

## **Why is the “Light Visualisation” a Powerful Discipline Strategy?**

Sathya Sai Baba has given us a simple-to-use but extremely powerful tool in the form of the Light Visualisation. If we can do this daily with young children and encourage older ones to make it a regular part of their daily routine (we make also it a part of our own daily practice) then we can do a lot to prevent and alleviate any kinds of discipline or self-discipline problems that might arise.

Research with children in the UK, China and India has found that children’s behaviour, concentration, school marks and ability to solve problems have all improved after regular use of the Light Visualisation. Even very young children can use it. We have seen it done - in a shortened version - even with 3 year olds. It has been suggested (Jumsai) that when you use it with children that you do it for 1 minute for each year of their life (e.g. three minutes for a three year-old).

Another very positive benefit of regular use of the Light Visualisation is that it brings about inner and outer peace, essential elements of a discipline-friendly environment. In a school I visited in Delhi, where five thousand children from kindergarten to matriculation were doing this together in morning assembly every day, the feeling of peace in the school environment was overwhelming.

The light is simply a metaphor for goodness, purity, wisdom and love - all the good values that we want to bring out in children (and adults!). It doesn’t matter whether you imagine sunlight, an electric light, or a candle, the metaphor is still the same for all.

Many readers are probably already familiar with Dr. Jumsai’s explanation of how silent sitting can affect three increasingly complex levels of the mind.

The first of these levels, the conscious mind, takes in information through our five senses. We can control whether we see something as good or bad (e.g. a person or a behaviour).

So when, in the light visualisation, we imagine that we are taking the light to our eyes, ears, mouth etc. we are actually visualising that we are using the light as a filter to enable us to see and hear and speak things positively. This is why we need to say “I am in the light”.

What is the implication of this for discipline? First, we are changing the way we see children and their behaviour, which will in turn change the way we react to the behaviour. Second, we are ensuring that children are more likely to be “filled up” with pure stimuli, which will affect the way they actually behave.

The second level of the mind is the sub-conscious. This does not think for itself but it stores every thought, experience, stimulus we ever have and sends messages from this store to our bodies. The sub-conscious is extraordinarily powerful in controlling our bodies, minds and emotions. If anger is stored there (for example, from exposure to violence on television or, sadly for a lot of children from their own lives) then when something happens that triggers a response in us, the sub-conscious will send the message of anger to the body and emotions and we will react with anger. But if we are able to store peaceful experiences, then when a crisis happens the sub-conscious will cause the body and emotions to react in a peaceful and harmless way.

So when we say “the light is in me” we are visualizing that we are cleansing and purifying so that we will only store positive things in the subconscious. We can use this to influence the way children react to the stimuli of day-to-day life, and we can also use it as a tool to influence the way in which we react/respond to their behaviour.

Also, the sub-conscious mind needs to be programmed because it cannot think for itself.

So if we tell it over and over again that our head, heart, hands, feet, etc. are all full of light, it will eventually believe this and will make it happen. “I am the light” is a programme that will help the subconscious to really believe this. Once the subconscious takes this programming we become like beacons of light - we feel good and we make everyone around us feel good as well.

The third level of the mind is the super-conscious. This is the part of the mind that knows everything - the source of intuition, the divine within us. Our goal is to connect to that source. The light visualization is a tool that can help us to make the connection. This is why it is done at least three times a day in Sathya Sai schools.

Up to now we have talked about the different parts of the light visualisation and what they actually do to affect us. Now we are going to focus on the part at the end - spreading the light (to parents, teachers, .) and how this affects us and others around us.

As we said before, the light is a metaphor for purity, cleansing, wisdom. It literally dispels darkness. We may think it's only in our imagination but at subtle levels we are really sending out vibrations and energies that are in our thoughts. This is why in cartoons we often see pictures of people in a bad mood with dark clouds around them.

It's important to note that the light is in endless supply. We don't need to ration it. Some people believe there's only enough to give to their family and friends. But the more we send to family members, the more comes to replace it. The more we send to those we don't like, the more comes to replace it. The more we send to the whole world, the more comes to replace it. The more we give, the more we get.

If we send out positive “light” vibrations to others we can transform situations that are difficult or dangerous. A social worker once told me that she was called to a scene of domestic violence and the perpetrator was on the point of turning his physical attack to her – luckily she had the presence of mind to concentrate on projecting light to him, and he immediately dropped his raised fist and became calmer. Try it and test it for yourself!

Sending out light to others makes us feel good – and it makes others feel good as well.

This is why the school in Delhi was so peaceful, because all 5000 children were sending out peaceful thoughts and vibrations. This is the reason why it is so important to send the light to those we don't like or are unkind to us, because it can change how we react to them and sometimes it can even change them.

Another positive spin-off is that, as Sai Baba reminds us, if we are always full of positive “light” vibrations it is impossible for disease to exist in our bodies.

We as individuals think we are too small and insignificant to be able to influence world peace, but we can have a major influence. Look at the effect – if we each send light to only 2 people, and they send it to another 2 and so on, it spreads very quickly.

This is why Sai Baba says “One lamp can light many candles”. He says that when world peace comes it will come literally overnight because all it takes is one extra person to develop peace in their heart to tip the balance of the world's critical mass from non-peaceful to peaceful. Any one of us might be that one person!

A lot of people unfortunately dismiss the Light Visualisation as being suitable only for “beginners” and young children. I think they are underestimating its value as a practical tool that can make a big difference to many aspects of our lives.

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