

## AUGUST 2009 – WORDS FOR THE NEW DAWN

Well, it's been quite a couple of months since I last wrote to you. First of all, I'd like to welcome the new people to the New Dawn newsletter community. It's a pleasure to have you here. Now, to the reason I haven't written in so long. I have been in the process of making a very large transition in my life. I've closed the Transformational Light Center in Boulder, Colorado, rented out my house there and moved to Santa Fe, New Mexico. Ah, and what an amazing journey it has been. I had known for some time that I would be leaving Colorado, but I didn't know where I'd be going. Santa Fe was a surprise, because, though I have always loved this gem of a city, it is far from the ocean, which is where I thought I longed to be. But, alas, it seems Spirit knows my desires better than I. I've come here, in part, to participate in an exciting new project that will be one of the building blocks of the New Dawn, and I'll be telling you more about that in the future. In the meantime, I will be opening the Transformational Light Center here in Santa Fe in September, and of course I continue to teach and see private clients and students by phone from all over the world. All in all this is the most exciting change I have made in my life to date.

I know, of course, that I am not alone, in making a giant life transition. Many of you are doing the same. It is almost imperative at this point in history to make some kind of life changes to keep up with the transformation in consciousness that is happening worldwide as we move across the threshold into the New Dawn. Transitions are never easy, but they always carry great rewards. Particularly now. But the rewards can be very difficult to see when we're dead in the middle of the change.

So, read on for some helpful hints that I've picked up making the transition from Boulder to my new life in Santa Fe.

With love, light, and blessings,  
Barbara

### **THE GATEWAY, THE MONSTER, AND A NEW LIFE**

When we are in a life transition there are several stages, that we must move through. How we handle those stages determines how long and arduous the transition is.

The first stage is simply recognizing that you are beginning a transition. It may be a decision you make for yourself, such as a new job, a new project, moving to a new home, or starting a new relationship. Or it can be something that has been thrust into your life, such as a divorce, or losing your job or home. But always remember that on the spiritual level we choose every step of our lives. Our Higher Self or Spirit guides us always. When you allow this truth into your conscious awareness, you can relax a bit and open to the transition knowing that Spirit knows the outcome and the timing.

The second stage is acceptance. This may seem more difficult for those who have not consciously chosen to make the transition, but it is an important step for both consciously and unconsciously chosen transitions. True acceptance emanates from the heart, not the head. Therefore, you have to take

time to sink into your heart and allow yourself to accept that you are beginning a process of moving to a new way of living your life. Every transition has the potential for beauty and fulfillment, so let that knowledge help you as you open to acceptance. Remember that whenever God closes a door, somewhere S/He opens a window.

The third stage is arriving at the threshold between your old life and your new life. To get to your new life, you have to cross that threshold. And whether you're excited, or anxious, or even terrified about your new life, you will find that there is no such thing as simply stepping over the threshold into it. There is a gate. A very strong gate. And there is a gatekeeper. And that gatekeeper is a remarkable shape shifter. At one point he can be the friendly greeter, welcoming you to the threshold, and at the next moment he will shift seamlessly into a monster. Then another. And another. These monsters are nothing more than old outmoded parts of your personality that can not make the transition. Some of these parts of your personality have been great hindrances to you for a long time, other parts have been valuable assets in your prior life, but now must be released for you to live fully and beautifully in your new life. And all would be easy if you could simply just let them go. If you could just wave a magic wand and say, "Be gone!" But there is a lot of your identity, or to say it in a different way, a lot of ego, invested in those old parts. And when these ego structures find themselves being discarded so that you can cross the threshold into your new life, they transmogrify into screaming monsters fighting for their very survival. While these monsters rule you can not cross the threshold, so you need to get rid of them. But they, like all mythical demons, hold a treasure, a gem of wisdom, within them that you will need on the other side of the gateway. So, you must become a fierce warrior to slay the demons, while at the same time softening your heart to open to the sweetness of the life lessons, or gems of wisdom, that these parts of your outmoded personality traits hold.

The trick to all of this is keeping your eye on the prize. The prize being the beauty of your new life. So, while fighting the monsters and softening your heart to the wisdom, you must also keep focusing and refocusing on your new life on the other side of the gateway. As you do this, you are actually releasing the old outmoded patterns and behaviors, while you are simultaneously empowering your warrior nature, softening your heart, and integrating the two.

And it is at the point when your warrior nature and your softened heart come together in a kind of sacred marriage that transformation takes place within your heart-mind-spirit. And suddenly the monsters disappear, and the gatekeeper shifts into the friendly welcomer. It is at this magical moment that the gate swings open, and you step over the threshold and onto the pathway into your new life.

More steps to come.....

## Gateway Meditation

Light energy meditation is a very powerful tool to use for any kind of shift in consciousness or healing of old wounds. This month's meditation will help you activate your inner warrior while simultaneously softening your heart and focusing on the prize.

### 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.

Next think of dropping a grounding cord from the bottoms of your feet and anchoring into the core of the Great Mother Earth. Throughout the meditation refocus on this anchored grounding cord to help you remain focused and secure. Now, think of moving with your conscious awareness into your heart chakra right at the tip of your sternum. As you do a **pale violet sun** lights here in your heart. This is the energy of your inner warrior.

Experience your heart chakra filled with the **pale violet warrior light**. Feel the strength. Experience the power. Experience or imagine a great warrior within your heart chakra drenched in pale violet light wielding swords of light. Imagine them slicing through whatever monsters or demons are present right this moment in your consciousness. As your inner warrior wields its swords of light, allow your entire body to transform into a warrior, as you do this the pale violet light fills your entire body.

Sit and experience the pale violet warrior swords flashing, and slashing. Experience the strength and the power within your heart chakra and throughout your body. Enjoy this feeling of true enlightened warrior power.

While this continues focus your awareness or your attention in your actual heart. Think of lighting a **pale pink sun** within your entire physical heart. This is the Christ light or the light of unconditional divine love. Feel this loving energy softening your heart. Allow any thoughts or feelings of fear, anger, or other emotions with a sharp edge to surrender into the pale pink light. And observe as they soften. Be aware of any righteous indignation that you carry around and let **the pale pink energy infuse it until it softens**.

Now, expand your awareness to include both your warrior with the **pale violet light** and your softening heart with the **pale pink energy** of unconditional divine love.

Sit in these two very different yet complimentary light energies and observe as the light transforms and heals. Sit with this for at least 5 minutes.

## **MANTRA**

My heart has  
The strength of a warrior,  
The softness of a lover, and  
The faith of a guru.

Blessings,  
Barbara

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