



second a10

Focus on  
**Environmental  
Programming**

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## Focus on **Environmental Programming**

### **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*

**Extension**

# The seventh level is the next stage

Five fingers and five toes taken to the sixth level becomes the hand or foot.  
The seventh level is the next stage - eg Body





## I Extension

The body is made up of many different levels and to begin to understand this we may need to ponder the differences between them. We could get a better idea by using the human body as a comparison. For instance, the skeletal structure of the body could be equated to the mineral kingdom of nature 'the bones and the stones'. Then the plants could be compared to the glandular system of the body and the animals to the instinctive nervous reaction of humans. The composite of all these make up the human being with the circulatory system linking all the circuits together. And so we begin to become whole.

But there is still more, for the physical systems are animated by an energy force that is only beginning to be understood. The body is dependent on greater forces, and as we connect to these forces we have to handle the effects. Although the experience is beautiful and wondrous it can also shake us to the depth of our being. The subtle inner being which seems to instruct and yet is invisible is often the most powerful motivating factor of life and we have to find an acceptable balance to help us operate. The melding of the invisible and visible is experienced individually and again collectively as a part of the growth of the individual and collective. For all are affected by a change occurring in one.

Some of our senses are overdeveloped and therefore we may rely primarily on only one sense because it is easy for us to do so. This is not a good idea. We need to 'spread the load' and bring the weakest senses up to the same level as the others to ensure that we are operating from a strong foundation. This is similar to putting a building up. If there is a solid foundation running the length and breadth of the structure, the building is less likely to be blown down. If the foundation is only built on one little area and a house four times the size is built on top, it is more likely to bring problems.

Self-reflection exercise to identify your weaker senses and explore ways to bring these up to strength.

i). Can you touch and be touched? If not maybe receiving regular massage, or if you want to, DIY or taking up more exercise would help.

ii). Is your sense of smell working effectively? If not maybe aromatherapy would help you to learn about the use of essential oils. Or you could take up cookery where you cannot help but become more connected to smell.

iii). Do you taste your food or just shovel it down? If you just shovel it down, you are not digesting life as well as you could. Perhaps your needs have not been looked after as well as we would have wished – albeit it was probably the best that anyone could have done given the circumstances at the time. Perhaps professional counselling or talking about it truthfully with a friend would help. For to talk it out and to find out your truth will disperse that trapped misinformation.

iv). Do you get pleasure from sounds? Hearing is one of our prime senses. Nowadays, too much loud noise distracts our attention and we may not be able to hear for listening! Meditation instruction, to learn to be able to filter, can help you recover from old damage and will bring rich rewards. Listen to soothing music even if your teenage connections dislike it and pressure you to listen to their music. Recognise your worth and reach a compromise or use a walkman.

v). Do you like what you see around you? Seeing is our other primary sense but we have got used to seeing horror and therefore take that as the 'norm'. It is not. When you are sensitive you do not have to see the news on the television or read the newspapers all the time. You can practise 'seeing' beauty, awe and wonder within life.



Like attracts like and we must set the new standards before being able to accommodate base lines. To do this we connect to a philosophy, a picture, inner instruction or whatever and then to the living experience. As we do this we filter out the ugly and keep beauty in mind, until we are able to hold an improved standard at all times. Our body records all information and may need time and space to catch up with itself. Once every level or sense has found it is on the same side as the others, order can once again reign and peace be declared. At this point, a harmonic can be achieved especially as there is nothing left to fight!

#### Totem pole visualisation.

Having examined 'The seventh level is the next stage' diagram at the beginning of this section:

- i). Imagine creating one for yourself, watching carefully the different colours, shapes and priorities for you.
- ii). When you have a clear view then record it in writing or draw it, whichever comes easier for you.

If we communicate through sight, we may draw. If we communicate via vibrational frequencies, then we will need to write the information down. So we need to get used to translating from one form of understanding to another style of information. Colour and shape are the language of the abstract whereas words or rhythmic sounds are used in actual application.

Self-reflection question: How do you connect and communicate with life?

Record in your notebook how you would like to connect and communicate with life. Greater understanding may come via a dream, meditation, something you see travelling, in a movie or whatever. If you would like our ideas on how you communicate – e-mail us a copy of your journal/diary and we will comment on it as best we can. Please refer to the SUPPORT section on the Second Aid web site for details.



## *Section 2*

**Time plan**  
**– positive code of practice**

## Time plan - positive code of practice

1. Just for today I can
2. I will pretend I feel happy just for now
3. I will adjust to your needs for now
4. I won't expect you to adjust to what I think my needs are
5. I will stretch my mind and try to concentrate
6. I will make the effort to think something new
7. I will do a good turn and not get found out
8. I will take a little exercise
9. I will not show that my feelings are hurt even if they are
10. I will not let on I feel miserable just for now
11. I will try to be agreeable just for today
12. I will make myself look as nice as I can
13. I will be clean and wash my hair so I feel as nice as I can
14. I will wear my nice clothes and not save them for a special event
15. I will talk quietly and in an unaffected way
16. I will act courteously
17. I will not criticise
18. I will not find fault today
19. I will not try to improve anyone else today
20. I will not organise or regulate anyone else today
21. I will make a plan today so I won't have to hurry or be indecisive
22. I will not be afraid for today - tomorrow has not yet come
23. I will not feel guilty for today - yesterday is past
24. I will enjoy what I can now - flower, tree, colour, sun, youth, seas
25. I will be thankful for the beauty I can see and what I have been able to enjoy
26. I will see what I can give rather than what I can take
27. I will have a quiet time today, be silent and reach for harmony



**Acceptance - balance - love - light - peace - harmony**



## 2 Time plan – positive code of practice

As we begin to investigate the less than visible aspects of the changes that are taking place within us, so our external behaviour must be monitored until we are able to absorb them. To do this we may need to follow an instruction or positive practice guidelines before we are able to maintain a particular standard. Rather like using a crutch when we have broken a limb. We need abstract crutches to remind ourselves of what we want to be like. Especially if we have just had a 'slip'. Often when we have been stressed for an extended period, we need to remind ourselves constantly that the past is gone and the future is not yet here; so our only obligation is to make the 'now' of the highest standard that we can.

The ideas on the previous time plan have been collected together from as many disciplines as possible, collated by people who are living survivors of a stress situation that seemed insurmountable at the time. One said 'I would never volunteer to undergo the last few years over again, but I would not have missed the experience for anything. I am so grateful for what it taught me. It has given me the greatest gift of my life so far – that of increased freedom'.

*'Yesterday is history; tomorrow is a mystery; today is a gift. That is why it is called The Present'*  
(Anon).

If we are on a diet, one jam doughnut will not ruin it, that is if we don't get discouraged by making one slip. In fact to make slips now and again will make us more human. People who say they are saints are usually rather boring. The ones that are doing pretty well usually don't talk about it so much! Some items on the previous list seem to contradict each other or even to be a dichotomy to the rest of the information in these modules, but we have to construct security measures along the way otherwise it is all too easy to lose the plot. 'Rules' can assist, so can more information and a support group. If we go it alone, we can too easily get into using, or being used, rather than being of service to all. We can land up manipulating and controlling so that we feel safe, rather than freeing all to be who they are supposed to be rather than who we would like them to be. To be exclusive is to raise standards but

that can be seen as arrogance, and so superior that we are lonely in the group and still feel alone in the crowd, we created around us. When we are ready to free ourselves we find out how far we can bend the rules until then they support us.



## *Section 3*

# **The effect of colour**



### 3 The effect of colour

We are very affected by colour. White radiates, black absorbs – both transmit or receive all spectrum colours. The colours of the spectrum have to be mixed and matched in different permutations and combinations. This is why we can put clothes on that we like, look in the mirror, and still decide to go and change at once! The clothes we wear are to a certain extent under our control; but our environment also has a profound effect upon us. At birth we breathe in the influences of our surroundings and should breathe out that which we do not require. If we do not for some reason, we may become super sensitive and so need all the help we can get.

When teenagers reach saturation point, they go into a uniform of black. This allows them to process their intake so far, keep what they need and ‘ditch’ that which they do not. When this has been achieved they add a white item so now they are black and white! Once the new framework is in place they start wearing colours again. This is a repeating pattern throughout life but is very noticeable in group form in the teens.

Colour is a universal language, which affects all, profoundly, every day. For example, there is a universal code of colour for hazards and safety equipment, first aid equipment, and so on. Pockets of toxic waste collect in the environment. For instance, people who go to hospital get sick and worry, and this collects in the fabric of the walls, in the curtains and bed covers, and so on. We need to Spiritually clean the spaces we occupy.

Visualisation exercise – to spiritually clean the spaces we occupy.

- i). Having checked your personal hygiene, and your home cleanliness, add your spiritual house cleaning to your daily personal meditation.
- ii). Imagine a contract cleaning service of light going round your home and each place that you inhabit daily to clean the space. Work into any space that involves you, not forgetting your own body, your job, your family, and your community.
- iii). Do this daily and note the difference.
- iv). Disciplines of visualisation, relaxation, meditation and personal hygiene must be learnt and repeated until they become automatic functions and are as natural to you as cleaning your teeth.



Colour is a natural instruction within our environment our work place and ourselves. It contains wisdom that has always been available and can be accessed more creatively if practised and if the more subtle elements of nature are studied. Magnetic attraction encourages us to eat certain foods and experiments have shown that, if dyed a different colour, normally attractive food-stuffs become repulsive. Within nature, colour is also used as a warning system with certain colours associated with danger. For instance, red is used for fire extinguishers and yellow for road gritting lorries, but have we ever asked why this should be so? Red is the densest form of concentrated energy visible to humans and yellow is a colour of high visibility and so humans respond quickest through a gut reaction. Studying snakes and insects has proved this. Illumination is inherent within human make-up. The response to light and dark has been adjusted and extended, thanks to the lighting industry. But is enough attention being paid to the more subtle forms of need? Fluorescent lamps are usually made using halosphate phosphor, which has a high level of illumination. But as the light contains little blue or red light, it causes a state of physical imbalance in people and in extreme cases headaches, lassitude and vomiting. For different reasons the same problems have had to be faced by VDU operators.

### **Factories**

Too much white causes the eye to refract and reduces concentration. So the all-white philosophy is not supportive to maximising safety within the work atmosphere. Limited knowledge on the effect of colour causes more suffering than necessary. In 1943 a safety code was produced for colour which said that red should be used as a warning against fire; for instance, fire alarm boxes, fire extinguishers, sprinkler lines and fire exits. Orange should be used to mark hazardous areas. It is painted along cutting edges, exposed gears and pulleys, near to or on saws, grinding wheels, sanders, drills, hot pipes, exposed electric wire or rails and emergency control boxes on dangerous machines. Yellow, because it has the highest visibility of any colour, is used where immediate attention to a hazard is required; stumbling or falling hazards, low beams, obstructions, the edge of pits and platforms, railings around hazardous areas. Also for road equipment such as tractors, cranes, fork-lift trucks and any other vehicle being used in an indus-

trial area. Green is associated with medicine and therefore used on first-aid boxes and cabinets, stretcher boxes, cabinets for gas masks, controls for safety showers. Blue is usually applied in sign or symbol form marking equipment which should not be operated without permission - boilers, tanks, ovens, dryers and kilns. It is also used on electrical boxes, generators and welding gear. This code is still in common usage today but few people know why the colours were applied as they were.

In a factory, colour used effectively can reduce accidents, reduce absenteeism, increase production and maximise job satisfaction. It can also be used to detect stress levels and help test for job suitability. For colours affect us physically as well as emotionally and mentally. The red based colours are stimulants and can increase blood pressure, heart beat, respiration and brain activity, direct attention to the environment and distract. Blues can relax balance and are more cooling. They can lower respiration, heartbeat and blood pressure so they are less distracting and can be used to focus concentration. In a factory, colours can be used to counteract high noise levels. After image or shadowing is a problem and is felt where one colour is stared at so a loss of balance occurs. This can be minimised by the opposite colour being used followed by a balancing agent. So the full spectrum is artificially created and the work place made more sound. Ceilings should be white rather than coloured to maximise light reflection and to minimise distraction.

*continued overleaf . . .*



## **Offices**

Much the same ideas apply here as with factories but personal offices, of course, are at the whims of the occupier. Such indulgence or extravagance does not apply to the general office. Functional colour, if used properly, should have its own appealing quality and be a compromise of most people's tastes within the working environment. Probably the most important piece of office furniture is the desk, which is the main visual centre. The colour of the desk should be functional in itself. Ophthalmic tests show that a light end of neutral grey on such objects reduces the rate of blinking and will lessen fatigue. The reason for this is that grey is neither light or dark so that as the employee looks around the room which might have light tone walls and a darker tone carpet, the eye quickly adjusts back to the mid-tone. Typewriters can be obtained in a grey colour and this minimises mistakes. Other office furniture is best kept a neutral colour. Even though bright, luminous colours should be avoided in the office itself, they can serve good purpose in corridors. For instance, if one wall is painted beige and the opposite one yellow, not only does this act as a visual contrast from the office but also stimulates people to keep moving. One often finds restaurants particularly, fast-food restaurants, painted orange or yellow for this reason. They are after a fast turnover.

## **Schools**

Children are very responsive to colour particularly primary colour. They often ignore lighter shades in preference to red, orange, yellow, green and blue. Therefore it is helpful to have an area devoted to primary colour where tests have shown that children's I.Q. levels have improved by as much as 12%. These colours will help to stimulate alertness and increase creativity.

However, other rooms should be used to counteract the stimulus and be in pastel greens and blues, which will subdue and soothe, particularly where irritability is found. It has also been found amongst children that orange in the environment can help in cases of hostility and less desirable aspects of social behaviour. Bearing this research in mind, colour schemes can be developed for Primary Schools in particular that will assist learning capacities while reducing behavioural problems. Older children should not be subjected to

such strong primary colours, as they are too distracting. As their environment involves a great deal of visual activity the colours used should be conducive to intellectual pursuits and also reduce eye strain. Visibility, as always, is important but too much white in this case serves only to increase glare. The facing wall in a classroom should be painted a darker shade than the rest. This will help the students' eyes relax after concentrating on his/her task and not distract attention away from the teacher. A light-facing wall tends to generate too much glare causing the eyes to become strained and so the student's attention is distracted. In the school area much can be gained from painting the corridors one side cream or beige and the opposite side yellow. This, as previously mentioned, stimulates the students to keep moving and acts as a visual contrast to the classroom.

## **Hospitals**

Operating theatres do have a standard colour use. The green gowns that the staff wear as well as the sheets covering the patients are all a specific dark green which matches the complementary red colour of blood. The green neutralises any after image, which occurs while concentrating for a long period of time on a wound. The tiling used on the walls of the theatre are normally either green or a bluish green in colour. This helps reduce glare from a high intensity light source, which the surgeons operate under. The patients in a hospital ward are probably the most vulnerable to the effects of colour. For example, an area of yellow in a ward can have a jaundice effect on short-term patients but long-term ones can grow quite fond of the colour. An off key green, such as yellow green, can have a sickly effect on long-term patients while not affecting short-term ones. People that have to spend a long time in hospital, particularly if bedridden, find that colours in one area very soon become monotonous.

*continued overleaf . . .*



Hospitals more than anywhere need colour, music, and visitors in order to keep senses stimulated, especially for patients who are confined on their own. Lack of stimulus in this situation can result in sensory deprivation. This encourages boredom, restlessness and an inability to concentrate as well as deterioration of intelligence, distortion of colour image and colour perception which can lead to hallucination. Often a pastel green can be used to great effect, especially if the area can be broken up by the use of more primary colour so the patient has a choice of where to look. Those who are confined in special equipment must have special attention. A great deal of work has been done by Herbert Leiderman in this area – see *Colour and Human response* by F. Birren.

### **Package design**

The psychological effects of package design are of prime importance when launching a new product onto the market. Dr. Max Luscher did a great deal of research into the reasons why bad package design lead to the failure of a product. For example jam packaged in a green tin would suggest unripe fruit rather than rich, ripe fruit. A greyish violet colour was associated with decay when used to can meat. Most consumers say that when they choose a product they pick their own preferred brand, yet Luscher did a test, which proved otherwise. Three hundred smokers who swore by their own brand were blindfolded and given their own preferred cigarettes and then a different one to try. Only 2% could distinguish their own preferred brand. Max Luscher published certain examples, showing for instance, that dark blue can be used where there is a need for security and yellow should be used when there is a need for something new, particularly involving the future and development. Greenish blue is associated with a need for clarity and certainty and reddish yellow is linked to conquest. This leads us into an area for packaging where combinations can be determined. Red and yellow where there is a desire to conquer and an expectancy of something new; for instance, containers for fuel, match boxes or tinned meat. Red and greenish blue are together associated with a will to conquer and self assertion, certainty or authority. Red and green packages could then convey contents that are strong, reliable and long lasting, such as preservatives, technical instruments or appliances.

Red and blue are linked to a will to conquer and a desire for fusion. Rose pink and sky blue and their mixtures produce violet, indicating tenderness and sweetness and is often used in packaging for chocolates, cosmetics or letters. And so on. This also illustrates that where one particular colour is used it can create a need or a craving for its complement.

Colour in a working environment should be used to make seeing easier and to control unfavourable contrasts. Also to minimise constant eye adjustment and to draw attention to any hazard or obstacle. In schools colour should be used to preserve eyesight, to assist in concentration; in a factory, to prevent illness and accidents and to improve morale. In hospitals it should be used to aid patients to regain health more speedily and be helpful to all.

Perhaps as well as paying attention to architectural and structural design, we should spend a lot more time concentrating on its colour. We know that light, colour and sound have a profound effect on the well being of humans. Therefore we should make every effort at all times to make the development and the atmosphere as conducive as possible to the well being of all.

*continued overleaf . . .*



## Colour chart

### *Personal preferences of colours*

#### **Violet**

#### **Indigo** (Night sky blue)

#### **Blue**

#### **Green**

#### **Yellow**

#### **Orange**

#### **Red**

### *Energies expressed*

Intuition and sensitivity

Self-management and conditioned disciplines

Intellectual focuses

Humanitarian service

Self searching and communication

Action, form and structure

Physical/emotional focus

### *Balance colours*

#### **Reds**

Physical/emotional satisfaction

#### **Wine or rust**

Relaxation or self-accomplishment

#### **Orange**

Manifestation of actions

#### **Gold**

Personal self-satisfaction

#### **Green**

Self-healing and balancing

#### **Light blue**

Creativity

#### **Violet**

Inner awareness

We work with colour automatically but it is so natural to us we don't know we do it! Look at the times you are going to wear something and couldn't at the last minute. Look at the times you see what colour looks wrong on a person and imagine what would look better.

Self-reflection exercise on rebalancing.

i). Look at the colour balance chart above and see what areas of involvement different colours relate to. Note that one of two colours can hold the balance; so if you dislike one – another will do just as well.

ii). Don't take it too seriously, have fun with it.

iii). Pick your favourite and least favourite colour. Do you use its opposite in one case and not in the other?

The influences are greater than you think.

*continued overleaf . . .*



Visualisation exercise to close the energy centres down.

This visualisation is useful to use at the end of any relaxation, meditation or visualisation exercises that you may carry out.

It is time now to close the centres of sensitivity down to the level that is right for each one. Starting with the centre at the top of the head as if it were a beautiful dewy lotus flower on a spring morning, reverse its blossom and close back into a bud.

On to the centre between the eyes, on the brow, gently close it down to the level that is right for you to resume your daily life once more.

On to the centre in the throat, close that centre down knowing it can open again whenever necessary.

The centre in the heart, close it down as if it was a beautiful white rose going back into a bud, as on a dew lit summer morning

The centre in the solar plexus, like a sunflower, close all the little petals down to protect and keep the centre safe and secure.

The sacrum sometimes known as the spleen, as if it were a marigold, close those petals gently down.

The centre at the base of the spine, close it like a red rose turning back into a bud moist and fresh and beautiful in its creation.

Close the secondary centres in the shoulders, elbows and hands, the hips, the knees and the feet.

Draw the energy fields back close around the body, making sure that you have a good chunk of clear sunlit sky and clear access to the light; that you are standing on a good expanse of holy ground and are directly rooted into the Earth; that you are centred in an egg of light. Ensure that the shell surrounds you perfectly and is aerodynamically sound so that you can filter effectively, taking in what you need keeping out that which you do not. Ensure that outside your egg, you have a protective barrier surrounding you like a piece of foam rubber coloured lavender. Trust and know that all is well and be at peace. In your own time, change your rate of breathing and move back into present time and space knowing that all is well. May each be loved, lighted, blessed and protected on their path onwards.



## 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  
**Environmental Programming**

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