

BARBARA WILDER'S NEWSLETTER – AUGUST 2008

I hope you have had a glorious summer. As we move into the second half of August we begin to watch the summer waning, and there is a sadness in that for me. Though I didn't write to you in July I did think about you all. Oh yes, I think about you all very often. I thought about what your Julys were like. Did you have time to sit in the garden and watch the butterflies? Was there time for sitting in the shade with a cool glass of lemonade? Did you take the time to enjoy the hot lush days of summer? I hope that you did. Even as I found myself working too hard all summer, I did carve out time to just sit in my garden. We are so blessed to live on this planet. She is so filled with beauty. Sometimes it's hard to remember that when life is tough. But even in the most terrible times the beautiful Earth is here for us. And She has such a goodness to share.

One very hot day when the mercury rose up above 100 degrees Fahrenheit, I found myself cleaning out my garage. It really needed a good cleaning. But at one point I retreated to my cool office to do some writing. And as I sat there I began to wonder about this idea of ascension that is such hot topic these days. And I thought, about how seductive the idea of ascension is in these tumultuous times. It does sound wonderful. Ascending up and out of this perilous world. Sort of like escaping into my cool office and out of the messy, hot garage, filled with junk and treasures forgotten for years in the rush of life. But I knew that I would go back to the garage. I couldn't just leave it the way it was. I just had to wait until the sun went down and then in the coolness of evening I went back in. I knew I wouldn't finish in one day, because it was quite a mess. But I also knew that I wasn't going to ascend out of cleaning the garage. The next day I continued digging deep into the dark corners of my garage and got rid of what I no longer needed, cleaned up what was a little dirty but still of use, and organized the space so that I now feel comfortable and at peace as I drive into it each evening.

What were some of your summer tasks? Did you enjoy them, or resent them? Oooh, interesting question. Think about it as you take some time in this waning summer to sip a tall glass of lemonade in the shade of a tree and watch the katydids leaping across the grass.

With love and light,

Barbara

P.S. Please feel free to send this newsletter to anyone you feel would enjoy it. :)

INCLUSION NOT EXCLUSION

When I was a little girl I saw a play on television which was based on Carson McCuller's novella, *A MEMBER OF THE WEDDING*. The story, which takes place in the American South in the 1940s, is about a twelve year old girl, Frankie, who wants to be included in her older brother's wedding. She becomes obsessed with being a "member of the wedding," which she believes will mean that she will be included in not only the wedding, but in their marriage. The tragedy of her young life is when the brother and his wife leave her behind as they take off on their honeymoon. It's a rich beautifully told

story. The great African American actor, Ethel Waters, played the role of Berenice, who tries to prepare the pre-adolescent girl for this her exclusion. I cried bitter tears as I watched the story on our black and white TV. And I went to bed suffering just like Frankie. I wanted to be a member of someone's wedding. I wanted to be included in a world in which I always felt excluded. What I learned as I got older was that many people feel excluded. In fact the ones that seem to be the most included, the popular people that we. who feel on the outside so often dream of being included by, are suffering the fear of exclusion so deeply that they create exclusive cliques to make sure they are included. Their own fear of exclusion keeps them from noticing that they are doing exactly the same to others. Jesus said, "Do unto others, as you would have others do unto you." He didn't say exclude others so that you won't feel excluded yourself.

On Yom Kippur, the holiest day of the Jewish year, the day of atonement, the ancient tradition was to bring a goat into the temple. Then the congregation would transfer all their sins of the past year to the goat. Then one person would take the goat out of the temple and lead it to the nearest cliff and send it over the cliff. This was called the "scapegoat."

At first glance this seems like a pretty good idea. You give your sins to the goat, you ask God for forgiveness, and you are free to start the new year fresh.

But, I, who cried over THE MEMEBER OF THE WEDDING, also cried over the goat. What about the poor goat?

Now, many years later I look at the story of the scapegoat, and I begin to see it as the way we all deal with our shadow, the stuff we aren't proud of, the stuff that keeps us from standing brilliantly in the light. We blame others for our suffering. And what ultimately happens is that we exclude ourselves from the light and the beauty and thd goodness by choosing to look outside ourselves for the cause of our suffering.

I make it my pledge for August 2008 that I will not give any of my problems, my sins, my transgressionz, or my woes to the goat. I will own them. Love them. Embrace them with light and integrate their lessons deep into my heart so that I can be included in the goodness, the love, and the joy of my own beingness.

Will you join me?

THE INCLUSION MEDITATION

Begin the meditation by taking several deep breaths. Let your body sink a little deeper into your chair. And feel yourself held and supported by the chair and 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 yourslef relax into her great embrace. Feel her loving you, caring for you, supporting you, and honoring you. Open you heart and let this immense love in. Now, experience that you are surrounded by the Divine Father. Feel him



protecting you, believing in you, standing up for you, and loving you. Open your heart and experience this immense love.

Now, become aware as the Divine Mother and the Divine Father come together within you in Sacred Marriage, and experienced being enveloped in their perfect love for each other and for you. Feel the joy of this inclusion.

Now, become aware that there is a dome of golden light just above your head. Now, allow golden light to begin to spill out of your dome and move through your body like a luscious golden shower. Feel the light of your own Cosmic Father golden energy pour through you.

Now, become aware that there is a silver chalice just beneath your feet. This is the silver light of your own Cosmic Mother. Experience as the silver light from your chalice rises up into your feet and up through your body.

Now the silver light is moving upward and the golden light is pouring down. The energies of light begin to dance together within you.

Sit and experience as your Cosmic Mother and Father light energies mingle within you. Give them all of your troubles. And allow yourself to simply be loved and transformed in the light.

When you feel like you're ready direct the up-pouring and downpouring of light to stop. Then direct the Silver Chalice to expand up around the bottom half of your body. Then direct the Golden Dome to expand down around the top half of your body. Feel the safety of being included in this marriage of light. Your light. Your love. Your own goodness.

Enjoy.

THE MANTRA

As you sit in the center of this sacred marriage of the Cosmic Mother and the Cosmic Father, whisper to yourself. "I am always loved and included in the goodness of the universe."

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.