

# Capitalize On Light

To imbibe a truth – “Everything in life is experiencing light”.

Written by  
**Rakesh Shrikant Shetye.**

## **Publisher's Note**

The Light is always there, Need to tune with it.

This book will reveal Secrets of Tuning with the Light.

- Manoj Ambike

## **Preface**

“Everything in LIFE is experiencing LIGHT”.

This is the simplest understanding at the subtlest level of the life.

Experiencing ‘light in life’ or ‘life as light’ is the necessity of living ahead.

In this book, we shall walk through various Elements and Realities to imbibe the above truth.

## Foreword

May our walk through these elements and realities bring in an immense bliss and light in our lives.

May everyone around us experience this light in us.

May we all carry this light all the time.

## Acknowledgement

To begin with, I thank the Creator and this Creation. I surrender to the wisdom, love and bliss gifted by the Masters. I thank my Masters to absorb me in them to bring out these revelations through this book.

Om Sahanaavavatu Saha Nau Bhunaktu

Saha Viryam Karawaawahai

Tejaswinaawadhitamastu

Maa Vidvishavahai

Om

Shaanti: Shaanti: Shaanti:

## Introduction

Let us understand why? It is necessary to capitalize on LIGHT to live on this earth planet.

**Element:**

Awareness levels about our existence.

**Realities:**

Many people say that we have only one life, we get life only once. There are still many, who says we have multiple lives. If we die, we take another birth and live again.

Like this there are some more reality expressions of our awareness levels about our existence. Let us see few-

*We all are humans and there is nothing like mind or intellect or soul. We do everything. We create everything.*

*We are humans and we can experience this world because of mind.*

*We are humans and everything around us is an illusion.*

*We are humans and everything around us is very real.*

*We are not body, we are not even mind.*

*We are humans and we have mind and soul.*

*Everything on this planet earth has a soul.*

*We are not humans, everything is an illusion.*

*Everything is mind.*

*We are all souls, a part of divine soul.*

*We are humans and we have a soul.*

*We are replica of the Creator.*

We come across many such expressions from people around the world. Such expressions are but obvious awareness of those people about themselves. This awareness is LIGHT.



**Element:**

Belief systems.

**Realities:**

Every single individual follows a different belief system. In a way, whatever an individual believe as true becomes that individual's belief system. Religion, casts, rituals, environment certainly leave some impressions but have no control on an individual's belief system.

Differences of opinion within individuals are the outcome of the belief system that an individual follow. Belief systems are formed due to intervention of an intellect and a mind. These intellect and mind are formed out of subtler energy fields.

Knowledge, gratitude and practice are 3 major key parameters to orient one's belief system and can take oneself beyond all belief systems. Beyond all belief systems what one experiences is LIGHT.

**Element:**

Energy and Matter.

Along with our awareness and belief system, there are other important elements which tell us the necessity to experience LIGHT in LIFE. Energy and matter are one of those fundamental elements.

Matter is derived from energy fields and energy fields are formed out of consciousness. Consciousness is emerged out of LIGHT.

**Realities:**

Environmental energies are available to us in the form of elements of nature. Atmospheric energies are available to us in the form of air and gravity.

Lightening, storms, rain, earthquakes, volcanoes, gravitational experiences demonstrate grosser energy fields of LIGHT.

Micro-organism, DNA's, atoms, molecules, neurons, bio-cells, electricity and electronics demonstrate micro energy fields of LIGHT.

Cognitive abilities, mind power, thinking, dreams, visions, clairvoyance, out of body experience, intuition demonstrate subtler energy fields of LIGHT.

## Contemplate

Realities of energy field, matter, belief systems and awareness about our existence level varies from time to time. Our earth planet undergoes certain time transitions and according to these time transitions we experience these numerous realities. Our material cosmos is made up of 5 elements and our bio-sheath, the human body is also made up of the same 5 elements- space, air, fire, water, earth.

It is certain that along with time, we too have to undergo time transitions same as that of creation. Our earth planet vibrates at different vibratory levels from time to time. The time period of the subtlest vibratory level have the highest potential for creation. Similarly the time period of the grossest vibratory level have the lowest potential for creation.

Our earth planet begins to vibrate with the subtlest vibratory level and its potential decreases in each time-period till it reaches to its lowest potential to vibrate with the grossest vibratory level. At the end of the time period of this grossest vibratory level our earth planet, again enter into the subtlest vibratory level.

This particular time period from the grossest vibratory level to the subtlest vibratory level is very crucial and hence it is well known as '**Pralaya**'- the most potential ***Transition time***.

Currently, we along with our mother earth are undergoing the most potential transition time hence it is mandatory to **capitalize on light** to live on this earth planet.

**!! One !!**

**Our Core Existence**

*~Our own luminance is Light~*

**!! Two !!**

**Our Lifestyle**



*~Capabilities determine our lifestyle~*

***Do your capabilities bring calmness and simplicity in your life?***

# **!! Three !!**

# **Our Choice**

*~There is a huge difference between a 'choice' and an 'option'~*

# **!! Four !!**

# **Our Wish Lists**

*~Let us review and refine our wish list~*

*~Let us manifest intentions~*

# **!! Five !!**

# **Elements Of Creation**



*~Let us thank our creator and the elements of the creation~*

# **!! Six !!**

# **Our Birth**

*~Let us intent to know one another as 'one complete individual'~*

# **!! Seven !!**

## **Our Upbringing**

*~Becoming mature is also a process of upbringing~*

***~Capabilities are the basis of shaping our lifestyle~***

*~Let us focus on our capabilities~*

*~Capabilities lead us to our natural abilities~*



*~Our natural abilities make us experience LIGHT~*

**!! Eight !!**

**Our Idea Of Independence**

*~ Our idea of independence manifests as our choice~*

*~ Let us rectify the approach of cascading choices~*

*~Freedom is a desire of mind and wandering is its nature~*

*~Independence is a potential of mind and focus is its strength~*

**!! Nine !!**

**Our Aspirations**

*~Aspiration is a rhythmic way of composing our wish list~*



*~Our choices work behind our wish list and aspirations~*

**!! Ten !!**

**Our Mother Nature**

***~Mother Nature stands by everyone's life forever~***

*~Let us experience our Mother Nature in totality~*

## Integrate

Awareness is Light.

Beyond all belief systems what one experience is Light.

Consciousness is emerged out of Light.

Physical realities demonstrate macro and micro energy fields of Light.

Astral realities demonstrate subtler energy fields of Light.

If we raise our awareness in totality to our own presence then what we experience life in the form of our own luminance is Light.

If our capabilities are bringing us near to our own strengths, calmness, persistency, simplicity and co-operation then what we experience in life, in this space is Light.

If we live our life with the choices based out of our true purpose of life then what we experience life in these choices is Light.

We manifest intentions in Light.

The equilibrium state of 5 elements of nature is Light.

To evaluate ourselves we shall give up our identity and we can choose higher means and ways of Light.

We can witness our identities and experience subtler and higher realities along with routine physical realities in Light.

Living with the realization that 'a person is one complete individual' is nothing but experiencing Light.

Identifying our own capabilities, accepting and respecting them, allowing them to cascade and showing us a way to our natural abilities make us experience Light.

In the true purpose of our life whatever we choose is Light.

What we experience in the rhythm of thoughts and feelings is a pathway to manifest our intentions in Light.

Our Mother Nature is Light.

*~Simplicity is the only challenge in front of us~*



## Capitalize on Light

When we integrate the realizations of light, we come to know that we are light. Hence we must capitalize on light. In this integrity we also come to know that, this light is an origin of our existence as well as the whole creation.

Capitalizing on light is simple only when we adopt simplicity in life otherwise it is difficult because simplicity is emerged out of the subtlest essence of living.

In today's world simplicity is the only challenge in front of each and every human being. Being human we have to throw off lot of humanly understandings of life to adopt this subtlest essence of living.

In ***'Introduction'***, we have seen few expressions of awareness which may appear controversial and full of differences in opinions. But this is one side of it. On the other side, we can see clearly that such expressions show various fundamentals of the creation.

Instead of reading them as controversial in nature, one can see them as variants of life demonstrated by the creator.

In fact, looking into these various expressions of awareness level as variants of life will enrich us with an extended clarity and expanded acceptance.

One can openly see all this and can get rid of unknown complexities set in living.

For example, if I believe that, “We all are humans and there is nothing like mind or intellect or soul” and I openly accept my friend who believes that, “We are humans and we have mind and soul” then it leads me to explore the possible realities regarding ‘mind and soul’ in my life due to my open acceptance.

This way, considering enormous expressions from various kinds of people living on this earth planet, Such as-

We are humans,

We are souls,

We have mind and intellect,

Everything on this earth planet has a soul,

We are part of the divine,

We are replica of the creator,

Everything around us is an illusion,

Everything around us is very real,

We experience everything through mind,

We are not body and we are not mind, etc..etc..

When we are open to these variants, we enrich and expand our own horizon and can come across wonderful realities of the creation.

To be open in such a compassionate way, practicing to capitalize on light is highly essential. In this process, we come in the attitude of gratitude towards everyone and everything in life, each moment.

We experience love, peace and harmony in everything we do and in everything that we come across. In this process we emotive universally and thus our thoughts resonate with the universal truths. This resonance is LIGHT.

***~Practicing to capitalize on light is highly essential~***

In our daily life we have been capitalizing on various resources like food, shelter, money, people, society, industry, national integrity, global bonding etc... to live life. From here onwards it is must to ***'capitalize on light'***, irrespective of our willingness or unawareness about this current time.

Whether we believe or disagree it, fundamental elements of this creation have been impacting our living from time to time.

Wherever we are, we are physically present on a particular geographical location. This location is a part of earth planet. Earth planet is a part of solar system. Solar system is a part of Galaxy. Galaxy is a part of this whole creation and thus we are part of the creator.

Hence resonating with these changes from time to time must be taken into account for the betterment of life and living. When we capitalize on light, then resonating with the various possible realities experienced by people and other living beings around us give us the simplest and subtlest living essence of life and that is-

**“Everything in LIFE is experiencing LIGHT”.**



*~Let us all capitalize on light to experience life as light~*

*~personal notes~*