

Barbara Wilder



NEWSLETTER – March 2008

Dear Friends,

First of all, welcome to all the new members of this community of love and abundance. I, along with my many many friends, am working to help us all create a more loving, giving, sharing and caring world.

So, this month I want to welcome you all to the year of the Rat. In Chinese astrology the Rat is considered a protector and bringer of material prosperity. But there is always a flip side. The challenge. The opposite that helps us shine the light on what blocks us from our truth. Our truth is love, joy and prosperity. What is standing in our way? That's what the month of March 2008 is all about. Opening our hearts to find the blocks to our abundance, and allowing those blocks into the love and the light to transform and become our partners on our path to true prosperity.

Also, I wanted to let you know that the debut performance of my new play, POWER WOMAN MAGIC, was wonderfully successful. We had a full house and received a standing ovation. The cast was absolutely superb, and I am so grateful for their talents and their beautiful spirits that helped make the event so special. My co-producer, Alexandra Kuwant Kaur, and I are now in the process of taking it to the next step. It's a very exciting process. I hope that you will all have a chance to see POWER WOMAN MAGIC in the future.

With love, light, joy, and prosperity,
Barbara

SHIFTING INTO A NEW REALITY



Though we think of ourselves as individuals, we are all hooked into the collective consciousness of all humanity, and particularly our own society and community. Right now in the United States, with the crisis in the mortgage industry and many people losing their homes, there is an atmosphere of fear and lack the likes of which we haven't experienced in many years. Because home ownership is one of the fundamentals of the *American Dream* this recession is tapping into the deepest wells of our collective fear. The cultural fear of our parents and grandparents who lived through the Great Depression of the 1930s is rising to the surface. Though it is uncomfortable, it is a necessary part of the preparation for moving into the higher vibration of the new era. To rise in frequency we must clear away all the old cultural fear-based belief systems. But we can't clear them unless we allow them up into our consciousness, and that is what is happening. The Depression Era is up for clearing.

To clear these old belief systems, first we must make it a priority in our lives to shift out of the fear. That takes focused self-discipline. We can no longer afford to cling to the fear and wallow in it. We must shift our focus to the light. I remember many years ago when I was first studying the light work. I went to my teacher in deep despair. I couldn't stop crying. My husband had recently come out as a homosexual, my marriage was over, and I had just lost my job. My teacher told me to turn it over to the light. I asked her how I could possibly do that. I was alone, a single mother, with no job, and no money. I had been meditating daily with the light, and nothing was getting any better. She told me that when I wished to stop wallowing in my misfortune, I would realize that the light was throughout and all about me, and my consciousness would shift. I have to tell you, that word "wallowing" was what got me moving. I had this image of a pig wallowing in the mud. I didn't want to be that pig.

We have to trust something greater than ourselves if we want to shift. And we have to connect through our hearts and our guts, not through our brains. We can try to think our way out of the wallowing, but it won't happen. We have to feel our way out of it. I think that is what was so powerful for me about the

"pig wallowing" image. It got to me viscerally.

The truth is, Money Is Love. Money is part of the divine universe. It is here to support all of us to survive and thrive in blessedness. Money is energy and energy is limitless. Only our limited way of feeling makes money seem scarce.

To be a lightworker on the planet at this moment in history is a great and wondrous undertaking. Everyone who believes in peace and love can join the ranks. But once you have made your commitment you will find that you have a responsibility to focus on the light, and the love, and the peace. This is not an era for sissies. To be a lightworker takes warrior courage and strength. But you're not alone. You are part of the great family of light. You are part of the vision of the new era. Unhook from the old fear, and step into the light, the love and the prosperity.

"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

SO CHOOSE THE LIGHT, MY DARLINGS.

MANTRA

Here is a mantra to help you unhook from the collective fear and open your heart and therefore your whole life to the prosperity of this divine universe.

I choose light. I choose love. I choose prosperity.

Say this many times a day. Say it the moment you realize you are feeling helpless. Say it the moment you find yourself spiraling down into despair. Say it the moment you hear yourself parroting others who are living in the fear. Say it instead of reading a blog or listening to a news report about the failing economy.

You have the power to shift out of the fear and into the light. You just have to admit it.

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.



Now move into a space halfway between your throat chakra (in your throat) and your heart chakra (at the tip of your sternum). This space between these two chakras is your High Heart or Higher Will Chakra. This is a new sacred energy vortex in our bodies. This chakra is the chakra of abundance and goodwill for All. Become aware that a Royal Purple energy is beginning to light up this chakra. Think of the Royal Purple light swirling through your Higher Will Chakra. And let all your feelings of lack and fear of poverty flow into the Purple light. Now think of the Royal Purple light turning into fire and burning up all these old feelings of fear and lack. Sit with that for a few minutes, letting go of as much fear and lack as you can. You may also experience feelings of anger and hopelessness. Observe these feelings and let them go into the Royal Purple light.

Now, take a deep breath and expand your Royal Purple light throughout your entire body. Take another deep breath and expand your Royal Purple light of abundance and goodwill for All throughout your entire

auric energy field.

Sit and experience the light filling up your body and field, and allow your entire consciousness to open to the love and abundant prosperity.

Peace be with you.