



First WEH Group Meeting

This group can be a major turning point in your life.

Let me tell you why you are here:

1. We need stabilizers and leaders to help teach “persistence” in the time to come.
2. As our civilization becomes more complex, life becomes more unbearable.
3. The time is now critical for feminine energy to reestablish a more powerful influence upon world events.
4. This training is not a call to arms, but will focus upon breaking the unconscious programming of suffering and guilt that now hinders mothers from training their newborn sons and daughters to honor women.
5. This will not require work, but rather an increase in spiritual awareness.
It is more than a matter of life and death—it’s a matter of freeing your soul.

How you were selected:

Readiness for a major change in your life

Desire to learn.

A cooperative nature, with a willingness to listen to the opinions of others

A life of giving, rather than taking

High spiritual values and beliefs

Leadership potential.

Right attitude: The nature of your discontent suggests that you are ready to say, “It is time for a new order that honors feminine energy.”

Some might ask, “Can I be a part of a group and still maintain my identity?” The truth is that Self-consciousness grows with group consciousness. *My hope is that this will become like a family that will share each other’s hopes and aspirations.*

Looking over my earlier records of women who have most benefitted from a weekly group meeting, I saw a recurring theme of feeling lost in this place, “There must be more”. Some experienced guilt for being happy, and some were tired of making men feel good about themselves. Most of them had fruitful lives, but needed to find a new direction that has a sweet feeling of going in the right direction toward their life purpose.

Sometimes they gained a physical healing from headaches, chronic fatigue or other illnesses. Many needed work to break away from their mother’s victim energy. All needed ongoing support in expanding and maintaining their identity as a spiritual being.

Let’s take a look at the world today: Trumpets blasting, cymbals clashing, nations at war. We need to prepare for the final act.

We are not here to right wrong or to cure evil.

Everything is happening on schedule according to a Divine Plan.

We are preparing ourselves to play our part in the final act in this drama that is unfolding.

It is time for Feminine energy to re-emerge in order to balance the unfettered Masculine energy that now dominates the planet.

The soul is feminine (Alma) and the earth is feminine (Gaia) There needs to be a major shift in the self-image of women in both the conscious and subconscious mind to allow a reconnection to their spiritual source. As a civilization takes more pride in their intellect and technology, it loses touch with nature and contaminates the earth. (If you ever felt the ground moving under your feet during an earthquake, it feels like the Great Mother shrugging.)

We live in a world of polar opposites, a world in which the human condition as we know it is in an internal and external struggle between love and hate. The suffering of mankind is no different than the suffering within individuals.

We will not become directly involved in the drama being played out around us by the racial group mind, but will contribute to the world by our own heightened state of consciousness.

We need to focus our minds beyond the ego—to where we want to go.

The group will become a powerful force toward helping each member overcome crises and illness, and as a help in manifesting their deepest desires. Depression comes when minds feel separated, and healing comes when minds are joined. Our mind seems to be trapped in a body that is separated by space from other bodies. However, there is only one mind, and all minds are united with the One mind that resides in God.

Where would you like to see your life go from here, and how can the group help?

We will examine your personal blocks to your perfection and what it is that keeps you from manifesting what you want. As you examine your own personality you will come to realize that you made yourself up! You did this so well that you now need Higher help to undo it.

Selfishness is focusing upon our little self instead of our wholeness and this is what keeps us trapped. Selfishness leads to isolation and loneliness. Let the light in you shine out. (Isolation is a killer.)

The first step in controlling your mind is to put your house in order. Clean up your personal environment. Honor your gift of consciousness by spending less time reading magazines and watching TV. Thank God for your consciousness even when depressed. Be more present doing the things that you don't like to do, because everything matters. Practice the creating of endorphins within your body through the outer and inner smile. Practice a constant outward flow through giving blessings (rather than things).

Our goal is to experience joy.

We can only do this by regaining the vibration of love.

Your inner child is definitely going to enjoy this work

Spiritual growth is like strengthening a muscle.

Faith means overcoming all fear. It means being able to dump all of your past garbage in God's hands. It means affirming that you are more than your physical body. Fear is the result of non-awareness of the rest of creation and the rest of Self and its wholeness and connection to all that is. *Initiate a new activity with the expectation that the Higher energies will help bring it to completion.*

Each group that comes together like this has not come together by accident. This group quite probably worked together to do healing in past lives. It is like an agreement that was made before birth.

Exercises and Practices Toward Awakening

Expand your vision and your aura.

Begin to train your eyes to see oneness.

Learn to enjoy the "Sweet hour of prayer."

Practice Devotional love. (See handout on Devotional Love)

"I am in a body, but I am not a body" "I am pretending I am something I am not."

"I want to stop pretending and to contact the part of me that remembers.

Practices that will become more and more a second nature:

Being aware of being aware. (As described by the Russian philosopher, Gurdjieff.)

Opening the heart in devotional love.

Beginning Meditation:

Grounding in the pelvis, proper breathing, focusing upon the 3rd eye.

Opening the heart to incoming love.

Saying the name of God: AUM

Sitting in silence, releasing all perceptions, focus upon the desire to remember and allow awareness to return. Thus transformation occurs by the renewing of the mind. (You renew the cells of the body as well.) Only desire and intention is needed to put the energy of the Universe at your service.

Visualize, as you meditate, loops of golden light descending down over your body. (“Two people standing side by side—one may be taken and the other left”.)

There must be a change in attitude regarding who you are and why you are in this place at this time. Start saying, “Today I am working for God”. Then the ego will be exposed when you feel envy, frustration, or anger. A little apprehension is okay because that is expected when you give up total control. We have to ‘*unknow*’ everything and even our friends before we can know the essence of anyone or anything. It is difficult to surrender to not knowing anything. However, women are much more adept at surrendering than are men. Women also have a stronger emotional and intuitive connection to their Higher Selves. “**Receptivity and trust**, directed to the Masters on the Higher Planes, opens you up as channels for healing”.

You have chosen this adventure into the world of illusion and you are ready to pull yourself, or to allow yourself to be pulled, out of it in a way that will please your own Higher Self. Yes, God is excited by souls popping awake within Himself, as a botanist loves the blooming of flowers.

“A healed mind does not need to plan. It carries out the plans that it receives through listening to wisdom that is not its own. No obstacle can impede its progress or impede its goal. Self-initiated plans are the means by which a frightened mind seeks protection. Let your present trust direct the future.”

Course in Miracles

Intention sets up a resonance. You can influence your own health through intention. Affirmations must be frequent and repetitive because the goal is to change neurological connections in the brain. “I can remain still without feeling guilty, lazy, irresponsible, worthless, or wasting time”

Let us establish some important givens:

The universe is your friend.

Your wants have power.

You are part of the effervescent life flow.

Guilt, sin, failure don’t mean anything. You were limited in order to have an experience.

Failures can be more important than wins. (It’s all the play of light upon light, and there is a part of you that is watching the whole thing.)

The personality must reach a level of integration before it is ready to connect to the Soul. The Way was opened by Buddha and Jesus. ***Jesus embodied the force of submission and carried the divine force to the astral plane, the plane of feeling.***

Alice Bailey

“When a group raises the atomic vibrations of a positive nature they bring into action spiritual forces that break down forces of a destructive nature. This is what healing is all about”.

Edgar Cayce