

SUMMER 2006 - WORDS OF POWER FROM BARBARA WILDER PLAYFULNESS

Dear Friends in the light,

In my last communication I talked about transitions. I mentioned that that many of you were in some kind of transition and many of you were feeling frustrated because you weren't moving out of the transition and onto your next step as quickly as you'd like. I talked about it being a gestation period, but that we were nearing the birth canal. Well, my dear ones, you may have noticed that the planetary energy has shifted substantially. So hang onto your hats. The stasis is over. We have moved into the birth canal.

When the energy shifts, or lifts up into higher frequency, as it did about three weeks ago, the forces that resist positive change become even more active. You may be feeling this within your own nature. It certainly is apparent in the current world events. To meet this new level of challenges, I find that it helps to stay focused on your daily tasks, meditate and/or pray daily and put as little attention as you possibly can on negativity.

And, though, it seems like this would be a time for getting serious, what is really called for now is playfulness. Whatever we put our attention on is enhanced. What we resist persists. To be in true harmony with this powerful shifting time, we must put our attention on whatever brings us joy. Even if you don't feel a bit like laughing, do. It will shift you. Go to funny movies. Tell jokes, dance, sing, run through the sprinklers, go tubing down a creek. Find the most playful things you can imagine, and do them. Our attention on playfulness and joy will be what pulls each of us personally and the world collectively past this current phase of resistance as we approach the new joyful paradigm. Be the change. Create the joyful paradigm within your own life.

This may sound selfish when there is so much suffering going on the world, but the truth is, focusing on joy is the most powerful thing you can do to help alleviate the pain and suffering. I'm not talking about indulgent pleasures. I'm talking about pure playfulness. And when you play your joy will spread like ripples on a lake. You can, if you feel so driven, stay mindful of the pain and suffering and send love and light to all who are suffering, but the most powerful thing you as a spiritual seeker can do right now is experience playfulness and joy, even if it is just for brief moments, because that will not only change your energy into a higher frequency, it will change the energy throughout the world to a higher frequency. Charitable work can be a joyful activity, but don't stress, being simply playful and carefree is the most important thing you can do and be.

For those of you who are going through painful life changes, loss of loved ones, divorce, loss of a job, or those of you who are living in or close to a war zone, this may seem impossible and frivolous, but I assure you it's not.

Those of you with children, look to them to learn how to be playful. They know. They are your teachers. Chase balls, giggle, roll on the grass. Or look to the animals. All animals play. Be like the children and the animals. Play. Play. Play.

This is your sacred playful duty. ENJOY.

MEDITATION

Here is a joyful meditation. No matter how difficult life may seem to right now, try to take the time to find the joy within. It is there. It will soothe you.

Sit quietly in a comfortable place. Close your eyes and take several deep breaths. Think of disconnecting your thoughts from all the busyness of the day and call them into a point in the middle of your forehead. Then with this gathered awareness, move up to a place about six inches above your head. This is your Sacred Room. It is also known as your 8th chakra, your transcendental chakra, that connects you to the divine universe.

Take some time to explore your Sacred Room. It can look anyway you want it to look. It may be indoors or outdoors. It can change every time you come here, or it can stay the same. It's your own room. Decorate it anyway you want to.

After spending some time alone in your Sacred Room, wander out of your room and into a spring meadow. Experience that that meadow is filled with sparkling golden light energy. Become aware that the golden meadow is filled with friends who have already arrived and are playing together. Join the fun. Perhaps there are friendly dogs frolicking through the tall grass. Watch for butterflies, birds, bunnies, lizards, frogs. Across the meadow is stream spilling into a large clear water pond. Play in the water. Splash in the light. Feel the joyfulness of pure playtime deep in your heart.

Think of expanding the experience of the meadow and the sparkling golden light down throughout your entire body and out into your energy field. Allow the light and the joyfulness to sink deep into your organs and cells. Feel the lightness.

Sit with this feeling for as long as you can.

SINGING

Spend part of every day singing joyful songs. George Harrison's *My Sweet Lord* might be a good one.



MONTHLY COLUMN

I want to let you know about my *Embracing Your Power Woman* bi-monthly column on the wonderfully informative website, www.feminist.com

CURRENT AND UPCOMING EVENTS:

Barbara is leading the *Embracing Your Power Woman* 7 week Class July 4 – August 22 - Boulder, CO

Guest Speaker – SOULFOOD LUNCH – The Power of Sisterhood

Sunflower Restaurant, 17th & Pearl Street, Boulder, CO

August 24, 11:45AM to 1:15 PM

\$25 (includes lunch)

"The most important thing women can do is learn to love each other."

Barbara will talk about how women's power is enhanced when we come together and how we can move past the distrust and competition that weakens us and find our strength in sisterhood. There will be an open discussion, so bring your own ideas on sisterhood to share!

Please RSVP by 5:00 pm the preceding Wednesday.

email: interludecoach@aol.com

phone: 720-849-2892

Barbara will lead an EMBRACING YOUR POWER WOMAN WORKSHOP at OMEGA'S WOMEN'S INSTITUTE – ENLIGHTENED POWER – How Women are Changing the Way We Live

October 13 – 15

Omega Institute – Rhinebeck NY

Learn more about this extraordinary weekend at www.eomega.org

Products at 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

To schedule a workshop or a talk in your community see the Workshop page on the website and then contact Barbara at info@BarbaraWilder.com or by phone at 303-776-3838

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.**

Life Coaching and Money is Love 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 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 – July, 2006
All rights reserved