

February 2009 – WORDS FOR THE NEW DAWN

First of all, I want to welcome all the new members of the Words for a New Dawn Community. This is such an exciting time in the history of the human race, and we are coming together in communities of every shape and kind. I am very blessed to have you all in this community, where we are changing our lives and our world by shifting out of fear and into love. Love is the answer. It is the only answer. Fear throws a blanket of dark shadows over us that blocks us from love. But Love travels through the Divine Universe on a flow of light. So, when you let the light into the darkness you eradicate the shadows of fear and are open to the love.

Carl Jung said once, "As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being." And in this missive I always include a light meditation. And by the way, I'm very excited to let you know that beginning in March I will be leading a light meditation on the a phone conference call once a week. I'll be letting you know all about it as soon as all the particulars are finalized. That way we will be able to come together as a community on the phone and have the experience of group meditation, which heightens the power of the energies to give you that extra boost as we shift into the New Dawn.

I'm sure many of you know that on February 14, Valentines Day, a very auspicious astrological alignment happened, which took the whole process of transitioning up a big notch. That is when the lyrics of the song, ***The Dawning of the Age of Aquarius***, actually took place. The moon was in the seventh house and Jupiter aligned with Mars. We who are old enough to remember when that song came out are absolutely in heaven right now, celebrating that we're still here, and it's happening in our lifetimes.

So, my dear ones, this is the most exciting time that has ever happened in human history. I know that there are a lot of old structures falling apart and that seems scary, but it has to happen. You can't build a new world on outmoded foundations.

With much love and light,
Barbara

THE GREAT MIGRATION FROM THE OLD PARADIGM INTO THE NEW

There is a great deal of fear circulating through the world right now. And it is the most primal of all fear, will we survive? Will we have enough money to survive? Will we lose our homes, our life savings, everything that makes us feel secure? But this isn't the first time this has happened in the world. In fact much worse things have happened to we humans. But the human spirit is extremely hardy. As we make this migration from the old paradigm that is based in fear and greed and power over others, a paradigm that creates war, poverty, hunger and crime into the new paradigm, which is based on love, caring, sharing, and abundance for all God/dess's creatures, us included, I see it as a great migration, not unlike the migration in the 19th century from Eastern Europe, Ireland, Italy, China, and many other parts of the world to the United States. Things weren't going well for the people who immigrated to the US in those years. Many had lost everything. They escaped the old world, where they suffered religious persecution, political persecution, and famine. They left with just what they could carry. They left behind their homes, furniture, livestock, and even friends and family. Because everyone didn't make the journey. The ones who left were the ones who were driven not just by necessity, but by a passion to leave behind the old and create a new life in a bright new land. These people had the pioneer spirit. They had what the Yiddish people call Chutzpah. These are the people, these brave pioneers, who created the United States of America.

They didn't know what they would find on the other side of the ocean. Most of them were terrified, but there was something that kept them going. Some inner guidance that spoke to them in their hearts that kept them strong. We are doing the same thing right now. We are leaving behind a world consciousness that is inhospitable. And we are migrating to the new world consciousness that is welcoming and loving. We are making the crossing. Think of our ancestors who traveled in tiny ships across huge expansions of ocean. Most of them had never been more than a couple of miles from their villages. But the sea captains who sailed the ships had made the crossing many times.

Many of you are just beginning to explore the vibrations of expanded consciousness. Others of us have been practicing moving in this higher vibration for many years. We are the sea captains now to get you across the ocean that separates the New Dawn from the old world belief systems.

You may not be able to carry all that you own across the ocean between the old consciousness and the new. You may be asked to leave a lot behind. Like our ancestors, who couldn't take more than they could stuff into their suitcase, we have to leave behind what will block us from experiencing our new way of being. But like our ancestors, we will arrive on the shores of the New Dawn with just exactly what we need. Because it is through working from adversity that human beings are nudged (often times pushed and shoved) into the depths of our imaginations, our creativity and our ingenuity to invent new worlds.

What life will you create in the New Dawn? Daydream about it. Use your imagination. Your house may not be what you will need in the New Dawn. If it's not yours to keep, let it go. Find new ways to live. Many people will begin living in community. There will be new kinds of family units made up of friends, or like-minded others, or people who are creating something specific together.

Things will never go back to exactly like they were before. So, the harder we try to hold onto the old, the harder it will be to move into the new. Resistance to change is the basis of all pain. When we flow with the light, when we surrender up into love, then we are suddenly aware that all is easy. Open your heart to love. Open your mind to the New Dawn ideas that are flowing constantly through the enlightened collective consciousness. Stop listening to the news and spend that time focusing inward in meditation or prayer. Prayer is when we speak with God or whatever we call Divine Presence. Meditation is when we listen.

Open your heart, release the fear, embrace your own personal challenges, pack your bag and don't look back.

OPENING YOUR HEART TO ABUNDANCE MEDITATION

To move across the abyss between the old paradigm and into the New Dawn, we need to raise our inner vibration level. Meditation is one of the most important tools for moving into the higher vibration.

This month, I want you to become aware as you do the meditation, that in the New Dawn, we are marrying the spiritual vibration of heaven with the spiritual vibration of the earth. We are actually bringing the two together in Unity for the first time in human consciousness. We think of the Earth as the Divine Mother aspect of God, and Heaven as the Divine Father aspect of God, or Divine Presence.

For these meditations it is recommended that you sit in a comfortable chair with a back, your feet on the floor, so that you can feel supported and relaxed.

THE MEDITATION

Close your eyes. Take a few deep breaths. And feel yourself held and supported by the chair and by 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 your heart and let in this immense love. Now, experience that you are surrounded by the Divine Father. Feel him protecting you, believing in you, championing you, and loving you. Open your heart and experience this immense love. Become aware as the Divine Mother (Earth) and the Divine Father (Heaven) come together within you in Sacred Marriage. Experience being embraced in this perfect love.

Now, allow yourself to slip into your heart chakra, which exists on the subtle level of your body just at the tip of your sternum in the center of your chest. It is a perfect orb about 3 inches in diameter. Let all of your internal attention become focused there.

Now, become aware that a Royal Purple light is beginning to shine inside your Heart Chakra. Think of this light expressing the sensation of goodwill and abundance for all and focused right here in your very own heart chakra.

Now, put your attention on your breath and breathe slowly and steadily. With each breath, allow the energy of the Royal Purple Light and its properties of abundance and goodwill for all to enter deeper into your Heart Chakra.

Continue paying attention to your breathing for several minutes.

Now, think of expanding the Royal Purple light out from your Heart Chakra into and throughout your entire physical body.

Experience being filled with this magnificent light that is the energy of Abundance and Goodwill for all.

Now, expand this Royal Purple Light out into your ten foot energy field that surrounds your body in a perfect sphere.

Sit filled with the light and surrounded by the light, and put your attention back on your breathing. Breathe in abundance and goodwill.

During the meditation whenever you feel anxious, or fearful, or tightness in your body or mind think of giving those feelings and sensations to the Royal Purple Light. And put your attention back on your breathing.

Sit with this for another few minutes.

To end the meditation, think of opening your Heart and your Heart Chakra to a flow of abundance and goodwill for yourself and all your fellow beings for the rest of the day. Open your eyes slowly. Place your hands in the prayer position in front of your heart and say out loud. Namaste. Or Amen. Or Blessed be. Or whatever blessing you feel.

Blessed be.
Barbara

THE MANTRA

I am a child of an abundant universe. I am open, willing, ready, and able to receive all of my abundance.

By Barbara Wilder

Copyright © Barbara Wilder 2009