

WISHING WELL 2

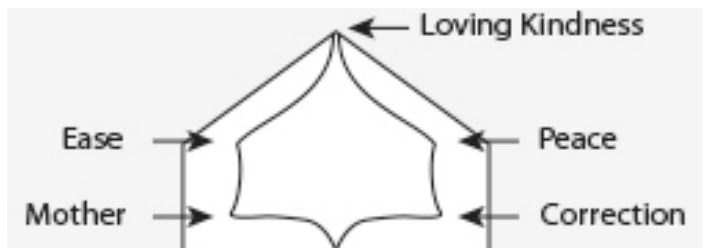
July 10, 2019

Session Notes Taken From Skype Recording

Peace Meditation:

Breathe in peace. Breath out and release anything that is not peace.

Expanded Mother Mudra:



Mother:

Loving, comfort, support.

Diffusing, infusing, soaking in...all these are the qualities of the Mother.

Correction:

Correcting things that are not in childrens' best interest or that will not help them grow up correctly.

Use Correction when we really feel we want Mother's correction—when we are not sure what's right.

Other cultures are not as indulgent as America. American parents are more likely to release their tension instead of "raising" their children. As a result, we don't like scolding. In other cultures, after a correction, the person is more likely to feel reassured. There is a lot of love in the relationship, in general, so scolding in this context feels more like a correction.

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An angry, hurt, wounded, isolated, bitter person is incapable of giving correction in a loving manner. All that hurt, etc will come out in the scolding.

In our society, we have so many agreements in place that expressing loving kindness is difficult in any sustained way.

Correction means bringing someone into integrity. Discipline → root word is Disciple → Disciple means “learning”. Punishment means something else.

Correction isn't only about “you f***ked up”. What are you doing with your time? Let's be reverent. How do we approach a meal? How do we sit down together? How do we respectfully honor what's been given to us? This can be done by example, such as setting up a schedule (important for kids—makes sense of chaos, otherwise the child is left to their own devices to try to make meaning out of chaos. Kids don't have the tools for such things. This is what is lost when we lose a sense of culture.

Civilization is the place where people behave civilly. Predators don't behave civilly. Behaving civilly has to be taught.

The byproduct of civilization is architecture, art, etc, but only way this can be done is with civility in the society. This way people have the space and time to do such things. The mark of a civilization is not necessarily what is left behind (example: the pyramids in Egypt), but the fact that they could build the pyramids.

We've gone through a long period when we thought civilization was too constricting. We have been breaking things down but we forgot that it was an experiment so when things didn't work, we didn't take the time to go back to see what would work. So, we are proud that we have civility—but really it is not civility. It is convenient to do whatever we want, whenever we want and not feel bad about it no matter who gets hurt. This is so-called Freedom. Are we really feeling free in this freedom???

Toltecs call this the “tonal” of the times. In the tonal of these times, it is harsh to be a spiritual warrior because the mere aspect of warriorhood or living a life that is meaningful, is challenged (“Do you think you are better than us?” or “I don't like what you are doing.”)

We are in trying times. This means we need to dig in, do our sadhana. Call on Mother for Correction. With the correction of the Mother comes the fortitude and capacity to do it. If the Mother says it's time to start doing something, we will find exactly what we need to do it.

The ability to comply comes with the Mother's correction.