



second a10

Focus on
Laying a New Foundation

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Focus on **Laying a New Foundation**

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.



Introduction

The main theme of this module as well as the modules *Focus on Co-operation* and *Focus on Releasing History*, is the rhythm of that we respond to held within the Earth. Sound and rhythm anchor the spiritual instruction into the Earth whereas colour and shape are the symbolic language of the invisible World. The Heaven supplies the standard, whereas the Earth shows us the discipline of how to apply that standard. For each section we recommend listening to a particular piece of music as well as working on the text. Details about all the pieces of music recommended in this module can be obtained via the Resources section on the Second Aid web site. If you are unable to get hold of any of these, replace the recommend piece of music with one that holds special meaning for you instead.



Section I

Repatterning

Message	Reaction	Development area	Stage of motivation
<i>Be perfect</i>	Shock	Planetary ingredients	Potential Experimental Start Birth
<i>Be strong</i>	Denial	Mineral	Physical Infancy Experiment <i>Sex</i>
<i>Please me</i>	Fear	Plant	Emotional Childhood Investigation <i>Drugs Drink</i>
<i>Try hard</i>	Anger Frustration	Animal	Mental Adolescence Courage <i>Education Delinquency</i>
<i>Hurry up</i>	Bargaining	Human	Composite Adult Responsibility <i>Law Penal system Gambling</i>
<i>Disorientation</i>	Confusion	I/D Soul added	Harmonic Commitment Persistence <i>Service</i>
<i>Balance</i>	Positive contribution	Spirit	Relationships Group potential Original creativity

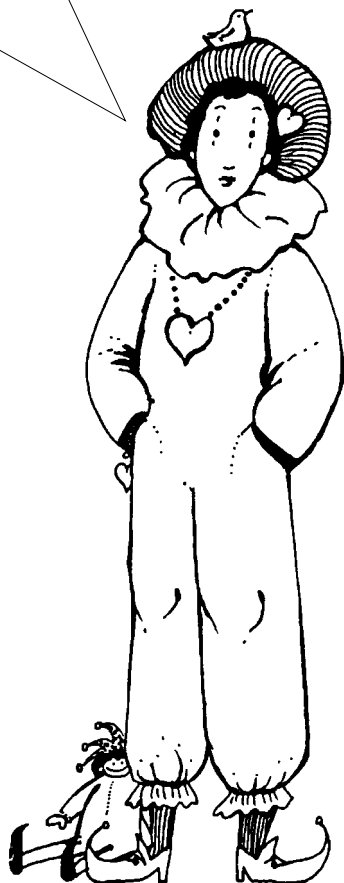
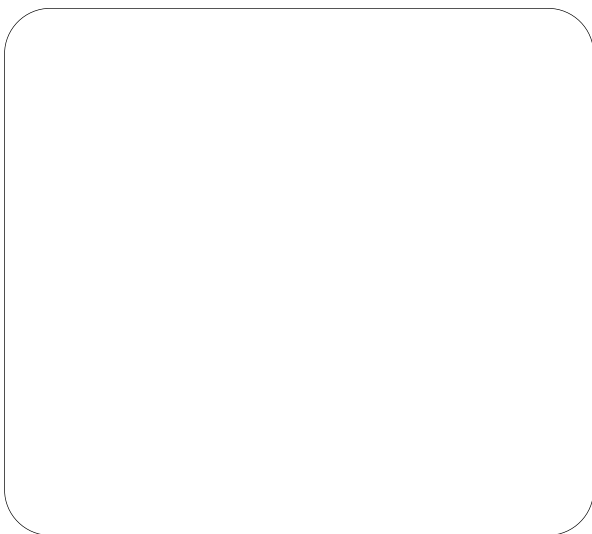
New cycle – higher octave



I Repatterning

Self-reflection exercise: Advice from a clown.

Colour in the shapes in the drawing below. In the bubble next to the clown, write down the advice you would give yourself.



As we move into a higher vibration we need to be aware of how we respond in each stage of our growth. To experience a situation that we want to be perfect and is not, is to receive a shock as we try to reconcile the discrepancy. If our own birth was a difficult or unnatural event surrounded by atmospheric pressures and negative attitudes, then it is not going to be easy to free ourselves to experience in a different way. Not better or worse, just different.

So we try to be strong or create a skeletal structure that can withstand negative challenge. Each time we receive a blow we may reinforce old patterns instead of creating the possibility of complementing rather than competing with others. To do this we will need to learn to interact; or to give and take without expectation of return. Just as in other circumstances or in other times the situation has been reversed and may well be again. This is beginning to work with illusion and disillusion and helps us to find out where our boundaries are now.

These times are not easy for anyone, for all our old fears re-emerge as well as new ones and we look for others who can take the blame when things are not to our liking. We try as hard as we can to cope with anger, resentment and frustration, which occurs in our daily lives. Sometimes we try to fight the systems and sometimes we try to ignore them and this is what sets the boundary of information available to us at this time.

To go beyond this and not to slip back takes enormous courage for this is the time that we release all that has gone before. We no longer blame others and we make a commitment to find out for ourselves. We set out to create a world for ourselves filled with experiences that we choose to undergo, in the conviction that this is a new combination that has not been tried before. The essence of the past is all we take on this journey as we release the effluent. We begin to take responsibility for our lives and how we live it. So we need to know the difference between what is allowable and what is not, for ourselves, rather than being told by others.

As we move on cautiously we will be drawn to an area in which we can serve our fellows and yet we feel confused and dis-orientated for we are not clear what is happening. It is as if we are viewing life in a mirror that is not yet clean.

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If we are able to find our balance and move forward slowly we can let the intuitive work with and complement the sequential, linear activities. Then we are able to find our place and if we can accept it we make a contribution that is valuable to everything that surrounds us – inside and outside ourselves. Much to our surprise we find ourselves in a position that is re-creation at its most beautiful. Now we are in a position to choose how we wish to proceed and what standards we want to work to – and the cycle completes itself.

This means that we are going to have to really work with ourselves. We are going to have to recognise we know at a spiritual level things are perfect and we want to bring that spiritual level to Earth. But we can't because the Earth is toxic and unless we can accept that toxicity unreservedly, we may never recover from the shock of entry onto the planet. Therefore we may never be able to make use of the ingredients that are on the planet.

The first time we meet this experience is when we were born. We said OK, what are we going to do? How can we use our soul force in our body? Everything is spiritual but we may have forgotten that, we may never have recovered from the shock, so we may never accept the Earth in its density as a spiritual place. In the same way we may never have accepted that our body in its density is a spiritual place to be.

If we haven't managed that, then maybe we tried to get through on strength alone and every time we did so and weren't able to then we may have classified ourselves as wimps. In childhood if in our physical experimentation, we broke legs, arms, and did lots and lots of damage to our physical bodies then the mineral component parts of our body, which are the bones, may have said well actually we're not strong at all. If we haven't handled that shock in childhood, the discrepancy between the absolute strength and the partial strength that we experience on the Earth may show up in difficulties in our sex life later on. If we have resolved the discrepancies to date then we will get along OK in our sex life. We are talking about the shock to this spiritual being who has been advised by the angels, counsellors, guardians and guides, on how to manage on Earth. We say, 'yes we can cope no problem'; but when we get here we have forgotten the instruction, we feel abandoned. If that's been reinforced through the experiences in our life, then we deny our own self-worth. If

we haven't been fed well and the reserve that we need to draw upon within the mineral and vitamin component parts of our body haven't been there, then it may show up as difficulty with relationships. If we get through that one then we may wait to use the 'OK God I've tried pleasing you and I've got this far but now I'm a bit fed up and I'd like you to please me.' Our reaction to that may be one of fear that we may get struck down or struck off the planet or rejected or abandoned.

The plant kingdom help tremendously with the handling of stored fear within our body that is held in the glandular system. The glandular system may say 'its OK if I can blame someone else but if I have to take responsibility for myself, I can't blame my parents, or my teachers any more and I don't know if I am ready to take responsibility for myself. If I have to take responsibility for myself I need a little bit of Dutch courage. So I might take a drink, I might abuse solvents, because as I take one I want to take more, one isn't enough, I really want a short cut. I want to give myself just enough courage to break through'. Meditation is the slow way, solvents might be the quick way and unfortunately some people try the short cut, get hooked and become abusers. It is interesting to note that half of the people in solvent abuse clinics seem to be looking for a short cut to spirituality, the other half are just enjoying the process!

If you move through that we get on to 'I'd better try hard because everyone always tells me I should' parents, teachers, and so on. Our reaction to that is anger, frustration and resentment. 'Why should I? It's not fair. I can see other people free-loading their way through life and I'm suffering.' This is all to do with animal instinct, our ability to get on with others, our peers, our brothers and sisters. It links to courage because we will have gone through the education approach, one way or another and now find that it was not enough.

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At a certain point we either get so frustrated we become delinquents or we say, 'the education I have had is just not enough, I need more. I have been patient but I don't have the equipment I need to face life.' This is a very, very crucial area because it is the mid-point: there are three vibrations above it and three below it. We may go back through the known or we may move forward and learn more. Either way is OK, the ideal being to embrace both.

If we get through that one, then we may try to negotiate with the invisible world because we are in a hurry. We are getting tired now, we are not sure we can keep it up, and we are not sure we were right to trust it in the first place. We start to bargain for better pay, longer holidays, better conditions, etc! This is us trying to make a composite, trying to take responsibility for everything that's gone before, but being a bit frightened of the backwash. We find people who are trying to work through this area in the legal professions, penal systems and gambling dens – because we are gambling with life and it will show up with that kind of a propensity. We may have had difficulty the first time we met this challenge which is when we became an adult and had to take responsibility for the way we express ourselves at all levels.

The next stage is disorientation, when we are totally confused. We can't actually remember why we are making this effort or what we are doing it for anyway! We feel tired, we feel it is necessary to be creative and serve others but we can't remember why. This is because we are getting ready to finish one chapter and start another, in the same book, and the invisible world are actively inputting. We know that it matters and we know that we are involved in humanitarian service. We know we are committed as spiritual beings, but we can't quite remember how, what for or why. We find these people in service – such as doctors and dentists and as life is cyclic we all go through all stages but we are attracted to work in areas we have had difficulty to get beyond before. If we get beyond this, we get into balance and start to be useful and make a contribution because now we can be worked with directly from the spiritual levels. We have got through our own relationship problems well enough to be original and can now work without upsetting the groups we are working within. We then start all over again, but with more active responsibilities within the subtle realms as well as within the dense.

The messages on the left-hand side of the diagram at the beginning of this section – be perfect, be strong, please me, try hard, hurry up, disorientation, balance, are what as known as 'Self drivers' in Transactional Analysis. The reactions: shock, denial, fear, anger/frustration, bargaining, confusion, positive contribution, are the emotions we go through in the cycle of grief. The development areas are the different levels of density within nature. The stages of motivation are areas we may have got stuck in and therefore have needed to bring that weakness up to strength rather than running with the strength. So we stabilise and work for a strong foundation which can then be worked through by the invisible world. The structure works both horizontally and vertically in the energy fields.

As we create a secure foundation for ourselves, we also have to be considerate of others – for all have an equal right of growth with no one left out. If we move too fast, we create impotence, if we move too slowly, frustration. The space is sacred to all. The organisation, management and administration of this space takes time, patience, stamina and endurance so all feel safe to be truthful, assess their need and to progress into whatever role they are to present within next.

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Visualisation exercise on the rope.

If you prefer to listen to this visualisation – you can obtain it on the Second Aid tape, Meditation Three, which is available through the Resources section on the second aid web site.

Imagine yourself within a natural environment where you see a rope. Look at what material it is made from, what length it is and the overall state of it. Gradually unravel it. As you do this, examine the rope and see if anything is in need of repair. Work on it, splice, replace or repair it as required. When you are fully satisfied, rewind it. Take note of your surroundings, people, animals, trees, and plants until it is clear enough for you to describe in detail.

Record your impressions and draw what your rope looked like and colour it in.






Recommended music – I: Sounds of 'Ocean Waves' or 'Tropical rain forest' – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.



Section 2

New experiences

1		 <p>Magnetic ↓ ↑ Spiritual</p>	Absolute Polarise
2			Tension of abstract and actual circumstances
3			Recognition
4			Spiritual polarisation
5			Tension between history of the past and expectation of the future
6			Understand principle
7			Growth
8			Group orientation
9			Interlocking with greater group recognition
10		Harmony	Recall unity



2 New experience

How do we proceed into a new cycle? Maybe we need to anchor ourselves before we are safe to bring in the new. So it is our relationship to the Earth as well as to the Heavens that must be in balance before we can proceed in comparative safety.

This means attention to basics – the nourishment of our bodies. How much food, how often? And what foods does my body need now? It becomes our responsibility to find out if our diet is right for us now, and if we are eating to maximise health and quality of life here and now. Or can we improve or update old standards or loosen up and treat ourselves a little as we rest and recover from stressful experiences we are clearing?

Is our sleep and waking pattern balanced, or is the tension in one causing imbalance in the other? If it is, can we release the tension by recognising an area of need that can be met by balancing our life in a way that will lead to a more holistic concept. Is the exercise we need for the inside or the outside of our bodies? Do we need to pray or to exercise the body? What can relieve the tension we are experiencing – can we supply the opposite and thereby neutralise the effects?

If we understand the rules we can then experiment within them. And so we can minimise the discomfort that has to be experienced while we continue growing at one or another level of our being, and while we try to align our new areas of growth with all other areas.

We may also recognise some quality or skill that we want and which we choose to imitate until we are able to make that skill or quality our own. We are all interdependent and so must learn to inter-relate and harmonise with either the good or the not yet so good. This is our choice and will be the common denominator that will be the base line of our next level of experience – or the foundation of our next level of learning. This means we need methodology and thoroughness, as we go through new experiences.

As shown in the diagram at the beginning of this section, the first stage is the circle of eternity with everything in front of it. This is the spiritual and magnetic pull, which says 'I am going to bring the spirit and the body together and that's it'.

The second stage is when we create a filter – 'I can't take all of it, I'll take a bit of both and try and put

it together'. This is combining that which is useful from the past while releasing the effluent, with that which is relevant from the ideal or the dream to this stage of our development. They are put together in tension and this is the Star of David.

The third stage says, 'well I'm not actually fighting, we are in complement not in competition, so lets decide we are both on the same side'. It is the open space, the recognition – wow we don't have to fight it any more. That's exciting.

The fourth stage is when we move to take from the past and the future only that which is relevant to us. This is very much more the willingness to serve. This we do through attracting the relevant material from the past and the possible material from the future. 'OK, what's relevant out of my old skills and what can I naturally add as another skill to the skills I've already got?' This is a time when we often fight the process because we want to do something completely different or everything.

The fifth stage says 'OK now I'm beginning to understand it, I've got to build on old skills so I've got to extend the skills I've got and just take the bare minimum from the past'. This is the star of David turned sideways – the tension of building the past and future into a new awareness.

The sixth stage says 'OK now I'm nearly there – I've got three quarters of the story, three quarters of the work. I understand the principle and I make an open space in which to operate. I will be businesslike about this in my service'.

The seventh stage says 'now you've done that we can join in', because the invisible world have to stand back until we've done everything we can. As we start to grow then we attract the notice of those in the invisible world who are watching for the points of light upon the Earth. We begin to grow up.

The eighth stage says 'now the law of correspondence comes into action, as above, so below. We are all in this together. We can help you'. Then we begin to be guided by the invisible world and to live our truth on Earth.

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The ninth stage says 'this is an open space that is suitable to the invisible world therefore we are going to really work with this and add the umbrella from the Heavens and anchor into the Earth. You will be guarded, guided, protected and you will work within a soul group you will begin to recognise even if your personality does not like it'.

And the tenth stage says 'now the circle of eternity is in harmony, the microcosm and the macrocosm are working together and everything unites'. We need this sequence of events otherwise we cannot work in safety with logical, sequential steps within the intuitive framework. From now the sequence starts all over again, more refined and more inclusive than the last time.

Self-reflection exercise on basic numerology.

When you look at a birth date, the personality links to the day of birth, the soul vibration links to the month of birth, and the spiritual service links to the year of birth. From your birth date you can calculate which basic number might correspond to you and in the meaning of numbers below there is an explanation of what that might mean. The first stage is to reduce the day, month and year of your birth to single numbers and then to add these together and reduce down to a final single number.

i). Write down your date of birth eg 29th December, 1949.

ii). If there are two numbers for the day, add them together eg $2+9=11$. If this does not reduce to a single number then add the two resulting numbers together eg $1+1=2$, so the Day = 2

iii). Write down the number of the month eg. 12. If there are two numbers as in this case, add these together eg $1+2=3$ so the Month = 3

iv). Write down the number for the year by adding together eg $1+9+4+9 = 23$ and then adding together $2+3 = 5$ so the Year = 5.

v). Calculate your basic number by adding together the day, month and the year eg $3+4+9=16$ and then adding together $1+6=7$. Then look at the following meanings of numbers under the number 7 and see how that relates to you.

Note – Do not do other people's numbers without their consent – if you do, you are invading their space.



Some meanings of numbers

One is unity and represents also the masculine principle, Yang. It is the symbol of light, the powerful vibration of mental creativity – it is a leadership vibration. It is the pioneer – reaching out for the experiences, which will give this person their own identity. So much energy will have to be handled with care. It is a very powerful vibration and a position as a leader would be indicated – without the fear of possible adversaries. One is the number of the self, the I AM, and so this person will always have to work with on him/herself. We will find either a great tendency to shyness, or a person who is over-aggressive and intolerant towards others. It is important therefore, that this person learns to communicate, within joint endeavours, with people of similar interests. Through this his/her leadership abilities and strengths will grow. Their courage, strength and the mental capacities will then become an inspiration to others.

Two is polarity. The 'two' person is changeable, transformable, adapts easily, but is also highly sensitive. It is the number of the diplomat, the peacemaker, those who build bridges and unite opposites. It is the vibration of gentleness and companionship. Two represents the female principle of Ying, and is usually a loving partner. This number is seldom found alone. The challenge of the 'two' consists in controlling this sensitivity. The great sensitive faculty makes the 'two' person waver – and they will pick up negative and positive vibrations easily. The 'two's' will have to learn to protect themselves so that they don't absorb all vibrations (like a sponge absorbs any kind of water) and so become independent from the atmosphere which surrounds them. They should learn to transform this sensitivity by becoming an antenna for higher energies and inspiration, and so become a valuable person for themselves and the prosperity of others. The ESP – abilities should be nurtured and well protected.

Three is the trinity and creativity, it is the number of divine joy. It contains the form giving power through the emotions, a deep aesthetic sense – and the joyfulness of this person makes them marvellous to have around. Divine joy includes the wanting to know 'and to understand why' things are the way they are. The

strong inner urge to create and to beautify will have to find a channel for expression. The imagination will have to be trained and the gift of speech and the use of words encouraged. The number three is creative imagination, it is the creator, not a labourer and through its inward sensitivity and intuition it seems as if it would have the gift of prophecy. A tendency exists to be too split up and diversified through the very spontaneous enthusiasm and emotions.

Four is stability, time and space, the symbol of law and order. It is also security and determination with a tendency to conservatism. It is a vibration which asks for work on the material plane – organisation and realisation of all things have to be seen through to the end. People with four as their birth force number have a very special task to accomplish in this life. To fulfil it, their energies have to be well grounded as do their ideas so that they have the strength to change their environment. Four is the number of nature, and 'four' persons are usually very practically orientated people with self discipline and perseverance. Some of them will worship life as the temple of God. The challenge of the 'four' is in tackling daily routines and details while not getting stuck with them; to look at their stubbornness and obstinate behaviour, and to invite changes and challenges in everyday routine work.

Five is freedom, changes and adventure; freedom of thought, freedom in action. Five will always lead into something new (not necessarily into something stable). This number is adaptable, agile and versatile, ready to grab the nearest chance. It is a strong vibration concerned with all that is new and therefore needs a lot of freedom. The challenge of the 'five' lies within the many possibilities – to finish something OK, before starting something new, otherwise the fruits of their labour will not be gathered. Things will have to be planned and once this lesson has been learned, this number will be able to teach other people (who fear change) all about freedom. They are good communicators, teachers and often actors. They love travel – always have a lot to tell – although not necessarily in depth!

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Six is conscientious, with a need for harmony, truth and fairness – and feels obliged to bring all of this to his environment. Six is the vibration of personal love and service and engagement for others. It holds the promise of beautiful experiences in this field, if the person will understand that the word ‘happiness’ only exists and lasts when it is used in the service to and for others. The challenge of the ‘six’ is to overcome the tendency of grudges, anger and feeling sorry for themselves. Family situations, all that has to do with personal love, how much to give and what not to give, what others have to do for themselves are all a part of this learning. The number six has a great love of children and therefore is a very good teacher. The ‘six’ usually has a tendency to make others emotionally dependant on them; therefore need to analyse their feelings, motivations and actions.

Seven is the mystic number and is also to do with mental analysis, wisdom and a love of nature. The ‘seven’ “knows that it knows”, but needs to draw forth the old knowledge which is deeply rooted within. Solitude is needed, for self-analysis and deep thought, together with the use of the intuition and inspiration, to explore the philosophical/mystical side within. Only in silence will the answers to life’s problems be found. Only in understanding that the answers will have to come from within, will a number ‘seven’ be able to guide others. The challenge lies within the tendency to make life difficult for oneself, the fear of failure, loneliness and the unwillingness to learn from the situations life holds ready for one.

Eight is the number of balance, justice and righteousness. It teaches the importance of evolution on all three levels (physical, emotional and mental). Together with the number four, it is a karmic number and represents here the law of Hermes Trismegistos; as above – so below. Under this number we reap what we have sewn and the word ‘Justice’ will be very important throughout this life. Life will bring many challenges, so that the lesson of true balance within oneself can be experienced and learnt together with a constant transmutation. Eight is a strong and forceful vibration and holds within, the talent of a good counsellor, who is able to see the many sides of life. This number is always tied up with a lot of work, the challenge to not misuse the power and to be a just leader.

Nine is the vibration of unconditional love, service and compassion; the inner knowledge that the highest form of love is the one that does not bind, that can stand back and still be deeply concerned. Nine is the number of completion and your path will ask you to see a project through to completion and to cultivate a wide vision. This will bring upheaval and deep emotional events until the number nine person is ready to understand all the deep meanings behind these happenings. The ‘nine’ can suffer greatly for others until they realise that this won’t change the problems and does not help. Number nines want and ask for action in the realm of compassion with a focus on dropping prejudice and really treating others as they would like to be treated themselves. The great challenge for the ‘nine’ is to learn about detachment and objectivity and the compassion will bring them to higher service. In the ‘nine’ all numbers are contained, and there is no limit to its promise, but responsibility has to be accepted.

Recommended music – 2: ‘The music of the night’
– or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.



Section 3

Old and new

Stress centres, elements and senses

Environmental stress	Birth trauma	Body armouring	Crown chakra	7th
Internal stress	Childhood trauma	Body awareness	Ajna chakra	6th sense
Deprivation stress	Relationships	Ego awareness	Throat chakra	See
Overload stress	Anxiety	Body valuation	Heart chakra	Listen
Conformity stress	Fear	Self image	Solar plexus chakra	Smell
Frustration	Tension	Relaxation	Sacral plexus	Taste
Loneliness	Stress Response	Exercise	Base plexus	Touch

Ether	Ability to make composite of all others or not	Magenta
Air	Sustains breath or suffocates	Pearl
Water	Slates thirst and washes or drowns	Peach
Earth	Supports or buries	Ochre
Fire	Warms or burns out	White



3 Old and new

Recommended music – 3: ‘Moonlight piano sonata’
– or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.

As the old and the new begin to interact, we need to examine how we can help ourselves. Perhaps we can enlist the aid of natural therapy that surrounds us.

Fire warms us if used with care, but burns us if we over-expose ourselves. Earth buries us if we don’t keep our inner lives active but supports us if we do. Water cools us and slates our thirst if we need to balance inner and outer temperatures. It washes the inner bodies clean via crying and perspiring and through drinking water. The outer body is washed clean by swimming, bathing or showering. This neutralises experiences that have created imbalance in the initial stages. Air sustains and cleans the breathing apparatus, but can also suffocate, and the ethers control the flow of all and help our selection and rejection mechanisms.

We begin to see how effectively our host planet cares for us if we allow and accept the gifts offered with such generosity and care. We must decide whether we will abuse that hospitality and rudely contribute to destruction and pollution or not.

If we look back into the past and view where we are now, we can often find ways to help ourselves. For instance, if we look back into childhood when we are experiencing great loneliness we often remember that our happiest memories are of riding a bicycle or a horse, playing games in the air or just sitting on a hill-top. If it worked then can it be adapted to the needs of the present?

As a child how did we handle difficulties in relationships? Were we able to express what we wanted, or did the tension and frustration build up while some well-meaning grown-up told us what they felt was best for us without apparently recognising our needs at any level. To us then, it seemed as if they were servicing their needs not ours. How then did we release?

Did we make up stories, or read a favourite fairy tale? Did we write our diaries or stories where our expression was not stifled or suppressed, or did we draw a picture, or act it out by making up a play with

our friends? Or, did we dance with our imagination and link to sympathetic characters in books, on television, or whatever appealed to us and was available?

When the demands of trying to conform and please got so great that we seemed to disappear in the commotion coming from all directions – could we re-establish a rhythm by ‘borrowing’ from others? Did we listen to music or go to see someone who could just by ‘being there’ feed in what we needed and thereby reset our internal clocks?

What in our environment today can supplement our own efforts? Natural medicines, such as osteopathy can be of great benefit when our relationship to living becomes a fundamental issue. Acupuncture is helpful when our alignment to the flow of our life is disturbed. Herbal medicine, flower remedies and homoeopathy can all be helpful when we are burning with desire to move into another space. Massage and aromatherapy help us when we are trying to formulate intake; breathing exercises and counselling can help to make the total package more acceptable. These therapies, along with the bonding of tender loving care and above all humour, can help us combine the old and new.

As can be seen in the diagram at the beginning of this section, this means we are going to have to handle old stresses inherited from ancestors, as well as the environmental stress that we experienced at birth, which are held in the auric field and will have acted as an armour. ‘I can’t come to this nasty planet without a good hard armour and if I’m going to take this planet by storm, then I need to set up tension within the aura and the body that will protect me because I don’t feel safe.’ This happens as a result of internal stress which says ‘I am a spirit upon the Earth and now I’m here as a child, in a child’s body.’ To be flexible we will need to take down the scaffolding to break through.

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'Everyone seems to be aware of my outside body and how it grows. But no one seems to be aware of my inner body and so my sixth sense is being ignored and starved and it is beginning to putrefy. I don't know what to do about it.' If we have then been deprived of relationships this may set up a stress that says, 'I'm not worth knowing. No one understands. I'm sorry I'm a spiritual being here on the Earth and yet everyone ignores me and calls me a big head or an ego. So I can't express myself and I can't see how I'm going to fulfil my mission'.

At this point we suffer from overload stress which makes us very anxious. We may have to re-value the way our body can serve us and this puts a tremendous strain on our heart. This is often the time when middle-aged people get heart attacks because they are listening to the soul call. They are saying 'but I've got mortgages, maintenance payments, etc, and I have to go on the old way. I don't see how I can respond. It's never worked for me before, so why should it work now? Yet they try and continue in the old way, but the soul is pulling them forward so they have a heart attack.

This often comes from a desire to conform, because we are frightened that if we don't conform things will get worse rather than better. We can't see how we can get out of it. We accept limitations that wound ourselves and have consistently denied the power of spirit. As such the solar plexus says 'well I suppose I'd better follow the ways of the physical parents because I certainly can't follow the ways of the Heavenly parents. Even though I don't like the conditions I suppose it is the way it is'. They end up very disturbed, very frightened and frustrated. This frustration sets up a terrible tension, which says 'I can't relax, I can't balance the spirit and body. They are in conflict not in complement. I can't find a balance and I know that this meal, this taste of life, this lifetime has a bad taste and I know I'm not going to get through it. I'm not going to get the point of balance that I need while I'm here'.

Then we get terribly lonely and the loneliness says, 'I hate the body anyway. I hate it, I hate it, I hate it. Then we have to make friends with the body and allow the two to come together through gentle exercise, recognising that life is only a different density of the spirit and through touching life and allowing it to touch us with love rather than with hate. This can be helped

through making friends with the elements as we need time before we trust ourselves to the ministrations of others.

The etheric field that surrounds us is a combination of earth, air, fire and water. We may have got the permutation wrong, or we may have been stifled by one of the elements, or we may have an element missing within our chart. Whichever it is, we have to make friends with the weakest element until the total permutation is adjusted to current need. The fire warms us or burns us – love with slow gentle care warms us, but if we try and serve everyone in every way, we'll get burnt out.

People with a desire to give or receive healing have a notorious reputation for burning themselves out within two years because they move forward too quickly. They activate the fire element without stabilising it or taking in a combination of all the elements and therefore burn out too quickly. They don't warm themselves before warming other people. Inclusiveness and purity is within. We are included in everything. White light can be used for distant healing practices and respects the ability of others to take what they need from it, for it contains all that is required. It is not acceptable for us to judge for others what they need.

Earth supports us or buries us. If we have difficulty rooting upon the Earth then we may be resentful, arrogant and/or impotent. All of this and we may have felt that we have been buried by it through vulnerability so cover our insecurities with those traits. This links to the ochre colours, the oldest colours known to man – terracotta (plant pot colour), sludge green and bright yellow.

If we are fed up with being sent to the planet then we won't want to ground on the Earth to that level. We may thoroughly dislike those colours because we are frightened of being buried in past evils. In this case we do not realise that those evils are just the shadow side of the light – 'evil' is only 'live' spelled backwards. We've just got onto old circuits and we think we are going to be swept round and round them. We haven't acknowledged that if only we make friends with the Earth, spirit can do anything and will release limitation even if we cannot understand how.

continued overleaf . . .



Water quenches our thirst, it flushes away old toxins from the inside of the body – it's like crying or showering is to the outside. We also need to wash the outside of the body, which allows us to clean away the muck that gets round the cellular structure, the dead cells. But we can feel it round us and if we have had a difficult birth, then we don't want to be generous to anyone. Peach is the colour that helps with this – it is the colour of generosity and we have to forgive and release everyone including ourselves. Water will help us to do that, it will help control the flow.

Air on the other hand will sustain our breath or suffocate us. It is very translucent, it holds the colour pearl and it is very beautiful and very delicate. We often don't acknowledge it. People who feel they can't breathe and feel they are suffocating need to make friends with the air to allow the freshness to purify and come through and to allow themselves to receive as well as to give.

We have to work all these in combination to be encased by the etheric through applying our ability to administer which equates with the colour magenta. We have to be able to make a composite of everything through that. This is so we can activate the five secret colours and organise our service upon the Earth. We have the seven colours, the primary colours, which link to the chakras. If we are able to stretch these out and clean them then the five etheric colours will come back to surround us, and that is the shape in which we operate. The energetic field is then beautiful, clean, regenerated and in a good condition. It will hold its shape even when challenged, so the invisible world can work through in certain knowledge of efficiency and accuracy and obedience from the light worker on Earth serving to the highest possible option.

Recommended music – 4: 'Water Music' or 'Like a sad song' – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.

Self-reflection exercise: Masculine and feminine communication.

Whatever our external sexuality – internally, we have an active 'doing' masculine aspect, a feminine 'being' aspect as well as potentially being a combined masculine-feminine 'doing-being' androgynous presentation. All others we meet also have this.

i). When you wish to make a definitive rational statement, can you logically, rationally progress your communication step by step without being reliant on anyone else?

ii). When you are trying to feel into a more holistic concept and understand it, are you able to express it to your partner, or do you feel too vulnerable to explore it and unsafe in this space?

iii). Are you able to create and hold sacred space within you, combine rational and intuitive instincts and communicate them or do you dread being challenged, mocked, scorned, ridiculed, condemned, persecuted, or feeling sacrificed so much that you give up trying before others are able to respond?

iv). Do you get bored when others try to logically explain their particular subject of interest?

v). Do you get impatient when others try to explain a skill that you do not understand?

vi). Do you feel abandoned, rejected or impotent when others seem to be so involved within their own project that you are left to your own resources while they are researching their own internal communication?

vii). Do you try to unite your own rational/intuitive/instinctive aspects or do you perpetuate and compound your weakness through interaction with external sources rather than internal resources?

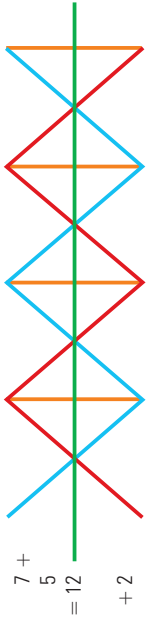
Recommended music – 5: 'Pie Jesus' or 'Bright eyes' – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.



Section 4

Arrival on planet Earth



B

Negative F		Positive M		Interaction		
Electro-magnetic		Crystalline		M		
A		B		C		
1	Shock	1	Harmonic Containment	1	Birth	Touch
2	Denial	2	Freedom	2	Taste	Physical
3	Fear	3	Limitations	3	Smell	Emotions
4	Anger / Frustration	4	Wisdom	4	Hearing	Mental
5	Bargaining	5	Discernment	5	Seeing	Adult composite
6	Confusion	6	Alternatives	6	Composite	Soul
7	Positive contribution	7	Education Expansion	7	Balance Discipline	Spirit gives love

A

Positive M		Negative F		Active M		Passive F	
Electric		Magnetic		Electric		Magnetic	
A		B		C		D	
1	Needs love	1	Cosmic and environmental	1	Rejection	1	Selfish
2	Creation Birth	2	Group orientation	2	Scattered	2	Illness
3	Metabolism Physical	3	Concentration	3	Imposition	3	Investigation
4	Purification Emotional	4	Self sufficient	4	Toxins	4	Dependence
5	Gratitude Mental	5	Potential	5	Fragmentation	5	Spread widely
6	One pointed Focused	6	Health	6	Destroy	6	For self
7	Reproductive Soul	7	Creative expression Birth	7	Excesses and needs	7	Soul



4 Arrival on planet Earth

The bonding force of the universe is love. To learn to give it we must recognise the need for it; and so we agree to take birth and have experiences that touch us physically, emotionally and mentally. This potentially helps us to work to the highest standards that we are capable of reaching. These standards are within ourselves, even if the birth/life experience relies on our strength as healthy, self-sufficient units, in conjunction with the people that surround us.

Through this form of measurement – us in relation to others, we observe what we need and what is excessive; both in ourselves and in others. To do this we have to divide and separate experiences and find our threshold levels of toxins and pain in both external and internal areas of our body. This is how we test how far we can look after ourselves and what we can expect others to do for us. We need to repeat the experiment several times before we are in a position to assess.

It will surprise us on many occasions as we find that the standards of others do not always agree with our own and that truth and reality are relative states. So we are motivated through our own fears and frustrations to find out more and to educate ourselves by examining the alternatives while retaining our own standards and by wisely working within our own limitations. We thereby free ourselves a little at a time. This is until we find a discipline that can support and balance our total experiences to date. Only then can we freely begin to sort out the highest standards and apply them to whatever we see, hear, smell, taste and touch. At this time we begin to choose the highest standards of behaviour that we are capable of sustaining as a constant, physically, emotionally and mentally. So we take responsibility for caring and make the commitment to give love and care to those who surround us with no expectation of return from them. We need to know that in giving freely by choice, we will receive from universal consciousness the abundance of the Heavens while living on the Earth.

The diagram at the beginning of this section shows how the positive male electric and the negative female magnetic impulses come together. They are the feminine gravity pull of the Earth, showing us the requirement that is necessary. This is stage one, a bottom bucket if you like. We come to Earth knowing we will

need love of spirit to manage and we will have to anchor to the Earth and within our environment. We are created, we are born and we have an understanding that we are coming into a group orientation, group service, not just to save ourselves. Yet we have to concentrate all that creation, that group feeling, the macrocosm and the microcosm, into the metabolism that sustains life, the temple – our physical body as we learn to steward, organise, and administer our part effectively.

This means we are going to have to purify the feelings and become self-sufficient to survive and to serve spirit. We need to be grateful for everything that has gone before, because out of what is on Earth we will find the capacity to endure, and to our surprise, we will survive to enjoy the experience of the planet. We need one point of focus on how to keep healthy because if we are healthy and we work with ourselves, we can demonstrate that state on Earth and so attract spirit to it. This means we can reproduce the spiritual field we know so well, by being alive upon the planet. Here and now we bring the spirit to the Earth through rebirth but we wonder if we are going to be able to do that as we begin to break through instinctive resistance.

What holds us down to the planet when we arrive, and we have to work with, is the active electric spiritual requirement of our life and the passive magnetic pull of the Earth. That says 'I'm going to have to reject the selfishness of the Earth because unless I do that I'm not going to be in a clear space to attract the spirit towards me and actively co-operate with it. Yet I feel scattered because of genetic conditioning and environmental illness that I've inherited in the body – traits, not necessarily diseases. I don't know how I'm going to pull it all together. I don't know whether I can. I feel that this investigation has been imposed upon me and I don't know how to get out of it. I may feel resentful, stifled and fed up. This is giving me toxins and I might become dependent on the toxins rather than the spirit'.

continued overleaf . . .



'I don't know that I am going to be able to concentrate well enough not to just fragment. If I fragment, other people might do it for me so I will be inclined to try that way at a certain point. I may destroy myself. I may go with the weaknesses rather than the strengths to such a level that I will lose the strength and I am frightened. How am I going to activate as a soul when there are all these excesses and all this toxicity, all this level of need and greed? I am fed up, I don't know that I can get it together. I will go through that scenario as two separate sequences and then will try and put it together.' This is the inter-action of the negative and the positive, the masculine and the feminine. We will try and get it together electro-magnetically – the electric effect of imposed change combined with the magnetic desire to change things gently and slowly. This is where we try to combine the purple and the red, the blue and the orange, the pale blue and the yellow. The green is all on its own at this time. Then we oscillate between the varying states (refer to previous diagram) to achieve a slightly different balance.

We overcome the shock of birth and we touch life, but we hold our spiritual power within us. We have a containment, a field that supports us. We feel we have been denied our freedom and yet we know we can achieve it within the body if we get the right atmosphere surrounding us. We are frightened of the limitation that has been imposed. Yet within is the instinctive feeling that says 'the microcosm and the macrocosm can become one, but to do that I will have to become wise and overcome the impotence, the frustration and the tension'.

'I will have to listen to that higher vibration all the time, but use my mental body to take the next opportunity on the Earth at the same time simultaneously. I have to handle my erratic emotions and fulfil my physical responsibilities so I never move on at someone else's expense. I will have to bargain with discernment still holding that higher vision. I will have to take responsibility for everything that goes on. And when I am confused and can see more than one alternative I will have to stay very still and hold the progress I have made and ask higher beings to help me. Then I can make a positive contribution, I can expand, I can become more educated myself and I can balance that discipline in trust. Then I am entitled to the love of spirit and I claim it and that is what I am here for.'

As we do this, the seven chakras and the five bands of the aura are now in a shape that will support us. They unite in common purpose and begin to extend capacities to create a sound foundation, which will serve all. So when it says in the Bible 'when two or three are gathered together in My Name, there am I also,' it may be referring to our internal reality as well as to an external event. The willingness to change and be changed activates the intuition and the rational mind and instinctively we can be led to create an updated and more holistic state, all held on a sound and sacred foundation on which to rebuild our life in its updated form.

Recommended music – 6: 'Follow me' – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.



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
Laying a New Foundation

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