



second a10

Focus on
Harvesting

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Focus on **Harvesting**

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

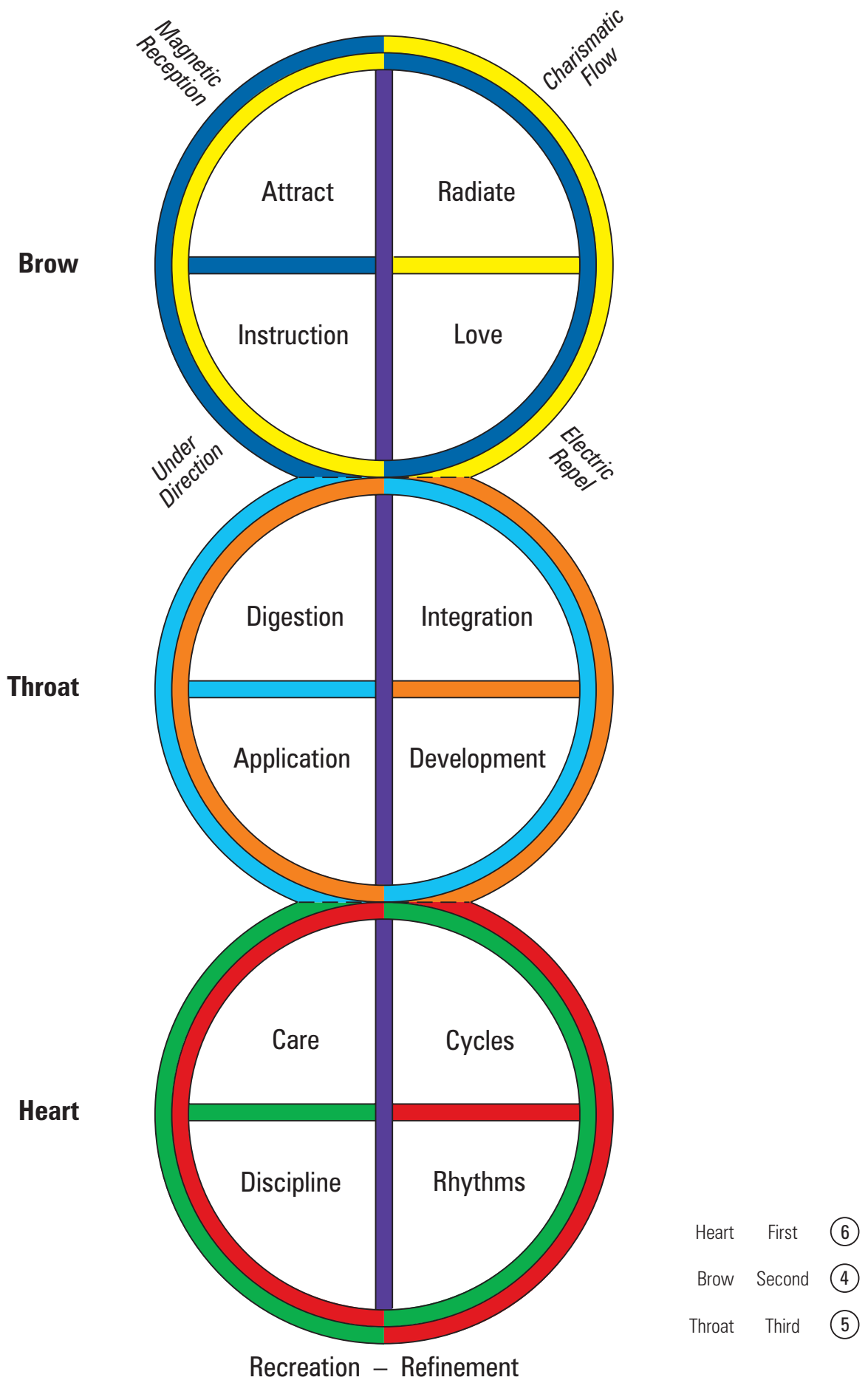
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body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

Concentration of energy

Many great new theories in operation





I Concentration of energy

As our soul calls us so we begin to heal the rift of our separation from it. Of course we have never been separated from the influence of our soul but we may have imagined that we were. We may have felt our soul was not caring for us or resented the influence in our fury at invisible influences at work within our life. We may have wanted things our own way and as they did not actually work out that way, we may have felt uncared for and unloved. While we are spewing, our distress from our spleens and sending clouds of toxic waste into every environment we enter, we cannot be reached for we are not reachable. We have become a leper, and as such we are untouchable. First our heart must create a purity of vibration which gives love to a standard that is acceptable rather than breaking the rhythm in the hope of receiving. As this discipline becomes an integral part of the cycle, it will attract a purity of intention through a state of radiation and we will then work through the shadow experience and repel anything that is of lesser quality.

As the cycle is developed, we digest and integrate what is happening to us and are able to express and demonstrate our state as standard. The highest common denominator possible also becomes our lowest common denominator now and so re-creation becomes a direct result of the refining process. Those people who have been drawn to metaphysics and healing very often have felt the call to give, rather than receive, for they have found out that if they give, they can control the drama of life in a way that is acceptable to them. The 'do gooders' of this world very often want to help. But they will need to learn to move forward at a pace and within a structure that will not threaten or challenge them more than is helpful at the time, otherwise rather than helping, they will hurt. For as we try to act to a higher standard we do not want to be provoked by hostile reactions too quickly. We have to wait for the jelly to set so that we are safe. Recognising this, as we are attracted to work on behalf of the light, our heart will begin to open and we will want to care for everyone. It is important for us to be aware at this time that there is a very fine line between care and control, helping and harming.

We will have to move through the cycle and begin to create the new very slowly, just moving one baby

step at a time within the next cycle, until we have a foundation, an under-standing, that will support all. We will also have to respond to our inner guidance. At the same time, we will have to move at the pace of the rhythm of the Earth, which will be slower because it works within greater density. The miracle can happen in the moment but as it works into the density of the Earth it will take time and it will have to be at a rhythm that is acceptable to all. As we move in and out and as the sun shines and we move into darkness, the discipline will be established that will support the densest level.

This will be difficult for us because we want to move forward quickly and yet as we try to create something new, the heart and the base centre begin to negotiate and to try and agree a level of co-operation that will be helpful at a physically dense level. This information will then be sent to the third eye and we will ask the 'Management Upstairs', to expose us to what we need to attract to re-empower us under the direction of the Great Ones.

As we begin to attract that which we need, and to create a flow that is steady, we will have to repel that which will not serve. This process will manifest in a manner similar to those learning to drive – as we jump along, we lose clutch control, have little ability to manipulate the accelerator, and the car appears to take on kangaroo qualities. We seem erratic in the extreme as the solar plexus, the body brain, and the third eye negotiate to find a way of working so the body can catch up with what has already happened at an invisible level.

continued overleaf . . .



When we have a state whereby the heart loves, the base recreates, the brow reviews and the solar plexus moves on in agreement, this information, will be passed to the throat which will truthfully assess. At this point we will have to digest old experiences which will feel as if we are moving backwards rather than forwards. The expression at an abstract level will have to release memory at an actual level so the throat and the spleen go into negotiation to work out how much we can digest at this time as we rebalance ourselves. The negotiation is necessary as we have to apply our philosophy upon the Earth and we want to develop but we don't want to do so at the expense of anyone else. We don't want to throw up too much fear, just enough to integrate within and to balance ourselves to achieve a compromise and without compromising others' free choices.

We have to apply our philosophy upon the Earth and if we want to develop, we must ensure that this is not at the expense of anyone else. So the intention and the application go into negotiation to be rendered harmless. Once we have an agreement throughout the body systems as to how to proceed, we can access our plan of action, but this plan will have to be tested out. So we pass it back to the brow to find a view on future policy having integrated essence and released effluent.

The brow goes into negotiation with the invisible world and those people who have us in their care and keeping and we agree a policy that is in the interests of the whole and which won't harm anyone who surrounds us. Once this agreement is reached it comes back to the brow. This really is wheels within wheels, and the information is then passed back to the solar plexus so the body knows how to proceed and what to attract to test our re-actions rather than our actions.

We will then find ourselves working with external expression. Up until now we have been working with internal expression, integrating the new into the body. Now we need to attract a way of working where we can test how well we have done. We will find ourselves expressing and attracting a re-action from others where we can fine tune anything that needs it. We adjust the volume, find the on/off switch, tune the station in perfectly and process any unfinished business by allowing ourselves controlled exposure to stimulation and fear.

When we have done that, we pass the information back to the heart. That then begins to recognise that we have now created something completely new, and it is now a part of the total care system where we can give and receive. The circuitry, the wheels within wheels, has been worked in a manner that is now manageable; the ideals have been realised and there is a free-flow that is helpful to everyone – the Heaven and the Earth begin to unite and marry.

Self-reflection on common symptoms experienced.

Reflect on the following diagram – 'Common symptoms experienced'.

On the left emotional/intellectual experiences are described and on the right are the physical areas of disturbance. Which symptoms apply to you?

We all tend to think that we have got every symptom, so just concentrate on the ones, which give you the greatest disturbance. In reality, everything merges with everything else; we are only separating it out here to illustrate a point.

If you are suffering from any symptoms, we encourage you where appropriate to work with relevant therapies and also to see your Doctor.

As fast as we balance one thing, something else goes out of balance and that is as it should be. We do not only grow physically, so if we are to evolve it is helpful to examine symptoms prior to manifesting disease. Through this we can look after ourselves and not burden others more than necessary.



Common symptoms experienced

Crown
Discipline; completed circuit

Third eye
'Blindness'; irritability

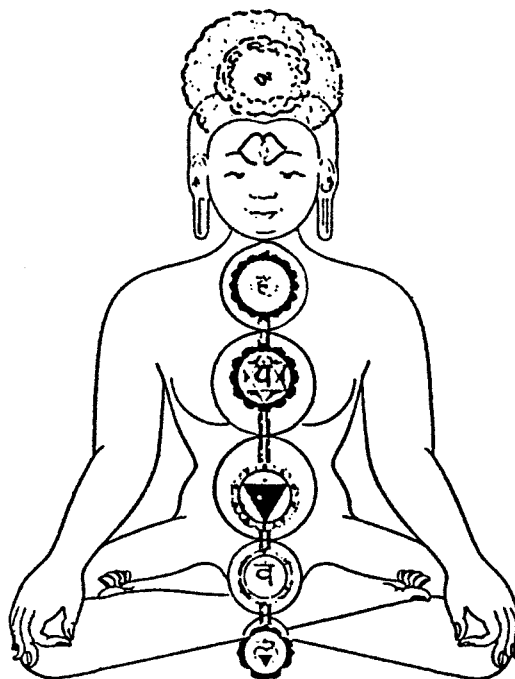
Throat
Depression; expression

Heart
Joy; excitability

Solar plexus
Worry; emotional instability

Sacrum
Fear; anxiety;
sexual disturbances

Base and excretory
Aggression;
animalistic tendencies



Crown
General debility of cerebral
cortex and whole body

Third eye
Thermal control; liver;
gall bladder; endocrine system

Throat
Lungs; large intestine;
respiratory system; speech

Heart
Rhythmic discomfort; small
intestine; circulatory system

Solar plexus
Stomach; digestive system

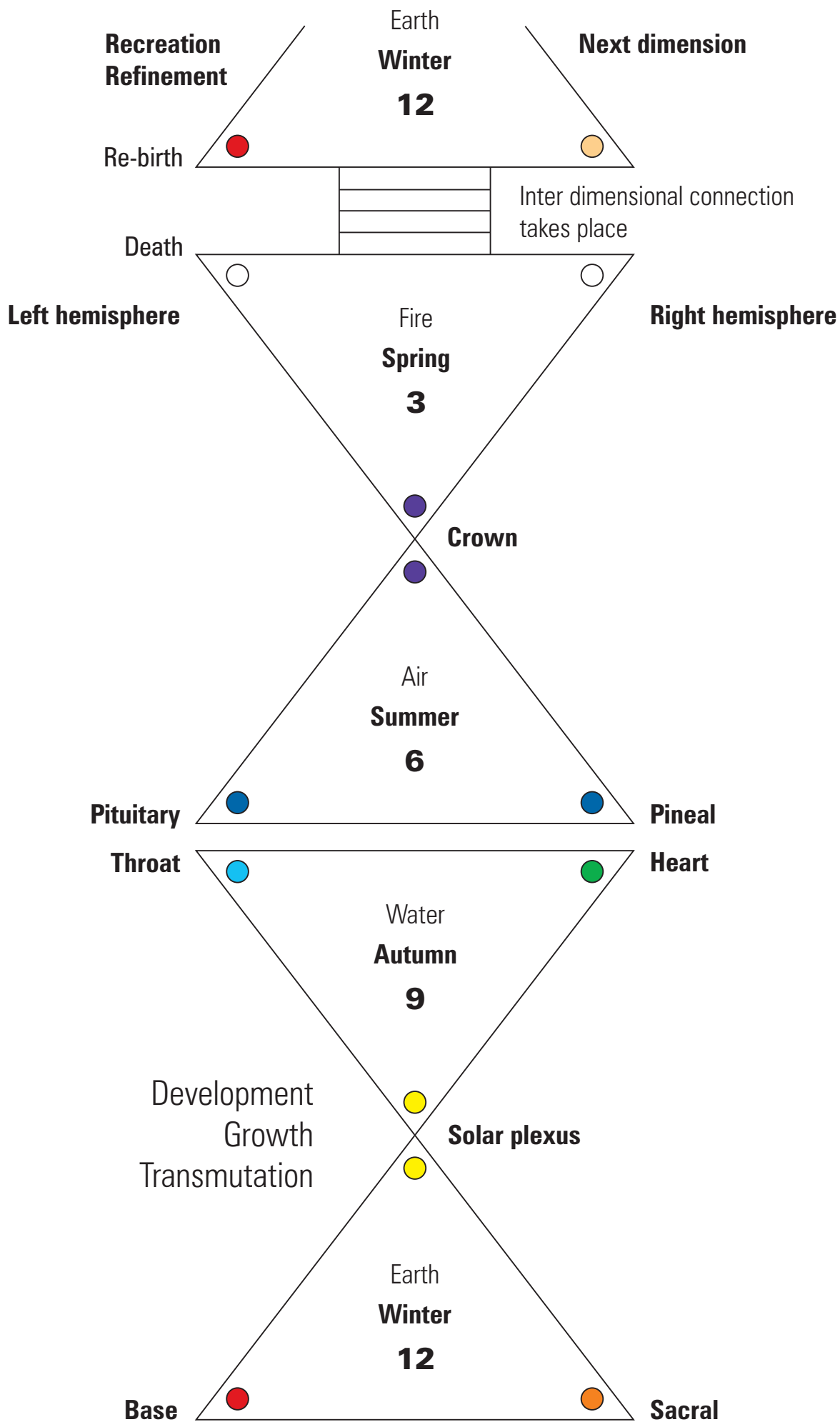
Sacrum
Creative balance; upper colon;
sexual disorders

Base and excretory
Kidneys; bladder;
lower colon disturbances



Section 2

Energy and vitality





2 Energy and vitality

The pull of the Earth is centered in our 'body' brain or the solar plexus area of the body. Our more subtle guidance is however centred in our heart but processed in negotiation with our head. The balance of these two centres affects all others and each must experience its season. Sometimes when we are experiencing what seems like winter, at other levels it is spring. Therefore we will have to go through all the seasons to allow us to grow in safety. So we work on, safe in the knowledge that even though the seasons come and go, new growth will always appear however unlikely it may seem. Thus we anchor ourselves upon the Earth with joy, attracting the refinements that enable us to develop new potentials, and evolve and experience to a depth and richness beyond our current capacities to understand. We will need to take energy to where it is needed to stabilise and to release ourselves to work at the level that is required of us within the moment.

To enable us to move on, we have to recall old emotions and old lack of understanding and we may not wish to recall the experiences nor to face the truth within them. We need to release what we no longer need as we create space at the Earth level for a more stable foundation on which to build on. Within the body, the hips provide a gateway that facilitates movement at a physical level, and it is our solar plexus that works within this movement. As we integrate our experience at a physical level, the solar plexus will be under pressure because it will be working to express the invisible and translate it into the visible; to stabilise the expression of the heart within the cycle of life on Earth in a loving way; to release old memory and to move us and everybody else on, selflessly rather than selfishly.

The solar plexus and the crown centre will be in negotiation, for it is the crown centre that works with balancing the internal and the external. It stabilises the pineal, which is the soul-purpose gland in control, and the pituitary, which translates this into the body for re-energising.

This balance between intuitive and logical, inner and outer, upper and lower, will be centered within the crown centre and the solar plexus centre. Within the body this will be experienced through the throat, the

gateway of the soul, and through the pelvic girdle which is the gateway to movement. We may experience imbalance on one side of the body or the other and we will have to allow time to pass for these all to co-operate in collaboration.

If the bottom drawing in the diagram at the beginning of this section is raised and turned 90 degrees on its side and placed on the one above, it forms a Maltese cross. When this takes place energetically within us, our life becomes a light force and we move on again. This process is a state of continuous movement, re-creation, and refinement and it lessens our fear of birth and death. As we die to the Heaven, we are born upon the Earth. As we die to the Earth we are reborn to the Heaven. It is one and the same thing but as we do not understand the mechanics of this well enough to release our fear of it, to achieve this release, we need to study these areas in much greater depth.

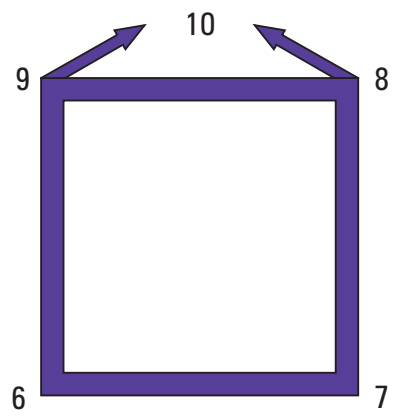
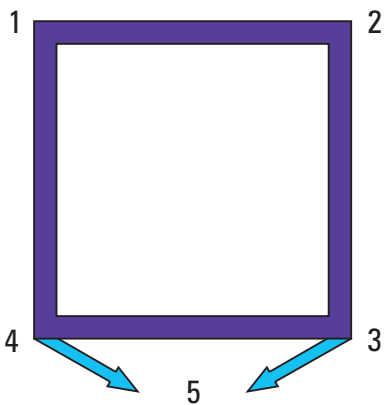
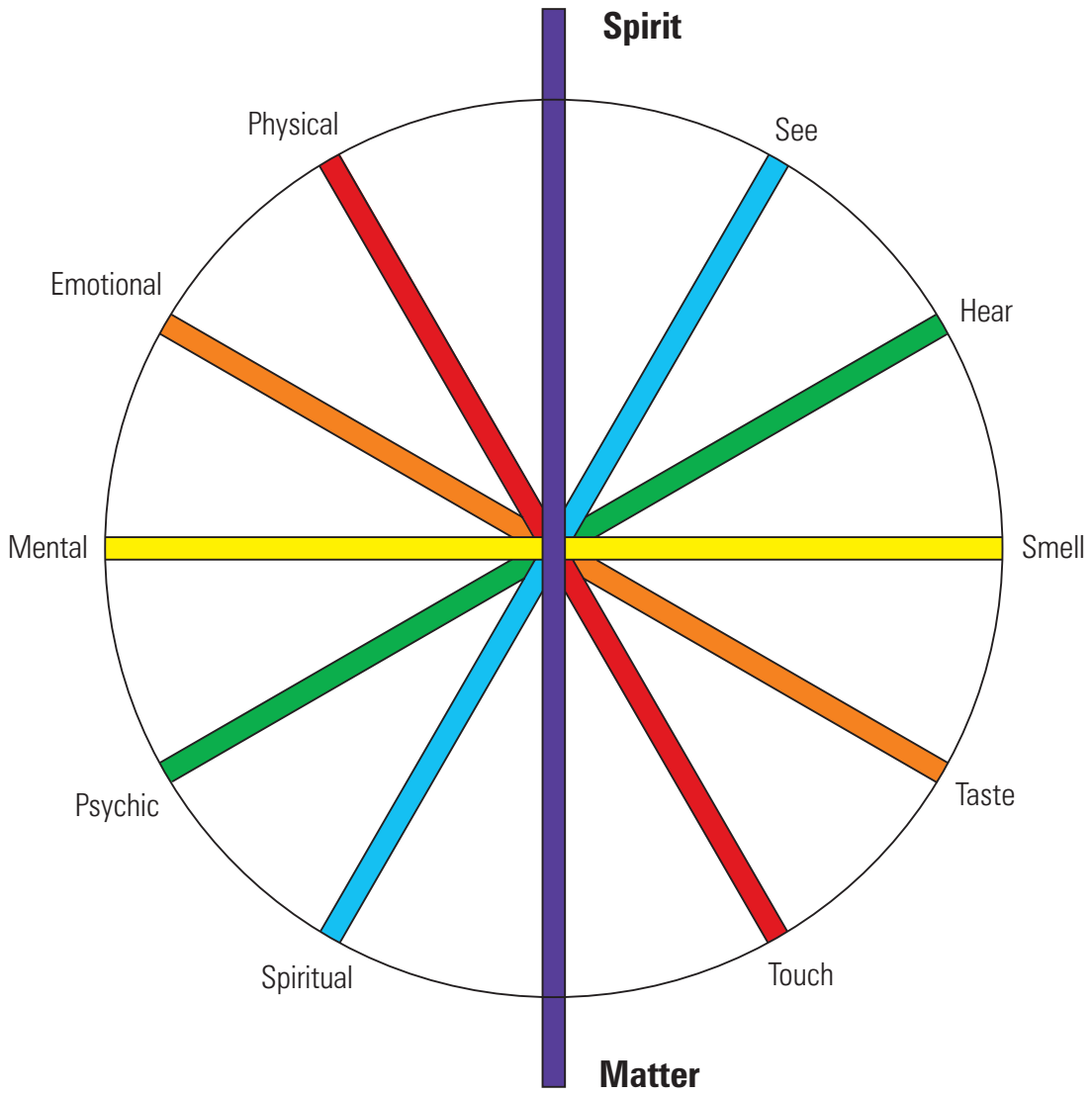
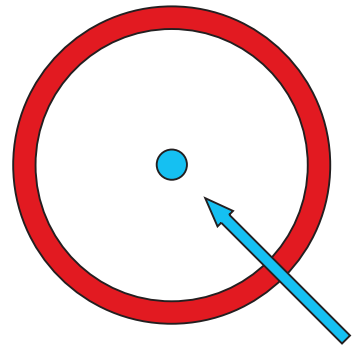
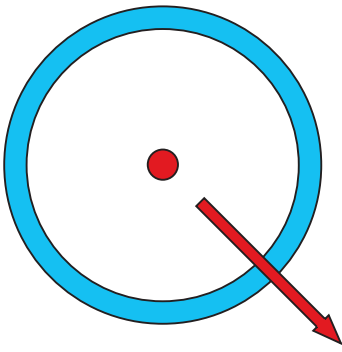
Self-reflection exercise using a mirror.

- i). Look into a mirror and cover the lower half of your face. Look at the top half of your face, half the hemisphere from the nose upwards, and write down your impressions.
- ii). Then cover the upper half of your face and look at it from the nose down and write down your impressions.
- iii). Then cover the left side of the face vertically and describe your impressions of the right side and then do the same thing with the right side of the face and then with the whole face.
- iv). Note the similarities, the differences, the surprises and the more pleasing aspects and honestly record your opinion as if you were meeting yourself for the first time. Do not concentrate on the pimple, but on the kind expression. Work at liking yourself just as you are.



Section 3

Motion sickness





3 Motion sickness

To experience physically gives us the capacity to feel and understand the inner and the outer, the visible and the invisible, to the most profound level that we are capable of. In this way we anchor ourselves to the Earth as firmly as possible usually with as much help as we can obtain through touch, which can be a great comfort and makes taste more palatable. We therefore have the potential to connect to sweeter smells, clearer vibrations and more beautiful vision.

To perceive beauty is to want to make it a living reality. So we reverse our direction and experience the new romance, cleanse the old patterns, work through old experience and touch areas that we would rather avoid in order to prove ourselves. We make absolutely sure that we can hold our vibration constant under all conditions and feel all right even though there may be certain physical strain. Then and only then does the theory meet with the practice, merge and change direction once again.

To bring the inner and the outer together we have to establish the outer workings, the outer edge of the circle, and we have to view it from every angle. If we view the centre of the circle from the north-west it looks completely different from the south-east, and so on. We therefore have to mark the boundary of our territory. Having done that, we have to work towards the centre, from the sides to the middle. When we have brought the sides to the middle we then have to stand at the middle and work within the drama of everyday life. To do this we will have to establish the outer edge of the circle and also the centre point otherwise we will have an inaccurate measurement, inner to outer. When we have done that, we will have to slow everything down long enough to make the connection accurately from the Heaven to the Earth; the north to the south; the west to the east; the north-east to the south-west, and so on.

If we look at the diagram at the beginning of this section, at the bottom left-hand side, we see the diagram of the square, which represents the framework in which we can bring the Heaven to the Earth. To do this, we have to review everything that has gone before and return it to the Heaven for it is all a different representation of the same thing and makes our unique contribution to the whole. So we work in collaboration

with all, co-operating with the unique contribution others are making within a different format. Sometimes we must slow down to accommodate others and sometimes speed up, as we must all find our place. On the diagram, one represents housing, two, our self-work, three our family, four our friends and five is our anchor into the Earth. We can only anchor into the Earth at the rate of the slowest member of our group. This is very much how it is with breathing – we breathe in, we pause, we breathe out, we pause, we breathe in again, and so on.

To have the willingness to serve, we commit ourselves into service through working unconditionally within the present moment. Therefore we need to be anchored to the Earth, at the point where we can do the most good, not where we think we ought to be. To be a willing obedient servant we will be asked to be totally within the present moment, totally involved, whether that means talking to our children, doing the dishes, peeling the potatoes, being at work or whatever. If we feel resentful or enslaved, martyred or persecuted, we will sacrifice many, ourselves included.

Self-reflection exercise on attitude.

- i). Are you content to be doing what you are doing?
- ii). Do you lay a guilt trip on yourself or on others?
- iii). Do you hope for early release into a lifestyle, which you romanticise about?
- iv). What would you miss if your situation changed dramatically in a moment?
- v). What do you like and appreciate about your situation?
- vi). Concentrate your abilities on improving your attitude and practise it as much as you are able to.

continued overleaf . . .



Only when we have been through an apprenticeship where we are tested out in this way, will we then reflect the information that has been introduced. This can feel as if we are thrown backwards, anti-clockwise into our past to revise, review and update and only then can we know whether we are able to take up our bed and walk once more. Now we can walk more willingly in the same direction as the Heavens, which is represented in the square in the bottom right of the previous diagram. Now we can walk in two directions simultaneously without feeling out of sorts. We can move up into the Heavens turning one way and back down into the Earth turning the other way, flexing ourselves without discomfiture. Round and round we go able to keep our balance. We have now been round the circle both anti-clockwise and clockwise, and we are equally at home in visible and invisible realms, having unified vibration and sound, touching physically and being touched psychically, knowing that all is equal Spiritually and that all is well.

We are now an instrument through which the invisible world can feed the light into the Earth and know it will be used where it is required, for our shape will hold, none will be harmed by our input and all will benefit from our presence. The invisible world can only feed or deliver light into an individual if the person has a shape that holds its form. It is up to us to create the receptacle in which Spirit will live. We now accept our part with gratitude and with good grace, acknowledging that others will as well. We can now deal equally well with others who do not appear to be interested or to care about things that are so important to us.

We can see from the centre diagram that this alignment of the Heaven to the Earth will have to be checked out. We may see the new spiritual vision and yet not be able to action it. As we move across the wheel we can hear the vibration of the invisible being made visible. But are we going to have the courage to root just where we are and wait while we begin to work it out intellectually and become part of the greater power rather than becoming a dictator?

We will need to taste the lessons of the past, to digest feelings that could be undisciplined if they were challenged and got out of hand. This means we have to be willing to touch life and to be touched by it. We are going to have to connect to the inner sense and release past adventures that have not supported us. Only then,

having gone through half the hemisphere will we begin to see what the spiritual abstract concept means to us. We will begin to clear our vision and work on behalf of the light rather than trying to be the light, for we still have lessons to learn. Whereas we may be teachers or therapists in some areas, we are still students and patients in others.

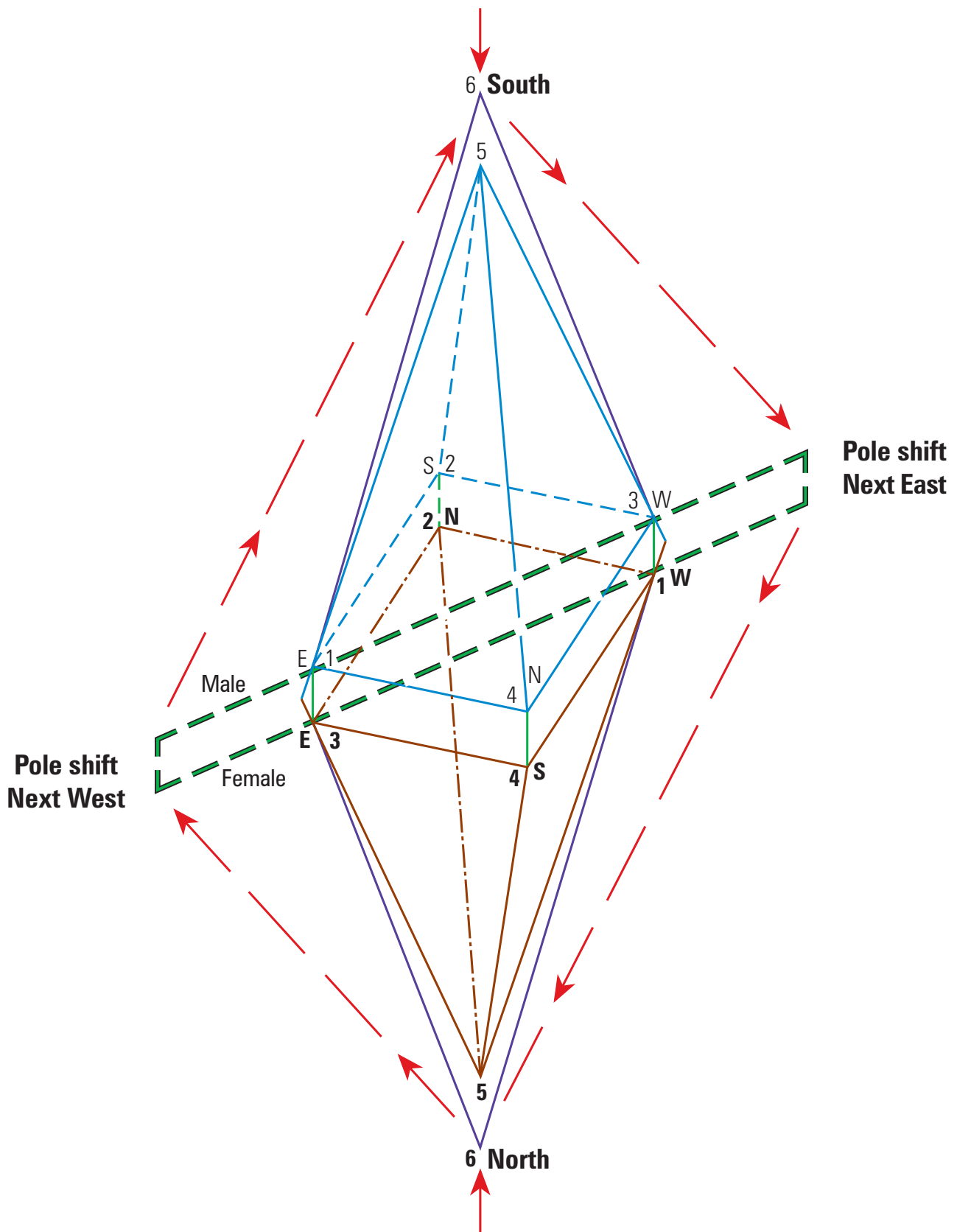
The psychic senses will then begin to work and we will hear the vibration behind the sound and trust the guidance that we pick up, regarding what we need to do to serve. Intellectually we will begin to feel good about life on Earth, emotionally we will re-connect to our taste for joy even though it may have been lost for a considerable time and physically we will then become of Earthly use to the invisible world.

At this point we have gone through the whole circle—the slowing down procedure and the revision procedure is complete for now we wait upon the will of God. At this time, as we are being moved into a new position, we may feel a little bit motion sick.



Section 4

Life force



Cellular extension one joins another, 4 becomes collective 5th and is extended to 6th
 $6 + 6 = 12$ after which we get a pole shift or North-South becomes East-West
 and the cycle starts again so the hologram becomes an instrument of the greater
 and harmony with all life forms



4 Life force

To accept the possibility of working to an overall plan is to live to a level of intensity and expectancy that is a constant challenge. To complete the invisible form and to construct the building to a design that has come from your inner guidance as well as guidance from peers, is to have lived dangerously as well as profoundly. To trust this process is to be warmed as well as worn by it. It is to live, to love and lighten in a way that acts as a signpost to others. Not for all, maybe for only one person who then goes on to serve many. It is to leave a monument that can be leant upon, used, warmed by – like a friendly stone that offers pleasure and comfort when leant upon on a sunlit day.

If we look at the pyramid in the diagram at the beginning of this section, we can see that in the east where the sun rises, the child is born, and the sun moves clockwise throughout the day. Number two is in the south where the sun is at its strongest when the light shines. Number three is in the west, where the sun sets. Number four is in the north where we work within the lap of the gods as we return to the sun-rise again the next day.

On the lower, base pyramid we work anti-clockwise. We can therefore say that being born upon the Earth is death to the Spirit, therefore one is in the west. We are totally reliant on the invisible world while on the Earth; therefore two is in the north. We may not understand this at the time and so we will have to learn to ground into life. Three is in the east where we begin to try and bring the male and the female together and four is in the south where we begin to ground the energy.

At a Spiritual level, above the heart, we work in a clockwise direction and in the lower half of the body, the south, we work in an anti-clockwise direction. It is the heart and the solar plexus working together on the same circuitry that will allow us to bring the Heaven to the Earth. We therefore work up to the crown and allow all five senses to operate well and merge as one and that gives us our fifth point above and below which is our north-south alignment.

We have created a shape, a form, which can become part of the greater, the holographic image. When we have done our homework and the five fingers become the hand, or the five senses produce the inner guidance, by acting on these feelings, we merge

the inner and the outer. At this point the Heaven begins to move in. We experience the Heaven upon the Earth and at a physical level we are part of the 'God Squad.'

At this time our apprenticeship has been served. The light, which was a point of light upon the Earth, has extended and become a line of light. The line of light has changed direction and has become a triangle of light – the chalice that can receive the Heavenly host. If we have three fixed points, it is easy to create a fourth point and we become a square, a receptacle that can be used on behalf of the greater.

If the two fours become an eight we have a two-way flow, a transmitter and a receiver of a circuitry which works on behalf of the Heaven upon the Earth – the Law of Correspondence, as above so below. At this point, as we learn to iron out the circuitry, to go with the flow, so the greater begins to say yes, this is a rainbow warrior, a light worker, through whom we can work. We then start to become an instrument working in harmony with and for the light.

May you and all in whom you have care and concern move onwards into ever increasing love and light.

continued overleaf . . .



Visualisation exercise on our mission statement.

To fulfil our mission upon the Earth we need to live dangerously, to grow courageously and to unite with the light as we evolve to our fullest potential upon the Earth. Our map is present within the inner guidance. The teacher, the counsellor, the guardian and the guide, work and navigate through the five senses; working in harmony with nature being supported by the elements.

Go in peace in our time. Bring the abstract to its highest potential within the body. As time passes and the light shines, so it throws up a shadow which we work gently through, hour by hour, day by day, week by week and year by year, day and night. We do this until we cross-reference, revise and review every area of our lives as they have been dramatised externally in relation to our standards, our practices and our internal ethics. Having communicated at every level, we start the path of return, centered within the highest abstract, reaching the highest standard, connecting to the appropriate colour, shape and sound as we concentrate the energy within our heart.

As heart and mind link in common purpose, so energy is available to us and our vitality begins to return. As we move faster, so we stabilise within our willingness to experience our acceptance of the limitation of working within a body – our surrender to the instruction and the care of the beings who work with us. Let us for a moment within the silence give grateful thanks for this gift.

As we re-connect our hope and offer it to the great beings who work with us so we know the future is in care, the past has been lovingly released and all is as it should be. We ask that each one be blessed, guarded, guided and protected. It is time now to close down the areas of sensitivity to the levels that are right for each one. Starting with the centre at the top of the head, close it down to the level that is right for you to return to your everyday life. Then continue with the centre in the forehead, the throat, the heart, the solar plexus, the spleen and the base. The secondary centres in the shoulders, the elbows and the hands, the hips the knees and the feet. Keeping a connection to the Earth, we draw the electro-magnetic fields back safe around the body. We imagine placing ourselves in an egg of light, with a lilac buffer zone to surround it. Making sure you keep your link to the Heavens through the top of your head, and are rooted to the Earth through the soles of your feet, externalise your focus by changing your rate of breathing, and in your own time open your eyes knowing that all is as it should be and is very, very well.

Be at Peace.



Relaxation technique

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

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

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

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

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

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

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

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

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

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



Consolidating your study experiences

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

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

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

Focus on
Harvesting

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