

Like a Watered Garden
"Self-CREATION, Day 4"
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Day 4 of Creation: "...to give light upon the earth."

"And I, God, said: Let there be lights in the firmament of the heaven, to divide the day from the night, and let them be for signs, and for seasons, and for days, and for years; And let them be for lights in the firmament of the heaven to give light upon the earth; and it was so. And I, God, made two great lights; the greater light to rule the day, and the lesser light to rule the night, and the greater light was the sun, and the lesser light was the moon; and the stars also were made even according to my word. And I, God, set them in the firmament of the heaven to give light upon the earth, And the sun to rule over the day, and the moon to rule over the night, and to divide the light from the darkness; and I, God, saw that all things which I had made were good; And the evening and the morning were the fourth day." (Moses 4:14-19)

On day four God set up seasons, time and light. He created the sun, the moon and the stars to "give light upon the earth." We were also created to "give light" here on earth, each according to her purpose, each according to her season and time.

Time and Seasons:

Think of how the sun and moon change with the seasons. In the summer the light is brighter and fills more of the day. In the winter light is softer and shorter in duration. The positioning of the sun and moon changes with the seasons too, the sun shining more directly overhead in the summer than in the winter.

So too does our "light" and ability to shine change with the seasons of life. And change is good. It is part of the cyclical nature of this world. It forces us to have times to learn and grow, and times to teach and shine. In the "winters" of life—the darker, colder times—we can take a lesson from the sun and retire earlier, retreat to safe, warm spaces a little more, turn inward, reflect, listen, and learn. In the "summers" of life, just as the days are warmer and longer, so must we "shine" a little more—sharing our talents and light, serving and loving. (Read "[Understanding The Seasons of Personal Growth](#)" [here.](#))

The sun and moon also change in daily and monthly patterns. In fact, as women, our menstrual cycles are mirrors of these monthly changes. And with the changes in our bodies and daily circumstances come changes in our ability to give light. It is ok and even necessary to have fluctuations in how much we "shine" or how often. It is nature's way.

Greater and Lesser lights:

We mustn't go around saying, "I'm a sun and you're only a star," or "I'm just a moon and I always will be." Instead, we all shine like the sun, the moon and the stars at different points and in different seasons of life. The point is that we shine according to God's word, according to the measure of our creation and the season we are in.

We can also compare this to the “Great and Noble Ones” referenced in the scriptures (Doctrine & Covenants, section 138), thinking of all the incredible people who have come to this earth in their time and season to shine and give light according to who they were created to be. Have you ever felt like a “Great and Noble one”? If not, think again.

Light and Love:

The excellent book, “And There Was Light” is the autobiography of Jaques Lusseyran, a Frenchman who, at 8 years old was blinded in an accident. Learning to cope with his newfound blindness he writes:

“Barely ten days after the accident that blinded me, I made the basic discovery. I am still entranced by it. The only way I can describe that experience is in clear and direct words. I had completely lost the sight of my eyes; I could not see the light of the world any more. Yet the light was still there. . . . All the world around me was convinced that I had lost it forever. But I found it again in another place. I found it in myself and what a miracle!—it was intact. . . .”

“I felt it (the light) gushing forth every moment and brimming over; I felt how it wanted to spread out over the world. I had only to receive it. It was unavoidably there. It was all there, and I found again its movements and shades, that is, its colors, which I had loved so passionately a few weeks before.”

“This was something entirely new, you understand, all the more so since it contradicted everything that those who have eyes believe. The source of light is not in the outer world. We believe that it is only because of a common delusion. The light dwells where life also dwells: within ourselves.” (Quoted in Thomas, Catherine, “Light in the Wilderness,” p. 123-4).

The “light” we are meant to shine is within. In fact, experts in physics now know that what we perceive as our “physical body” isn’t what we think it is; on the subatomic level, we are literally made of dynamic energy and light. This is what Lusseyran sensed once his physical eyes could no longer see.

He also made a second discovery. As he writes, “. . .there was only one way to see the inner light, and that was to love. . . .Sometimes it even went out completely. Then I became blind. But this blindness was a state of not loving any more, of sadness; it was not the loss of one’s eyes. . . .By and by I learned to understand that love meant seeing and that hate was night.” As Catherine Thomas comments, “. . .love makes possible true seeing” (Light. . . p.123-4)

When we are full of light, we love and when we love we are full of light.

Take some time to ponder the interplay of light and love in your life. Begin to discover, uncover or recover the glory of the sun, moon and stars within you. Then go out and “give light upon the earth.” Make it so. Then stand back and see that what you have made is “good”.

Homework: *Shed a little light by prayerfully considering the following...*

- 1) What “season” are you currently in? What does this say about what you are meant to do (or not do) at this time?
- 2) What ways were *you* created to “give light upon the earth?” Begin a list.
- 3) What brings out your inner light? What do you love? What would you get up early to do each day?
- 4) What stands in the way of your light? Brainstorm ideas to unblock it.

Next: Day 5, “...bring forth abundantly the moving creature that hath life...”