

Be a healing presence

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If you turn on a small light in a big dark room, that little light becomes the center of attention in that room. All eyes turn toward its glow and every heart hungering for some brightness in their space feels a degree of hope and joy from seeing a lit spot before them.

The same rule applies to the human experience.

In everyday life, there are many “dark rooms” around us that beg for light.

Fear over the pandemic is one of those dark rooms today. Worry about health, conflict in families, stress over finances, feeling depressed and despondent, are a few other “dark rooms,” that people find themselves stuck in on occasion. But you can help change that. You can bring light to those dark rooms. You can be a healing presence that renews hope and lifts thought to a better place.

If listening to a neighbor voice fear over the pandemic, you can bring your understanding of God to bear upon that fear by assuring them that this pandemic will be mastered. That it is not going to get the better of us but will be conquered and left behind.

If in the middle of a family conflict, you can be the listening ear and the compassionate responder that defuses the tension and moves thought toward more harmony and peace between family members.

If conversing with a friend who is drowning in despair, you can help that friend remember all the blessings they have to be grateful for. Your positive spiritual outlook can be the life raft that saves them from sinking further.

When we let Love and Truth lead our thought, we can be the bright light a dark room needs. We can make a positive difference with our prayers and our desire to see good triumph over evil, love triumph over hate, and for peace to replace fear.

We do not have to grope around in darkness ourselves or be held hostage to someone else's darkness. We can live true to our spiritual selves and shine the presence of God wherever we go and in whatever we do. We can be a healing presence.

“Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven” ([Matthew 5:16, RSV](#)).

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