

# Everyday Light Codes



The Most Potent Codes  
for Energy Healing and Wellness

LAARA

**EVERYDAY  
LIGHT CODES**



# EVERYDAY LIGHT CODES

*Energetic Symbols, Messages and Healing  
for our Physical, Mental, Emotional  
and Spiritual Selves*

LAARA

LIGHT CODES BY  
LAARA

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Publisher: Peacock Wisdom Publishing

ISBN (Paperback): 978-1-7773515-8-8

ISBN (eBook): 978-1-7773515-9-5



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The purpose of this book is to offer generalized support of many common functions and conditions of the human experience. It is not intended to replace a qualified professional, nor are the contents intended to diagnose or treat any condition. Please seek a qualified professional if needed. By working with this book, you assume all responsibility for your life and life choices.

*May you find the peace, healing,  
and vitality you require on your journey.*



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# Glossary of Terms

**Affirmation:** a declaration that supports a particular belief or truth.

**Ancestral healing:** the energetic healing of one's family lineage, which can include multiple past, present, and future generations.

**Ascended Master:** an evolved being in spirit who chooses to assist humanity.

**Attunement:** an energetic alignment to a higher level of function or consciousness.

**Aura:** the electromagnetic field (biofield) produced by a living thing that surrounds the physical body.

**Chakra:** spinning, energetic centers designed to move energy within and around the body.

**Channel/Channeling:** the transmission of energies from a higher consciousness—either from within ourselves or from external sources such as spirit guides or Ascended Masters.

**Consciousness:** awareness beyond the physical realm, often involving connection to something greater.

**Coherent energy:** energy within and around our being

that is smooth, integrated, and neutral.

**Divine Love:** sacred, loving energies from God, Source, or the Universe.

**Energy:** the movement or flow of consciousness.

**Healing:** the neutralization of discordant energies; a return to our natural state of health and vitality.

**Heart, the:** may refer to the physical organ as well as the energetic center (chakra). These aspects are interconnected, influencing one's function both physically and energetically. The heart may also refer to the part of us that connects with our higher aspects.

**Higher aspects:** parts of the self connected to the Higher Self, Soul, Source, Universe, or God.

**High vibrations:** a positive, uplifted state of being—one that feels connected to and trusting of the Universe and the authentic self.

**Homeostasis:** the internal balance point at which the systems of our being function in harmony rather than under stress.

**Integration:** the assimilation of information or energies on all levels of the being, in a coherent, heart-centered, and empowered way.

**Intention:** the focused direction or declaration of energy for a specific outcome—similar to an affirmation.

**Low vibration:** a depressed or negative state of being, often including fear, judgment, or over-attachment to the material world.

**Spirit:** the vital essence of a being; may also refer to a non-physical presence, such as a Spirit Guide.

**Spirit Guides:** benevolent beings in non-physical form who assist individuals. They may be family members, pets, or souls with whom we have shared past lives.

**Subtle Energies:** non-physical energies associated with the subconscious, conscious, and superconscious mind—or with healing and information that is sensed by the feeling body (the part of us that perceives energy).

**Subtle Energy Body:** the non-physical or energetic aspects of the human body, such as prana or chi (vital energy). This includes the etheric body, which holds the body's perfect energetic blueprint.

**Transmission:** the energetic sharing or delivery of information and healing frequencies.



# Acknowledgments

I am truly grateful for the people who support me in my quest to bring healing frequencies to the world. To my partner, Dr. Stewart Blaikie; my parents, Chuck and Alison Herod; my teachers, Rosalyn L. Bruyere and Ken Weintrub; and my assistant, Janet Beardshaw, thank you. To my editors, Michael Ireland and Kali Adriantje, I am deeply grateful for your talents and patience.

To the team at Grammar Factory, thank you for your support. I wouldn't have been able to produce this book without you!

I'd also like to acknowledge Dr. Stewart Blaikie and ChatGPT, a language model by OpenAI, for helping me develop the scientific aspect of *Everyday Light Codes* for the Physical Body section of this book.

To my dear readers, thank you for your willingness to work with the energy world, and to experience it for yourselves. It is my sincere hope that you find the support you require to flourish in life, and in health. I am honored to share these sacred and powerful healing energies with you.

LAARA



## Foreword

As I read this book, I found myself sitting with the symbols before the description and discovered I could discern their meanings and feel the flow of their energy before knowing what was written. I should not be surprised; Laara does an incredible job of translating information from Spirit. Laara and Spirit never cease to amaze me.

This book is unique in how practical it is. The light codes aren't just abstract or distant esoteric teachings. They are tools that interact with your intuition and your extrasenses. Each one carries a specific frequency intended to support whatever you may need in your day-to-day life, whether you're seeking grounding, clarity, healing, or expansion through all the parts that make you, you.

Some codes might make sense to you immediately; others might take longer. Some might never resonate, and that's okay—it's to be expected. We aren't meant to work on all parts of ourselves all the time. Laara's codes get right to the point. The symbols allow us to bypass our analytical, thinking minds, and present a pathway to more direct energy work than we are used to. Trust what unfolds for you.

If you're new to light codes or working with symbols, you might wonder if these codes are actually working.

Please be assured they are. While you don't need to be a well-trained psychic or intuitive to get results, having training in spirit communication can help you with knowing how and where the codes are working. If you're looking to develop your intuitive gifts, this book can absolutely help you hone your understanding of energy. Before you look at or read about a symbol, take a moment to notice how you are feeling. Then look at a symbol and sit with it before reading the text. After a few minutes, notice how you feel. It might surprise you that you know the intent of the Code before reading the text. Did you feel a shift? The change might be subtle—or not. Whatever happens will help you learn and grow in your understanding of what lies beyond our five senses.

Don't be concerned if you feel or know something about a symbol other than what is described in the book. Spirituality and energy work are very personal experiences—they won't be the same for everyone. This is a guide, not a rule-book. You are the master of your own fate.

You didn't find this book by accident. Something in you called it in—just as happened when I met Laara for the first time and I heard about her work. I hope these Codes meet you exactly where you are. May they bring you perspective, support, and insight in the moments you need them most. May they guide you toward the next version of yourself that is ready to emerge.

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## Preface

One spring morning in 2015, Spirit woke me at 4:00 a.m. My body buzzed with energy in a way I had never felt before, my heart pounded, yet there was a deep sense of ease and peace that washed over me. I opened my eyes to take in the darkness of my bedroom, but instead I saw five bright, illuminated symbols of a brilliant silver color floating in the space above my bed. I could see them perfectly, every detail, every shape, curve, and line. I reached for my journal on my nightstand, knowing I needed to record these beautiful, intriguing sigils. The symbols remained suspended in space above me while I drew them. Once I recorded them, I continued writing. I was introduced psychically to a new Spirit Guide who shared introductory, supportive information with me. After several minutes, the transmission completed, the symbols faded, and I fell back asleep. When I woke later that morning, I grabbed my journal to check if my experience was real or just a dream. To my surprise, I found the five symbols and the message from my new Spirit Guide. This marked the beginning of my ability to transmit energetic symbols I would later discover to be Light Codes.

In 2019, I published my first book, *The Little Book of Light Codes*, which has become the foundation of my *Light Code* series. To support the readers' journey with the Light Codes, I created an accompanying Oracle Card deck, as

well as a Workbook with journal prompts, additional messages from the Light Codes, and coloring pages. *Light Codes for the Soul* followed in 2020, and in the fall of 2023, I published *The Little Book of Light Codes Volume 2: Ascension Codes*. Details about these publications are provided at the end of this book. If you're new to my work, I'd love for you to check them out.

During the lockdown in March 2020, I began brainstorming a Light Code book that could hold a wide variety of symbols designed to support humanity in everyday life. But as I sat with the many potential approaches and concepts, I was guided in a different direction. *Light Codes for the Soul* was birthed instead—a beacon of light during a dark and challenging time for us all. That book explored the energies and shared stories that underlie humanity's pain and the process of releasing suffering.

Today, people are searching for meaning, guidance, and relief from the stressors of our modern world. Confusion, anger, and physical and emotional pain seem more prevalent than ever. We face a new global pandemic, one marked by PTSD, mistrust, and constant distraction, all of which pull us away from deeper connections—with ourselves and with our communities, both large and small.

More than ever, we need a holistic, heart-centered, and integrated approach to life and wellness. Stress and anxiety are at an all-time high, and rates of disease and mental health challenges are rising. Fortunately, the growing discovery, acceptance, and use of alternative healing tools and practices are bringing about real, tangible results. Mindfulness, meditation, and energy healing modalities (like Reiki) are helping people experience meaningful, real-world

changes. Light Language and Light Codes are just two of the powerful, life-changing holistic approaches that are becoming widely recognized and embraced.

I hope this book helps lift the weight of life's challenges from your shoulders. May your heart discover lightness and peace—within your life and the world around you.

**LAARA**



# **PART I**



# Introduction

## What Is Light Language?

On a fundamental level, everything in the Universe is made of energy. Light is energy, sound is energy, the book you're reading is energy... and you are energy! Light Language is a long, expansive energetic transmission and expression of information. It's a conveyance of light, love, and vibration used by consciousness to generate geometric building blocks that bring the beginnings of form to our Universe, and a means of creation, communication, and remembrance. Therefore, Light Language can be expressed in many ways, such as through symbols and sacred geometry, through sounds (such as music, singing, and speaking), through movement (such as hand gestures and dance), and through the creation and expression of every living thing. Light Language is the foundational expression of *everything*.

## What Are Light Codes?

Light Codes are energetic structures of information or healing energy, similar to Light Language. They form energetic patterns, showing us what we may have forgotten,

are having difficulty accessing, or need to learn. They're condensed, compacted versions of longer Light Language, expressing general information or communicating details of healing and remembrance. A way to understand the difference is through the metaphor of data compression. Just as a large computer file can be condensed into a ZIP file for easier storage or transfer, Light Language can be compressed into a Light Code. At first glance, a Light Code may appear small, but when you open it up through simple meditation, you discover an entire world waiting for you within it.

Each Light Code's structure is unique. Just as carbon can be structured in a specific way to create a diamond, a Light Code is structured to hold a special template of information. Each one is energetically configured to emit a distinct frequency that supports universal existence in every possible way. Just like Light Language, they are fundamental expressions of Universal consciousness. As such, these symbols radiate healing energies from the Universe, helping us become our happiest, healthiest, most authentic selves.

Light Codes have auras that emit information energetically into the area around them. Our physical and energetic bodies (aura or biofield) naturally and effortlessly connect with their emissions. Through this connection, we may experience subtle yet profound effects in ways that support our individual needs. Whether we're seeking support for our health, general well-being, or our longevity, Light Codes can be a powerful ally.

Both Light Language and Light Codes are equally valuable as healing modalities, though some people may feel drawn to one or the other at different times on their journey.

## Working with Light Codes

Light Codes are a form of Universal intelligence and using them for healing and self-development requires no previous experience. They are available for anyone to use, at any time. On an unconscious level, our subtle energy bodies recognize and respond to the frequencies the symbols emit. This can be a passive exercise, however, by engaging with them intentionally, we create the greatest opportunity to feel their energies. Working with them directly is empowering, as it allows us to guide that energy in specific ways.

Each person will have their own unique response to Light Codes. Some people are highly sensitive to energy and may sense the shifts occurring through the interaction between their subtle body and the Light Code frequencies more easily. If you don't feel anything right away, don't be discouraged. Your sensitivity to energy will grow with practice. Everyone has different strengths and perceptions, so it's important not to compare your experience with someone else's.

People experience energy in many ways: through sensations of heat, cold, pressure, or vibrations; visuals such as colors, images, or memories; having a feeling of *knowing*; experiencing ringing in the ears; or even perceiving

unexpected tastes or smells. All of these are normal. It's also common to have emotional responses to the energies—waves of sadness, gratitude, or relief—as the Codes work through layers of healing. Try to become the sacred witness of your experience. Let go of judgments and simply notice what you notice. One of the most frequent responses people report is a deep sense of familiarity... almost as if they recognize the Light Codes, even though they have never seen them before. The symbols express the unconditional Divine Love many of us long to feel.

Because of the powerful effects Light Codes can have, we recommend using the Grounding Practice Meditation included in this book to help integrate whatever needs to be integrated and release whatever needs to be released. The Light Codes carry coherent, loving energy that offers many benefits over time. Although spontaneous shifts and even miracles can occur, healing is most often a process. It took time for each of us to arrive at our current reality. It was shaped by stress, life experience, and accumulated energy—and our body may need time and space to heal fully. Be patient with yourself, your body, and your process. Give yourself permission to be exactly where you are. Go slow. There's no need to rush through this book or your work with the Codes. Sometimes, moving slowly and intentionally is healing in itself.

You may find working with one Light Code at a time is enough, or you might feel drawn to use several in a day. There is no perfect number to use at a single time. However, these symbols are powerful—allowing the energy of one Code to settle over a few days before introducing another can lead to a more balanced outcome. Ultimately though, you are your best guide. Follow and trust your intuition.

## **How to work with Light Codes**

There are many ways to work with Light Codes—ranging from passive observation to deep, intentional engagement. In this section you'll find several options for how to work with them. Any of the following suggestions or combination of suggestions can be used with any Code in this book. As you begin to interact with them, take a moment to offer gratitude to the Code, to your process, and to yourself. Gratitude is energy that supports health, wellness, and the harmonious unfolding of life. It acts as a beacon—welcoming goodness, healing, and alignment—and the Universe responds favorably to its frequency.

After each Light Code, you'll find four bullet points providing “Quick Steps,” which are convenient directions for working with a Light Code. However, to get the most out of your time with Light Codes, please explore the suggested practices offered in the following pages.

## **Asking Light Codes for Help**

There is a saying—Ask, and you shall receive. Light Codes are bundles of Universal consciousness that can respond energetically to your inquiries. It can be helpful to speak your desires out loud to them as you would a trusted friend, even explaining what you hope to cultivate. If prayer is part of your practice, you can pray with the Light Code, or you can simply ask for what you need while gently meditating. Asking from a feeling of empowerment will provide the best energy to support your outcome.

## **Meditating with Light Codes**

As a foundational practice, we recommend using the Grounding Practice Meditation provided to help you become present, grounded, relaxed, and open to receiving the messages and energies of the Light Codes. If you already have a favorite meditation that brings you into a present and grounded state, use that instead. To work with a Light Code, complete your meditation and gently gaze upon the Light Code while continuing to breathe slowly and deeply. Feel into your heart space and your feet and imagine you could breathe the Code's energy into your body. The symbol will meet you where you are, in perfect harmony with your being.

As with all things, the more consciously we engage, the more connected and empowered we become. Meditation helps expand our awareness and deepen our access to the collective unconscious. Light Codes always work for our highest good—whether or not we are fully aware of their influence and healing frequencies.

## **Grounding Practice Meditation**

You're invited to practice this grounding exercise often so it becomes second nature. Using it at the beginning of any meditation will help center you and prepare you to access any level of awareness. Grounding connects your heart and mind and can promote wellness, improve sleep, lower blood pressure, and reduce stress and anxiety. It's a beautiful way to begin and end each day! Over time, this practice may also increase your sensitivity to subtle energies, making it easier to feel, sense, or perceive frequencies emitted by the Light Codes.



Sit comfortably in a chair with your feet flat on the floor. Relax and breathe deeply.

With each inhale, imagine your feet as suction cups drawing energy up and from the Earth's nurturing core. As you exhale, release any tension you feel in your body. Let it flow down, out through your feet and into the ground.

Slowly inhale again and sense the energy filling your lower legs. Exhale, allowing the energy to flow down and out the bottoms of your feet. Continue this process incrementally, feeling each section of your body fill up with Earth's energy: legs, hips, belly, chest.... Every exhale is an opportunity to release, let go, and relax.

Let Earth's energy flow upward with each inhale until it reaches the top of your head. With your next exhale, release it through the top of your head, like a beautiful fountain of energy through your crown chakra. Now, imagine inhaling that energy through the bottoms of your feet, and up your body again. Let it stream out through your crown as you exhale, creating a toroidal field. Breathe in this pattern for as long as it feels good for you. When you feel ready, bring your attention to your heart space and continue breathing deeply. Stay connected to both your heart space and your feet.

Now, open your eyes and gaze upon the Light Code of your choosing. Continue breathing slowly and deeply, allowing yourself to receive all the Code offers.

If you desire to work with the Light Code in another way, such as by creating art with it, do your best to remain grounded in your heart space and feet as you go about your creative exploration.

## **Meditating with Heart**

You can add a simple, “breathing with the heart” meditation at the end of your Grounding Practice Meditation to help further ground, synchronize, and harmonize your energy body to a coherent heart-field. Use this meditation with any Light Code in this book, by following the directions below as you gaze upon the Code.

Breathe slowly and deeply, while drawing your attention to your heart space. Imagine your heart is an accordion, expanding and compressing, producing a beautiful song that radiates out into the Universe. On your inhale, your breath moves into your heart space, expanding and energizing your heart. As you exhale, your breath moves out through your heart space, the accordion squeezing and compressing, expressing the frequencies of your heart. Each slow, deep breath brings about a more harmonious expansion and compression, while radiating coherent energies that benefit your being as well as the world around you.

## **Intention Setting**

Some Light Codes in this book are versatile. You can work with a Code for generalized support as it is, or narrow and direct its energy in the exact way you require through the power of intention.

To set your intention, take a moment to reflect on how you would like the Light Code to support you. Consider a specific area of your body or a situation in your life upon which to direct its focus. Whatever you choose will be the topic of your intent.

Start with the Grounding Practice Meditation provided. Then, shift your awareness to your heart space. Breathe slowly and deeply, and when you feel relaxed and ready to proceed, gently gather your intention. Continue breathing with the energies of the Light Code, your heart space, and your topic of choice for as long as you feel is appropriate.

The time it takes to complete this intention-setting meditation will vary. Sometimes you may only need a couple of minutes. Other times, you may need longer. Allow yourself to remain with the energies as long as you need. When you feel complete, close your practice with gratitude for the Light Code and yourself.

## **Other Ways to Work with Light Codes**

If meditation isn't your preferred practice, there are other ways to work with Light Codes. You might feel inspired to create art by tracing the symbols, painting them in your own unique style, carving them into pottery, or even designing a garden scape based on a Code's form. Light Codes support our creative nature, so don't be afraid to try different things and see what works for you!

## **Charging Water and Objects with a Light Code**

Sometimes it feels good to consume the energy of a Light Code in a more physical, embodied way. One simple and effective method is to "charge" your crystals, food, and water—or any beverage—with the energy of a Light Code.

## Crystals and Light Codes

Crystals are more than just pretty stones. They are structures carrying information, healing energies, and vibrational patterns that can support the mind, body, and spirit. While each stone carries a unique set of properties, we can also use Light Codes to program our crystals for specific purposes. The crystals will hold the energetic imprint of the topic defined by the Code.

To program your crystal, begin by cleansing it of old energies and programs. Some crystals will dissolve in salt water or fade in sunlight, so it's best to research the most appropriate way to cleanse the crystal you have. Once it has been cleansed, choose the Light Code energy you would like your crystal to hold. If needed, trace the Light Code on a piece of paper. Place your crystal on top of the Light Code. Speak out loud: "Thank you, crystal, for supporting me on my journey. Please align and radiate the pure intentions, patterns, and frequencies of this Light Code in the way that is best for me as a sovereign being of love." You may alter this phrasing as necessary so it feels authentic to you.

Your crystal is now programmed with the energies of the Code. Other objects can be programmed in the same way. You may choose to cleanse the object with Palo Santo, for example. Alternatively, if you are trained in hands-on healing or Reiki, you can hold the object between your hands and run energy back and forth until the energy runs smoothly through the object, then place the object on top of the Light Code and state your intention.

## **Food, Water and Light Codes**

Food and water can be programmed to carry the frequencies of a Light Code. Water is highly impressionable and can absorb and reflect the qualities of our thoughts, intentions, and energy; and food can be programmed easily because there is water in our food. By consuming food or water that has been energetically infused with a Light Code, we invite its healing wisdom into the body in a tangible way.

To charge your water, simply place the Light Code on top of or underneath your glass. For ease of use, you may wish to trace the symbol onto a separate piece of paper. The energy and consciousness of the Code will naturally transfer to the water within seconds. You can leave your glass with the Code for ten to thirty seconds or longer, if you wish, as you cannot overcharge the water. For more acute conditions, drink the water and repeat as needed every one to three hours.

Follow the same process for charging your food: place the Light Code under your plate or bowl for ten to thirty seconds or longer.

Some people notice a subtle change in taste after charging, so pay close attention. Do you detect a shift?

## **Pairing Light Codes**

As mentioned, Light Codes are complex, powerful energetic transmitters of information and healing energy in their specific field. However, we humans are complex, multi-layered beings with varied levels of stories, beliefs,

thoughts, dynamics, and energies. We often need to take a multi-level approach to our healing journey, and combining Light Codes can be helpful. When you need a more targeted approach, you can pair two or three Light Codes at a time, but it's not recommended to use more than two at a time unless intuitively guided to do so. The reason? The physical and energetic bodies need to shift and adjust in a certain order and timing that is suitable for you as an individual. If we offer them too much information at the same time, the healing messages can become lost, and the healing potential can be impeded. That said, follow your intuition and use the number of Light Codes you feel are right for your individual needs in the moment. Your needs may change day by day—what works today may be different tomorrow—so allow yourself to change, because change means there is movement, and movement is a sign of healing.

## **Meditating with Two or More Light Codes**

To work with two or more Light Codes, begin by tuning into your heart space and feet. Use the Grounding Practice Meditation to help settle your mind and become as present with yourself as possible. Once you feel calm and ready to work with the healing frequencies, choose the Light Codes that best fit your current needs.

You may wish to bookmark the pages of your chosen Light Codes so they're easy to access. Decide which one will be your primary symbol—the one holding the topic of greatest importance to you. If you're working with three Codes, rank them in order of priority.

Before you begin, return to your breath. Bring your awareness to your heart space and your feet. Repeat the Grounding Practice Meditation if needed. When you feel centered, turn to your primary Light Code. Gaze at the symbol and meditate upon it, breathing slowly and deeply. Stay with it until you feel complete.

Then move to your second Code. Again, breathe deeply, staying present with your heart space and feet. As you meditate, imagine the energies of both Codes working harmoniously within you.

If you've chosen a third Code, repeat this process. Sense the energies of all three symbols integrating and working coherently together.

To close the practice, offer gratitude to the Light Codes, yourself, and the Universe. Continue breathing slowly and deeply for another minute or two until you feel ready to carry on with your day.

## **Passive Light Code Connection**

So far, we've discussed several ways to engage actively with the frequencies of Light Codes. However, the Light Codes are constantly radiating their energies into our environment, so simply having this book next to your bed at night is healing. Some people trace a Light Code on a piece of paper to place on their refrigerator or pin it on their office wall. Everyone who walks by the Light Code will benefit because it will work only in the best ways for each person. While we can't force healing on anyone, the Light Code's intelligent design provides subtle, loving support that doesn't violate an individual's free will, acting as a beautiful

beacon for those who are ready to receive its messages, prompting healthy, harmonious changes for everyone.

The more passive we are when working with Light Codes, the more Codes we can work with simultaneously. However, because we are engaging with them passively, the energies of the Light Codes aren't as focused within and around our being. As a long-term strategy, this can work well, helping us to shift energies and patterns subtly over time, but it may not yield the results we desire in the short term. Therefore, it can be helpful to work with Light Codes actively and passively by choosing a Code for a long-term goal and keeping it in a place where you'll see it often, while continuing your active, focused practice with other Light Codes. You can also work the Light Code you've chosen for long-term use, actively and passively.

## How to Use This Book

**E**veryday *Light Codes* offers healing energies to support all levels of your being. Energy healing can be a powerful ally in cultivating health, wellness, and longevity. That said, if you have concerns about your physical, mental, or emotional health, please contact your primary healthcare provider.

The Light Codes here are grouped into five categories: Everyday Codes, Mental Body Codes, Physical Body Codes, Emotional Body Codes, and Spiritual Body Codes.

While each Code has been placed in a specific section, many could easily belong in more than one. They are not confined by their chapter placement and can be used in any sequence, at any place, and in any context that feels aligned for you. There is no “right” or “wrong” way to work with them.

Although you can read it cover to cover in the order the symbols are presented, you may also use it as a reference book, looking up the Light Codes that would best support your current needs. Alternatively, you may enjoy using them as “messages from the Universe” by opening the book to a random page to see what the Universe wants to share with you today.

You can work with the Codes using the guidance provided—or combine them with other spiritual or healing practices you are familiar with. Light Codes are highly adaptable and will go as deep into their area of focus as you are ready, willing, and able to explore.

As with all energetic practices, the more we can relax our minds and release intense desires to “feel something,” the more we are likely to perceive the shifts taking place. Sometimes the healings happen on subconscious levels where we aren’t aware of them. If you are meditating and find yourself wondering if anything is happening, trust that the energies are working with you and for you in the best ways possible. It’s okay if you don’t “feel something.” Sensitivity and awareness of the subtle frequencies grows over time, so be patient with yourself.

# The Benefits of Light Language and Light Codes

**L**ight Language and Light Codes can support us in many ways—physically, emotionally, and spiritually.

On a physical level, we may experience:

- better sleep,
- more vivid dreams,
- increased energy,
- improved digestion,
- detoxification and cleansing,
- pain relief,
- healing of acute or chronic conditions,
- enhanced ability to integrate higher vibrational frequencies,
- support with physical ascension symptoms,
- and more.

On an emotional level, we may experience:

- reduced anxiety and depression,
- emotional release,
- deeper happiness and joy,
- a general sense of lightness and well-being,
- greater resilience in stressful situations,
- improved emotional processing,
- increased emotional awareness,
- and more.

On a spiritual level, we may experience:

- greater clarity about our spiritual mission,
- stronger connection with Spirit Guides,
- clearing and balancing of energies,
- attunement to higher consciousness,
- chakra alignment,
- deeper connection to the Higher Self and Soul,
- consciousness upgrades,
- grounding and integration of high-frequency energies,
- and more.



## A Note to the Reader

The Light Codes in this book are direct, channeled transmissions of Universal Consciousness in love, drawn by the author during a meditative process. Each line, curve, and dot is carefully placed to ensure the highest quality of the energetic transmission. It is of the highest importance that the integrity of the Light Codes remains intact, clear, and authentic. Each Code design holds specialized energetic blueprints of information and healing energy that expand infinitely across all timelines and dimensions. Their multidimensional qualities make them powerful allies, as their energies will continue to work with us as we heal, grow, and advance.

Please refer to the section entitled “How to Work with Light Codes” for guidance on and inspiration for the many potential ways we can connect with the energies. Quick Step directions are provided after each Light Code description. You can vary the time frames mentioned, meditations, practice steps, clearing modalities, etc. to suit your needs, lifestyle, and preferences.

At the back of this book, you’ll find a somatic reference for the organs and glands as well as a suggested reading list to continue your journey.

All blessings on your path to remembering who you truly are.



## **PART II**

### **EVERYDAY LIGHT CODES**

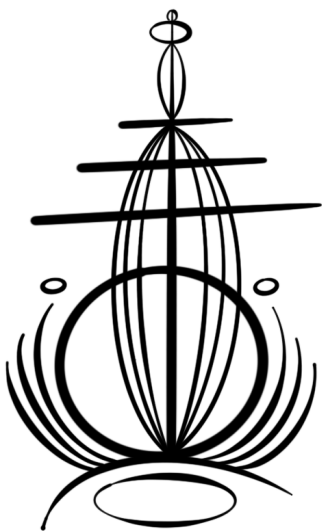


In this section, you will find Light Codes for everyday practices and needs. These Codes are nurturing and energy-building, like fuel for our inner fire—the sacred flame of life. They are tools that help strengthen our life-force energy and support our personal navigation through life.

All the symbols in this section can be used with the Grounding Practice Meditation provided earlier, or you may choose to work with them in another way that feels right for you. In some cases, a specific practice is provided, but it is simply a recommendation.

Working with Light Codes is a beautiful way to strengthen your intuition and practice following your inner guidance. As mentioned, there is no “right” or “wrong” way to work with them, but we encourage you to always breathe slowly and deeply while focusing on your heart space. Allow yourself a few quiet moments with the Light Code to receive the full benefit of its sacred energies.

For inspiration, please refer to the section “How to Work with Light Codes.”



# Grounding

While a grounding meditation practice is provided earlier in this book, sometimes grounding can still feel difficult. That's why this Light Code has been placed right at the beginning—to support you in becoming as grounded and present as possible.

When we are grounded, we are fully in the present moment—not caught in thoughts of the past or future, but centered in now time. This allows the body to settle and supports clearer decision-making.

If your thoughts are moving quickly, you may find it helpful to pair the Grounding Light Code with the *Clear Your Mind* Light Code in the Mental Body section. As you engage with this Code, bring awareness to your feet and heart space. Let it help anchor you in the present moment, where healing and clarity can unfold.

## Quick Steps:

- Slow your breath, and bring your focus to your heart space and feet
- When you're ready, gaze upon the Light Code
- Relax and breathe deeply, imagining the energies of the Code washing over you
- Stay with the process for as long as you feel intuitively guided.



# Breath of Life

Not only is breath essential to life, but the quality of our breathing affects the quality of our lives. Deep breathing offers a host of benefits, including stress reduction, lowered blood pressure, support for immune function, and increased mental focus and clarity. You can support the breath of life with this Light Code.

Included with the energies of this Light Code is support for the diaphragm—a muscle at the base of the lungs that plays an important role in our ability to breathe properly. A healthy range of expansion and contraction of this muscle contributes to our overall health and longevity.

While you work with this Light Code, try practicing slow, expansive breathing.

## Quick Steps:

- Slow your breath, and bring your focus to your heart space and feet
- When you're ready, gaze upon the Light Code
- Relax and breathe deeply, imagining the energies of the Code washing over you
- Stay with the process for as long as you feel intuitively guided.



# Reducing Intensity on All Levels

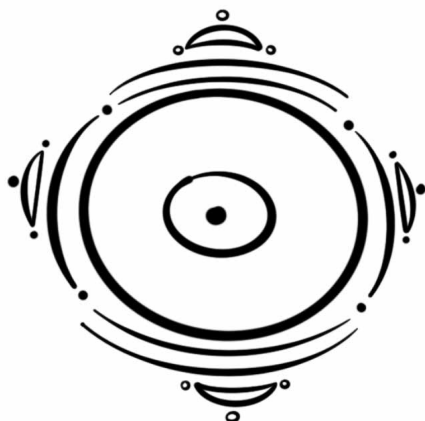
**W**e live in a world of constant energetic exchange. At times, life can feel overwhelmingly intense—mentally, emotionally, physically, or spiritually. In those moments, it may be difficult to know what to do or where to turn. This Light Code offers a stabilizing template, softening the intensity, creating space to pause, breathe, and choose a centered path forward.

This symbol is not a substitute for doing the deeper healing work. The intensity you feel is your body's way of alerting you to something that needs your attention. Use this Code to help bring about a sense of being grounded and calm, but also make a promise to yourself that you'll return to the underlying issue when you're ready.

You may also find this Code helpful as a preparatory step in toning down intensity so you can engage effectively with other Light Codes or healing practices.

## Quick Steps:

- Slow your breath, and bring your focus to your heart space and feet
- When you're ready, gaze upon the Light Code
- Relax and breathe deeply, imagining the energies of the Code washing over you
- Stay with the process for as long as you feel intuitively guided.



# Clearing Negativity

In daily life, we encounter a range of energies—some stabilizing, others heavy, disorienting, or disruptive. This Light Code’s frequencies clear those negative energies from within and around you.

Begin with the Grounding Practice Meditation. As you breathe deeply and focus on your heart space and feet, gaze upon the Light Code. With each exhale, imagine releasing any negativity you’re carrying—allowing it to be dissolved and transformed.

You can also use this symbol to help clear your living or workspace of low or negative vibrations. Start by meditating on the Light Code as described. When you feel ready, shift your attention outward and visualize the clearing energy radiating from your heart space into your room, home, or workspace. You don’t need to be physically present to clear a space. Simply imagine, sense, or feel sending the energy wherever it is needed.

## Quick Steps:

- Slow your breath, and bring your focus to your heart space and feet
- When you’re ready, gaze upon the Light Code
- Relax and breathe deeply, imagining the energies of the Code washing over you
- Stay with the process for as long as you feel intuitively guided.



# Clarity

When our desires of our heart align with the desires of our mind, life becomes clear. But when we feel confused or conflicted, it can be difficult to navigate our path forward. That's where this Light Code becomes a powerful ally.

Use this Code whenever you're seeking clarity in any aspect of life. This symbol can help with decision-making, cultivating healthy relationships, defining life purpose, or any other area in your life where you feel uncertain.

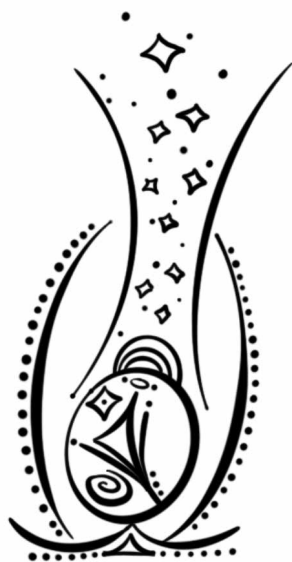
Begin with the Grounding Practice Meditation found at the beginning of this book. Focus on your heart space and feet. When ready, gaze softly at the Light Code and continue breathing slowly and deeply.

Once you feel settled, bring forward a question or intention for clarity. You might not receive an answer immediately, and that's okay. Messages can arrive in unexpected ways: a passing comment, a dream, a moment of insight, or even a social media post that speaks directly to your heart. Be patient, stay open, and trust the many ways the Universe finds to speak to you.



### Quick Steps:

- Slow your breath, and bring your focus to your heart space and feet
- When you're ready, gaze upon the Light Code
- Relax and breathe deeply, imagining the energies of the Code washing over you
- Stay with the process for as long as you feel intuitively guided.



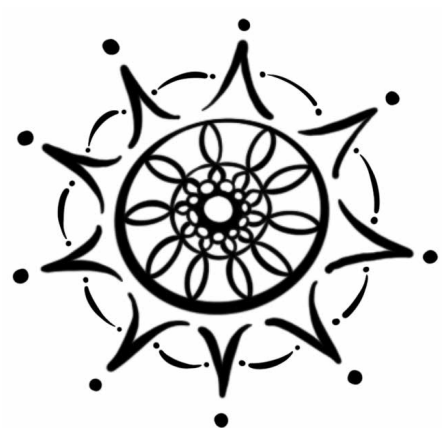
# Raising Vibrations

If you've spent time in metaphysical or spiritual circles, you've likely heard the phrase "raising your vibration." This refers to consciously choosing a state of being that draws in more positivity, abundance, and flow. When we raise our vibration, we shift from the "lower vibes" of unhappiness and dysfunction to align more fully with joy, purpose, and love. This Light Code is designed to support our elevation into experiences of gratitude and harmony. Use it to assist in attracting, creating, and manifesting what you most desire in your life. Draw it on a sticky note and place it beside your bed or anywhere you'll see it often as a reminder to think positively and live from your heart.

While you work with this symbol, imagine you can inhale the high vibrational energies of the Light Code, and exhale anything with a low vibration, including upset, worry, or any other emotion that stops you from feeling positive. Breathe with this Code for as long as it feels good for you.

## Quick Steps:

- Slow your breath, and bring your focus to your heart space and feet
- When you're ready, gaze upon the Light Code
- Relax and breathe deeply, imagining the energies of the Code washing over you
- Stay with the process for as long as you feel intuitively guided.



## Heart Connection

Establishing a connection with your heart space is essential for raising your vibration and creating the life you've always dreamed of living. Your physical heart produces an electromagnetic pulse with each heart-beat that creates a toroidal field encompassing your entire body. This pulse radiates outward into space, touching everything and everyone around you.

Scientists at the HeartMath® Institute have confirmed that when your heart beats in a coherent rhythm, it becomes a powerful force benefiting not only your physical body but the environment around you. Your heart acts as an attractor field, drawing energies toward you. For this reason, it's important to practice breathing with your heart space and keep your focus on cultivating positivity and gratitude while visualizing your best life.

Try feeling a positive emotion such as the love of a pet or family member, or a sense of gratitude while working with this Light Code. Positive emotions help us connect more deeply with our heart space and support our healing process.



### Quick Steps:

- Slow your breath, and bring your focus to your heart space and feet
- When you're ready, gaze upon the Light Code
- Relax and breathe deeply, imagining the energies of the Code washing over you
- Stay with the process for as long as you feel intuitively guided.

If you enjoyed these sample chapters, please consider supporting the author by purchasing the complete title from your preferred book retailer.