Fed by the Light

A Channeled Message on Energy Sustenance and Spiritual Nourishment (June 4, 1999)

OVERVIEW

This 31-minute message discusses how consciousness is literally nourished by light—both physical and non-physical. The beings explain that advanced beings 'feed' from cosmic light frequencies and how humans can access higher sustenance through consciousness elevation and spiritual practice.

CORE CONCEPTS

Light as Sustenance: Consciousness is literally nourished by light frequencies at all levels. 'Fed by the light' is biological and spiritual truth.

Frequency Feeding: Advanced beings sustain themselves through higher light frequencies unavailable to matter-based life.

Physical Food as Crystallized Light: Physical food is crystallized sunlight energy. All nutrition ultimately comes from stellar light.

Emotional Frequency Feeding: Negative emotions feed on low-frequency light. Positive emotions resonate with higher light frequencies.

Deprivation and Darkness: Consciousness deprived of light frequencies (hope, joy, meaning) becomes increasingly dysfunctional—spiritual starvation.

Sun as Primary Source: Earth's sun is primary light source for all consciousness. Disconnection from sunlight creates deficiency.

Meditation as Light Feeding: Meditation opens consciousness to directly absorb higher light frequencies, providing spiritual sustenance.

Love as Highest Light Frequency: Love is the highest frequency light. Those who live in love feed on the most refined cosmic sustenance.

Darkness as Absence of Light: Evil, negativity, and suffering represent frequencies starved of light, creating consciousness degradation.

Ascension Through Light Feeding: Spiritual evolution requires progressively feeding on higher light frequencies, elevating consciousness resonance.

KEY TAKEAWAY

Consciousness at all levels requires light sustenance—physical, emotional, and spiritual. Humans can elevate by consciously feeding on higher frequencies through love, meditation, spiritual practice, and connection to light sources. Spiritual practices aren't abstract but literally feed consciousness with essential frequencies. Evil and suffering represent severe light malnutrition. Evolution involves progressively accessing and integrating higher light frequencies, with love being the highest sustaining frequency available.

Recording Date: June 4, 1999 | Duration: ~31 minutes
Summary Created: August 29, 2026