

## WISHING WELL 2

**April 7, 2019**

### **Session Notes Taken From Skype Recording**

Once we get to the place of SPACE (peace), that is when the light comes in. With SPACE, the soul knows its way home.

It does not matter if we are ill, confused, etc., we will still find our way home. By the way, the more we practice going home, the more natural this becomes.

Part of our mission is to go Home and be LIBERATED. Liberation means the end of all suffering and the end of our work here on Earth.

DILIGENCE → Report back to ask, to notice, to have this conversation with the inner Divine. Life goes on and we will continue to experience our stuff (anger, loving, etc.), but we will be doing it not simply on our own behalf.

### **Poignancy**

Everything here is poignant, has meaning. Be in the poignancy (meaningfulness) of the moment. Be in the channel of meaningfulness.

Ayurveda: Memory is the dosha, Kapha. Those that have experienced trauma have Kapha in the brain. Those that have had trauma often don't trust life any longer. This is not their fault. They are stuck in a place. Tamasic = Kapha.

### **Regret**

Regret serves us in that we learn to do things differently when we feel regret.

### **Redemption**

Turning something not so fine into light. Use the Redemption mudra when I've done something without integrity or haven't done my best. It turns into light and serves not only me but everyone in the human dream.

### **Atonement Mudra**

Use this mudra when peace is needed, personally or on a larger scale.

### **Peace, or Shanti**

If at a loss for what to do about something, just speak the word "Shanti" repeatedly.