

## WISHING WELL 2

May 1, 2019

### Gene's Typed Notes

The first disloyalty? Doubt

Second-guessing my integrity

Slipping off of integrity to disloyalty, then we are in the sea of doubt, second and third guessing, and endless thinking

The slough of despair!

The first impression—

It's okay not to follow it, not a sin, but open your eyes and do the experiment

He (Gene's teacher, Francisco) also used to say that there were no mistakes, only stepping stones (except for two...getting someone pregnant before you are ready and catching HIV).

Miguel on the subject of mistakes: there is no right or wrong action... we make the action right or wrong!

Returning home to your integrity "rights" every boat

Just stop arguing with it. Just let it do its job. In other words, surrender or "let there be light"

### Session Notes Taken From Skype Recording

**Slough of Despair:** Term comes from "Pilgrims Process". Can't believe anything that comes out of the Slough of Despair.

To be in the Bliss Body you have to drop everything—doubt, confidence, feeling, thinking—put it all down at the door of emptiness. Then there is Bliss. Being in Bliss doesn't necessarily mean that you will be happy, by the way.

Need compass of coming back to silence—non-duality. It is a place to go, a home, Jerusalem.

A state of being can be dis-integrity, doubt, over thinking. Overthinking, etc keep us from being in integrity where our dreams and purpose dwell.

When we fall off our loyalty to integrity, we are in the soup and it's the hardest thing to remain in loyalty when we are in the soup.

When we have a first impression, experiment...go with it.

For the rest of the conversation, see Gene's notes (above).