



*Virginia Fidel*  
*201 Homestead Rd*  
*Lavina MT 59046*

## **Meditate with Virginia**

**Wednesday April 14, 2021 at 7:00 pm MST**

Summer workshops are fast approaching. Preparing for them requires a lot of time and energy, so this will be our last Wednesday meditation until autumn. Information about the workshops is available on the last page of this document, as well as on my website: <https://virginiafidel.com>.

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The need to give and receive Love is fundamental to the human condition. One aspect of this we tend to forget, is that it is as important to give and receive Love with ourself as it is with others.

Love is who and what we are. Each and every one of us, including you. Love is what allows us to express ourselves as unique individuals, and Love is what unites us as One. Love is the Divine Source from which we all came and it is the eternal flame that lives within us.

To fill your life to overflowing with Love, practice giving and receiving Love every chance you get. I suggest that a great place to start is with yourself. With intent and a little effort, you might be amazed to discover just how incredibly Loving and Loveable you really are.

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## Reflections

Listen to: "As I began to Love myself", by Inspiratsioon Inspiration

Link: <https://www.youtube.com/watch?v=62oby83NtGw>

Reflect on the following:

1. Draw a picture of how I feel about myself now.
2. Choose a mantra from the attached list to say out loud or silently as many times as I can throughout 1 day.
3. Then draw a new picture of how I feel about myself.
4. Repeat as desired.

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## Meditation

**On Wednesday April 14, 2021 at 7:00 pm MST**

Listen to: "As I began to Love myself", by Inspiratsioon Inspiration

Link: <https://www.youtube.com/watch?v=62oby83NtGw>

Then meditate on the following, or just let yourself drift if you prefer.

1. Set a timer for 30 minutes. Make yourself comfortable in a quiet place.

2. Move outward, then look back at yourself. See the glow of Love that surrounds you and lies within you. See the eternal Love that *is* you.
3. Now broaden your perspective to see others near you. Broaden it more to see others that share the Earth with you. Then broaden your perspective even more until you see all of creation.
4. Everywhere you look, Love is there. Everything that you hear, touch, taste or feel is Love. All is Love.
5. Open to the Love that surrounds you and lies within you, always.
6. After 30 minutes, gently come back.

You *are* Love. Know it, embrace it, be it. Always remember that you are Love, a spark of the eternal Divine, along with everyone and everything else in creation. Keep on Loving!

With Love,

*Virginia*

\* Please note: I am, and always have been, nondenominational, interracial, nonpartisan and multicultural. I love and support *all* people equally. I choose particular songs and videos only to help communicate aspects of a broad, all-inclusive message of Unconditional Love.



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## Mantras/Affirmations

- I walk with courage
- I hold no judgment
- I lead with harmony
- I stand with trust
- I move in joy
- I am Love
- I welcome transition
- I live with faith
- I am happy, healthy and fully alive
- I am kind
- I welcome creativity on my journey
- I acknowledge myself for who I am
- I am gratitude
- I am unconditional love
- I am peaceful
- I find room in my heart for forgiveness
- I have unlimited power at my disposal
- My subconscious mind is my partner in success
- I am patient
- I am flexible
- I am strong enough to show compassion

## As I began to Love Myself – Charlie Chaplin

“As I began to love myself, I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is “AUTHENTICITY”.

As I began to love myself, I understood how much it can offend somebody if I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it “RESPECT”.

As I began to love myself, I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it “MATURITY”.

As I began to love myself, I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So, I could be calm. Today I call it “SELF-CONFIDENCE”.

As I began to love myself, I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it “SIMPLICITY”.

As I began to love myself, I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first, I called this attitude a healthy egoism. Today I know it is “LOVE OF ONESELF”.

As I began to love myself, I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is “MODESTY”.

As I began to love myself, I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening. Today I live each day, day by day, and I call it “FULFILLMENT”.

As I began to love myself, I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. Today I call this connection “WISDOM OF THE HEART”.

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. Today I know “THAT IS LIFE!”



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## **Workshops with Virginia - 2021**

### **Silent Meditation**

*June 2-7, 2021*

*Cost \$475*

*Location announced May 1 (virtual or at the DeKoven Center in Racine, WI)*

*Maximum 20 participants. Provide your own food, lodging & transportation*

Sustained silence allows us to connect deeply with the center of each of our aspects - mental, emotional, physical and spiritual - then gently integrate them as one in our heart. This creates peace and harmony within our self and in the world around us. If you enjoy Virginia's weekly meditations, this workshop is for you!

The 2021 *Silent Meditation* workshop runs concurrently with the *Essence of Nature - Part 1* workshop. There will be a few shared sessions where workshop content of each overlaps.

### **Essence of Nature - Part 1**

*June 2-7, 2021*

*Cost \$475*

*Location announced May 1 (virtual or at the DeKoven Center in Racine, WI)*

*Maximum 20 participants. Provide your own food, lodging & transportation*

We often limit ourselves by seeing, hearing and feeling from strictly our own perspective. As a result, we experience just a small part of what is actually available to us. There is so much more out there. Connecting with the essence Nature on a deep level is one way we can expand beyond our limitations to embrace a whole new reality.

In this series of workshops, you'll form intimate relationships with different aspects of Nature, reawakening and expanding your awareness of all things. *Part 1* is the prerequisite for all subsequent workshops in the "Essence of Nature" series.

## **Essence of Nature - Part 2**

### ***Prerequisite: Essence of Nature - Part 1***

*Dates September 1-6, 2021*

*Cost is \$1500*

*Maximum 12 participants. Provide your own roundtrip transportation Las Vegas, lodging, food & personal expenses.*

The 2021 Essence of Nature Part 2 workshop is a rare opportunity to take an adventurous road trip with Virginia, amid the power and splendor of Bryce Canyon, Zion and Grand Canyon National Parks. You will experience "off-the-beaten-path" areas personally selected by Virginia for this workshop. She will guide you in connecting with the Essence of the spectacular natural wonders you encounter throughout your incredible journey.

## **Exploring the Future (ETF)**

***All ETF workshops are done remotely until further notice***

Notes	Dates	Location	Cost
*	April 15-19, 2021	MA	\$1250
*	May 8-12, 2021	WI	\$1250
*	Aug 13-17, 2021	WI	\$1250
**	Oct 28-31, 2021	MT	\$1250

*\* Register early, space is limited*

*\*\* October is for local Montana residents and Virginia's staff only*

Our mind is just one small part of who we are. Yet we often allow it to create imaginary barriers that prevent us from fully experiencing and expressing the magnificence of who we really are. Would you like to travel far beyond your human mind? To encounter a much bigger reality to inform your perspective? To explore the limitless possibilities always available to each and every one of us? If so, join Virginia for an incredible Exploring the Future journey!