



Extract from “*The Light Shall Set You Free*”, Dr Norma Milanovich & Dr Shirley McCune

## **CREDO FOR THE LIGHT WORKERS OF THE WORLD**

There is one Creator.

Love is the creative force of the universe.

We are all children of one God.

There is only Oneness and we are all mirrors of one another in this vast creation.

Humans are radiant beings of Light with unrealised power, waiting to become transformed into higher-dimensional forms.

We each have a Higher Self that is waiting to be realised and that will transform us.

Humans are co-creators with God and each person has been sent to Earth to fulfil a mission.

## **CODE OF BEHAVIOUR**

1. Your mind can hold only one thought at a time. You must choose either thoughts of hope, love and Light or thoughts of fear and negativity.  
Become the dreamers of Thoth. Hold the perfect vision in your mind for yourself, your loved ones and the world. Let no mortal take that vision from you.  
Follow your dreams and never stop believing in yourself. You will become more powerful than individuals who have knowledge but do not have the courage to realise their dreams.
2. Never put energy into responding to those who try to tear you down. Feed only the positive and keep this energy flowing into your accomplishments. Negative forces divert your energy and prevent you from realising your dreams.
3. Hold the Light for the world. Never underestimate the effect of a kind action or word. Stand firm with your integrity, even under adversity, and be kinder than necessary.
4. Commit your attitude and behaviours to self-improvement. See pain and disappointment as opportunities to accept greater challenges and then forge boldly ahead to become the person you are destined to be!
5. Compare your behaviour with that of others and become more positive than anyone you know. Strive to embody a positive attitude and watch your performance soar.

6. Take responsibility for all aspects of your life by watching every thought, word, action and feeling that you emit. End the practice of blaming others and see that all pain and disappointment are only opportunities for growth and mastery.
7. Smile, for the gift of a smile is free. Let your smile grow into laughter and share this with the world.
8. See the Light of the soul within all people, knowing that each is a child of the one Creator. Treat all as you yourself would like to be treated, even though some individuals may challenge your patience.
9. Never give up on those who appear negative, for the truth is that their need to find love is greater than yours.
10. Never forget that a person's greatest emotional need is to feel appreciated.
11. Boldly carry the banner of St. George into battle and feel victory at your side. Winners go where losers do not care to journey. Something deep inside you remembers what it is like to be fearless.
12. In mastery, one must be willing to assist others out of the brambles. You must be willing to obey your own inner guidance. Find the teacher inside and listen to the wisdom. You not only will become enlightened but you will also become a Master.
13. Never forget that we have embodied in order to live in harmony with others and with the Earth and to increase our awareness of the God-self within. Harmlessness is a basic part of our consciousness and must be accessed if we are to become Masters.
14. For every moment of every day there is an appropriate prayer to say. Find the prayer that is right for you in this moment and give thanks that you have the wisdom and insight to recognise it.