Finding Light: The Art of Creating You

Exercise One — Understanding the Spirit Within

The first step toward enlightenment — Christ Consciousness, divine illumination, mystical union — is awakening to discover who you think you aren't. To truly comprehend what is taking place in the world — and within your own life — you must first recognize the two natures that exist within every human being: the worldly nature and the spiritual nature. The world itself holds both forces of darkness and forces of light. So too do we. Our worldly nature is driven by desire, ambition, and attachment to the visible realm.

Our spiritual nature, by contrast, is guided by conscience — the quiet voice that awakens compassion, empathy, and love is imbedded in the Soul. Until the spiritual nature becomes the guiding force within us, humanity remains lost in deception, mistaking illusion for truth.
"Be in the world, but not of the world." — John 17:16. This first exercise opens the door to recognizing that duality within yourself — the place where light and shadow meet.

1. The Half Face — The Worldly Nature

On the side of the page showing the half face, explore your earthly self.
Draw, write, paint, or collage whatever comes to mind — your desires, ambitions, and pursuits.
Express the tangible, visible world that shapes your outer identity and actions.

2. The Blank Side — The Spiritual Nature

On the blank half, complete the face.
Here, express your spiritual nature — the unseen essence within.
Fill this space with colors, symbols, or words that embody love, faith, compassion, empathy, or divine connection — whatever reflects your soul's higher truth.

3. Integration — The Recognition Within

Now, bring the two halves together using collage, texture, or color.
The goal is not artistic perfection, but awareness — to witness both forces that coexist within you.
Only by recognizing them can you begin to awaken to the Light within.

"The Kingdom of Heaven is within you." — Luke 17:21

Now turn the page and watch the video titled "The Dream" to continue your journey into Light. After you complete your drawing, Scan the QR code below it to see the video. We are each the master of our own destiny.

This exercise invites participants to experience the idea of a Godly nature rather than simply being told about it. By engaging both the mind and the hand, people begin to see their duality — the earthly self and the divine essence — as something real and present within them.

