

WISHING WELL 2

August 28, 2019

Session Notes Taken From Skype Recording

Meditation: Citizenship in the Land of Light. Deep, deep relaxation—relax all muscles from the large to the very small.

Comments after meditation: Included feeling despair over the state of the world; feeling sorry for oneself when things aren't going as desired; clients of healing work are dealing with very tough health issues—the request was for insight into this.

In response, Gene had us do the mudras within the Mesa of The Fruit: Friendliness; Compassion; Joy for Others' Success; Equanimity; Contentment.

- Of all of these, the most important ones are Compassion and Equanimity. These two together allow us to comfort others and help them fulfill their needs.

Gene's best advice: Don't worry about the world that we hear about on the news these days. So much of it is opinion and slanted one way or the other.

We can't put out the fires in the Amazon rainforest or put an end to animal, plant, and cultural extinction. What we can do is do something right here, right now. We can offer a meal to a homeless person or give them shelter. There are so many folks that need help and so many ways to help them. Do things that make us feel good and that restore our hope and our heart. And, actually, doing something helpful for another is not about them or us or the deed...it's about generosity.

The more sadhana that we do, the more we live in the Land of Light. Of course, we will still feel grief, etc but it won't undo us.

We cannot change the fate of another being but we can be there with them and be witness.

We should prove to ourselves that we are not our body and we are not our mind. When we know this—truly know who we are—then we won't find ourselves in such despair. And, if we do find ourselves in despair, it won't overtake us.

The nature of the world is change—death, birth, growth, corruption, and so on. To fight it means you are a part of it. Good luck with that!

- We can feed a hungry person or, or, or... If we are unable to take altruistic action then we can send prayers and blessings to their angels.
- Gene finds freedom and comfort in knowing that he doesn't have to save the world.

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The mind will always be disappointed, frustrated, upset, etc. It's the nature of the mind. Contentment, joy, connectedness, deep understanding...these do not dwell in the mind. "Stop playing with that 'toy'."