

Be Still and Know Truth

YAH
LightTM



DAILY MEDITATION AND PRAYER PRACTICES



The YahLight Daily Meditation and Prayer Practices are unique combinations of **stillness, music, meditation** and **prayer** used for surrendering and connecting to The Spirit of God within. The YahLight practices are designed to improve conscious contact with God and bring you into an intimate relationship with your body, spirit, heart, and soul. Surrendering all to God's Holy Spirit, in spirit and truth, enables you to hear His will for your life.



This transformational discipline takes you from the outer world to your inner world where you can seek and find The Kingdom of God. Faithfully draw near to God and recover the virtues of His Spirit; peace, love, joy, patience, kindness, goodness, gentleness, faithfulness, self-control, mercy, forgiveness, wisdom, hope, grace, truth, light, power and more!

These programs were created by Tonyah Dee.



About Tonyah



Tonyah is a divinely inspired teacher, singer and songwriter with a call from The Spirit of God to share her practice of daily meditation and prayer. She is a Registered Dietitian who believes in feeding the body, soul and spirit. Tonyah's hope and vision is to bless others with the peace and power that comes from connecting to God through this practice or her music.

DAILY PRACTICE

Step 1



restore

Faithfulness

THE BODY

Step 2



sanctuary

Gentleness

THE BREATH

Step 3



create

Goodness

THE WORD

Step 4



harmonize

Joy

THE SPIRIT

Step 5



connect

Peace

THE HEART

Step 6



open

Love, Kindness

THE SOUL

Step 7



renew

Self-Control

PRAYER

Step 8



believe

Patience

Watch video introduction:



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Watch samples of the workshop:



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Go in Grace and go with Grace.