

## **Introduction**

At the moment of your conception, there was a purpose for you that had been determined before that miraculous event had even occurred. You were made to be something much bigger than any job, relationship or accomplishment you could ever obtain or fulfill.

Just because we are destined to be something bigger than what we see and know doesn't mean that it always happens. So many times, people along the way become distracted, lost and consumed with the darkness of this world. We were all created and made from the light; however, there are times when we are not existing within our home.

The absence of the light creates issues for all for those who attempt to exist without it. Whenever you do not live in the light, it alters your emotional and spiritual states of consciousness. When your state is altered, you will subconsciously reach for inauthentic fillers that leave you in a continual state of misery, pain and depression.

Addictive behaviors will often times exist as a result of these choices and actions. Sexual promiscuity, drug and alcohol abuse will become normal responses of this state. Addictive behaviors exist not because the person is addicted to the act or the substance, but rather because they become addicted to the temporary bliss or numbness the substance or action provides.

What you really desire are the manifestations of the light: joy, happiness, love and peace. You're looking for

this state because it is the place where all of us are formed. Just as a child reaches for the sustenance of its mother, we all reach to exist within the realm of that light.

The darkness is not a place that we consciously desire to visit and reside within; however, it is a place where many people are trapped and unable to break free. Humankind has done its best to address the darkness that imprisons us. We have created things such as religion, which will point the reader in the direction of the light.

So what is the light? The light is God, the Supreme Being, the unlimited source of power that creates and sustains all things. When you look at the sun, you see a core and if you look around its perimeter you will see rays. The rays are made from the same elements as the core. The light or God is that core; all other things are extensions of that.

Evil does not exist because the nature of humankind is evil; humankind was created in the image of God. We were all created in the image of the light, extensions of the sun; we were made from love because God is love. It is impossible for a branch of a cherry tree to be anything but a cherry tree. Being that all things are extensions of the light, the light is within us. Evil exists only when that light is unable to shine through the consciousness of that person. When a person is shown how to remove the darkness from their lives in order that they may walk and exist within the light, the darkness will leave as well as all other negative things that accompany it: addictions, anger, hate, jealousy, division etc. They all leave because the authentic self comes through.

When the darkness is removed, the person does not change, they merely become who and what they have always been. When we mine gold from the ground, it's nothing new. The dirt simply has been removed so that what has been there all along may be seen.

There are many powerful elements in religion that are helpful to humankind, but we must understand that the books of religion will only be effective when the story becomes unique to our own personal journey. Religion points humankind in the direction of the light; however, you must find it! This means your journey may start with a book of religious principles, but those uniform principles must turn into an individual spiritual journey. Your journey and my journey may not look alike, but we will experience similar obstacles and joys along the way!

This book is a map and guide that will help you on your journey! It is based on my journey and I have shared it with you in order to assist you on yours! My story is perhaps much like yours. I was once a prisoner of my emotions. I was a prisoner of anger, jealousy and envy. Being a Christian, I always knew I should not have felt as I did; however, I didn't know how to control it.

I am a Christian and I fully accept the life and legacy of Jesus Christ. I wanted to live my life like Christ, but something prevented me from doing that. I didn't understand why I did what I did and thought what I thought or desired the things that I desired. I was a hypocrite, walking around living as if I knew and loved Christ, but my actions were not lining up with what I believed.

I had to change. I had to take the words of God and apply them to my life in a way that caused me to authentically live as Christ did. Today, I can say I have been able to do that. I am pastor to a church of over 10,000 people. I have a radio show that reaches thousands each and every week. I have been able to create different programs in order that people may be set free from the darkness! My message is no different than what I have learned from the life of Christ. I simply tell my story of how that message has changed me!

Because of my journey, I have become a better Christian, person, man, pastor and friend. Every element of my life has changed and I promise you if you follow me on this journey yours will as well.

I did not write this book for a specific group, race, and ethnicity or demographic, I wrote it for all people who desire to change where they are. I wrote it for people who desire to be something better than what they are, though something prevents them from reaching that goal.

Christians, non-believers, Muslims, straight, gay, Republican and Democrats can grow from this book. It is conveyed in a universal language, which is the language of the soul. When you address the soul, you are able to transcend culture, religion, race, gender, socio-economic status, sexual orientation and all other social constructions of humankind.

My story will show that the key to moving from where you are to the path of the light is what I call "The Journey." It is the intentional path those who choose to go there take in order that their lives may be changed forever.

On your journey to the light, you will experience four major stages of change. The four stages are Healing, Transformation, Empowerment and Expansion.

## **Healing**

The first step on your way to the light is the process of being healed. So many are living life as spiritually broken, sick and depressed human beings. Our personalities have been formed by pain and unfortunate circumstances. We live our crippled lives making statements such as, “This is just who I am.” These statements cause us to subconsciously accept our position; therefore, we never see the necessity of change.

Depression, abuse, anger and pride are destroying us from within. They shape our personalities until we act in ways that are the complete antithesis of who we are authentically! When you take this journey, the first step you make will be to heal from your past and present state of being. You will heal from the wounds caused in your youth, childhood, and from your past relationships. This step can often be painful and uncomfortable because you will be forced to address issues that you have subconsciously avoided for all this time. Look upon this step as the doorway to the house. The only way to enter the house is through the front door. This book will help you make that first step!

## **Transformation**

The second step of the journey is the process of being transformed. When a caterpillar enters a cocoon and exits as a butterfly, the process is a type of transformation. Things that are transformed are things that are changed. On the second step of the journey, you will be transformed. The transformation is not a physical one, but rather a spiritual one.

Healing and transformation may seem to be similar; however, they are quite separate processes. Healing simply means the wounds that have been caused by the past are dealt with and cared for. Even though a person tends to a wound, the scars don't leave immediately. If someone punches you in the face, they can apologize but the bruise is still there. Just because you are in the process of healing doesn't mean the wounds and effects of what you have experienced immediately disappear, either.

Transformation in your life occurs because you gain an understanding as to how living in the darkness has affected your life. You will understand why you think the things that you think, do the things that you do and even feel the things that you feel. Our actions, emotional states and decisions are all based upon what we feel, think and perceive. Many times our actions, emotional states and decisions are affected by the pain of our past.

If a person who has been molested grows up to choose a life of promiscuity, that choice most likely has nothing to do with authenticity. Rather, it is a decision that has been birthed from pain. Transformation will occur when the journeyer is able to see in exactly what ways the darkness has affected

them. When this is realized, the caterpillar will begin to turn into a beautiful butterfly!

## **Empowerment**

Many times when we tell the story of transformation, we assume that the story ends when the caterpillar changes from its old form into a butterfly. We feel the story has ended because we are able to witness the beauty of this creature, knowing what it was when the process began.

But that is just the beginning of the story. The life of the butterfly is just beginning! It's important to understand that, after you have been transformed, your journey does not end. When the butterfly leaves its cocoon, it has a world to venture out in and experience. After the butterfly leaves its cocoon, it's important that it understands the world it now lives in. The better the butterfly understands its new world, the more it will be able to experience it to the fullest!

The third step of the journey is empowerment. When you decide to make a conscious change from a world of darkness to one of the light, you will notice many things to learn. When you have been transformed, you will exist on a higher level of consciousness. It's important that you understand this is order to be effective in your walk.

This new existence revolves around energy and your ability to harness and manipulate it for the positive advancement of humankind. You will become empowered when you understand how the world has been fashioned and constructed. When you understand how it works and how you can influence it, you will have the ability to help people that you

once thought it impossible to help. You will have knowledge about this world that you have only read about in the bible and other great books. The true abilities of humanity will be understood in this stage of the journey.

## **Expansion**

The final step of the journey is known as expansion. Within all creatures, there is a drive to procreate. Every living creature lives its life with the desire to reproduce. This instinctive drive is necessary for the continuation of all living things. Likewise on your journey, the need to reproduce is necessary; however, the process occurs differently than in nature.

Spiritual reproduction revolves around our desire, as the carriers of the light, to share the light we have with others. This part of the process is just as important, if not more so, than us bearing the light as individuals. The process of spiritual reproduction is so important because as those who carry the light increase, darkness will decrease. The only way the world and the overall consciousness of humanity will change for the better is if darkness is eradicated. Once darkness is eradicated, the kingdom of God will manifest in its fullness here on planet earth!

Religious institutions have been looked to as the main conduit for this process to happen. People gather together every Friday, Saturday, or Sunday to go to various worship centers, churches, synagogues, temples or mosques to receive spiritual insight. This is a necessary part of the advancement of people; however, the process cannot be limited to a place.

The light cannot and should not be reserved for a particular place. It must be shared by and with all people of the world. As you learn to walk in the light, you will also learn how to share it. Expansion is that process. The light grows by way of your willingness to accomplish this task.

It is my desire that you prepare yourself for this wonderful journey. The journey changed my life and I am certain it will do the same for you. I want you to know, you will not be alone in this process.

At the beginning of each chapter, you will notice a diary entry of sorts. These entries come from the diary of a creature named Luxor. After each phase of his journey, he wrote about his experiences. Within the very last chapter of the book, you will learn Luxor's story. Like you and I, he started off in the darkness; each entry is an account of what he experienced at each stage of his journey. I am certain you will often find that his feelings mirror yours at each stage of your journey.

You will also notice Challenges at the end of each chapter. The challenges are designed to move you towards the implementation of some good habits that helped me. The challenges are important to your growth because they will help you to really participate in exercises that will move you towards the level of understanding you need for the change that you want.

Your life is about to change, and at the end of this process, you will be a new creature. If you are looking to remain in the place that you are in right now, of confusion, depression, anxiety and lack of guidance, then this book isn't for you. However, if you desire to read something that will not only show you where the

problem is, but lead you to a permanent solution, then my friend, you are in the right place! The state that you reside in now is not your home. You are not a product of what you see. You come from a place that is full of Joy, love, happiness and peace. You are not of this world and when you have completed this journey, you will fully understand how beautiful your home really is!

-JLW

## Chapter 1

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### **The World of Darkness**

*In the darkness, I cannot see my way—in the darkness, I do not know what my next step should be. Give me light in order that my fears may leave. For I know wherever there is light, darkness cannot exist...*

You are sitting in a room that is absent of light, sound and comfort. Nothing is certain except for the fact that your consciousness is full of fear, doubt and uncertainty. You're in a relationship, but feel lonelier than ever. You've got a good job, but dread sitting down at your desk every day. You had dreams once, but aren't sure what happened to them. This is the feeling that leads most to the understanding that there is indeed a problem. Your world is dark, absent of any form of certainty and it is in desperate need of the light.

The World of Darkness is a troubling place for any soul to reside. After living in the dark world for an extended period of time, our eyes adjust to the absence of light. We do all that we can to move around that place, even though we are unable to see what our next step should be.

This becomes a problem for us, because all of our actions are based upon what we think instead of what we know. When I am able to see, my steps are calculated and precise; however, when I am walking in the World of Darkness, my successes and failures occur by chance or stroke of luck. If my happiness or failures depend upon chance, I don't know how to preserve a state of happiness or leave a state of unhappiness.