

WISHING WELL 2

May 26, 2019

Session Notes Taken From Skype Recording

This session focus is Nourishment and Support

To recharge, first empty:

- Lower Warmer: Back of sacrum, pelvis, lower digestion
- Middle Warmer: Solar plexis, diaphragm, upper digestion (liver, pancreas, spleen)
- Upper Warmer: Neck, throat, heart, sinus, shoulders, upper lungs, tongue
- Release the 3rd ventricle and area above it

Nourishment Reinforcement:

- **Ojas:** Begins in heart as joy. Circulates through body: Lubrication, immunity, strength, integrity
- **Tajas:** Power in system. Nourishes every cell, bone in body. Strength + motion = power. The capacity to finish a project. Happens in digestion.
- **Prana:** Breath of Life. The spirit. The Space.

Dreams

(The discussion of what does a dream catcher do with the dreams came up in the last Skype session. Gene had more to share on the topic of dreams, dreaming, and dream catchers in this session).

Multiple dreams are simultaneously happening:

- Our so-called Reality Dream
- Our Personal Dream (the movie I am making of the so-called reality dream)
- Our Energy Dream (seeing and working with energy)
- Our Silent Dream (in Bliss body where nothing is happening. We can dial into this dream when we are tired of other dreams)

We are the ultimate “dream catcher” because we are the dreamers on the planet.

Instead of drama, trauma, etc, do some emptying and then tune our dream catcher to:

- Tajas
- Ojas
- Prana

We are building stamina to hang in there and pay attention to the eternal. Our practices are practiced until they take hold. Come back to them when needed → move deeper into the practices.

WISHING WELL 2

Where do dreams come from and where do they go?

- Can take command of our dreams. Ask for help before going to sleep.
- Lucid dreaming. We can contribute to our dream landscape.
- Who else is dreaming that humans have access to?
 - o Our angels and avatars
 - o Asuras (demons). Other species dream into the base dream landscape. Other creatures that occupy our planet. Some are our friends, others are not.
 - o Mother Nature, creatures, rocks dream, too. We have the capacity to tap into these dreams. If you are able to this makes you a shaman, healer, magician.

A person of knowledge moves beyond dreams (don Juan/Casteneda). Tantric yoga can be sticky and some get stuck here because they cannot see the Bliss dream.

We hook ourselves to something eternal. If we get stuck, we won't be stuck for long.

Dreams have a finite lifespan. They are eaten by other things/creatures and then they are gone, fall apart. There's a constant inflow/outflow of dreams. Maya → Dreamworld.

Dream catchers also include:

- The Kabala
- The Zodiac

These are emitters and repositories of dreams

The mind is a dream catcher. We have things that we pay attention to.

Understand that we are in an amusement park but we don't live here. Change up the amusement park (just so "no" to addictive behavior).

Ended with a lovely macro "Setting the Stage" meditation.