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Focus on  
**Intuition**

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## Focus on **Intuition**

### **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*

# **The body and natural laws**

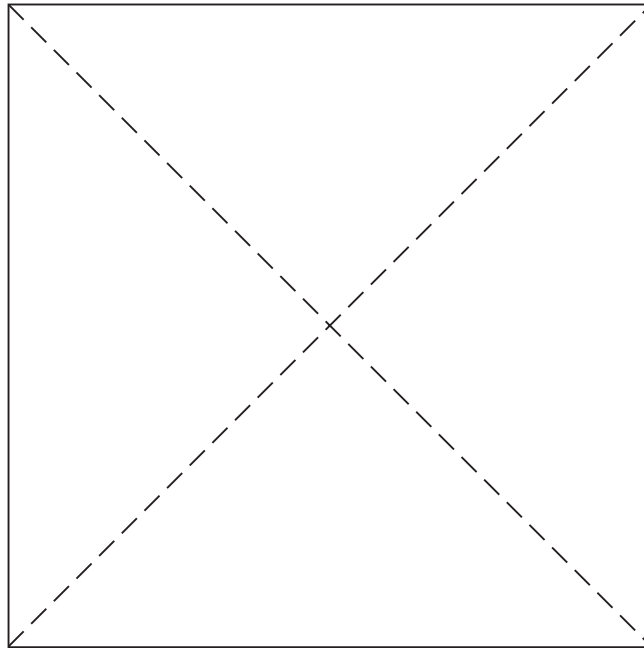
# The framework of operation

## **Loneliness**

Compulsive aloneness.  
No one wants to be with you.  
Aloofness – arrogance.

## **Parental abandonment**

Insecurity; inadequacies.  
Lack of self worth. Lack of, or  
excess of, self-involvement.



## **Vulnerability**

Through inability to do things for yourself.  
Superiority.

## **Rejection**

Dismissal; cruelty; criticism;  
judgement; deposition;  
jealousy; condescension.



## I The body and natural laws

The body naturally works within certain limitations. We cannot reverse the ageing process, nor can we prevent the gravitational pull southwards as our bodies start to be worn down. We can however minimise these effects by, for example, adapting our diets to suit our needs, overhauling our exercise regimes, balancing the effect of too little sleep and so on. The benefits of these kind of lifestyle changes are well researched and well documented, but we are inclined to forget that we need to constantly monitor and update any changes we make. What is the right balance one week will not necessarily be right the next week. Certainly we all abuse our well being, and we can get away with it for a while. But whether it is after weeks or even years, there will come a time when we must redress the balance. So if we don't take any rest for weeks or even years, when we reach saturation point, we will require more rest than what is considered average for us until we catch up. At this point, we must reassess our capacity and provided we work within it, we will be able to keep up a pace that may stagger others at the same age and stage as us.

Habits we have slipped into for years may no longer be appropriate for us or for those around us. So let's consider some of the issues around these changes, which may be less obvious. It may be that our family commitments have changed dramatically and all now need space to find their own feet and claim their own freedom, for example, in terms of housing, career, diet and exercise. Yet over the years, we may have become so used to making ourselves available for input whenever needed that it is not easy for us to let go and to recognise that all are claiming freedom in an updated manner. Things have changed, however within the limitations of our bodies we are a little slow in catching up with what has now become a reality. Time to claim our own freedom – yet how do we go about that without retracing our steps and going backwards? It may be that we are a little unwilling to move forward due to the possibility of old painful issues resurfacing and we wonder if we will slip back into that pain rather than release it.

Even our friends may not seem sympathetic to the changes we are going through if they are not growing at the same rate as we are. This is a similar situation to when we were at school and there were changes at the

end of the year such that most children moved up a class with the majority, some stayed in the same class, some were put down a class, others left the school and new ones came in. We adjusted then and yet now we find it so hard not to see friends even when we no longer have any interests in common with them. We therefore may end up spending time with them resenting every minute, wishing we were elsewhere, bored or weary or both, yet doggedly sitting it out, as we cannot think of any reason to escape. This is hardly a service, not to our friends, nor to us. So we need time to renew at this new level or to release (real ease) without judging or justifying either our friends or ourselves. Rather we need to recognise that things are no longer as they once were, but at the same time forgiving and wishing all well. As we move into a newer space more relevant to where we are now, we need to afford the same courtesy to all others. We work to build an atmosphere within us and around us that will support others and us equally even when we display vastly differing skills and abilities. All are equal in the eyes of the inner worlds, but in the outer world we all have a small but different contribution to make. If we can accept this, then we are able to support and encourage each other with each dealing with an aspect of the totality without having to compete for attention, or applause.

At the end of a project there needs to be a little rest and recovery before the next one starts so that we have the chance to catch up with ourselves for although the mind is quick and can catch on in an instant, the body is a little slower. There is no need for there to be a competition between the two. To enable the body to complement the mind there needs to be a peace-filled coexistence without resentment, impatience and the like from a mind that is disrespectful of the bodily need, or from a slothful body that is unwilling and unco-operative with the mind's desire to serve life. Until the body and mind unite in common purpose we are not free to move on again.

We create a framework in which we can re-examine old wounds and repeat patterns until the rough edges are knocked off, enabling us to flow without resistance in ourselves and without interfering in another person's process. In the previous diagram – 'The framework of operation' we can perhaps re-examine old issues and see where we are within them now rather than where we once were.



## *Section 2*

# **The sensitivities and psychic law**

# The five senses meet the elements

Spirit

Love

Light

Thought  
transmission

Telepathy

Clairvoyance

Realisation

Spiritual discernment

Sound

Smell

Taste

Touch

Sight

Feeling

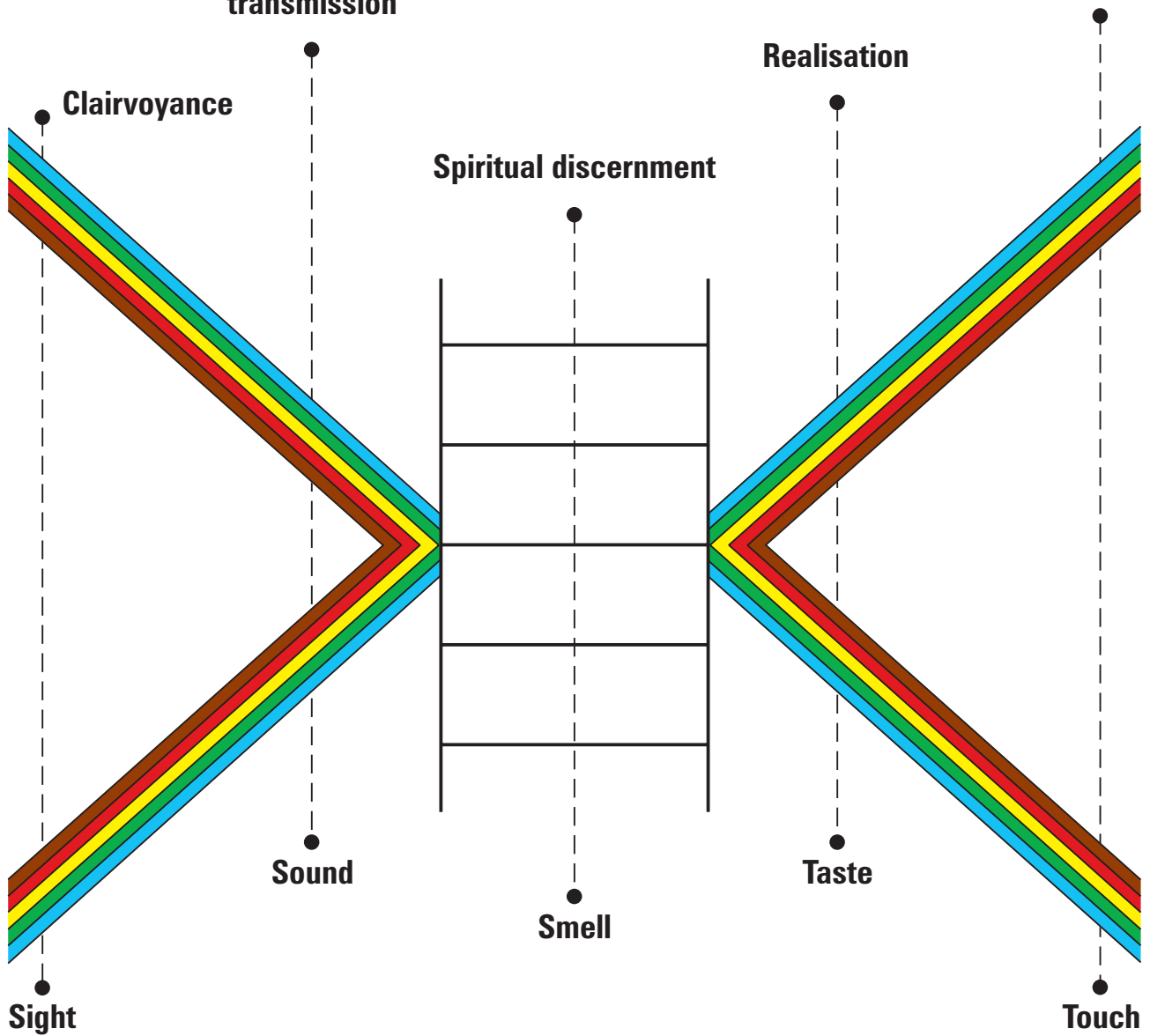
Intuition

Earth

Water

Air

Fire





## 2 The sensitivities and psychic law

Self-reflection exercise to examine the effect you have on others.

Consider the last person you sat next to – do you have the courage to ask them what effect you had upon them?

But also consider whether they have courage to answer you truthfully.

We experience the elements that go to make up our lives through our sensory awareness. This experience is converted rightly or wrongly into feelings, which may or may not be correctly interpreted. These feelings connect with our inner guidance (intuition) which gets nudged into action through the pressures of life. We can choose whether to appreciate this or to resent it, but it will happen, nonetheless. Just as children grow physically at different rates and at different times, so do we internally. We can work with it or work against it – this is our choice. One way is more enjoyable than the other. Which way we choose will depend on our conditioning and our willingness to start again and again as we refine our abilities and allow our higher senses to gain entrance to our body or not.

As the inner guidance becomes activated, some of the refinements that will be required are those of spiritual discernment, the capacity to make constructive choices relevant to us as well as to others within our current remit. Clear vision or clairvoyance will be required for us to be able to see what is the correct administration of the current reality, as well as the capacity to reorganise our own lives again and again without being too disruptive to those who surround us. A realisation of beliefs that no longer serve us will be needed as well as a recognition of where we acquired them from. We will also need to foster the ability to be grateful for these beliefs, as whether or not they were biased they held us safe for a time and allowed us to survive. We may not have been grateful for the authority imposed on us which led to these beliefs, but the administrator of this was in fact only someone doing their best. We have to consider whether we really want to punish them for that service.

We will also need the ability to hear ourselves

clearly and to be influenced by the hearing of others or not. It may be inconvenient if we are unable to do what we like, or if we have to confront another, but that is how we learn not to sacrifice others or martyr ourselves or vice versa. We learn by doing and if we need to renegotiate, however inconvenient we consider it to be, it is essential that we practise and improve our latent communication abilities. We will require the capacity to transmit thoughts that are constructive and to be influenced by others' constructive thoughts. We will need to build filters to take in and let out this material without harming others or hurting ourselves. Thought transmission is an accumulative state of being that is conveyed to or by others, whereas telepathy is a directed instruction, which we may or may not accept as a part of our remit. As we learn to be harmless to life we have the potential to become more telepathic. We may however interpret the information we receive incorrectly and we will have to risk trial by trust, as well as accepting that in the process we may uncover things from the past which may not have been as perfect as we might have liked.

*continued overleaf . . .*



Self-reflection questions to identify the important people in your life.

Answer the following questions as truthfully as you can:

Who in your life has:

- i). Really seen you to your core?
- ii). Really heard what you were trying to say beneath what you were talking about?
- iii). Made space for you even when they were busy and preoccupied with other things?
- iv). Had fun with you even when you felt circumstances were grim?
- v). Touched you deeply even if you felt awed, fearful and reactionary?

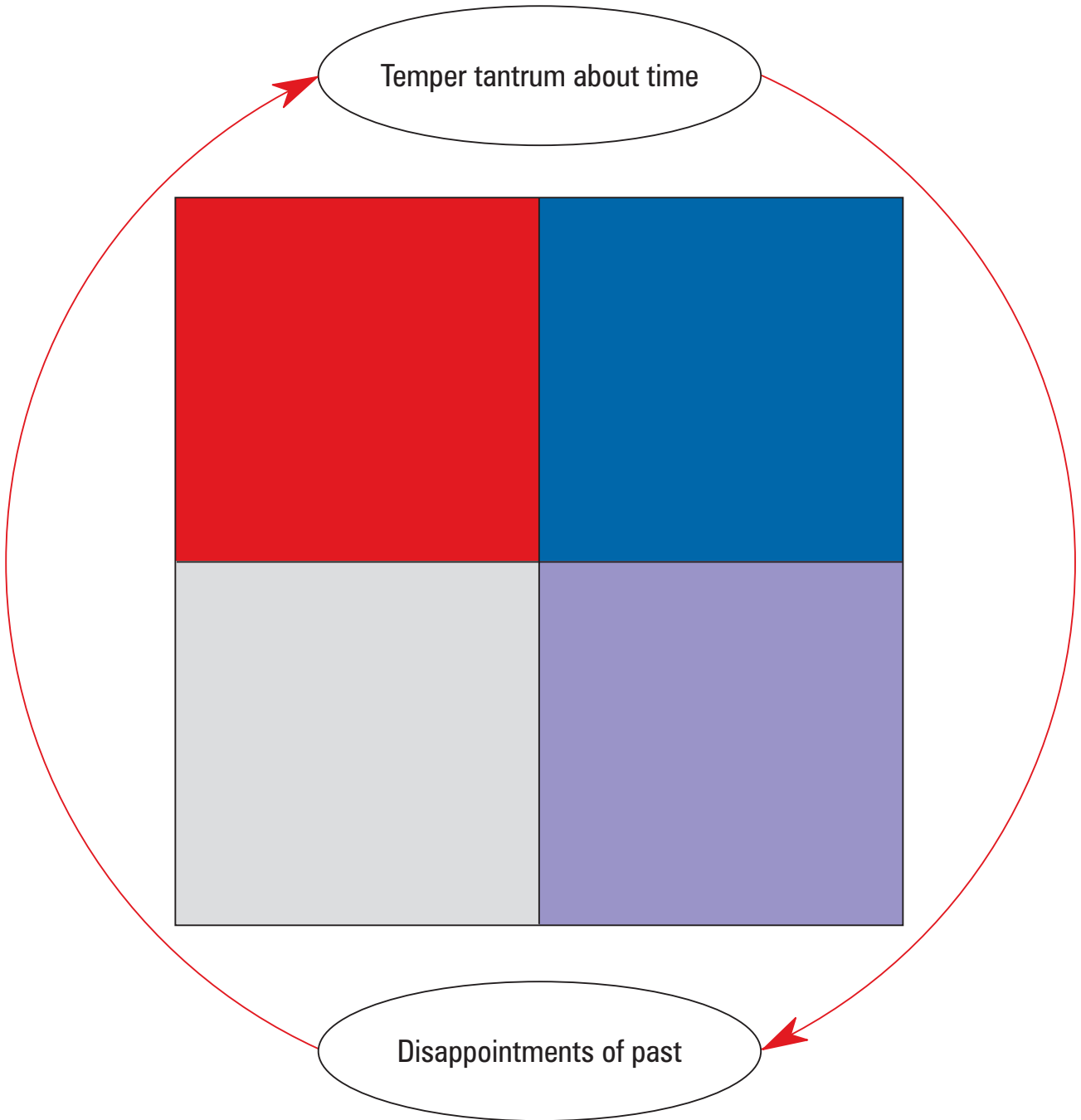
The above are the people who have guided you through sight, sound, smell, taste and touch respectively.



## *Section 3*

# **The emotions and karmic laws**

# Use it or lose it





### 3 The emotions and karmic laws

Although we have inherited feelings from our genetic lineage, and from our cultural environment, which is beyond our capacity to limit, we can choose how to deal with these feelings in a responsible manner. We can learn to investigate the feelings as they arise within us. We can research the possibilities for dealing with them, and we can trust ourselves to be able to responsibly discharge that which appears negative with minimum fuss, while positively integrating the relevant remainder into our daily life as best we can. We learn to be humble and that things do happen to us as well as to others, no more and no less but within differing presentations and in different sequences. We have a whole series of choices about how to be and once we have accepted and made these we can then become a more pleasant person to know if nothing else. We have a choice whether or not to: fight and injure; run away and ignore; continue to hate all; try to love in a genuine manner rather than as a tool of control or manipulation; be paralysed with fear; be so grieved at what we find we debilitate all; poison the minds of others or expel the past, bless it, and work towards a more conducive future.

Can we have the willingness to be well whatever the circumstances? If we are modest enough it will be possible to lead us towards the next step. Do we have the courage to make this leap in faith without insuring that all will be well, or being assured as to our safe passage? If we are attached to outcome we are still ambitious, so we will get in our own way competing with others and being envious, resentful, frustrated and jealous and we will never know contentment. We must practise again and again until we know beyond a shadow of a doubt that we are in the right place at the right time with the right people in the right circumstances, instead of feeling that we would rather be somewhere else. While we are in this space it is our intention to be as content as we can be and to enjoy the experience. We do not have to know why we are there or understand what we are doing there. At this stage, we just make contributions that come naturally, giving where possible – taking only the minimum we need. If we are used to getting our expectations met that may be a difficult concept to live by. Others may eventually feel enough frustration to point out our hidden agendas,

which are politically incorrect. This may make us feel hurt and impotent, all of which is very tiring. Yet out of chaos comes a new order of events as we work through the confusion of so much material, and as the options close, we find our new direction.

What about if we are working within a group format rather than as an individual? If this is the case, we will have to deal with group imbalances in feelings. What hurts us may not be of any significance to another, whereas what hurts another may seem irrelevant to us. If we are going to be harmless then we must back the slowest member of the group surrounding us including the more vulnerable such as the elderly, the young, the sick, the lonely, the more isolated and so on. This buys the time for any extraneous influences to be discharged without harming those whose capacity is different from our own. And who knows, maybe it is a two way street and actually the slowest members of the group are waiting for us. We must not persecute or bully another just because we told them something and we are trying to enforce it. A personal demonstration and patience is the best way to move things forward even if we put ourselves at risk, at least we do not victimise another in the process.

If we have got so used to taking the lead, we may be so fearful that others will ill treat or enslave us, that we insist on wielding power, becoming a dictator and tyrannising all who surround us. Others then input through duress because they are too scared to do anything else, whereas we could be encouraging them to input because they want to. Perhaps we lay a guilt trip and constantly point out how much we have sacrificed and what we now expect in return for the rest of our lives as payment. Or maybe we act the martyr for a cause, which we have never taken the trouble to quantify and work through in relation to our own basic beliefs. We thereby find ourselves becoming fanatical and possessive over something we do not fully understand, and potentially harm others in the process.

# Dictatorship

Persecuting.  
Bullying.

Full of power complex.  
Imposing.  
Self sabotage.



Fanatic jealousy.  
Laying guilt trips.  
Cruelty / selfishness.

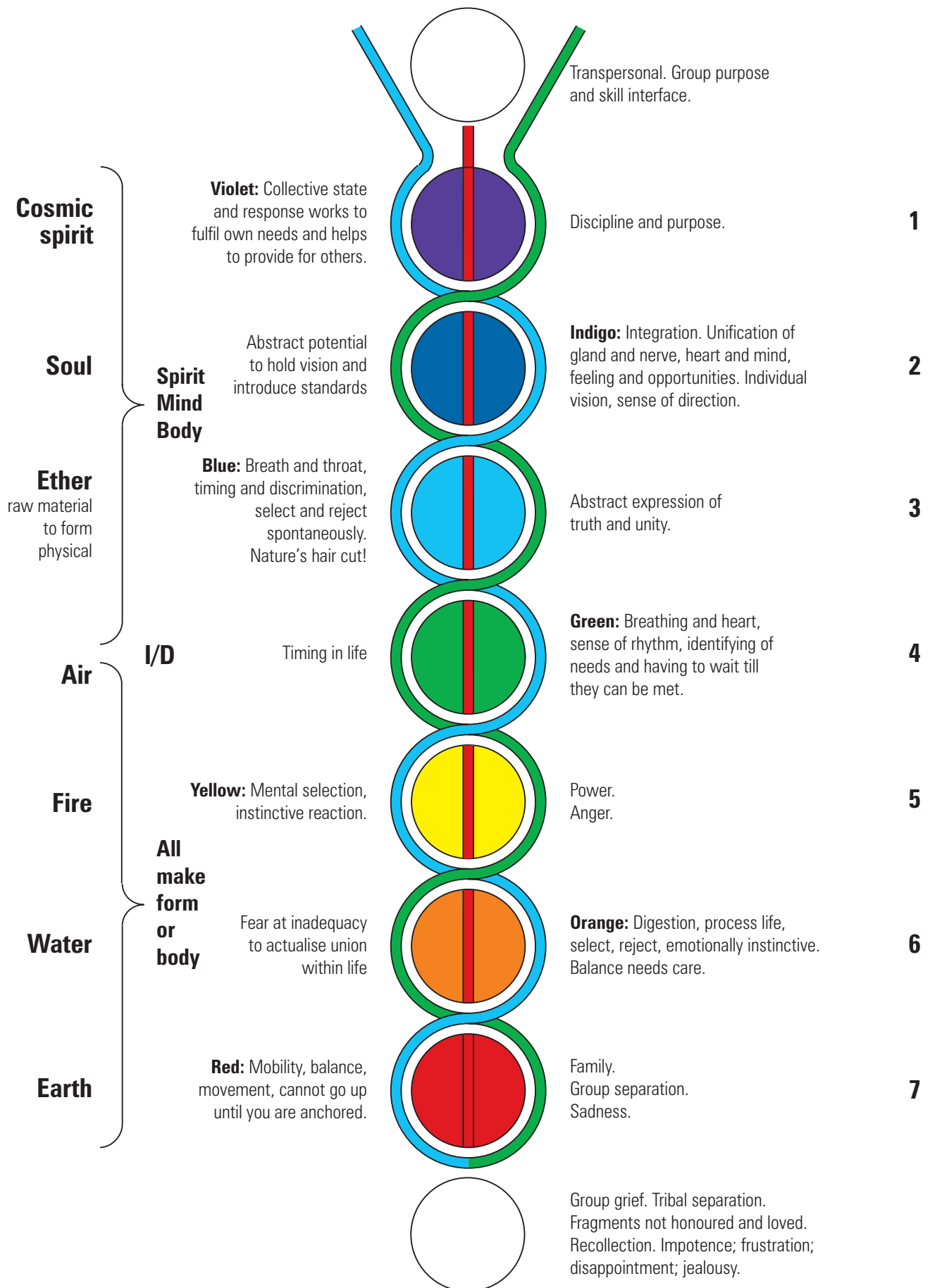
Sacrificing others to  
gain way.  
Freeloading.



## *Section 4*

# **The mind as the co-ordinator**

# The holistic picture





#### 4 The mind as the co-ordinator

The mind requires a daunting level of organisation to restructure. Careful administration from both the invisible realms as well as from the Earth life experience is needed to enable a united interface to occur. Given time, the environment will allow us to purify any air that is not circulating as it should and eliminate any gaseous toxic material. This process enables us to gain the strength to be tempered like steel in fire. Too much and the iron is not workable, too little and there is no forging. So the balance is crucial and we have no choice but to go with the flow. If we resist, we find ourselves swept along in spite of ourselves. If we move too quickly we find ourselves in front of a tidal wave, so we have to create a foundation that will withstand weather in all its extremes.

This time management gives us a basic training that allows us to recollect group grief from history, and begin to heal issues of separation. We cannot avoid this if we are to evolve but we can learn to manage it better. As time progresses, the fragments are honoured and their fit into the total picture is eased. We recollect just enough to cope with so that we do not feel impotent nor cause others to feel judged or disappointed. This can be frustrating, for possibly, we have only just achieved a point of balance, only to find we have lost it again. To retain mobility we must be anchored and be able to have the time to digest what is past, instinctively rejecting the old and selecting the new until we move past fear and reunite all aspects.

These changes of rhythm will require new levels of expansion and contraction so we will need to keep our wits about us and adapt accordingly. This is all common sense if we co-operate with the inevitable changes, which are beyond our understanding. Common sense is however not so common when we resist – as we do not recall having made a conscious choice to change or be changed.

It is essential that we update our truth, for what was once true may not be true any longer. So we need to detach, discriminate, discern and discuss our point of view with others who will act as sympathetic sounding boards while we find out for ourselves. We can do this with perhaps a really good counsellor, an empathetic friend or a respected colleague – anyone who will not tell us where we are at, but will let us find out. It is

essential that we integrate the old and the new, the soul and the spirit, the heart and the mind as well as allowing the information to pass through the body and giving all the body systems time to update. This abstract potential to progress will require us to hold the vision of the ideal as well as to introduce a realistic, achievable standard to work towards it.

Our individual purpose will be worked out within a collective state so the way we respond will affect others and ourselves and the needs of all must be considered. This requires discipline otherwise we see anarchy and disorder running rampant. It also requires excellent negotiation skills while we work to interface our skills with the skills of others that are needed to achieve an objective. So we will have to communicate well with others without giving or taking offence, and without hiding our light under a bushel or negating their light. How brightly all shine depends on how quickly we are able to proceed.



## *Section 5*

# **Consciousness as the developer**

## Distress in conversion becoming motivational stress

Sense	Physical	Emotional	Mental
Touch	Feeling in body	Reflections from others	Education <small>Realisation</small>
Taste	Digestion of food	Other people's scandals	Possible theories available <small>Spiritual detachment</small>
Smell	Extremes (opposites)	Atmospheres	Discernment <small>Telepathy</small>
Hearing	Noises	Vibrations	Wisdom <small>Thought transmission</small>
Sight	Environment	Responses	Limitations <small>Clairvoyance</small>
6th collective composite	Sorting of composite	Choice <i>Positive</i> <i>Negative</i>	Freedom Containment <small>Love</small>
7th	Discipline	Balance	Harmonic <small>Light</small>



## 5 Consciousness as the developer

To update our truth as it is now rather than how it once was brings new understanding as well as personal empowerment. To undertake this discussion internally is somewhat daunting, but that is only half the work. Once the internal work is done we must represent this information to others in a manner that they can understand. We will have to be willing to discriminate as we examine the documented information in areas that are of interest to us. Once we know how the new direction makes us feel and how well it works, then we can work with a light touch, a touch that others find acceptable so that they will be more willing to influence and be influenced. The balance of these factors educates us to take the next step. As we begin to realise what is involved we get a taste for the project and will find ourselves excited by it even if it daunts us.

If we have been in our own scandals or affected by other people's, it may be somewhat unpalatable at first and we will need to take time to avoid getting indigestion. As we wait patiently, we examine all possible theories available and we begin to create an atmosphere that moves between extremes. We may feel we are being catapulted between opposites. This may act on us in a similar way to a bad smell, but if we are discriminating and discerning, behind the bad comes the good. As the opposites unite we weed out that which is no longer of interest to us and connect to that which is. This may require us to work as if we were a part of a football league table where we wait to find out in which division we have been placed. Is it up? Is it down? Or have we been sold to a new bidder? Did we understand correctly or have we misinterpreted the input?

We pick up vibrations beyond sound and often we will need to be very quiet at these times. Or perhaps we change our taste in music to connect to an updated subtle vibration. If we have gained a level of wisdom then we will be receptive to innuendo as well as to what is said. It is as if we hear the thought(s) someone is transmitting as well as the more obvious words. This is sometimes referred to as silent language and we must be proficient in converting silent communication into more conventional abilities of speaking and hearing. If silent and spoken languages are as one we will be influential with all comers but it will bring new challenges.

Our intentions must be pure, we must set our sights on being helpful and not on self-gratification. We must contribute to the environment and not deplete it. We must learn to be responsible and responsive to all and to work within certain limitations and move beyond others. So our vision must be clear and we must have proved ourselves to be harmless before opportunities will present.

It is said that negative experience proves to enable positive growth. Positive experience too easily becomes negative in our complacency so we have to combine the light and the dark, the old and the new, the active and the passive, the doing of, and the being in a project, as we work out what is possible right now. While it is ours we hold on tightly and we love without smothering; when it is no longer ours, we let go lightly and never try to contain. We love for the sake of loving, we light for the sake of lighting, we free for the sake of freeing, we trust for the sake of trusting and we accept for the sake of being a part of a solution rather than adding to an old problem. We are disciplined and we continue with that discipline until we find a point of balance where we are able to harmonise with what goes on.

Only when we have done our intellectual homework will things begin to reveal themselves and the unexpected will enter in as we take a quantum leap forward.

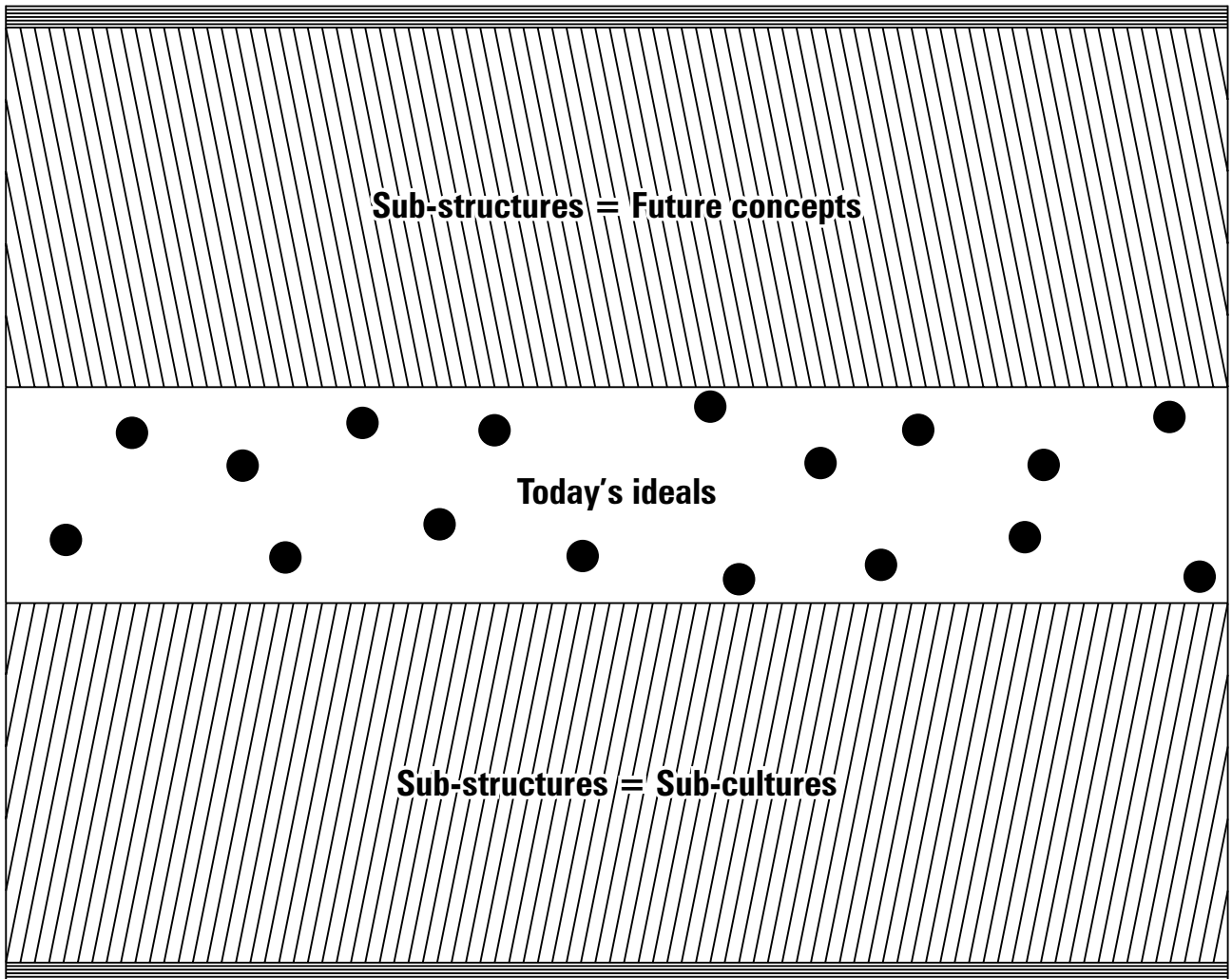


## *Section 6*

# **Spiritual law – the design of the future**

# Deepening awareness

Potential tomorrow



Unresolved past = Areas of inertia

● = Sympathetics = Pressure of motivation



## 6 Spiritual law – the design of the future

Group orientation and collective responsibilities unify whereas domination or imposition fragments. So old communications become a base line established by national lineage and will vary from country to country according to cultural traditions – be it a passion for a type of sound, architecture, jeans, videos or whatever. As the deep subconscious and the karmic (the template of the life path) memory surface they need to be dealt with. It is inevitable that within growth we enter into imbalance, which can become the moving balance and give a potential for new growth. If I own my money, I cannot use it. If I become freer it will flow and if used with the intention of service in the collective interest, it will in turn free a group to move onward again improving a community, one that we may or may not be part of. When there is a change in one area there is a compensation in another and the process moves on towards saturation. If selected information is released to a community then before we know it, it is universally acceptable. When we have handled the private initiation of ourselves as individuals we move on towards more public areas of service.

Evolution is a living memory in every life form. History is ever present and only needs accessing through interest or through exposure. Different aspects are more emphasised, as they become more familiar and more pleasant than hostile. We walk the same paths in different disguises, in part to learn to serve others and in part to learn greater understanding ourselves.

Each root race is a unique inflow of expression and organisation, a part of the make-up within the physiology of humankind. Each spiritual exposure works to transform the energy of one race into a more global movement so that today we have many root races as a part of every nation. It will be a historic moment when the world can return to health as one body. The spiritual path works within different races to unify and awaken the potential. We belong in different combinations to this awakening process, each according to their ability to integrate at home and abroad. Humanity can respond with collective care to maximise opportunities through sharing by redistributing wealth and skills. This can make for example holistic therapy, education, law,

scientific input, agriculture, art and so on available for all, each spontaneously appreciating the complementation of other countries. Progress occurs within the mind. Progress is challenged where attitudes are resistant to the change. Life itself is an experience of pressure and free will is the greatest challenge.

Self-reflection questions on how well you respond to change and challenge.

- i). Do you habitually respond well to challenge or do you resent being put to the trouble?
- ii). Are you stimulated by challenge or would you rather be left alone to be a couch potato?
- iii). Once involved in change do you try to take over?
- iv). When others challenge you, do you get possessive?
- v). Do you try to monopolise rather than welcome others' suggestions?

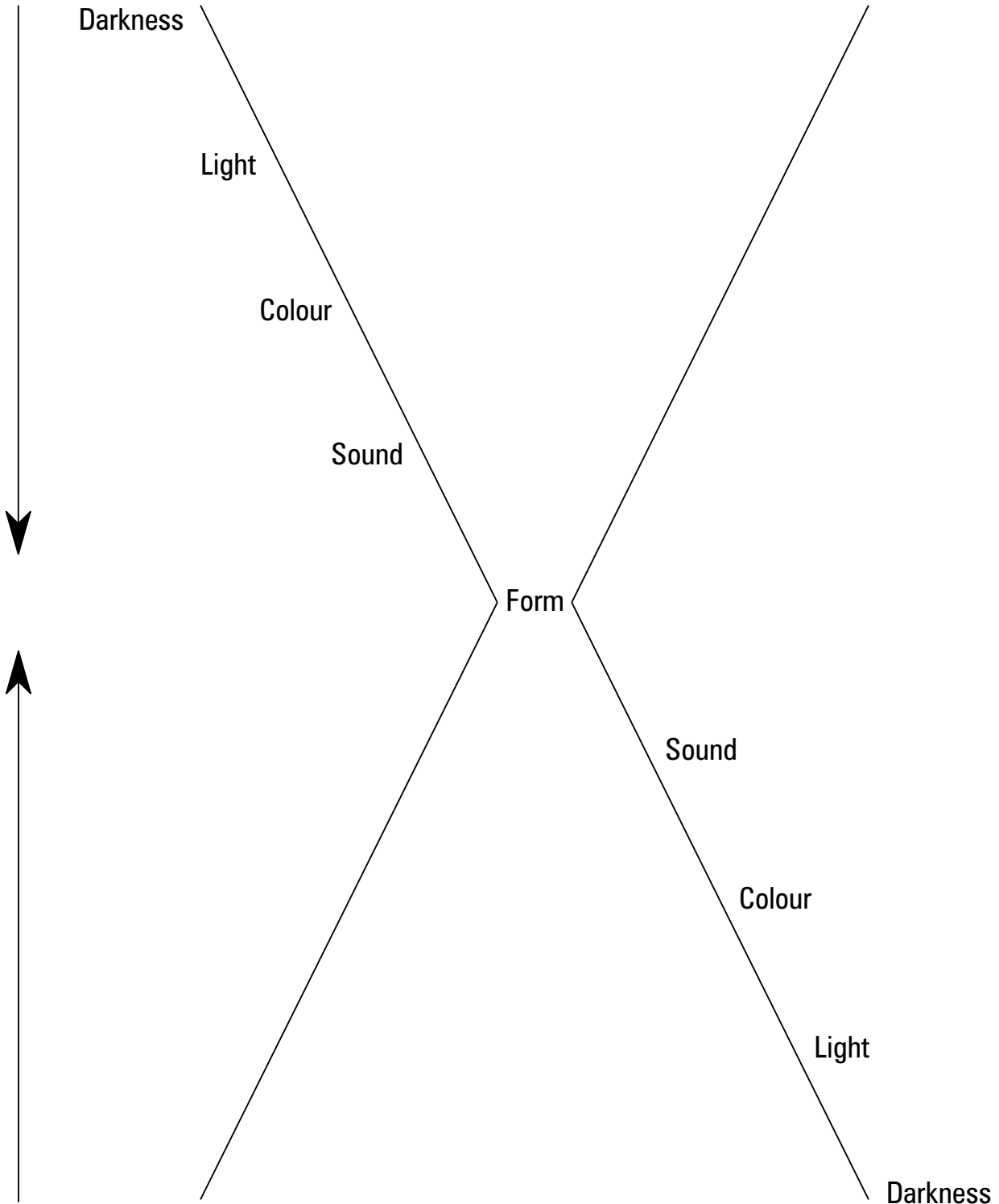


## *Section 7*

**Every purpose is served and  
revealed through the experience  
within the life events**

# Moving on

**The abstract concept is conveyed as an idea  
but often fashioned by our projected ideal**



**As we grow towards a deeper level of historical ignorance  
we acknowledge imperfections in others and within ourselves**



## **7 Every purpose is served and revealed through the experience within the life events**

Being inconvenienced allows us to grow. We have to guard against exploding into an arena and disrupting that which is good and true so we move slowly. Development that is too fast for the emotions or the mental state over extends and causes potentially self-destructive implosion. If we work within the silence, internally we can receive thoughts sent to us by our teacher, our soul, and our guardian angels. The sound of silence holds form together, whereas another sound can destroy form. For example, an opera singer who can break a glass through the purity of the sound of their voice.

By listening to the silent language of inner guidance or intuition, we learn to be obedient to instructions received in the inner space of meditation. However, we action them so slowly and so gently that the timing is right and the change is so easy we wonder why we anticipated it would be difficult, for all moves as if on oiled wheels. As we put our project into action, we accurately report the findings of our endeavours as we ask to have our instructions repeated, updated or clarified. This is active prayer. Our character and our personality will have to be humble and modest as we contemplate what is possible as a next step, so that we do not hurt or harm another nor get in the way of others, who like us are following their instruction. We are not having a competition as to who is the best or who should reach the winning line first. There is no winning and no losing just a willingness to serve where we are most helpful right now.

We begin to realise that all are experiencing what they need to and to over protect is a dis-service as in our over care we get in the way. It is a fine balance between giving a helping hand where it is needed and not interfering. Non-attachment is not unloving, rather it is a gift where we support and encourage other people's choices as well as our own. We do not disagree if another makes a choice we think is unwise; we celebrate their learning. There are no short cuts. Our job is to reflect their choices and leave them free to make them, for we do not even know what is right for ourselves let alone for another, however much we care for them or them for us. It does not matter if they are

close friends or relatives, we must learn to stand aside and let others learn for themselves as we are learning for ourselves.

By developing this skill of enabling others through loving non-attachment we gift all with real knowledge. By facilitating an inner learning process within someone else instead of making them learn a lesson mechanically, the knowledge will become a part of the fabric of their being. It is too easy to inflict and dictate learning, which results in others paying lip service to appear to conform just to shut us up, but in reality they have not learnt anything. Take the example of a child learning to iron, they fumble away, leave creases or burn our best shirt or their own. We grit our teeth and try not to grab the iron, berate them as clumsy or make them so insecure that they feel inadequate and give up trying. We have all had these experiences and have been instrumental in handing them out. But we are all doing our best and can be forgiven. However we can only be freed once we fully take and own responsibility for ourselves.

*continued overleaf . . .*



Self reflection questions to help yourself move on.

- i). Are you ready to let go of criticising yourself and others?
- ii). Are you ready to let go of judging yourself and others?
- iii). Are you ready to let go of blaming yourself and others?
- iv). Are you ready to let go of your rigid attitudes?
- v). Are you ready to let go of old pain and confusion?
- vi). Can you release your hold on material needs?
- vii). Can you release your old fears, doubts and negative expectancy?
- viii). Can you release your hold on the people you love and free them and yourself?
- ix). Are you willing to be emptied?

If we are totally empty and totally free we can ask the Heaven and the Earth to refill us; as nature abhors a vacuum and the Heavens know our purpose we will move on.

Enjoy.



## 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  
**Intuition**

Written by: Judy Fraser

Illustrations and typesetting: David Newberry

Edited by: Lorna Rapoport

Web site design: Juliet Webber at Parallel Design