

## WISHING WELL 2

April 17, 2019

### Gene's Typed Notes

leila = enactment == the sport of the gods

it is almost as if we enacted a magical drama on behalf of karma in order to clear something

these things come and go with great sense of gripping reality and a bit of insanity

### Session Notes Taken From Skype Recording

#### **The Fire in Our Hearts Has 3 Substances:**

**Prana:** The breath of life (breathe in to the body, the organs)

**Tajus:** The fire of life (the driving force circulates in the heart and energizes the tissues; the force of integrity, the Commander in Chief)

**Ojas:** The nectar of life (sweetness, cohesion, unity, penetration of force of life through the world. Gives presence of intelligence and love. From the heart to the bloodstream to throughout the body. Lubrication of life. It conveys peace.

#### **Heart/Womb Meditation** (Restores an intact sense of loyalty)

- Heart is vessel with red liquid in it. Clean it up until very clear; no tears, no weakness, no stickiness.
- Womb/dan tien and prostate area is vessel with white liquid in it. Clean it thoroughly. Remove anything that no longer belongs. Bring back in stuff that does belong so that it is intact.
- Breathe in (chi). White substance travels up to heart through a corkscrew channel. Breathe out (nourishment). Red substance corkscrews into white womb.
- 3<sup>rd</sup> Ventricle: Golden light merges with spinal fluid. Through visualization, clean up. Remove anything that no longer belongs. Bring back in stuff that does belong so that it is an intact and competent vessel.
- Breathe in the white to the heart. Red of heart to 3<sup>rd</sup> ventricle, nourishing it.
- Breathe out 3<sup>rd</sup> ventricle to heart to womb.
- Practice this until the 3 are in synchrony, vibrant, and healthy.
- Disconnect between all three when complete. There will be harmony. Ray of light runs through them. They, in turn, manage our energetic, physical, and mental bodies.
- This meditation is good for people that need loyalty alignment or have had sexual trauma in life.
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### Loyalty and Generosity

Loyalty = Integrity

We can have generosity of spirit that really has nothing to do with loyalty. Being generous, being fluid, means you are open to life. When we are generous, then life is generous with us.

When we give selflessly, we become blessed.

Everyone is God, even strangers.

Loyalty: to my energy, my awareness, my sanity, my love.

Loyalty to us from our angels. We are not alone in our efforts (redemption).

When we are working with light/life, nothing is casual. Nothing is as it is on the surface. We can navigate challenging situations using love, light, respect.

Leila (see Gene's notes, above)

A clear sense of loyalty comes easier if we come to a decision about what our life is about.

Assort the important people in our lives by checking with our angels. The people we come to with can usually fit into one of these categories:

- Spiritual, such as our teachers
- Moral support ("Great job", "Keep doing it!")
- Work/business
- Fellowship

This allows us to come into the room prepared. What are we here to do? Who are we here to work with? Being organized while here on Earth makes things go better.

- Preparation at the beginning of the day—feel into what the day holds. Check with our angels. Then know whatever come to me in the morning just "is" and it's not about me.