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Focus on  
**Guidelines During  
Transition**

First published – 1985  
On the internet – 2001

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## **Contents**

Guidelines

### *Section 1*

Laws that let the lessons of life be learned

### *Section 2*

Lessons of life – A production line

### *Section 3*

Energy exchanges

### *Section 4*

Inter-relationships

### *Section 5*

Exposure

Relaxation technique

Consolidating your study experiences



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## Focus on **Guidelines During Transition**

### **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**

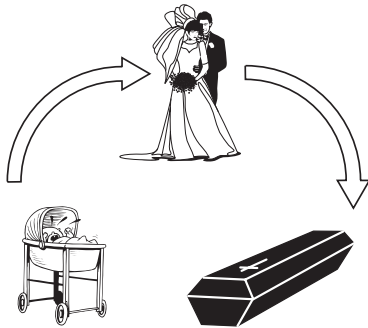
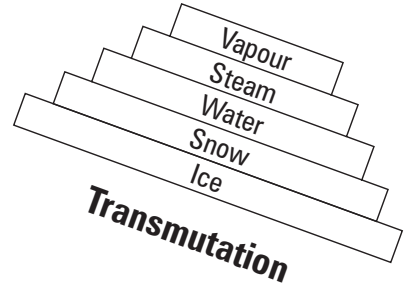
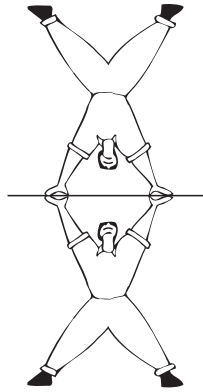
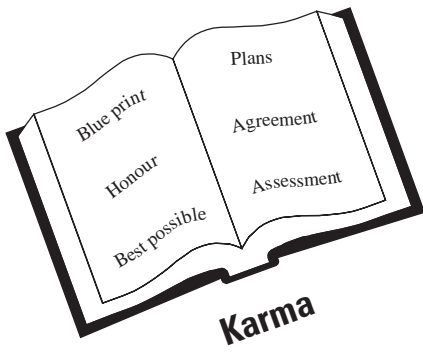
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body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



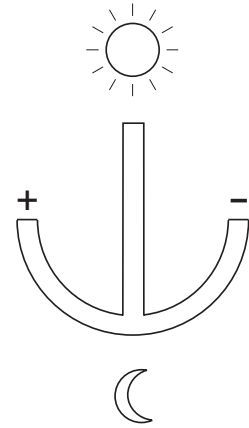
*Section I*

**Laws that let the lessons  
of life be learned**

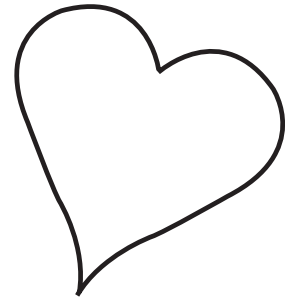
# Universal Laws



**Correspondence**



**Multiplicity**



**Cause & Effect**

**Generosity**

**Levitation**



**Godliness**



## **I    Laws that let the lessons of life be learned**

There comes a point in time when we need to question fundamentals. We have fought and rebelled, kicked and screamed; personal traumas have been undergone and now we ask what lessons are we here to learn? And under what guidelines? All that has gone before is negated and we are now aware that positive growth must make the invisible and visible duality unify. This is so that we are able to make sense of it all, and learn our lessons under a set of rules that enables us to expand, while harmonising with all to the best of our present abilities. The stress to date now functions as a motivating factor and prompts us to find an acceptable level of comfort within our enlarging capacity. It is understood that we are all subject to patterns and disciplines that come from minds greater than ours. But in the same way as each cell within our body is complete and unique, it is still part of our physical body. Can we extend that and learn that we too work with the Law of Correspondence?

The Law of Correspondence – ‘As above, so below’ is the rule, whether microcosm or macrocosm. For example if one ninth of our soul is on Earth, we are not using eight ninths of ourselves. Whatever we do down here makes it easier for the soul force upstairs and that is then reflected back down here so making it easier again. Suffering loud and long reverses the effect! This being the case we are able plan our own path within the greater pattern and so be our own judge. This means that it is within our own interests as well as in the interests of others to be absolutely candid.

The Law of Karma is the blueprint we come with similar to an architect’s plan for a house. Karma works within the life of the individual, the community and the nation with the same set of rules. The Law of Cause and Effect works like the building of the karmic house and will be affected by the availability of materials, the weather, subcontractors, communication, and all sorts of other variables individually and collectively. So the blueprint may take a shorter or a longer time to come into being and may even have to be returned to the architect for adjustments to be made. If we meet no problems the house may get built ahead of time. On the other hand, due to unforeseen circumstances we may have to hang about longer than expected. Either

way is acceptable. Previous experience makes it tempting to sit on the sidelines but we find that the Law of Cause and Effect does not allow this and total involvement is required to work past the effect, and thereby increase our understanding of cause.

Another lesson in life involves good intention. Even if the results appear unsatisfactory to us, providing the motive is of the highest at that time and under those circumstances, then the law of multiplicity gives in abundance within everyday life. Whatever we put in will be added unto and more.

We recognise that life as we know it has stages of logical progress from birth to death. This is the Law of Deliverance at work, of which affirmation and manifestation are a part. Everything has a beginning, middle, and an end. At the beginning, if enjoyable, it all goes so fast and is so great – time plays tricks and passes in a flash. The middle teaches us discipline and animates us. At the end we need help, for time drags, and we may need reminding where we are in the sequence. So providing we exercise the will to look, we can rest easy that the knowledge we need will be made available to us.

By going to varying degrees of extreme, we come to understand the Law of Opposites through which we learn to draw our own conclusions without too much outside influence as to what is the right measurement for us.

We learn to conclude each step by linking our previous experiences, taking the essence on and releasing the remainder. In this way, the Law of Transmutation allows us to use the roof of cumulative lessons learnt and make them the floor of the future. It means that we must go step by step – in the same way that snow cannot become vapour without the intervening steps of water and steam.

As we learn flexibility and movement within the solidity of the moment, we re-group form under the Law of Lawfulness. Here we learn what we can change and what we can’t. Otherwise we set up static and will become very uncomfortable within our bodies without knowing how to escape from past experience. This impotence and resentment implies that God needs a management consultant and that we are it!

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The Law of Generosity encourages us not to keep knowledge to ourselves but to learn how to link harmoniously to the animal, vegetable and mineral kingdoms as well as to energies from different and higher dimensions. If we are kind to others we can expect the same in return – if we are not then we will attract that back, not necessarily from the same source.

In learning to link we invoke the Law of Love, recognising that as our knowledge increases so does our responsibility and care for the creatures of the Earth. Love sticks it all together – it is universal super-glue. It does however need time to achieve.

The Law of Godliness shows us that love must be all embracing and inclusive, not separatist. We must no longer use our opinions for more than a form of personal measurement. We must now care for all regardless, accepting that we can only understand to a limited degree. With increased knowledge and awareness we will again change our view.

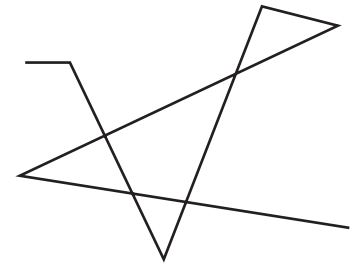
The Law of Levitation shows us we are here to rise above our problems – not pretend we don't have any.



## *Section 2*

# **Lessons of life – A production line**

## Lessons of living



- 1 Solidity - the remassing of form
- 2 Candidity - our own truth, not other people's
- 3 Datewise - realisation that we follow greater patterns and routines
- 4 Good intentions - the motive of what we try rather than the results
- 5 To have a good go - get involved, aim high and trust
- 6 To know that we will gain the knowledge we require as we require it, prompted by the will to look for it
- 7 To do as we think is right and not be too influenced by others
- 8 Datelink - the linking of experiences making use of the essences
- 9 Communication of what we know to others
- 10 The love of all
- 11 The linking of harmony to other dimensions
- 12 Care of all the creatures of the Earth



## 2 Lessons of life – A production line

The incoming goods department receives a supply of raw material and a forklift truck delivers that raw material into the production department. Here a production worker is selected to start the process of converting the raw components into a finished article that can be sold and that appeals to others. The supply line is variable according to who is available for work and what skills are needed. As well as potential absenteeism and illness, the flow is also dependent on schedules and basic union standards laid down by the Factories Act, health and safety officials, not to mention time and motion study personnel who carry out checks as to feasibility and so on.

Meanwhile, the sales department is identifying what the differences are between the overseas and the home markets. Presentation, graphics, merchandising procedures and packaging available, must be adapted in line with market research. The public relations department and the quality control section are interested in achieving basic minimum standards. And, of course, no production line is prepared to meet projected targets unless its welfare department is ready to support its work ethic – which must include canteen facilities and a sports and social club.

These procedures are common to most manufacturing industries so why should processing of information be any different? As we receive energies or ideas, they must go through all the above processes, before they reach a level of refinement and an appeal, which allows them to be released or dispatched once more into another arena of life. So a rhythmic and harmonious approach to our manufacturing plant would seem to be the only safe and sure method of growth. Too many times we treat ideas to 'instant' rejection because they need to travel through the factory before they are worthy of distribution and sale. Too much impatience leads us to a continual search for perfection rather than a willingness to work with what is available.

Management takes application and the ability to make a composite of the best of what is available which can then be used to serve the needs of many.

Self-reflection exercise to examine and cleanse the spaces in your life.

i). What state is:

- Your house in?
- Your wardrobes in?
- Your chest of drawers in?
- Your office in?
- Your kitchen in?
- Your living room in?
- Your dining room in?
- Your bedroom in?
- Your attic in?
- Your basement in?
- Your workplace in?

ii). Create space by clearing it out.

iii). Clean the space on a use or lose it basis.

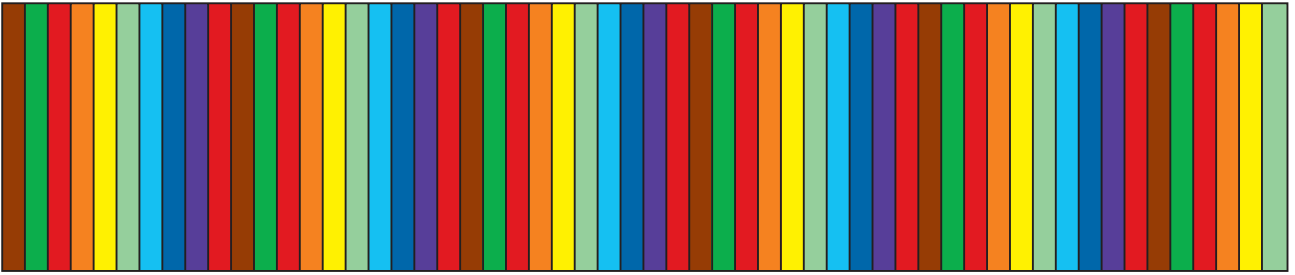
iv). Give away to others in need. The rubbish that you are discarding is somebody else's treasure. This gives the space for the 'new' treasure to enter.



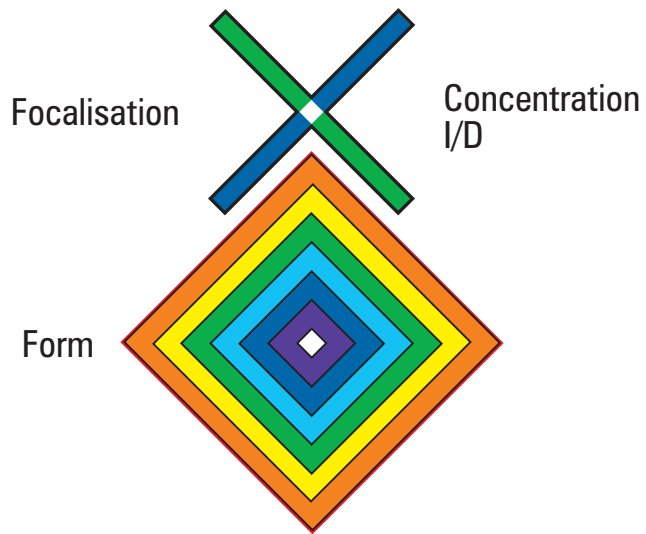
## *Section 3*

# **Energy exchanges**

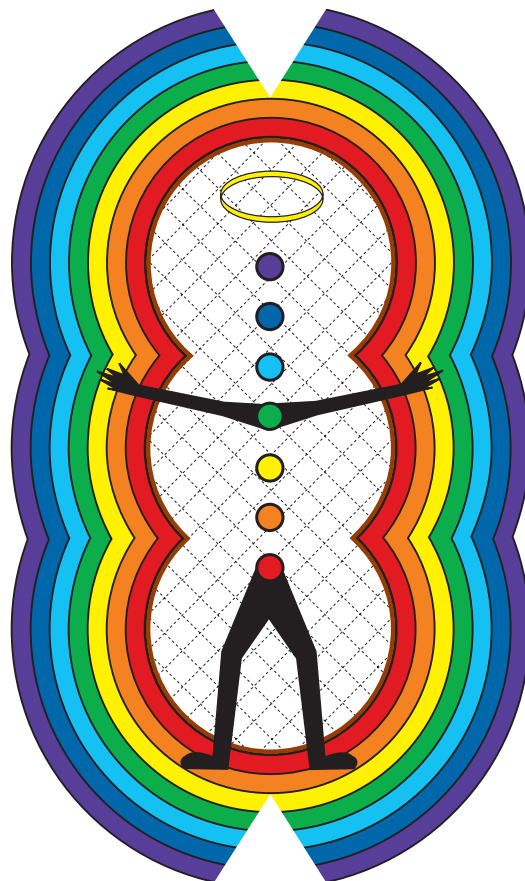
# Constant potential



## Transmission



## Receivership



- Crown
- Third Eye
- Throat
- Heart
- Solar Plexus
- Sacral
- Base of Spine



### 3 Energy exchanges

The potential is almost always unknown to us, and yet it is always there, just waiting for us to find it. Asking about it is a good start, not only our friends and colleagues but also in prayer.

Set aside a little quiet time each day to ask for the finest and the highest level of which we are capable. Then wait to receive. While we wait we can help by practising daily meditation which is seeing and listening until we know what is required. We do this as well as transmitting, which is reporting back and asking what is required and how to proceed. In this type of meditation we try to acknowledge and love every part of our being just as it is – which is not to say that we do not go on working to improve ourselves, but more that we try to create a harmonic vibration throughout our entire being. It is the difference between an orchestra tuning up in preparation for a performance and the performance itself. The ‘Upstairs’ energies are always present. What we connect to depends on our own state of being. We ‘milk’ what we expect as we are receiving at all times. Meditation is a state of receiving, praying is a state of transmitting. Contemplation on how to seamlessly join the two states completes the circuitry.

Each day we need to make an effort to perform to our best standard even if the rest of the day is taken up in tuning up each of the various instruments. We cannot receive the abundance of the Heavens on Earth if the warp and weft of our fabric is disharmonious. So we have to learn to give and take, to transmit and receive, and thereby to complete circuits to the highest possible standard.

Our energetic circuitry must be clean and free flowing. The bit of us we have got down here is our responsibility and we are more likely to be attractive if we are as clean and welcoming as we can be. It is so difficult for representatives of the ‘Management Upstairs’ to get into our polluted planet that we have to become a point of light in our own right to attract them in. It is a bit like a homing device. So when we decide that we want to raise our standards and improve at a soul level, we go deep inside ourselves which means that we must be willing to go into a new chapter. So we need to forgive ourselves for old experiences recognising that they may have been karmic or as the result of our own per-

sonal mismanagement. The soul and the body may get into an argument where the inner says ‘yes let’s move onto the next experience and into the next chapter’ and the body says ‘Oh no – not more, we have not yet recovered from the last lot’.

At these times we need to work to bring the intent into the body. The light that has already entered into our inner space has to be brought down to Earth and old experiences Earthed through the body. At these times we are likely to feel very high, or very low with loads of energy or none. We may be ravenous, or have no interest in eating at all; survive on no sleep or be constantly tired. So we need the nurture and nourishment of the Earth Mother to stabilise us before we proceed further.

This needs to be a gentle time when the person often becomes lacking in social graces, and wants to be on their own. Stage two comes when we are ready to attract situations and experiences from peers in body on Earth. We attract in situations to dramatise the state and find out how we have done. This will bring up old memories, representations of old standards from the energy fields, which record impressions and surround the body. At this point we will either re-act in the old way or we will choose to keep our inner standards and will finally release the shadow of old experience. We need to make haste slowly. The third state is when we try to put the two together and accept the circumstances presented, surrender to the will of God and trust the new representation.

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#### Key points.

Accept through meditation, trust through constant prayer and affirmation, surrender through awareness and responsible living, and contemplate on ourselves, our families, peers and colleagues.

A willingness to change and be changed by life is paramount. Only then will the energy meridians become clear, clean and serviceable.

#### Self-reflection exercise to explore wants and needs.

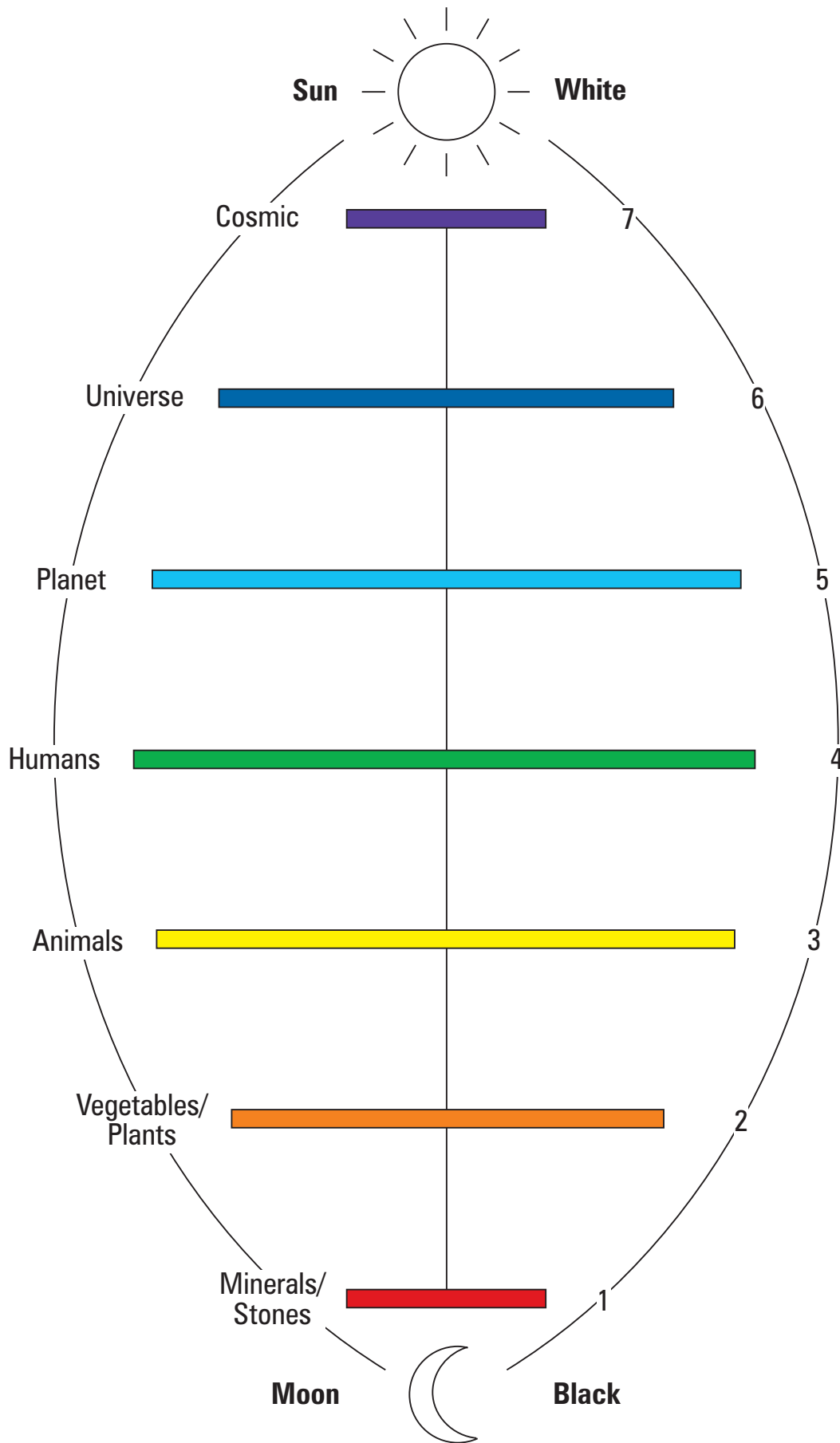
- i). Divide a piece of paper into two columns by drawing a line down the middle.
- ii). Write down all the things that you want down one side of the paper and all the things that you need on the other. Write down as many things as you can think of.
- iii). In fact for you to decide which is which is impossible, so cross the dividing line in the middle of the page out and write across the bottom of both columns: 'Please can I have' and let the 'Management Upstairs' decide the rest. This is a form of active prayer.



## *Section 4*

# **Inter-relationships**

# Horizontal polarity





#### 4 Inter-relationships

The need to prove ourselves blinkers us in such a way that we are only able to see that which we wish to experience, and hear that which suits us. Anything that does not fall into that specification is banished.

Sometimes we are able to work this through and continue in a complementary role within our relationships; at other times there needs to be an irrevocable breakdown before a rebuilding can take place. The next re-building is a new experience as we begin to realise that we are connected to all levels of being and that the stones for example, have a life of their own and yet inter-relate with us (see diagram at the beginning of this section). The plants and trees also have a life of their own and still inter-relate with the minerals in which they grow, and both affect the balance of life of all that surrounds them. The animals too have independent life in their own kingdom and at the same time affect the plants and minerals. Humans stand in the middle for we are dependent not only on the animals, vegetables and minerals but also upon our host planet Earth, which also has a life of its own in the galaxy. That too is part of a greater cosmic system which, in turn, may be one of many. So we need to keep a balanced consideration of and for all and so learn to respect and relate to life in all its forms.

It is somewhat presumptuous to think that people are the only agents of healing upon the planet. It is however easy to understand how the confusion arose, when looking at the previous diagram. We respond at an instinctive level to the kingdoms of nature (lower half of the previous diagram). We respond subtly to inner promptings of the Greater (upper half of previous diagram), which we grapple with through intuition, déjà-vous and so on. The level of density of the mineral kingdom is red, the longest, lowest sound. The oldest form of healing known, was to carry the body up to a standing stone with a hole through, and pass it through the hole, and then to carry it back home again. The reason for this is that minerals are the base note of the Earth and if we are hyper, we lose our rhythm and get sick and a way to restore rhythm is to remind the body of the base note.

Mountains move but do so so slowly that they do not threaten us unless they lose their rhythm in relation to the planet, in which case we have an earthquake.

Our body does the same thing to cleanse itself and we feel pain in our bones, often through deep grief which the stones will help us to absorb, if we will let them. They help us, not us them – as we often think!

The vegetable and plant kingdom has been recorded as contributing to healing and medicines since time immemorial. Originally medicine was all made from plants, trees, and so on. Flower remedies are a subtle version for physical use but to maximise effect should be used as well as whatever else is needed. The glandular system of our body holds memory and will release when we are under the pressure of extreme fear. The vegetable plant kingdom will help to bring back balance and in this process we will experience the release of fear of the unknown. This happens when we have had to take responsibility rather than blaming someone else – for example taking final examinations at school, or marriage or whatever.

The animal kingdom works with the instinctive actions and the fight or flight reactions that we all experience. It also works with resentment, impotence and anger and shows us how to use these emotions for the good of humanity rather than to criticise others. It teaches us to love and be loved, to the best standards possible, working in the interests of the group and in relation to others and to the environment. Animals show us how to contribute and not prostitute if we will let them. Our instincts are made up of both genetic and environmental conditioning from others. We have to sort out what belongs to us, what we want to keep, and what belongs to others, which we want to release as fertiliser for someone else to make use of.

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Humankind is in the middle trying to please everyone and circulate everywhere – but we can't. We must find our individual path which may be similar to the path of others, but will not be the same. All roads lead to the town centre but which one shall we take? Inner work, outer work, past experiences, future trends, present demand; what shall we do? Have a heart attack at this rate. Middle-aged people who want to give up their way of life but cannot, as they see it, because of mortgages, alimony or whatever; build up pressure in their body until they have a heart attack. A change of attitude and greater understanding could allow them to proceed in a new way, satisfying, stimulating and bringing them joy while still fulfilling their responsibilities. But it takes courage – the courage to make statements and abide by them knowing that we are being led from a higher standard than before. The planet, our Mother Earth, is so big we cannot comprehend anything other than the little bit we happen to be experiencing. But we know there is so much more, like we know there is so much more to our soul than that which we know on Earth.

We know we are more than our body but not how the mechanics work. Just like a doctor wants to study medicine but when he finds out how much work this entails wonders if he made a sound choice! You can say the same of all jobs can't you? The planet is part of the galaxy or universe. So although complete unto itself it must also make sure that it moves in relation to the needs of the other planets – we can see this in watching the stars at night. They are never in the same place, but are in relation to each other. Sometimes we get a shooting star but in the main we can predict what to expect. So there is order within the greater powers but we may not yet fully understand; so by necessity we will be working through limitation. It is rather like our soul is part of a soul group, like it or not.

The galaxy is part of a cosmic system and only one. Physicists have proved that there are many others apart from ours. So the order within the cosmos is part of a disciplined program from some greater order, wheels within wheels.

Soul is under the influence of Spiritual impulses too profound for the brain to comprehend although the mind has a knowingness that we need to nurture not neglect. So it does not really matter where we start for wherever we link into the system we experience that

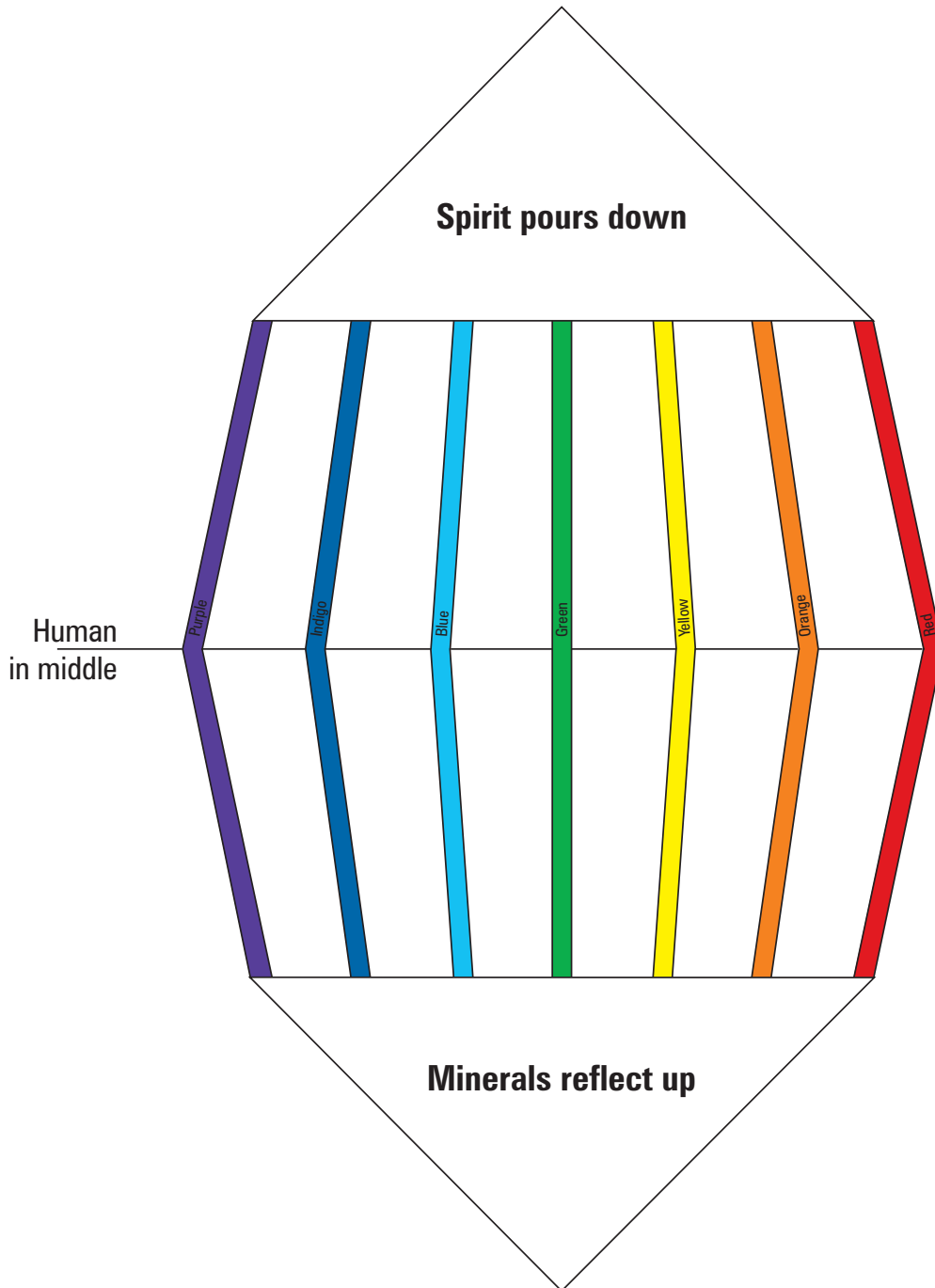
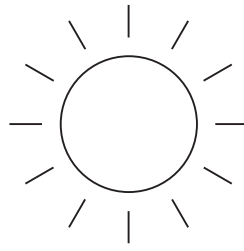
system to the full, while knowing it is a part of an inter-relationship with other stratas of the same system as well. All are different notes of the same octave and we can start to learn to play the scales from any note.



## *Section 5*

# **Exposure**

# Vertical polarity





## 5 Exposure

The mixing of contrasts allows us to create a foundation on which to grow in comparative safety. The darkness allows new life to be nurtured whereas the light allows that new life to be warmed and strengthened. But too much sunshine and that new life becomes parched and burned. So the exposure must be controlled, re-located and refracted until we are safe to make direct contact. Therefore, at times we will need to divide and separate, slowly and logically dealing with the problems of each colour within our spectrum. We constantly update which colour we need and which colour we can do without at this time. Slowly we work our way towards finding our balance, so the separation once again becomes moulded/welded into a base vibration on which we can experience in safety. To learn to monitor our reactions is to begin to become a contributor to the whole and work with the acceptance of all, which leads us to become part of a solution rather than adding to existent problems.

In the last section, we studied the horizontal relationships of the animals, vegetables, minerals and so on. Here we look at white light, which contains all the colours shining down, on to our planet – the ever present energy. We take what we need from this light. The other influence is the Moon, which will absorb our excesses and at the same time reflect back to us, through the drama of everyday life, how well we are doing. We can illustrate this by watching the dress patterns of our teenagers, who having inherited their behaviour patterns from their parents, their environment, their own atmosphere and so on. These patterns come to a point of saturation usually between the ages of 14 and 18 when they choose to wear a black uniform. When they have sifted some of the growth experiences to date, they will add a white shirt and their lives will be black and white. When they have taken what they need from the new energy coming in and sifted the old energy going out, they will start wearing colour again. This is a repeating pattern throughout our lives. Areas that we stick in will look energetically like a game of 'Noughts and Crosses'.

Where the energies cross we may get crystallisation, rather like sediment at the bottom of a kettle, which will have to be cleared out. We will feel very pressured at this time or like a space cadet – not with

it – or buried by life and different areas will respond to different kingdoms of nature.

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#### Key points.

To alleviate grief, we work with stones; with fear, we work with plants; and with anger, we work with animals. To balance overwork and excess pressure we use music. To make a connection to a higher standard we use meditation, prayer and contemplation.

#### Galaxy visualisation.

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

Make a connection to the mineral kingdom in nature and send greetings, blessings and deep abiding gratitude for the contribution of the rocks and the stones in the healing of our planet, working to absorb sadness and grief on behalf of us all.

The vegetable kingdom, the plants, the flowers and the trees help us to handle and transmute fear; so to hug a tree does indeed heal us.

The animals give us the gift of wisdom as we learn from their fight and flight reactions. They teach us when to stay and enjoy plentiful sustenance and when it is necessary to re-locate; for this we give thanks.

To our sisters and brothers we circulate our love and care as we, the collective of nature, root into and anchor upon our Earth Mother, bonding with her to assist in the healing of our beloved planet who has her own appointment to meet so as to be in correct relationship to the galactic constellation, the Milky Way. For that is necessary to the discipline of this cosmic system outside of which are other cosmic systems. Fly free and enjoy the music of silence for a moment or two.

Time now to return inside the galaxy within the cosmic system as we know it, finding our Mother the Earth with our sisters and brothers waiting to greet us. We look once more to the animals, the plants, the minerals and the metals still contained within the microcosm of our body as a direct reflection of the macrocosm.

In your own time change the rate of your breathing and move back into the present time knowing all is well.

Record your impressions.



## 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  
**Guidelines During Transition**

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