

## WISHING WELL 2

March 13, 2019

### Gene's Typed Notes

Atonement is bringing things to the "place of rest", At-One-Ment

Come to Peace, meaning the place of peace, which is a mental and spiritual state  
Jeru - Shalom (Hebrew for peace)

Putting an injustice into the place of peace — brings it to The Attention, and creates a path to peace, a genuine real path to peace, not wishful thinking

Jen: Is atonement a tool to get us to equanimity?  
Equanimity is the blossom and the fragrance of Jeru-Shalom

Peace is not compliance, it's not disregard, it's not being an ostrich, it's not running away and being in denial at all! From the place of peace we can ask spirit, "what's up with this?" and get a real deep big answer

### Session Notes Taken From Skype Recording

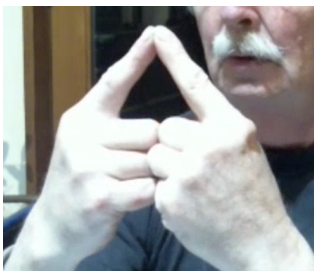
#### **Devotion:**

The pleasure of being a part of something much bigger, greater than ourselves.

We are not the Do'er. We must remember to ask this presence, this that is far greater than ourselves, for assistance.

#### **Atonement Mudra**

When something feels disturbing to us do this mudra and it will bring us to a place of peace. When something seems out of balance, do this mudra until there is calm. We will feel alive, buzzing, but there will be calm at the heart of it all.



From the place of peace (Jeru-shalom), one will know what action to take.

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If an action will disturb a situation or provoke or unbalance, we will have the peace to refrain.

Peace, Atonement, and acting from this place is an act of DEVOTION.

I am the one. I need to ask "Am I paying attention?"