

SEEDS OF LIGHT

Handbook

A Seeker's Aide for
Consciousness Expansion

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***Cover photograph taken in Arizona by Eileen Sheehan*

Author's Note

The purpose of this handbook is to help you awaken to a new and more progressive state. It contains some basic information to spur memories that are inherent within and around you. You have available to you, either embedded within your DNA or within the vibrations of the planet, all of the information that you might need to lead a balanced, fulfilling, spirit filled life.

Over the last 30 years of my aiding others with enhancing their awareness in order to better embrace themselves (as well as my studies and learning for my own benefit) I have found that the topics I address in this handbook seem to be the best triggers. They are, by no means, all that there is to know and understand. They are a jump start to help you get on the right path so that you can grow and progress as a consciously enlightened human being and enjoy a beautiful, and joyful life. By doing this, you are aiding not just yourself, but the planet and, to go one step further, the universe.

Please note that the majority of this information that I'm sharing with you is something that I whole-heartedly believe. There are, however, a few bits of information that I have gathered that I am still wrapping my head around to determine whether or not they blend with my reality. Even so, I felt that it was wrong for me to eliminate these facts as

they might be perfect for you. And, who knows, thanks to the benefits of meditation and spirit contact, by the time this handbook is published I just might be on board with it all one hundred percent.

TABLE OF CONTENTS

AUTHOR'S NOTE

FORWARD

CHAPTER ONE

CHAPTER TWO

CHAPTER THREE

CHAPTER FOUR

CHAPTER FIVE

CHAPTER SIX

CHAPTER SEVEN

CHAPTER EIGHT

CHAPTER NINE

CHAPTER TEN

CHAPTER ELEVEN

CHAPTER TWELVE

CHAPTER THIRTEEN

CHAPTER FOURTEEN

CHAPTER FIFTEEN

CHAPTER SIXTEEN

CHAPTER SEVENTEEN

CHAPTER EIGHTEEN

CHAPTER NINETEEN

CONCLUSION

I would like to give a special thanks to my student, client, and very good friend, Linda. It was her curiosity and suggestions that guided me through the topics I have covered in this book.

FOREWARD

I was in my late twenties when I first turned to *new age* modalities for information to help me in my life. I felt an enormous emptiness inside. I'd just lost my brother to an automobile accident, so I could attribute a good amount of that hollow, vacant feeling to that, but not all of it.

Even as a young person, I was a searcher. This was prompted by the fact that I had intuitive abilities that I had no idea existed. Because of this, I felt other people's illnesses when I was near them. I would also experience and react to their emotions. You can imagine my parent's frustration after our many trips to the doctor only to be told that I was perfectly healthy! To add to my misery, I saw ghosts more than I care to admit.

Times are different now. Today, there is a stronger acceptance of spirituality as well as intuition and all that goes with it. That wasn't the case during my younger years. Because times weren't like they are now and my parents were not spiritually attuned or awakened, (my father was Roman Catholic and my mother agnostic) I took my searching to church.

Although I have always enjoyed the energy of a good Roman Catholic church service, it just wasn't giving me the

answers and feelings of safety that I longed for. So, as a young girl of thirteen, I began attending church with my friends. When I reached my mid-teens and their churches weren't providing what I was seeking, I began to attend alternate ones on my own. I went to church after church in search of release from that feeling of lack, emptiness, and fear. Catholic, Methodist, Protestant, Baptist, Latter-Day-Saints, Christian Science, Assembly of God, Islam... I have to say that with the exception of Judaism, I pretty much tried them all. Admittedly, I briefly found it on a few occasions, but it didn't last. It took until I was in my late twenties before I came to understand that the reprieve of the feeling I so desperately wanted to eliminate was from the joy of learning and discovering. Although nice, it wasn't quite the ticket.

It was after I watched the news and listened to a reporter talk about the Virgin Mary being spotted by some villagers in South America (*It's been far too many years for me to remember the specifics, but it was that report that spurred me to shift my mode of searching*) when I began to sit in meditation while asking for the Virgin Mary to appear to me as well. I was of the frame of mind that, if she would show up for an ordinary villager, then, she should be equally as willing to appear before ordinary me. After some time of unsuccessful attempts, I shifted my efforts to summoning Jesus. From all of the learning that I'd acquired in my church going years, I believed that he'd be the better one to

call upon since he was the “Son of God” and probably had greater manifestation abilities.

I sat for hours upon hours whenever the opportunity arose for weeks and weeks.

On days that were free from other major responsibilities, I meditated for the majority of the day; getting up to relieve myself or get a drink or a little nibble to appease hunger pangs. To my frustration, Jesus did *not* appear.

After months of dedicated meditation, I was about to give up when a robed figure manifested before me. Because apparitions were not uncommon to me, I cautiously studied the figure. He looked different than the ghosts I’d been seeing off and on throughout the years. He was fairly opaque and glowed with an inner light that spread out far beyond him. My original reaction was to be in awe of the beauty of it all until, to my dismay, I realized that it was NOT Jesus. Disappointed, I stopped meditating (like a spoiled child throwing a temper tantrum) for a few months.

After I joined a small spiritual study group and told my tale of woe about my failed efforts in summoning Jesus to a fellow group member, she gently suggested that I take advantage of meeting whomever it was who actually did manifest. After some thought, I went back to meditating and the figure quickly reappeared to me.

Since then, on rare occasions, multiple persons have had the privilege of seeing this figure standing behind me.

This is because that very patient and loving being turned out to be my master teacher guide.

As the years have progressed, I have slowly learned and expanded my conscious awareness with the help of my master teacher guide and other spiritual beings with whom my guide and my higher self are affiliated. They have either provided me with valuable information through channeling or sent information my way in the form of books, videos, or even speakers. I have done my best to share whatever I have learned with others in the hope of helping them move forward with their own conscious progression.

Because I am continually growing and expanding, those who have learned from me in the past might notice a few changes in my thought process. Some information might actually be contradictory to what I believed to be true thirty years ago.

Thanks be to progress!

One of the messages that I received from my master teacher guide was to “*Plant the seeds of Light that they may grow into valleys of rays.*” That is the theme behind this handbook and the reason for its title. I am providing Seeds of Light (light being knowledge) by way of my understanding and interpretation of the information presented to help you, the reader, expand your consciousness for a more fulfilling, joyful, and blessed life.

This handbook is not meant to be long, in-depth, and complicated. There are plenty of books out there like that.

It is meant to give thought on various topics and encourage you to seek more “light.” Perhaps this handbook might give you the incentive for you to pick up one of those more in-depth books.

It is my belief that if you help yourself grow and be more aware, others will follow. It’s good for you, good for them, and good for the planet. Since the planet is part of the universe, it stands to reason that it’s good for the universe as well. It’s the domino effect!

Since we are all individuals on our path, you may not resonate with everything this handbook has to offer. That’s okay. Just take what does and use it to the best of your ability and store the rest away for another day. More than once, I’ve gone back to something that I might not have accepted or did not make sense to me only to embrace it whole heartedly.

So, let’s get started!

CHAPTER ONE

What is consciousness?

If you look up its definition, you'll find that the general consensus is that it is "a state of being awake or aware." I think this pretty much sums it up.

Consciousness is not a process in the brain but an awareness that is controlled by the mind. The *mind* is an invisible energy field within and around the body. The brain and the mind are *not* the same. The brain is an organ that is used by the mind to help express thoughts and emotions.

Here's an amazing fact.

Consciousness is within every cell of your body. Not only is it there, but it speaks out to the matrix surrounding us that connects and manifests from every cell in your body. This matrix is also referred to as *the field*. I'm big on scientific findings that help to prove what I have been believing to be true for so many years, so you can imagine my delight in learning that science has shown that a cell can live independently, outside of your body.

Although the cell has an independent consciousness that responds to and interacts with other cells, it is governed by the mind. It is my understanding that there are fifty trillion cells in the body that respond to the mind as well as each other.

I'll bet you thought that only your vocal cords did the talking. The true language of your body for cell communication within itself as well as with the matrix is through emotions. It is the language of emotion that is spoken through the heart that has the real power. Speech through the vocal cords is secondary at best.

Your thoughts that are backed by emotions control your brain. In accordance to your thoughts and emotions, the brain will release a chemistry that influences your body. This is why it is important to think and experience as much joy, laughter, and love as possible.

Your cells can and do communicate to each other and to the universe just as your mind does. That is why it makes sense to be awake and aware of your body and what's happening with it.

So many people unwittingly allow their cells to communicate false or harmful information, such as dis-ease which, if allowed to remain, will eventually solidify in the physical and become disease, without realizing that they could stop it by communicating to them through meditation, alteration of thoughts and words, or affirmations spoken from the heart.

I was listening to a speaker the other day who emphasized that we live in a holographic world. He stated that the atoms around a cell are continually exploding into the field and then recreating themselves within our body

every instant. If we slowed it down, it would resemble the separate images found on a video film.

Just think about that for a moment.

If this is true, it explains why we are told that we have the ability to alter the composition of the atom in a particular frame that is recreating itself every instant.

The result would be self-healing or simply self-improvement!

Many people hear that their thoughts can alter their health, or pull to them things that they desire and expect it to happen instantaneously once they give it a try. Although, theoretically, that is a possibility, it is a rarity. This is because your belief system must be in alignment with your thoughts both consciously and subconsciously. If this is not the case, then your efforts could very well go by the wayside. Patience, along with repetitive heartfelt affirmations, meditation, and monitoring of your word usage and thoughts to shift the belief program that you have developed will yield you the results that you seek.

Over the years, I have listened to students complain about the fact that they do not have sufficient time in the day to meditate. I beg to differ. First of all, the idea that you must spend hours in meditation to achieve your goals is a misconception. Although, ideally, a minimum twenty minute meditation is suggested, I have known people who have spent as little as ten minutes in constructive meditation and reaped the rewards.

I don't care who you are. Everyone can find ten minutes a day to spend on the maintenance of their body, mind, and life goals.

Give yourself a thirty day goal. For thirty days, sit and meditate for at least ten minutes. Do your best to abandon feelings of anger and hate and replace them with feelings of love and understanding, no matter what the situation or who the person may be. Practice monitoring your words and thoughts, keeping them as free from negativity as possible. Feel good about your life as it is at that moment but look forward to the change that you desire. Keep a daily journal where you write down how you did that day. After thirty days, review it. The odds are very high that you will be pleased with the results.

CHAPTER TWO

Did you know that experts state that most humans are not fully conscious throughout their life? As a certified hypnotherapist, my belief is that this is because there are two forms of minds. There is the conscious mind which is aware and present in the now and the subconscious mind which acts as a storehouse of information. It is the subconscious mind that rules approximately seventy percent of our actions throughout the day.

The subconscious mind is also the mind that a hypnotherapist focuses on during induction sessions. It governs the habitual actions of the physical body. Because of this fact, there are some who consider the body a part of the subconscious mind.

Where the conscious mind is the decision maker, the subconscious mind is the follower. The subconscious mind is programmed for what to do and when to do it. It simply does as it is told or trained to do. I look at it as the computer of your body. It stores information given to it over the years, starting while in the womb.

There is an old saying by the wise sages that goes something like this: “Give me the child until he is seven and I’ll show you the man.” This is because, up until the age of seven, a child’s brain is in Theta state. The child is literally being programmed by his or her surroundings, people,

beliefs, and lifestyles. This is also a time when the child is most connected to the *preexistence* that he or she left prior to being born into this physical reality. In accordance to the beliefs and interactions of those around them, the child will either keep that connection open to some degree or close it completely.

In my years as a holistic practitioner and spiritual minister, I have seen the shift from children growing up to be primarily closed and judgmental adults to grownups who are more and more open and curious.

While a toddler is a bit young for serious spiritual teaching, you can begin nurturing his or her spiritual side in other ways. Start by encouraging him or her to be kind and loving to all living creatures. Just as a child must learn who is who in his or her life, introducing bits of knowledge about the Infinite Creator as the years progress can build a solid foundation and avoid confusion in adult years. Many parents enjoy introducing religion into the mix. There is nothing wrong with this, as religion is an organized belief system, but it is not mandatory for someone to lead a spiritually based life.

By introducing practices such as meditation, the lighting of candles, prayer and giving thanks at an early age, you can have a solid influence on his or her behavioral pattern before he or she goes out into the world. This will help the growing child to respect the beliefs of others while recognizing that we are all on our own path. It can also give

him or her the confidence to exercise their gift of discernment in situations that may not be ideal such as taking drugs or drinking while underage.