

WISHING WELL 2

March 27, 2019

Session Notes Taken From Skype Recording

Be in this world but not of it.

Use: Sustained Effort, Unbending Intent. Connect with our Commander-In-Chief—our integrity

We are more than the thing that is watching ourselves. There is a greater observer, which is the most impersonal of all.

Mooji analogy:

There is a bird very busily building a nest in a tree. In the same tree but on another branch is another bird that sits and watches the other bird's activities. Then there is a perceiver of the entire scene. This is the "I AM", where peace dwells, the part of us that is present when we very first awaken in the morning before all our information downloads.

Mudra for Loving Kindness, Peace, and Ease:

Our hands come together to create a triangle (the two thumbs touch at the bottom of the triangle and our index fingers meet to create the top of the triangle). The top point of the triangle represents Loving Kindness. The lower right corner of the triangle (facing you) represents Peace. The lower left corner of the triangle represents Ease.