

FALL/WINTER 2006 - WORDS OF POWER FROM BARBARA WILDER BREAKTHROUGH

Dear Friends in the light,

Wow! Big movement!! Breakthrough!! Finally!

This has been a tough year. Many of us have been going through difficult times. As I said in the Spring Newsletter, “Whenever God closes a door, somewhere S/HE opens another, but it’s hell in the hall.” Well, we waited in the hall or in the womb as we gestated through the Winter and Spring, then in the summer we moved into the birth canal. It was a bit of relief. I suggested that we enjoy that movement toward birth and play, even though it might have seemed difficult to do. Now, we have moved out of the birth canal. The door at the end of the hall has opened. And the light is shining.

Great new energy is lined up in the universe to support all that we put our attention on. Now, we must make sure to put our attention on the good that we want to see in our lives and in the world. This is not a time for cynicism. This is a time for grounded optimism and the joyful embracing of all that is good.

The November elections in the U.S. made it clear that the tide has turned. People stood up and made it known that they want peace, not war, honesty, not hypocrisy, and transparency, not secrecy.

Many of you are feeling the transition within your own lives. Breakthroughs. Shiftings. New ways of looking at old things. Letting go of outmoded models of behavior. Pay attention to these changes. Honor them within yourself and in the world. Do that by focusing good energy, joyful presence, and loving kindness on yourself, and then on others around you. For those of you who aren’t aware of the transition, you may want to look a little deeper into your heart, because the shift is happening, don’t miss it by allowing yourselves to stay mired in the old belief systems.

All of us have to be careful not to get caught in the “too good to be true” trap. Or the “oh sure, things look good now, but it’s all just politics and politicians never follow through,” line of reasoning when looking at the elections. Or the “Yeah, but it’s gotten better in the past, just to revert back to the old patterns,” when looking at your own life.

It is difficult to keep focused on the positive feelings when the old feelings try to drag us back to our past experiences of reversals or failures. But right now the universal energies are working with us. Also, as we light workers focus on the light and the goodness and the joy, no matter how hard that is to maintain, we add our own energetic power to the universal shifting.

The old saying from the sixties, “If you’re not part of the solution, you’re part of the problem” says it all.

We made a stand on November 7. We must continue to make that stand, in the light -- believing strongly that we can make a difference. It is time to bring all of the enlightened power you have been funding over your lifetime front and center. Stand in it. Shine the light from the center of your very beingness. BE THE CHANGE.

MEDITATION

Find a very comfortable place where you can sit quietly for a few minutes. Let yourself settle into the chair or couch. Feel yourself relaxing a little deeper into the chair. Feel that you're being held and supported by the chair. Now, expand your awareness to experience that you are also being held and supported in the arms of the Divine Mother. Allow yourself to feel Her breath breathing with your breath, Her heart beating with your heart, and Her blood, Her rivers and oceans and tides, flowing with your blood. And surrender to the flow. Let your heart open to the great love She has for you, for just being you. Allow your heart to open a little more, and experience Her deep appreciation for your presence on Her beautiful planet.

Now enter your heart chakra. This is a metaphysical place within your body at the tip of your sternum. Explore your heart chakra. Walk around in it. Feel the love that flows through it. Be aware of the fears that also live here. Now, think of turning on a Ruby Red light, and let that light flood through your heart chakra and into your actual heart. Let the light bathe your heart chakra and your heart in pure love and emotional healing.

Sit with this for a few minutes continuing to open to the love that emanates from the light and from the Divine Mother.

NEWS FROM BOULDER

The past year has been difficult for me personally. I have experienced the dissolution of my 17 year marriage. I believed deeply in my marriage and loved my husband very much, but things change, people shift, and new life must emerge. The depths of pain that I experienced during this past year have been one of my greatest joys, because as I sat in the pain, and allowed myself to feel its rigors, the crying, the rage, the disbelief, the anguish of another betrayal, I began to see down into center of my soul, and out of the center of my soul emerged, or is still emerging, a brand new being. I am still damp, my wings aren't quite yet ready to fly, but my heart is healing and my core is stronger than ever. The world looks so different from this perspective. It is a perspective, a view of the world, God, and my own spirit, that I could never have imagined in my life before the break. And yet, as I see it now, I realize that it is what I have longed for, without knowing how to get here.

Elizabeth Lesser, the co-founder of Omega Institute, wrote a wonderful book called *BROKEN OPEN* about the process of growth through the painful experiences in our lives.

At the beginning of the book she quotes Anais Nin, “And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

During the summer as the divorce was being finalized, I felt like it was time for me leave Boulder where I have lived since 1994, and move back to Los Angeles. My wonderful son, who is my only family, is there, along with some very dear friends, and I love LA. I am a born and bred Californian, and I miss it. But in the past month as the planetary breakthrough took place, and my own inner life force was shifting and blossoming, it began to become clear to me that there is more for me to do in Boulder. As I meditated on this new wrinkle, the vision of a center for light energy meditation studies emerged. And now it is coming into being.

I have found a lovely space for the center, which is called the Transformational Light Center. I am in the process painting, carpeting, and getting the place ready to open on December 15. Private sessions will begin then, and light energy meditation classes will begin on January 11.

There will be a party to celebrate the opening sometime in January, and I will send you all an invitation.

In the meantime, we are approaching the Solstice. The days are shorter and shorter. The nights are longer and longer. And it is in the darkness that we find our truth and are reborn.



Special Treat

Click or cut and paste this link. It says it all. Then come back.

<http://www.globalcommunity.org/flash/wombat.shtml>

MONTHLY COLUMN

Check out my ***Embracing Your Power Woman*** bi-monthly column on the wonderfully informative website, www.feminist.com

This column is about the Power of Health and Beauty. Some interesting insights.

UPCOMING EVENTS:

TRANSFORMATIONAL LIGHT CENTER opening in Boulder Dec. 15
3333 Iris Ave. Suite 207

White Light Meditation course – 4 sessions – Thursday evenings 7 – 8:30 - \$100 – Call 303-776-3838 to register.

Nexus Holistic Expo – Millennium Hotel, Boulder, CO – Feb 10 -11
I'll be speaking about **Women of Spirit in Action** – Women connecting to their deep spiritual truth, and then taking the power of that out into the world to create positive change.

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 –

To schedule a workshop or a talk in your community see the Workshop page on the website and then contact Barbara at info@BarbaraWilder.com or by phone at 303-776-3838

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 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.

With love and light,
Barbara Wilder

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