

## WISHING WELL 2

August 21, 2019

### Session Notes Taken From Skype Recording

**Meditation:** Breathe into tight places in the body and allow light in. Eventually, you may notice that there are no boundaries or separation and that you completely merge with all. You may feel transparent.

Remember to update our tarot card deck with significant things that we experience—the things that we want an need to be reminded of about—the mystery and magic of life.

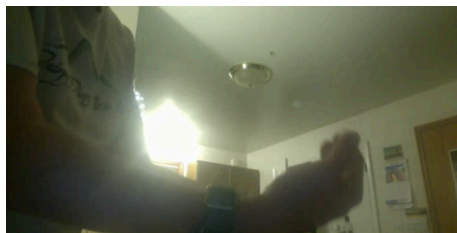
There are practices that are key to our spiritual growth and development, such as:

- The power of awareness
- The power of transformation
- The power of healing

The next level of liberation is TAPAS

- Rough definition is “austerity” or “renunciation” (or letting go of things)
- In Sanskrit, tapas means “trouble”. It is that disturbance that happens as one is adding one grain of sand upon another on their spiritual path. It involves patience along the journey. In Toltec, you have to be comfortable with being uncomfortable. This is not just going to be given to us.
- Life is unrelentlessly patient with us. The omniscient knows the battle is won. We likely don’t know this.
- Sustained effort and unbending intent are directly related to tapas.
- Once things “CLICK”, we are done. We have no need to “come back”.

### **Mudra for Content**



Hold both arms out with palms up and wrists relaxed, as though you are carrying blankets.

There is the vibration of frustration and it can leach into everything. The antidote to frustration is “Santosh” or contentment. Contentment is not a quality of the mind. It underlies Justice.

The “Content” mudra is in the Mesa of The Fruit along with: Friendliness; Compassion; Joy at Others’ Success; and Equanimity.

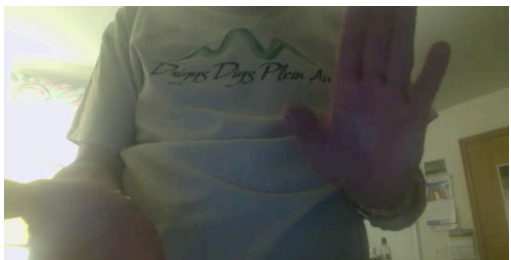
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Mudra for Friendliness



Mudra for Compassion



Mudra for Joy for Others' Success



Mudra for Equanimity (both hands make an equal symbol)