

# The Story of Day One

*It is before the beginning of time and the breathing spirit of a god is hovering above the surface of deep shoreless waters in total and complete darkness.*

*In the most lifeless environment one can imagine, the god visualizes a **Kingdom of Life**. This god is unnamed, but we are told it is a creator. It creates by changing things that exist.*

*Only three things exist now – the unnamed god, deep waters and total darkness. Which will the god change first?*

The god chooses the darkness to change first. It uses its breath to form and speak these words, *“Light exist!” And instantly light exists!* This light isn’t like the light that comes from the sun, fire or a smartphone. *It is the light that comes from the breath of this god.”* Think of it as *“the energy of life and the light of enlightenment.”*

With that breath, life came into existence outside of the god.

This god uses a standard to measure its words and actions. It measures to see if words and actions are *“good for life.”* In the language of this god, *“words and actions that are good for life”* are called **“TOV.”** When the god measured the newly created light – *they were found to be TOV, good for life!*

Now the *god, deep waters, darkness and light* exist. The next step in the process of creation is *“make clear distinctions between things that exist”* and the god does this *“by naming them.”* The god named *light “Day”* and *darkness “Night.”* In order for the *Kingdom of Life* to exist, darkness and light are both needed. They will exist together in perpetual cycles of time.

Each cycle begins with darkness and the beginning of **Night** is called *“evening,”* while the beginning of **Day** is called *“morning.”* The *first cycle* has now been completed and it is called **“Day One”** *because it marks the first appearance of light. It also marks the creation of time.*