

## WISHING WELL 2

June 9, 2019

### Gene's Notes

#### **Devotion**

devotion is bringing your attention, energy, and care to something not your ego

it involves attitude, acts, and thinking/words

the first thing is what are you devoted to

the average person is devoted to themselves or to something or somebody that their ego is invested in

their sense of self is wrapped up in what they are devoted to

being devoted to something bigger than ourselves, much bigger that is eternal

the eternal is Home

the eternal is something that doesn't come and go and it requires discernment to distinguish (viveka)

serenity prayer = god help me to change the things I can change, give me the serenity to accept the things I cannot change and give me the wisdom to know the difference

then comes dedication, attention etc that follows the devotion that you have

for devotion to hold in the modern world, the modern world apparently began thousands of years ago

we need to create altars, ceremonies, rites and rituals, affirmations, and even renunciations that identify and reinforce, remind us and our monkey attention of what we are devoted to

the point of most devotion in the world is commercial, power, obedience, enslavement of the mind and soul, and the use of our mojo by predators

the purpose of "spiritual" devotion, is our freedom the freedom of the soul and spirit, and the participation in the ultimate free being, which some call God, Allah, the Nagual, the nameless, Tao

obviously, we can't use the same rituals, ceremonies, symbols, affirmations, actions that are empowering enslavement to get free

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unless we can clear them and reuse for spirit's purpose

All deep religions which seek true "freedom" have very weird and strange rituals, ceremonies, dietary practices, and the like, they are there to partition the observer from worldly attentions

you see the flavor of devotion, the feeling of devotion, and the aroma of devotion when you go to Oaxaca church and see the old ladies praying

the by-product of living at Home (from Home)

talked about attitude, attention, and refraining

devotion is like magnetic force between you and spirit, pulling you closer and closer to your goal of love, freedom, and inner peace

the ultimate evidence of freedom is the capacity to love unconditionally

it is our love that is usually kept in check, not our fear, sadness, or hatred

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

Gene's meditation:

Begins with:

Breathe—feel the chest wall open from back and sides. Then let it go.

Visualize light and nourishment coming into the body

Connecting tissue stretches with breath and let's go.

We continued with our breath work into different parts of our body including rib cage, specific ribs, left lung/right lung, and so on.

The meditation is extremely relaxing.