

WISHING WELL 2

March 31, 2019

Gene's Typed Notes

Suzanne's sharing: open, tender, vulnerable, overwhelmed, and sensitive, and in love

then when we say ... I have these tools, we imply ...maybe we shouldn't be feeling this way

why don't i use them, why don't they work, why is this happening once again

at the same time, it takes a good deal of strength and character to confess this

Emilie's sharing: anxious this month, not sleeping well, a lot of thoughts rolling around my head

"crunch time"...time is crunched

i feel like we need to find another word: an enabling work., that reminds you that you are loved and backed by the world, and your angels will never see harm come to you without purpose

a train I can't get off of

misplaced **locus of control**

the interpretation of our feelings in the syndrome gets us in trouble when we have mis-located the locus of control in our universe

1. You are not the cause of your problems (or your success)

Corollary of the first statement is: Things suck here and are not in your control

2. You are a player in a divine enactment

(We have to know our role in our universe)

Corollary: And you are accountable for your decisions, attitudes, and your actions in this enactment

3. You and only you have the leverage to turn things around -- you are the fulcrum -- and you have real power if only over yourself

4. What is the leverage? To make things right you need to ask for help from something much bigger than you, and from everything and everyone around you

5. Then .. you have to do everything in your power to do your homework to follow through and make the effort to make things better

The warriors way which honors your spirit

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6. With gratitude, spirit, faith, love, confidence you can make your time here heaven on earth

7. The steps:

- To accept the situation
- To forgive everyone and everything you feel is against you and doesn't make sense
- To love ruthlessly and atone for the world
- To surrender to your path in life
- To ask for redemption of anything in you that takes you out of feeling perfect

How to be in this world but not of it

SMBY = some place beyond mind

where is the place beyond mind? The third bird.

we call that the place of peace and the process liberation

the land of love

moksha

Session Notes Taken From Skype Recording

I am the leverage point of change, but I am not responsible for the change.