment.

The term itself is subjective, and not everyone agrees that light pollution is a problem. Often, one person's "light pollution" could be another person's enjoyment, and vice versa. If a car's headlights shine into your room, causing you to wake up and sleep poorly, it is considered light trespass, a milder form of `light pollution."

If an area is so filled with light you cannot see the night sky, the phenomenon is considered light pollution. A night-time sporting event is considered light pollution, as is over-illumination or the excess use of lights.

Light pollution is also the cause of the moving of several observatories away from brightly lit areas. An excess of light results in the inability to study the sky, and this is detrimental to an institution that relies on the sky for information.

There are several common types of `light pollution' that are typically quoted by those adhering to the belief that lighting adversely affects the environment around us. Three of the main culprits include: light

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trespass, over-illumination, and sky-glow.

Light trespass is usually the effect of an accident and is simply a small annoyance. A common example of light trespass is light that shines into a dark room, which many say creates sleep problems and the inability to see outside. This can include headlights from a car, a flashlight, etc.

Over-illumination simply refers to the extreme over-use of light, which can cause waste most people aren't even aware of. For example, the use of light in excess, common in both residential and industrial areas, can cost the nation the equivalent of 5 million barrels of oil (equivalent) per day.

Over-illumination is easy to fix: simply turn off the lights in your home and at work when they're not in use, employ energy saving lights, implement timer systems, choose the correct fixtures; basically, train your household or employees to use light effectively and without waste.

The term "sky glow" is referred to when the all the lights of a city create a hazy, glowing effect in the sky. "Sky glow" is the result of all the lights combined into a mess of directions and released into the surrounding atmosphere. For example, if you go a few miles outside of a big city at night, you can see the glow, sometimes faint, other times strong, of light being refracted into the sky. It is a special annoyance to astronomers, who cannot accurately study a washed-out sky.

Diane Newsom writes for the

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