

JANUARY 2006 - WORDS OF LOVE FROM BARBARA WILDER

Dear Friends,

As I contemplate the possibilities of 2006 I am filled a sense of transformation and fulfillment. (As you can see I contemplated all the way until February. ☺) The year 2005 was incredibly challenging for many of us, but now we are about to reap the rewards of meeting those challenges. As I contemplated writing this newsletter to you this morning, I began to think about what this coming year may hold for us, and almost immediately I thought of empowerment and prosperity. I rolled those words around in my heart for a few moments and the feeling was both healing and enlightening. While I continued to meditate, I realized that both empowerment and prosperity emanate from self-love. Self-love is the most powerful love there is, because when we love ourselves we love both our personality self and the Divine self within us. And when we are able to truly focus on our Divine self we are connected to the great flow of universal love.

I share this with you, because so many of us believe that to love ourselves above all others is selfish. In the past spiritual people were taught to be selfless and to embrace poverty, but that time is ending, and we are moving into a brand new paradigm. This new paradigm is the paradigm of JOY. And to feel the joy, we must release the old belief that we must suffer for our spiritual evolution, and open our hearts to the flow of joyful acceptance by the Divine universe. To do this – to step into this new paradigm of joy – we must find true love within our own natures. That is, we must fall in love with ourselves. When we do, empowerment and prosperity will be ours.

“We only learn to love by loving.”

- Iris Murdock

MEDITATION

Here is a simple meditation to help you begin to feel your own self-love.

Sit in a comfortable chair, the comfier the better. Close your eyes. Take three or four deep breaths and allow yourself to sink deep into the chair. Think of gathering all your thoughts into a point in the middle of your forehead, disconnecting as much as possible from your daily life. This brings you more fully into the present – the most powerful place and time in the universe, *here and now*.

Now, think of moving with your gathered thoughts, or gathered awareness, up through the top of your head into a place about six inches above your head. This is your Sacred Upper Room. It is the 8th Chakra, which is the transcendental chakra that connects you to Divine Source. It is also the home of your Immortal Being of Light, or your Spirit-Self.

Spend some time in your Upper Room. Explore it. It can be any place you want it to be. Indoors or out. And it can change every time you go there, or it can stay the same. It is your Upper Room. Enjoy it.

Soon you will become aware that a White Star has lighted and the light is permeating the room. Bask in the light. Soon you will become aware of your own Immortal Being of Light emerging from the light. Feel the white light and love of your Immortal fill your body and your ten foot energy field that surrounds you. Then feel/ sense your Immortal Being of Light expanding through your body and field.

Open your heart and feel the love that your Immortal Being of Light has for you. Let your heart open little by little to experience all the love you can. (Each day you will be able to feel it more and more.) Become aware that your Immortal Being of Light is your own Divine Self.

As you assimilate this love, think of sending love back to your Immortal Being of Light, and become aware of the two-way flow of love. Sit in this two-way flow of love between your personality self and your immortal self for as long as you can.

Carry that feeling of love into your day. During the day take a few moments to reconnect with this two-way flow of Self-Love.

MANTRA

You may want to repeat this mantra also: “As I turn my love self-ward, I become more and more connected to the Divine in everyone and everything.”



EVENTS, etc.

I had a very wonderful experience presenting a talk and leading a panel on The Power of the Feminine at Deepak Chopra’s *Human Forum of Puerto Rico* in December. There were over 400 people at the conference, all of whom were focusing their energy on helping make the shift into the new paradigm. The other keynote speakers included Marianne Williamson, Dennis Kucinich, Deepak Chopra, Jeffrey Sachs, and others. This was the third year of the conference, but the first year that they included THE POWER OF THE FEMININE. Very positive.

Also,

I’m excited to let you know that **EMBRACING YOUR POWER WOMAN: 11 Steps to Coming of Age in Mid-life** has gone into a second printing with a new cover and subtitle, along with a foreword by Angeles Arrien and lovely quotes from Shirley MacLaine and Deepak Chopra recommending the book. You can look at the new cover and read an excerpt from the book on the website. www.BarbaraWilder.com

Also - I have a new column called *Embracing Your Power Woman*.
on a very informative and helpful website: www.feminist.com

UPCOMING EVENTS:

Embracing Your Power Woman 13 Week Course – Thursday
Nights, February 16 – May 11. Longmont, CO - \$295. Email or call
me to register. 303-776-3838 info@BarbaraWilder.com

Embracing Your Power Woman talk – Boulder Red Hat Society –
February 15 – 7:00 – Boulder, CO – Contact Cindy Nelson

**Women Learning to Love Ourselves and Our Sisters – One Day
Workshop** - Boulder, CO - \$100.00 March 18 12 - 5

For women of all ages. In this workshop you will take a journey deep into your heart to
find our connection to Divine love, strip away the old beliefs that you don't deserve
unconditional love, and begin to fall in love with yourself. The beginning of the most
exciting love affair of your life.

To register call 303-776-3838 or email info@BarbaraWilder.com

MONEY IS LOVE – One Day workshop – Boulder, CO - \$100.00
April 22 12 - 5

Learn to bring spirit into your economic life to release the flow of abundance and open to
your true prosperity.

Key note address on THE POWER OF THE FEMININE
BOOK EXPO AMERICA – IPPY Awards – Women's Gallery –
Washington D.C. –May 19, 2006 – 8:00 PM

EMBRACING YOUR POWER WOMAN WORKSHOP

OMEGA'S WOMEN'S INSTITUTE

October 13 – 15

Omega Institute – Rhinebeck NY

Products at www.BarbaraWilder.com

1. **Money Is Love – the book** - \$9.95 plus shipping & handling
2. **Money Is Love – on CD (2 CD Set)** - \$15.95 plus s & h
3. **Money is Love 30 day workbook – E-booklet** - \$5.00
4. **Embracing Your Power Woman – the book** - \$19.95 plus s&h

Services –

Workshops with Barbara Wilder – see above or Calendar of events at www.BarbaraWilder.com

To schedule a workshop or talk in your community see the Workshop page on the website and then contact Barbara at info@BarbaraWilder.com

Private Transformational Therapy Sessions with Barbara Wilder

- Barbara, an ordained minister and facilitator of spiritual growth and transformation for over 15 years, works with you on any personal issues that are troubling you - to move the energy and help you release the blocks . She guides you into a deeper understanding of your own process so that you can open up to the true beauty and peace within yourself. Contact Ms. Wilder to set up an appointment. 303-776-3838. \$100.00 per hour. **In person or by phone.**

Coaching – by phone - 303-776-3838

Work with Barbara by phone or in person on your own empowerment, prosperity, and finding your true life's path.

Write to us at info@BarbaraWilder.com with your comments and questions.

May you find the powerful inner-truth and beauty that resides within yourself and let it shine through you and into the world.

Please feel free to send this newsletter to anyone who you think you might **enjoy it**.

Many blessings,
Barbara Wilder

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