

WORDS FOR THE NEW DAWN FROM BARBARA WILDER JANUARY 2009

Well, it's two days before the inauguration of the first African American president of the United States, and the excitement is unprecedented. Why is this? What is stirring so many people? Is it just about this one man, Barack Obama? Or is there something more? Something deeper than just a new leader? I believe that what is being stirred in us is the excitement of the new era emerging, the New Dawn, and Mr. Obama is just an out-picturing of that new era. "Great men are not born, they are made." They are made by the collective consciousness of the society from which they emerge. The human race is exhausted from strife, from pitting one against the other. We are a family. I believe deep in our psyches a great majority of us are finally ready to let go of fighting one another. Barack Obama actually physically embodies and is the result of the Sixties slogan, Make Love, Not War. The Civil Rights Movement and the Anti-War Movement were the cradle of his creation. His white American mother made love to his black African father in a private act of civil disobedience that spawned a leader of balance and understanding of two sides of a coin.

I have been invited to attend an Inaugural Celebration here at home in Boulder, CO. The invitation requests the guests to wear purple to symbolize the coming together of the red and blue states. I realized as I read the invitation that Purple is the color of the esoteric energy of Higher Will, who's aspects are Goodwill and Abundance for all. It is the ray of light energy that has been flowing into our planetary consciousness for the past fifty years and is finally exploding out of our hearts and onto the great cultural stage. This is what we are feeling, the explosion of love of our fellow human beings, no matter what their color, race, gender, sexual preference, religion, or political affiliation.

This inauguration is not about celebrating a new leader as much as it is about celebrating a new consciousness. It is about celebrating our own new consciousness and that of our brothers and sisters across the land and across the world. Sure there will be conflicts. Sure we won't agree with each other all of the time, but that doesn't mean that we can't love each other and disagree at the same time. But we can do it with a new kind of respect. We can do it without having to destroy those with whom we disagree. We can disagree within a cauldron of love and caring and understanding. Because we may just finally be ready to realize that we are all members of one great human family.

My brother and I are excellent examples of members of a family that do not agree, especially on anything political. Our differences separated us for many years. But recently we decided that the love between us was more important than our political beliefs, and by putting love first we now are able to enjoy each others' company and share the memories of our childhood.

Barack Obama is reaching across the aisle and in so doing he is showing us how to do it too.

Tuesday, January 20, 2009, the day after Martin Luther King, Jr. Day, a man who knew

better than anyone that we had to learn to love each other, we will be celebrating the beginning of the New Dawn. The new era of loving our neighbors as ourselves, like another great teacher of love and unity once said.

Happy Inauguration Day. And on this amazing day, this historic moment, you might want to celebrate by reaching across the aisle, across some divide that seems impossible bridge. Since I wasn't able to find a purple dress for the party I'm attending, I am instead wearing red. The color of my new friends across the aisle.

With great love,
Barbara

WHO'S INAUGURATION IS IT ANYWAY?

The presidential inauguration will come and go for most of us. But for Obama, it will be very different. When he wakes up on January 21st, he will be the President of the United States. But as I said in the greeting, it isn't just about Obama. What if you make January 20th your own inauguration day?

What I'd like to suggest is that you take the next day or two and really look into yourself and see what you want to bring into this New Dawn, and what you want to leave behind. What old patterns have kept you separated from your own true greatness? What ideas have you longed to share? What new business have you been itching to get started? What old stifling beliefs are you willing to let go? Obama has called us to be on the team. John F. Kennedy said in his great inaugural address, "Think not what your country can do for you, but what you can do for your country." I'm asking myself, what can I do for myself that will make me a healthier, stronger, more productive member of the team, the team of the human family.

We are a human family. All the energy of all the people effects all the people. Right now you have the opportunity to have your dreams and aspirations, your intentions and your affirmations supported and energized by the excitement of the collective. Don't sit on the sidelines and be an onlooker. Life is not a spectator sport. If you make this Inauguration Day your own Inauguration Day, then starting on January 21, you too, like Barack Obama, will move into the next step of your life, energized by the collective excitement of the whole world.

MEDITATION

The reason we are so separated from each other is mainly because we do not believe there is enough in the world to support us all. We live under the delusion that there the universe is finite and there simply isn't enough of anything to go around. Therefore we fight each other for our piece of the limited pile of money, of love, of power, of tennis shoes. We have heard for a long time about kids killing other kids for a pair of Nikes. Once we open our hearts to the abundance of the divine universe and allow ourselves to love our neighbors as ourselves we will see that there is plenty of everything for

everyone. It's just a simple shift in perspective, and the only thing that really separates us from see this is fear. As said in another great inaugural address, "We have nothing to fear but fear itself." FDR So, in the meditation this month, allow yourself to open to the abundance for all. And focus the light into the places where you feel tension or tightness within your body. Because it is in these tense places that we hold the pockets of fear. Light is so much more powerful than fear. One candle can eliminate the darkness. So, send the light into the places you hold fear in your body and let the light replace the dark fear with the bright shining light.

MY OWN INAUGURAL MEDITATION

Begin the meditation by taking several deep breaths. Let your body sink a little deeper into your chair. And feel yourself held and supported by the chair and the floor beneath your feet. Relax a little deeper and let yourself become aware that you are being held, not only by the chair, but in the arms of the Divine Mother. Let yourself relax into her great embrace. Feel her loving you, caring for you, supporting you, and honoring you. Open you heart and let this immense love in. Now, experience that you are surrounded by the Divine Father. Feel him protecting you, believing in you, championing you, and loving you. Open you heart and experience this immense love.



Now, allow yourself to dive into the great sea of light. Feel yourself diving deeper and deeper until you reach a portal of Royal Purple light. Let yourself slip through the portal and into the Royal Purple light. This is the light of the New Dawn. It is the light of goodwill and abundance for all the human family.

Direct your heart to open and drink in the Royal Purple light. Think of letting the light heal all the feelings or sensations of fear that arise. Wherever you feel tension or pain or tightness in your body think of directing the light into those parts of your body gently but persistently as if the light were waves in the ocean.

Sit in the waves of Royal Purple light and imagine the life of your soul's dreams. Experience it all coming into being.

Hold that in your heart for as long as you can as you come out of the meditation and continue your day.

MANTRA

I am all that I dream. I am all that my Spirit knows that I am.

Prosperity Reminder

GIVING, SHARING, CARING

No matter how little you have, there is always someone who has less. Give whatever you can to someone who could use a little help, and be open to receiving help from others.

**Have a healing day. You are love. You are light. You are the abundance of the
New Dawn**