

## March 2006 - WORDS OF POWER FROM BARBARA WILDER

Dear Friends,

I want to talk a little about transitions in this newsletter. I know many of you are in some kind of transition and many of you are feeling frustrated because you aren't moving out of the transition and on to your next step fast enough. Well, dear ones, you are not alone. Most people I talk, to right now, as well as myself, are feeling some kind of frustration. There is a general feeling of stasis. People tell me that they can't seem to move out of uncomfortable situations, or that their hearts are not healing quickly enough from hurtful breakups or losses, or that they aren't feeling like they can step up to meet their potential.

This has a great deal to do with the planetary energy right now. Though there is movement, it is subtle. I experience it as though we are being pushed through an insulated tunnel. The insulation seems to muffle the outside universe. But I also sense that we are nearing a sort of spiritual or energetic birth canal. We're close to it, but we aren't quite there yet. It is important to know though, that as we wait to move into the birth canal we are not static, we, like a child in the womb, are developing and growing until we are ready for birth. And like the child, we cannot force ourselves out of the womb prematurely. We must surrender to the flow of the life-force within ourselves to complete our gestation.

My friend, Katherine Robertson, once told me, "Whenever God closes a door, S/He opens another one, but it's **hell in the hall.**" Just imagine this time we are in right now as that hall. Wandering through the hall beating on closed doors does nothing to hasten the process. The right door can't be found that way. The right door will open only through patience and surrender. And when the door does open, the light will come shining through revealing a magnificent new path on your life's journey. In the meantime that light is within you. The light is the light of love and your own Divine source. To surrender to the light within and allow the next door to open when it is time, you may want to take time out of your busy day to meditate and go within to find your own light.

### MEDITATION

Here is a meditation that you may find helpful.

Sit quietly in a comfortable place. Close your eyes and imagine that you are in a dark hall or within a womb. Begin to disconnect all your thoughts and feelings from the busyness of your life and call them toward you, focusing more and more of your thoughts and feelings within your own mind and heart. Now, focus on the light within your heart. You may see the light as a golden light, a white light, or an indigo blue light (or any other color of light). Whatever color the light is, imagine it going deeper and deeper into your heart. Feel your heart opening to the light. Then direct the light deep into your core at your body's center. Let the light begin to wash through your heart and core like a warm bath. Then direct the light to flow throughout your entire body. Think of surrendering to the light.

Now, ask your mind to relax and allow the light to heal whatever is ready to be healed today. Then relax again into the light flowing through your body. As the light flows think of your own Spirit and your connection to God or Divine Source, and make the decision to give up and let God/Divine Source be your guide. Trust, if even just for an instant, that you will survive and thrive once you relinquish control. Take a few deep breaths, breathing the light and trust more deeply into your body and consciousness.

Carry that feeling of Divine Connection and Trust throughout your day.

## **MANTRA**

You may want to repeat this mantra also: “I surrender to the moment, and trust that my door will open at my own Divine time.”



## **EVENTS, etc.**

I had a very wonderful experience presenting a talk and leading a panel on The Power of the Feminine at Deepak Chopra’s *Human Forum of Puerto Rico* in December. There were over 400 people at the conference, all of whom were focusing their energy on helping make the shift into the new paradigm. The other keynote speakers included Marianne Williamson, Dennis Kucinich, Deepak Chopra, Jeffrey Sachs, and others. This was the third year of the conference, but the first year that they included THE POWER OF THE FEMININE. Very positive.

### **Also,**

I’m excited to let you know that **EMBRACING YOUR POWER WOMAN: 11 Steps to Coming of Age in Mid-life** has gone into a second printing with a new cover and subtitle, along with a foreword by Angeles Arrien and lovely quotes from Shirley MacLaine and Deepak Chopra recommending the book. You can look at the new cover and read an excerpt from the book on the website. [www.BarbaraWilder.com](http://www.BarbaraWilder.com)

Also - I have a new column called *Embracing Your Power Woman*. on a very informative and helpful website: [www.feminist.com](http://www.feminist.com)

## **UPCOMING EVENTS:**

Key note address on THE POWER OF THE FEMININE  
**BOOK EXPO AMERICA – IPPY Awards** – Women’s Gallery –  
Washington D.C. –May 19, 2006 – 8:00 PM

## **EMBRACING YOUR POWER WOMAN WORKSHOP**

OMEGA'S WOMEN'S INSTITUTE  
October 13 – 15  
Omega Institute – Rhinebeck NY

**Products** at [www.BarbaraWilder.com](http://www.BarbaraWilder.com)

1. **Money Is Love – the book - \$9.95 plus shipping & handling**
2. **Money Is Love – on CD (2 CD Set) - \$15.95 plus s & h**
3. **Money is Love 30 day workbook – E-booklet - \$5.00**
4. **Embracing Your Power Woman – the book - \$19.95 plus s&h**

**Services –**

Workshops with Barbara Wilder – see Calendar of events at [www.BarbaraWilder.com](http://www.BarbaraWilder.com)

To schedule a workshop or talk in your community see the Workshop page on the website and then contact Barbara at [info@BarbaraWilder.com](mailto:info@BarbaraWilder.com)

Private Transformational Therapy Sessions with Barbara Wilder

- Barbara, an ordained minister and facilitator of spiritual growth and transformation for over 15 years, works with you on any personal issues that are troubling you - to move the energy and help you release the blocks . She guides you into a deeper understanding of your own process so that you can open up to the true beauty and peace within yourself. Contact Ms. Wilder to set up an appointment. 303-776-3838. \$100.00 per hour. **In person or by phone.**

**Coaching – by phone - 303-776-3838**

**Work with Barbara by phone or in person on your own empowerment, prosperity, and finding your true life's path.**

Write to us at [info@BarbaraWilder.com](mailto:info@BarbaraWilder.com) with your comments and questions.

May you find the powerful inner-truth and beauty that resides within yourself and let it shine through you and into the world.

Please feel free to send this newsletter to anyone who you think you might **enjoy it.**

Many blessings,  
Barbara Wilder

(To subscribe or un-subscribe to the list please hit reply and make your request.)

copyright © by Barbara Wilder – March, 2006  
All rights reserved