

## WORDS FOR THE NEW DAWN – April 2010

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What are your sweet feelings or memories around Spring? Might I suggest you take some time in the next couple of weeks to sit with that question and see what pops up, because this is such a powerful time. It is the time for us open to the gentle power within our hearts. This will help us connect to our true brilliance, so that we can begin to create new ways of being and expressing our purpose and our passion.

With love, light and Springtime,  
Barbara



### FINDING YOUR PASSION IN THE NEW PARADIGM

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### **THE 8.8 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 focus your awareness in your solar plexus chakra and think of lighting a golden sun here. Think of sending the golden light out through all of the nerves in your body and up into and through the neurons of your brain. Sit for a few moments and allow the golden light to transmute the anxiety within your nervous system into healing and peace.



Next feel yourself harmonizing with the Great Mother Earth and her nervous system and think of allowing your inner awareness to align with the new higher vibration. Now send the golden light into your adrenal glands, which sit right on top of your kidneys, for recharging. Sit with this for a few minutes.

Now, allow your awareness to drift into the spaces that are opening up between the molecules of light. Gently make it your intention to become aware of some clue or hint that will take you to the next step on your purpose journey. Put your focus again on the light and trust that sometime in the near future you will get the information that you need.

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Now focus your awareness in your solar plexus chakra and think of lighting a golden sun here. Think of sending the golden light out through all of the nerves in your body and up into and through the neurons of your brain. Sit for a few moments and allow the golden light to transmute the anxiety within your nervous system into healing and peace.



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Next feel yourself harmonizing with the Great Mother Earth and her nervous system and think of allowing your inner awareness to align with the new higher vibration. Now send the golden light into your adrenal glands, which sit right on top of your kidneys, for recharging. Sit with this for a few minutes.

Now, allow your awareness to drift into the spaces that are opening up between the molecules of light. Gently make it your intention to become aware of some clue or hint that will take you to the next step on your purpose journey. Put your focus again on the light and trust that sometime in the near future you will get the information that you need.

You can end the meditation by chanting the following mantra.

## **MANTRA**

**I am the love. I am the light. I am the love. I am the light.**