



second a10

Focus on  
**Co-operation**

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second a10

## Focus on **Co-operation**

### **Guidelines for working through modules**

We recommend that you work through one section of this module per day. Read through the section and allow yourself to re-experience feelings that need to find an updated expression and decide on an attitude that could be considered more constructive to holistic practice than the one you have had up until now.

As you work through each section of this module, it can be helpful to write down your impressions in a journal or tape or illustrate your experiences as you progress through your journey of inner transformation.

Complete any exercises and answer any questions. A suggestion is to read a question and to write your immediate reactions to it. Go for a walk, then have a cup of tea/coffee or do something else. Then come back at a later time and write more as you surrender and decide if you are ready to forgive yourself, others, circumstances, environments, personal habits and so on. Then spend a few moments in contemplation prior to proceeding. At this time just to decide to begin to let go of resentment and to forgive begins a process of healing.

At the end of each day, note in your journal what your attitudes were, how you were feeling and how your body responded over the day as well as anything else of importance.

### **Working with the text and the diagrams**

The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body memory. This will take time. Your intuition is the most important factor in facilitating this process. The diagrams in the module are to help you free up your intuition by triggering a helpful energetic response in your mind to support your study of the text. You do not need to 'understand' them. Just look at them and let them speak to you intuitively. Over time, your study of the text and contemplation of the diagrams will form an association with each other.



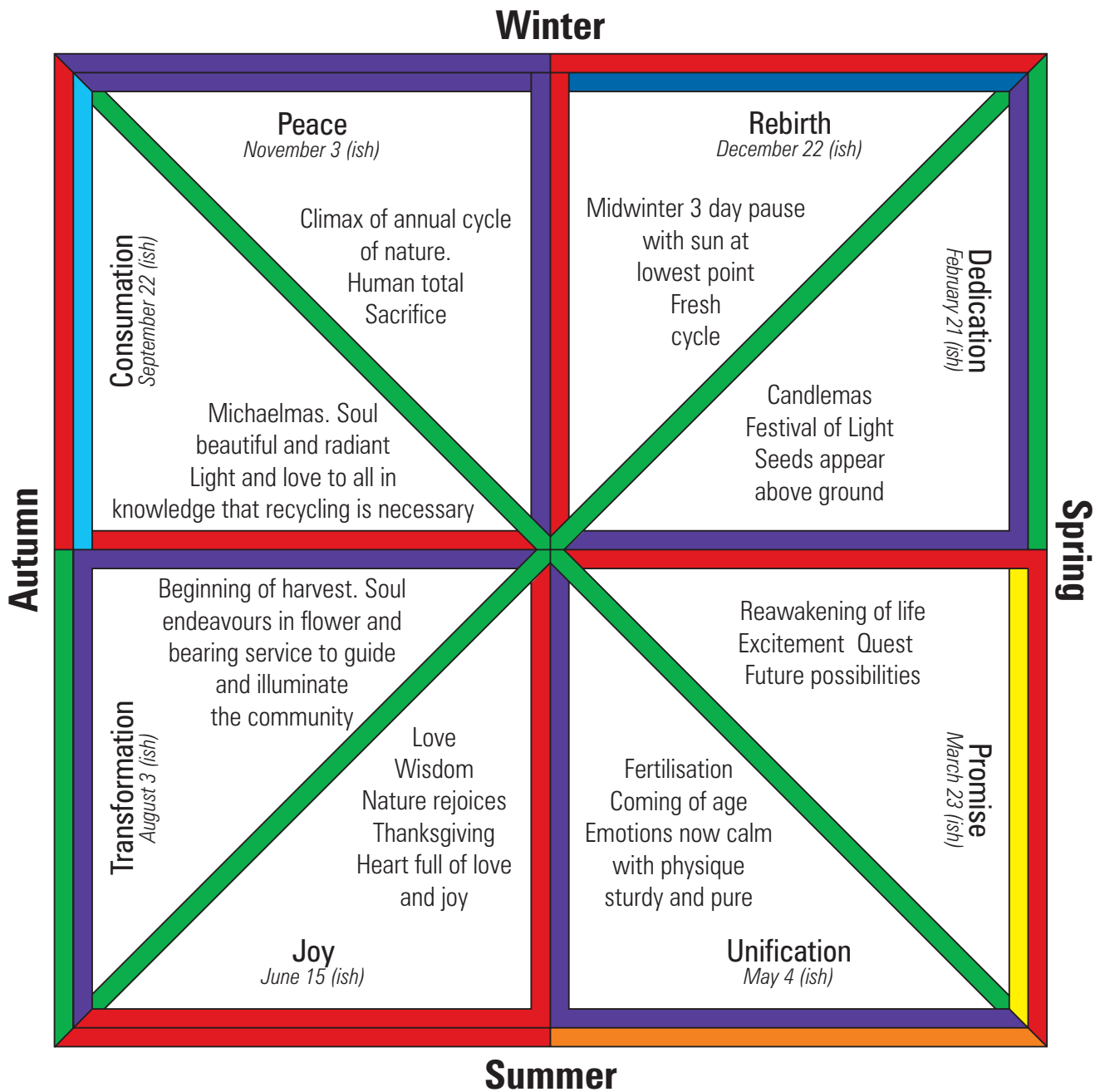
## **Introduction**

The main theme of this module as well as the modules *Focus on Releasing History* and *Focus on Laying a New Foundation* is our response to the rhythm held within the Earth. Sound and rhythm anchor the spiritual instruction into the Earth whereas colour and shape are the symbolic language of the invisible world. The Heaven supplies the standard, whereas the Earth shows us the discipline of how to apply that standard. For each section we recommend listening to a particular piece of music as well as working on the text. Details about all the pieces of music recommended in this module can be obtained via the Resources section on the Second Aid web site. If you are unable to get hold of any of these, replace the recommended piece of music with one that holds special meaning for you.



*Section I*

**Births, marriages and deaths**



**8 festivals mark the beginning and end of Spring, Summer, Autumn and Winter each year. Within 4 mid points of each season or cusp these make up the 12 festivals of the year**

**8 electric male  
4 magnetic female**



## I Births, marriages and deaths

Recommended music – I: ‘Memories’ – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.

As shown in the diagram at the beginning of this section, a year as we know it is divided into four seasons, making four squares within the greater square. The four are further subdivided into two halves. Two invisible impulses, the masculine and the feminine are nurtured within the Earth in each cycle and live in expectation until they are able to unite. This gives the opportunity of a child being born and the possibility to move forward onto another level as the old gives way to the next area. This area complements the efforts of the one that came before and the one we are working towards.

As the four squares come together so a new foundation is formed which the next sequential cycle will use as its ‘jumping off’ point. As we become more sensitive we are aware that these changes are taking place and become a fraction more sympathetic and compassionate to ourselves and humanity as a whole.

However, if we resist the movement we dislocate from the greater and lose impetus and rhythm. When this happens we will need the help of someone who is in harmony with all, who will balance our energy in rhythm with theirs and thus rebalance us. This allows us to keep in time with the impulses of the invisible and, at the same time, will harmonise our bodily functions with nature. This allows all areas to grow with minimal discomfort.

The introduction of each unit is a birth experience; as we complete it, it is a death experience. But, as each unites with the next, it is a marriage. And, as the invisible impulse meets the familiar pattern of the Earth, the inner and outer, and upper and lower, find a point where a new and comfortable shape emerges to become the foundation on which to build further.

Rebirth is around 22nd December, depending on the moon. It is through moon cycles that the spiritual impulse is brought into the Earth. Then there is a complete pause, when the whole season is given in sacrifice to the invisible world, and as a result everything goes almost into reverse. This standstill occurs when the sun

is at its lowest point to allow a fresh cycle to come in. Just as if we want to jump, we have to bend our knees first, so we go back before we go forward. As we move into a new cycle this is a time of physical inertia, but spiritually it is very active, because the new impulse is coming in and we are beginning to connect to it even though we haven’t got the remotest idea what that means at the time. It is often a time when some people experience fatigue, depression and inertia while other people become more hyperactive and anxious.

A lot of people are quite relieved when the darkness begins to give way to the light and around 22nd February it is known as the Festival of Dedication. That is when the seeds begin to appear above ground and when we see the crocuses and snowdrops and think, ‘Wow! Spring is on its way!’ This is the season to dedicate ourselves in service to the light upon the Earth, so we need to get involved with what is going on, on the Earth, to begin to get the enthusiasm that says, ‘the year’s starting, that’s wonderful, terrific’. This completes the spring cycle. In terms of the invisible world, the re-birth is the feminine, receiving mechanism, and the dedication is the masculine creative instinct, the making active of the certainty of recreation.

We then go on to around the 23rd March, when we have the Festival of Promise. This is a feminine season when we connect to the possibility of something new happening. This is the re-awakening of life, the future possibilities. We would think this would be a masculine season, but it is not. It is feminine, as it is the reverse of the Heavenly one to which it becomes married so that they become androgynous again. It is not only a marriage with the other half of the square, it is also the marriage with the Heavens, the gods, the disciples or whatever other term we would like to use.

So it is almost like a four-way thing: the marriage with the other halves of the square as well as the marriage with the Heavenly instinct, giving a dual androgynous state – the masculine/feminine active within a particular space. This is what we are all aiming for – the male side of us being married to the female side of ourselves in whatever body we are wearing in life as we know it.

Around May 4th, the Festival of Unification and we awaken to the quest of future possibilities and move into a masculine season of the year. We say, ‘Right,

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everything has been fertilised, everything is coming of age, we are now understanding and working with the feelings. The physical possibility is strong and pure and we can move forward.' That is one half of the year done before we have the possibility of getting the other half together with it.

Now we move into the second half of the year, which is around June 15th – Festival of Joy – a feminine season again. Abundance, thanksgiving; there is love and joy which we understand. There is profusion everywhere, this means as well as crops, the weeds are coming up to be examined.

This examination begins to take place around 3 August when we have the Festival of Transformation (masculine season), when we say, right, now we've got to begin to harvest, we have to be doing rather than being, we have got to use what we have to benefit human kind.

That takes us to around 23rd September, which is known in the Christian doctrine as the festival of Michaelmas or Festival of Consummation in the more Celtic traditions. Everything is beautiful, everything is love and light-filled, and there is relief. The harvest is safely gathered in and the understanding is that all has got to be given out again. So it is a sacrificial time in a way when we sacrifice this year to invest in the next. It is a feminine season, despite being an active one, and the marriage of the two to the one. Redistribution of the harvest is the responsibility of each one.

November 3 is the Festival of Peace, climax of the annual cycle of nature when there is understanding and the male side willingly sacrifices to the greater good and we say 'Thy will be done'. We have done everything we can, therefore it is our pleasure to offer back to The Greater in total sacrifice that which we have achieved, and we now rest until the winter comes again.

These eight festivals are electrical really because they have the possibility of the feminine and masculine marrying up and joining with each other, contained within the womb, the shape of the year. It is where we get four magnetic female seasons at the giving way of winter to spring, of spring to summer, of summer to autumn and autumn to winter. With this there is total recognition that it is as it is, and as it should be. This is very, very beautiful, the working of birth, marriage and death giving way to new birth again. The sequence is not changeable; this is the way it is.

Self-reflection exercise on important life events and seasons.

- i). Which events stand out in your life? Did they happen at a particular time of year?
- ii). What is your favourite season? Why?
- iii). What is your least favourite season and why?
- iv). Record or discuss your thoughts in relation to the information above.

Visualisation on receiving vibration behind sound.

If you prefer to listen to this visualisation – you can obtain it on the Second Aid tape, Meditation Three, which is available through the Resources section on the Second Aid web site.

- i). Imagine a wheel, concentrate on the centre of the wheel and then come out and see the spokes of the wheel.
- ii). See the rim of the wheel and then pull right out like a zoom lens and see what surrounds it. After a few moments, start to bring it in again, along the spokes and into the hub of the wheel. Has anything changed?
- iii). Record your impressions.

Recommended music – 2: 'Great peace' – or any piece of your choice.

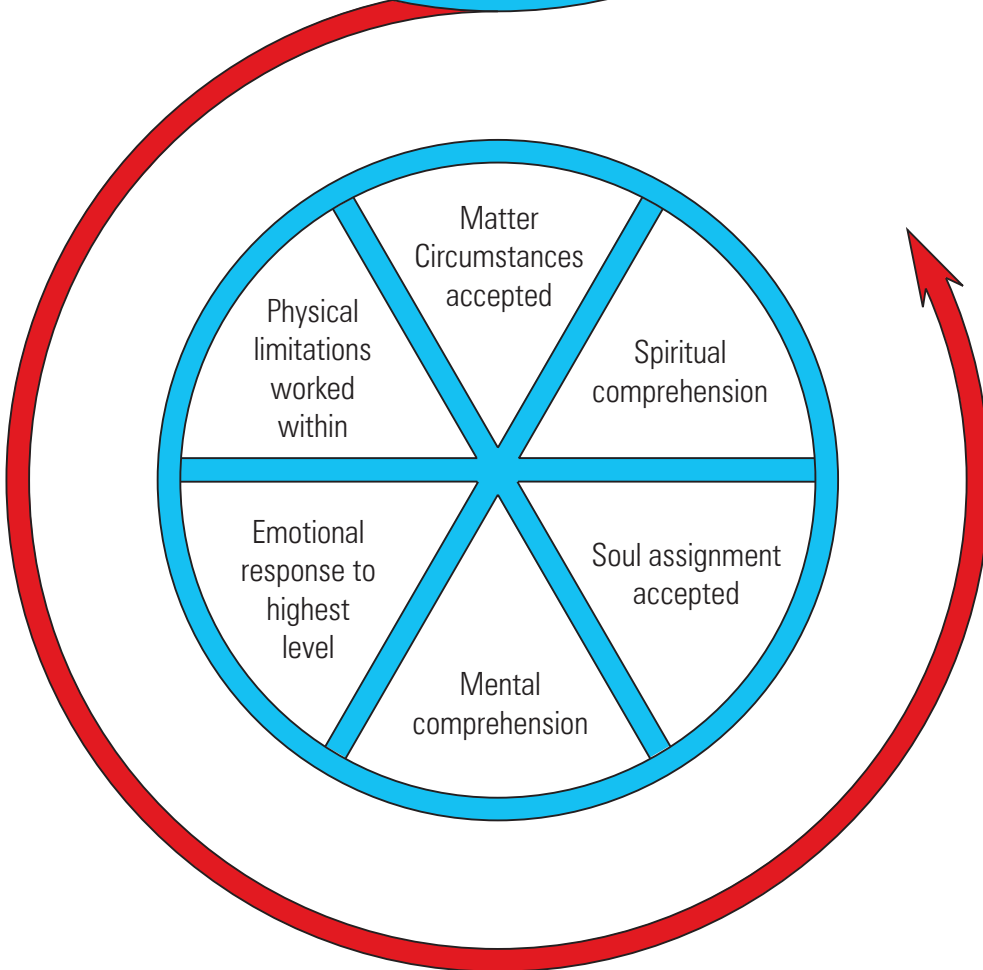
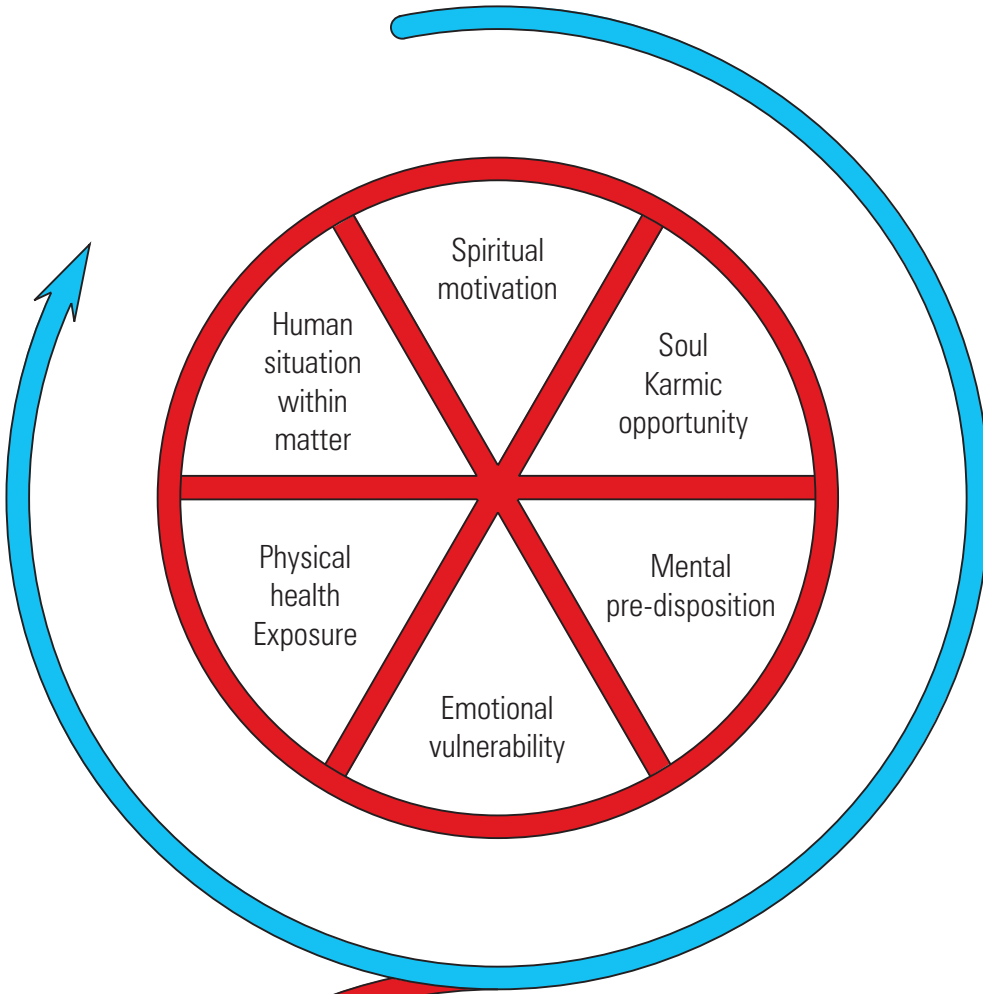
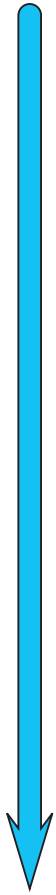
Listen to the piece and write down or draw your impressions to it.



## *Section 2*

# **Inter-dimensional instruction**

Spirit to Matter



Matter to Spirit



## 2 Inter-dimensional instruction

Change appears to occur spontaneously, but does it really? Or do we experience a shake-up in our lifestyle each and every time change occurs? For, every time we are motivated to the highest standard or ideal, this impulse will have to find its level within our life. How does this happen?

First we will have to see if that impulse can be supported in every area of the animal, vegetable and mineral structures of the body; and then our intellectual boundaries have to be flexible enough to accommodate the expansion. That will involve our emotions, for the feelings we experience will have to be monitored, challenged and changed - revised, reviewed and updated as necessary. This is our measurement of how we are getting on and gives a point of reference in our growth experiences in relation to those of others. That will mean we are vulnerable and our health patterns may change so that we will need to seek help. We may appear to be sinking and not swimming at these times.

Once we accept that this is the situation within a frame of our motion picture we can choose how we respond. This may be automatic as on previous occasions, or it may be to the specifications of others, or it may be with ingenuity, trust and love. That is our choice. Only when we get this far do we begin to realise that we are growing and are responding to some invisible string pulling us. We begin to recognise that some profound changes are taking place and we had better co-operate as best we can.

As we work with spiritual impulses coming in to life, it is again a four-way operation. Here we consider the two-way - Spirit to matter and body back to Spirit. When we get an impulse coming in clockwise we need spiritual motivation. Universal law says the Greater Will cannot dominate the lesser, the lesser must ask before input is possible. So we must ask the invisible world for the opportunity to go forward and we have to be motivated in that direction.

As we take the second triangle of the required stages, the six triangles in the round, we have to have the opportunity at a soul level so it must be karmically opportune for all those who surround us. That will be a group or family. Whether or not we will be able to proceed, or want to, will depend on how well we have done in the past in working with our attitudes to caus-

es and effects as well as the collective themes we are trying to refine.

That means we will have needed to do a certain amount of study so that we can have the intellectual capacity to take on board any information and become more proficient in all ways. So we will have to have the ability to go past old conditioning. That may make us feel emotionally vulnerable because we know how to do what we have already done. We have got a pattern, a circuit to run on. If that is going to be taken away from us we may feel very vulnerable and if our feelings are not up to date we may have a compound backlog from the past. We may just feel too vulnerable and we may not be able to take it on board. This is acceptable; we will have another opportunity when it suits all concerned.

This takes us into the physical health situation. If this debris of the past is shaken free, the physical health will have to be able to stand the impulse, because it may shake up weaknesses which haven't yet been brought up to strength. If the physical vehicle isn't in good working order then that may be too much. So we may turn down the impulse as a result if we are allowed to do so. The impulse takes time to get in and time for us to accept it. Only at this point is the spiritual impulse received in matter (body) and as yet we do not understand it, but we then have to make a decision as to whether or not to move forward blind in faith or not.

This takes us onto our receiving mechanism, the body, and, we do not realise we are doing this. It is all happening on the invisible, in the energy fields. We either accept the circumstances or not and we say, 'Thy will be done thy way.' I trust that I will be looked after by the will of God and I am going to accept this even though I do not have the remotest idea what that means at this stage. I will work within the physical limitations and I will work to release any debris that is shaken up as a result of the acceptance of this situation, it now becomes my responsibility.

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So if I find I am breathless, then I will do breathing exercises to ease the lungs. I will do gentle exercise to get the circulation going but not push it too far, and I will wait for another season to pass to allow my physical body to be able to work with this impulse. I will prepare the vehicle. Now that means we may not be feeling too great and we will have to not 'dump' these feelings onto the people who surround us, families, workforce or whoever. Even when we are not feeling too great we will have to respond to the highest level we can emotionally, which means taking responsibility for our feelings. We must tell our truth so other people know what is happening.

As we begin to do that we begin to get some inkling that the time has come for us to move on. We begin to understand that the invisible world is sending us the new opportunity and we have accepted it at a soul level even though we have not understood what that means. We prepare our mental body, our intellectual capacity to change our theories or to find new ones. That means we clear the space by getting rid of the old ones and say, 'That is it, the past has been really useful for me, I am grateful, but now it is time for other people to use the materials I have had. I need to clear the space to allow the new material that I'm going to need for the next phase to come in.'

At that time we begin to understand we have accepted the new assignment even if we do not know what it means as yet. An impulse is then received back to the Heavens and only at that time have we actually accepted the new instruction and this has taken twelve stages – six masculine and six feminine component parts. When the two of them get together we then have half the story – the message from the 'Management Upstairs' to Earth and our own response back from the Earth to the 'Management Upstairs'.

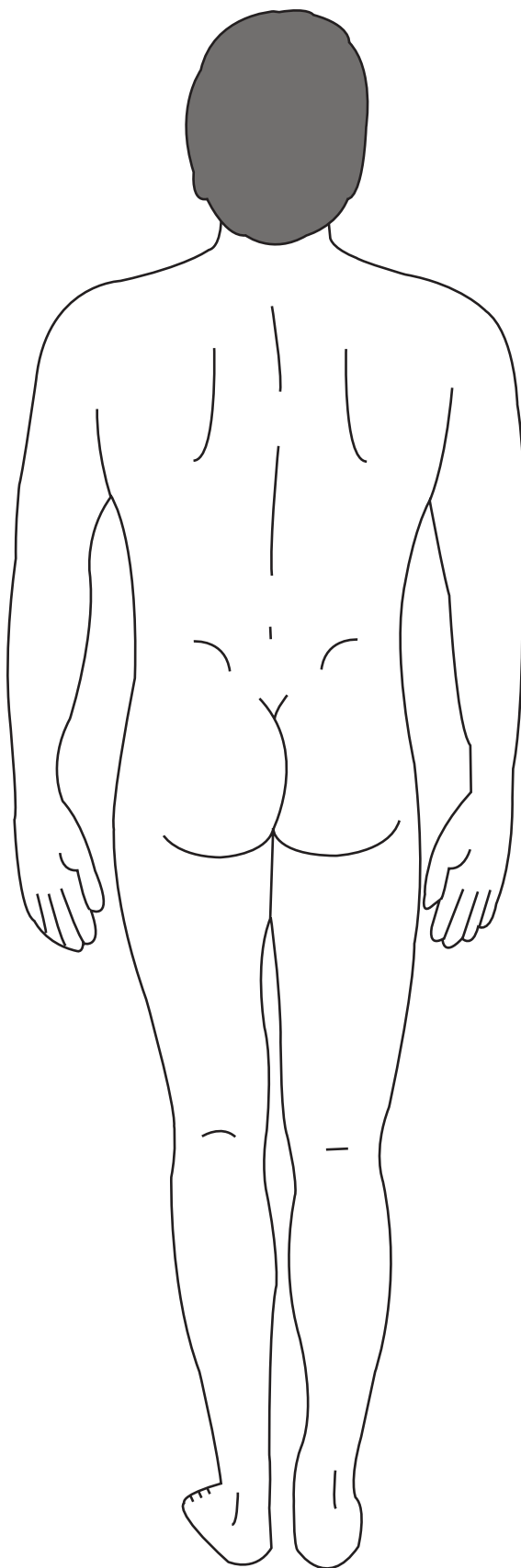
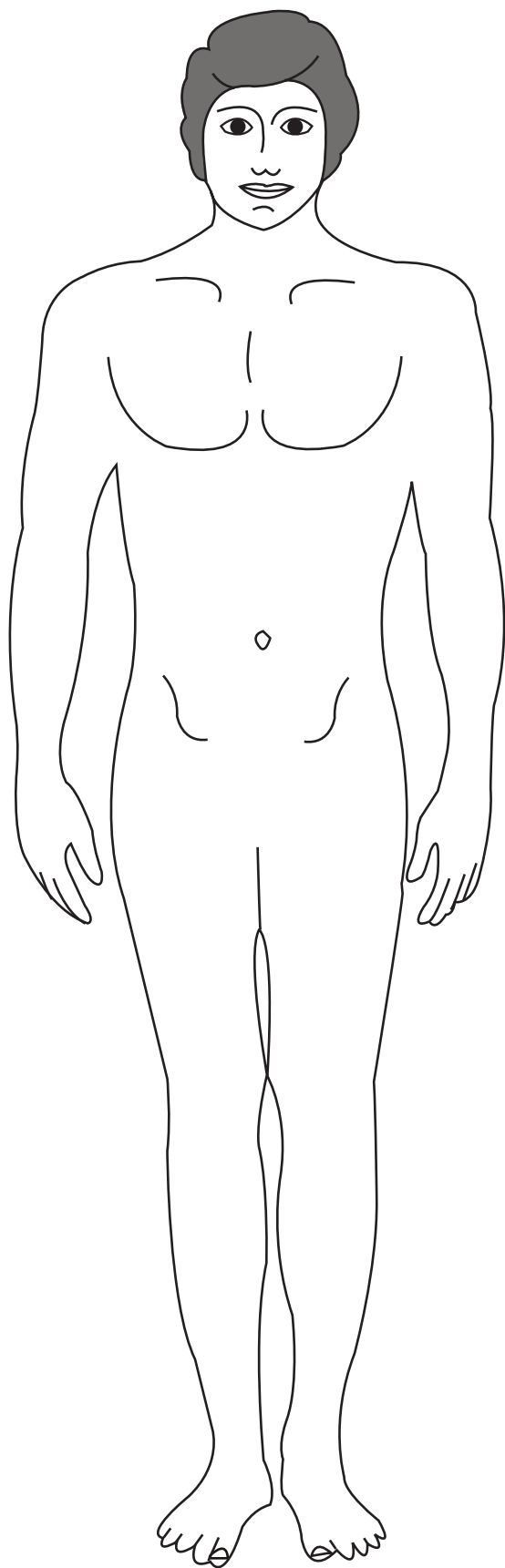
Self-reflection exercise on the state of your physical body.

i). On the following diagram of the front and the back of a body, draw any physical symptoms that you feel on both the front and the back of your body.

ii). Discuss this with someone or record your impressions of what discomforts might mean to you. Refer to Focus on Personal Programming for help deciphering these symptoms.

Recommended music – 3: 'I'd give my life for you' or 'Be still my soul' – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.

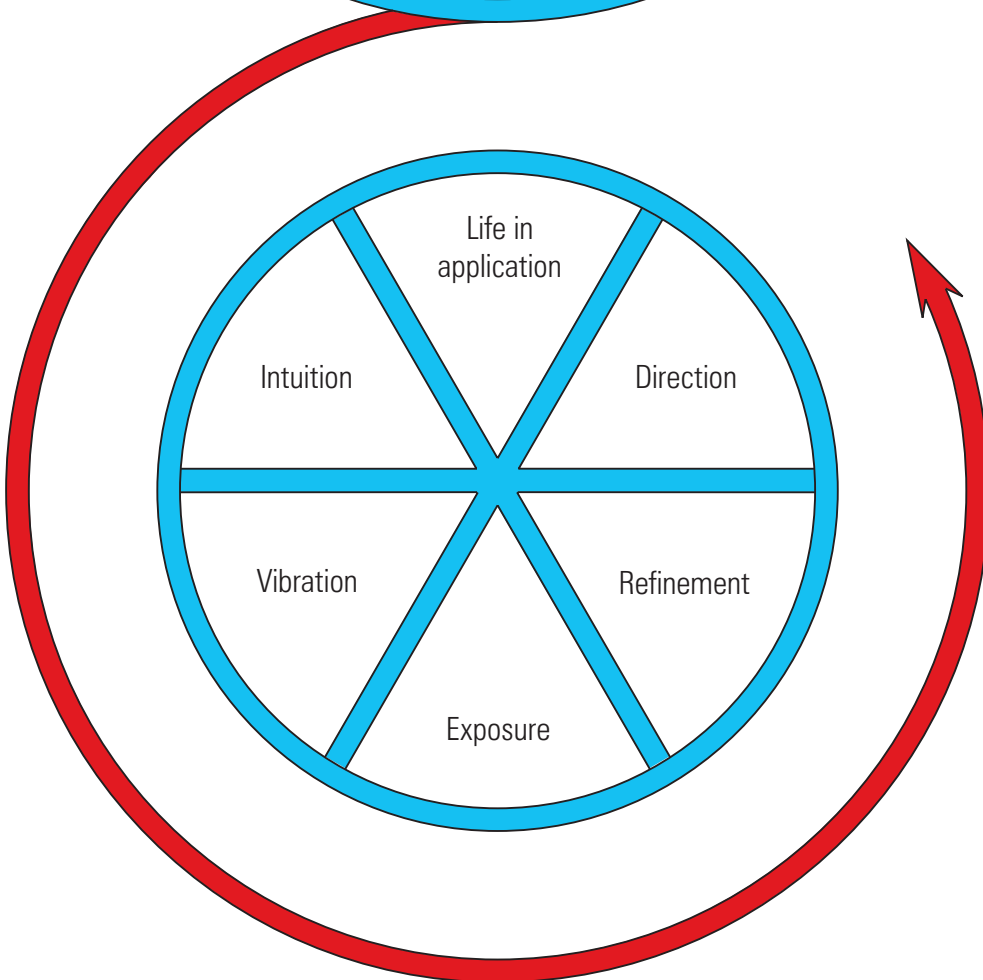
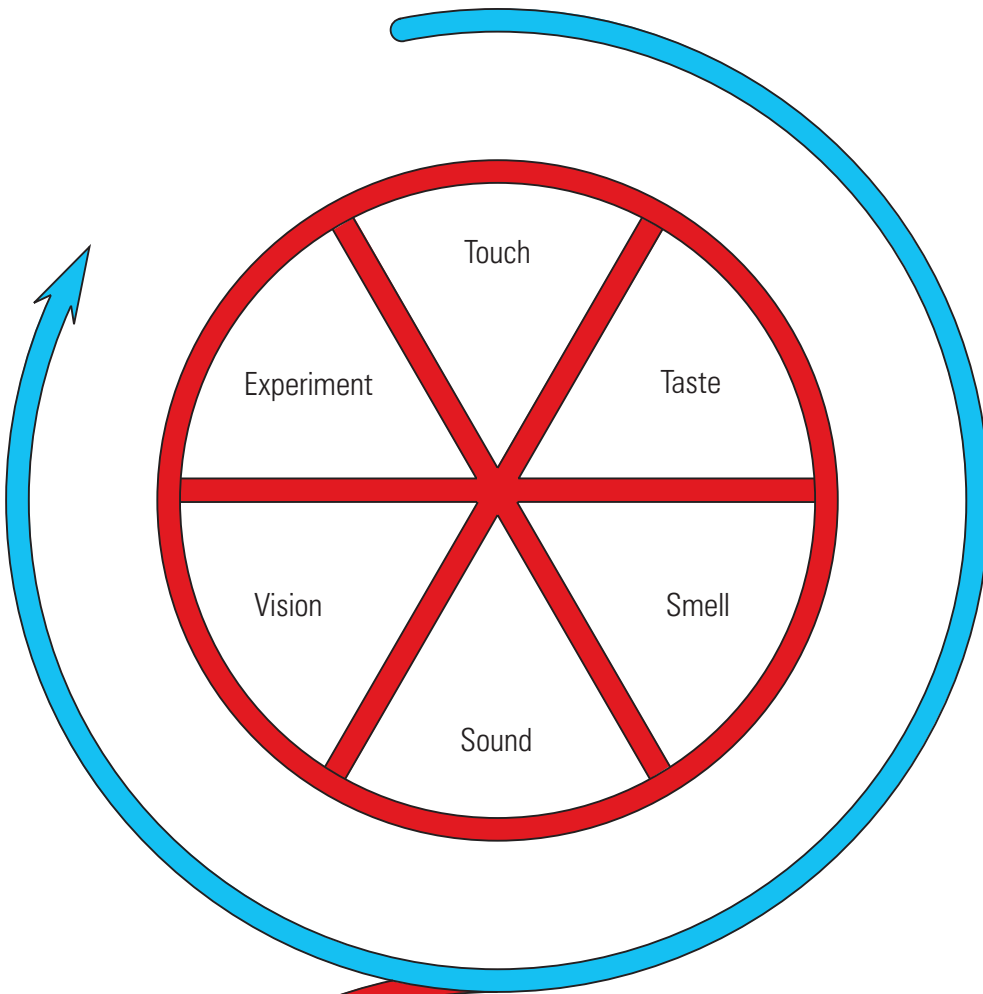
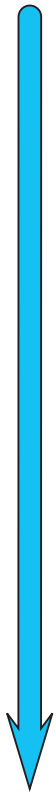




## *Section 3*

# **Opposites attract**

Sensory  
sensation  
within  
matter  
via soul



Via  
soul  
to  
spiritual  
direction



### 3 Opposites attract

As the instruction of the Heavens meets the Earth we may well say that life will never be quite the same again. Our lives have been touched. The acid/alkaline balance has to be adjusted and our diets may have to be adapted as a result. The extremes may smell sweet or sour. Our hearing responds to the change of vibration and we see things differently. We have no choice but to experiment as to how best to handle these changes that have already taken place within our lives.

So we activate our intuitive abilities and respond; with either the highest or the lowest vibration of which we are capable. This is always a risky period for as we expose ourselves to others they will challenge us more than we have experienced before. This will either refine our thoughts, ideas and actions, or we will be overtaken by the thoughts of others and will try to conform to their standards rather than sticking to our own. Either way we will find a new direction, which we will have to pursue.

This is when we have now fixed the head and the feet and we have to get the middle bits together. Or we have fixed the spiritual instruction into the physical body but now we have to understand it emotionally and mentally before we can move on. We have an event happen within our lives when we say, 'This has touched my life, it will never be the same again.' It may be a job, re-location, relationship, who knows. Or it can be an illness, bereavement or divorce, but something happens and our life is touched.

We may like the taste or we may not like the taste and this can be quite difficult. If it is an enjoyable experience we say, life has never tasted so good. If it is apparently an imposed change that we didn't have much to do with, we may not remember we agreed to it at an invisible level. In this case, it may throw up bad tastes in our life and we may feel resentful. We may feel impotent and we may have quite a difficult time to not either punish ourselves or our God or those who surround us as we make preparations to move forward again.

Next we relate to the smell of atmosphere and it may throw up an acrid smell that is not very nice which is psychic pollution or one that is sweet. This is when people think they have smelled something in the room – they may possibly have, so we hastily check the

housework. If all is well, we recognise that some atmosphere, which has been stagnant, needs release. We are a part of this experience and must flow past the rancid and rejoin a purer place.

This means that we move forward from the old into the new vibration, which is the vibration contained behind sound. We've got to find a rhythm, which we can work with. It won't be perfect because we live in a toxic atmosphere, a toxic surround, but it will be as good as we can get it. That means we have to practise the rhythm, the dance we are moving into. We need to feel comfortable, we need to be able to trust we will respond to the best in every situation, because that gives us the equipment we need to experiment with what's happening.

So we set down a mental or an intellectual negative, if you like, and we try and print a photograph of that negative. We do that through trying it out in life. We say, 'I don't know what's going on but I am willing to try, and, I accept that emotionally, having laid down some negative, then I can dare to allow my inner guidance to move me forward to print the picture.'

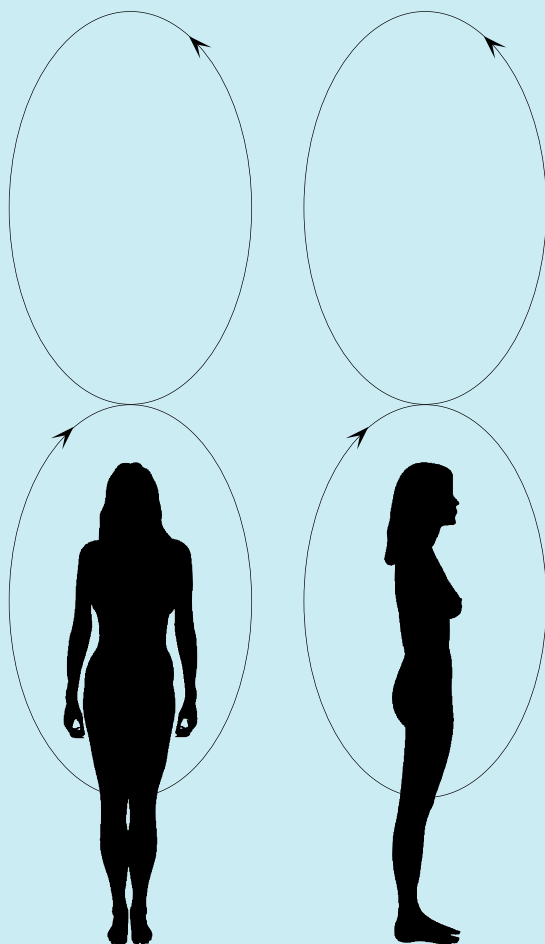
Now this means an awareness within the every day because our inner guidance will work through the drama of life and we will need to be able to pick up the vibration that we are going to work to, or not, as the case may be. Which means that we have got to be present within the now, to allow ourselves to be alive. We need to be out and about and exposed to the potential otherwise we can't start.

So only by putting ourselves out there inviting exchanges, stimulation, challenge, where we can test our own actions and reactions, will we be able to refine and find a new direction. This is when the body begins to extract the spiritual instruction and the soul begins to move in to help us obey the orders. We then begin to understand these orders and to work consciously with the soul in body to allow the spiritual instruction to take form within our life now.

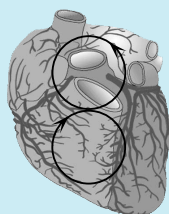
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Visualisation on free flow.



Imagine the lines of a figure eight starting from the base of the spine, coming up the back, over the top of the head make the second loop of the eight far above the head. Then bring it back down over the front of the body, between the legs, up the back again until it runs smoothly on its own.



You can also do another mini eight through the heart. Look at the different rates of vibration with the eight on the outside and the eight on the inside and see if you are able to imagine both running simultaneously.

Recommended music – 4: ‘Ave Maria’ or ‘Make me a channel of your peace’ – or any piece of your choice.

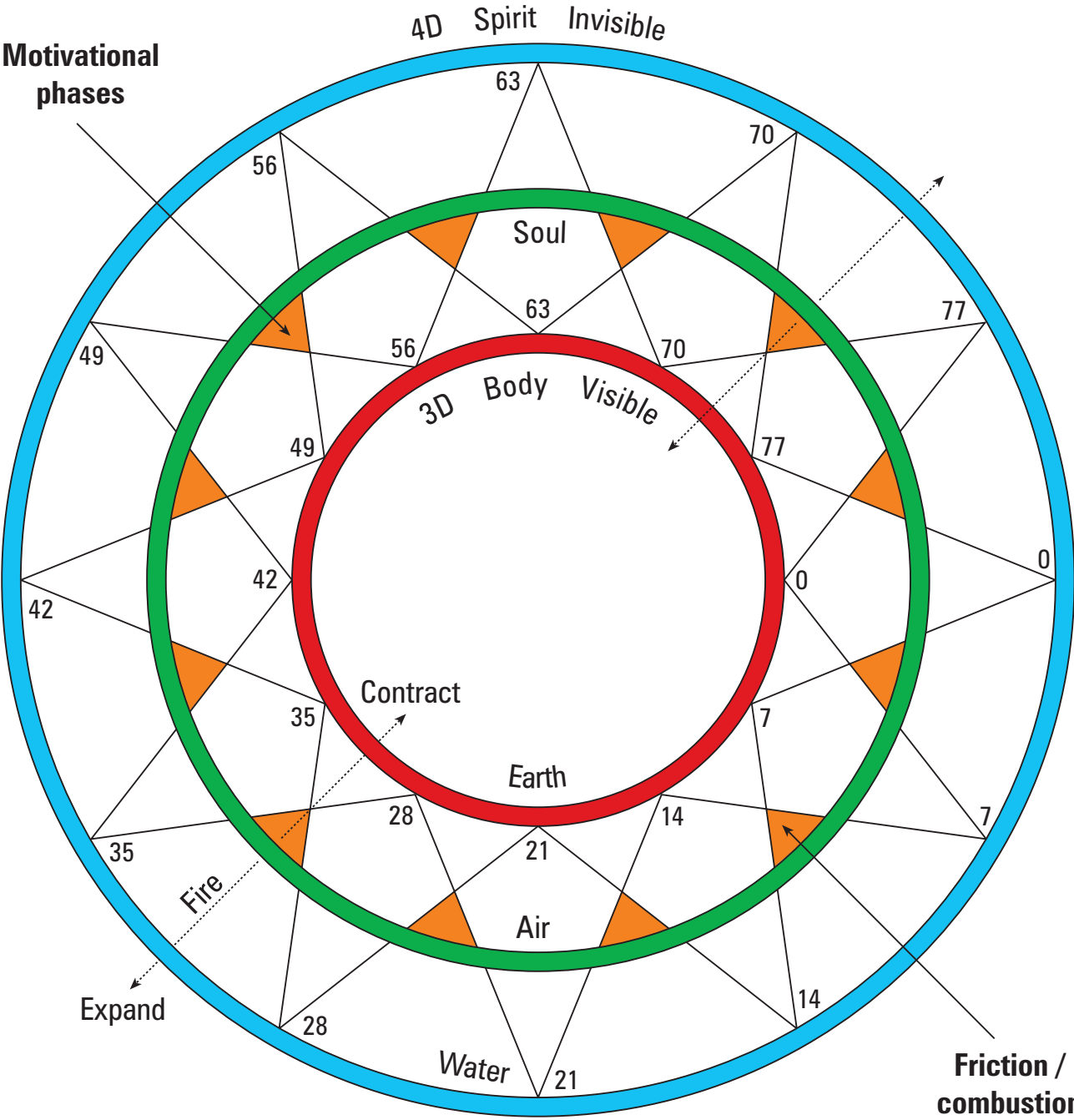
Listen to the piece and write down or draw your impressions to it.



## *Section 4*

# **The middle years**

# Potential development areas





#### 4 The middle years

Recommended music – 5: ‘Walking in the air’ or ‘Lux Aeterna’ – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.

Many humans live a dual existence, that of their thoughts and that of the needs of their circumstances. Do these two ever meet? In a way they do, just as the moment of breathing in meets the pause before we breathe out; or as the moment we are between sleeping and waking. We have the potential or possibility of understanding everything at those times. The time of greatest opportunity is also the time of greatest risk. The presence of a new friction or stimulus can lead us to miss an opportunity because of our conditioning, old patterns, a fear of challenge or whatever.

As well as singular cycles of expansion and concentration we also have cumulative ones. For example youth gives way to age, or innocence to sophistication. This only means that the body contracts while the mind expands or that theoretical knowledge is now the wisdom of experience. Or, that hopelessness has been relocated within hope and now has to be worked into the fabric of the thought-life and the body-life, ignoring neither and embracing both. It is a time of challenge indeed.

During this period the chakras (wheels of energy superimposed on top of the spinal column) begin to work at an inner level, through an outer manifestation and the fear we have experienced in the past will need to surface so that the debris can flow away. Very often this is when the lymph system within the body becomes overloaded and we may have to support the immune system to reduce the stress. Both the essence and the effluent are coming to the surface, and we will have to wait for the effluent to pass away before we are able to make contact on the Earth with what is happening now. So the invisible and the visible begin to go into what seems like a challenge situation – they are trying to fight for supremacy: Who rules OK? Is it the past or the future? Is the Heaven or the Earth in charge? Can we get the two together?

The zero on this diagram is in the East. The sun rises in the East, goes right round one hemisphere and

or the other, and returns to live another day. This is true at a visible and invisible level and we have marked, the periods in seven-year periods, as an example, to see that we have to make a good contact.

Growth takes place in equal proportion – the inner being working with the physical vehicle so as to keep everything together and harmonious, or so we hope. Over ambition and/or competitive behaviour can change all that. If the mind and the body are not in agreement one with another and operating in parallel then they rub up against each other so to speak. As well as interdependence they have independence. To enable progress there has to be friction. If the mind creates too much friction too soon, then the body suffers and vice versa, so the process of evolving must be gentle and steady.

Too much too soon causes skin conditions and too little causes dissatisfaction. The time must be right. For example, seven years physical growth has a beginning which is a sure sign of change and learning, and an end which is another time of confusion, chaos and transformation. At the three and a half year mark, there is great potential to harmonise inner and outer growth and, a quantum leap can be made to create a new force. The pliability of hot steel straight from the fire is placed in cold water to create a definitive form. This may not be comfortable but it is necessary.

Not everyone will meet this point at the same time, which gives the opportunity for one to support and encourage another, so groups can stabilise through time. Once is not enough. Inner as well as outer growth works in this manner and we find we need to adjust food, rest, exercise and so on, to accommodate current needs. This will cause changes of behaviour which may require all to adjust, and old habits die hard. If we are truthful and careful, others are not inconvenienced unduly, and all evolve. The balance of selfishness and selflessness is a delicate one if it is to accommodate all ages and all stages. When all are as ready as they can be, the inner ignition switch gets thrown. The inner and the outer move forward in greater harmony – not perfect but an improvement on previous attempts and that is good enough.

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Self-reflection questions on deflation.

- i). Do you judge the merits of illness, wellness and the changing faces of your experience due to your desire for things to stay the same? Or do you bully people to move them before they are ready yourself included?
- ii). Do you blame others for discomfort they cause you when you feel they are in need of additional support?
- iii). Do you criticise yourself and others when you feel inadequate to meet changes they provoke?
- iv). Do you condemn your own efforts or the efforts of others as new boundaries are negotiated?
- v). Do you get impatient if you are unable to facilitate a solution at the first attempt?
- vi). Do you try to conform to the facilitation of others or do you expect them to try to conform to your facilitation?
- vii). Do you assume your way is superior or inferior to those of others? Or can you discuss, modify and try out modifications until a workable agreement is reached by all willingly? Can you go through this process as often as necessary?



## Relaxation technique

This basic relaxation technique can be useful. Imagine yourself to be safe, healthy and protected. Imagine a white cloak around you and imagine that it gives you gentle comfort, safety, warmth and love.

- Sit in a comfortable chair or on the floor if you prefer, but make sure that you are in a relaxed position. If you are on a chair, place your feet flat on the floor, straighten your spine, neck and head, and close your eyes. If you are on the floor, you may cross your legs (Indian style) or stretch them out before you, providing your knees are bent and your feet are flat on the floor. Try not to slouch, but don't become stiff either.

- If you are feeling tense, worried or distracted, you can use this simple process to help you relax. Take in three deep breaths – pushing your tummy out as you inhale slowly – pulling your tummy in as you exhale slowly – saying to yourself the word 'relax'. Consciously concentrate on the muscles in your body, starting from your feet, calves and thighs, moving up to your stomach, chest, arms, neck, head and face. Tense each set of muscles first, and then release the tension consciously and slowly, feeling the gentle warmth, comfort and relaxation each time you release. Become aware of your body as a pleasant part of the natural surroundings.

- Create a clear picture in your mind of the situation about which you feel worried, angry or resentful. Be aware that you are feeling uncomfortable. Then again say the word 'relax' to yourself three times and become conscious of your breathing. Try to breathe in deeply and slowly, pushing your tummy out, and breathe out, pulling your tummy in. Do this several times.

- Picture good things happening within the situation, a happy ending, a reconciliation, a change for the better, a rest. See the situation – yourself and all those involved – surrounded by love or whatever you think would be a good antidote to the problem. Picture a beautiful setting where you are truly contented.

- Be aware of your reactions. It is natural to have difficulty seeing a loving picture. The feelings of tension, anger, frustration and all the other emotions are also natural. Dissolving them into relaxation will become easier with practice.

- Think about the role you may have played in creating the stressful scene, and try to re-interpret the event, your own and other people's behaviour. Imagine how the situation might look from another person's point of view.

- Be gentle with yourself and your thoughts. Try simply to watch rather than judge them, no matter how negative they seem. Become aware of how much less frustration, anger and resentment you feel. Tell yourself that you carry this new understanding with you.

- Move your head, hands and feet slowly. Open your eyes, look around; know that all is well with you and that you are in harmony with all that is.

There are many different sorts of impressions that we carry with us, consciously or unconsciously, which at some point we must look at, review and revise. Without doing so, it is difficult to allow our own subsequent levels of growth to emerge fully and freely. And, since personal growth and expansion is the goal of Second Aid, it is never too early or too late to reflect on our beginnings, on the past that has led us to this point, and thereby to rewrite history.



## **Consolidating your study experiences**

Having completed each section of this module, try to write and/or illustrate and/or tape a holistic, understandable story about yourself. You will find clues to do this from within yourself contained in the sections you completed during this module, as well as external clues, in anything that you may have gleaned from other people or circumstances. Put each clue together as they can mirror a symbolic message for you about an aspect of your life that you may have been confused about. We have many mysterious aspects within our lives. By

going through this process, areas of our life can be transformed, clarified, solved or resolved as the internal and external aspects unite to enable transformation.

Once you have written your report or your journal, if you wish, you can send it to us and we will read it and give you some feedback to encourage you in your process of changing and being changed, as you discover and deepen your inner journey. If you are interested in this service, or in receiving e-mail support, (for which a charge is made), please see details of this in the SUPPORT section on the Second Aid web site – [www.secondaid.net](http://www.secondaid.net).

Focus on  
**Co-operation**

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