

WISHING WELL 2

April 14, 2019

Gene's Typed Notes

Steps for Setting the Stage

Emptying:

- the legs, where we travelled and moved around—our commotion
- then we go to the belly which is what emotions we swallowed and energies we encountered and also foods we ate
- we let go of everything and let it sink into the ground through the feet and the meridians in the feet
- then we have the arms, which are resting on the legs and drain that way, which are the activities of the day, all of the actions we took
- then the lungs and breath are the release of our words and conversations
- the brain lets go of our thoughts and ideas and contemplations
- and the spinal area, we release what is left of the organ imbalance through the association points which sit one to two inches to either side of the spine

Once we are empty, we are ready to set the stage.

So, visualizing the future the road ahead as a highway we see where the road needs straightening, potholes fixed, etc.

- First, we restore the integrity of the road ahead
- then we color it clear or golden
- we add light and signposts along the way which allow or invite our angels to keep us and our direction clear
- then we add caches of energy, so we don't run out of steam
- we add inspiration, abundance, and money, companionship
- and you smooth it out
- then release it

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Recently, I have added the path backwards to the meditation, to clear of anything left over from the path by which I came.

Session Notes Taken From Skype Recording

Review of the Elements:

Earth: Temptation. Lowers frequency. Manifestation that ultimately deteriorates. Tomasic. Tempts us to the senses.

Water: Is flowing. Represents energy. Emotions and feelings. Energy that carries input of senses to the mind. There can be the residue of Earth in Water (still feel that you've eaten after eating). If no emotional content, then it doesn't register in our brain. Example: Go into the mall and am not interested in the Hello Kitty store, the international store, but the shoe store is very interesting to me.

Air: The idea. The word. Gotten over physical temptations. The place to clear out ideas, dreams, agreements. It's just a word but the moment we meet up with it, it becomes operative—we are looking for evidence. Then the word becomes action.

Fire: The spirit or inspiration behind the word. The "I Am". When Fire is gone, then we are just the Perceiver.

Can go through family tree (biological, akashic) and break things up with this process. Adding energy to the soul.

Ether: Takes us back to the un-manifest. Has no beginning and no end.

Earth, Water, and Air is where we mostly get stuck. Our loyalties and agreements → misunderstanding. Maya.

Opposite direction (Ether, Fire, Air, Water, Earth) is the creation cycle.

- Gene did the creation cycle in his new office for weeks/months before he could start his practice in Driggs, ID. Called "Setting the Stage". Gene Sets the Stage at night time, mostly.

The elements up the spine (can use this organization during microcosmic orbit):

Sacrum/Earth: Wants and needs

Kidneys and Adrenals/Water

Lungs/Air

Heart and Neck/Fire

Head/Ether