



March 2007  
WORDS OF POWER  
FROM BARBARA WILDER

## IT'S ALL ABOUT "THE SECRET"

Dear Friends in the light,

**THE SECRET!** It's everywhere - the DVD, the book, on Oprah, not just once, but twice in two weeks. People are talking about it in bars, at the gym, the supermarket. It's the greatest buzz since Nancy Pelosi. Or maybe, since The Beatles. Okay, not the Beatles. But it's really gotten people excited. This idea that our thoughts create our reality. Well, yes! Of course! Many of us have been talking and teaching about this for a long time. **THOUGHT DIRECTS ENERGY AND ENERGY FOLLOWS THOUGHT.** We are all made in the image of God, and God created the world, the universe. We create our personal worlds. Also, as members of society, we create the broader world around us with our collective consciousness. So, why all the excitement now, since so many of us have been aware of this phenomenon for at least the last two or three decades? Because, as I told you last month, all the energy is lining up to support this huge shift in planetary consciousness. Here's an excerpt from my last newsletter in January.

*What a new year this is! The energy is lining up. Everything we have ever needed is supporting us now. ....Open your hearts now, and let the light in. It's shining for you, and for everyone on this planet. Turn away from the constant stream of news about war, hate, and fear, and turn inward to your own soul, and you'll see the true beauty that reigns within you. .... You are the creators of a new earth. An earth that is ready, just ask her, for your participation in this lovely transformation.*

*Look into your soul and ask yourself what it is you truly, deeply, madly, want to create in your life, and then do it. You don't have to wait any longer. It is time. Embrace your deepest truth and your most glorious self. There's no more time for being small. Be your bigness!*

The Law of Attraction means that we manifest our most powerful feelings. If we feel loved, we draw love to us. If we feel prosperous, we draw abundance to us. If we feel successful, we draw success to us. And likewise, if we feel victimized, we draw all that victimizes us to us. If we feel afraid of failure, we draw failure to us. If we feel angry, we draw more anger toward ourselves from others. And if we feel fear around our finances, we lose money.

For the first time in our lifetimes the cosmic energy is lining up to support our deepest fears and our deepest desires. **The Secret** tells us to use our intentionality and focus on our deepest desires and to turn our backs on our fears.

My only caution to you is to not just turn away from your fear, anger, victimhood, money woes, but instead, dive into the center of them with love and light, and transcend them. It is then that your heart will open and reveal to you what it is your soul truly desires, and you will manifest gloriously. But if you simply try to use the principals of the Law of Attraction from ego driven desire you'll be reminded quickly of the old adage, "Be careful what you ask for, because you'll get it."

In my book ***MONEY IS LOVE: Reconnecting to the Sacred Origins of Money***, I write about *The Three "Gs" – Greed, Guilt, or Gut*. This is a way to gauge how much money you *actually* need to support your soul's desires as opposed to your ego's wants. To apply this start by remembering that everything in the universe is in a constant state of flux. Stay in the moment, because that is the only time there is. Then using your tools of journaling, white light meditation, and prayer, (these are all fully described in the book), begin to determine what your soul desires for you. Then ask your Soul or Higher Self how much money is required to support this. Once you have a sense of the amount of money required you are ready to use the Three "Gs" gauge.

1 – Ask yourself, again using your tools of meditation, journaling, and prayer, if this amount is based on Greed, or, in other words, your fear that there is never enough, in which case you may be asking for far more than you actually require. Ask yourself if a lesser amount feels more balanced. Without balance we can not stay steady. And even if we gain a huge amount of money and it is out of balance with our true Soul path, it will not last.

2 – Next, ask yourself if the amount you have come to is based on Guilt? Guilt comes from unresolved issues regarding self-wroth from your past (usually childhood and adolescence). Your actual requirements may be much greater than you have even dared to think about. Using your tools, examine this gently and compassionately.

3 – Now, it's time to ask your Gut. You've seen your own greedy wants, and you've examined your guilt-driven lack. Now you are free to move toward your truth, the feeling in your gut that tells you what you truly require to fulfill your Soul's desires. Allow your mind to wander and let your feelings come to the surface. Release the fear that surfaces that promotes Greed, and release the feelings of worthlessness that causes the sense of lack, and moving deep into the center of your Gut, open to what will serve you truly.

Here is a meditation that will be useful in this pursuit.



## 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 and expand to experience that you are being held also by the Divine Mother. Focus on your breath. And breathe deeply into your lungs, your heart, your brain, your core, and your legs and feet.

Now, focus in your third eye. This is your transcendental eye that exists on the spirit plane in the center of your forehead. This eye looks inward, and not outward, as do our other two eyes. Now, look with your third eye down into your 2<sup>nd</sup> Chakra which is deep in your belly about three inches below your belly button. Feel a channel opening between your third eye and your 2<sup>nd</sup> Chakra, and experience it being filled with bright white light. Let the white light purify this channel that runs down through your mouth, throat, upper chest, heart, solar plexus, and into your 2<sup>nd</sup> Chakra (your gut chakra). Feel the sensations being released into the light. These are the old blockages, memories, feelings of lack of self-worth and fear. Recognize them, and tell them that you no longer have need of them. Then allow the light to simply transform them into healthy powerful light energy.

Sit with this for a few minutes continuing to open to the expansion of your Soul Self within your Gut. Allow the joy of this to expand up into your Heart. Let the light begin to channel all that you truly require for your Soul's desires into your open Heart and Gut. Breathe in your true Abundance.

### **THOUGHT FOR CONTEMPLATION**

In *The Kabbalah of Money* the author, Rabbi Nilton Bonder, interprets the Talmud as saying that “**True wealth is abundance that does not create scarcity.**”



**MY COLUMN** – Check out my column on [www.feminist.com](http://www.feminist.com) because this month I have written about *[The Power of True Wealth](#)*.

**Radio Interview** – There is a new radio interview on the web in which I talk about MONEY IS LOVE. The host is a wonderful new friend, Dr. Tonya Freeman at Wisdom Talks Radio <http://www.freewebs.com/mrnarchive/WisdomTalks.htm>



### **NEW ON THE WEBSITE**

There's a new page up at the website for the Transformational Light Center in Boulder. Check it out. <http://barbarawilder.com/pages/tlc.html>  
Or go to [www.barbarawilder.com](http://www.barbarawilder.com) and click on Light Center.

### **UPCOMING EVENTS & CONTINUING EVENTS**

MONTHLY DROP-IN MEDITATION NIGHTS AT THE TRANSFORMATIONAL LIGHT CENTER 3333 Iris Ave. Ste 207 Boulder, CO 80304 – 303-444-2367

#### **PEACE MEDITATION NIGHT**

**First Tuesday of the Month – 6:30 – 7:45 PM**

Come together with like minded others to sit in mediation for personal and global peace. The guided light-energy meditation helps you release the stress of the day, open your heart to joy, connect with your own inner peace, and then send out loving and peaceful energy throughout the world. Meditating with others amplifies the experience and the power of the meditation greatly.

*Donations suggested but not required.*

**WOMEN'S CHAT AND MEDITATION NIGHT**  
**Last Tuesday of every month – 6:30 – 8:00 PM**

Spend time with other women chatting about your joys, your fears, your work, play, relationships, and the world around you. Explore new ideas with sisters. Barbara leads a guided light-energy meditation to close the evening.

Donations suggested but not required.

**WHITE LIGHT ENERGY MEDITATION COURSE -**

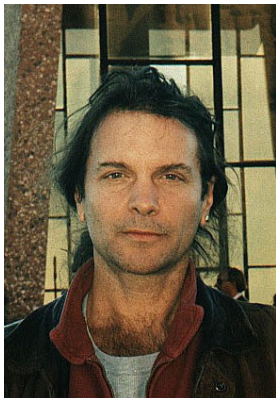
Beginning March 29 – 6:30 – 8:00 – 4 sessions on 4 consecutive Thursdays 3/29, through 4/19 - **at the Transformational Light Center –** 3333 Iris Ave. Suite, 207. Boulder, CO \$100 (Visa and MC)  
Call 303-444-2367 for more information and to register.

Barbara leads this introduction to Light Energy meditation and healing work. Learn to direct light through your body and consciousness to open yourself to your own lighted purpose. (This is a pre-requisite for advanced Transformational Light Energy Meditation courses.)

Read more about the Light Work at <http://barbarawilder.com/pages/tlc.html>

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**A Very Special event at the Transformational Light Center – Barbara's dear Friend, the powerful shaman, Malcolm Groome will be coming to Boulder to lead a shamanic weekend workshop. This is an intimate workshop. Only 8 people will be able to enroll. So, call to register as soon a possible. Here's the scoop.**



**A Shamanic Journey of Transformation**

with

Malcolm Groome

May 19 & 20

\$250 before April 15, \$275 After

Call 303-444-2367

These times on our planet are extremely challenging. If we look at what is happening in terms of the Mayan Calendar and

other teachings, we understand that what is occurring is a global and personal Transformation on a magnitude and at an acceleration that is greater than anything we have known. Even as we open to new Power and Presence, the old patterns and archetypes of our lives are crumbling. It is important to work with, rather than to resist, the transformational energies that are available to us, to let go of what no longer serves us, and to allow ourselves to evolve into a new way of Being.

**In this experiential workshop**, we will create a safe container that will allow us to enter deep states of healing and transformation. We will employ the art of Council to share our experiences and feel our connection, and we will choose from tools of guided meditation and shamanism, as well as teachings of quantum physics, the Mayan Calendar, and non-duality.

### *About Malcolm Groome*

Malcolm Groome has traveled the world to visit power spots and sacred sites, studying Raja Yoga in India, Tibetan Buddhism in Nepal, and Umbanda and Spiritism in Brazil. A practitioner of Vipassana, Tantra, and Dzogchen, he is also trained in various modalities of bodywork and is a third-degree Reiki master. He has studied under shamans in the Native American, Celtic, and South American traditions. Malcolm teaches internationally and is based in Topanga, California, where his healing practice incorporates energy work, touch, shamanism, and the teachings of non-dualism.

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**ESALEN INSTITUTE – 5 DAY INTENSIVE WORKSHOP – EMBRACING YOUR POWER WOMAN – August 27 – 31, 2007 Big Sur, California - to learn more and to register click here <http://www.esalen.org/> (This workshop may not be on their website yet. I'll let you know when it is.)**

Older women have not been valued in the past. This workshop will help you move out of that crippling myth to discover your power, creativity, and valuable purpose in the second half of life.

Participants will focus on the powerful changes that occur at mid-life and discover that this is the most creative and exciting phase of their lives. With the death of the childbearing biology in menopause a brand new woman is born.

Baby boomers are creating a new stage of life between motherhood and the crone years. The Power Woman stage.

Using the tools of meditation, journaling, interactive discussions, and games, you will explore the urges you feel at mid-life to change your life. You will reconnect with your teenage self to re-discover the unfulfilled dreams that hold the seed of your Power Woman purpose. And you will learn to embrace your beauty, your wisdom, and step up to make a difference in the world.

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**OMEGA INSTITUTE – Five Day Intensive Workshop – MONEY IS LOVE:  
Reconnecting to the Sacred Origins of Money –**

**September 1 – 5, 2007 –**

**Omega Institute – Rhinebeck, New York To learn more and to register click here [www.Eomega.org](http://www.Eomega.org)** (This may not be on their website yet. I'll alert you when it is.)

This workshop teaches how to heal the wounds that keep you from knowing that you are a magnificent child of the universe who deserves all the wondrous abundance the world offers you. Barbara will teach you the difference between wealth based on fear, and true-wealth based on love and prosperity for all. You will learn specific meditation and journaling techniques that will give you the power to transform your own life and begin to live a life of peace, joy, and prosperity.

And then the workshop will go further. Barbara will introduce you to the exciting new message that MONEY IS LOVE. You will learn how to transform all the money that moves abundantly through your life into love that can help create global healing, peace, and prosperity.

*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 –**

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](mailto:info@BarbaraWilder.com) or by phone at 303-444-2367

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. Read more about this work at <http://barbarawilder.com/pages/tlc.html>**

**Life Coaching and Money is Love Coaching – in person or by phone - 303-444-2367**

***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.**

With much love and light,  
Barbara Wilder

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

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