

WISHING WELL 2

August 25, 2019

Session Notes Taken From Skype Recording

Meditation: Allow light into your heart and continue to allow it into your body. Become a body of liberation. Allow all unnecessary stuff to drain out. Connect with the center of the Sun and the center of the Earth.

In Toltec, the dan tien is known as the Will.

Emilie: Seems like “it was meant to be that I am here on this path at this time. Please illuminate on this.

When we can sense the interconnectedness between events, this sensation is the result of having accepted the guidance of light. Light invites us throughout our life and we may accept. Upon acceptance, life and we are on a magnetic journey where we are pulled to liberation. The sensation that Emilie is referring to is evidence of that.

The “final surrender” to the Divine. Before that comes many surrenders and we may struggle between these surrenders (Gene’s analogy of a fish on a fishing line. The fish fights the pull and swims in the opposite direction again and again but then it tires and surrenders to the pull). This is us and the pull toward the Divine. At some point we make our final surrender.

The “leela” of spirit. Spirit likes a little adventure, it seems, at times. We have roles and enactments we have to play out in life.

Sometimes the Divine is hiding behind the scenery of the dream. The Divine sometimes hides behind the veil or curtain and other times it steps out from behind the curtain (think about the Wizard of Oz).

Dreaming/Dreams

Pay attention in the waking dream, then some things become really clear.

- Several dreams can be happening at one time right in front of us.
- Sleeping and waking dreams and meditation symbols bleed into one another.
- Seeing auras—when you can see them you are in an awakened mindset.
- Recognizing ourselves and/or others as God is a sign of waking up.
- Contentment or Santosh is a sign of being awake.

We are awakened when we practice:

- Mudras
- Affirmations
- Healing

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- Recapitulation

There are two states:

1. Awake, or
2. Addicted (vasanas)

If I am not awake, then I am not living with free Will.

Circle of Fire Prayer

(Today's date) the day of the Lord, when the divinity returns to us.

When living our Free Will and with all the power of our Spirit,

We decide to live our lives in free communion with God,

With no Expectations.

We will live our lives with Gratitude, Love, Loyalty, and Justice,

Beginning with ourselves

And continuing with our Brothers and Sisters.

We will respect all Creation as the symbol of our Love Communion

With the One who created us.

To the Eternal Happiness of Humanity.

Interestingly, The Circle of Fire Prayer follows the chakra system as does the Lord's Prayer.