

For those in and around Boulder – ***THE WHITE LIGHT MEDITATION COURSE*** is starting on Thursday June 14. See below for details.

“If you haven’t experienced a light energy meditation class with Barbara, you don’t know what you’re missing. She helped me experience the light in a deeper way than I ever imagined.” - A Happy Student



JUNE 2007
EXPRESSIONS OF THE POWER OF LOVE
FROM BARBARA WILDER

HOW DOES ONE PREPARE FOR THE UNKNOWN?

Dear Friends in the light,

There is a great deal of talk about the upcoming year 2012. The Mayan Calendar and many other writings speak of 2012 as the “end of the world as we know it.” There’s great hope around the possibilities that 2012 might bring. Peace on earth, prosperity for all, love and goodwill, and blessedness, are some of the things that could be coming in a few short years. Many of my friends have been talking about this for 20 years, so as we get down to five years from the magical date there’s a certain amount of excitement building. Many people ask me what I believe the new era will be like, and what they can do to prepare for it.

There are, of course, some people who believe that there will be cataclysmic events that precede the shift. Others believe that they will personally ascend, leaving this realm behind.

When I’m asked what I believe will happen, I have to reply, that I have no idea. If we are talking about the end of the world as we know it, then all will be new, so how can we even speculate. So, I’m just as clueless as anybody. I do have a sense of what a world of peace, beauty, love, and prosperity for all, might feel like. But I have no idea of how it will happen, or what it will look like. There are scholars who like to talk about “millennium madness” that seems to occur every thousand years. But this isn’t about the millennium. This is about the end of a 26,000 year period, and scholars don’t have much data to compare with the previous 26,000 year period shift.

So, how does one prepare for a shift that has no precedent? What can we do to be ready for this prophesized event?

What I’m noticing with myself and my clients, students, and friends is that we seem to be being pushed by a higher source to become the best human beings that we can possibly be. We are being asked to dig down into the depths of our psyches and transform the most core of our issues. We are being moved toward forgiveness, first for ourselves and then others. We are being called onto the carpet by our own higher selves to become accountable for our lives.

Many people believe that we create our own heaven or hell right here on earth. I think I'm one of those people. Yes, I believe we are multidimensional beings, who live in a multidimensional universe, that time is simultaneous, and we are members of a universal family of beings that is beyond our greatest scientists and greatest spiritual teachers wildest imaginations. And I also believe that we are magnificent and unique parts of this glorious multidimensional universe, and that we have the power to actually create heaven here in this very mundane reality that we call twenty-first century planet Earth.

So, it seems to me the question is, how do we create heaven on earth? And my answer is, we open our hearts and let it flow into being. We can't possibly control what it will be, or how it will look. But we can spend time each day in meditation, step up to face our most ardent personal demons in meditation and in other healing practices, and choose the light over the darkness. There is a sign at my meditation and healing center that has a quote by Carl Jung. "As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being."

The greatest fear any of us have is the fear of the unknown, so, as exciting as this idea of a new era that may possibly begin in 2012 is, the prospect is scary. Since it is still five years away much of the fear is still below awareness. To come to grips with this I'd like to suggest that you face a similar fear that many of you are much more familiar with. The fear (disguised often as laziness, or *too busyness*, or fidgety-ness) of sitting in daily meditation. Sitting with closed eyes, listening to your breath, and just opening to the light, and to whatever arises from the deep consciousness, and trusting that you are a part of the divine universe and that all is in perfect balance and harmony, is frightening to many people.

But in fact, this is how I believe we prepare for the unknown of a new era or any unknown. We open to the unknown within. We allow it to be just what it is. We surrender to the flow of the universe, and we smile into being a new era in our own souls.



So, here's a meditation to prepare you for the unknown. Go for it! All you can do is create your own heaven on earth.

MEDITATION

Find a very comfortable place where you can sit quietly for a few minutes. 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 also being held and supported by the Divine Mother, Earth, and surrounded and protected by the Divine Father, Sky. Focus on your breath. And breathe deeply into your lungs, your heart, your brain, your core, and your legs and feet.

With each breath in, think of breathing in love. With each breath out, think of releasing tension. After you have been breathing this way for a minute or two, add the thought of breathing in light along with love. Feel yourself filling like a balloon with light with each

breath in. With each breath out, continue releasing tension, but now add releasing any conflicts that are present in your life.

Breathe in love and light.

Breathe out tension and conflicts.

Breathe in love and light,

Breathe out tension and any thing that is upsetting to you at this moment, whether is a current hurt or something from your past.

Breathe in love and light.

Continue this for about five minutes.

Now, just sit and allow the light and love to simply permeate your entire body and soul for as long as you can. Don't direct anything. Allow yourself to be open to filling with pure love and light.

MANTRA

You may wish to incorporate this mantra, into your meditation, or just write it down on a piece of paper and carry it with you to remind you of it during the day. Repeating this simple phrase a few times during the day can help shift an annoying or unpleasant situation.

Watch without judgment and there is peace.

MY COLUMN – Check out my column on www.feminist.com This month's topic is *The Power of Our Own Direction*.

RADIO SHOW – I will begin a series for Mid-Life women with Radio Talk Show host, Barbara Brown at the end of June. You'll be able to hear it on the web at <http://www.live365.com/stations/12spiritualpowers>

NEW ON THE WEBSITE

If you haven't been to the website for awhile, there's a relatively 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 and click on Light Center.

UPCOMING EVENTS

WHITE LIGHT ENERGY MEDITATION COURSE -

Beginning June 14 – 6:30 – 8:00 – 4 sessions on 4 consecutive Thursdays 6/14, through 5/12 (We're skipping 5/5 because of the holiday) - at the Transformational Light Center

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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>

ESALEN INSTITUTE – 5 DAY INTENSIVE WORKSHOP – EMBRACING YOUR POWER WOMAN –

August 27 – 31, 2007 Big Sur, California - to learn more and to register go to <http://www.esalen.org>

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.

NORTHEAST WOMEN'S EXPO & RETREAT

September 18 - 21, 2007

Lake George Forum - Lake George, NY

Keynote Address - topic - "**Motherhood and War**"

3 day Workshop - "**Embracing Your Power Woman**"

"For Women by Women," this first annual women's expo and retreat will give all women an opportunity to relax, refresh, and get recharged in the magnificent Adirondacks.

Seminars, lectures, sports and trade show all for and about women.

For more information and to register go to <http://www.lakegeorgeforum.com/>

OMEGA INSTITUTE – Five Day Intensive Workshop – MONEY IS LOVE:

Reconnecting to the Sacred Origins of Money – October 1 – 5, 2007 –

Omega Institute – Rhinebeck, New York To learn more and to register click here 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.

ATHENA FESTIVAL –

Denver, Colorado

Nov 11, 2007

Keynote Speaker - topic - "Women, Money, & the Sacred Feminine"

Sunday, Nov. 11, 2007, 10 am - 5 pm

Ramada Plaza Hotel & Conference Center

I-25 at 120th, southeast corner, Northglenn, CO

For more information go to <http://www.athenafestival.com/>

BOOKS AND CD'S

Products at www.BarbaraWilder.com

Money Is Love – the book - \$9.95 plus shipping & handling

Money Is Love – on CD (2 CD Set) - \$15.95 plus s&h

Money is Love 30 day workbook – E-booklet - \$5.00

Embracing Your Power Woman – the book - \$19.95 plus s&h

PRIVATE SESIONS AND WORKSHOPS

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 303-444-2367

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 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

TRANSFORMATIONAL LIGHT CENTER

3333 Iris Ave. Suit e207 - Boulder, CO 80301

303-444-2367

www.barbarawilder.com

info@barbarawilder.com

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