



second a10

Focus on
Healthy Stress

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Focus on **Healthy Stress**

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

Motivation



I Motivation

We are motivated by change finding us as well as us seeking change. If we choose to make a change it is one thing; if changes appear to be imposed upon us it is quite another. How do we know which is which? We are stimulated or excited when we choose it, whereas when change finds us, we may not be so pleased.

Self-reflection questions to assess if you are experiencing unchosen change.

- i). Do you feel irritable for no apparent reason?
- ii). Do you feel anxious and feel anger building up against someone/thing?
- iii). Do you feel persecuted? Sacrificial? That others are against you?
- iv). Do you feel you are neglected, abandoned or out in the cold?
- v). Do you dislike being physically touched?
- vi). Does the unfamiliar person or place make you afraid?
- vii). Do you feel bad about your looks?
- viii). Do you dislike yourself?
- ix). Do you have a sense of failure/lack confidence?
- x). Do you feel unable to cope, trapped, like crying for no reason?
- xi). Is it hard for you to concentrate and difficult to make decisions?
- xii). Do you feel dizzy, have persistent headaches, neck aches, bite your nails?
- xiii). Do you feel tired, inert and lacking energy?
- xiv). Do you sleep badly or too much?
- xv). Do you fidget and feel the need to escape from your life?

continued overleaf . . .



All of the symptoms on the previous page are signs that the changes occurring appear to be unchosen and out of your control and your memory reminds your body of the last time you experienced a similar set of circumstances. We need time and a little space as we choose to co-operate in entering more willingly into the negotiation that will enable us to find peaceful coexistence for all concerned. This requires internal communication as we meld the ideal abstract with the actual potential within the history. As the past and the future come together there is a complicated procedure to be undergone. First, are we naturally co-operative? Or do we have a tendency towards mutiny, rebellion and so on? Do we allow ourselves to trust enough to be led by life or must we be in control?

It is not enough to say we will be obedient to an instruction coming at us from a force greater than we are able to understand as yet. We must be willing to collaborate before we can enter into research, discussion or negotiation, for only when that is complete can any action be taken by those at work on our behalf. That means we must overhaul any bias, prejudice, and inherited predispositions as well as the manner in which we physically dramatise things, to enable us to co-operate prior to any others joining in. So the history of past difficulties will once again enter our atmosphere as we reconnect to our capacities and tolerance levels as they are now, rather than as they once were.

This requires a quiet and still mind, even amongst the apparent turmoil, otherwise we will try to take control and as a result alienate those we most want association with. Or we may try to manipulate circumstances to dictate terms and expect people to function the way we wish they would. This does not make for flexibility and a collective team spirit in which all try to achieve the same objective for one reason or another. It breeds treachery, suspicion and tension, all of which could have been avoided.

There must be time to repair dislocations and disassociation from the past if we are to regenerate, renew and repair past misconceptions. If we are able to lay the past gently to rest, we can prepare to meet the future free from old bondage. No selfish intent, ambition, competitiveness or self-indulgence can be tolerated if the space is to be clear and cleansed so that all benefit and none lose out within the confines of that which is required to change and be changed. Only

when the sacred union of energies is ready can it bear fruit.



Section 2

Respond with attitude

Hold on tightly – let go lightly

**Surrender, forgive and accept the past is past.
Trust the future as you meet it gently**

The seat of power.
Must take and use
essence and release
effluent

Anus

Let go of resentment

Balances

Spleen Solar Plexus

Digests life to date

Having loved and given
– contracts. Frees
unconditionally

Heart

Lets go of hatred.
Bitterness at
obstructions on journey

Prepares for new
expression

Throat

Lets go of
authoritarian fears

Old pressure releases in
favour of update

Brain

Lets go of non co-operation
with light body



2 Respond with attitude

We can choose how we wish to respond. Stress motivates us into a new direction and it can be very bewildering. Dis-stress is a compound from the past, which can easily confuse us, so we may need encouragement to break through the bondage of history, which is holding us captive. We must decide how we wish to proceed and look towards the collective well being of all concerned. We must administrate and organise ourselves and other people who know how to do each aspect of the job at hand without having to do all of it ourselves. Even if we have enlightened people within a system, it does not mean the system is enlightened as yet. So we can choose where to place our thoughts as we challenge progress to take place. There will be a cost, so we hold the aim in mind and move slowly step by step. To destroy the ego too quickly can give instant power, but at enormous cost, which may be too great to bear within the living situation.

Paracelsus was a great healer who made suggestions and ideas so far ahead of time, that only now, centuries later, are they almost acceptable mainstream. Recreation requires blood, sweat, toil and tears. So to destroy we must move slowly knowing we have to gently recreate a viable improvement. Long-term commitment versus short-term policy is needed if we are to gain steady progress for all. Key people are difficult to inspire until we find a way inside their suspicion. The spiritual introduction comes first followed by facing the challenges to the intellect, the emotions and the social structures. Only then can re-education take place as it manifests within the physical. Even then those who have unresolved issues will challenge it.

We dream our dream, then we cleanse the past. We need to address the inner child who will feel insecure and inadequate and who may demand attention in any way that it can get it. This will invite resentment, and jealous possessive tendencies from siblings and all pressures must be considered if a consensus is to be reached. The adolescent in us may seek escape in excess, as it looks for solace in sex, solvents or other obsessive-compulsive behaviour patterns. The adult within us may feel grieved and aggravated and try to dominate or dictate policy. This imposed regime may work initially but not for long. There are three aspects, which must be worked with if we are to have pur-

poseful progress. Goodwill will develop tolerance, compassion and patience as we try to be creative within these three aspects. We may however have to walk forward blind in faith trusting and accepting the outcome will be what it will be, even though as yet we have no clue as to the result.

In order not to lose our balance too profoundly, we must be quiet at these times and seek the inner instruction as to what to do when, and how we wish to behave within the chaos as we walk the tightrope. We must ensure that none are hurt or harmed needlessly by our hostile or aggressive tendencies. We must not attack, or allow ourselves to be attacked to gain that which we wish for. Neither must we defend our position or be defensive as others question us. If we do, we can cause problems for others whether they are our brothers and sisters, or living creatures from other realms. We must move gently so all can be accommodated if we are to manifest the best deal for all. We deal with the centre of the issue at a core level but also at the periphery where our space meets the space of others.

In this way we acknowledge the past and what it has taught us, as we reassess weaknesses that have been transformed into tensile strength as a result of our experiences. We clarify our values and plan our future having reviewed the possibilities presenting themselves to us. Then we visualise and affirm our success as we act to create it. Only then can we respond to feedback as others challenge us, which may or may not necessitate an adaptation of policy on both sides. We persevere and reap the rewards with an attitude of gratitude as we graciously accept our next place within the greater scheme of things.



Section 3

Keeping our balance

Healing today

Element	Earth	Water	Fire	Air	Space
Colour	Yellow	White	Red	Green	Blue
Distorted energy	Arrogance	Anger	Compulsion	Envy	Torpor
Liberated energy	Equanimity	Clarity	Compassion	Self-fulfilment	Wisdom
Direction	South	East	West	North	Directness
Season	Autumn	Winter	Spring	Summer	Time
Time	Mid morning	Dawn	Sunset	Dusk	Timelessness



3 Keeping our balance

We cannot rely on the five senses of seeing, hearing, tasting, smelling and touching alone. We need corrective balance, for we intuitively respond faster than the speed of the brain's reflex. The brain spine links to everything else – particularly the main glands. Each nerve and gland centre is connected to a wheel of energy known in Sanskrit as a 'chakra'. This chakra is a thinking centre of awareness of thought, ability and sensitivity, which has to align with all other centres of awareness and energy. Throughout this field the state of total awareness must unify. We register guidance, not only at the perimeter, but at the centre too and the two fields must harmonise before we can proceed in safety. As the intuitive instruction goes through the chakra system it enters the glandular system below the level of consciousness. Hormones are then released into the bloodstream and we are ready for danger. As we walk in a web of sensitivity, we must concentrate and pay attention as we retain the learning but release the debris through the body. We steel ourselves and yet stay still within as we awaken to new possibilities.

We try to analyse, reason and contemplate action within inaction initially. The intellectual ability enables us to learn reason and we become wiser in our attempts to update truth as we begin to make sense out of apparent nonsense. History meets the future potential with the mind acting as the arbitrator. This takes us into overload, when we are receiving lots of advice from the inner and the outer realms. But what is good and what is rubbish and can we trust ourselves to know which is which now? We acknowledge our natural instincts and make sense of what is being offered by keeping within our depth.

We ask, we perceive what goes on around us, and we meditate by linking to the higher self. We stay detached and impersonal as we find out more, as unattached to the result as we can be, especially because we do not know what the result is supposed to be. Maybe we will make changes, and maybe we will not. First we need to find out more and we do this by getting into communion/communication inside as well as outside ourselves. Goodwill comes out of the struggle even if we do not see how just now. Perhaps the apparent war is designed to help us to understand and to love each other a little more each time we try to con-

nect to collective awareness. We have to trust, for right now we have no alternative. We choose to accept the general impression without getting into judging, blaming, criticising or condemning because it is easier. We do not have to change or fix anything, rescue or protect anyone because we do not know how to yet. This allows us a little time to ask what is the meaning of what is going on? What is the higher purpose within it, and how can we anchor it to life as we know it, and so put the experience to practical use?

We apply the work specific as we know it as best we can, and make a direct connection to the cause which will deal with the effects of the past as we ask 'What can come from this?' 'How can we become more alive?' This begins to awaken the whole state of being and we need to make sure we adopt as loving an approach as we can to all as we sort out the desires of each one. We are now able to use the confidence gained from the past, and are patient, humble, modest and yet insightful. We learn to be more tolerant of others as we gain a greater sense of discrimination so that all can be allowed to learn to see for themselves, rather than us telling them how things are or should be.

Visualisation exercise on future potential.

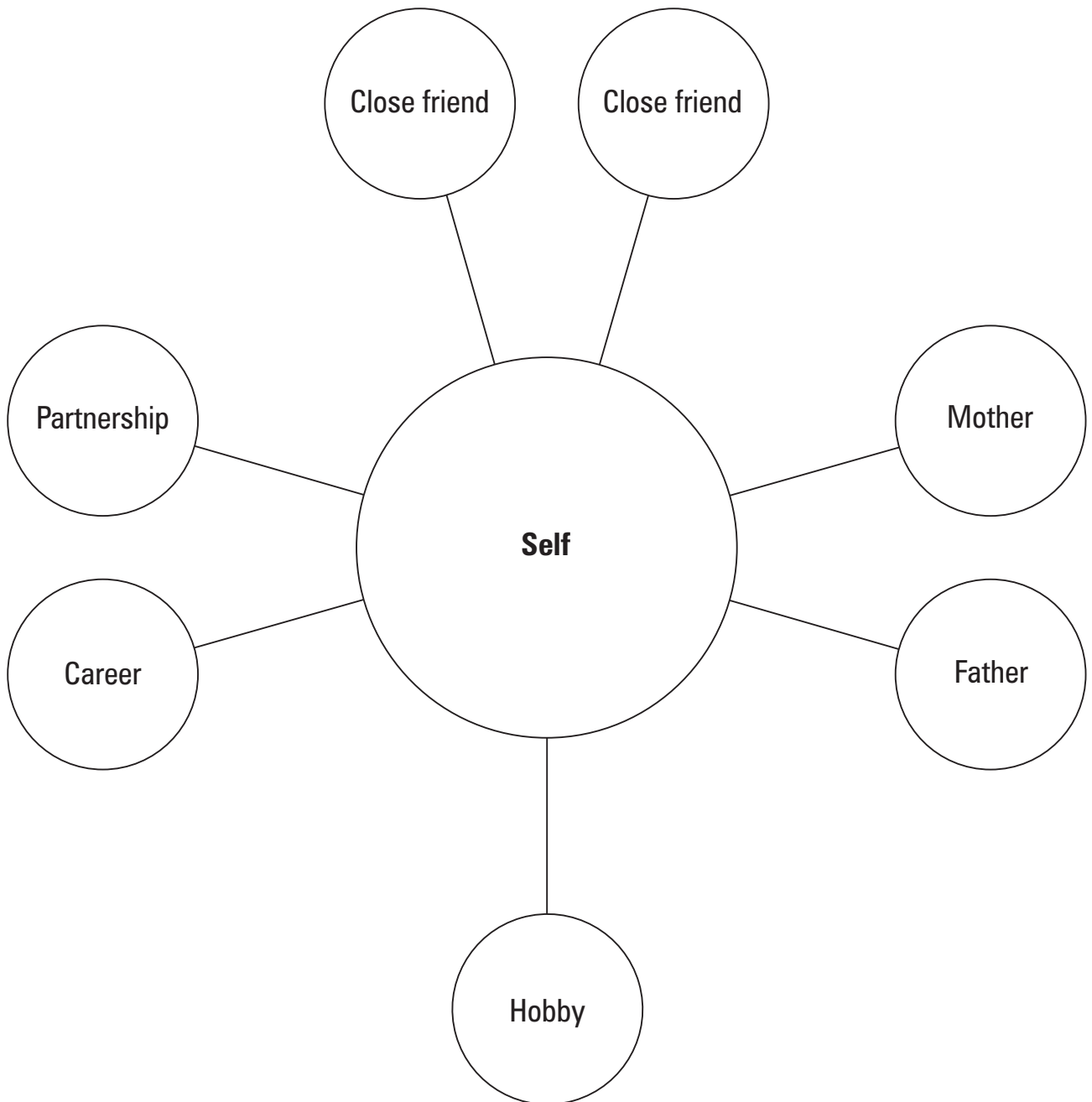
- i). Relax as you still your mind from thoughts that are hindered by negative associations.
- ii). Connect to the 'feel good' factor and concentrate on it. Be as unanimous and inclusive as you can be while you consider what is going on inside as well as outside yourself.
- iii). What must be thrown off, and out, before proceeding?
- iv). Imagine the possibilities and reflect on what is possible. See it as done and successful and within your imagination see yourself content and enjoying the process. Energise it and affirm it so that you get excited at the prospect of what can be, without neglecting responsibilities within the here and now.



Section 4

Colour dynamics

Colour self-portrait



Name a colour for the above associations



4 Colour dynamics

With the exception of colour psychology, the study of colour dynamics is divided into two major groupings – the physics and the chemistry of colour. The physics of colour involves light and light use, and the chemistry of colour includes the study and use of pigments, materials and compounds.

Colour physics begins with white light. White light is the sum total of three major light rays added together. These rays are red, green and blue-violet. When red is added to green a third colour, yellow appears. When green is added to blue-violet a beautiful turquoise emerges, and when red is added to blue-violet, magenta is produced. If yellow, turquoise and magenta light rays are added together they merge into white light, which is called a full spectrum ray. Full spectrum light or white light maintains health and balance within a unified field.

Colour chemistry is the study of action and practical use. The three major primaries of colour pigment are red, yellow and blue. They are known as subtractive colour because they change into new colours by mixing with each other and so lose their original hue. For instance when yellow is combined with blue there is no longer yellow or blue but only the new colour of green.

The colour pigment spectrum is commonly called the colour wheel. The final combination of mixing subtracts all pure colour into black. Yet when a pure colour is mixed with white the purity and the strength of the colour is lost and it changes into a tint or a pastel. If this is mixed with a complementary colour it turns into grey.

So we begin to understand that if we are in light too long we crave darkness to enable a rest. Yet if we are in darkness too long we yearn for sunshine. We must respond and meld the light and the dark to a combination that suits us, without inflicting our regime onto others.

Self-reflection: Colour in the self portrait.

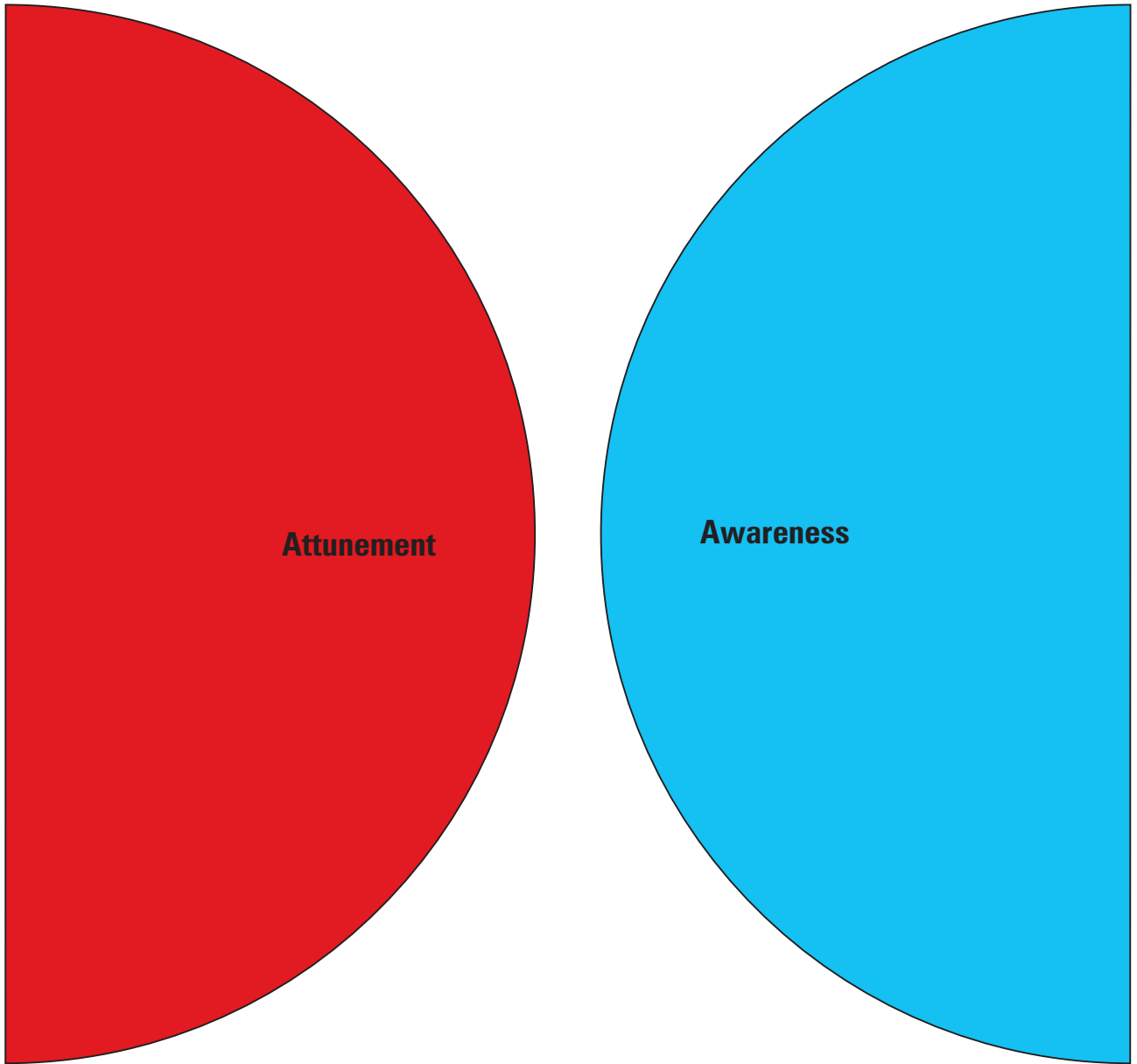
You are invited to colour in, or at least label, the previous diagram. You may surprise yourself as you find out more than you anticipated about how you interact with those who surround you.



Section 5

Psychic health and hygiene

The Pathway





5 Psychic health and hygiene

The word psychic means invisible becoming visible, or unheard becoming heard, or unfelt becoming tangible. We can adopt a belief within ourselves from environments we have experienced or from our genetic inheritance. These dogmas will have served us well enough to date, but one day we may choose to update alter, review, or to release all together the boundaries of the past in favour of a different approach. First we must make the decision and then we must foster an attitude that supports the transformation from one state to another.

We will examine the group dynamic that surrounds us and, at that stage, it will often all seem to be too difficult to do and we may experience impotence. If we mention the process going on within us to others, everyone will deal us up a dose of their own judicial process and we will certainly become confused as we run hither and thither like a tormented, demented being. We may resent the opinions being proffered as they may cause us to revisit painful memories, which caused hurt and harm to many. We may feel angry and unco-operative, rebellious, and even try to cause a riot or a mutiny in the hope of redistributing the pain as we wonder if our own will ever disappear or diminish. We may run around being 'helpful' on behalf of others to avoid a confrontation with ourselves too soon. Of course, we may just be very unselfish and caring – possibly it is a combination of both states. If too much fear is released too soon we may try to dampen it down by reverting to old habits such as solvents, cigarettes or chocolate as we feel overwhelmed by the past. The grief at what we may have judged as the imperfection of the Earth reality means that issues of a sexual nature will be revisited. If we are to anchor a new chapter of the living process to the Earth, we must be a friend of it as well as having faith in the oneness of the Heavens, the total care system, the abstract or whatever else we believe is coming into actualisation in spite of historical experiences. This attunement brings necessary adjustments, which will allow us to filter our past and extract essence from effluent. It will also allow us time to become realistic in the marketing of our ideal as we anchor it to the Earth in the best interests of all as well as we can.

This opens a gateway – several as it happens, but

only one at a time. It is a little like following a clue, then another one and so on but they do not seem to be sequential and some do not seem to bear any resemblance to the case we are on. However, they must still be considered until a clear and clean space is established which will allow us to understand the mechanics of that which was once a mystery and vice versa. This allows a new way to come into being gently. The forging of iron into tempered steel takes time and effort as our skills are honed again and again. We must pass within to find wisdom and face the darkness and the feeling of a-lone-ness if we are to be able to contribute usefully to all-one-ness.

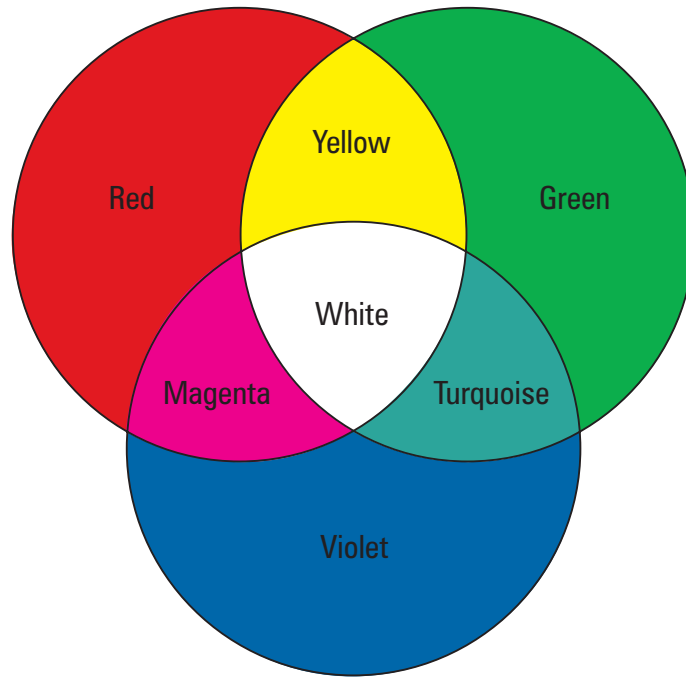
We digest life's old meal and create an atmosphere that smells tolerable. Only then are we inspired to have the strength of feeling to desire to gain insight of a suitable forward movement. We create a rhythm that allows everyone to dance the dance of life, one that considers the old, the young, and the infirm without disregarding them or knocking them over in our rush towards ethnic cleansing. The cleansing must be viewed as an aim and then worked towards carefully and gently so the needs of all are considered. In this process all are consulted as to their current needs rather than what they used to be, without assuming we know what the expectation of another is. By looking inside we know how complicated it seemed when we were finding our own path and this will then make us empathic to others in their process. A true mystic becomes a shaman eventually, for they are one whose work is so integrated into everyday life that the 'join' between the Heavens and the Earth does not show. The practice is unremarkable because it is impeccable. On reaching this stage they know for sure, there will never be an end to learning, observation or practice for the maintenance of the art is life itself.



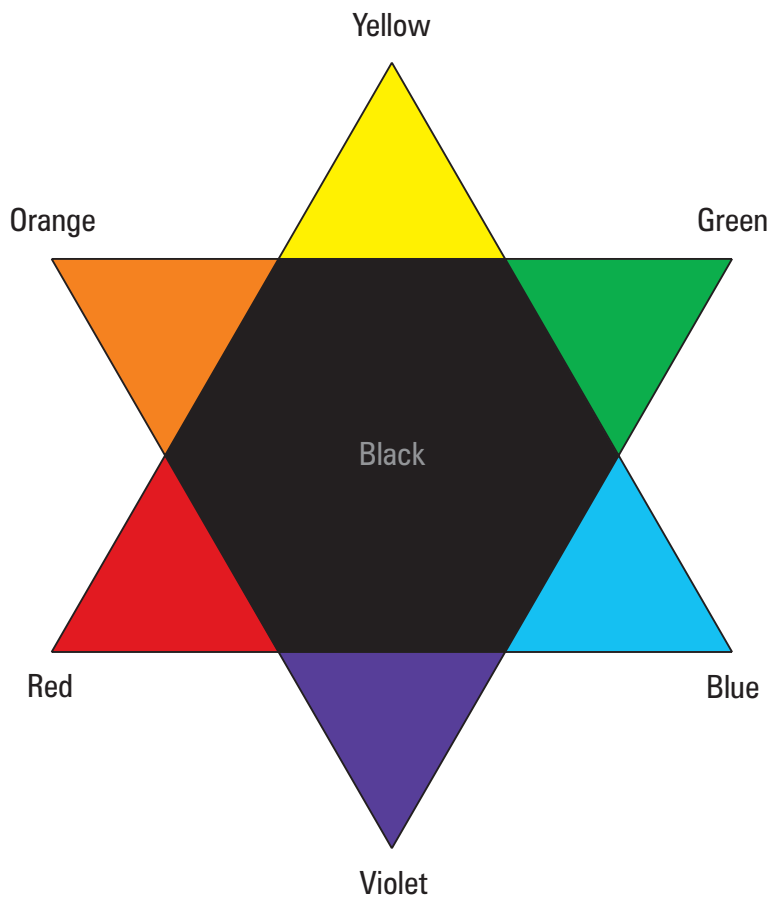
Section 6

Stressors from the past

Physics of colour



Pigment spectrum





6 Stressors from the past

We will have made a composite that has supported us well enough to sustain life without the need to hold our breath or suffocate ourselves. We have learned to quench our desires enough to slake our thirst for life, but not to drown ourselves. We have sought support all around us without burying ourselves by too much enthusiasm or too much input. We have learned to keep ourselves warm but not burn ourselves out by doing too much too soon. This is the swirling package that has held us together. Imagine magenta, pearl, peach, the ochre colours (terracotta, yellow and a darkish lime green) and white all twisting and turning, moving and melding to get the idea. Now this outer casing is cracking open and changing because old primary prompts from years back are being felt once more. Imagine a prime colour – stark purple, indigo, blue, green, yellow, orange or red being introduced into the swirling pastels. Whatever the instruction is, it must be expelled or integrated and that is as it is. No other choice – the inner and the outer must create a resolution if we are to be comfortable.

So old hurts and harm must be revisited to be neutralised. There is no need to attack or be aggressive just to be as honest and truthful as possible. We do not need to defend ourselves or to compete for attention, just to be inclusive and loving to ourselves and to others we meet day by day. Applying wisdom does not mean competing but does involve attending to the one in greatest need at the time. It does not mean being ambitious but creating blanket coverage for all, not necessarily at the same time. These skills must be learned and revised particularly if there are feelings of betrayal, abandonment, neglect or rejection from past insecurity left behind. This is important if we have been involved in sabotage and treachery in old environments, when hidden agendas may have caused a severe loss of confidence through feelings of inadequacy being inflicted wrongly like wounds or torture. Perhaps we have witnessed an event of such magnitude that we were so busy dealing with the consequences we never examined our own associated pain.

Such experiences as these can traumatise our inner being as well our outer relationships. We armour our body rather than being aware of our inability to face situations that were beyond our capacity. We steel our-

selves and negate our body awareness. We stifle the ego as the ego and the physical awareness struggle to coexist in harmony rather than in mortal combat! We may not be able to be relaxed and flexible for our self-image is too fragile to accommodate others with different needs or customs to our own.

The tension in relationships can cause such fear, anxiety and tension that we are paralysed and unable to express our view, due to feelings of inferiority or superiority. This can lock us into loneliness, cause us to conform when we do not want to, frustrate us, overload us, deprive us and cause all sorts of problems inside and outside in the environment. This is agony in action.

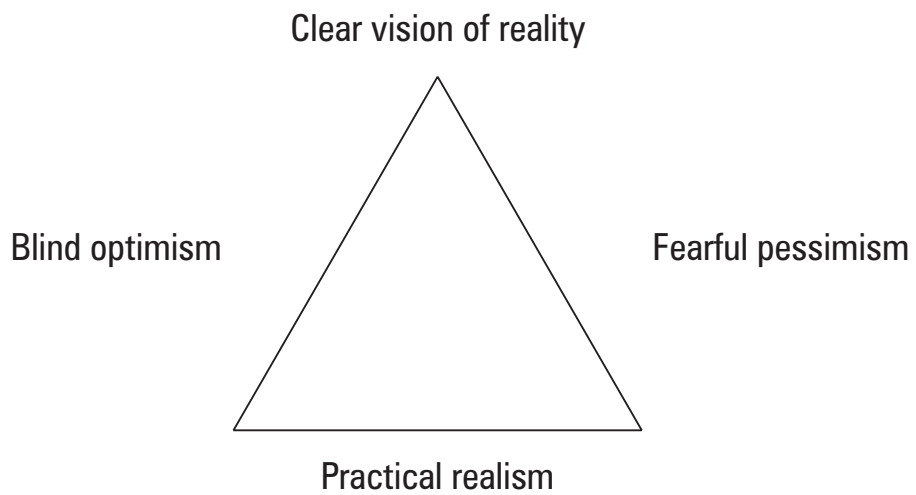
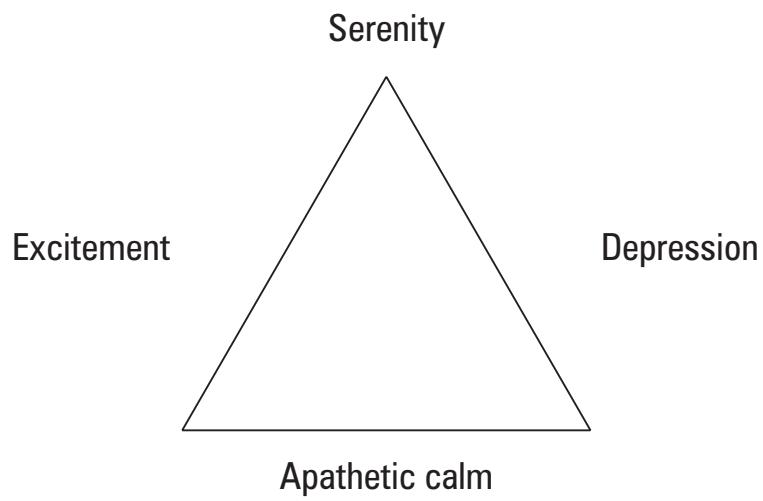
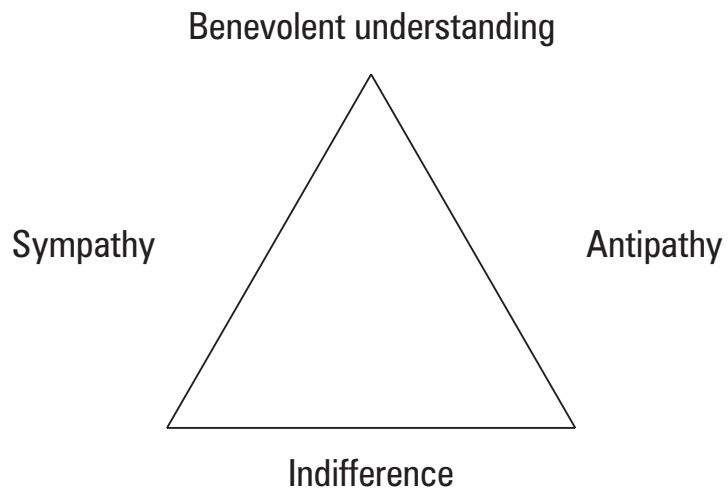
The reversal of this must take place slowly at the level of thought word and deed; soul, mind and body; Father Abstract, Mother Earth, the child of the union – us. We adopt the updated belief, we foster goodwill to all comers and we create a firm foundation as we steward a safe pathway towards a new chapter within life.



Section 7

Preparation and development

Known ideal





7 Preparation and development

Visualisation exercise on the way forward.

i). Relax as best you can, stop deciding what is right and what is wrong – they are a part of the same whole care package. What was right once is wrong now, what was wrong once can be right now. Stop the divisive rot and be still.

ii). Concentrate on the most pure and abstract and state the aim of unanimity and goodwill until you feel it radiating in the centre of yourself filling your heart and your mind and then lift this to your head.

iii). Imagine you are motivated, valued and that you have a part to play even if you do not know what it is as yet. Express your willingness as you deliberate on the best part for you within the limitation of your skill areas and what you could usefully do.

iv). Make a choice and affirm it, as you plan with others how best to proceed. Energise your own segment, concentrate, restrain yourself from telling others how to be, prompt the next step only, and persist until the way forward is clear to all. Not easy for at this stage you revisit experiences from the past and will be unclear as to whether they are representing for you to take responsibility for them and to continue on with them or whether they are to be released.

These events will without doubt help you find out if you have cleared old reactions from your instinctive response to the process. If we feel someone has pilaged our space we will still feel as if trespassing is in progress and we may become angry or have a temper tantrum as a result. Or we may have felt imposed upon through the demands of another, as if we were being violated. If this is the case, we will have the opportunity to find out if we are now cured or if we need to continue our sulk or hold ourselves at a distance until more consistent behaviour is displayed by all, us included. Or we may be so attracted to the honour and integrity of another that we behave rather like a spoiled child if we cannot get our own way and they refuse to let us have total control or solely dictate the terms of reference. We

may need to meet them again and see that they are indeed unselfish and caring and assess if the standards they hold are compatible with our own at this time in our lives.

We may want to be held secure and have an abundance of what we want and be trusted and accepted without earning the right. We may seek spiritual 'fix' after 'fix' in the hope of constant reassurance or because we like the idea of being rescued, protected and looked after. It may not occur to us that we are seeking security in the wrong format. We want gentleness even when displaying self-indulgence or selfish intent that renders us impotent, or when we are being betrayed or feeling abandoned, and so are behaving very badly. We may want justice as revenge for our lack of self-worth and we will judge and blame others or belittle them to enable us to feel all right ourselves. Or we may criticise and condemn another to save face ourselves. We may think it does not matter that we use, abuse, misrepresent or slur someone else if we feel OK! Or does it?

If we are to be modest and humble then we cannot afford pride nor will we desire to control another. We may be ambitious for all but not for ourselves. We will not be competitive for we truly believe in equality therefore all and none are vulnerable and there is no need to manipulate circumstances to get a good deal for ourselves. All will get a good deal in time and when it is their turn. Here we must link to the soul force and find out what we agreed to and need reminding about. If there is only complement then we cannot afford hostility – it belongs to old wars from history. If we are to coexist in peace, then we do not expect or assume anything for we do not know what is required. We take comfort in honesty, in all types of loving care, in the wise and those with proven abilities and we enjoy the union of energies. Flexibility and interaction will be guaranteed when we render ourselves harmless by making mature and developed responses to all humanity as well as showing consideration to all the creatures of the Earth and the angels of the Heavens.

The ideal has been realised inside the self, the family and the environment. Until it is demonstrated in all of these places it is not yet in practical application. Keep on keeping on.



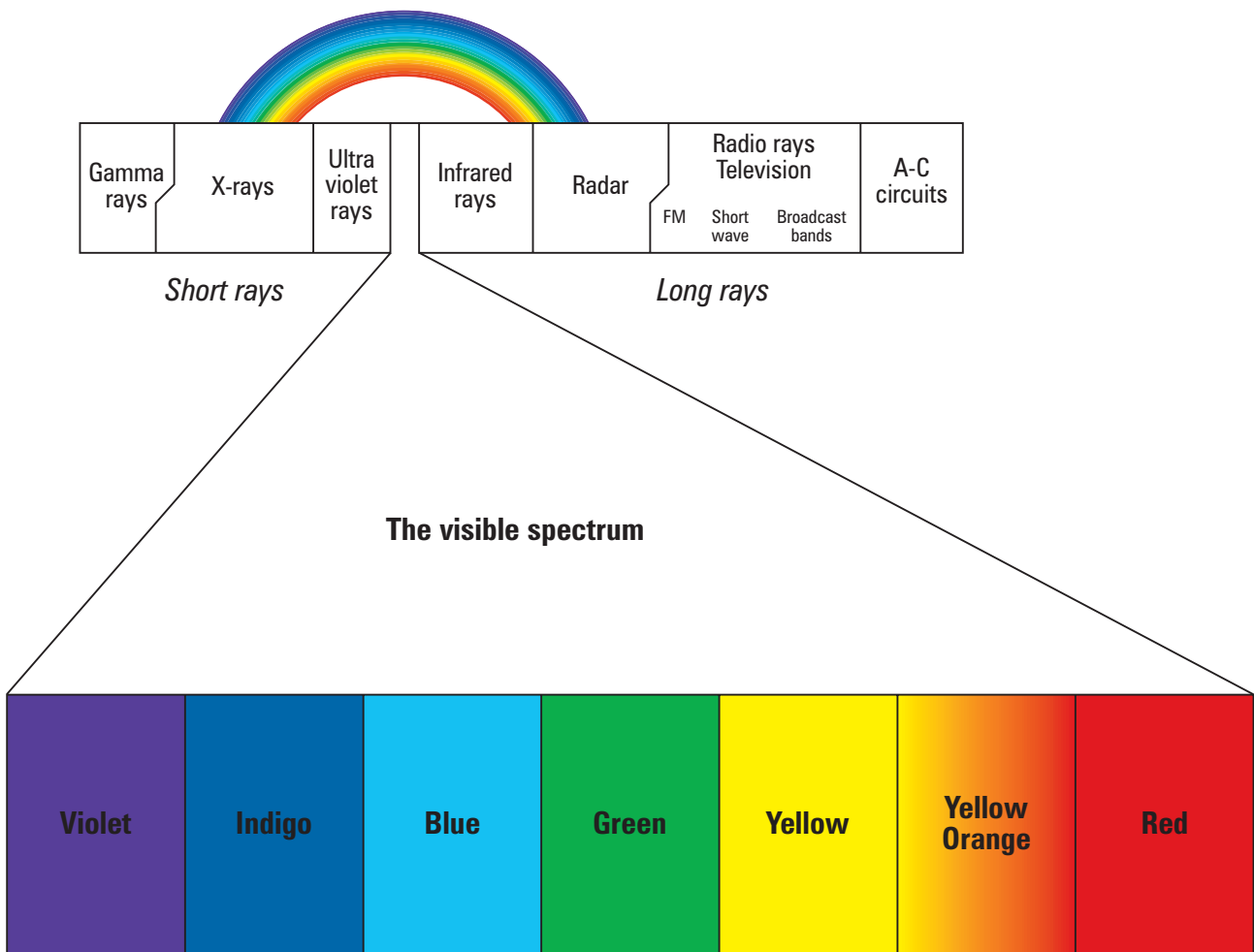
Section 8

Guardians and stewards

Colour, a brain stimulus

Most people recognize the sun as the source of light and warmth! Sunshine reaches us across 93,000,000 miles of space in a little over eight minutes as it is electromagnetic radiation or energy travelling at the speed of light. Light travels to us at 186,000 miles per second and 40% of light we can see as the visible spectrum. For instance, we normally see in the spectrum seven distinct major colours which appear in nature due to light refraction or bending as a visible band that we call a rainbow. We see red; orange; yellow; green; blue; indigo and violet. Each colour varies in wavelength and vibration and, when used and applied as pigments or light fractures, colours cause a reaction and effect upon us.

Light spectrum



Science has discovered that certain colours, like reds, raise the blood pressure, speed up the pulse rate, and even increase the rate of breathing. Shades of blue cause the exact opposite, and they lower blood pressure and slow down body activity. Still other medical experiments have shown that variations in the amount of colour stimuli profoundly affect muscular control, mental concentration, and nervous activity.



8 Guardians and stewards

We must have guardians of space. We must have stewards of time. We must have supervision at the level of thought, of word and of deed. In the mouth the teeth guard the space. They also steward the ability of the tongue to flick around the mouth and create sound. The tongue is active and the mouth passive. The tongue is the agent of doing, the mouth the enabler of being. Together, they are the sacred union within defined tolerance levels and capacities.

Confusion comes from expanding capacities bringing in its wake a change in direction. This throws us into chaos and old insecurity and vulnerability actualise. We must slow down if we are to make a gentle transition, borrowing energy from the physical to allow the intellectual the time it needs to understand the new deal. We must sedate the emotions and use the time and the energy to focus on the spiritual need to create order once more.

As we create space we allow as much time as is required to heal. Stress is motivating us but compounded dis-stress must be safely discharged and must not debilitate anyone who surrounds us. We may seek isolation from most at this time to ready ourselves as gently as we can to prepare for the updated placement – expanding gently back into association with others from time to time with as good and generous an attitude as we can muster to see how well we can hold our new state. This also gives us the opportunity of celebrating the forward movement of some, wishing others well who must repeat old lessons, saying a fond farewell to some and exchanging good wishes to others. In this all accept that no deal is better or worse than anyone else's – it is just different. Honour, politeness and good humour allow space to be created so that there is order for all within the changes being made. That which is no longer required is contracted and closed off as we recognise that our effluent may act as fertiliser for others who have need of the experience we are just leaving. We decide how long it will take as we set aims, objectives and goals and allow ourselves to be led by desire, feeling our way instinctively and logically to ensure a level of harmlessness in our contact with others. Before we find what we do want we often revisit that which we definitely know we do not. This gives us back flexibility and allows us to be co-

operative with others whose input is as important as our own, and makes all who surround us feel safe, cared for, honoured and as important as us.

If we hold an expectation of pain then we can be disobedient, resentful, belligerent, judgmental, mocking, abrasive, patronising, arrogant, ruthless, critical, greedy, rude, hurting and limiting to those we meet. This hurts – it does not heal and we must work to free and fulfil all. If we assume the worst as standard then we inflict pain. We may appear insolent; we may conscript people rather than invite. We may blame, sneer, defend, snub, ignore, act selfishly and harm others to make ourselves comfortable. We may classify those who do not comply to our demands as failures and disregard or dismiss them for we do not really want the best for all – just for ourselves.

Huge amounts of hard work go on both internally and externally if we are to free people to their full potential whatever their circumstances. Only when the inner work or the invisible spectrum meets the outer work, and the visible results are demonstrated through time, are we free to move on to seek our pot of gold at the end of the rainbow. We are then living proof of compassion, tolerance, and inclusive service to family and community alike.

We may be stressed but not distressed. We will be awe filled rather than awful. We will be full of wonder not dread. We will be grateful not greedy. We will be gracious because we want to be, not for what we might get out of it. And we will have forgiven past resentments and betrayals, and re-visioned the torture and punishment we felt constrained by. We will no longer think of the experiences of the past as being a living sacrifice to others, but rather a valuable service in the cleansing of things that should no longer have a place in our society, and an experience that gave a rich reward to all concerned in spite of the circumstances at the time. We are now willing to surrender to the will of the Greater as we ask for the opposite experience, for example illness to transform to health and so on.



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
Healthy Stress

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