

# “I’m Ready Completing 2018 Consciously”

Lola Wright – 12.30.18

Bodhi Spiritual Center

Lola Wright: We're going to do this burning bowl, and I want to give a little context. As I was thinking about what the spirit of the day is, can be, the word that kept coming to my mind is integrity, to live a life of integrity. A lot of times we will think of the word integrity as morality, and I want to just invite you to put that aside, because this is a place that doesn't subscribe to morality.

What morality requires is that one be right and another be wrong. Totally not interested in that. It's all subjective. It's all based in the land of opinion, but integrity in the context that we're creating here this morning is a life of workability, is a life that restores your inherent wholeness. Who you are is whole.

We are coming out of a season where you could interpret the birth of one as a time that you are saved from your brokenness, and that's just not what we're up to here. All of that requires a story that something's wrong with you, and what we affirm here is that who you are as you are is whole and is holy. Today is really a reclamation, it's a restoration, it's a remembering of who you are inherently.

In order to restore your sense of wholeness, to remember the unified field of awareness that is your name and your nature, there is great value in getting related to the leaky energy, to the places that we can lose our power. We're going to go through a meditation this morning that invites you into an inquiry. Where are the places and spaces in your being where you're leaking your power, where you're thwarting your holiness, where you're diminishing your wholeness?

It might be that in the practice of this meditation you come upon relationships that you choose to have a conversation with. It may not all get buttoned up here this morning, but the intention will get set.

As we move into this time of meditation, if you find that there are people, places or things that involve your activity around following this, here's the catch. You might get inspired in here, and then an hour or a day will go by and the mind might start to say, "You know what, I did that work right in here. It's fine. I don't need to have that conversation."

Only you will know, but I will tell you we are human beings that are wired for relationship. If there is a conversation that you are to have before the year is up you still have time. There is nothing magical about this day or tomorrow, but we have made a collective agreement to invoke something, and the mind is a creative power. We're going to invoke that this day.

One last time, is there anyone that does not have an envelope. If you don't have an envelope raise your hand. We will get one to you. There are a few things in the envelope, and I'm going to lead you through what we're going to do there. Look, you all can't even wait a second. Nobody said open the envelope.

You can go ahead and open the envelope. Inside of there, there's a little bit of paper. That's all you need right now is the little bit of paper and the pencil. Nothing to do yet. Just get your little writing spot together. I invite you to close your eyes taking a deep breath, clearing yourself of any distraction, turning your gaze inward.

Bringing your attention to your breath, and noticing the sensation at the tip of your nose as you inhale. Inviting any tension that may be to fall away. You might scan the top of your head, perhaps your forehead and just notice if you're carrying any tension there. Through the use of your breath, place your awareness there and allow it to relax.

Now, bring your awareness to your jaw, and see if there's any clenching that you're doing there. Invite your jaw to soften. Allow it to relax. Invite the tongue to rest on the bottom of your mouth, resting against the back of your bottom teeth. You might choose to have just a slight opening in your mouth as the breath moves in through the nose, the shoulders fall, the belly softens.

Allow your breath to be your friend in this exploration. Begin to scan your physical body, your emotional body, your mental body, your energetic body. Allow the presence of wisdom to guide your attention to any place or space that is ready to be released. As you feel called, go ahead and begin writing on the paper before you.

You'll notice it's a small piece of paper. You can write on both sides. You can write on top of itself. What patterns, what hurt feelings, what places or spaces in you are you holding shame, are you holding blame or criticism? On that little piece of paper begin to write the words that resonate with you for release.

Begin to notice anyone that you've placed outside of your heart. Would you be willing to release them from the bondage of your mind? You might include organizations, institutions. If there is a way in which you keep yourself in bondage, notice the false beliefs or the limiting ideas that you hold about yourself, and see if you'd be willing to release them this day.

If in fact there is an aspect of you that is whole and is holy, then may we make room for that this day by writing down anything that impedes that full expression. If you're still beating yourself up for something you've said, something you've done or not done write it down and let it go.

If there's some way that you hold yourself back, that you know is impeding or impacting the greatest expression of you, would you be willing to write that down and let it dissolve back into the nothingness from which it came? This is not an activity of figuring out how this occurs. You need not effort. We gather in community to lean on one

another to support us, to rub up against one another and let go of our false sense of self.

You are here for something great. Lay down the hard edges. Relax the biting remarks. Take a deep breath and see if there's anything else that wants to be released. Take a breath and see if there are any relationships that feel incomplete, any wounds that you're maintaining, anyone that you've placed outside of your heart.

Releasing the resentment need not mean you are back in active relationship with that one, but it does mean that you have freed them from taking up occupancy and being a bleed of your psychic energy, for you are here to be the light of the world. You are here to be the presence of love. You are here to realize your wholeness, and anything that gets in the way of that may be released this day.

If you've been sitting for a minute, allow your exhale to be the continued practice of release, continuing to keep your gaze turned within. If there's anything you forgot to write down that's coming to you now, know that through the practice of your breath you can release anything that is still here. Where one practices, we are all impacted.

There may be things that are living in the collective consciousness that you don't even know have been taking up occupancy in you that another is releasing here and now. Know that as each release occurs, we are being made more free returning back to our native state.

Allow this time to be a readying, a readying for you to step into your high and holy nature, to reclaim, to restore, to recreate your native sense of self that has known all along it is whole, it is perfect, it is complete, that you are here for a divine and holy purpose, that you are a portal, you are a channel for the infinite to be made manifest.

Allow this time to be sacred practice, readying yourself for your true nature to be revealed in ways you've not yet imagined. Laying down the heavy burden, the false sense of self, the resentment, the blame, the criticism. May it all fall away here and now. If your breath has gone shallow, I invite you to take a deep breath in through your nose.

Allow your belly to expand. Give yourself the gift of an exhale. As the final people come forward to burn that which no longer serves them, imagine that any residual hurt, resentment, any residual ways that you hold yourself back is being burned, returning to the nothingness from which it came. The people before you are doing our collective work, so allow this to be a sacred practice.

Allow yourself to deepen in this collective meditative practice, feeling before you this void, the emptiness, the freedom, the openness where new creation is ready to emerge. Allow your breath to lead you into this unified field of awareness where you rest in the universal presence, the spirit of life, the presence of love where all things are made possible.

Begin to imagine the life you desire, the relationships, the home, the health and healing, the financial well-being, the life's work or vocation. There is a high idea of and for your life. It is not random. It is not by accident, that if you have pressed through into this dimension of reality there is a unique expression that only you may bring to this time and space.

As you give yourself the gift of bringing that fully forward, imagine that the desires of your soul that have been uniquely implanted in you have been made manifest. Give yourself the gift of the visions you know you are here to fulfill, see them in your mind's eye as already done.

See before you the life that brings you alive. See yourself fully self expressed making the impact you desire, surrounded by the people you love in the home that cultivates peace, resting easy, knowing that you are fully resourced.

Allow a well of gratitude to bubble up in you, paying deep reverence for the fulfillment of your soul's desire. Knowing there is never a desire placed in the heart, the mind, the body of any one of us that is not fully sourced and resourced with all that it needs to come to form. We give great thanks in advance for that.

When you're ready, begin to write a letter to the universe thanking it for 2019, for all of the gifts it has already given. Imagine 2019 is a demonstration of fulfillment that goes beyond your wildest imagination. This is your thank you note. Write this note as a thank you in advance. Be specific, be vivid, giving thanks for the fulfillment of that which you desire as if it is already done.

Tap in to your sensory capacity, your creative capacity and illustrate the fulfillment of your desires in 2019 as a word of gratitude. Dear universe, I am so grateful. This is your heart's desire. This is your movie. This is your creation. What are you giving thanks for? What is the vision that you are ready to be a match for?

What is the life that you are ready to draw unto yourself, for you are a magnet? Imagine it is already done, and for that you are giving great thanks. Release any part of you that's trying to figure out how this could be made possible. You are an energy field that is drawing unto itself that which is a resonant match for you.

Allow yourself to be a resonant match for the greatest expression of abundance, of love, of joy, of freedom, of harmony, of peace. As you say yes to your sacred gifts, all of humanity is lifted up. Trust the guidance, trust the wisdom, trust the desires that are coming through you. When you're ready, stuff your envelope. Put your name and address on the front. Seal it closed, and hold it in your hands either to your heart, or in the sacredness of your palms, and let us speak a word.

As you complete the stuffing and the addressing of your envelope, I invite you to close your eyes and breathe deeply, recognizing that there's a divine and holy presence in back of all things. It is the name, it is the nature of all life. It is omnipotent, omniscient. Call it God, call it spirit, call it universe.

It is individualized uniquely in each of us. It is that which binds us and connects us one to another. I know that I am one with this universal presence. I know that there's a transcendent quality to my being that goes far beyond that which I perceive in the physical world, this manifest universe. There is something far greater.

As that is true for me, I know that that is true for each of us here, that we are one with the one. It is from this place of oneness that I absolutely affirm this day that the intentions, the visions, the desires that have been put forward pen to paper are already done. I absolutely affirm that there has been a chemicalization, there has been a quickening of the spirit, that the one-