

LUX.GURU



GOOD VIBRATIONS
A PRIMER ON LIGHT TOOLS

LUX.GURU

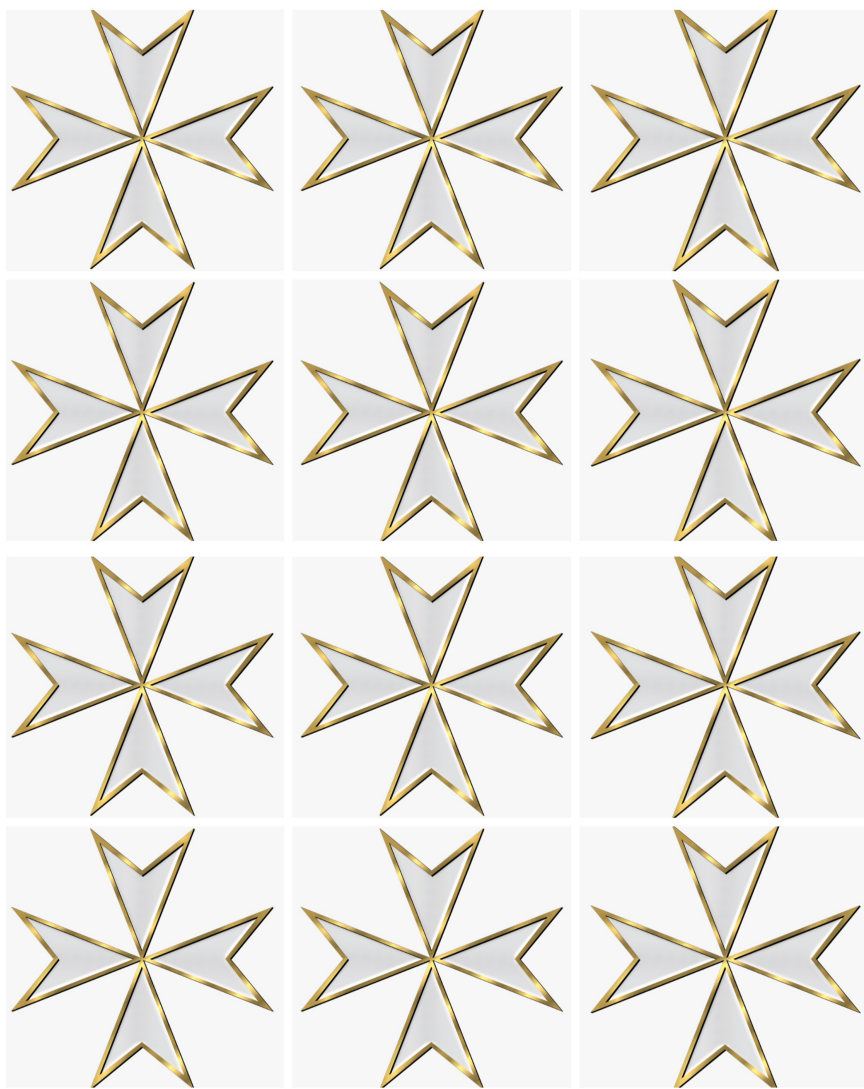
GOOD VIBRATIONS

A PRIMER ON LIGHT TOOLS

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A Global Ministry for the Revelation of Truth
'Glorify God Honor Self'

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HOW TO USE

Gems and stones are stepping stones, not foundations, lights upon the way to help us help others. They provide orderly vibrations to quicken the spirit and help brighten the way for another.

Thy Light is the Great Light.

RUBY



VIBRATIONS THAT ENABLE A
GREATER ABILITY TO
CONCENTRATE MENTAL
ENERGIES INTO MATERIAL
EXPRESSION

LIGHT  TOOLS

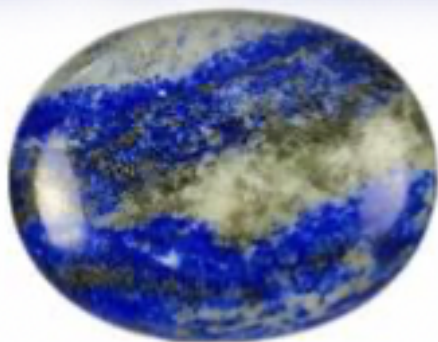
PEARL



A BEAUTY WROUGHT BY HARDSHIPS,
OVERCOME THAT LENDS ITSELF TO HEALING,
CREATIVITY, PHYSICAL EXERCISE, AND
STRENGTHENING OF POISE



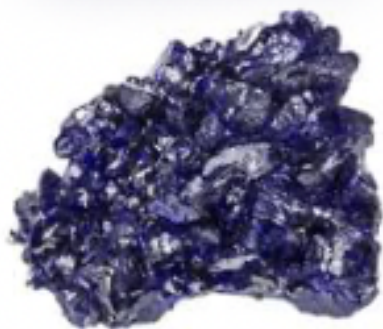
LAPIS LAZULI



**STRENGTHENS THE BODY AND
ADAPTIVELY ENHANCES PSYCHIC
ABILITY IN THE MANNER ONE IS
SEEKING**



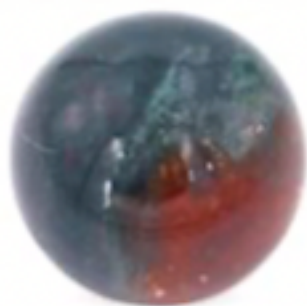
AZURITE



A TOUCHSTONE FOR THOSE INTERESTED IN THE
PSYCHIC THAT INDUCES INFLUENCES FROM
WITHOUT TO AID AN INDIVIDUAL IN CONTACT
WITH HIGHER SOURCES OF ACTIVITY



BLOODSTONE



VIBRATIONS OF A HELPFUL FORCE PHYSICALLY
THAT ENCOURAGE AND INFLUENCE THE MIND
TOWARDS HARMONY



GOLD



VIBRATIONS OF STRENGTH



SILVER



VIBRATIONS OF STABILITY



COPPER



VIBRATIONS OF PASSION AND INTENSITY



CORAL



SYMPATHETIC WITH NATURE'S VIBRATIONS



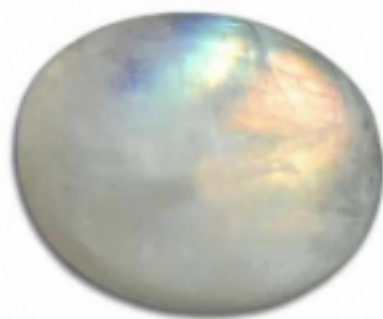
DIAMOND



ATTUNES TO THE INFINITE. IT CAN FIRE
SELFISH IMAGINATION OR BRING PEACE



MOONSTONE



HARMONIZES VIBRATIONS WITHIN THE BODY



AMETHYST



VIBRATIONS THAT BALANCE ENERGETIC
CENTERS AND INFLUENCE SPIRITUAL
DEVELOPMENT AND EXPRESSIONS IN
ASSOCIATIONS



LARIMAR



POTENT HEALING VIBRATIONS



REVELATION YOGA

EVERYDAY MAKE OF LIFE A RITUAL TO GLORIFY GOD, THE SOURCE OF ALL FORCE, AND HONOR SELF, HIS TEMPLE

The body is the temple of the living God — Spirit is the life and mind - its builder; keep a mental image that's cooperative with the energies of the physical body.

Fill your mind and being with the expectancy of God that the body and mind may be constituted more perfectly for the manifestations of His forces.

Meditate, pray, and fast. Quicken the Spirit and Be whole; move the energy up from your sacral, direct and straight up to the crown; let flow the light of life through your eye of life and back flow grace through all your body. Accomplish this with service to the one god.

SIT COMFORTABLY ERECT AND RELAXED

Surround yourself with the protection of white Light - be wholly the Light. Consider your power as you balance in equanimity and compose yourself in magnanimity.

PRAYER

God is the source of all force. You needn't worry when you can pray. Call on God and live by faith. Draw close to God and he will draw close to you. Pray:

Thy will O God; not mine, but Thine, be done in me, through me. Lord, here I am, use me, send me where I am needed.

NECK EXERCISES

Tilt head forward, backward, and to each side — making sure not to shrug or strain. Do this 3 times for each side. Tilt head forward and rotate clockwise and then counter-clockwise. Do this 3 times for both directions.

BREATH WORK

Breath Is the basis for the living organism.

Breathe a deep diaphragmatic breath; then breathe into the chest cavity; then lift and draw your shoulders back; after a moment's hold exhale in reverse order. Repeat this three times.

Next, place a finger to the side of your left nostril and hold closed; draw air through the right nostril and exhale through the mouth; close the right nostril and draw air through the left nostril and exhale through the right nostril.

CHANTING

The angels sing that God's glory be manifest. So to seek in all earnestness to make God conscious of you. Quickened the spirit. Chant:

'Yah—hay—vah—hay'

'Ahrrr—eee—ohmmm'

FOCUS, THINK, AND FEEL INTO YOUR AFFIRMATION OF UNION

The kingdom of heaven is within. Turn within to see if you are being true to yourself; know yourself, it is the ultimate revelation.

Ask without hidden motive and be surrounded by your answer. Be enveloped by what you desire, that your gladness be full.

-Nag Hammadi John 16:~24

BASK IN THE GLORY OF GOD

Be still and know that I am God.
-Psalms 46:10

ABOUT THE MINISTRY

A Global Ministry for the Revelation of Truth, LUX.guru - Son of Light Ministry and its subsidiaries Enlightened Athletics High Performance Institute, Revelation Yoga, and Goodhelm Tours exist to repattern the physiology for ideal health and higher states of consciousness and by so doing lift every soul into Heaven. As an itinerant ministry offering, Revelation Yoga is brought to all Truth seekers, while Enlightened Athletics High Performance Institute promotes a healthy and fit lifestyle, and Goodhelm Tours makes available health recovery cruises.

For a full list of offerings and to book the ministry for a speaking arrangement, be sure to connect with us on social media and message us at IAM@LUX.guru

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DONALD HOWBERT, DPM

SON OF LIGHT MINISTRY

'GLORIFY GOD, HONOR SELF'

ENLIGHTENED ATHLETICS HIGH
PERFORMANCE INSTITUTE

ITINERANT MINISTER, HEALER,
COACH, AND RETREAT HOST

GOODHELM TOURS

REVELATION YOGA

PATTERNING THE PHYSIOLOGY FOR IDEAL HEALTH

SOCIAL MEDIA

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