

WISHING WELL 2

Wednesday, September 25, 2019

Gene's Notes

A review of the Systems we've worked with:

- Heart and circulation
- Breathing and zones
- Endocrine system and glands
- Energy centers (chakras)
- Digestive system
- The tissues -- rasa, blood, muscle, fascia and fat, bone, marrow (immune and brain) and shuka (endocrine)
 - o goes along with the ayurvedic use of the elements - the doshas + agni
- Microcosmic orbit
 - o with its stations
- Organ systems
- Brain and central nervous system
- Meridians
- Spheres of influence
- Stations of the wishing well
- Bones, skeleton, and joints
- Vertebral system
- Ventral line
- Classic chakras
- Immune system
- 3 inheritances

Session Notes Taken From Skype Recording

Healing Medicine: A term that Gene is using with his new group in Driggs. He'd like to use this term in conjunction with the mudra cards or the page that accompanies the mudra cards and explains the mudras and what they are all about.

Here is what Gene said about Healing Medicine: Intent directed at healing and integrity is health. Health depends on a strong spirit with clear direction. The direction of spirit is what we call "thrust" or "intent". Thrust and intent give our spirit purpose. Purpose is the goal.

Add to the mudra deck the "Get Out of Hell Free" card.

Meditation: Imagine our individual ray of light. Around our ray of light develops our physical body. When we are in utero, our mother's ray and our ray is closely aligned. In utero, we are bottoms up so our ray begins in our root chakra.

Birthing, when the mother squats, the baby comes out crown chakra first and facing it's mother's coccyx. Some cranio sacral practitioners will place a newborn on its mother after birth in the upside down position to reboot the baby's system.

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Our ray of light came before our physical body did. Our body coalesced around our ray of light.

According to the Chinese, a baby's first cry splits the energy from the umbilicus into the heart and the kidney (this can be translated into splitting into love and fear/heart and kidneys).

The ray of light is the energetic substrate of "Home", the Commander in Chief (CiC). With a deep breath in, we pull ourselves into the ray. With our breath out, we release the old, the stuff that doesn't belong to us.

"Ma" and "Om" sounds that propel us back "Home"—releases back to Earth what we try to possess. We have been trading bits of our integrity for bits of the Earth and World and every time we do this, we move farther away from "Home".

We are recovering our energy, attention, and attachments back to us in order to go back "Home".

The process of recapitulation is the process of letting go and bringing back our energy to the world what we picked up by accident and thought was ours.

Participation in the Skype calls is a part of our service. Whenever we do the mudras, say a prayer that we want this to be for us first and then into the world as a service second. Also, we can write on a piece of paper and place on our altar something like this:

"May it be that my work here be for all conscious beings, whether I remember or think or say this. Please be the custodian of this, that I want to do."

"There is no greater service in the world than our own self-realization."

— Ramada Miharshi (not sure spelling is correct)

Every time we wake up, we have self-realization. We realize we are not of this world. This is a service to the world. You are putting into the human dream an impulse to wake up.