

## BARBARA WILDER'S NEWSLETTER – MAY 2008

Hello, my dear friends. I hope that you are going for your dreams. I hope that you are opening your hearts to the joy that you so deserve. This is the beginning of a new world. I want to always remind you of that. And I hope that this month's essay and meditation will help you connect to that more deeply.

The last time I wrote to you, I was casting the new production of POWER WOMAN MAGIC, and I just want to let you know that we have gathered together a remarkable group of women to play the roles. We are in rehearsal now, preparing for the performance on May 31. I hope that if you are in the Denver/Boulder area that you'll be able to come and enjoy their performances. And for those who live in other parts of the country/world, I want you to know that we have created a new non-profit foundation that is dedicated to bringing the play to communities all around the U.S. and eventually expanding out to your countries. To help us do that you can donate to the fund. [Donate](#)

In the meantime, I hope you are enjoying the powerful energy of today's full moon, and allowing your hearts to open to the lushness of spring in the northern hemisphere and to the beauty of fall in the southern hemisphere.

With love and light,  
Barbara

### WHAT BEING ALIVE IS ALL ABOUT

Oh my, do I really know? No, of course not, but I have some ideas. And one of those ideas is that we are here to open our hearts to love and light. When we are able to do that we create new worlds, new universes, simply by being.

So often, we feel like we are all alone, slogging through our daily routines, just keeping one step ahead, or behind, the bills and the mortgage. Then there are the difficult times, when the kids are troubled, or our health or the health of our loved ones is compromised, or we lose a loved one to death or divorce.

These are the dark times, when we find ourselves in the gray world of sadness, grief and/or depression. And it is in these times that we are being asked by the Higher Power, or our own inner divine nature, to sit still in the darkness and allow our inner divine light to slip in. We aren't being guided to fight the darkness, nor should we surrender to it completely. Instead, we are being asked to simply acknowledge the darkness, and think of opening our hearts to the voice within which is telling us exactly what this time has to teach us.

As we sit with that kind of intention, the light will eventually simply slip in and illuminate the dark gray world and open your hearts to its healing love. And as the healing happens the light and love shines forth from our hearts.

This of course takes patience, and a bit of discipline, but, keeping in mind the universal law that nothing lasts forever, you will be richly rewarded. Our dark times are periods in which we have the opportunity to reap our most abundant harvests of love and light. So, honor the dark, and sit gently with yourself. The light will overcome the darkness in time, as long as you can remember that **YOU ARE A BEING OF LIGHT**. What we learn in the darkness translates into new awareness, and that translates, through the power of love and light, into enlightened awareness. And it is that enlightened awareness that creates the new era that we are all longing for.

### **ALLOWING IN THE LIGHT - MEDITATION**

Here is a sweet meditation to help allow in the light.

Breathe deeply into your lungs and hold the breath until you feel a subtle shift in your energy. (No longer than 15-20 seconds.) Then release the breath through your nose. Take another deep breath and breathe into your heart. Hold it again until you feel that subtle shift. And release. Continue this while breathing into your legs and feet, your brain, and your heart. Then let your self relax back into your normal breathing and experience the rhythm of your breath. Then experience the rhythm of your heart beat. Then let yourself travel with your blood through your body.

Feel yourself held and supported by the chair you're sitting in. Then relax a little deeper into the chair. Now, focus your attention on a point in the middle of your forehead, and call in all your thoughts, until you feel focused in your forebrain. Next, gather all your feelings into your heart, and your sensings into your solar plexus. Feel yourself coming into your body. This helps you unhook from all the psychic noise of the outside world, and find a place of peace within.

Next, move with your awareness into your heart, and open your heart to your own inner light. You don't have to see the light. You just want to set your intention to allow the light in. Then sit and breathe, slowly and consciously, into your heart.

Continue the gentle breathing and opening to the light for ten to fifteen minutes.

You can also add the mantra, "I open to the light. I open to the light." Repeat this over and over