

## SUMMER 2006 - WORDS OF POWER FROM BARBARA WILDER PLAYFULNESS

Dear Friends in the light,

In my last communication I talked about transitions and said that I knew that many of you were in some kind of transition and many of you were feeling frustrated because you weren't moving out of the transition and on to your next step fast enough. I talked about it being a gestation period and that we were nearing the birth canal, but that we needed patience to fully gestate. Well, my dears, the planetary energy has shifted substantially, as you may already be experiencing. So hang onto your hats. The stasis that I talked about in the last newsletter is over. We have moved into the birth canal.

When the energy shifts, or lifts up into higher frequency, as it has just done, the forces that resist positive change become even more active. You may be feeling this within your own nature. It certainly is apparent in world events of the past couple of weeks. To meet this new level of challenges I find that it helps if you stay focused on your daily tasks, meditate and/or pray daily and put as little attention as you possibly can on negativity. Though, it seems like this would be a time for getting serious, what is really be called for now is playfulness. Whatever we put our attention on is enhanced. What we resist persists. We must, and I stress *must*, do is put our attention on whatever brings us joy. Even if you don't feel a bit like laughing, do. Go to funny movies. Tell jokes, dance, sing, run through the sprinklers, go tubing down a creek. Find the most playful things you can imagine, and do them. Our attention on playfulness and joy, will be what pulls each of us personally and the world collectively past this current phase of resistance to the coming joyful paradigm. Create the joyful paradigm within your own life.

Though this may sound selfish when there is so much suffering going on the world, the truth is, that it is the most powerful thing you can do to help the pain and suffering. Bring joy to yourself, and I'm not talking about the indulgent pleasures, I'm talking about pure playfulness and joy, and that joy will spread like ripples on a lake. You can, if you feel so driven, stay mindful of the pain and suffering of the world, and send love and light to all who are suffering, but the most powerful thing you, as a spiritual seeker, can do right now is to experience playfulness and joy, because that will not only change your energy into a higher frequency, it will change the energy throughout the world to a higher frequency. Doing good works is also a fine thing to do now, but actually being playful and carefree is the most important thing you can do and be.

Those of you who are going through painful life changes, those of you who are living in a war zone, this may seem impossible and frivolous, but I assure you it's not.

Those of you with children, look to them to learn how to be playful. They know. They are your teachers. Chase balls, giggle, roll on the grass. Or look to the animals. All the animals play. Play. Play.

This is your sacred playful duty. ENJOY.

## MEDITATION

Here is a meditation that you may find joyful.

Sit quietly in a comfortable place. Close your eyes and imagine that you are in a dark hall or within a womb. Begin to disconnect all your thoughts and feelings from the busyness of your life and call them toward you, focusing more and more of your thoughts and feelings within your own mind and heart. Now, focus on the light within your heart. You may see the light as a golden light, a white light, or an indigo blue light (or any other color of light). Whatever color the light is, imagine it going deeper and deeper into your heart. Feel your heart opening to the light. Then direct the light deep into your core at your body's center. Let the light begin to wash through your heart and core like a warm bath. Then direct the light to flow throughout your entire body. Think of surrendering to the light.

Now, ask your mind to relax and allow the light to heal whatever is ready to be healed today. Then relax again into the light flowing through your body. As the light flows think of your own Spirit and your connection to God or Divine Source, and make the decision to give up and let God/Divine Source be your guide. Trust, if even just for an instant, that you will survive and thrive once you relinquish control. Take a few deep breaths, breathing the light and trust more deeply into your body and consciousness.

Carry that feeling of Divine Connection and Trust throughout your day.

## MANTRA

You may want to repeat this mantra also: "I surrender to the moment, and trust that my door will open at my own Divine time."



## 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](http://www.BarbaraWilder.com)

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

#### UPCOMING EVENTS:

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](http://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](http://www.BarbaraWilder.com) with Barbara Wilder – see Calendar of events at [www.BarbaraWilder.com](http://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](http://www.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.**

**Life Coaching and Money is Love 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](mailto: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

(To subscribe or un-subscribe to the list please hit reply and make your request.)

copyright © by Barbara Wilder – March, 2006  
All rights reserved