




# The Gift of Luminosity - Longing and Looking for Light

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April 2022

Presented by Stop Breathe Believe® & Dianne Morris Jones

A glowing lantern sits on a snowy mountain peak at sunset. The lantern is a classic oil lamp with a glass chimney and a metal frame, emitting a warm, golden light. It is positioned on the right side of the image, resting on a snow-covered ledge. The background features a vast, snow-covered mountain range under a sky transitioning from a deep blue to a soft orange and yellow near the horizon. The overall mood is serene and contemplative.

This month we are focusing on hope, peace, and kindness. We were born to allow the beautiful embers within our own hearts to radiate warmth and love. How during this time of peril in our world can we stumble through our fears, our insecurities and the uncertainties of it all and let our light shine? How can we choose hope in the darkness of pain? How can we pay attention to and perform acts of kindness and amplify them in the world?

# Day 1

“Look at how a single candle can both defy and define the darkness.” – Anne Frank

How might we be longing for light for the month of April? I know I am looking forward to being in the beauty of nature more this month. May we seek for moments of light today.



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Photo taken in Dallas, Texas.

# Day 2

“The broken will always be able to love harder than most. Once you have been in the dark, you learn to appreciate everything that shines.”

– Zachry K. Douglas

The silver lining to the cloud in this image was a moment of hope for me at a time that I was really struggling with depression. I took this image as a reminder of the difficulty of that season of life AND that I knew I could cling to hope and to beauty.



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Photo taken at Red Rock Lake, Iowa.

# Day 3

“The lamps are different, but the Light is the same. Love is the soul’s light.” – Rumi

The lamp in this image would be critically important on this path at night. How equally important is the light for our soul. May we experience moments of light today.



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Photo taken in Vienna, Austria

# Day 4

“The Lord is my Light and Salvation,  
who should I fear?” – Psalm 27:1

As we reflect on this image, may we  
consider what is reflected when our  
heart is seen. May we have a ripple  
effect of love with others.



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Photo taken in Red Rock, Iowa.

# Day 5

“Nothing can dim the light that shines from within.”

– Maya Angelou

What is it that gives fuel to the flame within our hearts? May our hearts shine and sparkle today as we reflect on the significance of the power of courage to love deeply.



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Photo taken at Maffitt Lake, West Des Moines, Iowa.

# Day 6

“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their beauty is revealed only if there is a light from within.”

– Elisabeth Kubler–Ross

May we depend on that light within us to extend our hands and our hearts to another today.



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Photo taken at Thanksgiving Square, Texas.



# Day 7



“So it is that the spiritual life begins in this most unlikely place. It begins with the longing that stirs way down deep, underneath the noise, the activity, the drivenness of our life. But it is not always comfortable to acknowledge such longing, and the direction that such an admission takes us is different for all of us.”

– Ruth Haley Barton

What is it we are longing for? This image was embraced on an extremely cold Iowa late afternoon as Roger and Sterling and I had my tripod perched on a cliff. We had driven to the lake to see the beautiful snow and were simply astounded to see the beauty of the sunset reflected off of the partially frozen lake. I took an image every 60 seconds of this incredible nature moment. We played Josh Groban’s song, 'Thankful' as we watched the changing views. The partial lyrics: “It's up to us, to be the change, And even though we all can still do more, There's so much to be thankful for” are still totally appropriate for today.

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Photo taken in Red Rock Lake, Iowa.

# Day 8

“The soul is like a wild animal – tough, resilient, resourceful, savvy, self-sufficient. It knows how to survive in hard places. But it is also shy. Just like a wild animal, it seeks safety in the dense underbrush. If we want to see a wild animal, we know that the last thing we should do is go crashing through the woods yelling for it to come out. But if we will walk quietly into the woods, sit patiently. By the base of the tree, and fade into our surroundings, the wild animal we see might put in an appearance.”

– Parker Palmer, *A Hidden Wholeness*

How can we be curious about the light within our soul? Who is it in our community is safe enough to discover and share the deepest parts of ourselves?



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Photo taken of Mark Pettit painting.

# Day 9

“If I say, “Surely the darkness will hide me and the light become night around me,” even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.”

– Psalm 139: 11-12, NIV

What do we rely on to fill our hearts during dark times? I love the verse about scripture being a light to our path. For some of us it might not be scripture but another source of inspiration. Often for me it is the support and encouragement of my friends and family when I am discouraged. May our hearts be lifted up with sources of encouragement during times of struggle. May we lift another’s heart when we sense there is discouragement.



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Photo taken at Maffitt Lake, Iowa.

# Day 10

“Deep within us all there is an amazing inner sanctuary of the soul, a holy place, a Divine Center, a speaking Voice to which we may continually return. Eternity is in our hearts, pressing upon our time-torn lives, warming us with intimations of an astounding destiny, calling us home unto itself. Yielding to these persuasions, gladly submitting ourselves in body and soul, utterly and completely to the light within is the beginning of true life.” – Thomas Kelly

For many the reflections of water and being near water is life giving. I love the reflections in this image when the lake was what we as water skiers call, “glassy still”. The reflection of the sun, the clouds, the slight ripples is so tranquil. May we slow down long enough in our day to be grateful and call to this still, small voice within us – to listen to our heart.



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Photo taken at Red Rock Lake, Iowa.

“We cannot change the world by a new plan, project, or idea. We cannot even change other people by our convictions, stories, advice and proposals, but we can offer a space where people are encouraged to disarm themselves, lay aside their occupations and preoccupations and listen with attention and care to the voices speaking in their own center.”

– Henri Nouwen

I love the light in this image of the capital in the Missouri capital. I see the layers, the lighting, the artistry, the history, the centrality of the focus. May we seek to understand the complexity and the simplicity of our hearts. May our hearts radiate light to others.



# Day 11

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Photo taken in Jefferson City, Missouri.

# Day 12

“Our inner being is a lantern of  
God’s love.”

– Joyce Rupp

May our values light the way as we  
navigate each day. May our  
direction be intentional and may  
our fellow travelers be those we  
can be our authentic selves.



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Photo taken in West Des Moines, Iowa.

# Day 13

“Just as one candle lights another and can light thousands of other candles, so one heart illuminates another heart and can illuminate thousands of other hearts.”

– Leo Tolstoy

The ripple effect, the contagiousness of love is so spectacular. What a delight when we get to experience the depth of sincere love – in our families, in our communities, in our world. May we be inspired to share what we have – our energy, our time, our love with others.



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Photo taken in Wimberley, Texas.

# Day 14

“For who we are, when offered completely, fits the keyhole of silence that opens the door of the ordinary beyond which everything shimmers with an edge of realness that makes living quietly miraculous.”

– Mark Nepo

How do we offer ourselves completely? The beauty of a lighted bridge, the beauty of an open and vulnerable heart – both can shimmer and sparkle in such a captivating way. May we endeavor to live luminously!



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Photo taken in Budapest, Hungary.



# Day 15



“But I also say this: that light is an invitation to happiness, and that happiness, when it’s done right, is a kind of holiness, palpable and redemptive.”

– Mary Oliver

May our paths be illuminated with light and beauty as we listen closely to the invitations extended to us each day.

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Photo taken in Cusco,  
Peru.

# Day 16

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”

– Edith Wharton

What do we “spread” throughout our day? Am I spreading love and light? Gossip and negativity? Joy and energy? Quarrels and problems? May we be mindful of what energy we are bringing into a day. May we rest if we are weary. May we take time to cultivate beauty.



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Photo taken in West Des Moines, Iowa.

# Day 17

“When you show compassion, when you show caring, when you show love to others...in a wonderful way you have a deep joy that you can get in no other way. When you are caring, compassionate, more concerned about the welfare of others than about your own, wonderfully, wonderfully, you suddenly feel a warm glow in your heart.” – Desmond Tutu

After a long day of kayaking, it was so peaceful and restorative to sit on the riverbank and embrace the beauty of the sunset, the flowing water, the trees, the grasses. How might we restore our hearts in such a way that we can compassionately care for others?



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Photo taken of Des Moines River.



# Day 18

Day 18 – “I believe that we are all a spark of the divine, and if that spark is nurtured, it can become a burning flame, an eternal force of light.” – John Lewis

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Photo taken in Dallas, Texas.

# Day 19

“To live with our shadow is to understand how human beings live at a frontier between light and dark; and to approach the central difficulty, that there is no possibility of a lighted perfection in this life; that the attempt to create it is often the attempt to be held unaccountable, to be the exception, to be the one who does not have to be present or participate, and therefore does not have to hurt or get hurt.”

– David Whyte

Shadow work of the heart is hard and beautiful. The other day one of our granddaughters saw her elongated shadow on the grass and said, “Look Lovey, I turned into an adult!” I smiled. What can we learn from our shadow self? How can we participate fully in life – knowing that there will be some hurt and heartbreak?



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Photo taken in West Des Moines, Iowa.

# Day 20

“Only that day dawns to which we are awake.”

– Henry David Thoreau

Roger and I learn so very much from our precious silver lab, Sterling. She pays attention to so many facets of life. She loves to play. She enjoys her rest. She accompanies us every single day with a loyalty that is unmatched. She was by Roger's side every step of the way through his cancer journey. She loves the lake. She is wide open for an adventurous life. May we learn from others, even our pets, the beauty of living awake.



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Photo taken at Red Rock Lake, Iowa.

# Day 21

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

– Oliver Wendell Holmes

The image for the day was taken on a bridge over the railway system...of trains, carrying cargo, people, all going various directions. How can we amidst the busyness of life – pay attention to the light of the now...the reflection of the sun coming through the bridge, the heartbeat of our day? How can we give space and time for the beauty in our hearts?



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Photo taken in Kansas City, Missouri.

# Day 22

“It is during our darkest moments that we must focus to see the light.”

– Aristotle

The lessons in life of a lighthouse. The stability that is offered during a storm. May we have a lighthouse that we look to. May we long for and look for light.



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Photo taken in Kenosha, Wisconsin .



# Day 23

“Even though life may have moved wearily and painfully through such a person, they have still managed not to let it corrode their soul. In such a face a lovely luminosity shines out into the world. It casts a tender light that radiates a sense of wholeness and wholesomeness.”

– John O'Donohue

The image is of the morning light coming through the living room of our home we lived in for 20 years in West Des Moines, Iowa. Either of these couches is where I would spend most of my mornings – writing, praying, journaling, studying and learning. May our days be filled with a space that is open to the light that will fill our soul.



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Photo taken in West Des Moines, Iowa.

# Day 24

“The key to gazing is stopping thought. Gazing is a soft focus; you are touching something with your luminosity. If you could but look into the mountains you would see a diffuse glow.” – Frederick Lenz

This lantern... The reflection of the mountain in the glass... The protection of the light by the lantern...the luminosity...



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Photo taken in Anchorage, Alaska.

# Day 25

“If you want a love message to be heard, it has got to be sent out. To keep a lamp burning, we have to keep putting oil in it.”

– Mother Theresa

How do we fill our hearts? How can we be intentional about caring for the ‘fuel tank’ of our hearts? What is a slow drip or a drain for our energy – both depleting at times, maybe at different rates of speed? Who pours into us? Who do we pour into?



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Photo taken in Vienna, Austria.

# Day 26

"I'll just come forward in the lantern light and let you see."

– Robert Frost

The history of light for another. The history of lanterns to light the way. The specialness of sharing a vision with another. Lighting the way for another – or allowing another to light the way for us.



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Photo taken in Maui, Hawai'i.

# Day 27

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” – Marianne Williamson

How can we shine?

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Photo taken in Kenosha, Wisconsin.



# Day 28

“The fires of suffering become the light of consciousness.”

– Eckhart Tolle

May we listen to and learn from our heart when it hurts. May we put our hand on our heart and take time to be with the pain. May we be gentle with our strong and fragile hearts.



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Photo taken in Itasca, Illinois,

# Day 29

“A candle loses nothing by lighting another candle.”

– James Keller

May we share our light with another today.



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Photo taken in Wimberley, Texas.

# Day 30



“Maybe you have to know the darkness before you can appreciate the light.”  
– Madeline L’Engle

Isn’t it amazing the number of things we can take for granted until we do not have them? I know when we are camping, we recognize so many of the things we take for granted in the comfort of our own home. Same is true of our health if we have experienced a diminishment. May we be grateful and appreciate for the pieces of life that have been gifted to us. May we be intentional about a practice of looking for the light.

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Photo taken at Red Rock Lake, Iowa.