

Wholeness in Bali

Freedom & Peace

It took three planes and twenty long weary hours of flight to arrive for my life transforming trip in Bali, Indonesia in July 2024. My second flight took the longest of the three and I sat diagonally from a wonderful Filipino family. I could see the enchanting mother throughout the flight managing her energetic young boy. The boy's father sat in front of me; his parents passing him back and forth many times. They never became frustrated with him or his never-ending antics. Next to this remarkable mother sat a beautiful young daughter, who stayed in her seat out of sight most of the time.

Throughout the flight, I ate when they fed us and tried to sleep when they turned the lights out. While awake in the dark, I began to pen some poetry. While composing deep feelings about an angry god, the little girl became visible and *taught me everything*. She moved into her mother's arms to receive the unconditional love she needed. The little girl delightfully returned her mother's affection at times, happy to share the devotion she received so freely. She threw herself backwards, trusting her mother to catch her. Her mother barely moved and effortlessly protected this beautiful child who relied on her fully. *It was remarkable to watch this unfold!*

I watched with intrigue, while the child began to weep. Effortlessly, the mother knew what the child needed, then met all of her necessities... taking her daughter to the restroom or feeding her. Her mama knew what her baby needed, even though they didn't know how to express themselves yet. This beautiful, trusting and loving two year old, a wonder to observe. *She taught me everything in life.*

If only we all became this parent and this child..

Freedom & Peace

*Brown wide eyes rise just above her mother's knees
Yet her light reaches the top of the tallest mountain*

*She walks and makes choices
While depending on her parent's love for all needs*

*Carefree, she loves and is cherished
Looking into her mother's compassionate eyes
Experiencing unconditional devotion*

*She responds with tenderness and joy
Throwing herself unreservedly on mama,
She kisses and returns the fondness freely received*

*With abandon, throwing herself back..
trusting babae to catch & keep her secure*

*This experience reveals the path for all humanity...
Unconditional love, trust, joy, and security
Freedom is the path to peace*

Wholeness in Bali

Wholeness

While in Bali, my group visited three temples, each unique and special in different ways. I envisioned my wise ancestor for the first time at Besakih Great Temple (aka the Mother Temple). The gangster monkeys and Kecak Dance interesting at the Uluwatu Temple. And my experience at Pura Tirta Empul (aka the Water Temple) transformed my life...

The Water Temple surrounds a natural spring over one of the many vortexes in Bali. The spring feeds into three pools, which represent body, soul and spirit. Local Balinese, Hindu worshippers and visitors dip their heads under the waterspouts in a purification ritual, melukat. The melukat ceremony is done to cleanse the body spiritually and physically, from present and past lives, and from negative elements by washing in holy water.

I prayed for physical healing at each fountain in the first pool. And I felt increased wholeness in my body afterwards. I prayed for the restoration of my soul at each fountain in the second pool. My prayer language changed. Our group's Holy Man, Gede told me this is intuition and only one in 1,500 people will understand my declarations. My prayer language continues to frequently change since this time, primarily in song. My hands began to move in specific ways. I shared this mudra with our group's Holy Man, Gede who told me it's tantra. My mudras have changed many times since then. I have been dancing, singing and experiencing peace and joy often since praying in this pool.

I prayed for the spirits to have access to and through every cell in my being at each fountain in the third pool. I felt remarkably connected and content. While praying, clarity came to me... I don't need to ask for Love, or to receive Love, or to be grateful for Love, etc. **I AM Love.** The same is true for Peace, Joy, Prosperity (that one took awhile), etc. *It was AMAZING!!!* Eventually, I came to understand everything in the Universe is within us. Therefore, **I am EVERYTHING... and I am NOTHING.** This is true for us all...

I became the little girl on the plane..

Wholeness

I am everything and nothing...

*Peace, joy, love and prosperity
Whole & complete*

I am nothing and everything...

*Spirit flows in me and through me
Wholeness & healed*

I am everything and nothing...

*Wisdom and
Truth resides within me*

I am nothing and everything...

Peace fills my soul

Wholeness in Bali

Ying & Yang

My trilogy of perception and truth continued after leaving the Water Temple.
The realizations which began in the third pool continued... fully amazing!
I AM JOY... I AM LOVE... I AM PEACE, etc.

Then suddenly... I am destruction
NO, I am only good things
I am destruction
Ok... Ying Yang... I need to be both Creation and Destruction
I am destruction
Ok... I am destruction... But I won't destroy anything
Some things need to be destroyed!!!

Then I understood both Ying and Yang to be valuable.
We benefit from both the darkness and the light.

I am Ying & Yang... along with all people.

An inclusive microcosm of all the powers in all the universes lives within each of us...
I am Creation and Destruction... we all are!

Ying & Yang

I am EVERYTHING and NOTHING

I am... Masculine & Feminine
Life & Death
Darkness & Light

I am EVERYTHING and NOTHING

I am... Meaningful & Meaningless
Suffering & Wholeness
Powerless & Powerful

I am NOTHING and EVERYTHING

I am... Sweet & Spicy
Sickness & Health
Conservation & Devastation

I am EVERYTHING and NOTHING

I am... Timeless & Unchanging
Anger & Peace
Benevolent & Jealous

Wholeness in Bali

I am EVERYTHING and NOTHING

I am... Kind & Brutal
Pain & Pleasure
Empty & Full

I am NOTHING and EVERYTHING

I am... Love & Hatred
Old & Young
Brokenness & Healed

I am EVERYTHING and NOTHING

I am... Broken & Whole
Independence & Community
Myth & Truth

I am EVERYTHING and NOTHING

I am... Creator & Destruction
Revenge & Forgiveness

NOTHING and EVERYTHING

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