

# Barbara Wilder



Newsletter - New Years 2008

Dear Friends,

Happy New Year. Well, 2007 is over. And as an old friend, Gordon Coffey, used to say after getting through something really tough, P-H-E-W! 2007 was a year of slogging through the proverbial mire, dragging the bottom of our psychological bogs to find our darkest shadows and bring them up into the light. Every now and then the energies shifted and gave us some respite, but then it was back into the muck again. But, my dears, I have a deep sense that we are all about to receive a huge cosmic hug. So, open your heart and get ready to allow it in. 2008 has great promise.

## TIME TO EMBRACE YOUR PASSION

2008 is the year to truly embrace your passion. The Earth is opening to the gloriousness that is you. And it is through your passion that your beauty is expressed. So, my dear ones, it's time to stop dilly dallying around wondering what it is you are passionate about. There's no more time to hide from your passion. It's time to step up and admit that you are a passionate being who is willing to commit to what your soul has been urging you towards for your entire life. And I don't mean to tiptoe toward your passion. I mean to throw yourself into it. Spread your arms wide and fling yourself off the cliff and into your heart.

Many of you know what you're passionate about, and this year you will be able to take it to an even higher/deeper level. Others of you are wondering if you will ever know your true passion. You will. Just listen to your heart. Get out of your brain and stop trying to figure it out. Your heart has the answer.

## PASSION AND JEALOUSY - ANGELS AND DEMONS

If you're having trouble finding your passion you might want to take a look at your jealousy quotient. And by the way if you think you're not jealous of anyone or anything then you're in deep denial. So, get real with yourself. Because jealousy is something we all have a dose of. It comes with the territory of being a member of our culture. A culture in which the media reminds us constantly that we must strive to have what "the beautiful people" have and look like the "beautiful people" look. And because of this we get confused about what our own passion is and what we think our passion should be. We are inundated with media images that we feel we must compare ourselves with. And when we find ourselves coming up short we get jealous.

Being jealous takes a great deal of energy. Energy better spent on your passion. So, why not make it one of your intentions for 2008 to become more and more aware of what you are jealous of, and then, instead of wasting any more energy, listen to your heart and follow it to your passion.

Think of your passion as your Angel and your jealousy as your Demon. Then it's simply a matter of choice.

## PASSIONATE MEDITATION

Sit in a comfortable chair. Close your eyes. Take a deep breath into your lungs and hold that breath for several seconds before you let it out. Then take another deep breath, hold it in your belly, then let it out. Then one more deep breath and this time breathe into your heart. Hold this breath a very long time. Feel your breath in your heart. Feel your heart beating. Feel. Feel. Feel. Now release the breath.

Now, imagine a magnificent Ruby Red light energy flowing through your heart. See the light dancing into your heart and then out into the rest of your body. Let it take you deeper and deeper into it's Ruby Redness. Let your brain fill with the Ruby Red light. Feel the light in your brain. Watch/ sense/feel the light begin to heal the old thoughts of jealousy, anger, and fear. Allow the thoughts to sink into the sea of Ruby Red Light and dissipate.

Now, become aware of a Great Ruby Red sparkling angel embracing you. Feel this angel begin to massage your heart. As the angel massages your heart ask to have an experience of deep personal passion.

Sit in the arms of the Ruby Red Angel filled with Ruby Red light and allow your heart to open more and more and more, until you begin to expand to become as large as your passion. When your heart feels like it is going to burst let it.

Bless you.

## Articles, Columns, Radio, etc.

Radio Interview with Barbara- January 17 11 AM - Noon PST (show will be archived)

Show - Embracing Mother Earth with Tazz Powers & Paula Nunes  
91.5 FM KKUP in San Jose, CA and on the web at  
[www.tazzandpaulashow.com](http://www.tazzandpaulashow.com)

Radio Interview with Barbara - February 8 4 PM - 5 PM PST (show will be archived)

The Suzanne Northrop Show - on the web at  
[www.contacttalkradio.com/hosts/suzanenorthrop.htm](http://www.contacttalkradio.com/hosts/suzanenorthrop.htm)

New Article on [Soulfulliving.com](http://Soulfulliving.com)

Read my newest article ***EMPTY YOUR BACKPACK AND STEP INTO YOUR POWER***  
click here [Article](#)

Check out Barbara's Column on [Feminist.com](http://Feminist.com)

Read the column ***THE POWER OF PARTNERSHIP & COMMUNITY*** click here  
[Column](#)

Article about my trip to the International Peace Conference in Seoul  
Korea - ***Bloom Where You're Planted, Go Where You're Called.***

click here [Article](#)