

# What is Light?

Light is a metaphor for those things that affect people positively and can lead to healthy, joyful feelings inside. We would expect a world full of light to be a world where people are supportive of one another, people would work together to find solutions instead of fight with each other, people would be more able to get through the natural struggles of life, and violence and wars would be unlikely. Our nation and the world truly need more light; at present, darkness is too apparent and commonplace.

There are a few different types of light in people's lives, as described below:

**Internal light** is present within individuals. It is what can motivate them and help them feel good about life. Internal light can become stronger or more intense as a result of receiving light from outside ourselves. Internal light can include:

- Hope
- Joy
- Self-confidence
- Gratitude
- Love
- Enthusiasm

**External light (received)** comes from other people or situations that help us to feel valuable or worthwhile or lead to other healthy, positive feelings. This can include:

- Receiving affection/appropriate touch
- Friendship
- Expressions of love
- Receiving wanted help
- Achieving a goal

**External light (emanated)** is light that comes from within us and shines outwardly toward others. It can include:

- Showing affection/appropriate touch
- Friendship
- Helping others
- Encouraging
- Supporting
- Acknowledging others

## Light—it's the only answer!