

## **BARBARA WILDER'S NEWSLETTER – JUNE 2008**

Summer is finally here. Or it will be next week. Just one more week until the Solstice. The longest day in the year. There are places on this earth where the sun doesn't set during this time of year. Light 24/7. Of course the opposite happens in the southern hemisphere. I'm not forgetting my friends below the equator. But what happens when the sun never sets? Does one get tired of all that light? Can there be just too much light? Do we need a bit of darkness to remind us just how wonderful the light is? Yes. We need the balance. Balance in all things. When life is out of balance, then there is misery. Light and dark. But too often we think of dark as bad. My darlings, there is a richness in the dark that nurtures and nourishes us that we must always honor, even as we celebrate the light this Solstice.

I wish the most glorious solstice. Dance and be joyful.

Barbara

### **BALANCED LEADERSHIP**

As you know, I have recently been directing my play, POWER WOMAN MAGIC. The job of directing is one of leadership. But I have also been playing a role in my play, and that is a job of partnership. The actor partners with the director to bring a character to life. Oh my! What a lot I have learned by trying to do both at the same time. But that isn't what I'm going to focus on today. Today, I want to talk about balanced leadership. About authentic leadership in the new paradigm. Because the old way of leadership is archaic. The old leadership model is rooted in the dominator society; the leader on top, or out in front, the rest dominated and following. In the new paradigm, which will be a balanced partnership society, leadership will not disappear entirely. We will always need leaders. It will take a new shape. Leadership will begin to flow between different people. A project leader will learn to step back when someone else on the team has more expertise than s/he does at one aspect of the project and allow the person with the most expertise to take the lead. And that person will respect the entire project and joyfully release the reins back to the original leader when his/her part is complete. The leader may also be more than one person. There may very well be balanced partners leading and guiding a project.

In this flowing leadership/partnership model we will be able to accomplish much more in shorter amounts of time than in the old dominator leadership model, because the talents of all the members of the project will be honored and used fully.

Sounds good, doesn't it? Everyone leading or partnering as the greater project calls them. What's the trick? What keeps us from embracing this model immediately? Ta Da!!! The old curmudgeon. The spoiler. The guy who always takes us down. The ego. The one who wants to be the best. To have control. To get the most money. To push everyone else aside and take all the kudos.

So, must we slay the ego? Erradicate the spoiler? To move into the new paradigm, must



we become ego-less?

I don't think so. Instead, I believe we must heal the ego. I don't think anyone can be an authentic leader, or partner without a strong healthy ego. And that's the key word. Healthy. When our egos are healthy, that is, when they are not driven by fear, or anger, or by old wounds of betrayal, abandonment, or abuse of any kind, then they won't need to be the best, have control, get the most money, or the most acclaim. When our egos are driven by love, acceptance, and enlightened pride, then they will no longer crave the notoriety, the money, or the control. This doesn't mean we won't appreciate acclaim and prosperity coming from our accomplishments. But those things will simply be a nice addition to the joy we received from being joyously involved in the project. And that project may simply be our life.

### **HEALING THE EGO - Meditation**

How do we heal the ego? There are thousands, if not millions, of books, programs, and spiritual practices to help us learn this, oh so, important piece on our journey in this lifetime. Never before have so many people been focused on healing the ego. You may call it healing the inner child, healing your soul, finding your inner truth, or many other things, including finding the Christ within. Whatever way you are now working to heal that part of you that still feels small and unloved is fine. This just may help you with your own practice.

Begin the meditation by taking several deep breaths, holding each breath for ten seconds or more, and then releasing the breath. Feel yourself held, supported, and loved by the Divine Mother, and surrounded, protected, and loved by the Divine Father. Experience as the Divine Mother and the Divine Father come together within you in sacred marriage, and feel yourself enveloped in this perfect love. Open to the awareness that this is the perfect balance of your own divinity.

Feel yourself becoming more and more present within your physical body. Let yourself begin to disconnect your energy from all the busy-ness of the world by focusing on your natural breathing.

Now, move with your awareness into your heart chakra. This is sacred space within your subtle body right at the tip of your sternum. It is about 3 inches in diameter. But once you focus and move into it you will experience that it is much larger, in fact it is a large and luxurious space that will grow larger and more luxurious the more time you spend in it. For now, think of lighting a ruby red sun in your 3 inch heart chakra. And fill your heart chakra with this radiant light. You light the sun simply by imagining it, or simply by thinking the thought, because thought directs energy and energy follows thought.

Now, think of your poor little hurt ego, or a specific memory that seems to be your constant companion, no matter how much you try to control it, ignore, it or just plain forget it. We have many of these, so just pick one thing that makes you feel bad, or yucky, or small.

Now, standing or sitting in your heart chakra room, surrounded by radiant ruby red light, call that memory, or feeling, or picture of the little hurt girl or boy from your past into the room with you. Welcome him or her or the feeling into your arms and hold her or him or it. And let the two of you be immersed in the radiant ruby red light. Next, just sit in the light and think of allowing the light to heal this part of your hurt ego, your bruised self.

See the light filling you and your small hurt self. Feel the light dancing through you. Feel it blazing up like a great bonfire. Then experience the ruby red light settling down into a flowing light that fills you and transforms the hurt feelings. Feel yourself opening more and more to the light and the transformation. Feel your heart chakra and your actual heart beginning to expand in the light.

### **THE MANTRA**

As you sit and experience the light doing its healing work, think or say this mantra several times. "I release the pain and allow the healing.

Sit with this for at least five minutes.

**Have a healing day. You are love. You are light. You are the promise of the new era.**