

WISHING WELL 2

June 26, 2019

Session Notes Taken From Skype Recording

Meditation:

Golden drops of love/ojas sent throughout body with each heartbeat, restoring vitality and intelligence. This means: Peace in action; Activity from serenity; The silent basis of all intelligence.

Mudra: Communication



Both hands in front of and facing away from the body. 3 fingers are held together while the thumb and pinky finger are separated from the 3 grouped fingers.

A reminder to all of us:

Try not to get so busy that we cannot connect. Remember why we are connecting. The reasons for our coming together are important. When we connect with less frequency it is a measure of our ego dripping back in. The mark of a mature soul is to remember the things that support what has made so much possible and to continue doing it. At the very least, it is an act of gratitude, generosity, and a true understanding that our freedom depends on the basics.