

WISHING WELL 2

July 21, 2019

Gene's Notes

in the book, "Peace Pilgrim", the author says that it isn't necessarily to take away others' suffering. If this is true, what are we doing with our healing practices, LENS machines, etc.

When I use the colloquial expression "I can get" someone to relax and bring their attention away from suffering, I mean I am present when God shifts them...not just physically but truly present.

So many of the things that I read are "noble-ized" forms of egoism.

We aren't here to win anything or to excel in anything, we are here to learn obedience to our higher being—who doesn't fit any intellectual notions or systems that we would like it to have

If the world doesn't run the way we want it to, we have a temper tantrum, instead of...thanks, I will do it.

We are all on the road to spirit giving us the energy, the will, the desire, and the capacity to instantly obey the Divine

Session Notes Taken From Skype Recording

Jen had the idea of a retreat together and Gene suggested Teo. Jen will be the organizer but it looks like end of October, just before Gene leaves for India is the time that works best for everyone.

Meditation:

Connect with Mother Nature. With each breath feel the light dancing. The dancing light moves into your heart...feel that. From the heart, feel that dancing light flow into all the parts of the body. Feel the waste products of life flow into the Earth where it will nourish the oceans, the green things. They will be broken down into the elements. There is a system to break it down and recycle it. Tune into the Mother, our fellow humans, and everything that occupies this place.

Vatta = Ether and Air mudras

Agni = Air and Fire mudras

Pitta = Fire and Water mudras

Kapha = Water and Earth mudras

Prana

Tajus

Ojus

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Not Taking Away Another Person's Suffering from the book "Peace Pilgrim"

(See Gene's notes above)

This is about everything that we do to alleviate pain.

It's a delusion to think that we can take away someone else's suffering. We can do what we can to alleviate a person's pain — this will not take away or add to a person's suffering. Suffering is the mind wrapping around its circumstances. Suffering is the mind remembering yesterday's pain and wondering if it will come back tomorrow. Pain is a signal from the body and there have always been healers to alleviate the pain. Disease and illness will never have an end...they have a purpose. The same with healing—there will never be an end to it and will always be a need for it.

The only way someone drops their suffering is when they drop their suffering. When the mind shifts. Remember Gene's mantra: ***The cure begins when one is sick of the sickness.***

Suffering is being sick of being sick and not feeling well.

From Gene's notes:

When I use the colloquial expression "I can get" someone to relax and bring their attention away from suffering, I mean I am present when God shifts them...not just physically but truly present.

Some people can go to a healer and get help and they feel OK for a few days and then they are back with more complaints. This may happen again and again. This is suffering. It may become frustrating for the healer that this person can't see the beauty in their life but God doesn't see it this way. God is ready each and every time. Karma works as a factor in these sorts of scenarios, too.

From Gene's notes:

So many of the things that I read are "noble-ized" forms of egoism.

We aren't here to win anything or to excel in anything, we are here to learn obedience to our higher being—who doesn't fit any intellectual notions or systems that we would like it to have.

We want the world to be organized, to be in a certain way. If it doesn't run this way, we have a temper tantrum.

From Gene's notes:

If the world doesn't run the way we want it to, we have a temper tantrum, instead of...thanks, I will do it.

Instant obedience to the rule of spirit. We can see this in enlightened masters. The rest of this aren't there yet. But we are on the road to instantly obey the Divine.

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When we don't obey the Divine, we feel it.

We don't bring the clients to us. We are not the ones that decided what our calling was. We don't decide how much money, fame, love we're going to have. We are not the decider. We only have control within our own bodies. We can go along or resist. To resist is the breaking of the spirit. Where is our will if we are following spirit? This is not obedience. Actually, it takes so much will to follow spirit! It takes so much will rather than being passive aggressive.

The willing spirit is important to cultivate and never to disparage.

Even if there is some degree of ego in our efforts to heal, wouldn't we rather have healing in that form than the alternative? It's still conducive to the sattvic act of returning Home.

Remember that the outcome is not our business. We are here to do, aspire to alleviate suffering, but to not have any expectations or disappointment about the outcome. There will be tests at all stages of our spiritual path—tests of our faith. Keep the faith. If we know where Home is, none of this will throw us off. We are being tested so we can see where we are on our path.

Emilie's question about mudra work:

Sometimes she feels a lot of energy and flow when working with a mudra and other times there is a stagnancy. What does this mean? Should I continue working with this mudra and be more present with it or does it mean that this is not the mudra that I am meant to be working on in that moment.

Gene's reply to Emilie's question:

The first. Hold the mudra longer. Sometimes it's telling you the energy of the day or in your location. Can ask: Is this what I am going to encounter today? An answer will arise. Another thing to do is to get a glass of water. Do the mudra over the water and it may be able to pull some energies that might be there. The term "Sphere of Influence"... Can help with our discernment of where is it coming from and what is going on. Usually it will open up a bit. It could also mean that it is something in our daily work that needs clearing up. For example, with Acceptance mudra, we can look at Acceptance and see what is happening with acceptance in our life.

Dreams and Dreaming:

Putanjali, first person to put yoga down in writing said: Calm yourself from the vortices of change in the world. You can't calm yourself down from the vortices of change when you are in the dream.

One of the more important lessons from lucid dreaming is to go with the flow of what is happening in the dream. Lucid dreaming helps us build that muscle so that we can be better at that when we are in our waking dream.

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Grace mudra:

Top: Guidance

Left: Backing or Protection

Right: Caring

Bottom: Companionship

Grace is the mesa.

In the center is the Commander in Chief, which is in the center of all the mudras.