



*second a10*

Focus on  
**Inspiration**

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## Focus on **Inspiration**

### **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**

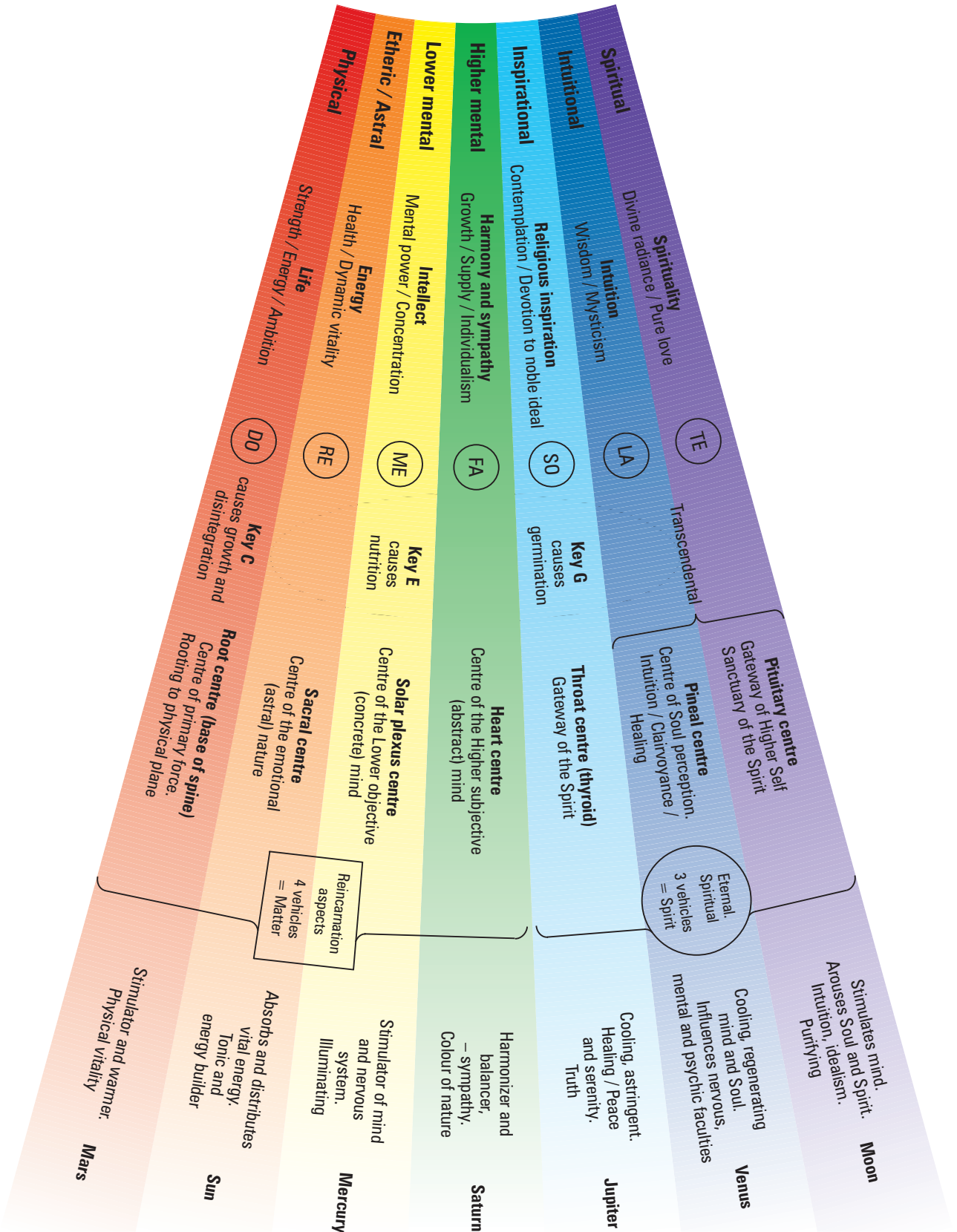
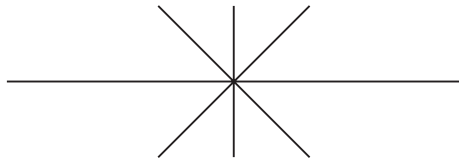
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body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

**Out and up**

# Great white light





## I Out and up

White light contains all the spectrum colours within it: red, orange, yellow, green, blue, indigo and violet. Green is known as the female aspect where we reach out to humanity, whereas blue is the masculine counterpart which lifts us up to be inspired; together they make the fixed cross as we know it now. Red is the colour of life, giving us the strength, energy and ambition with which to grow. It then gives us the opportunity to temper that growth to find out if we have the courage to release what we no longer need and let it disintegrate. If we do we will be stimulated and warmed, lifted up and invited to grow on again. This vital energy is absorbed and redistributed like a bright orange platform on which we build dynamism, vitality and glowing health. We begin to feel empowered and have the desire to concentrate on updated objectives. No longer lacking in courage (yellow-bellied), we now absorb new abilities and our mind is stimulated and illuminated. We may be somewhat nervous about what is coming. What is to come we do not know as yet, but we know that something will be.

We actively seek balance and harmony particularly with nature and within our subjective mind. We sympathise with those trying to make their mark as individuals as we try to find our own niche to fit into. This is a time when we truly appreciate the greenness within nature. We are seeking inspiration, and will contemplate on all things that could hold inspiration within them. Perhaps we begin to investigate and compare various religions or attach ourselves to a noble ideal. We are seeking germination and looking towards finding a gateway for the Spirit. We seek to keep things cool and have an astringent affect on those around us. If the environment is healing and peace-filled we are serene; however, this must be a truthful account rather than pretence and we will know the difference. We gaze at a blue sky with appreciation, crying out to our soul, yet not seeming to get an answer at this stage. Yet we know that something is in the air.

We move into a cooling down period that allows us to regenerate mind, body and soul. Nervous influences begin to trigger things beyond our ability to understand. We may be attracted to a very dark indigo colour and seek the comfort of night sky darkness, as we try to see our way to the centre of our soul for we seek

wisdom and healing. The mystery appears to deepen but we have no idea what it is. All we know is that something is being aroused within our soul under the direction of Spirit. It is purifying and arouses us towards idealism. The violet or purple colour of the divine order in all things begins to be understood by us and holds us in its radiance. It can be somewhat difficult to be around others at this time for we seek the sanctuary of the Spirit and the gateway to lead us onwards once more.

Life as we once knew it has disintegrated but as yet we are unaware what is to come. We are busy gaining the nutrients to enable us to digest what is gone as we simultaneously germinate what is to come. This process needs patience for we want to transcend the past rather than repeat it. The mind and the body must therefore extract essence and eliminate effluent as we make the ideal we romanticise about a real probability, that is attainable and practical, without neglecting our current responsibilities.

We may feel rather tired and resist making the effort required as we try to rearrange things or manipulate and control others in our fear that they or we may become inhibited. We appear to be being relocated in our growth and our development and we are somewhat confused by the chaos that surrounds us. We function through a bit of a haze and in a dazed state.

All that we do know is that we are trying to synthesise opposite extremes and identify consciously with extended groups as we embrace both the active and the passive within us. We do what we can and act as individual beings but we try to ensure that we extend this same courtesy to all others we meet. This is our passport to free all others to come and go as required in self-chosen groups who align through understanding rather than the dictates of blood or creed.

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We may be aware of the need to find updated orientation as we fuel and fire the will to allow the true essential nature to birth itself and as we balance out the loftier mental pressures with the baser instincts. We are ready to extend our education and communicate with others to inform ourselves better via our intuition and by being prompted by technological impulses. We destroy, disintegrate and burn out old, outdated, crystallised and corrupted forms at all levels of our being.

This may be a gentle realignment or feel like a clash between the old and the new as crystallised and futuristic systems meet. It will result in discussion, which hopefully will be gentle; but if feelings run high and attitudes are not good-humoured progress may be somewhat erratic. As the revised objectives are established we feel our way towards the new formula as we create structures that will support all. If our heart radiates in truth of being, glamour or illusion will not blind us. We must maintain our stillness so as not to lose connection with the soul otherwise we will find ourselves isolated. By being relatively unimpressed by our lower natures we can be impressed by our higher nature and that is what we aim for.

Self-reflection on physical well being.

- i). Contemplate on what might stimulate your mind and arouse your Spirit.
- ii). Seek out an ideal within your intuition and purify it enough to make it a real possibility.
- iii). What is it about your past that makes you nervous?
- iv). What is required to allow you to be peaceful and truthful with those you have found difficult in the past?
- v). What action is required to allow harmony and balance to be re-established?
- vi). Is there something that you understand now that was obscure in your past?
- vii). Can you think of something that would act as a tonic, allowing all to regain their vitality?
- viii). What do you need to comfort, stimulate and warm your being?
- ix). What can you do to take a small next step towards what you now know?



## *Section 2*

# **Seven aspects**

# Placements

	<u>I</u>	<u>II</u>	<u>III</u>	<u>IV</u>	<u>V</u>	<u>VI</u>	<u>VII</u>
	Will power	Love / Wisdom	Active intelligence	Intuition / Harmony	Concrete knowledge	Devotion	Order / Magic
<b>Planet</b>	Sun / Vulcan	Jupiter	Saturn	Mercury	Venus	Mars	Moon
<b>Day</b>	Sunday	Thursday	Saturday	Wednesday	Friday	Tuesday	Monday
<b>Exoteric colour</b>	Orange	Indigo / Tinged purple	Black	Cream	Yellow	Red	White
<b>Esoteric colour</b>	Red	Light blue	Green	Yellow	Indigo	Silvery rose	Violet
<b>Human principle</b>	Prana / Life vitality	Auric envelope	Lower mind	Buddhic / Intuition / Pure reason	Higher mind	Desire	Prana / Etheric force
<b>Divine principle</b>	Spirit / One life	Love	Universal mind	Understanding. Vision / Spiritual perception	Higher knowledge	Desire of form	Energy
<b>Element</b>	"It is written"	Ether / The spoken word	Fire by friction	Air / Unity produced	Flame	Water	Earth
<b>Instrument of sensation</b>	Light of kundalini	Ears / Speech / The word	Nervous system. "It is known"	Eyes / Right eye particularly	Astral	Tongue / Organs of speech	Nose
<b>Bodily location</b>	Vital airs in skull	Heart	Centres up spine	Left eye	Brain		
<b>Plane governed</b>	Logical / Divine purpose of will	Monadic	Atmic / Plane of spiritual will	Buddhic / Intuitional	Lower mental	Astral / Emotional desire	Physical
<b>Metal</b>	Gold						
<b>Sense</b>	Synthetic sense embracing all	Hearing	Touch	Sight	Consciousness as response to knowledge	Taste	Smell
	Heart	Head	Throat	Third eye	Solar plexus	Sacral or complement throat balance	Base



## 2 Seven aspects

We must do all in our power to avoid the need to face a serious health crisis as our physical body is confronted with powerful, unconscious and deeply buried emotional traumas, which will need to pass through it (having already been experienced in the spiritual, intellectual and emotional bodies). This enables purging and cleansing at all levels of our being to render us immune. It is essential to look within ourselves and ensure that we are avoiding being greedy or cynical as we are held accountable for our deeds. We must release pride and attachment to an expected response as we allow light to shine and warmth to radiate our trustworthiness. Only when this is complete can we attract and be attracted to what is required next.

Pride and arrogance can easily overtake the personality if it is not integrated. Our safeguard is selfless, humble service to the whole group surrounding us, where we choose to give freely of our light (wisdom) and heat (love and care) just because we choose to do so, not because we want or expect anything in return. We have to break through old outmoded forms of leadership and control. We have to confront and defeat destructive qualities of pride, arrogance, selfishness, exclusivity and insularity.

We must include all those who surround us so as to strengthen bonds of unity between all life forms. Justice, equality and simplicity are the key, whereas fear, control, manipulation, pride and arrogance must go. This will cause massive communication disruptions unless we are flexible enough to accommodate new updated and transforming soul energies to enter our world. We have to acknowledge our darkness or shadow without becoming complacent, seeking excess comfort, stagnating, being terrified, cowardly, or self-possessive to the extent that we lack trust and faith in the soul.

Both heart and head must work together to replace criticism with loving understanding for only then can all be synthesised. When we rerun old programmes in the head we become more and more analytical and critical. Brain thinking can create scholars but heart thinking is needed to action the theory with kindness and care. However, the people who are all heart, lack light and clarity of knowledge and cannot always articulate what they know, as they do not have the capacity to focus

and actualise. Brain dominant people lack the ability to love, to be inclusive, tolerant, open and compassionate.

If we are self-willed rather than soul-led we lack the ability to love or to be light-filled. We must be fulfilled inwardly and from our environment for this gives rise to the new birth or another updated version of ourselves. We cannot possibly tackle this momentous, mammoth task all at once, so although the change is introduced from the Higher Realms on the Earth, it is broken down into 'bite size' pieces.

On the chart at the beginning of this section we illustrate as best we can what occurs within the varying influences as we learn to focus our will power, become more loving and wise, and how to activate our intelligence to enable co-operation. We must strive to harmonise with our inner guidance, as we add the mechanical details required, to enable us to have the knowledge to do the job in hand. Also we must remain devoted to our ideal and realise our vision without causing too much disruption, while we create order out of chaos as if by magic as we purify the dross as directed.

As we work with our inner self we can get some helpful clues from the external environment. If we are attempting to focus on will power, we are trying to radiate a constant a little like the Sun, always creatively pouring forth, giving as much as possible rather than as little as possible. However we must guard against an excessive desire to be special, pride-filled or arrogant.

If we are trying to be loving and wise we must hold our faith and remember to always rely on the greater plan managed by a higher power. We must be optimistic and always gracious and open to the need for self-improvement. To do this we will be required to overcome laziness and over-confidence, as well as a tendency to scatter our energy, or irresponsibly leave all the work to others due to overextending ourselves by promising too much and being unable to deliver.

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This will require active intelligence so we must discipline our efforts while accepting our duties and responsibilities unconditionally. We will have to develop infinite patience as we organise and reorganise until the foundational structure is effective and proves reliable. We self-restrict as we over-rely on ourselves showing our rigidity and lack of faith towards others. Too often this leads to coldness, being defensive and crippling inhibition as well as fear and negativity, as all learn to conform to what is proven to work.

We attempt to get a collective into a harmonious unit following our inner guidance to the letter and intuitively working on what appears to be a priority moment by moment. We must learn to be creative in the use of our own skill and our own intelligence. We must be discriminating and reason effectively through objective understanding and clear verbal expression, as we adhere to the higher ideal and negotiate to come to an agreement with others whose skills we need. Only then do we ensure that there is no misuse of power and no invalidation of anyone through amoral rationalisation. If any are opinionated and disloyal, their communication or lack of it affects all in a counterproductive manner and it may take years to recover.

Hopefully this will establish a loving environment and an honest capacity to question boundaries but not to overstep them. All must be able to give and take as each generously shares their capacities to input towards the common aim. The working frame will have to establish boundaries where each is trusted and responsible for their own area but the interfaces are good-humoured and open for discussion. To enable this to happen we will all have to overcome self-indulgence and greed as well as the need to make undue emotional demands. If manipulative affection that is built up through trust and acceptance is severely inhibited by physically and psychically backing someone into a corner, whether we realise it or not, we are not prepared to free the person. If however, we are devoted enough we will challenge their behaviour with courage and tenacity to enable the initiative to be directed towards its legitimate aim. Through sheer willpower we will have to overcome impatience as we tolerate and forgive the wilfulness of others when they appear demanding and selfish. We must address the issue without violence, the improper use of force, or making threats, just reminding others of where we are and

where we think they are, then being open to discussion if necessary.

All within a group need to be honoured so we must be responsive towards the external demands. This can only be achieved if we are able to maintain our inner contentment as we flow and adapt without losing our sense of self. As we learn to trust and accept the foibles of all, we begin to release the need to be over-sensitive, insecure, or disloyal to those who make inaccurate statements to others due to their inhibited sense of self. If we have truly given all an equal opportunity having spelled out what is required from them and what we can supply them with in return, we have nothing to concern ourselves about, for in spite of difficulty, order will appear from the chaos as if by magic.

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Self-reflection on influences.

- i). Do you express a holistic picture or one that flatters your ego?
- ii). When responding to others do you express the whole idea or only your part within it and your significance to the project?
- iii). Do you work to protect and preserve the ideal, conforming to the guidelines willingly, or do you complain about them?
- iv). Do you hold faithful to the intention with optimism and good humour about the chances you are all taking?
- v). Do you understand and appreciate the workload of others and take time to explain your own?
- vi). Are you able to focus on your own area as you assimilate the experience that others are undergoing?
- vii). Are you able to keep your balance within the rhythm of the collective?
- viii). Do you consider you have the ability to adjust, compromise and relate to others caringly?
- ix). Do you try to force a pace in the interests of being involved in some action?
- x). Are you able to 'back off' when others are under pressure, or do you get on their case making things more difficult for them?
- xi). Would you consider you were content with your ability to adjust to the experiences of life (social/personal/work-related)?

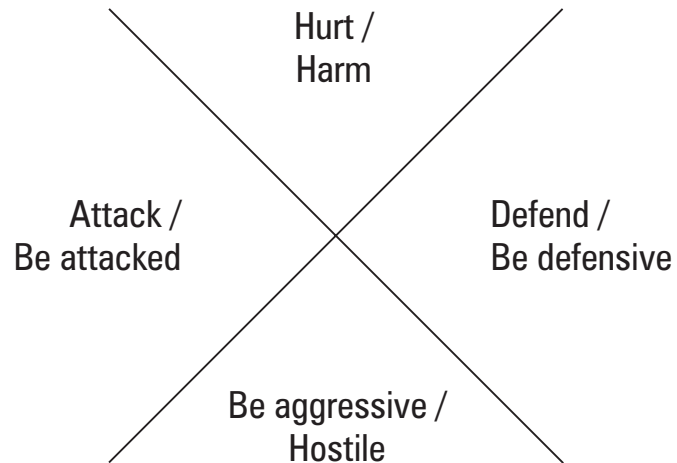


## *Section 3*

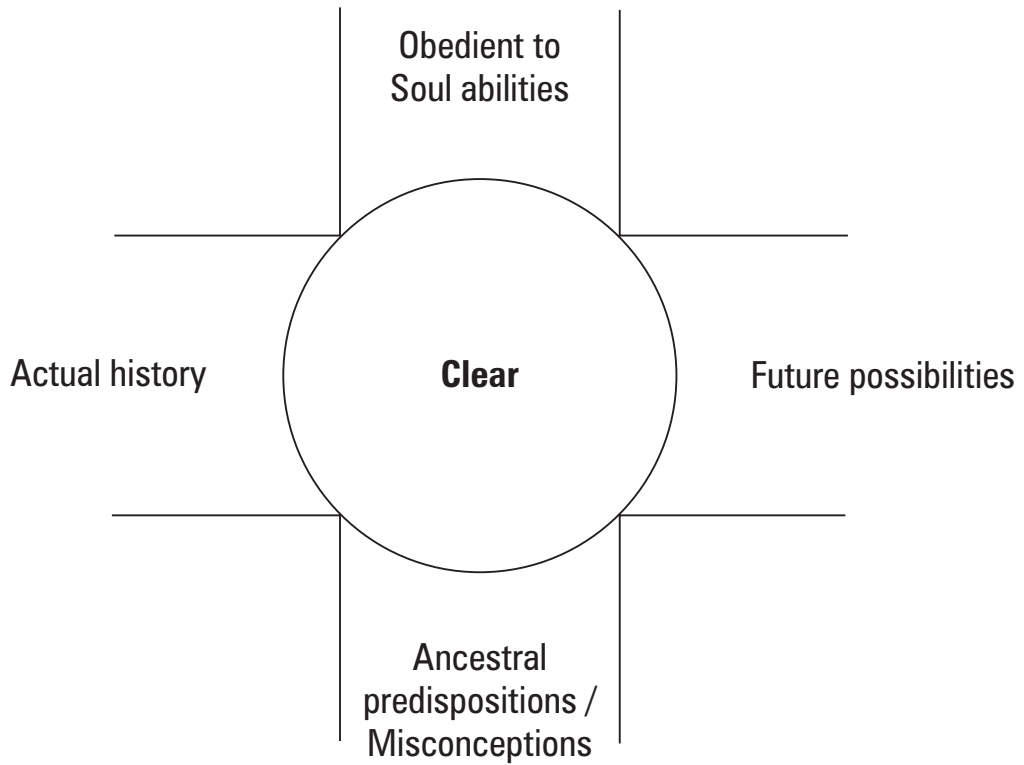
# **Obedience**

# Beyond crucifixion

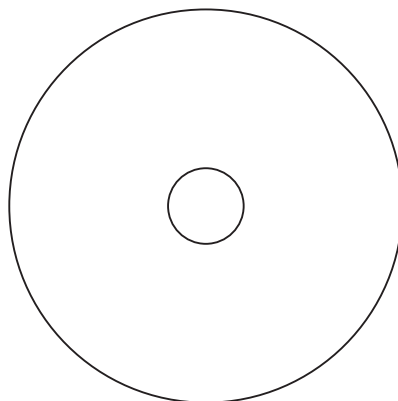
a)



b)



c)





### 3 Obedience

If we hold our relationship to our soul as a bond of sacred trust then we will be willing to work on our misconceptions as well as the predispositions inherited from our ancestors. The arrival on Earth may have contained some surprises that shocked us. In diagram (a) at the beginning of this section we observe the cross of crucifixion. Perhaps we have felt hurt and harmed by our role models and hold a misplaced belief that our soul has placed us into a position whereby we may be hurt and harmed by the experience of life. If this is so then we may become hostile in our attempt to avoid the aggression we have perceived within others surrounding us. This will make us aggressive as we seek out hostility within others, to enable us to try to free ourselves to what we believe the living experience should be.

Perhaps we wonder if the universal standard is a torturous one full of pagan disciplines that we cannot understand the need for. We hold the stories we hear from our ancestral lineage in awe, sometimes approving, sometimes dis-approving and sometimes condemning them out of hand so that we do not have to jolt ourselves out of our complacency to do anything about it. We may not feel capable or we may just be too lazy to bother. Much easier to criticise the adventures of old and defend the explorations of others even when we do not agree with the policies or with the result.

As we grow up and display some of our ancestral tendencies ourselves we may feel quite vulnerable and helpless or we may be ambitious to do better. We may envy their courage or we may be jealous that we do not feel able to indulge. However we respond, one thing is clear, we have no desire to own the collective pain or to take responsibility for what is involved in its discharge.

Maybe if we feel we are being attacked, we attack and aggress others so that we can cause pain. We fool ourselves into thinking that we can divert ourselves from having to feel any more pain this way. Perhaps we actively condemn our relatives by shouting loud and long at any and all. If we do this enough we will be heard and others will take notice. No matter if we humiliate others or destroy them, just so long as no one has the time to point out our own inadequacies or to challenge our own insecurities.

If anyone has the courage to call a halt to our behaviour we get defensive and try to get others to defend us by doing the required work for us. Perhaps we act vulnerable in the hope that we can freeload and that they will do the work on our behalf. We abdicate responsibilities and blame others for past behaviour. We become critical and try to take the heat off ourselves by burning others. If we can do harm to something or hurt someone, we can justify maintaining our identity and remain secure in our suffering. This way we can also justify our actions which will bring us to the attention of others. If we do not feel interesting we will create interest any way we can on the premise that any attention is better than no attention at all.

Eventually we may come around to the idea that this policy is not working, nor do we want it to continue, so we begin to seek inspiration. There are many ways in which we can go about this. Perhaps we decide that we are no longer going to attack and condemn others and that we are not going to listen to the gossip of others. If other people are avoiding us perhaps they do not feel safe in the space we occupy. If this is so perhaps they find us critical and cruel. Are we uncaring in heart or just selfish? What to do? Shall we demand love and become time consuming and demanding? Do others really want us to suffer as they appear to adopt an 'I'm all right, shame about you' attitude? Or are we impossible to love, as we are just too time-consuming and demanding? We ask ourselves 'is it me rather than them'?

If others appear to want exclusive rights over us and wish to personally monopolise us, let them try. As they exhaust themselves we spend more time looking within ourselves and establishing our connections with the Heavens and with those on Earth who are patently serving others. As shown in diagram (b) at the beginning of this section, we decide at this point to obey our soul rather than to rebel, revolt or obstruct. Of course our soul may be somewhat suspicious initially and may ask us to demonstrate our forgiveness of our ancestors and our change of attitude!

*continued overleaf . . .*



During the waiting time we review our history and actualise it for what it is. At the same time we examine future possibilities which may or may not be realised. We can feel somewhat obtuse as we release our attachment to suffering and realise that as we do not know the required result in the way we thought we did, we must now ask to be led. We state we are willing to take instruction but feel somewhat inert. This is a de-motivation strategy that allows us to be re-directed towards a new location that awaits our input (diagram (c) at the beginning of this section).

We can feel inept but this is a constant reminder to be obedient towards the will of the Greater – we must understand this even if we do not know what it means at this stage. There is a danger here that we will slip backwards and have negative expectancy due to the pressure of cleaning up the old areas of activity and connecting to the new possibilities that we imagine await us.

Self-reflection on a willingness to move on.

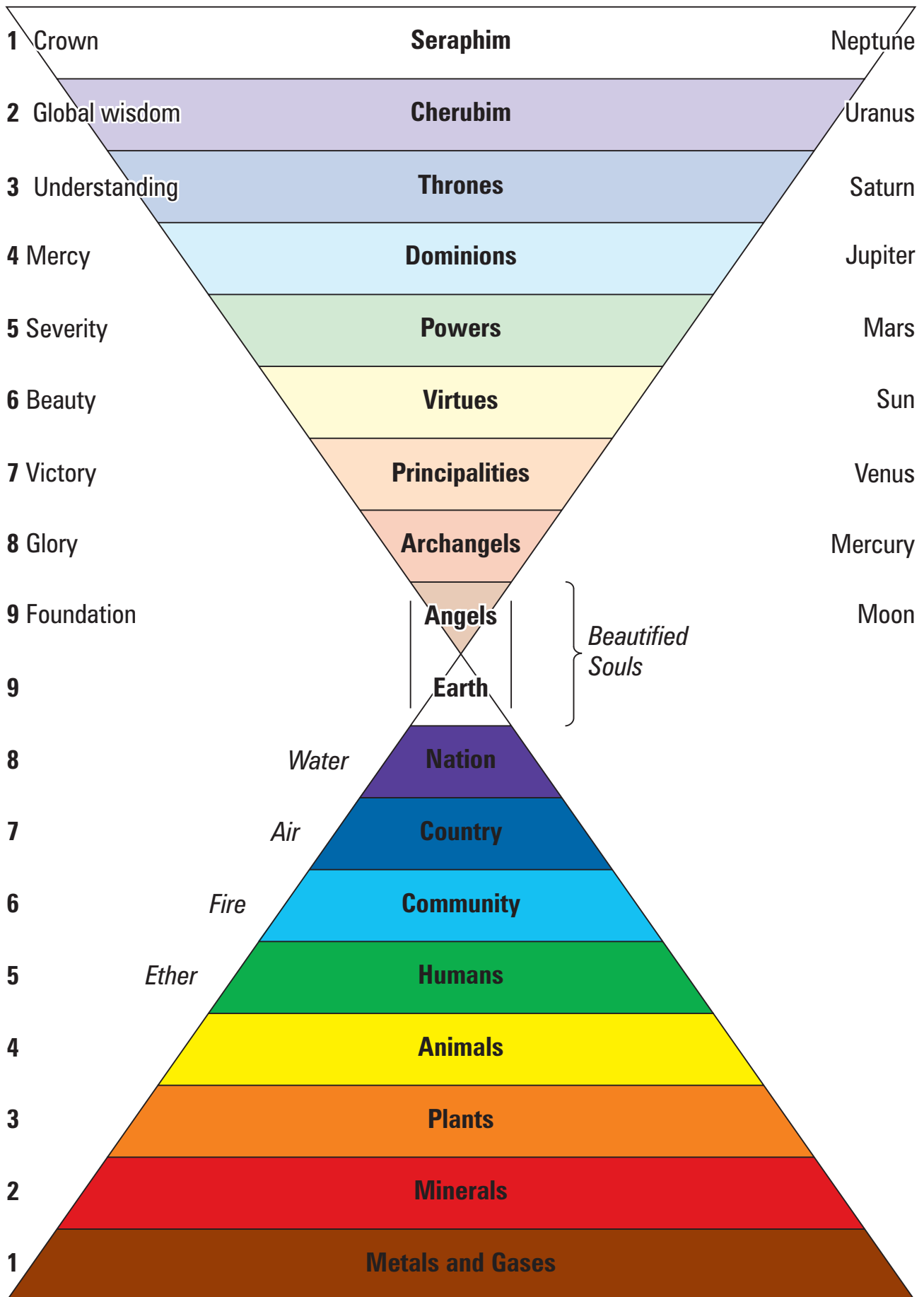
- i). Are you ready to express your willingness to let go of a need to rebel?
- ii). Will you trust yourself not to recreate revolutionary reactions?
- iii). Will you accept your soul is wiser and working in your best interests?
- iv). Are you ready to forgive your ancestors for their efforts?
- v). Are you forgiving of yourself for the time it has taken to process the past?
- vi). Are you realistic in what is possible as a next step?
- vii). Are you willing to be guided by your soul as you make amends for your past?
- viii). Will you gently follow up all clues as they present in your living experience?
- ix). Will you hold onto your belief in oneness and include all comers as kindly as you are able to?



## *Section 4*

# **The attributes**

# The ladder





#### 4 The attributes

It is essential that we are able to extricate ourselves from that which is no longer a part of our remit to deal with. We come to a time when we reach saturation point and need some real ease for our mind as well as for the body. We have to have time to recover from the assault and battery that has been a constant; care and consideration for the self rather than for others and a reversal, is now the order of the day. When we begin to feel inadequate to cope it means that we have been subjected to our maximum and the body is beginning to object, so the vehicle must be rested and allowed some time to recover. Only then can we reconnect to the spark that is our unique gift from the Heavens and administer it in joy upon the Earth. Time to observe and take pleasure in the achievements of all not just our own.

This is when old insecurities will reactivate prior to them being released. It is a difficult time for we will reconnect to the responsibilities, the feelings and the attitudes of how we used to cope rather than how we cope now. We must trust the process without a need to understand the mechanics of it; we only have to accept them.

Perhaps we will cry bitter tears, throw a tantrum and have a good moan, all of which can be triggered by something insignificant. Perhaps this can come via something we see on the television, read in the papers or a chance remark that is made by someone. At this stage we do not have to have therapy, be analysed or berate anyone, we just need to let go. Nature will help us providing we are being readied for the service of the Heavens and not self-indulging.

We can expect a change in attitude for we know nothing. Preconceptions, misconceptions and conditioning have been stripped away. We are as naked and new as the day we were born and need to trust in the day accepting that the hands at work are greater than our own could possibly be.

A bridge is being formed between the Heavens and the Earth. If we study the diagram at the beginning of this section we begin to understand that to climb higher we must connect to a deeper level within ourselves. We must be willing to serve the history of the Earth to begin to clear and cleanse it of shadows and darkness. We must work for the glory of all and not be competi-

tive but find complement and varying skills where they are, which we put to work in the interests of all. We learn to redistribute abundance and share what is needed so that no country needs to war with another – rather we can all learn to live in peace.

The virtue of finding beauty within communities is essential as we think globally and act locally so that all benefit. For how can we input into the lives of others if our own example lacks conviction? At times we will have to be severe as the human condition learns to love and give up the need to hate. This will require all to put themselves out on behalf of others. At other times we will need to be gentle and merciful to those who find situations so difficult they fight and/or run away rather than addressing issues that are painful or difficult.

We must learn to understand the fears of all and to alleviate them as best we can. Perhaps we can do this through augmenting the supplies of nutrients or medicines to those whose need is greatest, or by arranging and informing others and ourselves so that we all know when to retreat and spend a little time in nature to allow a balance to occur spontaneously. So we learn and earn our wisdom not through talking but through our deeds: how much to do and how much not to do when people are experiencing disappointment, disillusionment, grief and shock at the events occurring and the behaviour of some who are involved.

Our metal will be tested and under conditions that vary hugely, for only when we are stable and our limits are established can the Heavens trust us. We will have to develop flexibility and be content to be put to work in an area that is appropriate to our age, our stage of development and the skills we have acquired. If we are unwilling to be tested we are a risk to others and to the experience of others living on the Earth. The testing will include many discomforts, for example: climatic changes, extreme fatigue, environmental pressures and concerns, illness, hunger and so on.

*continued overleaf . . .*



Self-reflection on our limitations.

i). What do you know about yourself that you are unable to tackle anymore?

ii). Where do you want to be most at this time?

iii). Who do you feel uncomfortable to be around at this time?

iv). When do you feel enough is enough in relation to work?

v). When do you feel enough is enough in relation to your family?

vi). When do you feel enough is enough in relation to your friends or colleagues?

vii). Examine why you feel the boundaries you have been working within have changed?

viii). How would you advise another if they were experiencing a similar situation to the way you feel yours is developing?

ix). Now contemplate on your answers to the above and surrender them to your Soul as you ask the Spiritual realms and the Earth to show you how to proceed in gentleness and care for all.

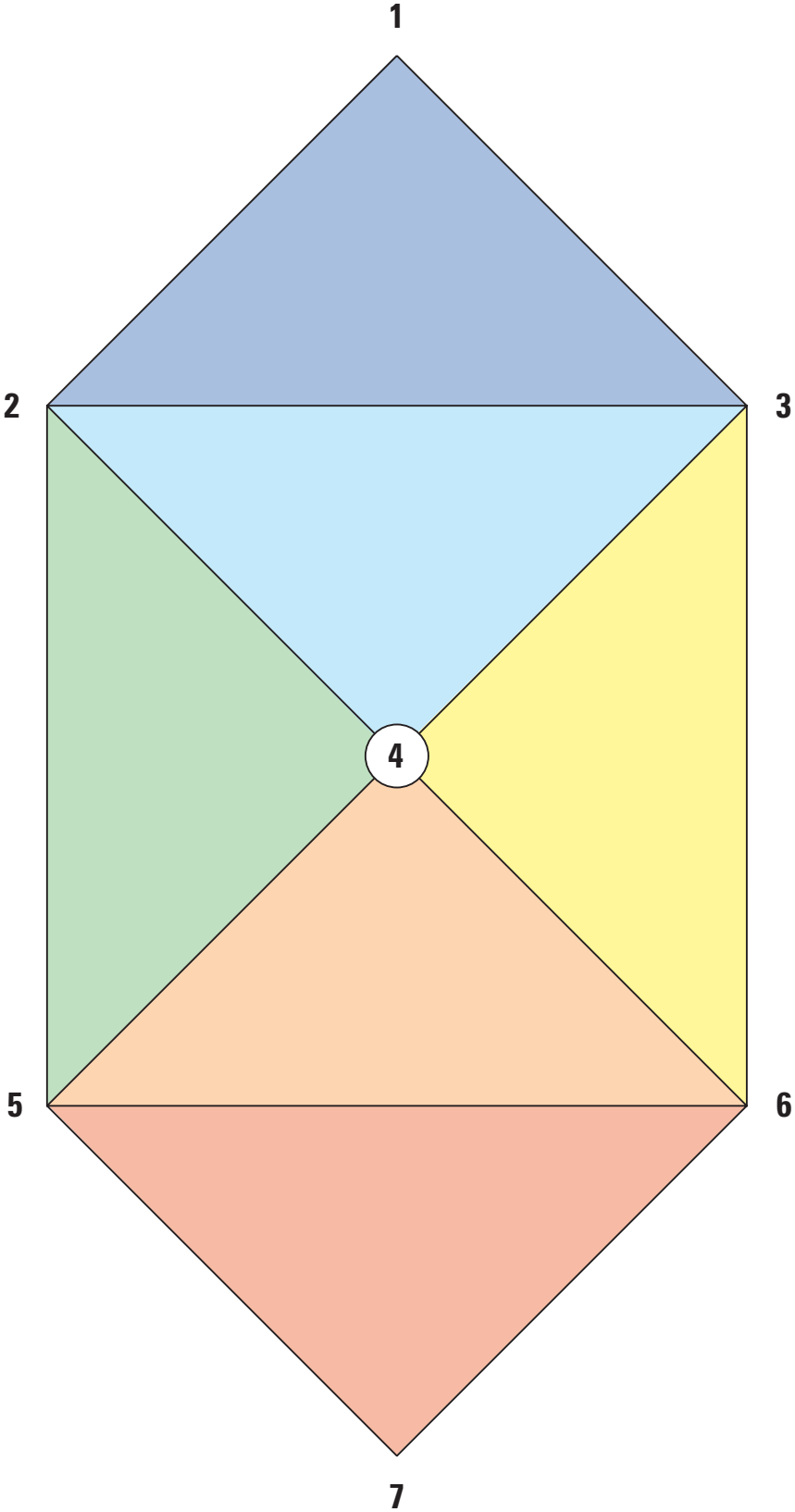


## *Section 5*

# **The follow through**

# Shifting sands

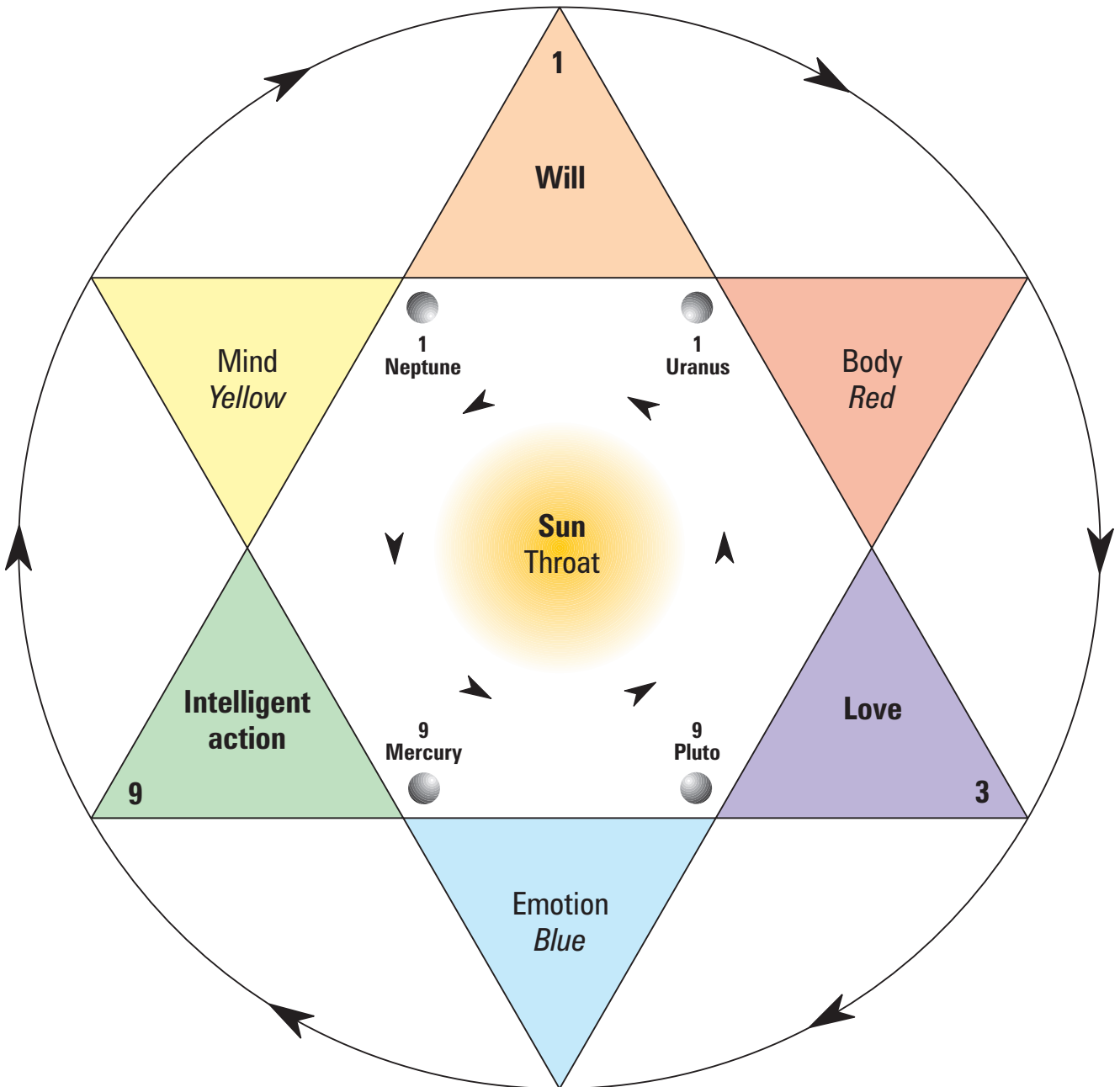
a)



# The stable beach

b)

**1** = Vulcan / Brown / Excretory  
Saturn / Indigo / Third eye



**9** =  
Jupiter / Green / Heart  
Venus / Solar plexus / Yellow

**3** =  
Moon / Crown / Violet  
Mars / Orange / Spleen / Throat  
Earth / Red / Base



## 5 The follow through

It is essential that we concentrate on the highest standards and ideals that we are capable of connecting to in service to ourselves and to all others. We state our wish to be of use on the Earth, to our Soul and to the Spiritual realms, to as comprehensive a level as is possible (number 1 on diagram (a) at the beginning of this section). Next we reflect on the living experiences to date as we anchor ourselves into life as we know it to be now, until we feel secure and nourished (number 7 on diagram (a)). Having done this we ask to receive that which is necessary for the good of all as we honour what we know as well as what we have already achieved historically. We revise and review the standards we wish to live by, and note the difficulties that we now feel wise enough to deal with (numbers 2, 3, 5 and 6 on diagram (a)). Next we centre ourselves and recognise that we must free the residual pain in the centre of our being to cleanse and clear the space.

Now we imagine a propulsive force within us that will jettison us free according to the requirements of the soul. We go within to observe in the silent space as we contemplate on the awakening of intuition that will move us from one space to another. We pray that we will be able to interpret the guidance as accurately as is possible as we imagine what may be asked of us.

It is important that we visualise the situation being a co-operation between mind, body, soul and spirit, which will bring joy and contentment to all. We begin to work to will the good into being as we create a thought form that collaborates with all that is required to be of benefit to the Heaven and the Earth. If our inner work is good enough we will begin to express the outer effects of the inner work into the external environment in the fullness of time.

To our surprise we find ourselves willing to be a part of a collective because we want to, rather than feeling we have to be, true for both inside the home and outside within the environment. This may require us to rebuild certain habits that we have developed to cleanse the part we have been playing, for now a different role is to take precedence over the last one we played. Only when we are faced with a new angle do we get a handle on that which is relevant to our development. For our being is a part of a Greater Being and it requires our full co-operation if the collective plan is

to be changed. All will need to be flexible to accommodate the changes required if we are to gain maximum effective use of the materials available. It is just like nature who plants, fertilises, harvests and recycles year after year, never wasting anything, but occasionally rearranging things to balance out the varying pressures.

To find our place within the changing fortunes and seasons we will need to be very quiet or we will not hear, for the instruction comes quietly and with no fuss (diagram (b) at the beginning of this section). If we reconnect to the wonder and the awe we begin to carry our own beauty whatever our age or external condition. We must be honourable to all others as well as to ourselves if we are to digest the past as well as being very open and willing to enjoy the new tastes to be introduced into all our lives.

If we have done our work diligently and are patient we will be touched by the hands of the Light Bearers and be joy-filled and inspired. Even if we are a little disorientated we will know no fear, only wonder and awe.

### Contemplation on The Gaiatri.

O Thou Who gives sustenance to the universe  
From whom all things proceed  
To whom all things return,  
Unveil to us the face of the true Spiritual Sun  
Hidden by a disc of golden Light  
That we may know the Truth  
And so our whole duty  
As we journey to Thy sacred feet.



## Relaxation technique

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

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

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

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

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

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

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

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

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

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



## **Consolidating your study experiences**

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

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

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

Focus on  
**Inspiration**

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