

## April 2009 – WORDS FOR THE NEW DAWN

This is an exciting and a terrifying time. So many people are losing jobs, clients, retirement funds, and even their homes. But this isn't the end of the world, it is only the end of the world as we know it. It is the end of a world out of balance. Huge changes for good always shake up what is old, and as this shake up happens we are being forced to let go of anything that we are too attached to. We are being literally forced to create new priorities. And we are being asked to trust in something much much greater than ourselves. I along with thousands of spiritual teachers around the world are here to hold the energy of love and light. There is a great web of support. We all need the support of the community of love and light. The new paradigm is all about community. About loving and helping and trusting.

I am so glad to share the love and light with you and this community of the New Dawn. And I invite you to join me and others in this community on Sunday evenings for the live guided meditation on the phone. (see sidebar) In the meantime I send you much love and light.

With blessings and goodness,  
Barbara

### **DIVING INTO THE POOL OF GOODNESS**

As we stand on the edge of the precipice poised to jump off into the unknown of a new paradigm, I'm reminded of a time when I was a little girl standing on the high dive for the first time. My coach and my mother told me it would be okay. I'd do just fine. It wasn't any different from diving off the low dive, just a little farther away. I wouldn't die. I wouldn't drown. I would just have a great time diving through the air. There was nothing to fear. But when I was standing at the very end of the board, my toes curled over the edge, and looking down to the water that seemed hundreds of feet below, I couldn't hear their logical words, I could only feel the terror in my tummy.

And I think that is the way so many of people are feeling now. You've heard the spiritual teachers telling you that we are simply on the brink of a new paradigm. Many of us have been waiting for this time for years, some of us for decades. But like my experience on the high dive as a little girl, once we get to the end of the diving board it's a whole different story. I remember walking back to toward the stairs, and my coach saying, "No, Barbara. Turn around. Go to the end of the board. You can do it." And all I thought was, no, I can't. I can't do it. I just can't do it.

Eventually, of course, I did do it, and I didn't die. I didn't even hurt myself. It wasn't a good dive. My form sucked, but I was just beginning to learn the technique, which is different from diving off the low board.

We're all just beginning to learn what it's like to dive into the new paradigm, and we are going to have to practice. That's what this transition period is about. We are going to perfect our form. The first thing an athlete learns is to trust her/his coach, and to trust the process of training. Some days as you progress through your training you are fantastic. You feel the power of the sport in your body and your mind. The next day that may be completely missing. You're awkward. Your form is weak. It's never a straight line from beginning training as a diver to diving in the competition.

We're diving into the future. If you have been training for this moment in history for a long time you have tools you use to keep yourself in the zone of trust. If you have become aware of this momentous time more recently, you may have learned some tools but you may not be aware how important it is to use your tools daily, just like an athlete training for the competition. And this paradigm shift, is not just a small local competition. This is the Olympics.

A great athlete wants to win, but to actually do it, to get the gold, s/he has to transcend technique and training and shift up into the zone. The zone is a place in consciousness. It is a higher vibration. It is the vibration of love and trust; trusting in the love within each of us that connects to Divine Presence, or God or whatever name you choose for this center of creation, the mind/heart of blessedness.

A great athlete does not listen to nay-sayers, to fear mongers, to anything but his/her coach and his/her inner voice. Everything else distracts or detracts. As we stand on the edge of this precipice

preparing to dive into the future, we must keep focused on the game. We must disconnect from the people on the sidelines who would distract us from our resolve. We must connect to our highest vibration inner voice and listen to our spiritual teachers who are holding the space for the transformation.

Meditation is essential at this time. It is your training, like any good athlete's training, in raising your vibration so that you are vibrating at the high vibration of love and not the low vibration of fear. It seems like everything in the world is challenging us to remain in the fear. But that is because we are used to living in fear. We are not used to living in love. But the truth is, love is infinitely stronger than fear. Love is the light of the universe. Fear is the darkness. When we turn on the light the darkness disappears. Carl Jung said, "As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being."

Right now the forces of fear that want us to remain in the dark are fighting with all their strength to keep the door closed to the light which is love. The newspapers, blogs, TV, and radio send out huge blasts of fear 24/7. At the same time the forces of light and love are constantly there expressing from the heart of goodness, of Divine Presence. We simply have to choose the light. We have to choose love. First with our minds, and then with our hearts. Once we make that choice, once we close the door to the media fear blasts, we can open to the vibration of love and light.

The worst way to start the day is to read, listen, watch, the news. The best way to start the day is to meditate. To meditate is to allow yourself into harmony with the high vibration of love and light.

Every athlete doesn't make it to the Olympics. But all have the potential. It's all in the choosing, the focus, and the dedication. Do you want to win? The wonderful thing about stepping up into the vibration of love and light is that there are no losers, only winners. Everyone is invited to this Olympics, this high frequency vibration. The only sponsor you need is your own Divine Self.

This financial crisis, is a not a crisis. It is the collapsing of a dysfunctional economy that is based on fear, greed, and power over others. Why would you want it to persist? What on earth would cause you to believe that you would be better off if the world continued in the old out of balance economy?

Adam Smith, the father of Capitalism, said, in *The Wealth of Nations* Book 1, "What improves the circumstances of the greater part can never be regarded as an inconveniency to the whole. No society can surely be flourishing and happy, of which the far greater part of the members are poor and miserable." We do not have a Capitalist economy any longer. We only have an economy of fear, lack, and greed.

We have to create a new economy based on love, light, balance and goodwill for all. It can't be built on the foundations of the old. Those foundations are crumbling. The goodness that will grow out of this time of extreme transition will lift all who choose it into the light.

Walk to the end of the diving board. Trust in the high frequency energy of love and light. Let go of the fear and dive into the pool of the new era. It won't be like the old. It will be brand new. And it will support you. You will float to the top, and as you resurface after the dive, you will learn that you are buoyant. You are always taken care of. You are always floating in the sea of universal love.

## OPENING YOUR HEART TO ABUNDANCE MEDITATION

Here is a meditation to help you to feel safe as you dive into the new paradigm. It's all in the training. To get to the Olympics you must train. The high vibration that meditation creates in you is what lifts you into the zone.

This month, I want you to become aware as you do the meditation, that in the New Dawn, we are marrying the spiritual vibration of heaven with the spiritual vibration of the earth. We are actually bringing the two together in Unity for the first time in human consciousness. We think of the Earth as the Divine Mother aspect of God, and Heaven as the Divine Father aspect of God, or Divine Presence.

For these meditations it is recommended that you sit in a comfortable chair with a back,

your feet on the floor, so that you can feel supported and relaxed.

## THE MEDITATION

Close your eyes. Take a few deep breaths. And feel yourself held and supported by the chair and by 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 yourself relax into her great embrace. Feel her loving you, caring for you, supporting you, and honoring you. Open your heart and let in this immense love. Now, experience that you are surrounded by the Divine Father. Feel him protecting you, believing in you, championing you, and loving you. Open your heart and experience this immense love. Become aware as the Divine Mother (Earth) and the Divine Father (Heaven) come together within you in Sacred Marriage. Experience being embraced in this perfect love.

Now, allow yourself to slip into your heart chakra, which exists on the subtle level of your body just at the tip of your sternum in the center of your chest. It is a perfect orb about 3 inches in diameter. Let all of your internal attention become focused there.

Now, become aware that a Royal Purple light is beginning to shine inside your Heart Chakra. Think of this light expressing the sensation of goodwill and abundance for all and focused right here in your very own heart chakra.

Now, put your attention on your breath and breathe slowly and steadily. With each breath, allow the energy of the Royal Purple Light and its properties of abundance and goodwill for all to enter deeper into your Heart Chakra.

Continue paying attention to your breathing for several minutes.

Now, think of expanding the Royal Purple light out from your Heart Chakra into and throughout your entire physical body.

Experience being filled with this magnificent light that is the energy of Abundance and Goodwill for all.

Now, expand this Royal Purple Light out into your ten foot energy field that surrounds your body in a perfect sphere.

Sit filled with the light and surrounded by the light, and put your attention back on your breathing. Breathe in abundance and goodwill.

During the meditation whenever you feel anxious, or fearful, or tightness in your body or mind think of giving those feelings and sensations to the Royal Purple Light. And put your attention back on your breathing.

Sit with this for another few minutes.

To end the meditation, think of opening your Heart and your Heart Chakra to a flow of abundance and goodwill for yourself and all your fellow beings for the rest of the day. Open your eyes slowly. Place your hands in the prayer position in front of your heart and say out loud. Namaste. Or Amen. Or Blessed be. Or whatever blessing you feel.

Blessed be.

Barbara

By Barbara Wilder

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