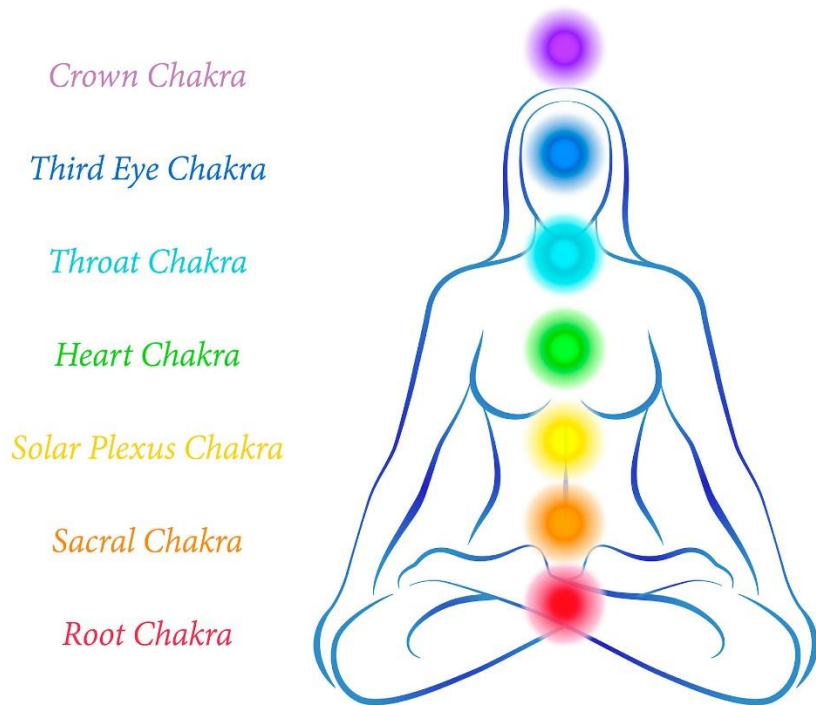


Embodying the Light—Chakra Lighting Meditation and Intentions Based on Quaker Testimonies

By Rhonda Ashurst



Spirituality

Awareness

Communication

Love, Healing

Wisdom, Power

Sexuality, Creativity

Basic Trust

May I experience unity with All that is.

May I see Truth.

May I express Truth.

May I be kind and peaceful.

**May I shine my light and encourage others,
as equals, to shine theirs.**

**May I stand in integrity, move in harmony,
and create good.**

**May I live simply, using only what I need,
trusting there is enough and I am enough.**