

Barbara Wilder's October 2007 Newsletter

Dear Friends

First I'd like to welcome all the new members to my newsletter list. Some of you may have been waiting for awhile to get a newsletter, because I haven't sent one out since June. This has been quite a summer energetically, and though I thought of you all often, I found it impossible to articulate all the miraculous shiftings that I was experiencing. I still have very little conscious understanding of what has been going on this summer, but I will try to share with you what I can.

THE NEW ENERGIES

"The Self shines in space through knowing." The Upanishads

What does the Self know, then, to make it shine through space. There is a philosophy that I am very fond of that puts forth the theory that as the human mind/spirit expands the mind/spirit of God/Source expands, which simultaneously expands the universe. I say that I am fond of this philosophy and not that I believe totally in this philosophy, because I cannot commit completely to any philosophy, or belief system, for the very reason that this ever expanding universe shifts and turns in ways that our minds can never second guess. Therefore, settling upon any belief system as the one and only blocks the flow of new ideas and stagnation occurs in our lives, in our minds, in our spirits, and in our society.

So, as I have been aware of the myriad shifts of planetary and universal energies over the past couple of months, I have not been able to write about them, because everything is expanding so fast, and change is the only thing that seems ever present. As a human being still living in the confines of my physical mind and body all I can really do is ride the currents and watch with amazement.

And as I do, I am finding that I'm learning more and more about myself. I'm learning about who I am, and how my old beliefs of who I was made it difficult to surf the currents of universal energy. So, I have just been watching as one by one the old beliefs are falling away, revealing not a completely new me, but a less dense me. A more radiant me, a less conditioned me. And the only thing that has been uncomfortable in all of this has been my tendency to clutch onto some of that old stuff. But as I've learned to loosen my grip, I've felt that I am lifting up into a less dense universe, and I have found a sense of peace. So, I guess what I'm trying to say, is that what the Self knows that makes it shine through space is an ever evolving sense of itself.

SHINING INTO THE UNIVERSE AND STANDING STEADY ON A MOVING POINT

So, what does this mean for me, you may be asking? Well, my dear ones, though you may or may not have been aware of these intense energy shifts, I'm guessing you have been aware of a certain level of intensity in your everyday life. You have certainly been aware of the intensity and insanity of world events. The war in Iraq seems completely out of control, escalating no matter what congress does or doesn't attempt to do about it. And at the same time it looks like OJ Simpson may finally end up in jail. Senator Craig, who was outed as a homosexual in a public bathroom recently has shown us exactly how disconnected the human psyche can become, when he came back to the Senate last week and voted against a bill to protect homosexuals. It's a wild and crazy ride we're on, but if you look into your heart, not into your brain, you will find that you are standing steady on a fast moving point of light that is all you will ever need to keep you safe and at peace. There is no way to control events. There is only surrender to the light.

In my center, The Transformational Light Center in Boulder, Colorado, there is a sign on the wall that says,

"As far as we can discern, the soul purpose of human existence is to kindle a light in the darkness of mere being."

Carl Jung

Your light is in your heart. You are the shining one. You are the savior you have been waiting for. You

can learn to surf the energies of an ever expanding universe and add to its expansion, or you can fight it, resist it, try to make it conform to your small thoughts.

I'm not saying it's easy. I'm saying that it's easier than holding onto the old paradigm, as we are moving so quickly into the new one. You may very well be experiencing that nothing makes any sense any more. Your old life may be falling completely into shambles. Release it. Let it go. Because only in the emptiness can your new life appear.

BUTTERFLY MEDITATION

When a caterpillar spins its cocoon and disappears inside it turns into a molecular soup. Then the soup through an almost mystical transformation re-forms and becomes a magnificent butterfly. The mystics say that butterflies come from the Light.

As we stand on the precipice of this joyous new paradigm we are that soup. Only surrendering to the soup will allow us to mystically transform into our new butterfly selves that can lift into the light. Here's a meditation to help you enjoy being the soup.

MEDITATION

Take a deep breath into your lungs, and hold the breath for a few seconds and then release. Next, breathe into your belly, hold it and release, then breathe into your heart and hold it, and release. Let yourself relax back into your normal breathing and become aware of the rhythm of your breath. Become aware of the rhythm of your heart beat. Become aware of the flow of your blood as it moves through your body. Be in your body, be at one with your heart, your breath, your blood.

Now, expand your awareness to experience that you are being held and supported by the Divine Mother, and surrounded and protected by the Divine Father. Sense as they come together within you in Sacred Marriage, enveloping you in their love.

Move now into your heart chakra, the energy vortex that is located at the tip of your sternum in the center of your body. Allow yourself to explore this extraordinary space within you, your center of love.

Now, become aware that you are standing in your heart chakra on a brilliant circle of light. It is a bit like a Frisbee, only made of pure light.

Now, let yourself find your balance on this circle of light. Feel the energy beneath your circle of light moving like ocean waves. Now, staying steady on your circle of light, begin to ride the waves of energy.

Feel your heart expanding. Feel your feet anchored to the light. Imagine your wings beginning to take form.

Breathe in peace as you ride the light for several minutes.