

# White Lighter

The Game of Ultimate Freedom

Congratulations!

You have been chosen to play the Game of Life – the Ultimate Game of Freedom.

Before beginning your game, you must familiarise yourself with the game; the objective, the rules, player status and of course how to play.

This will ensure that you get the most from your game.

This manual contains the necessary information on the game as well as the techniques that will lead you to White Lighter status. Once you begin your game, you will be on your own; so keep your manual handy for constant reference.

Good luck and enjoy the game.

It has begun.

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## Ultimate Freedom

### **Free at last ...**

A student asks his teacher: 'When will I be free?'

The teacher replies: 'Who is imprisoning you?'

'No-one,' answers the student.

'Then you are free', smiles the teacher.

Can anyone really claim that they are free?

At the same time, can anyone really explain who or what it is that imprisons them?

A dictionary defines freedom as the 'power to think, speak and act freely'.

Being free, you are not under the control or power of another. Is that possible?

While most people believe that they are free, the underlying foundation of today's hierarchically structured society is based upon control.

Control can be defined as 'the power to influence people's behaviour or the course of events'.

Parents control their children, by bringing them up. Teachers control their pupils, by educating them. Priests control their parishioners by preaching to them. Doctors control their patients, by administering to their needs. Employers control their employees by providing them with employment. Governments control countries by legislating laws. Perhaps the greatest single controlling influence in our lives is the media.

'But that's life!' you may say.

Life ... the only way that we know it!

But perhaps there is an alternative. One in which we are able to freely interact with each other, without restraint or condition, to the benefit of all. A win win situation.

Many sacred texts suggest that the only law we need to follow is: 'Do unto others, as you would have them do unto you'.

Until now, that has largely been interpreted as: 'Do unto others as has been done unto you'.

We simply do what we are told; or perhaps more accurately, what we are taught.

From our first moments, we are under the guiding influence of others. Don't get me wrong, I believe that everyone is doing the best that they know how; or once again, perhaps more accurately, the best that they have been taught. Forgive them ... for they know not what they do!

### **Are you experienced?**

A teacher offers his life's study to his student, in a simple rule. 'Be independent of the good opinion of others', he quietly admonishes.

Hearing his teacher's words, the student replies: 'Yes, I understand; that is what I will do. From this moment on, I will be independent of the good opinion of others.'

Looking up at his teacher's stern countenance, the student immediately concerns whether he has said the right thing.

The teacher simply nods in humble understanding.

From the moment we are born, it seems that we are destined for a little box. One that we can comfortably fit into, that all who pass may recognise and know: 'Here lies ...'  
Life is a wellspring of experience and opportunity.

At birth, every child holds the key to infinite potential. They are 'an unmarked slate'; that is, until the doctor places them into their mother's arms and announces 'Congratulations, you have a boy'.

Instantly you become one of the 48%, male minority on the planet. Add to that, you are the child of a very particular couple, who are citizens of a very particular country, following very particular beliefs and cultural values and before you know it, that potential looks a lot smaller from the lining of your imminent box.

Looking up, you quietly think ... 'One day, I'm going to be just like you!'

Unfair! How did this happen? Is this the way that the game of life is supposed to be played?

### **In the beginning**

According to religious belief, there is an omnipotent, omnipresent, omniscient being to whom we all owe our existence. An All That Is.

Following scientific understanding, an intangible, infinite field of energy underlies all of life. Within this 'soup of energetic potential', all life has its existence. This too could be seen as all that is.

Whether you are a scientist or a faithful devotee, it would seem fair to surmise that 'All That Is, is simply All That Is!'

So what is the point?

According to ancient Kabalistic thought, in the beginning there was, is and always will be the Ain Soph ... the Limitless Light.

As the All, there can be no definition, for that would require reference; and being the All, there is none to compare with.

To become self aware, the All fragmented. That which was whole became separated. In this duality, the All is now Creator and Creation. As creator the All seeks self-awareness through its creation. However, remember, that the All is always the All. It just doesn't know it.

How can you know that you are whole, unless you have experienced separation? How can you know light, unless you have experienced the dark?

Imagine the All as an infinite white light. White light is the sum of all colour. In order to know itself, the white light must experience its colours.

A rather lateral way to think about it would be to imagine the All as a biscuit. All of a sudden, there is nothing but crumbs. However, let us remind ourselves, that when the crumbs are together, they make a biscuit. When they are not, well, then there is just a mess.

'So what does this have to do with me?' you may ask.

Ah, now this is where it gets interesting!

You my dear friend, like the rest of us, are a crumb!

Or perhaps more aptly put, you are an aspect of the Infinite Light that is experiencing the darkness of separation.

Without your valued contribution, the All would not get to know itself.

Without the crumbs, there would be no biscuit.

In sacred texts, we are told that we are all created in the image and similitude of the Father.

In other words, you are a little white light.

The first step to enlightenment is recognising that there is no separation, only wholeness. All That Is ... is ... All That Is!

### **The Baker's Man**

The mind is a wonderful thing. Is has the ability to become aware of the infinite complexity of Life.

However, simply recognising that you are part of the great All is not enough to get you a ticket home.

In order for the biscuit to be whole, the crumbs must bond. As long as there is an awareness of separation, life is crumbly.

As a crumb, you need to put away your differences and learn to love your fellow crumbs.

Now this may seem like a tall order.

Perhaps a definition of love is necessary. Rather than the more conditional ... I love you because ... perhaps the simplicity of love lies in appreciation.

Can you appreciate that crumbs make up a biscuit?

It is not about personally getting on with every crumb or even, dare I say it, liking 'them'. That would be crumbly.

No, what we are talking about here is simple appreciation. Without every last crumb, there is no biscuit! It's all for one and one for all.

Accepting each crumb, unconditionally suggests that while you may not understand how all of the crumbs make up the biscuit, or why certain crumbs even exist at all; in the grander scheme of things they are vital. If they exist, then they are a part of the biscuit. Perhaps only the biscuit knows why.

This brings about a sense of peaceful coexistence ... you be you and I'll be me and by appreciating and accepting each other, we make the biscuit.

### **The Game of Life**

The objective of life is to experience the infinite colourful potential of the great All That Is, so that the All can come to know itself as the All. In a sense, you are here to experience love.

Love is the ultimate freedom of the infinite white light; it is simply conscious energy in motion.

As a hue man, you have been given the full potential of the white light and as such contain a full colour spectrum.

In order to complete your game and experience ultimate freedom, you must activate your full colour spectrum into full motion, by experiencing the full range of emotions and become a White Lighter.

To do so, you will have to interact with the Infinite Field of Energy in all its magnificent complexity and diversity.

### **Rules**

To identify your particular colours, you have been given the power to think, speak and act freely in every interaction and this will generate perceptions, which you will experience through your senses.

As you perceive your experiences, you will be overwhelmed with an energetic sensation, which will be a sign that you have activated a particular colour. Go with the motion and feel the unique vibration of each colour as you activate them. Once you have felt and fully appreciated a colour, bank it and move on to your next colourful experience. As you do, your personal field of energy will become stronger, and you will move closer to your White Lighter status.

To assist you in identifying the colours, you will form relationships with other potential White Lighters. These experiences may be brief or may continue throughout the game.

You are to assist one another in feeling the colours, but you may not feel a colour for another player. Most importantly, you cannot make another player feel a colour. This will confuse your own colour experience and stall your game. Any player dabbling in this kind of activity runs the risk of becoming a Dark Lighter. (More on this later.)

## **WARNING**

It is essential that you do not identify with your colourful experience. If you do so, you may get stuck in a particular colour vibration for the remainder of the game. This will only happen if you make the colours personal. Remain impersonal and keep your energy flowing.

Remember you are to feel the colour, not be the colour. Stay focused on your goal, especially when you are overwhelmed by the energy of a colour.

For example, if you were integrating red, then you would sense that you are seeing red, rather than actually being red. You may impersonally describe this as, 'I feel angry' rather than the more personal, 'I am angry'.

Remember it's impersonal, not I'm personal.

Focus on your objective. You are a potential White Lighter. Identify the individual colour triggered by the experience, feel it, bank it and move on.

A good tactic is to be independent of the good opinion of others. Nobody can make you feel angry. You are simply feeling a colour. That is the game.

If you relinquish control of your game to another player, by holding them responsible for your colour experience, you will immediately forfeit your freedom to think, speak and act and you will lose your ability to appreciate your full colour vibration.

As a result, you will not be able to bank your colours, your energy will stagnate and your White Lighter potential will wane. In this instance, you will lose some ability to feel and may even become numb. You will be imprisoned and will have to repeat the experience in order to release the colour and gain your freedom.

The repeat experience will usually be of a stronger vibrational nature, so that you are able to recognise the colour that you are stuck in, recharge yourself and move on.

If you do not get it the second time around, it will become recurrent until you do. The longer you take to bank your colours, the more imprisoned you become. This is the pathway of a Dark Lighter.

## **Player Status**

A White Lighter is a player who has experienced, integrated and banked all of the colours available in the game. They have become an embodiment of Love and are consciously aware of the motion of the Infinite Field of Energy. They are now in the game, but no longer a part of the game.

They can choose to re-enter the game at any time to influence the motion of the game by resonating particular higher colour frequencies. This is usually done to inspire and uplift the game when the momentum is stalling and more players are becoming imprisoned. At all times, a White Lighter honours the freedom of other players and their choice of colour experience, never forcing a particular frequency upon them. They simply embody the light.

A Dark Lighter is a player who is totally imprisoned in the lower vibrations of the colours. Being overwhelmed through recurrent experience, they fail to bank their full frequency and become addicted to the momentary 'rush' of the individual colours.

Having lost sensitivity to the higher vibrations, they continually seek the ever-increasing stimulation of the lower vibrational colours. By manipulating the thoughts, words and deeds of other players, they are able to influence the colour experience and trigger specific 'feel good' colours. This tends to stall the game.

### **How to Play**

Firstly, you must stay in the flow of energy at all times. This will enable you to feel and appreciate the fullness of each colourful experience, while still maintaining an open awareness of your White Lighter potential. To do this, it is absolutely essential that you keep breathing.

Through your breath, you have a direct line to the Infinite All and this will keep your energy charged and flowing as you experience the lower colourful vibrations.

If you relinquish your breath to anyone or anything, whether through thought, word or deed, you will lose control of your game and become dependent on the good opinion of others.

This will drain and imprison you.

Watch every thought, word and deed. Keep them light and use them wisely, for they will steal your breath.

The breath pattern for the game is a conscious connected breath. That is, the inbreath must continuously and consciously follow the outbreath.

A deeper explanation can be found in the Ultimate Freedom Technique.

As you experience each colour, identify it by acknowledging the particular vibration. To help you, the colours have been grouped into 5 particular attitudes.

These are:

- **Worry** (depression, anxiety, hate, obsession, self-protection)
- **Fear** (timidity, perfectionism, criticism, frustration, desire for life)
- **Anger** (cowardly, irritable, indecisive, unstable, controlling)
- **Sadness** (grief, overwhelmed, unforgiving, accumulation)
- **Insecurity** (pretence, cover up, nervous, confused, self doubt)

Use your own discretion when relating the colours to the attitudes.

These attitudes best demonstrate the primary vibrations of separation that you will be experiencing in the game.

These are:

- **Abandonment**
- **Self Worth**
- **Trust**

Once you have identified the particular vibration that you have chosen to integrate, you need to activate the flow of energy in your body.

This is done through the energy lines of your body, which accommodate the unique colour vibrations. These are known as meridians and they can be accessed through the fingers of your hands.

Each finger represents a particular attitude and connects to 2 specific meridians.

To activate the flow of energy in your meridians, it is necessary to wrap the fingers of the opposite hand around the relevant attitude finger. Either hand can be used.

The attitude fingers are:

- Thumb – Worry
- Index – Fear
- Middle – Anger
- Ring – Sadness
- Little - Insecurity

**Example** - if you have chosen to experience red, you may identify it as anger. This relates to the middle finger.

You now need to bank the red and build your white light.

To do this, you need to energise the red and raise the higher vibration of the feeling in your body, so that you can bank the full colour vibration and allow the energy to flow.

Each attitude has a corresponding higher vibrational counterpart.

These are:

- Thumb – Peace
- Index – Love
- Middle – Trust
- Ring – Joy
- Little - Acceptance

### **Banking Technique**

Relax into the feeling and begin breathing in a deep, connected rhythm.

While holding the appropriate finger, acknowledge the vibration by saying:

‘Even though I feel (worried ... afraid ... angry ... sad ... insecure) about (identify the experience), I deeply and completely love and accept myself.’

This reminds you that you have chosen to experience a colour in order to come to know your full potential as a White Lighter.

To raise the vibration of the colour, repeat: ‘I gratefully accept this feeling of (worry ... fear ... anger ... sadness ... insecurity), I release it ... and replace it with a feeling of (peace ... love ... trust ... joy ... acceptance).’

This lifts and balances the colour into a flowing energy pattern that you can bank.

It is essential that you do not think, speak or do anything, until the vibration has been integrated or you will lose the banking opportunity.

Maintain a conscious, connected, breathing rhythm and focus on the feeling until you feel a sense of release. You can do this by quietly repeating the attitude you are feeling: ‘this worry ... this fear ... this anger ... this sadness ... this insecurity’.

This can take up to 6 minutes. Once released, you will have successfully ‘banked’ your colour and will be able to think of the experience, without losing energy.

You are now ready to move on.

**Important note:** every experience is simply a vehicle for triggering a colourful feeling. Do not place any undue importance on the nature of the experience, i.e. do not get caught up in what is happening, why it is happening, who it is happening with or even where or how it is happening. Focus solely on the feeling; that is what you are after.

By defining the experience and attaching meaning to it, you will become imprisoned in a colourful personality box and stall your game.

If for any reason, you do get caught up in the experience, you can always release the colour at a later stage of the game, once you are aware of it.

### **Banking after the event**

To do so, firstly remind yourself of the experience and raise the particular vibration in your body. Next, determine the intensity of the vibration on a scale of 1 to 10.

Lastly, holding the appropriate finger and repeat: 'Even though I feel (emotion ... worried ... afraid ... angry ... sad ... insecure) about (current or past experience), I deeply and completely love and accept myself'.

Raise the vibration by repeating: 'I gratefully accept this feeling of (worry ... fear ... anger ... sadness ... insecurity), I release it ... and replace it with a feeling of (peace ... love ... trust ... joy ... acceptance).'

Quietly, breathe in a consciously connected rhythm, while feeling the relevant vibration. You can focus your intention more deeply by adding: 'this worry ... this fear ... this anger ... this sadness ... this insecurity'.

Re-evaluate the intensity of the feeling on a scale of 1 to 10 to monitor your progress.

If you do not get a full release, continue holding the relevant finger and repeat: 'Even though I still feel some (worry ... fear ... anger ... sadness ... insecurity), I deeply and completely love and accept myself'.

If you still feel that you are not progressing, check to see whether there are any associated colours involved. You may have had a multi coloured experience and may need to deal with a number of different emotional attitudes.

You can address each one individually, or use the Turbo Banking Technique to address the primary vibrations of separation directly. These are the vibrations that give rise to the individual attitudes.

Use this technique when you are not sure of the particular colour that you are dealing with, or when you want to bypass the individual integration method and turbo boost your energy system. This is an extremely powerful way to rapidly move forward in the game.

### **Turbo Banking**

Rub your hands together and place them in a prayer like position. This will instantly connect all of your meridians, the left and right sides of your brain and stimulate your energy flow.

While breathing in a deep, even, consciously connected rhythm, quietly repeat: ' Even though I feel (abandoned ... unworthy ... distrustful) about (current or past experience), I deeply and completely love and accept myself. I surrender completely to this feeling of (abandonment ... unworthiness ... distrust), thereby releasing it and allowing the feeling of love to fully flow in my life. I am grateful for this experience, that through it I may come to know my wholeness.

As the release occurs, you will feel a sense of lightness. This is a taste of ultimate freedom.

### **Becoming a White Lighter**

Once you start to experience a flow of energy, you will become more and more aware of the oneness of All That Is.

It is now time to up your game. You must consciously maintain your flow of energy by keeping your colours in their higher vibrational attitudes.

In every experience, quickly identify the relevant colour that you feel, raise it to its highest state (peace, love, trust, joy, acceptance) and bank it.

The more colour you bank, the more white light you will feel and the more white light you feel, the more colour you are able to bank. Keep going, you are almost there!

Once you have banked all of your colours and merged with the Infinite Field of Energy, you will attain White Lighter status.

### **The Doubler**

At any time during the game, you can employ the doubler to instantly increase the intensity of the colour that you are feeling. This is a tactic usually employed by both White and Dark Lighters, who are already familiar with the colour vibrations.

To do this, it is necessary for you to identify the colour being felt by another player and immediately resonate the same colour vibration in your own body. This doubles the energy sensation that you are feeling.

The fundamental difference is, White Lighters resonate the higher frequencies, while Dark Lighters resonate the lower frequencies. Be warned, this technique rapidly accelerates the game; however one path leads to Ultimate Freedom, while the other leads to Ultimate Imprisonment.

Use this technique with caution, as it will influence other players' games. White Lighters use the technique to increase the motion of the game and assist other players in gaining their freedom; Dark Lighters use it to feed their colour addiction and entrap other players, thereby stalling the game.

Remember the game is not over, until everyone experiences Ultimate Freedom. Everyone must become a White Lighter in order for All That Is to know that it is All That Is.

### **The Secret of Ultimate Freedom**

Once you have achieved White Lighter status, you will be fully aware of the Infinite Field of Energy in all of its living radiant colour. At this stage, you will no longer be influenced by individual colour frequencies.

Instead, you will be a resonant field of pure flowing energy. All of your colours will have merged into one. You will be in the game, but not a part of the game. This is Ultimate Freedom.

As a White Lighter, you have become an embodiment of Love ... a conscious awareness of the Infinite Field of Energy in motion. There are no more experiences to be had; you are at Peace in the eternal moment, known as the Presence.

Ultimate Freedom only exists in this Presence. This is also known as the Now.

The secret of Ultimate Freedom and maintaining White Lighter status is to remain in the Now and maintain a continuous, conscious awareness of the All That Is until the end of the game.

All players should familiarise themselves with the Ultimate Freedom Technique early in the game, so that by the time they achieve White Lighter status, it is second nature to them. This technique is essential for maintaining White Lighter status and staying in the Now.

### **Ultimate Freedom Technique**

Ultimate freedom can only be attained once you have balanced the primary vibrations of separation and have entered the eternal presence of the All That Is, known as the Now.

This leads to a sense of Light, Love and Peace (the qualities of a White Lighter) and results in an attitude of peaceful surrender.

At any time in the game, you can adopt the White Lighter attitude and enter the Now.

To do this, you need to become mentally, emotionally and physically aware of the Infinite Field of Energy ... the All That Is.

Your body has been perfectly designed for the Game of Life. You have a mind with which to perceive the All, a heart with which to value your awareness of the All and a body with which to feel your evaluation of the All. The more aware you are, the more value you are able to feel. Once you are fully aware of the Infinite presence of the All, you will also be able to feel the full Presence of the All in your body. As such, you will become an embodiment of the All.

The Ultimate Freedom Technique is the direct pathway to attaining the attitude of peaceful surrender, thereby bypassing the need for individual attitude balancing.

Once you have mastered the technique, you will be able to maintain your White Lighter status for the duration of the game.

**Exercise** - Sitting or lying with a straight back, make yourself as comfortable as possible, moving if necessary.

Become aware of your breathing. Notice the cool sensation of breath entering your nose and pay attention to the sound of your breathing.

As you naturally release your breath, notice the warm sensation in your nose and once again listen to the sound of your breath.

Relax and breathe freely, allowing the inbreath to naturally follow the outbreath. Picture the waves of the ocean coming up onto the beach and then subsiding back into the ocean. Your continuous breath symbolizes your conscious awareness of the natural motion of the Infinite Field of Energy.

After a period, expand your awareness to include the movements in your chest and belly. Feel the rhythm and pulse of your heartbeat, as your chest expands with your inbreath. Your awareness of your continuous heartbeat symbolizes your conscious appreciation of the natural motion of the Infinite Field of Energy within you.

Make sure that you are feeling your breath, hearing your breath, feeling the movements in your chest and belly and feeling your heartbeat!

By expanding your awareness and focusing on more than one sensory experience at a time, your mind becomes still.

Now add to your sensory experience, by expanding your awareness to include your hands. In other words be aware of your nose, your heartbeat and your hands. Now focus on your feet ... and now your face.

Now expand your awareness to include your whole body. Feel your body ... feel every cell in your body. Feel the energy within the cells of your body.

This continuous sensation symbolizes your conscious feeling of the natural motion of the Infinite Field of Energy within you. You now have an expanded awareness of the White Light of the All.

Nose ... heart ... body ... all at once ... Light ... Love ... Peace.

By consciously acknowledging every breath, every heartbeat and every cell, you are filled with the Light of recognition, the Love of appreciation and the feeling of Peace. You are in the Infinite Field of Energy; you are the Infinite Field of Energy.

Practice this exercise daily to familiarize yourself with the attitude of peaceful surrender.

Once you have achieved White Lighter status, you must maintain your stillness of mind with an attitude of peaceful surrender, to avoid getting caught up in the game again.

This will be necessary for the remainder of the game.

Before you think, say or do anything, make sure you are one with the Infinite Field of Energy ... nose ... heart ... body.

**Life ...It's a Feeling!**

According to ancient Taoists, the practice of the Tao begins with feeling. Without feeling, life is meaningless.

In the Game of Life, every moment is perfectly planned.

By allowing yourself to feel each moment in its fullness, you will automatically reveal your true colours.

By denying your feelings, you suppress your true colours and alter your game plan.

You are already a White Lighter, it is your nature; you just need to know it.

Keep your mind out of the game, stay true to your feelings and you will win the game.

It is only a matter of time.

**Game Record**

Attitude

Colour

Banked

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