

## WISHING WELL 2

May 8, 2019

### Gene's Typed Notes

*The Meditation we did is on the Skype recording. Additionally, Gene typed the process we went through in tonight's meditation. Here are his notes:*

Nourishment coming up the kidney in the front to the neck and heart

Ventral line

Returning through the bladder meridian, alongside the spine down to the feet to the earth, the vertebral line

Connected to the pump of the heart -- womb corkscrew, white from womb up to heart on inbreath

Red from heart to the womb on exhalation

Also, can go up to the third ventricle

Top of head is called the "sea of marrow"

- and a shower goes down through the marrow from the skull to the chest and back to the pelvis and legs to the earth
- while clearing of the bones which surround the marrow comes up the feet to the top of the head

### Session Notes Taken From Skype Recording

#### **Define "Channels" that we send healing energy to in the Wishing Well:**

Souls travel through channels in and out. At times these channels get clogged. When we do the WW and direct healing energy to the channels it is intended to unclog the channels wherever they are clogged. Also strengthening the action of the angels as they are doing their work.

The angels want us to wake up to our job and be a part of the system—that's why we help.

If we do something for someone that they can do for themselves, we don't help them—we weaken their spirit.

Our planet is enchanting as well as imprisoning to some. Some souls are able to break free into freedom.

We want these souls to see light. Why? Because we want to live in a universe where there is light. "Be the change you want in the world" —Gandhi

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There needs to be the habit of going to the light. Where is the fire? “Let there be light” — the first commandment.

**Define how sending healing energy to Angel’s Choice is different from sending it to Channels:**

Assembled beings get a boost of energy to enter the channels. Some souls just go straight through. As part of the process, we must go through Earth, Water, Air, Fire, and Ether.

Agni (fire): How much we have of this depends on how much we can clear up. Like a battery, at death we can go straight through the channel if we have enough fire → Dance of Death.

The more sadhana we do, the more glimpses we get of the Dance of Death.

In WW, we are actually building, nourishing and clearing these channels for our benefit.