



second a10

Focus on
Emptiness

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second a10

Focus on **Emptiness**

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

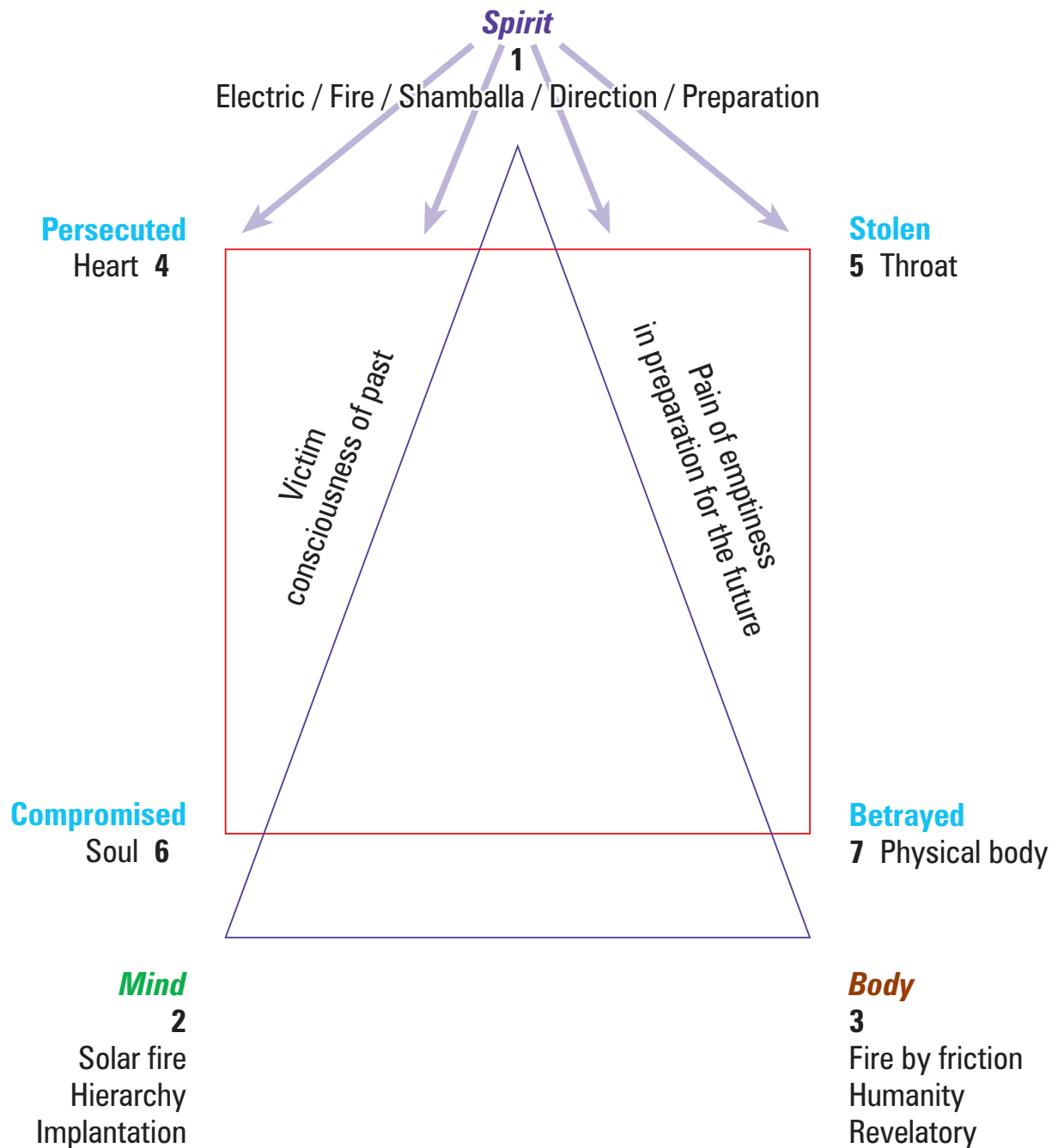
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body 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.



Section I

The fires

The Spirit



Balancing and Uniting

Inner and Outer
Action and Reaction
Past and Future
Man and Woman
Light and Loving administration in complement

The • point is
The line responds
The triangle reacts



I The fires

In every life we reach a point at which we feel we are static and ask 'is this balance and equilibrium, or have I messed up and been abandoned as worthless?' Actually more is going on than we have the imagination to understand, for the Spirit is at work bringing us to a point whereby we can be placed where we are needed. We do not understand the implications or what that may mean for us or for anyone else. As a point of light is extended it becomes a line or lines. Our soul has been in negotiation with the spiritual worlds, a direction has been agreed upon, and now the soul begins to prepare our mind and our body for what is to come.

We have all had the experience of feeling as if we were victims to life when things have not gone the way we anticipated that they should. This state will have to give way, for when we think of ourselves as victims we conveniently become one. Yet we must realise that a victim is often a bully in disguise who is trying to get something from life that they are not entitled to have, for they have not earned it as yet. These issues will come to mind, being implanted a little at a time so as not to destroy or overload us. The shadows will be gone into a little at a time together with a generous sprinkling of light to enable us to keep on keeping on. We learn through time to have the stamina and the persistence required to enable us to endure that which we must address without resentment. We must give up the luxury of loving to hate and of hating to love. We must let go of the past, having grieved for what was and readying ourselves to have the courage to greet what is to come.

We may feel pain and emptiness as we prepare to lay the past to rest and as we make preparation for the future. Yet we feel as if we are rubbing up against something that will bring about a revolution within us, but we do not know what it is. We may have an upset stomach or itching skin. The triangle of spirit, mind and body is at work. The spiritual electric impulse is preparing the mind and body for the switch to be turned on. The mind is being implanted with the illumination that will be required, but along with that old shadows appear, and the body is like a friction rub to give the opportunity for the inner being and the outer environment to balance and unite. Before this can happen old actions and reactions, the past and the future,

the active and the passive, all have to come into resolution so that the light can be lovingly administered in a manner that complements all and harms none.

So everything is slowed down to enable old feelings of betrayal to be passed through the body to eliminate any residual toxins. If we have felt compromised by our soul in not being able to get the things our ego would have enjoyed, we will have to resolve these issues. Only then can we be compliant, recognising that to have had the things we thought we wanted would have compromised our evolution, or that of others surrounding us. This may have resulted in feelings of persecution and our heart may have felt heavy and full of grief. When a sponge gets saturated it must be squeezed out to be able to work on with a lighter touch and goodwill all round. Perhaps we had our expression limited in some way, resulting in our feeling as if something had been stolen from us; however, this may be just our reluctance to move on. We get into habits that are difficult to get out of, perhaps due to fear or just to laziness.

Overload of any type needs to be supported to allow us to build a solid foundation. Any debris from past or present pressure must be eased and cleared. There are several things that can help us to do this. If like attracts like then we need to revise, review and reset standards and codes of practice internally. Perhaps we should consult a spiritual supervisor and honestly tell them where we are at and get their suggestions if we are unable to work out for ourselves what we need right now. Or we can consult friends and then take a co-census view as to our next step. The body records all information at a cellular level and may need time and space to catch up with itself when it is saturated. Our mind can change in a moment, but the body takes longer to catch up, to harmonise, and to set a realistic rhythm for the next chapter that is to be experienced.

Our senses can help us to know what to do when. If we find ourselves very jumpy and nervous, we may need to touch and be touched but in a manner that allows us to rest and recover but does not make demands on us. Perhaps we should go for regular massage or take more time for exercise until we stabilise.

continued overleaf . . .



We may feel we do not smell as nice as we might like and that the atmosphere that surrounds us is polluted in some way. We can use essential oils and learn a little about aromatherapy, or take the time to work out what we would like to cook and eat, making sure that we encompass both the sweet and the sour.

How do we eat the food we cook? Do we shovel it down without tasting it? Have we been able to digest life to date? Maybe we should consider professional counselling or perhaps we should talk with a trusted friend to get a point of reference where we can explain how we have done our best and that now we must let go and let God. We do not really want their view, but to catch up with our own truth in our internal dialogue: between intellect and heart, mind and body, soul and spirit. Our soul has properly and thoroughly researched the spiritual direction that we are to move within next, so the rhythm of life is different. We hear this but do not understand it immediately; all we know is that we have reached the limit of our capacity to endure in certain areas which are now closing off to us. If we agree with the policies it is a relief and easy to manage; if we have our doubts then we may not co-operate with the soul as well as we might like to for the ego is too active. We need soothing and must learn to meditate and to relax for we cannot direct life beyond a certain point. We must contact the music of the spheres and ride out the storm for we have no alternative.

We can choose our attitude – if we want to see horror there is plenty to see and we get so used to it that it becomes more difficult to see beauty. We must practise, for like attracts like and our vision of life has changed. New values must be established and evaluated for us to re-connect to awe and to wonder. The sixth sense will allow us to collect clues to enable us to find our new way of being, but we must let go of attachment to the old ways. It is no longer a case that we need to find our security from the devil we know just because we have survived the experience and it is familiar to us. Better the devil we do not know; however, the canvas must be cleaned if the picture is to be a more beautiful one. Are we willing to be changed when we feel the changes that are occurring are out of our control? Are we willing to learn?

How do we endure the waiting time? We work with following through whatever it is we are doing. We feel our way gently working with our inner guidance

(intuition) baby step by baby step, until all can be accommodated, all of which may take years. While we wait for all to be ready and readied, we learn to be grateful for all we are gifted with, content when we are alone and/or in company. We learn to enjoy all that we can whether that directly involves us and ours, or others finding their way.

Self-reflection on joy.

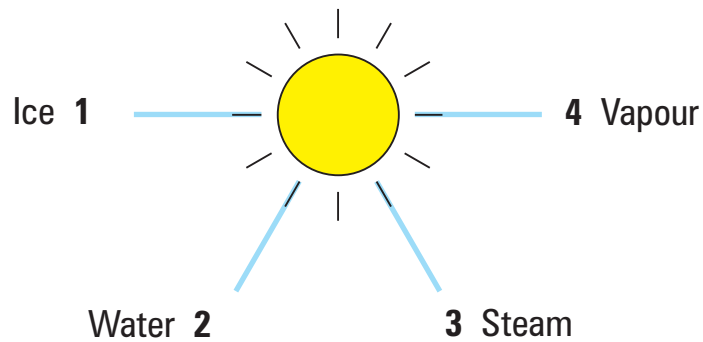
- i). What do you need to regain the feel good factor?
- ii). What does your physical body need right now?
- iii). What emotions are uppermost in your mind? – Do you want them?
- iv). What do you need to research and better inform yourself about?
- v). Are you trustful or suspicious of soul guidance?
- vi). Will you accept the need to change and be changed to conform to the 'greater' requirements even if you do not understand fully?
- vii). What is the next step?



Section 2

Heating up

Transformation



+

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Control Judge	Intellectual understanding	Manipulate Rescue
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Anger

1

Wisdom

Dramas Insecurities	Emotional feelings	Aloof / Withdrawn Vulnerable. Fix
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Fear

2

Honour

Hyperactive Interfere / Eliminate	Physical action	Inert / Lazy Evaluate. Freeload. Change
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Pain

3

Health

Dictate Monopolise. Condemn	Administrative / Organise Mobilise	Exclude. Project Selfishness. Criticise
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2 Heating up

As the light shines upon us, so things surrounding us begin to 'hot up'. It seems we are in chaos for we have lost the order that we are used to. Yet nature holds order even in the confusion, just as ice heated becomes water, water becomes steam and steam becomes vapour. So even if we do not understand the process, it holds order within it. Ice cannot become vapour without going through the intermediary stages of development.

To find a new direction we need to find new order from the chaos, however confusing we find the varying stages. Can we trust the new adventure we are undertaking or are we deeply suspicious of it as a result of past experience? If we have been controlled and judged, we may feel controlled and judged when change occurs again and so feel resentful of it. If we have been manipulated and rescued and so not able to find our own feet, then we may expect to be manipulated and rescued from all changes as they occur and so be frustrated and feel impotent to cope. Our intellect will want to be in control and we are not, in spite of all the research and the information we have documented, nothing appears to be working and we are angry. Wisdom is earned, it is not learned, so we will make many myriad mistakes before we can guide ourselves, let alone anyone else through difficult times.

All the dramas and the insecurities we experience provoke feelings that will have to be sorted through for us to begin to work out what belongs to us and what belongs to others. For others have differing dramas and insecurities, which they may present differently to the manner in which we present ours. This can make all feel quite vulnerable and some will rush out and try to 'fix everything' on behalf of everyone, whereas others will withdraw and perhaps become a little aloof. No way is right or wrong, it is just different. All may be apprehensive, fearful or even terrified, and all fears must be honoured until we all find our balance within the changing times. If we root ourselves into whatever is happening then the radical swings slow down enough for us to find the next step and that is all that is required for now. As we let go of the need to 'what if': 'what if I had done so and so differently in the long distant past,' 'what if I do what I used to do again' and so on, so we get into what is possible right now. Each member of the

group finds their place in the transforming world in which we live.

And so to the physical challenges involved in the process of change. Some may become hyperactive, rushing around interfering even when not wanted, and they get in the way. Others will try to eliminate the problems by ignoring them and/or disposing of them rather than having to negotiate the way forward. Maybe someone is moving house and last time we were there cleaning carpets, moving boxes etc. and now several years on it is the turn of others to help. We can either feel abandoned, left out and rejected, or be relieved that we are no longer expected to do that kind of work. If we question these things and are able to talk openly, we may be pleasantly surprised to find out that our input is valued in other areas, rather than it not being valued at all.

We have to evaluate each situation on its merit with modesty and with humility and this requires a pause where each re-evaluates their needs. If we refuse to do this we may become inert. Some may call this laziness and accuse others of trying to get a free ride or free-loading, and yet it is not always like that at all. All that is required is gentleness to acknowledge the pain that all have undergone in the interests of health. Our innocence and our awe for life may have become a little dented and tarnished. Maybe we know that we do not want to dictate terms nor do we want to be dictated to; we do not want monopolies nor to monopolise, all of which we may have seen others do. On the other hand, we want to protect ourselves from being foolhardy but we do not want to exclude those who need to be around us. We may have suffered criticism at the hands of others and we may have criticised; we may have been selfish or observed selfishness in others and be fearful of trying again as a result.

Where do we go from here to set about organising the next step and mobilising all those who surround us so that the administration is efficient, effective and just? And all this when we do not clearly know what is required and can only see what we no longer wish to be a part of anymore.

continued overleaf . . .



At this time it is essential that we support and encourage our physical bodies and there are any number of ways to do this and they all embrace the term 'healing'. We can consult our doctor, dentist, physiotherapist, chiropodist, psychologist, or nutritionist. If we have back problems, we can get help from an osteopath, chiropractor, cranial-sacral therapist, McTimony, Alexander, Bowen or metamorphic practitioner. If we need massage, we can find an aromatherapist, or consult those who practise Rolfing, Swedish, Indian head, reflexology, or shiatsu. If we feel unwell, we may consult a naturopath, a herbalist, a homoeopath, an acupuncturist, a kinesiologist, or an iridologist. Or perhaps we feel the need for autogenics, hypnosis, counselling or psychotherapy, colour healing, crystal therapy, Hopi ear candles, magnets, flower remedies, radionics or reiki. And if all else fails maybe we could get a colonic! However, whatever we do to support ourselves is prompted from deep within us.

Ultimately we must choose what to select and what to reject if we wish to free ourselves from our imprisonment. If we have been fortunate, we will have had controlled exposure to life rather than being over-protected or smothered, and this will have gifted us with a level of immunity as we pass through times of transition. We can be grateful for the provisions that have been made for us, or ungracious about them – that is up to us. If we are seriously ungracious we may decide to abandon or fracture relations in one area rather than accept the imperfections and work on. Of course we judge what perfection and imperfection should be according to our own perspective. We may decide to blame others rather than face the difficulties and the pain involved or to look at everyone's truth and try to unite all under one umbrella.

Movement is good for our health at all levels of being: to stay too still is to avoid pain and makes us a servant to it. All of us dictate at times, rebel at others, and misjudge and criticise when we should not. We do not do it to become some ruthless villain but to learn wise stewardship. If we 'up-front' truth too soon we gamble with all – better the longer, slower, safer option of the long-term investment. Only when all have regard and respect and genuine humility can we avoid jealousy and ambition. If we get greedy within our complacency, we sabotage fair distribution and equal opportunity. Only when we are able to move past the need to be

selfish or cruel can we find compassion and kindness where all can compromise and enjoy the varying presentations and skills that each manifest.

Self-reflection on recollection.

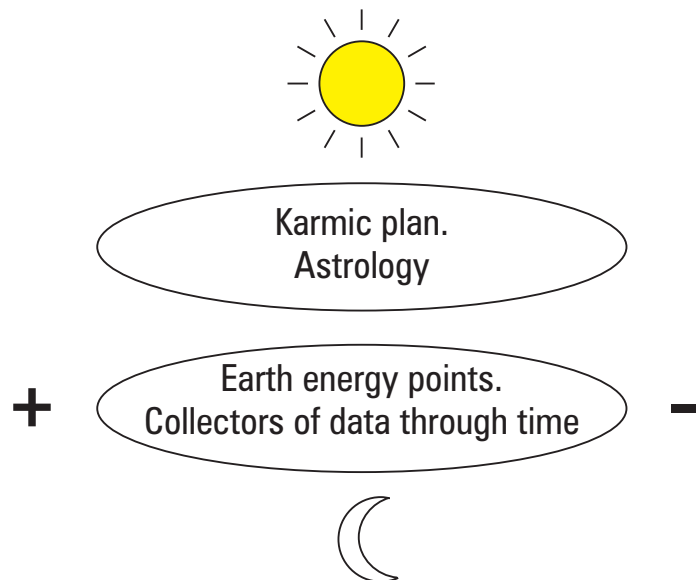
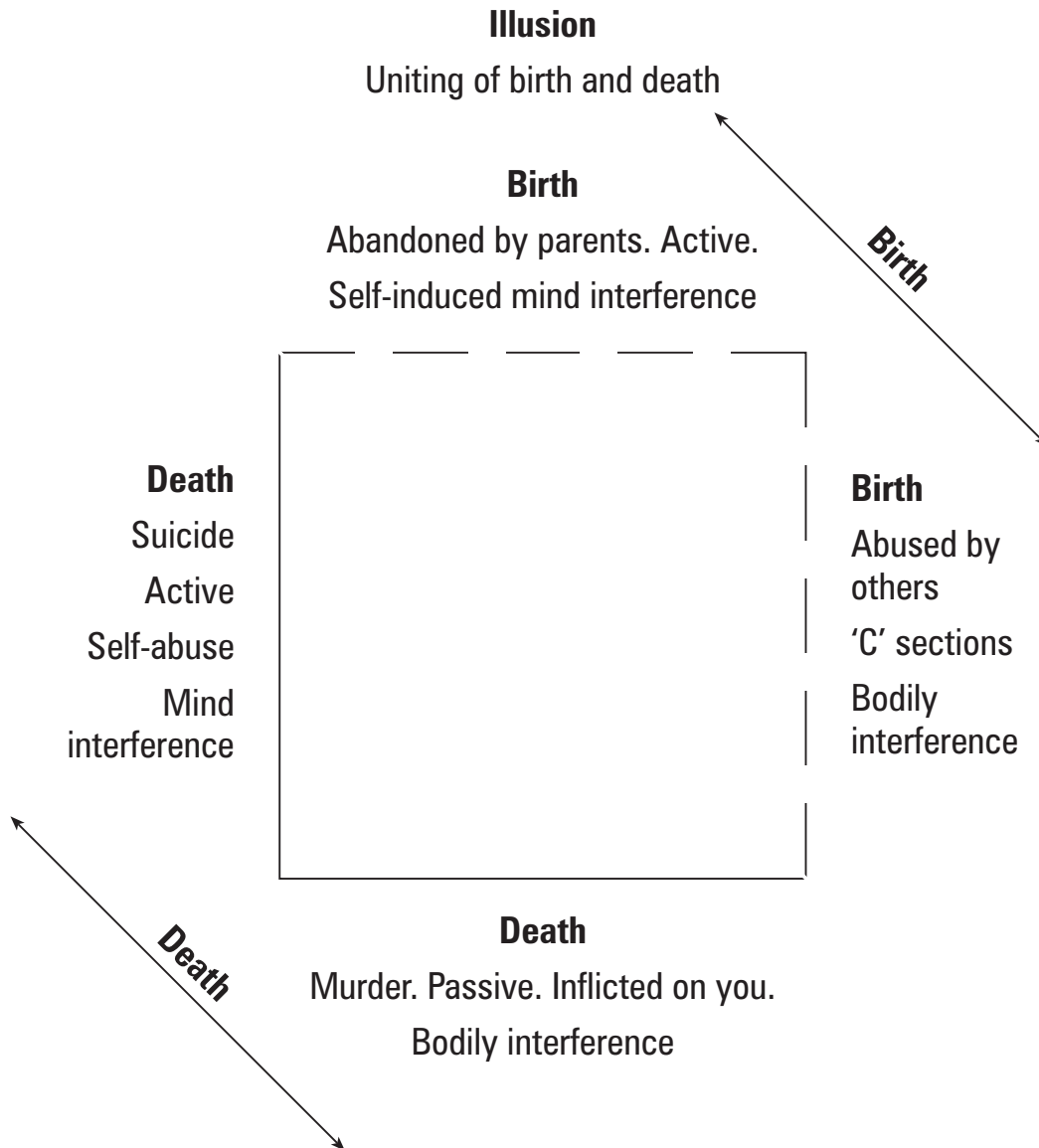
- i). Do you trust yourself to know what is required?
- ii). Do you take time to listen deep inside your body?
- iii). Is your mind anxious or at peace most of the time?
- iv). Are you flexible or rigid?
- v). In what area of your body do you feel it most?
- vi). What kind of support do you need to enable easement?



Section 3

The bigger picture

Healing of space





3 The bigger picture

Whether we believe in astrology as an overall plan of life or not, there is some force way beyond our understanding that maintains and administers the running of the world. If we set our sights high we call this God, the Light, the Greater Reality, Allah or whatever we mean by the overall plan for the world. Couple this with Earth energy points such as Giza in Egypt, Mecca, North and South America which have traditionally collected data through time, and then between these two vertical polarities are humanity, the animal, vegetable and mineral kingdoms.

However, we only perceive things from our own perspective as we predict or guess what may be a good policy to pursue. Hence the saying 'we live in illusion'. We may have understood some theology; we may have traced historical events, or been influenced by significant others in our lives to date. Whatever our experience we start something and we finish something so many times that we get dizzy, but somehow it all fits together.

At birth onto the Earth we can feel as if our greater parents i.e. the Heaven and the Earth have abandoned us, however loving our physical parenting experience may or may not have been. We can set ourselves up to induce mind interference as a life-long protest if we wish to. If we do, we murder the free and we spend our lives as if it were a living death, protesting at the terrible events that have been inflicted onto us. It is as if someone had interfered within our bodily space and saturated us with their input, so that we lost ourselves.

Our active mind feels sorry for itself at the terrible treatment of the Heaven, and on the Earth we commit suicide feeling used and abused and horrified that each is as important as all others and not more or less so. Dis-empowered and morose at the influence of mere mortals we await a return to the Heavens and so experience death on Earth, eagerly doing time as if imprisoned while here. If there has been bodily interference at birth the old soul cannot feel at home in the infant's body and so the child is accident-prone. And we all experience a combination of all these states at one time or another and react to them.

If our environment has been unsafe at birth for whatever reason, we may feel that our body armour is not good enough, or we may get head-aches. The

effect of this is that we may try to hide to protect ourselves, sure that our needs will not be met and that the wants of others take precedence for whatever reason. If our internal state is in turmoil in childhood, we can become over-sensitive and experience eye difficulties. This affects us in that we see danger everywhere as we look for hostile and aggressive conditions to prove ourselves correct in our assumptions.

If we feel we have been deprived of what we considered to be our rights within relationships, we assume a false ego to safeguard us from anyone 'going for our throat'. This only affects our social expression when we did not think it safe to tell our truth and only spoke what we found out that others wanted to hear. If we have been over-anxious, then we may have been over-loaded and felt totally inadequate to meet the current need. This may have made our hearts heavy and sad. We may have been forced to cut corners to make time and space for ourselves as well as for others. If we have met 'freeloaders' and or abusive behaviour from others along the way, the feeling of being used must be eliminated as effectively as possible to prevent a re-enactment.

Perhaps we have been programmed to obey, forced to conform and have a gut fear of authority felt at the level of the solar plexus. This has the effect of making it unsafe for us to be ourselves for we must comply or do as we are told to avoid trouble and to survive. This breeds frustration lower down in the sacrum area of the body which becomes an automatic but stressed response, causing tension to all concerned, for there is always something more rumbling away beneath the surface. The effect of this means that no one is safe to relax in the atmosphere that is being generated. This requires us to learn quickly whether to stay or whether to try to leave and through this we find out how long we can expose ourselves without danger.

continued overleaf . . .



If we are too young or vulnerable to be able to do this, we feel lonely and impotent, feeling that our baseline is a war zone where it is never, ever safe to rest and relax. We may become keen on sport just to get away from it for a while. We have to touch and be touched by life in a way that we can enjoy or we feel we will not be able to survive. When these issues reoccur we will need to examine the cornerstones of our home, work, leisure and health concerns i.e. friends, social life, family and personal well being. We are trying to make sure that everything can be re-balanced in all four areas in as good a way as possible right now to enable update, renewal, regeneration and release. It is essential for us to take some quiet time for the necessary adjustments to be made for all concerned.

Self-reflection on quality of life.

i). What quality do you have that you value the most within yourself now? For example; 'I value myself for my capacity to hold my faith with' – humour, honesty, capacity to love, integrity, compassion, tolerance, humility, modesty, patience, tenderness, creativity, the ability to make do, playfulness, confidence, generosity, discretion, discernment etc. etc.

ii). What quality do you most dislike in yourself?

iii). What qualities do you need to bring forward to help you develop and evolve now?

iv). Do you forgive yourself for not being what you or others considered perfect?

v). Are you willing to acknowledge the newer model that you now are?

vi). Are you willing to let go of the need to worry about anything and everything for you are putting energy into something that you do not want to happen?

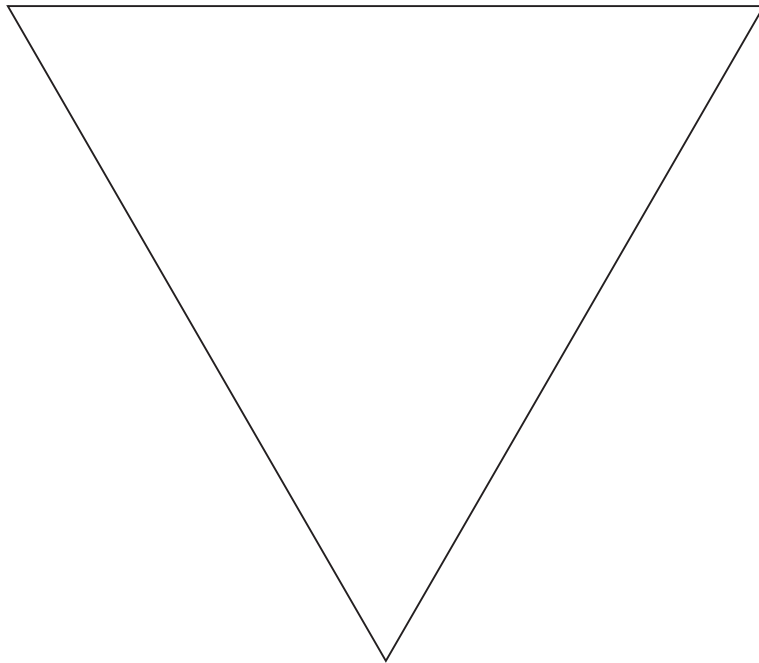


Section 4

We are no longer helpless

The child

Control
Bully
Organise
Parent
Temper
tantrum



Manipulate
Victimise
Administrate
Adult
Sulk

Judge
Enslave
Facilitate
Child
Spoilt brat



4 We are no longer helpless

If a child is controlled to the point of being bullied by an over-organising parent, the child will respond by having temper tantrums as the interface of boundaries. They need to know where they finish and the parent begins; these boundaries must be negotiated again and again. As a result of this the child may learn to manipulate circumstances and as an adult feel victimised within varying administrations that they are exposed to. If unable to get their own way they may sulk. Both states increase their loneliness. The bigger the tantrum the wider the berth; the larger the sulk the more they are ignored.

It is no kindness to spoil anyone except on occasion. If we do we create inequality which we go onto resent. The spoiled person is unable to make judgements about the smallest of issues, feeling owned and enslaved. The only attention is gained through facilitating a scene, so that they feel they have to do this and will, again and again. Everyone gets tired and dis-spirited as a result. We need to feel we can accept and trust our mother figures for only when we have tested and proved our acceptability and her trustworthiness can we establish a discipline for ourselves which we can both live to. It is too easy to blame both mother and father figures and we need to learn humility and to live to a standard and an ethic that considers all needs. If we feel our needs have not been met by either or both parents we will not obey – we will rebel whatever our age and stage.

The wise parent allows us to make mistakes and to find out the ways of our world for ourselves, as well as using their influence as a point of reference. They are always there at times of crisis, always cautious and getting in our way in childhood, but in adolescence they control our exposure until they trust us and we trust ourselves. They then allow us to experiment freely but make us feel welcome when we need to lick our wounds without interference, or able to discuss matters with friends without having to report back. Mutual respect builds up until the relationship becomes one of equals meeting because they choose to, not because they feel they have to.

Admittedly at times of crisis we have to treat the part as well as the person while at the same time planning the harmless discharge of static incurred. Only

when all are ready to see, hear, or feel can we all proceed. Until then all we are able to offer is support and encouragement, mediating as best we can when the dynamic becomes too volatile.

continued after diagram overleaf . . .

Healing of time

Heaven

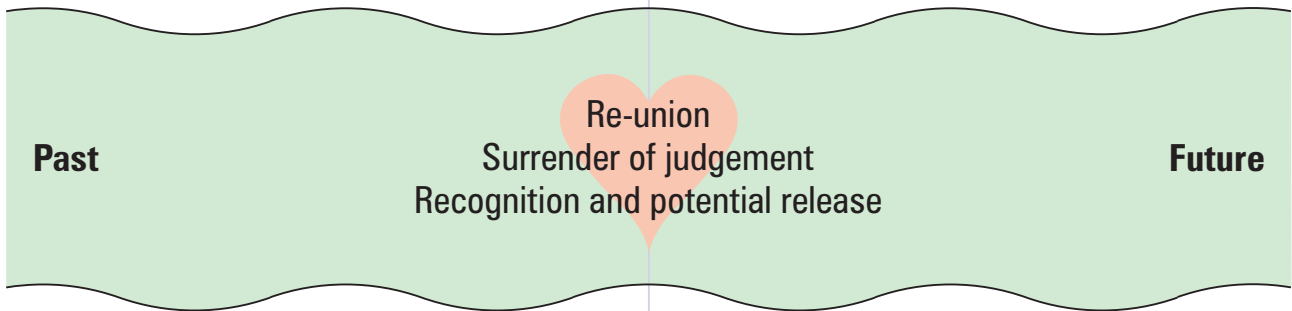
Ideal to real. Group service

Selfless

Management of pain
from betrayal of trust.

Whole / Perfect

Re-appointment



Dis-appointment

Separate / Imperfect

Acceptance of imagined rejection

Selfish

Self-service

Essence sorted from effluent

Earth

- Crown
- Thymus
- Third eye
- Throat
- Heart
- Solar plexus
- Spleen
- Base
- Excretory



Time now to accept all of us have experienced disappointments: all of us have felt separate and felt that situations were imperfect; all of us have had to accept rejection, and whether that has been imagined or not, it is real to us. All of us have been self-serving on occasions and selfish at others' expense. Now here we are sorting what we need and what we do not any longer to enable us to become content within our lives as they are now rather than how they used to be. We have shared a past on Earth and we are moving to a future that will have similarities and differences. As we let go of old judgements and perceived injustice we recognise the potential to release (real-ease) for all.

We reunite to potentially reappoint ourselves and all others concerned. This meeting can be gentle and enjoyable if all are accepted as perfect and whole in their own right, all integral parts of the holistic picture, selfless and non-competitive in their management of pain and no longer thinking their experience is better or worse than anyone else's. Any betrayal of trust between one another is now forgiven. The ideals that may have been projected one to another are now made real in who each is, and respect given and received for what each is becoming as a live demonstration in their own right.

Self-reflection on honour.

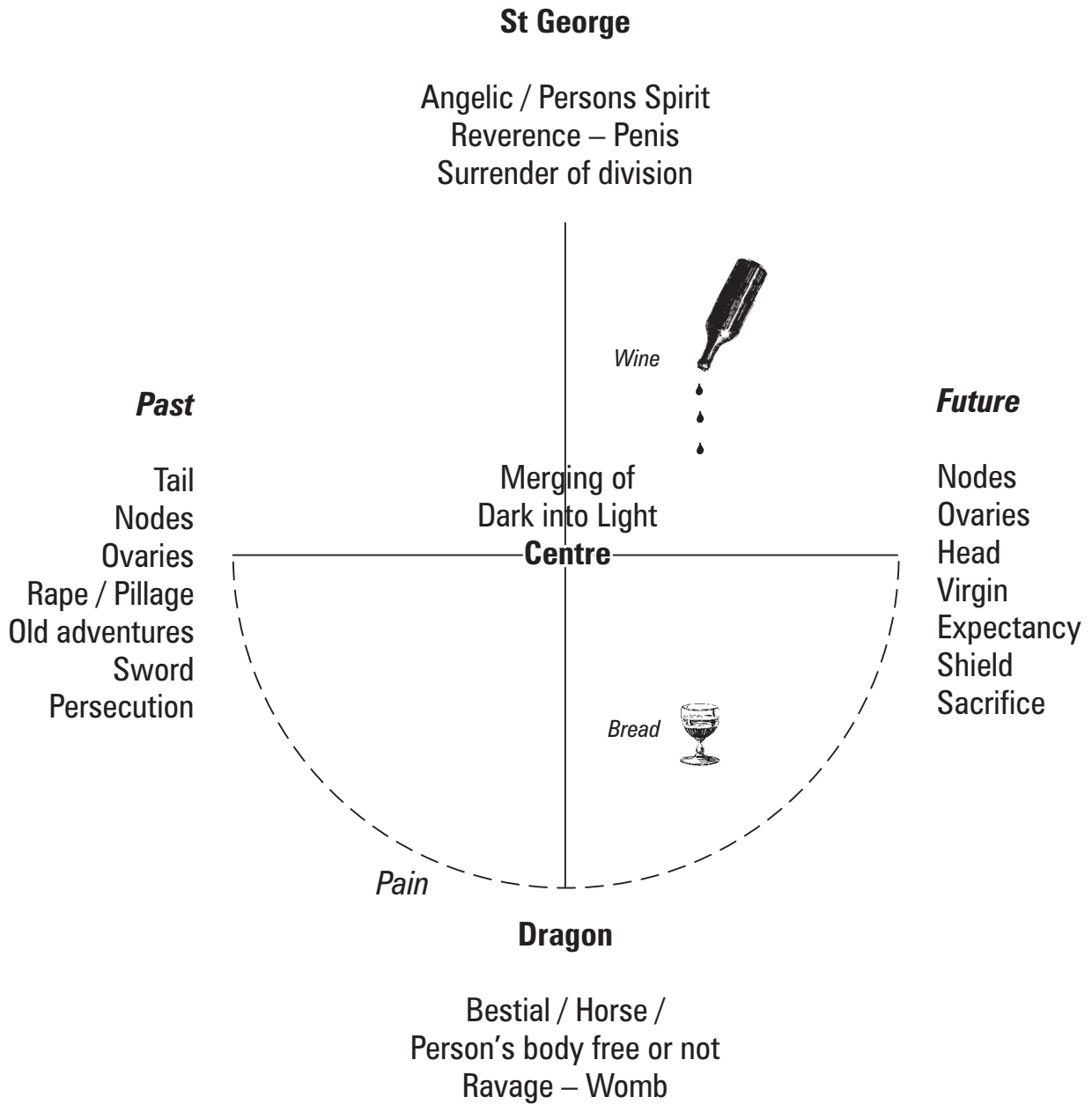
- i). Do you feel ready to forgo the need to have temper tantrums?
- ii). Do you feel able to let go of the need to sulk?
- iii). Do you consider yourself to be spoiled?
- iv). Do you consider others who surround you to be spoiled?
- v). Do you feel disappointed?
- vi). Do you feel ready for reappointment?
- vii). Are you ready to forgive all those who surround you?
- viii). Are you ready to assume a new status within your group?
- ix). Have you fully surrendered the past?



Section 5

Cleansing residual pain

St George and the dragon





5 Cleansing residual pain

We come to a point in time when we are invited to overhaul our model of health. The intellect brings to our attention gaps in our knowledge where the information we have at our disposal is inadequate; we open new options and research possibilities. Whether or not we find it stimulating will depend on our attitude towards this process. As we research we may set our sights too high and experience disappointment, or we may have tunnel vision and have to expand our horizons somewhat. Whichever way life takes us we will get the opportunity to overhaul our integrity and observe whether it is in tact or whether the standards have slipped back to include prejudice and bigotry from the past.

We need to give ourselves permission not to know what to do, where to go or how to take the next step as yet. All we need is a willingness to keep trying until we know beyond a shadow of a doubt what is possible and what is not. Of course we will experience feelings of doubt, depression, anxiety and perhaps fear, which we may have difficulties dispelling for we have lost our passion. Yet in its place can come a quiet contentment because of the change of pace which we may not even recognise, let alone appreciate. As we do, we begin to co-operate with the process and collaborate with opportunities that present.

Patiently we wait for various options to close off for one reason or another until we have no choices except the one left, and that is our next step. If we choose to take it, it will lead to the next one and so on. In spite of ourselves, or perhaps because of our co-operation, we find ourselves on new ground and in a new ball game. Our passion returns and the residual hurt and harm in mind and body starts to disappear. We are healed and we did not notice. Now we start to build our new teams and learn to establish and communicate in a common language. We demonstrate our desire to peacefully coexist with goodwill to all that surrounds us. We know all are equal in soul status and honour the individual skill input of each and all.

The dragons from the past are slain and all is well. The old adventures from the past where rape and pillage caused persecution by the sword (symbolic for a violent tongue as well as a tool of violence), have been explored, examined and laid to rest. At the other

extreme our pure expectancy that all will be wonder-filled and perfect within minutes of our expressing our desire has been willingly sacrificed as unrealistic. We may have hidden behind our shield keeping our mouth firmly shut to protect others and ourselves from experiencing more pain, but the shield has become too heavy and we must release all to learn to become self-responsible just as we have learned before them.

Such is the bread of life: all have to free their bodies from behaviour they consider ferocious, brutal or cruel. Anything that ravaged or rampaged through the life leaves its mark on the body and must be examined, forgiven and released. We will not be free until we look to the womb of our being (our reproductive area, regardless of sexuality) and find our power to free ourselves from old areas of darkness and shadow. For the First Nation peoples of North America, stealing a horse equates to stealing power. In shamanic cultures the horse enables the shaman to have the physical power on Earth to fly through the air and reach the Heaven. All are released for their load is now shared. All that can be done has been done and there is a surrendering of the perceived division between darkness and light.

We are willing and ready to be penetrated by the Spirit once more for it is the wine within life. This is again felt in the reproductive area of the body, as well as in the head and the heart. Somehow all is well but as yet we do not know what this will look, sound or feel like in life; the difference is that now we are quiet and content to wait. The dragon is slain and there is no war, for how can we have an enemy when all are on the same side. Our soul is within us and in contact with the spiritual aspects that benefits our growth; we and our body are ready and willing to receive them. In the fullness of time we will find out what comes next and look forward to it; until then we will be content to wait in the space which is now clean and cleared of the past and ready for what is to come.

continued overleaf . . .



Self-reflection on waiting well.

i). What do you wish to do to tidy up the administrations of the past?

ii). Who do you wish to make peace with to lay past issues to rest?

iii). What would you enjoy doing for another?

iv). What would you enjoy doing for yourself?

v). How do you wish to become in the future? Are you making the best of what is possible?

vi). Would you benefit from a haircut, new clothes, exercise plans, your own makeover?

vii). Try using this mantra as you dialogue with your soul:

I will to (I am willing to) do your doing, be your being and ask to unite with your purpose which I know to be in the best interests of all.



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.

Focus on
Emptiness

Written by: Judy Fraser

Illustrations and typesetting: David Newberry

Edited by: Lorna Rapoport

Web site design: Juliet Webber at Parallel Design