



second a10

Focus on
Healing Today

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Focus on **Healing Today**

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

I want to be a healer



I I want to be a healer

'I want to be a healer' or 'I've been told I am a healer' is a cry we hear a great deal these days, but what does it really mean? A person emptying dustbins is a healer – especially if they do it with goodwill and good humour. Does that mean you want to learn how to be a good refuse collector? A doctor is a devoted healer, the intention being to help others and having the courage to train for a minimum of seven years. Do you want to be a doctor? Then go and train. Do you want to work with the power of thought and bless people? If so, go and train at an organisation such as the National Federation of Spiritual Healers, and learn the mechanical skills that support your intention to heal.

Perhaps before we start to dash out to practise our new found art on an unsuspecting general public we should take a long hard look at what kind of thoughts lie inside us. If we place our hands on another person then what we are thinking can, and will, reach them. Do we want to give them our dogma? Our prejudice? Our religious belief? Our bigotry? Did they ask to be infected with our unfinished business? So are we doing them a favour? We have this arrogant idea that we are so good for someone else and maybe we are. But perhaps we should stop long enough to take a long hard look at ourselves and render ourselves harmless in the service of others prior to assuming we are. If we are truly harmless then we will have a chance to be helpful and at least we will not be pursuing our interests at the expense of someone else. That would be unacceptable and dishonour them by hurting them more than they already are and presumably it is because of their hurt that they are asking for healing in the first place.

We have a fond idea that everyone wants to hear our truth as it is now. Maybe only weeks ago we were being a crusader, or could not get out of bed because life was just too hard to do. But now we have found 'healing' and anyone will do. The family avoid us and the people in the supermarket look at us with suspicion as we beam at them. From their point of view they have doubts – we could be crazy, en route to being a candidate for the local mental health team. Or on the other hand, we could be about to mug them.

Social engagements become a stage on which to perform and other members of the family alternate between dread, having to make some excuse to avoid

seeing us, intervening when we are there, and embarrassment. They wish that we would keep work at work like they do, realising that if we were any good we would formalise arrangements and appreciate some 'down time' away from the demands of the many who seek our service.

Self-reflection questions on others' responses to your desire to heal.

- i). Are you able to see their point of view?
- ii). Are you willing to listen and hear them?
- iii). Do you accept or know that there is at least some truth in what they say?
- iv). Do you rush off wailing and crying out: 'Nobody understands that I have been chosen for a special mission; The Great Beings have need of me – I have been told'. Or perhaps you shed tears in an exasperated, anguished crying session while you gasp: 'I have never had any love here have I, but at least I expected a little support'.
- v). Are you likely to expose any of these feelings to those you profess to have an interest in healing?
- vi). Do you think you are doing these people a favour?
- vii). Are you ready to heal or do you need a little more time to prepare yourself?

continued overleaf . . .



Visualisation exercise on goodwill.

- i). Relax for a moment or two. Really ask yourself, 'what am I trying to achieve?'
- ii). Concentrate as you dedicate yourself to the goodwill of all – yourself included.
- iii). Visualise a Great Being or a symbol that represents divinity to you.
- iv). Reflect on what this means and what the implications of this presence is for you, for your family and for those you seek to serve.
- v). Consider and plan how you will contribute to the well being of all, how you can nourish, nurture and cherish all. How can you express that harmlessly in the inner environment within the family, and externally within the world.
- vi). Ask 'to be shown the way and to be helped to do your part'. Radiate this feeling throughout your inside and try to maintain it throughout the day.



Section 2

Body changes



2 Body changes

Light enters into the body via the cerebral spinal fluid, and we may be able to cope with this as we welcome the input, or we may be resentful and 'underwhelmed' that we no longer appear to be in control of our life. This has a knock on effect on the nervous system and we become super-sensitive and insecure. We feel inadequate to cope with the challenges that surround us, for example, with other people's behaviour. This can bring in its wake headaches, neck ache, dizziness, lethargy and nausea. Under these circumstances, we should consult a doctor and a complementary therapist. If there is nothing wrong with us, then more than likely it is just the mechanics of the inner transformational experience following on from the desire of wanting to be a healer. Everybody has the same potential, but not all activate that potential and achieve inner transformation.

As a result of all of this the heart joins in (or it may have been the first to show symptoms) and we may notice palpitations, heart ache, shortness of breath, fatigue and a desire to cry at the slightest provocation. This may be accompanied by depression and feelings of fragility at one level or another. Again we should consult our doctor and our complementary practitioner and get what help we can. Light comes into the head, love comes into the heart and when we have been through experiences that frightened us, or that we hated, there will be a release at some stage, although we may be convinced it is a repeat. The shadow must be lifted for it is the negative that printed the picture. We need to change the negative even though up until now, we have only been concerned with the picture it printed. That takes a long time as past experience has to be cleared out through the blood stream. Blood feeds us if it is good quality, if not, it poisons us. Water quenches thirst if it is clean; if it is not, it can parch, poison and destroy.

When there has been an extreme lack of co-operation, anarchy results which is a misuse of power for it dictates an absence of policy rather than an imposed policy. Dictators have a habit of making enslavement appear normal. They sell cruel, unfair treatment under the name of love and people buy this treatment because they are so desperate. Anarchists demand political correctness but they decide what that is, albeit

that it takes the form of an overcompensation for a tortuous experience in their past. They got attention all right, but it was not the kind they expected or wanted. They vowed others should not be treated this way but over compensated and went to the other extreme. As a result they got used and abused in the process by the less scrupulous free loaders in our society. To purify this experience there is a need for tears before the increased capacity to love is able to find the space to grow inside as well as out.

Then we come to the skin – the bridge, the gateway between inner and outer. Parasites in our space are just like lice; they jump onto clean heads as well as the not so clean. We will be challenged directly we make an announcement to those who think they know better. We will learn to consider our position and then to confront those who think that either they or we are superior, arrogant, condescending or whatever. If there is any ambition in us to 'come out on top,' others will find it and challenge us to prove what we say. We will be forced into demonstrating our state, until we deliver the goods to their, as well as our own, satisfaction. It may be better to talk less and quietly build up our street credibility so that by the time others notice us and confront us, we have such a good track record that they do as we ask and or disappear rather than take us on. Our reputation will have preceded us.

continued overleaf . . .



Self-reflection questions to assess how you respond to challenges.

- i). If you get challenged by someone else, can you respond without becoming competitive? The other person's aggressive breath is an infection in your space. It is in the air. How will it affect you?
- ii). Can you isolate the predator's virus? What is it that is so unacceptable that we fall prey to their way?
- iii). Can you trust yourself to be courteous even when challenged?
- iv). Can you accept their opinion and accept it without feeling compromised or challenged?
- v). Can you leave others to judge the merits of both opinions without insisting on the last word?

As energy follows thought, we will be forced into making a stand, challenging the state we have achieved. If we are very disciplined and very well trained we will be able to starve any negative states and substitute positive ones. If we demonstrate this often enough, we become a force that is not worth 'messing' with. The trouble-makers will leave us alone; they will not bother taking on a force they cannot 'mess' with or get one over on. If we are an immovable, good humoured statement maker who has the power and the natural authority to make what we say stick, and the challenger unlike us is competitive, they will give up and go away. Challengers discern and discriminate and only take on that which makes them feel good easily. They are not concerned about being politically correct and demonstrating appropriate behaviour, they just want some amusement. Unquestionably, the invisible challenges from within us are just as real as the ones we meet in life.



Section 3

Environmental changes



3 Environmental changes

So far so good. We have looked inside, and are now ready to venture out into the community. Our sensitivity has increased and we hope to be met with respect, empathy and love. Is this our experience? No. Perhaps the outside world has not been told of our healing ability. It is easy to get confused as we think we 'know' one thing, and what is being said appears to be quite another. Do we confront others and challenge the apparent hypocrisy, and as a result possibly get into a confrontational situation? Do we run away crying and hide muttering 'its not fair'? What do we do? Now we are interested in the healing arts we cannot abdicate responsibility by being too weak and too vulnerable and so pass the buck. If we do, we behave like a sulking spoiled child hoping the parent will rescue them and fix it for them. If we pull a 'but you do not understand, I am a chosen one' number then we may incite riot and tempers may fly. For a declared healer – that does not look good on the CV. Will we get away with having a tantrum and screaming at the Heavens to give us close protection now? We are special. And perhaps they would not mind punishing those who annoyed us while they are at it. By doing this we are ordering the Heavens around like a precocious brat to change things at once to suit and reward us – and to punish the transgressors we were going to heal just a few moments ago. Now we have successfully demonstrated we do not trust the Heavens we say we represent, and that we do not approve of humanity as created by them either. Our living demonstration of healing needs a bit more work and more practice before we try it again.

Now the pressures build up to boiling point and we may experience very itchy skin and even worse skin conditions at these times. We sit in the ashes of our life with sad hearts, thinking of how we could have done it differently and so much better. We wonder if we were right to trust in something that appears so cruel and so brutal? We resent our apparent inadequacy to cope, our impotence to change or be changed except through this awful learning experience being undergone. We feel unprotected and vulnerable, exhausted and depressed. Are we ready to obey what is required rather than what we perceive we want yet? Have we been humbled enough to obey without questioning further? Or do we need to work on in 'our' own way, sure

that we are in the right? Are we going to release ourselves into acceptance and trust, or are we going to repeat and revisit an even more difficult scenario as we compound history?

As we choose to proceed onwards our hearts take a hammering. This is somewhat like a concave car door after being hit inwards it must be hammered out again, but the dents are so sore as someone tries to get the creases out of the metal, it feels like we are being bombarded. This is residual pain that has got stuck. This pain must be destroyed and blasted out otherwise it will discolour, taint and tarnish the pleasures to come. Then we question, is it right to experience pleasure when others still suffer, should we not choose to suffer with them? No, we took our turn and now it is theirs. This is not heartless, not right, not wrong, just the way it is. We do not know why, it is too big for us to understand. The head may have been impressed but what with? The heart is weary of the struggle of so many for so long.

It takes momentous pressure to overcome historical hatred which surrounds us like a blanket. Light and healing must enter into its darkness gently and slowly or the people we are a part of and want to help will be harmed further. Love must be given in such a way that people remain self-responsible and self-motivated, for they have already been subjected to abuse and misuse of power, and they deserve to be honoured and respected which is their right as a result of surviving. Perhaps the people we were so keen to get our hands on to heal are healing us. Let us modestly and humbly step back into our family and ourselves to ensure the collective well being before we move forward again.



Section 4

The shadow



4 The shadow

If we are to be trusted to be let out again we first have to clarify a few things. If we hop from person to person we spread messages in a cautious but thorough manner. We would be better off learning how to strip our message down into 'bite size' pieces, putting one thing right bit by bit and not trying to do the whole thing in one go. We must practise good time management and good use of our skills in the service of others so as to value their services to us and to be honest in the interchange that takes place regarding the needs of the moment. We must make use of the available materials and resources without abusing them, so that all benefit and none lose out. There must be no extreme forms of behaviour as we unite the opposite poles of past and future, sickness and health, abstract concept and actual experience and so on. We must allow time to anchor and settle things and we must give others the same courtesy.

We must look at when we get offended by the behaviour of others. Then ask ourselves: 'do I do that myself? Even if I do not believe I do it now, have I done it in the past? 'Yea though I walk through the shadow of the valley of death I will fear no evil' it states in the Bible. Death is the release of a portion of our life, we do it many times. We die to being a baby and are born to being a toddler; we die to being a toddler and are born to being a school child; we die to being a child and are born to adolescence; we die to adolescence and are born to adulthood and so on. This analogy can be placed in the less visible realms as well. When we die to competition, ambition, attachment to result, and ruthlessness, we are born to an acceptance of being thoroughly proficient at healing. But before we are ready to input within the lives of others, we must be tested. The word 'evil' is live spelt backwards and represents the wrong living of the past, not sinister just factual. Our families are collectives who often manifest similar traits in behaviour patterns which they need to remind each other of to get past. So we may need to wait for them to be ready as well as us, before we press forward regardless.

Black magic is when good medicine is used for bad purposes. If we are answering the call to heal and then become personally ambitious, superior and begin to make instructions up, then we are serving the need of

our own ego and not the need of the Heavens or the people on Earth. There are those who having needed improvement, used the entrusted power to follow their own need to be powerful not the collective need to be freed from bondage. If the collective aim is geared towards greed and self-aggrandisement rather than devotion, it becomes a self-serving administration in which the individual with ambition and attitude tries to gain advantage for themselves rather than serve the common purpose. This is not a service. The challenge of the healer is whether they serve the light or the dark forces and this must be constantly monitored and supervised. If we scale this up to large collectives we can see why we have the need of wonderful examples of service to the Heavens and the people on Earth such as Martin Luther King, Nelson Mandela, Terry Waite and others.

When we are in darkness it is difficult to see, and we need those who will direct us. We must wait nicely not trying to face new challenges too soon, but allowing the disillusionment of the past to be 'blotted up' by the darkness. A supervisor will be allocated to us on the Earth if we ask and take notice, in addition to those luminous forces from the spiritual world who constantly and consistently intercede, feed, bless, and anchor the energies in their interplay. We do not need to bully them to hurry up, if we do, they will ignore us. We do not need to victimise the new seeds growth by digging it up to have a look at how it is getting on. It will grow healthy and strong if left in the dark for as long as it needs to be there. When it is time it will come to the Light naturally and the Light will be there waiting with a welcome in just the same way as the sun rises each morning and heralds the day. The discrimination and the discernment of being in the shadow teaches us wisdom and trust that the standard set can be applied but in a way that is required by the Greater need not by one's own selfish desire. If we honour that truth and trust the process all will be well.



Section 5

Loss of confidence



5 Loss of confidence

OK so our first attempt did not work, our false expectations and unrealistic ideas seemed as if they persecuted and sacrificed, hurt and harmed and we experienced use and abuse as a result. Perhaps we should stop there? Perhaps we are unsuited and should get off the case. Yes we do need to let go of our idea of what healing is. This will take us through the narrow pathway to enable us to be shown the true placement required, where we can willingly participate in the healing movement or not. The ignorance of the past forgotten, the remembering that no human is an island but a part of a main land is now complete. Mistakes were made but so what. We cannot expect to succeed the first time we try, we will need to try again and again until what we try works without effort. The First Nation North American Indians say we work to heal the mistakes from seven generations back in the hope that in seven generations from now the tendency to repeat old patterns that proved inappropriate is eradicated.

We learn to be ingenious in our methods, to work in darkness as well as Light, to minimise the risks to all, to mind our own business and not intrude on others uninvited, not to gossip, and we begin to work on a need to know basis. The rules we apply to others we live by ourselves. It is a narrow pathway. The path to purity is like two clouds parting and a narrow bridge is built from Heaven to Earth. The path to security as we release the past and walk into the bountiful life of the future, is like the parting of the Red Sea when Moses led the Israelites to the land of milk and honey. When the Egyptians tried to follow without having made due preparations, the seas closed and they were drowned. The path to adequate and wise organisation of these two forces of Light and Love described above is like trying to squeeze between two narrow rocks that form a minute harsh pathway. We run the risk of being crushed or we have the opportunity of knowing we are full of health and vigour.

There are no short cuts, there is no room for jealousy or envy. All follow the same pathway in initiation. The grass may appear greener on the other side but those on it already did what we have yet to do. And when we get there we may well not think it is so great when the romantic ideal fades and the real responsibilities are undertaken. Being unselfish, inclusive, diligent,

harmless, tolerant, and compassionate, that is what being a healer/leader is about. It is about being stable, communicating, arbitrating and mediating with a gracious and grateful, humble and modest attitude as we release beliefs that no longer serve ourselves or our community. We may feel that it is better to fail, which is only our assessment, or to be lonely, and feel we are doomed to suffer (also our assessment) rather than to be compromised by the bigotry of others. Nor can we afford to be held captive and enslaved against our will in a place where the standards are not acceptable to us. How can we ever trust those who have tried to destroy the last place they were in? How can we trust them to ever be responsible just because they are somewhere else now, especially if they are not contributing but are willing to take all they can from it?

The life and experiences we are having here and now are just as they should be and if they are treated as sacred they will become so. Then and only then will we be moved on and freed into healing work. We will not be asking what it is we are going to do. For when it is time and our turn comes, we will know. While we are still asking – ‘when will my time come’? Where am I to be placed? And how am I to be serving? We are not ready. We can have delusions of grandeur and are not listening because we do not think we’re correctly placed. When we do know we will be telling everyone surrounding us because we know for sure. That is the time we start to administer details and delegate to suitable significant others. Really experienced workers will keep what they are doing relatively quiet until it is firmed up to protect it from unscrupulous challenge.

continued overleaf . . .



Self-reflection exercise to review your attitudes to others.

Imagine the great world teachers of the past descending and approaching you to unfold the truth of what they want you to do, and what part you are to play. Imagine you in your personality and decide how you wish to respond:

- i). Will you worship the ritual without making waves?
- ii). Will you pray a prayer of thanks?
- iii). Will you meditate and be open to listen without wondering if it is 'right' for all?
- iv). Will you contemplate and take up so much time questioning that you miss out on the experience?
- v). What is your usual approach when you meet an individual you have never met before?
- vi). A group you have never met before?
- vii). If you, as a part of a group, meet with another group – how do you work at the boundary's interface?
- viii). Are you accepted and acceptable inside yourself as well as to others on an ongoing basis?



Section 6

Blast off



6 Blast off

We aspire to the best and we draw near to the Great Beings of Light as we ask how to heal ourselves first, and then how to heal others for that is what we aspire to. We pray for healing; we study those who have been role models of healing. We meditate as we ask them to enter in and our false ideas to be cleared out. We dedicate ourselves to improve. We begin to understand the world of meaning behind events, and we start to receive spiritual impressions and practise our ability to relate the idea and the ideal and translate this into a physical form.

We connect to the transcendent in what ever form appeals to us. We recognise that the face of the Beings who run the world appear in a manner that will cause as little difficulty for the seeker as is possible. But all the different faces and images are a part of a holistic concept beyond separation or division. The Divine is truly sacred and Holy and pervades all life. We breathe it, we know it in our hearts, in all places, in all people; the microcosm is a reflection of the macrocosm in all forms. If we receive the presence in mind, it will be recognised in us.

Will power in life gives purity of being.

Love in life makes for right relationship.

Light in our mind makes for the creative activity we know as healing.

It is the law of economy that attracts only that which can be useful and used to the purpose of the Greater. Healing in the individual depends on the collective response. The collective response affects the healing within the individual. As all effort is synthesised we are fed or not. Truth, beauty and goodness can be found in any situation even the most difficult if we look for it. If we do not look, we will not see it.

We will need to practise the presence constantly. The effects will show us how well we are doing. Creativity, compassion, vision, comprehension, appreciation, joy-filled contentment will radiate from us as we serve the daily round. And as our light blends with the lights of others so a new form is revealed.

Prayer.

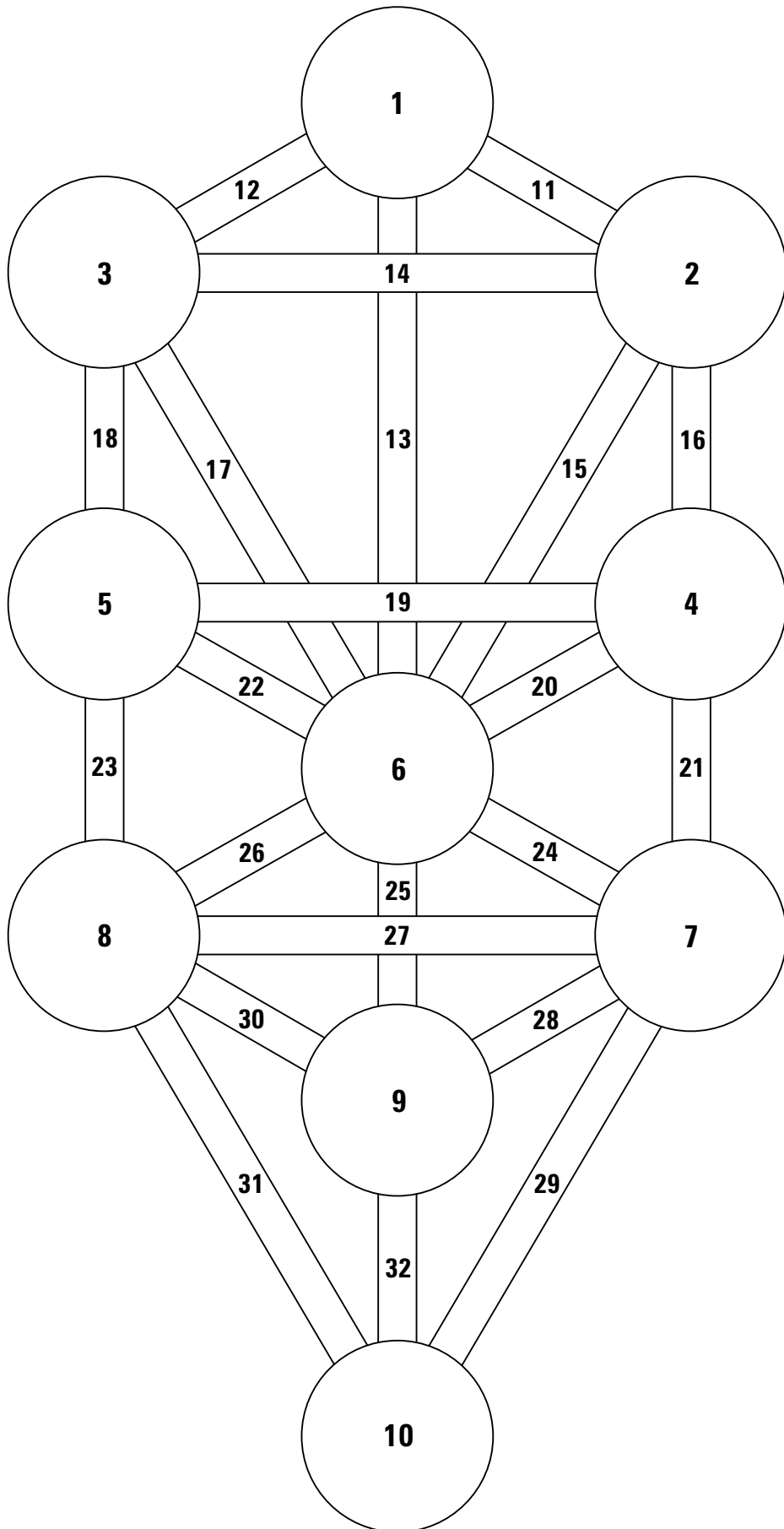
'The Presence of the Soul abides with me.
I walk with The Great Ones by night and by day.
I stand with The Great Ones as I am with humanity;
The shadow of the Presence which is the presence
of my soul,
Reveals light and love on every hand, in all people.
I see the divine and make sacred on every hand in
every form.'



Section 7

Make the life sacred

Energetic pathways



1 Ehieh

Kether – *The Crown*

Metatron

Hayot Ha-Kadosh – *Seraphim*

Rashith Ha-Galgalim – *First Swirlings (Neptune)*



3 Jehova

Binah – *Intelligence*

Tsaphkiel

Aralim or *Thrones*

Shabbathai – *Saturn*



2 Yah

Chokmah – *Wisdom*

Raziel

Ophanim – *Cherubim*

Mazloth – *The Zodiac (Uranus)*



5 Elohim Gibor

Geburah – *Severity*

Khamaël

Seraphim – *Powers*

Maadim – *Mars*



4 EI

Chesed – *Mercury*

Tsadkiel

Hashmalim – *Dominations*

Tsedek – *Jupiter*



6 Eloha va Daath

Tiphareth – *Beauty*

Mikhaël

Melachim – *Virtues*

Chemesh – *Sun*



8 Elohim Tsaboath

Hod – *Glory*

Raphaël

B'nei Elohim – *Archangels*

Kokab – *Mercury*



7 Jehova Tsaboath

Netzach – *Victory*

Haniel

Elohim – *Principalities*

Noga – *Venus*



9 Chadai-El-Hai

Yesod – *The Foundation*

Gabriel

Kerubim – *Angels*

Levanah – *Moon*



10 Adonai Malek

Malkuth – *The Kingdom*

Uriel (Sandalfon)

Ishim – *Beatified Souls*

Cholem Ha-Yesodoth – *Earth*





7 Make the life sacred

We contain the world within us as it is superimposed over our body as well as being centred within us. We reflect the world as we radiate light, love and peace joyfully to all those we come across.

Self-reflection exercise on the Energetic pathways.

The Energetic pathways interconnect at all levels in all forms. Study the previous diagrams – ‘Energetic pathways’ and then contemplate its relevance for you.



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
Healing Today

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