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Focus on  
**Life Enhancement**

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## Focus on **Life Enhancement**

### **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**

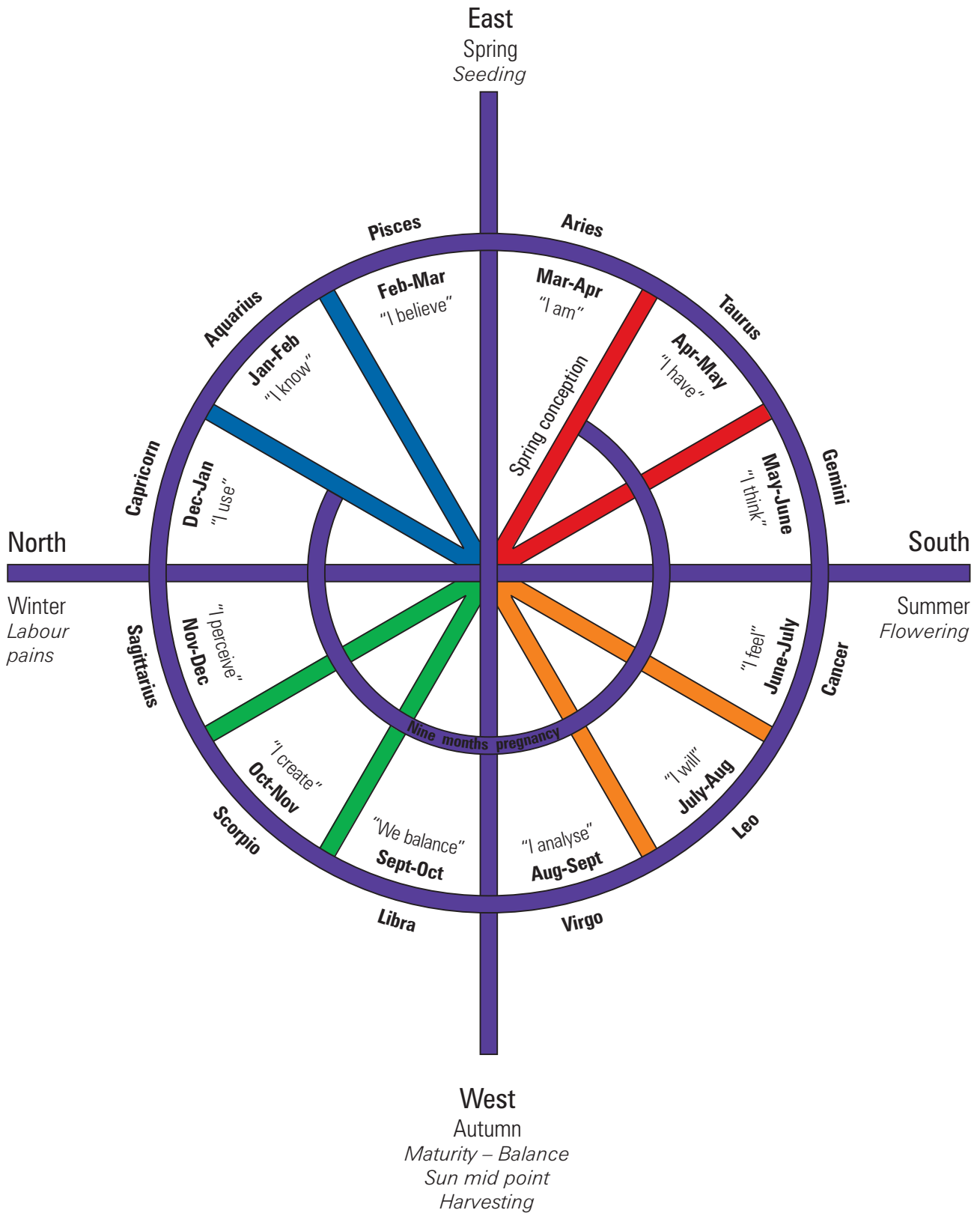
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body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

# Sun + M - Electric





## I The Sun influence

The Sun and the Moon's influence support life as we know it. Other influences however are also at work within, for we are influenced by genetic trends which are inherited from our mother's and our father's lineage. We are also influenced by the environments and cultures which we, or others whom we are a part of, have been exposed to.

At various stages throughout our lives these influences make themselves felt. At these times we are presented with an opportunity to choose and decide if we are ready to process aspects of these influences that may or may not be life enhancing (e.g. let go of unhelpful resentment or fear). We must trust ourselves not to disrupt or inflame delicate issues within our family history. We must accept that things may not turn out to our liking. We must decide whether by making a new choice this will beautify the lives of those who surround us, or whether we will exile some who may not be in agreement with our policies. We must take responsibility for our own actions yet leave others free to choose their own responses. If they are vulnerable we can choose to be supportive of them whatever their choice.

We can choose to be truthful but not dogmatic when others take action that we consider counterproductive. We must know whether we can resist bias even if prejudice abounds. This takes self-discipline through time – but how much time and is the time now?

In order to release pain, insecurity and inadequacy, we need to fact-find as best we can and assess but not judge the situation. We may be suspicious of both ours and others' motivation, but can we let go of resentment and forgive, accept and wait in trust? Will we make a situation better or worse? Can we make something that we once thought was ugly, beauty-filled? Can we be selfless towards others who we blamed, criticised and condemned? Do we have generosity of Spirit? Is our heart compassionate towards the limitations within others? Can we empathise without having to change a situation? Can we accept things as they were without rewriting history? Can we protect the more vulnerable without controlling their lives? Or are we trying to be white knights protecting some one from facing their own responsibilities?

When we are ready we will be impulsed and led by the desire to know something we once only wondered about. If we decide to proceed and to try for a change of being we will be led gently to an 'AH HA!' moment when synchronicity takes a hand. We will be drawn magnetically to information resources and so on until clue by clue we begin to understand the mechanics of something that was once only a mystery.

The electrical impulse received by us each year must be experienced from many different viewpoints before we can utilise it. This can be likened to 12 different people playing the same role yet experiencing that role differently. Only when they get together are they able to appreciate that a common thread was experienced by all, even if the presentations were very different. If we liken this to a pregnancy we know that the same baby experiences a new stage every month. And yet the body of the mother was only activated by uniting the electrical impulse of a successful union between her and the baby's father.

Light enters our atmosphere and moves through all the various signs of the Zodiac. From that point of view, the start of the year is in the spring, with Aries, when we seed the new.

The Aries says, 'I am, I know I am, and I expect everyone else to know I am'. The fact that others don't always, is something that Arians have to learn to work with.

We then move into Taurus, an Earth sign that says, 'I have or I need but am I willing to share it or am I willing to wait while my brothers and sisters get what they need?'

The Sun moves into Gemini who says, 'I think. I think I know what is required and if I do it this way I will achieve one result or if I do it another way I will achieve a different result. Unless I'm careful I will be completely inert and fall down between two stools.'

We move on into Cancer and the Cancerian says, 'I feel so strongly, I can feel very secure and very insecure and I want you to feel with me. Are you willing to do so?'

The Leo says, 'I will if you will. I may if you make it worth my while, but if you don't make it worth my while I may not'.

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Virgo says, 'Let's analyse all the possibilities from my viewpoint and I'll decide what your viewpoint is and tell you. Is that OK?'

Next we move into Libra who says, 'We must achieve balance.' We learn at this point, that as we are now halfway through the year so much depends on timing. Certainly we are looking for balance, but not necessarily at the same moment in the same time'.

When we move into Scorpio we have to create an artificial shape, a structure that will support the life, for we need to see from every angle before we are able to centre within the wheel.

In Sagittarius we begin to see the unfinished business, the shadow that is thrown up. We have now been through nine months of the Zodiac – the time of an average pregnancy. To get through the year we now need to look at the three missing months.

In this case we have Capricorn that says, 'I will use what I need and ditch what I don't, or shall I use what I don't need and ditch what I do. That choice is mine.'

Next the Aquarian says, 'I know that if I keep going I will establish a flow that will support me but I don't know how' and the Piscean says, 'I'm confused, I'm disorientated so let's let go and let God, in the belief that the total care system will show me. I will see a reflection if I look hard enough but a reflection of what?'

Given that we are nine months in the womb, we have three months that are virgin territory. The other nine we will have gained an impression of through our parents' eyes. Therefore, if we are born in Capricorn and we count nine months back we were conceived on the cusp of Aries and Taurus, so Aquarius, Pisces and Aries are missing to us. Although we will be familiar by proxy with playing nine roles, and seeing the centre from nine different positions, there will be three that we have not yet seen. The nine that are familiar will need to be 'weeded' so that they belong to us.

Self-reflection exercise on your three missing months.

- i). Find your own three missing months and have a look at characteristics of these months.
- ii). Are there areas in these that are familiar to you or unfamiliar? If they are familiar, have a look at the three months opposite those three months and see how you get on for you may be working in one hemisphere rather than the other.
- iii). Do your parents have the characteristics that you feel you are missing?
- iv). If you have children, do they have the characteristics that you feel you are missing?
- v). Do you have relatives who were born in the area that is a little bit alien to yourself?

Every year, we work through nine months pre-birth to release preconceptions, assumptions, expectations and misconceptions to sort out what to keep from our history and what to discard. We repeat this process every year until we establish our own space.

To find the centre we need to create a shape where the wheel can turn and we may need to view that wheel from the external peripheral field from all twelve positions. Perhaps this is why there were twelve disciples, twelve months of the year, and twelve signs of the zodiac. The thirteenth is our ability to centre within those twelve sections. Thirteen is known as unlucky for some. It may be that people who haven't found the three missing months, or those who are over influenced by parental or environmental circumstance pre birth, have missed being able to find their centre as a result.



## *Section 2*

# **The Moon Goddess**

# Moon - F - Magnetic





## 2 The Moon Goddess

The Earth as the mother goes through a disciplined cycle to prepare for what may or may not be a successful harvest. The structure or times of this process are controlled by the greater – the temperatures, the seasons, the elements and what is available in a natural order that allows all to be ready year in and year out. This helps us to move at a pace that considers the needs of all and consequently makes progress as safe as possible in relation to all concerned.

Although the Sun always shines it is very reliant on the gravity pull of the Earth, and as we live on a tidal planet we therefore have pulls in opposite directions. This requires that we begin to create a discipline that will support us within these natural cycles and this has long been known about and applied where the planting of the Earth is concerned. The centre of the diagram at the beginning of this section shows when it is helpful to do what, in relation to the husbandry of the Earth – starting with Aries, Taurus and Gemini months. ‘Husbanding’ is an interesting choice of words to describe this particular area or time. But we work with the pull of the Moon, which sometimes pulls us backward to take us forwards – husbanding and wife-ing being the union required.

If we want to bring in a new project it is often helpful to start the project in a new Moon period and as the light increases so the new beginning gives us the impetus to take us past the middle mark. The quarter Moon says, ‘We can push past the obstacles from the past, the change is necessary, let us take a surge forward and we will prune when we get to the appropriate time.’ As we get to halfway through the hemisphere, the Moon becomes full and at that time there is a decrease in light that allows us to bring affairs to a close and creatively release that which we no longer need. If we do things in this way then the intensity and the reflection with which we have to work will be minimised allowing us to go into the third quarter. Then we weed, we cultivate what there is, we let go of that which is not helpful and we prepare for the new cycle once more.

The circle of eternity rocks on its axis and so does each energy centre as it activates into life, swimming into the past to get into the future. So to work with trusting the new while accepting the present moment requires that we bend our knees humbly. The Earth’s

gravity field will provide us with the impetus to free ourselves and to reach the light so that we can trust and accept that the information we are receiving is of the highest possible quality.

To go into the future requires we take baby steps, gently one after the other, stabilising the progress made, releasing the dross to allow us to try again. In working this way we will never receive more than we are capable of handling, although it may seem to be too much sometimes.

It is not a kindness to heal someone immediately because his or her life would go into dis-array. We have to work slowly so the light is administered lovingly and caringly. The level of compassionate response that is achieved will depend on our understanding, our ability to give and to forgive, not only other people, but also ourselves. This may require that we review our attitude to the Heaven and the Earth, recognising that as we work in half the hemisphere, we may only have half the information we need which means we will have to check and double check. The light always shines but the darkness will have to be negotiated, the shadow side will have to be worked through, step by step – gently. This means that we may start our work with a disciplined shape within the circle.

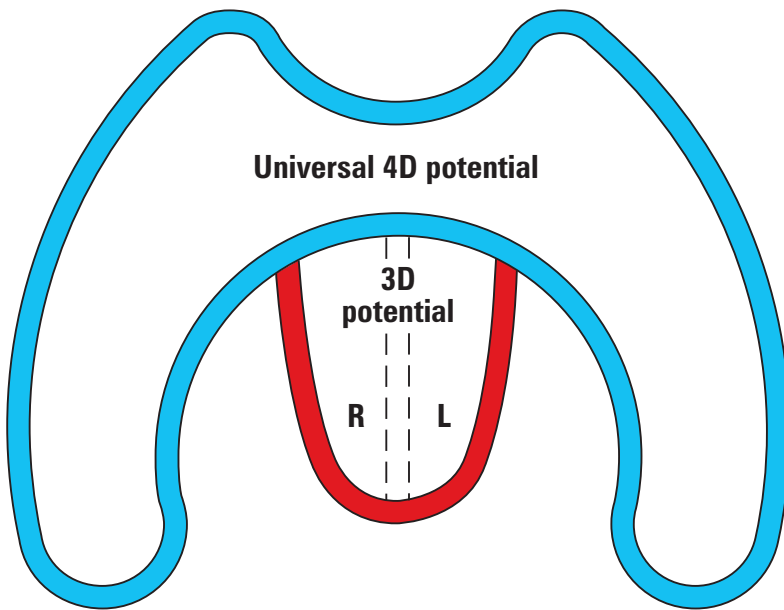
The circle works with eternity but if we are to be effective we will have to put that square around the outside of the circle to slow everything down. Slow enough for us to work, knocking off the rough edges to allow us to flow freely and to move at a faster speed. But in so doing, we try to ensure that we never do harm to any living creature. This requires we practise day by day, hour by hour, season by season.



## *Section 3*

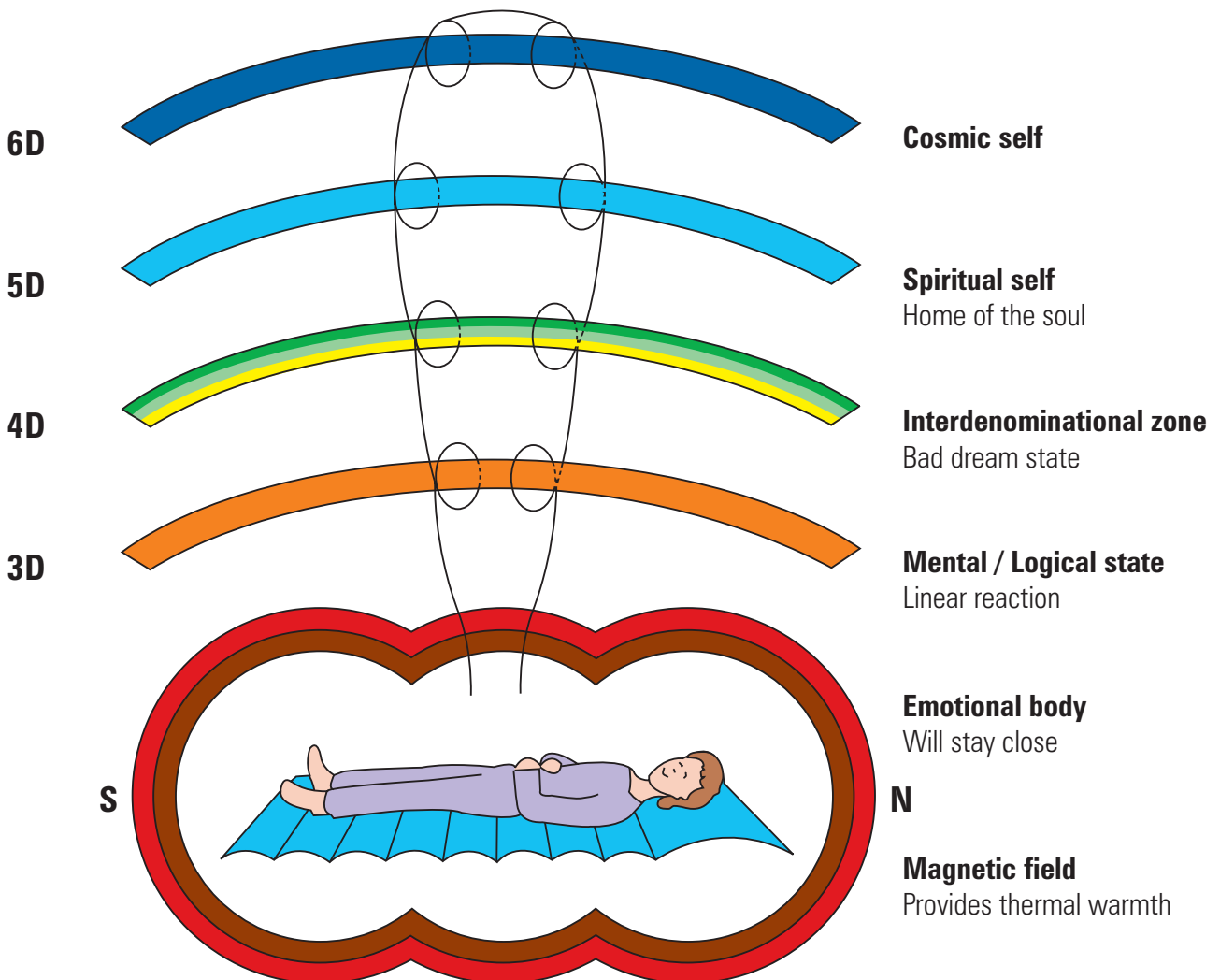
# **Day and night**

## Day potential



Your own brain retains its own limits, but you are able to use the ability to focus concentration to pass beyond your own limitations so into universal consciousness to access new potential. But self work comes first so you are fit to pass through 'control check'

## Sleep state potential





### 3 Day and night

To match what is, with what is possible, is to work to achieve new areas of experience. This is possible and achievable both day and night. Often if we are under pressure or extending ourselves, we feel the need to get extra sleep and sometimes this is when sleep proves most difficult.

At these times it is helpful to try to nurture and unite with all rather than to allow anxiety to depress. One season will follow another, just as the stars move and yet turn up roughly at the expected place; it seems likely that all will be well. Just as day follows night, so darkness and light unite within a total care system. As this may be currently beyond our understanding, if we have a willingness to learn and practise being patient with all, we can be shown.

Let us understand this tidal flow better by looking at the breath. The breath is a four-way operation: we breathe in, we pause, we breathe out, and we pause. We turn our attention inward and examine who and what we think we are in relation to the Heaven and the Earth, and we pause to find out if others agree with us or not. We go out into the World and we dramatise our understanding by inter-acting with others in such a way that we get feedback and re-actions from them. This allows us to find out how well we've done as we pause again and repeat and refine or whether we release the cycle.

When we re-activate the intuitive brain which has been semi-closed, or completely closed through the hurly-burly of living, the left brain may go into a sulk. However intelligent or intellectually able we are, the left brain may say, 'I've worked for you all these years under very difficult conditions and now you've activated the right brain, you can get the answer without doing the working out. When you want the working out don't expect me to co-operate with you!'

We may be very intuitive but become of no Earthly use as we drive our families up the wall looking for our glasses and our keys for the eighth time that day, having forgotten to cook lunch! So the two sides of the brain work as a valve mechanism – where one opens the other shuts and our aim is that they can both open and both shut. This is the situation being described in the thousand petalled lotus within some of the Yogic traditions. Only when we have exhausted our own

possibilities can we tap into the universal potential. God starts where man/woman stops. Therefore we will have to get both our left and right brains working and in balance before we are able to access what we need from the universal potential. This is rather as if we are going to board an aeroplane. We go to the airport, we go through the departure lounge as quickly as we can and we get on the plane. The departure lounge is a very faceless place, it appears as if nothing is happening and yet to get out of one place and into another we must go through it. That space, although it appears passive, is actually quite active. So we move into the space where we stabilise our own state as far as we possibly can and within that apparent in-action, we are accessing that which we need from the universal consciousness.

The right and left brain need to balance each other out. Only when we can be logical and intuitive at the same time, can we connect to the fourth dimension. The more we are group-minded, inclusive, loving and caring, the more accurately we can access higher levels of information.

Generally we use only approximately 10 percent of our brain. Through this process of aligning to the greater, could it be that we break through into other parts of ourselves, or into an area that is beyond our limited capacity? We don't actually know the relevant questions yet alone the answers to this as yet. The potential within the day is that we have our head in contact with the clouds and the Heaven and our feet well rooted to the Earth. But at night, we change our relationship to the Earth by lying down when our relationship is more orientated to a state of suspended animation.

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During the day we are vertical, at night we are horizontal and it is important that we choose a position in which we are comfortable. If we have a child who isn't sleeping, maybe their bed is not quite in the right place. It is sometimes helpful to remove the bed and get the child to choose a place to lie and sleep. If the child consistently lies in the same direction, replace the bed in this polarity. We tend to pick a north-south polarity that is comfortable for us and sometimes we will want our head in one direction and sometimes our feet in another. At other times we will need an east-west connection and so on. Again, very often, children know this naturally. We will go into their room and find them turned round in their bed the next morning and we will ask them 'Why?' and they will say, 'I don't know, I felt like it'. If they are able to tell us their feelings they will; if not they may say, 'It's easier to reach the light'. That can tell you a great deal for they have greater flexibility and adapt if we let them. As we go to sleep the physical energy field that surrounds us stays close to us, making sure that our body is comfortable and warm. The emotional body also stays very close so that if we are called, and our presence is required, we will wake up even before the event. When we begin to drop off to sleep we let go of the logical, linear reaction and move into the twilight zone, that feeling of being half-asleep and half-awake. If we manage to navigate through the gravitational pull we will not be disturbed as we raise ourselves to cleaner, clearer atmospheres.

If we are not very well or very stable in our alignment, we may experience what is known as a bad dream and we may wake up with a jolt. But, all being well, we will move out into the more subtle dimensions where we are more at home in an internal sense. We may have prophetic dreams; dreams of learning, dreams of being instructed or we may hang out with our friends. When we come back in the morning we may feel very refreshed or we may feel as if we have been slaving away all night and wake up feeling satisfied, but rather tired. We can be taught at night as well as during the day. We can have discharge dreams (which may be like a video on fast forward), when we have earned the right to erase and release certain information. Or we may be instructed or go for a certain therapy, in which case even though we haven't slept very long, we wake up feeling really good. The connection to our Earth body is kept through the link with the

solar plexus, which is why people are often attracted to sleeping in the foetal position. As we release each layer of the unknown in the morning we come back the same way as we went out. If the subtle and the dense are not in accord, then we may feel we have been kicked in the stomach. We may alternatively feel very disorientated, and the only effective way to handle this is to go back to sleep for a few moments and wake up again to achieve a better alignment than before.

We are working to achieve a state of continuous consciousness where we can bring back the information we have accessed and extend it through meditation practices during the day.

#### Self-reflection exercise on role play.

Look at the following list of different roles. After a period of reflection, take each character individually and imagine dialoguing with that character role as if they were a part of yourself. Write down what for example the warrior part of yourself would say to you and then move onto the next character and repeat the same process. Having talked with each character and written your impression, a group dynamic will be established. Now the group must co-operate with a group co-census. No one must control but each will offer his or her skill. No one must manipulate but all needs must be met. Those who shout must moderate their behaviour or the shy will cry. The gentle, immovable ones must meet the hustler and speak up and so on. As you decide how to proceed, you take the main part at the centre of the stage, acknowledging all these characters as a part of you and you as a part of them.



## List of roles and elements



**Warrior**

Earth and Fire

**Child**

Water and Air



**Enchantress**

Water and Earth

**Joker**

Fire and Air



**Logician**

Air and Fire

**Mother Nature**

Earth and Water



**Patriarch**

Air and Water

**Slave**

Earth and Fire



**Observer**

Air and Earth

**Actress**

Water and Fire



**Fool**

Fire and Water

**Old woman**

Earth and Air



## *Section 4*

# **Sensory awareness**

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



#### 4 Sensory awareness

All information received by every sense needs to be checked and processed physically, emotionally and mentally before we can refine that sense to a higher level of awareness. At this point it is important to recognise that some of our senses may be constipated physically, emotionally or intellectually, as a result of life experiences.

For instance, if we are touched by something, we physically respond and then from the response or reflection we get from others, we reach a conclusion. This conclusion arrived at in the past and which educated us at the time, may be in need of an update. Only after the event will we reach a realisation /understanding that frees us from that last set of circumstances. If we misunderstand, then we may have to re-experience events in another form to refine our responses.

If the sense of touch has been dislocated somewhere between the abstract and the actual it will be difficult for the individual to feel their body. They may walk around in one of two extreme states: resisting touch or craving touch. Emotionally they will have to process their feelings as a result of their actions or lack of action. Others' reactions, which they may not like, will reflect back to them accordingly. Intellectually the balance or imbalance between resisting touch and craving it, will be the education that will allow them to realise where they are at a given time.

To taste is to digest, to take the essence from life experiences and release the effluent. To do this we look at what is available and discern as well as we are able to what is for us. Very often when people are letting go of distress (dis-stress rather than being motivated through stress), they will experience indigestion – for example burning in the windpipe, from the stomach's acid/alkaline balance being disturbed and so on. Emotionally they are looking at whether they are working with their own scandal or inherited scandal as a result of genetic experiences, which are being dramatised through the people that surround them. This will illustrate whether or not the encoded memory in the body is in conflict with the soul purpose. At an intellectual level it will give the different possibilities, the theories that are available for the person to work with, to be able to activate their discernment in a detached way and decide how best to proceed. Discernment and

detachment are the higher levels of the sense of taste and smell and the two will need to work together for an individual to proceed in any direction.

If we work with the sense of smell at a physical level, we smell extremes easily and so discern atmospheres and decide whether we wish to be present or not. This allows us to experience extremes of atmosphere as we discern very sweet or foul smelling things. At an emotional level the sense of smell links to fear, which explains why as our young people start to go through puberty and to inter-act with the opposite sex, they begin to look beautiful but smell rather strong. This is because they over-use perfume or after-shave to try to mask the fear they are experiencing as they undergo a deeper initiation within relationships. Emotionally the sense of smell works with whether or not we are safe within the atmosphere in which we are working. This atmosphere may be a personal one or an environmental one. For example we may be with a family who are unfamiliar to us and who may live in an opposite way to us. In so doing, they set up an unfamiliar atmosphere, which we enter and then try to decide whether or not we feel safe in it. This requires us to discern whether or not we are working with our own unprocessed material or with that belonging to the family, another tribe's or to the environment. It is very important that we are able to define a safe space. If we are able to do so, then we will attract information telepathically that can be received within that space safely. The invisible world will not feed into an undefined space because it may harm someone else if the input misses its mark.

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If we look at the sense of hearing in a physical sense, sound is heard as a noise. But as well as words we gather more subtle vibrations. If all meet and match we 'hear' the wisdom behind the words even if we do not like what is being said. The physical sound and the emotional vibration behind the sound gives us a rhythm to which we are able to respond. Intellectually we have to be wise in our administration of this. Our teenagers may be working with rap and heavy metal because they are trying to bring their energy into the Earth and find a rhythm that is acceptable. On the other hand, the older or younger person may be working with a much gentler vibration of sound for example through listening to classical music. If we apply too much pressure, we may push another and harm them in the process. If we do not apply enough pressure we may hurt or harm ourselves. We learn through time and through practice how much is enough, when to move in, and when to back off. We only speak when circumstances affect us, saying as little as possible to report our truth as to how things seem to us. We do this without laying guilt trips and without insuring our own safety. We then withdraw and wait patiently for a response. If one comes, we repeat the process. If not, we wish all well, and in a Spirit of goodwill, release those concerned to learn what they need to in other circumstances as we will in our turn. We learn not to jealously guard our associations but to willingly free ourselves and others to gain experience elsewhere.

All different tastes are necessary and must be catered for as wisely as possible, which will require us to be inventive. To avoid tinnitus or perhaps partial deafness, perhaps we will ask our children to use 'walkmans', so that we only expose ourselves to others' tastes for a limited period of time. We have the expression 'cloth ears' when we try and blot out the sound. We need to stabilise each sense at all three levels (physical, emotional, mental) and release any shock, because otherwise we will not be able to report our experiences accurately as this sense links to thought transmission. To transmit thought in a way that is beneficial to all, we will have to be able to hold our rhythm in the face of challenge. We will need to hold a purity of thought. If we are going to work in this way, it will be very important that any shock in the hearing mechanism is released. We must hear what is said which means listening to some things that are not to our lik-

ing as well as maintaining a rhythm internally and externally that sends a message of assurance that order will be created again when the new rhythm is established. Until then we are able to take the next small step towards new order and all is well even if we are not in full understanding of it as yet.

How we respond to what we see is influenced by our life experience. With our physical sight we look at the environment – this can be objectively beautiful or full of horror or interpreted as such. Emotionally this will incite a response. Our intellectual interpretation of this will be affected by our understanding. We can however create the possibility of changing our responses to what we see. There is a great deal that we can do within this. If we have been working in an area that is less than beautiful for a considerable time, we can work with active sight to see the most beautiful things within our difficult conditions. If we are able to do this then we will be able to hold clear vision, even when we are working in areas that are less than perfect. If we have seen things that are less than pleasant then we need time to rest, recover and rebalance in more conducive surroundings.

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Self-reflection exercise on translation of information.

Look at a picture within a room and say, 'If it could talk what would it say? If I could smell it, what would it smell like? What would be the different tastes within that picture? How would I like to touch and be touched within the circumstances in the picture?' Then listen to some music and say, 'If that was a picture what would it look like?' and so on.

If we can cross-reference all senses, we create the possibility of the sixth sense being activated. This is when the five senses are all working, enabling a cross-reference system to be in place. But we must move forward cautiously for we may make mistakes. To love means that sometimes we are called on to comfort, at other times, we must be tougher. If children ask us what to do they are unwilling and unable to be self-responsible and therefore however much they challenge authority, they need it. When they are ready, they tell us what they are going to do, they no longer ask. We may get in the way to temper their transition but we will not stop them from making it. Following this, a change of tactic to a more tender and loving touch allows them to discuss their findings within a situation and compare their experiences with our own as well as with their friends.

When all the senses start to stabilise, then the sixth sense is the natural extension. It connects the information from the five separate ones and creates a composite where we can make a more informed choice, whether that choice be positive or negative. This allows us to free ourselves within the limitations we are working with at the time, so that we are free within the contained circumstance. The active component must be constantly disciplined in the same way that a mother tells her child to clean his/her teeth three times a day for twelve years quite happily. The day she decides she doesn't want to do it any more, the child often takes the responsibility for himself/herself.

Love in action requires that we give unconditionally without any expectation of return for as long as it takes. When the 'Management Upstairs' have seen our threshold within all these different levels, then the seventh sense moves in. This is a discipline, which allows

us to balance everything that has gone before and begin working in harmony with the light. This will allow us to work physically, emotionally and mentally while still holding the spiritual concepts that will take us from here to there. So we will be able to feel in our body, digest experience within an extreme, be capable of handling sudden noise within any environment and still hold the vision. The sixth sense is a natural extension throughout the nature kingdoms in the same way that the hand and the foot are equivalent to the sixth sense extending from the five fingers and the five toes. In the same way, the arm and the leg are symbolically equivalent to the seventh sense.

Emotionally we will be able to dramatise a situation, take in a reflection from others', recognise whether it is our business or theirs and decide to work within the atmosphere with all of these discordant vibrations while responding positively and not losing our balance. Intellectually we will be educated through this and our vision will be broadened as we see the roles other people play. We will be able to discern with wisdom, work within the limitations of the situation while still holding the freedom to serve the invisible world. Undoubtedly this takes a great deal of practice. As we create and modify boundaries, we learn to live within some and go beyond others.

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Visualisation exercise on revising awareness.

i). Consider the people surrounding you who care for you and who you care for. Imagine yourself telling them and them telling you how much you care for each other and then give thanks.

ii). Think of the people who have caused you great anxiety or difficulty. Choose to release your concerns and imagine yourself asking them to do the same. Imagine them giving you the same courtesy.

iii). Now think of your life as a beauty-filled and enjoyable experience. Think of yourself being flexible so you love the peace-filled spaces equally to the times you socialise with work colleagues or friends.

iv). Ask your body to release tensions, then let your mind quieten as you sit in silence, allowing the sounds of nature to wash over you, knowing that each and everything has a place. Stay in this place until you know a sense of well being whatever your current circumstances.

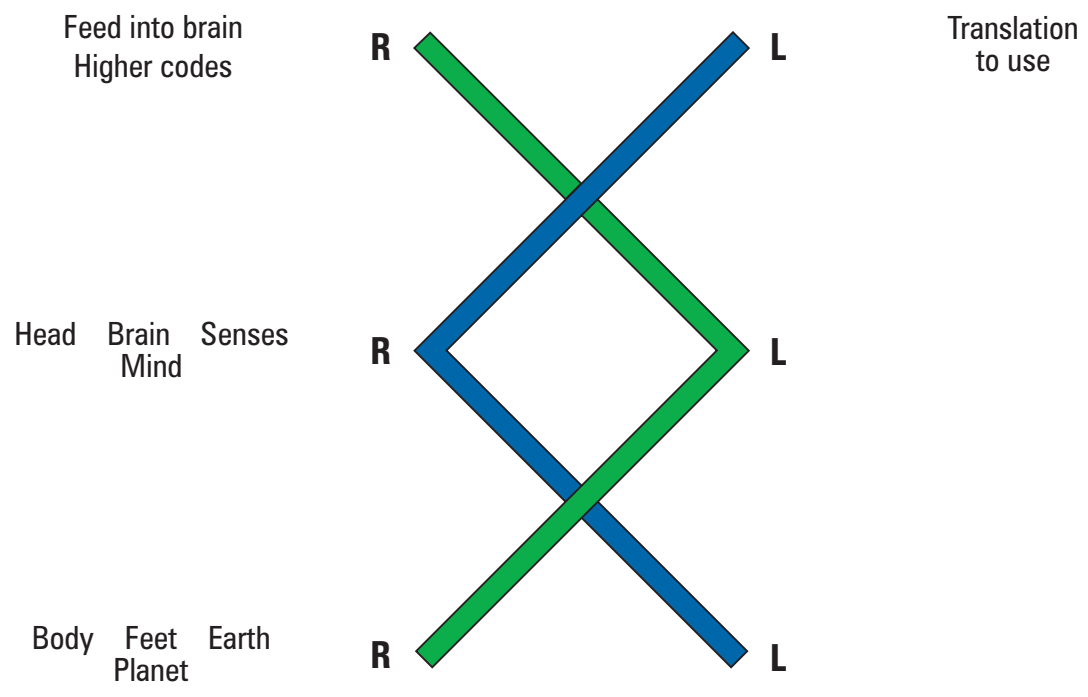
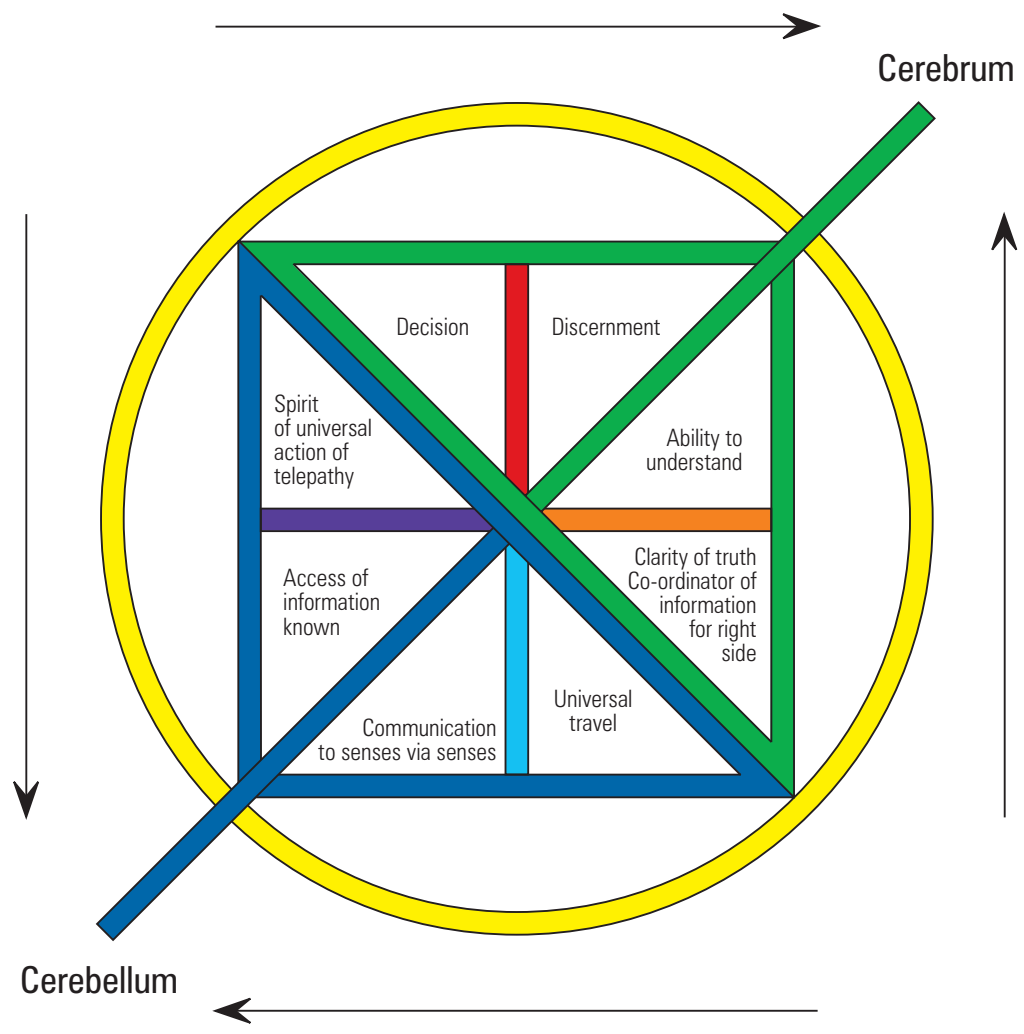
v). Think that your day will be a pleasant experience and ask that difficulties will be smoothed away.



## *Section 5*

# **Cross lateral referencing**

# Universal consciousness





## 5 Cross lateral referencing

Any hypothesis needs to be tried, tested, absorbed and stabilised before our structures are (aerodynamically) sound enough to withstand outside pressure in comparative safety. The logical linear sequential side of our brain must be comfortable and assured that the intuitive creative, holistic side of the brain will complement and not compete, will augment but not take over before an acceptable balance is found. The two sides can then choose to work together, co-operate and unite freely.

If our logical side has got used to controlling or even dominating, the intuitive side may have to make adjustments before they are able to work on a successful (win/win) compromise. Just as if the intuitive gets out of balance, outside discipline may be necessary. Perhaps this is why one side of our body is sometimes more uncomfortable than the other, or why our ability to understand is directly related to known information. It is also the reason why communication needs to be discerning and based on free choice rather than imposed, as all states are relative and need personal verification. Only when basic policy is laid down and agreed are we safe enough to investigate lesser known aspects. Prior to this we may need to reconsider instinctive habits that have caused us to respond in ways which are counter productive to well being.

The diagram at the beginning of this section looks down on the top of a skull at the areas that are affected by this process. A gap runs between the cerebrum and the cerebellum where the plates of the skull meet. When we extend our level of awareness, nerves carrying messages jump this gap, in a similar way that we try to achieve balance when the tectonic plates supporting the Earth's crust move and we experience a quake. When we lose our balance, which we will, we need to use the left side of the brain as well as the right to regain it. This works on a cross-lateral affecting the body as well as the brain. A change of heart takes just a moment, however the brain must reconcile and update old information and process new, after which the body must keep what it needs and release the toxins that result.

Visualisation exercise on pliability.

You may wish to read this to yourself or tape it and play it back to yourself and then sit in silence and contemplate on the words.

With our lives to date we found that in letting go we receive; to grasp towards us that which is not ours brings us only suffering. To let go in trust, recognising our accomplishments to date and forgiving our imperfections, is to give the opportunity of receiving instructions from higher levels that will support us. To recognise the imperfection of life on Earth as we have experienced it to date while still holding the perfect abstract is to extend compassion to ourselves. We recognise that in researching and investigating we have experienced pain, fear, impotence and frustration and yet through these lessons we have reached the state where we can now joyfully seek the kingdom of God. We recognise that the insight that we experience can be externalised and translated into use through good communication. In knowing this, then every fragment becomes part of the whole not only outside but also inside our body, for we are part of the greater and the greater is a part of us. Hold these thoughts for a few moments within the silence and as you gradually draw back. Link to all the other beings in the Heaven and the Earth who are a part of this whole state, each with their individual part to play, all part of the same picture. And begin to externalise your focus.

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If we take a decision to move forward this means that we become more sensitive towards other people's environments without necessarily having direct exposure to them. We can see what's happening to them, but we must take responsibility for censorship to make sure that we never do harm to anyone as a result of our decision to extend our consciousness. If we 'check up' in meditation on some of our friends or our family, there may be a time to enter and there may be a time we must definitely not do so. We will have to decide what is appropriate and respectful otherwise people will feel very threatened by our ability.

As we practise within the extension of our awareness, we can become much more discerning and this discernment will be communicated to the senses, via the senses, so we can actually ask only to receive information that is relevant. This means we ask only to receive information that is our business but we will have to have a code of ethics and a standard of morality that says, 'I don't want to nose into other people's lives, I don't want to see how they conduct their toilet, sex life (or whatever). I only want to serve'.

Our ordinary everyday discerning ability will have to be demonstrated in action within situations which activate the genetically encoded and instinctive memory within our body before we are allowed to proceed. This stability will help us to understand what is going on and information, which is way beyond our current understanding. This understanding will be activated as we translate it into use. This avoids it becoming active in spiritually incestuous relationships in which we only mix with others of our own kind and have precious little chats together. It is our obligation to mix with all ages, levels of ability, and cultures with courtesy, consideration and ease. We will need controlled exposure to areas in which we have prejudice as we have all developed biases without always realising it. The 'Management Upstairs' want people who can understand what is going on, who can access the information they need to take the next step. They do not want us to make the world perfect by tomorrow – that is their business. We must align our idea of perfection with that of the greater and get over our own bigoted and biased ideas, for the world runs in spite of us and we all fit in and always have done so. We can however hold humanitarian principles and concern ourselves with redistribution of abundance so that all get their needs met.

As we begin to work with our extended senses we will be able to become telepathic and our truth, which is a relative state, will begin to be integrated throughout our entire body systems. We will learn when to communicate at a telepathic level, when to work or support at an intellectual level, or an emotional level, and when to work or support at a physical level.

This clarity of truth will depend on our ability to merge and marry the two sides of our brain: the left logical side which says what is acceptable within social interaction in life we consider standard on Earth today, with the right side – what is intuitively the next step, because to heal people too quickly is not a kindness. We need to release problems homeopathically so that we can catch up with what is happening to us, and so that the people who surround us can as well. Everybody's life will change as we live in a group dynamic. In practice we may have to wait nicely for other people to catch up.

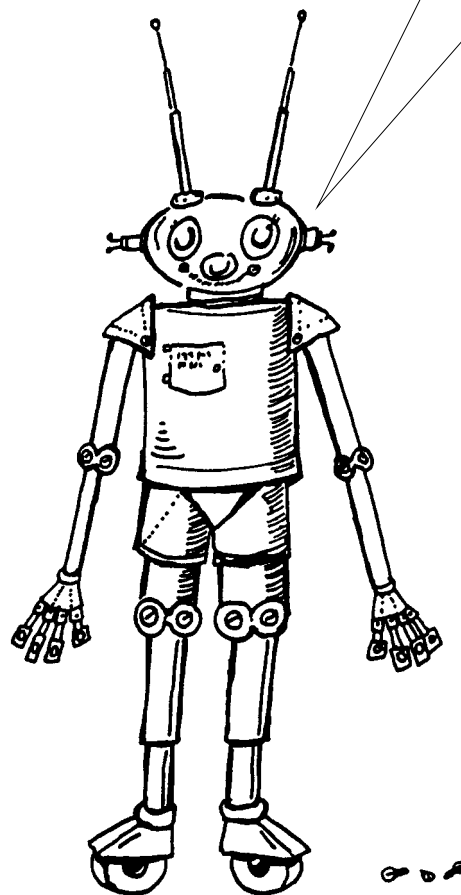
The incoming spiritual information is passed from heart/mind to the head and on into the body and as it does so, we may experience pain in the neck or pain across the shoulders. The body may receive this information cross laterally; we may have a pain in the left shoulder and it may show up in the right hip and the left leg or visa versa. It is as if scaffolding is put up over the body so we can handle it bit by bit. When the integration has taken place, the scaffolding is gradually taken down piece by piece. This is to safeguard the body and to make sure that all the body systems are working on the same side and don't have to conflict with each other to find out which is strongest. Everything is taken along gently – the story in the bible about bringing in the lost sheep being a good metaphor for this. We move forward at the rate of the weakest and the slowest area because everything is made whole and taken forward together. It is a long process.

*continued overleaf . . .*



### Self-reflection exercise: the tin man

Look at the diagram of the tin man. Ask the invisible world to give you instruction as to how best you can support your own forward movement at a practical level. In the bubble next to the tin man, write down any words that come to you. If you are not able to pick up any words, start colouring the tin man in and then translate that process and the colours into words. Colour and shape are the language of the invisible world. Rhythm and words are the language into which we translate it for use. So whichever one you are proficient at, start with that and make sure you translate to the other because we are trying to become efficient at translating one to the other.





## 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  
**Life Enhancement**

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