



second a10

Focus on  
**Group Dynamics**

First published – 1985  
On the internet – 2001

© Judy Fraser

*The moral right of the author has been asserted*



## **Contents**

Guidelines

*Section 1*

Do I believe that I am trusted and trustworthy?

*Section 2*

Any action provokes a reaction

*Section 3*

What is good enough?

*Section 4*

When to let go

*Section 5*

Have I done well enough?

*Section 6*

Personal space and its use

*Section 7*

Joy in service

Relaxation technique

Consolidating your study experiences



second a10

## Focus on **Group Dynamics**

### **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**

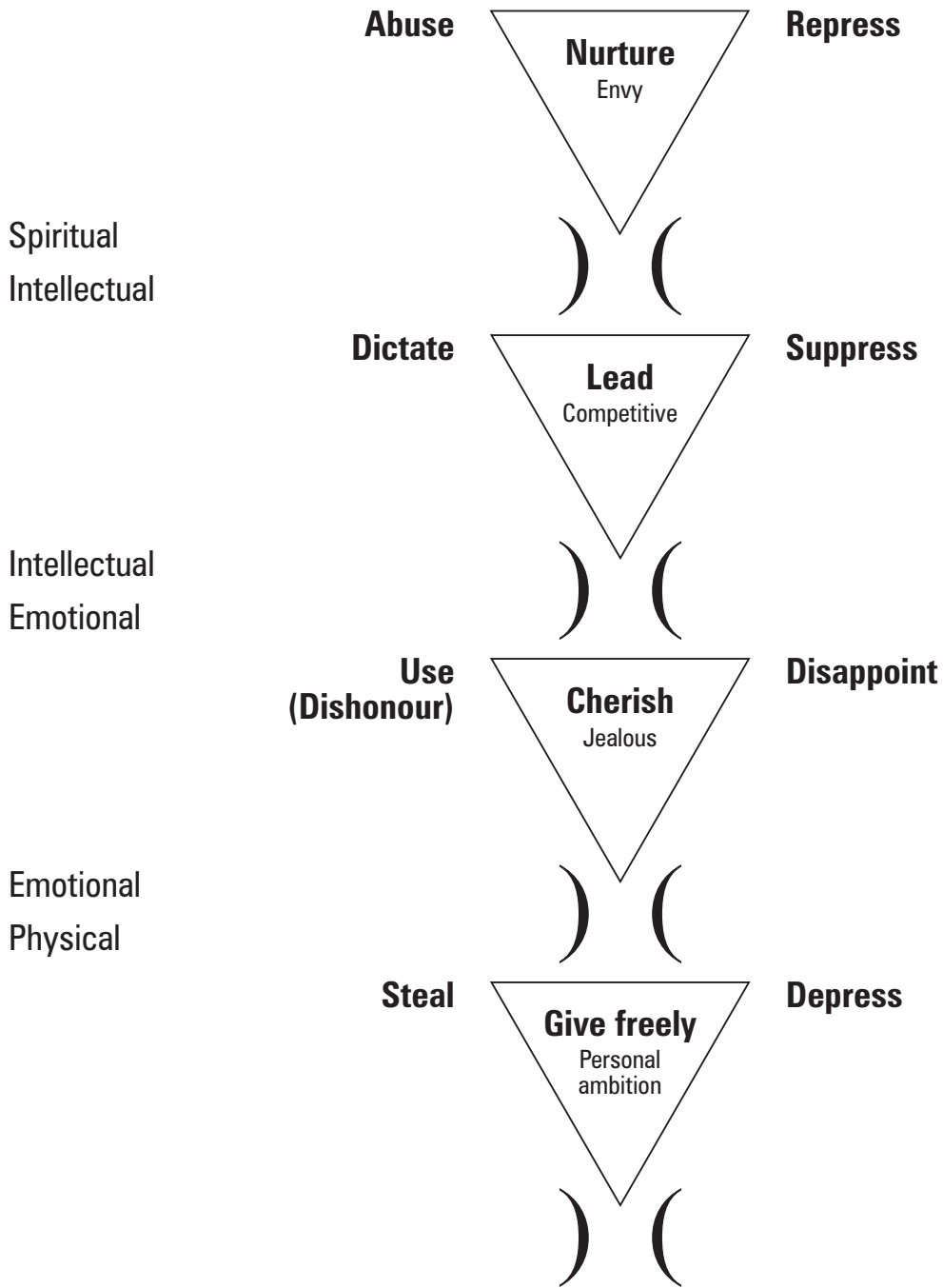
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body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



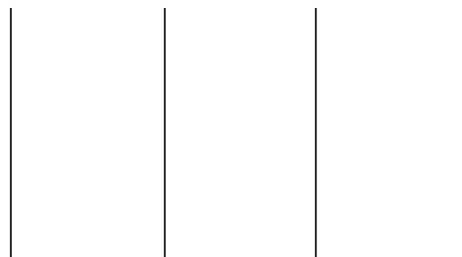
*Section I*

**Do I believe that I am trusted  
and trustworthy?**

# Belief in trust and trustworthiness



Anchor to Earth in love having transformed light in marketable form  
and converted historical darkness



**Active Male – Possible new actions**

**Passive Female – Reactions**



## **I Do I believe that I am trusted and trustworthy?**

Is it true that we are what we believe? If it is, then we need to overhaul our beliefs and update them. Regardless of what we think, deserve or do not deserve, we have all experienced a 'package' in life, which we have had to deal with. Now we need to examine and replace the structure piece by piece without judgement, blame, criticism or condemnation and without feeling the need to change, fix, rescue, or protect anything, others or ourselves unduly. We need to work on this until we are satisfied with the result right now. So let's have as detached a look as we can at our current circumstances, and discern what our beliefs are now.

Self-reflection questions on what your beliefs are now.

- i). Do you think that the Powers that control the workings of the Earth reality set out to want us to feel abused or be abusive?
- ii). Do you think that they want to repress us and restrict our ability to express who we are? If we are made in their image – probably not.
- iii). Are you envious and do you feel that others have a better, or an easier deal?
- iv). Do you believe that all express themselves to their optimum capacity according to their ability and their need to evolve?

If we are able to balance the mind-body-spiritual triangular force (spirit, soul, body; thought, word, deed; action, reaction, mobility and so on), then we can claim nurture for ourselves and try to nurture others as best we can simultaneously. This abstract package comes into our intellectual understanding as a concept to be worked with. As a result we face new choices. Do we agree with dictatorship and being dictated too? Are we willing to be taught or must we learn through bitter experience? Do we repress what we know rather than express it, because we have been mocked, scorned, ridiculed and made to feel unacceptable in the past?

Have we been forced to promote sameness rather than value difference in our pursuit of excellence? If so, we may be competitive and ambitious – which we may have viewed as being cruel or kind depending on our level of sensitivity. Somehow we have to create a balance where, on occasion, and within our own skill area, we demonstrate a willingness to lead. If others were as good as we were they would be in the position of leading and we do not have to absorb their package as well as our own. In others' areas of skill expertise, which lie outside of our own expertise, we need to have a willingness to be led with due deference and honour. If we are truly grateful, and understand the overall equality in all people, we will pass through the intellectual-emotional gateway into new pastures of experience as we have demonstrated harmlessness towards all others.

This minefield will dramatise issues of honour and dishonour within each individual's experience. If we are lucky enough to have been honoured, it will come as a shock and disillusionment when we meet those who dishonour and walk over others to get what they think they want. We will be disappointed time and again but only by experiencing and letting go again and again can we meet our appointment with those who share similar standards to our own. This is a confusing time, as each tries to find and apportion time to self, friends, family, colleagues and customers. Sometimes the boundaries become blurred as people move from one classification to another. Jealousy can enter the equation as we are forced to make a stand in our efforts to cherish and be cherished. If nurture has not been a part of our experience in the past, it is even harder to set this standard and keep it. When we reach a point of balance we pass through the emotional-physical gateway.

Here we look at issues that represent courteous interaction.

*continued overleaf . . .*



If we have stored and suppressed desires and caused difficulties pursuing things under our own specifications, we may have depressed feelings that need to be faced before we can go on. Until we face these emotions, they will compound. We can choose whether to face them now or later. Is our personal ambition in line with those we come across or is it at odds with them? It is fine to be ambitious to make the world a better place, and to serve the needs of all, but we must all have the same aim. There is no room for freeloaders within such a package. If we give freely and have proved it, we must mix with others who do the same to enable us to receive as well as to give. If this circuitry cannot be clear, clean and free flowing, we will not be able to anchor our soul purpose to life.

Self-reflection questions on how you interact with others.

- i). Do you believe you need to wait to be given something you want by having earned it, or do you think it is all right to steal and take it from another without making a valid contribution?
- ii). Have you stored and suppressed your desires in the interests of others or in your wish to be accepted and acceptable?
- iii). Have you caused difficulties pursuing things in the way you want them to be, or have you acted responsibly and made the best in situations you have found yourself within?

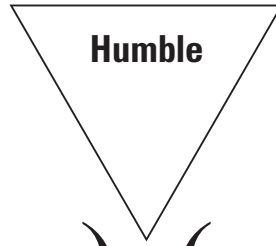


## *Section 2*

**Any action provokes a reaction**

# How much can we accept now?

**Arrogant**

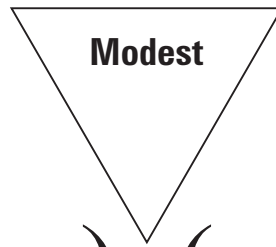


**Too proud**



*I am perfect!*

**Superior**

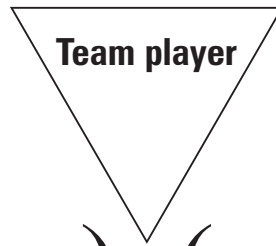


**No one can show me**



*I know it all!*

**Stuck in my isolation**

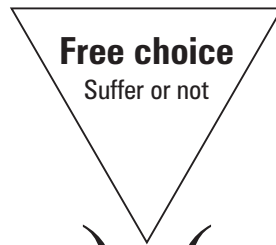


**Too insecure to move beyond the current limit**



*I see and my vision is right*

**Aloof and impotent**



**Frustrated and steaming**



*I do not like what I hear  
and I must renegotiate*

**Passive Female – Reacting to active Male / Instructions from the past**



## 2 Any action provokes a reaction

The Light or the highest level of core integrity that we have set for ourselves in life has been supported and we must now convert it to love in action. This love is given freely to others, but when they demand that love as an exclusive right it becomes unacceptable. For we have worked through the historical darkness and must now share that facility obedient to instruction. If our style is cramped we will have to be freed from the situation like it or not. This Light which has become love in action is for all and we are not at liberty to make use of it personally, as we like. We have to be wise in its administration. We are entitled to receive as well as give but there must be no monopolies. We need to decide what we want and believe we can get it – both personally, inside our home and family, and outside within the environment. Those who try to prostitute these values are not helpful, so although they may be a valued friend, we need to make sure that we do not choose them as a partner.

If we trust our actions will be supported by both the Heavens and the Earth, they will be. We all have our areas of vulnerability and of strength and, without deciding the rights or the wrongs, we have to test how well we have brought these two together. If we have believed we are perfect as indeed we are spiritually, then when someone challenges us on the Earth it may come as a shock. Particularly so if we have been accused of being arrogant or superior in our negotiations, whereas from our perspective we were just trying to get our point across. It may be that we find it difficult to express our inward knowledge in a manner that is not condescending or patronising. If we are too proud to fail we cannot succeed. Yet if we are too hell bent on changing things that do not suit us immediately, then we render ourselves inert. Once we find a level of humility rather than subservience, we can move on from thought to effortless communication and our words carry a natural authority.

As we begin to express ourselves, of course others will react. If we pretend to know it all, we only talk and never listen and that alienates others too much. If we have the attitude that no one can show us anything, then we become isolated and lonely. If others ride roughshod over us, then we feel trampled and unvalued. This is a very difficult stage for the natural intuitive

who is programmed for sensitivity. When they come across the coarser element they automatically become defensive. If they habitually have to defend themselves, they can easily become victimised in a world populated by bullies. Not an easy stage; we do not live in the age of the general practitioner within life on Earth, we live in the age of the specialist. No one can possibly know it all. They can only be an expert in their own particular sphere. It is therefore essential that we are able to trust and be trusted in our own skill area and that we interface with others who have a proven track record within their own skill area. When a level of modesty is acceptable and genuine rather than false, then we have proved ourselves to be team players and we can move on.

Actions speak louder than words. So we 'see' our vision and then must begin to test it out. These interactions with others are somewhat fraught with obstacles. For success is a dangerous state and a lot more challenging than failure. We may feel we have to remain somewhat aloof to maintain direction and keep a weather eye on the main vision. If we move too fast we can easily become impotent when someone tries to take over and arrange things within their perception rather than our own. Or others may frustrate us as they steam roller their way into the arena with little to offer. Or they may offer something we do not wish for, as it does not fit within our remit. We have to be as truthful within our communication as we can be. We have to bend but not be broken by those trying to muscle in or 'help'. They may have something genuine to offer or they may just be desperate to be included. We will have to be honest in stating our needs and be brutally frank in what we do not need. We may have to say what we do not like as we hear that which we do not need being proffered as if it were essential. We can suffer in our service or not. If we have suffered then we do not have to volunteer for a rerun and we can claim joy if we believe we have earned it. If we get it all well and good; if we do not, then we try again. Tempered steel starts as a lump of iron. A beautiful statue starts as a lump of wood or stone. Only when it is worked does it become a thing of beauty, wonder, innocence, awe and inspiration.



## *Section 3*

**What is good enough?**

# Reactions that bring fear and resentment

## Overcare issues

Fear of authority	Crown Purple	Obedience / servility
Spice the view up a bit	Third eye Indigo	Bland view Don't make waves
Expectation / expression	Throat Blue	Hopeless / inert
Sour	Heart Green	Over sweet
Assumptions So keeping control of feelings	Solar plexus Yellow	Use / abuse Inconsiderate
Needing to be needed	Spleen Orange	Insecurity issues
Bitter / acrid taste and feel	Base	Inadequate / overloaded

**Alone, lonely and abandoned on Earth where nobody cares – not even me**

**Female – Passive – Framework of life**



### 3 What is good enough?

We can doubt what we think to be the right thing even when we are sure we know. We can resent being put into a position where we seem to be forced to try it out. We therefore move slowly and gently, step by step, proving a willingness to be flexible by trimming and adapting as necessary. Attachment to a result represents the balance between doubt and resentment and implies that the Great Beings who supervise the running of the world as we know it on Mother Earth are just not good enough at their job! We become convinced that a management consultant, such as us of course, is needed and then we are paralysed by our fear of punishment. Or we may feel sacrificed and abandoned on a hostile and aggressive planet and that we are misplaced and might prefer a day trip to another planet which could be more deserving of the sacrifice we feel we are making. We try so hard and care so much that we get to a point when surrender to what is possible is like an admittance of inadequacy and insecurity. We no longer know what we want and what is more we do not care. It is a shame that we have to get to this stage before we demonstrate a willingness to co-operate. However to receive we have to prove we are a suitable receiver who can filter out that which is not a part of our personal destiny and draw in that which is. And we have to do this while collaborating long enough to find out which is which without causing too many difficulties in the interim for anyone.

Any false values will have to be examined at the level of thought, word and deed, if we are to be an instrument of value. If we are fearful of authority we will have to meet it to become obedient without becoming servile or enslaved. We may try to manipulate a better deal, convinced that we are deserving of it and so sabotage efforts (our own and those of others) to spice life up a bit because we are bored. Or if life has been too spicy, we may become character-less in our blandness, so much so that no one can relate to us because we are observers and not participants. Our fear may stop us from making waves even when we passionately believe that something is profoundly wrong. We end up paying lip service to homage while creating a quiet mutiny inside or outside ourselves.

If we do have expectations and we express them, others may be cruel in their judgement of them and

render us inert before we start. Perhaps they criticise and condemn so profoundly that we lose hope and move away deciding the project is just not worth the effort. Too much is at stake and we have no desire to fight and yet that seems to be all we meet. Yet we cannot run away because we believe in our project but we hate unsupportive attitudes that result in people paying lip service but giving quite a different message when it comes to actual delivery. These attitudes erode our courage to proceed. If others try to control indiscriminately, then we are rendered worthless. If others try to manipulate, we are not free to follow our path, and we may get tired as we generously try to carry them as well as ourselves. We must structure and plan our path to avoid over extension.



## *Section 4*

# **When to let go**



#### 4 When to let go

We may have been so inclusive that the thought of attempting another project on our life path holds a sour taste and we have no wish to walk into that atmosphere ever again. Or we may try to be 'nice' and sweet towards someone because we lack the courage to be 'real.' It is a common disease of our time to sell ourselves out to be popular. We have to overhaul our views and decide on a list of priorities and take things in a strict order and at a rhythm that is realistic.

Self-reflection questions to prioritise who you want to be popular with.

Who do you want to be popular with?

- the Heavens?
- your soul?
- yourself (so you are able to look at yourself in a mirror with respect)?
- your family?
- your partner?
- your friends?
- your boss at work?
- your colleagues?
- with acquaintances?

Make a list of the above in order of priority with whoever you want to be most popular with at the top. Then concentrate on number one for a defined period of time. After this time period you can review and update again.

If we try to be all things to all people, we will become of no Earthly use. We must learn when to hold on and when to let go.

In an attempt to keep control, we make assumptions that we know what others want and need, and what is required by all. We give and then take back in case our input is not required and end up losing control of the situation we had decided we wanted to be a part of. This constitutes using a situation and a person and is an abuse. It is also extremely inconsiderate. If we decide to give, we give unconditionally with no expectation of a return, otherwise we are manipulating circumstance to suit the self, with little or no thought for the other people involved. If we have something another person needs and we believe in them and what they

are doing, we give, leaving them to administer how to use it. We do not hold on to maintain control, or to insure inclusion. Nor do we need constant assurance of the value of the gift, nor insist on being paid back as proof of gratitude, nor for any to humiliate themselves in our demands for constant attention.

Some people need to be needed for they are so insecure that they are not sure who they are. They are inclined to feed vicariously off the flesh of others. Or they may wish association with others for reasons best known to them. Perhaps it is for the kudos of being involved with something new for which they think they may receive accolade by default just through having been involved. They may think it will lead them into circles that they would like to inhabit but do not feel capable of gaining entry into from their own right. Many things upset the balance and they may wish the protection of others with a proven track record without having a valid and needed skill to proffer. They are always 'needy' and have a level of insecurity, which results in them expecting someone else to provide for them rather than doing it for themselves. If there is a 'pay off' then it is not a free contribution and will pollute the entire system.

This leads only to cynicism, as those who have communication abilities beyond what is considered normal by others will be sceptical as a result of experiences from the past and rightly so. It is a bitter pill to swallow to be betrayed and let down time and again. They may feel overloaded and need time to separate the past from the future before they commit to the present. They will not respond well to being pressured (bullied), nor do they consider themselves inadequate and in need of help they did not ask for (victimised). The fact that another may do so, is no valid excuse. To give in to over care or not to care enough prevents us from being able to proceed. But the space, the project, the body, the community, the house or whatever the project is, must be cleansed and prepared before entry is possible.

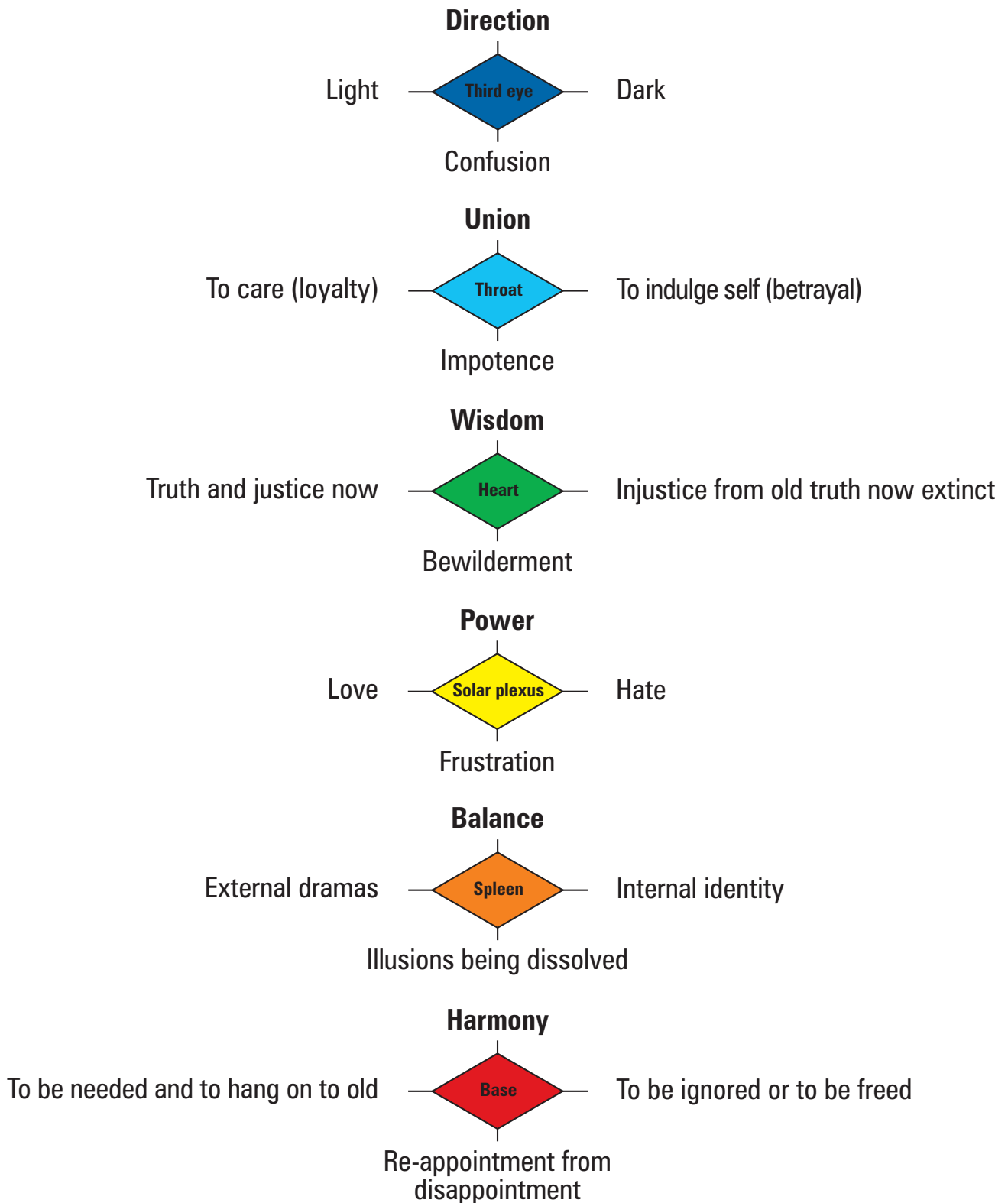


## *Section 5*

**Have I done well enough?**

# Good direction – having the courage of your convictions to trust higher instructions

*(Authority issues together with right use of entrusted power)*



Acceptance of change. Security and rejection issues

**Male – Active – Wine – Overriding past / Female passive /  
Reactions stored in body's framework**



## 5 Have I done well enough?

All I know at the moment is that what I have been doing is not what I am going to be doing. It does not seem to be much help to me, for I would have liked to know what the new was prior to the old being taken from me. I do not like being in a vacuous space, and I am not pleased that it appears to be a greater will that is in control rather than my own brain.

Self-reflection questions on whether you have done well enough.

- i). How do you respond to authority – have you been honourable within your last placement?
- ii). Were you inclusive?
- iii). Did you administer on behalf of all or just for yourself?
- iv). Was your behaviour appropriate under the circumstances?
- v). Can you trust that as you behaved as honourably as you were able, that all will be well even if right at this minute you do not fully understand how?
- vi). Have you chosen to care for all comers? Proved yourself loyal? Dealt kindly with those who you felt betrayed by without blaming them for not indulging you when you told them what you knew? They may not have believed you in their need to experiment for themselves and in leaving, you had to deal with your feelings of impotence. They may have been angry or jealous that they were not in the confidence of the powers that be, and why should they believe you were! All unfinished business in relation to authority issues meets you face to face at this point.

vii). Can you think kindly of those who have damaged or hurt you, and the project you were involved within, and wish them well, knowing that they may meet difficult times ahead if your assessment is correct? (And if you are wrong in your assessment it may be you who meets the difficult times). Can you get off the case and take that risk?

viii). Can you trust yourself to face this possibility with equal equanimity if you are truly fair?

ix). Can you forgive yourself and all others?

x). Can you be relatively unaffected by the judgments and opinions from others who are outside the situation looking in? For their opinions will be tinged with their own experiences, hidden agendas and unfinished business.

xi). Do you have the courage to recognise that the encouragement you gave to others will be given to you, if you sit within the confusion and allow the Light to override the darkness bringing new direction towards you as time passes?

xii). Does it make you sad, frustrated, angry, pleased, trusting, grateful that nothing is being inflicted on you without your consent? It resulted in non-commitment until all could be united in common agreement – or not. Perhaps you need to look back and see that in your turn you behaved in just the same manner and others had to deal with you!

xiii). Look back one last time and assess the opportunities and the policies that freed and those that tied up; the honour with which all were treated (including yourself). Then let it go and pass it back to the Greater Beings who supervise and oversee the work of organising the Heavens and the Earth, and be at peace.



The resultant chaos, within your circumstances, is bewildering and the truth as it is now is separated from the old truths that are now extinct. Issues of the merits of justice and judgement are now out of our hands. If we have been as wise as we could be at this stage in our development, then we attract wisdom if we wait. But how do we wait? Nicely or as a bundle of frustration loving one minute and hating the next? Are we so disillusioned that we create external dramas with which to identify or do we look inside and see where we are within ourselves? Or do we create an equally misleading drama, which overextends us or is unrealistic? It is time to create new balance. If we acknowledge our disappointments, then we facilitate the possibility of a reappointment. As everything moves forward in evolution, we have no need to hang onto the old. The new will be different but it should be an improvement! We do not ignore our limitations, or our impatience, or wish things had been better or different. Rather we choose to free ourselves and others who surround us. We accept the changes graciously, grateful to be a part of something and of some people's lives. We deal with the issues of insecurity in ourselves and wait while those who surround us deal with theirs, until a level of harmony is reached at the most fundamental level of our being. We give thanks for what we have learned, the pathways we have been led into, the projects we have been a part of, and the people we have known. These people, hopefully, we still know even though their position in our lives and ours in theirs has changed somewhat. No need for dejection nor for rejection of others or ourselves. All is well and as it should be.

Self-reflection exercise on flow.

- i). Will you allow yourself to be led gently by the hand into the next chapter of the living experience?
- ii). Try to navigate your state of balance from the previous diagram – 'Good Direction . . .' and work on your weakest aspect to date.



## *Section 6*

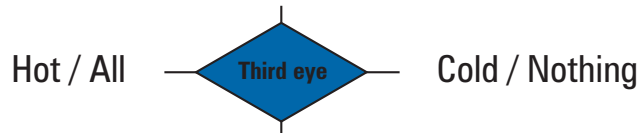
# **Personal space and its use**

# Right use of personal space in relation to the roles being played by all

Equal potential and power for all in spite of varying presentations.

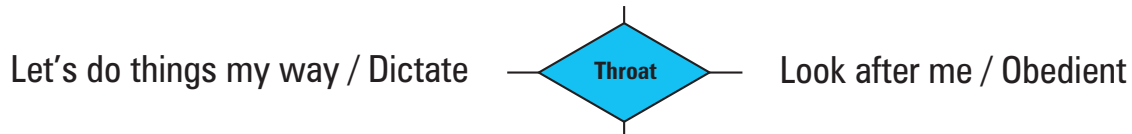
Circulation and nervous reactions. Tolerances and resistances being checked

## Consistent and stable



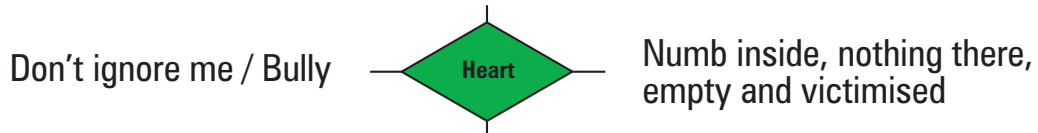
Pay attention and attend to self and own issues

## Negotiation



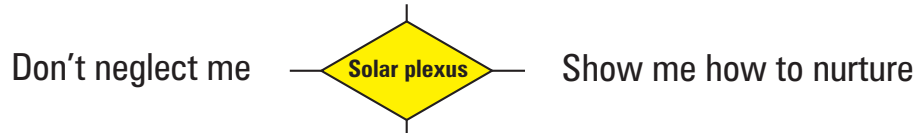
Compromise

## Secure in self gifting others to be the same way



Rejected

## Courage to care



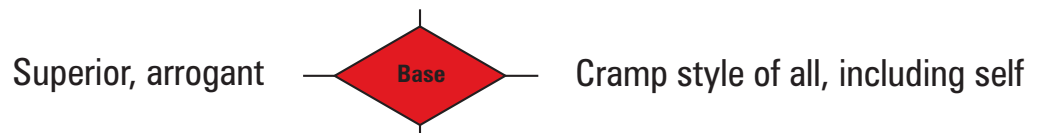
Unattached

## Balanced



Inert

## Surrender



Not superior, firm and fair, not inferior due to fear of unknown.

Paralysis issues – pains in muscles, joints, ligaments and bone. Plus flow of issues.

No superior or inferior – just different pressures, tolerances or resistances as we live now and take responsibilities for what is there and our business now

**Female – Reception – Preparation to meet soul. Clean and clear**



## 6 Personal space and its use

How should we behave in relation to those who play different roles around us? How do we achieve equality in potential for all in spite of the many and various presentations proffered? We may experience circulatory imbalances, or nervous reactions and anxiety at these times, as we check what our tolerance levels are now rather than what they used to be. Our resistance now in the current experience is the polar opposite to our first experience of an event way back in our past. We have changed and so have all the people who surround us so it is time to get off their case and onto our own as we rebalance and embrace both extremes.

If we find we are getting hot and cold all within minutes, then we are changing. We must monitor our desire to be obsessive-compulsive and avoid working on in an all or nothing fashion for that is extremely selfish to those who surround us. It is time to compromise, so we negotiate and renegotiate until all are in a position that is helpful. We keep an eye on our self-obsession and try not to get into trouble by our desire to be looked after. We also monitor our willingness to be swayed and obedient to those who bully and insist on doing things their way just so that we can stay out of what we feel is unnecessary trouble. We give time for the body to throw up, down or out the old negative and stabilise. If others would only be patient, tolerant and inclusive they could experience the same freedom. Those who dictate what will be, rather than ask what is wanted, will also have to be dealt with and we must be careful that we do not give into them just because it is easier.

If we have issues of rejecting and being rejected it will be difficult to be secure in ourselves and so impossible to give others security within their right of passage. If we are unable to do this we will insist on not being ignored and will bully anyone in our way as we deem necessary. This is not an appealing prospect for others although they may put up with it because they are numb inside. They have been so victimised that there is nothing there, they are empty. If we are to be of value we must input only to remind them to look for the highest standards within themselves and not input what we think might be suitable for them.

Self-reflection questions on how you behave.

- i). Do you have the courage to choose to care, because you want to be kind, even if you have felt victimised?
- ii). If you do so, are you able to leave those you have felt to be bullies or victims to be in their space, without interfering in their process even though they did in yours?
- iii). Will you revert to needy behaviour in your desire not to be neglected and thereby sabotage things to get what you think you want?
- iv). If you believe that what you get is not good enough to nurture you, are you so greedy to get everything your own way that you are unable to be considerate and caring of the needs of others that surround you?
- v). Do you render yourself inert by wanting everyone to humour you without giving their needs due consideration?
- vi). Do you want to get others to do the work you need to do yourself so that they become slaves? Or do you want an instant result without balancing your needs with the needs of others?
- vii). How can you achieve real balance and flexibility and flow?
- viii). Can you face yourself where you are rather than trying to be superior, arrogant, special, self-important or so fearful of the unknown that you have to pretend to be something you are not?
- ix). Are you cramping your own style through avoidance, or are you just being firm in your resolve to serve life anyway you can?

*continued overleaf . . .*



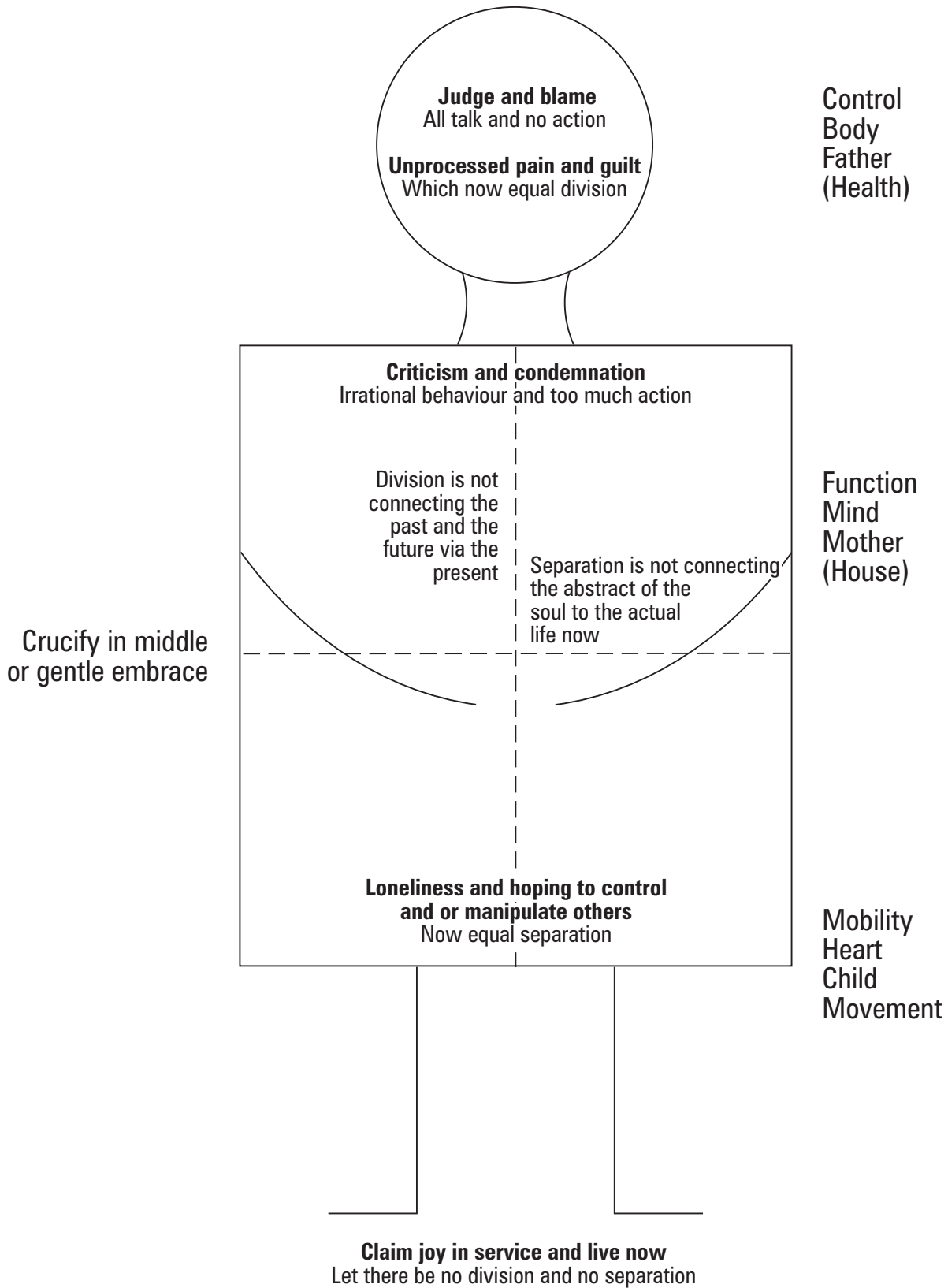
We must allow time to let the pain locked into muscles, joints ligaments and bones to flow free to enable us to enjoy the coming times. For we are all a part of life and we all have designated roles within it to enable us to play to the full. As one role gives way to another there is a need to cleanse that which has polluted, and to allow enough time for all to be ready to meet that which the soul designates. Hopefully we go through this process graciously and gratefully with a full expectation of being content, joyful and fulfilled.



## *Section 7*

# **Joy in service**

# Judge and blame – or let go



Union { **Male active – Will to co-operate and grow**  
**Female passive – Willing to collaborate with all others**



## 7 Joy in service

We live in a world of thought. Whose?

Self-reflection questions on thought.

i). Whose world of thoughts do you live in: Your own? Other people's? Your forbears? Those you have been associated with? Those with who you wish to associate with potentially if they will take you on? That which is directed by the intuition?

ii). How do you choose to respond?

iii). How do you view the abstract world?

iv). Do you get into trying to control everything that goes on, as you perceive you would like it to be? Or do you feel that you have just been a mere puppet as some other force has pulled the strings?

v). Do you view your body with love and with honour, or have you experienced ill health and feel as if you have been victimised for not being good enough to live in wonder whatever the circumstances?

vi). Are you too purist or too indulgent or a bit of both?

vii). Are you trustful and peaceful within your mind, that our Father in Heaven cares for you and looks after you and is present in all things regardless of whether you think that is good, bad or indifferent?

viii). Do you pay lip service to your trust in the total care system or do you live it?

ix). Do you walk your talk, and then try to take actions that can benefit you directly or do you consider others as well?

x). Are you so full of unprocessed pain and guilt that you have a punishing attitude either to yourself or to those who surround you who are not as perfect as you would like them to be? Is that kind and caring or does it invite divisiveness?

xi). Do you feel crucified on the cross of life, or do you believe that as the Earth Mother is a part of the Heavens, and that you are gently embraced, receiving as much as others, no more and no less albeit in differing presentations?

xii). Are you safe in the knowledge that all get their turn although not necessarily at the same time, or do you become manic and behave irrationally while criticising and condemning everyone for not having done well enough to satisfy your way of assessing things.

xiii). Do you disapprove of all as your disillusionment and your disappointment lock you into a splendid isolation and you separate yourself from others, locking yourself away in your house?

We choose to court loneliness rather than risk not being able to control and manipulate things to suit us. We may assume and expect that things should have gone our way which they did not, and so we are not yet willing to risk trying again. We are locked into the great divide to avoid connecting the past and the future in case we have to risk being alive in the present. We are so fear-filled that the Divine Presence is unable to connect with us, or perhaps so livid that the Soul force stops us from going too far too fast in which case we may refuse to co-operate at all. Until we choose to collaborate, the Soul stands back unable to bring us spiritual solace until we are willing to receive it. At this point, our actual realisation of how we have been in life, rather than how life has been with us now lies in ashes around our feet. As we connect into the Earth Mother we are embraced and held safe within our distress, until like the phoenix we are ready to rise from the ashes. Can we access the union between the Heaven and the Earth and willingly act as agents of transformation for both? Can we let go of the division and the separation and take our part as we claim joy instead of misery, living and loving now rather than being part of the living dead? Can we claim health at all levels abundantly? We have only to ask and we will be shown – within the ordinary the extraordinary is waiting. Ask and you will receive, knock and the door will be opened and within your heart you will hear, see, and know that all is truly well. Enjoy.



## 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  
**Group Dynamics**

Written by: Judy Fraser

Illustrations and typesetting: David Newberry

Edited by: Lorna Rapoport

Web site design: Juliet Webber at Parallel Design