



second a10

Focus on
**Moving On When
Change is Required**

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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

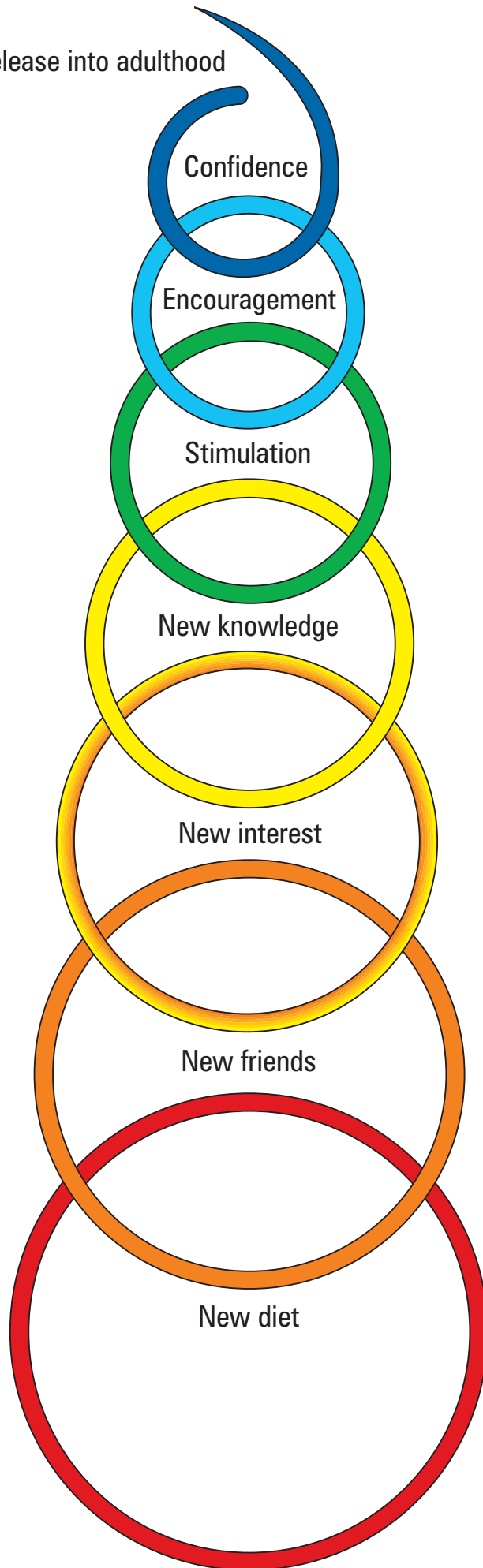
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body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

Indications of the completion of a phase

Release into adulthood



Confidence

Encouragement

Stimulation

New knowledge

New interest

New friends

New diet



I Indications of the completion of a phase

How do we know when we have really reached the end of a phase? 'It must be me', we say, 'I'm getting selfish and set in my ways' or 'Now I'm getting older I seem to be less considerate and have no tolerance left'. Well perhaps there is a message there, but because we are only examining the apparently obvious we are missing it. Although we may sense change ahead of time, we need to recognise that as sensitives we must allow the old to go out before the new can gain entrance. This is the beginning of an understanding that one chapter is ending and another is beginning.

Self-reflection questions to assess indicators for the completion of a phase.

What changes have happened lately?

i). Are you eating new foods? You may find that suddenly you need to eat differently and it's important, if that is the case, that you investigate your diet. A desire for sweet foods all the time can indicate that you feel life is not sweet enough, whereas spicy foods can indicate boredom or impatience, and bland foods can indicate a time for rest and recovery.

ii). Have your friends annoyed you lately, and bored you even though there seems to be no reason for it? 'There is nothing wrong with them, I've known them for 10 years' you say. Yes, they are still lovely people yet now they fill me with dread. Perhaps your growth and their growth are no longer running in parallel. It is not right or wrong but it does suggest that changes for all are on the way. Who do you feel this way about at this time?

iii). Are you feeling guilty about being bored with your friends? Or are you hopeful that things will change by themselves if you punish yourself with usual interaction and thereby sacrifice your obligation to face updated truth and trust that the outcome will serve the best interests of all?

iv). Have you suddenly found a new interest, which appears to be leading you into a new direction? What do you no longer want to be doing, or seeing anymore, even if at this moment you feel obliged to continue?

v). Are you consumed by a passion for new knowledge? Regardless if you don't know what it is as yet?



At these times it is most helpful to be supported and encouraged by someone who has passed this way before us. They will act as an impartial reflector, signpost and resource point for us, as we pass through the space that will lead into our next phase of growth. Although it is a part of the same book, one chapter is completed and it is time to start the next one.

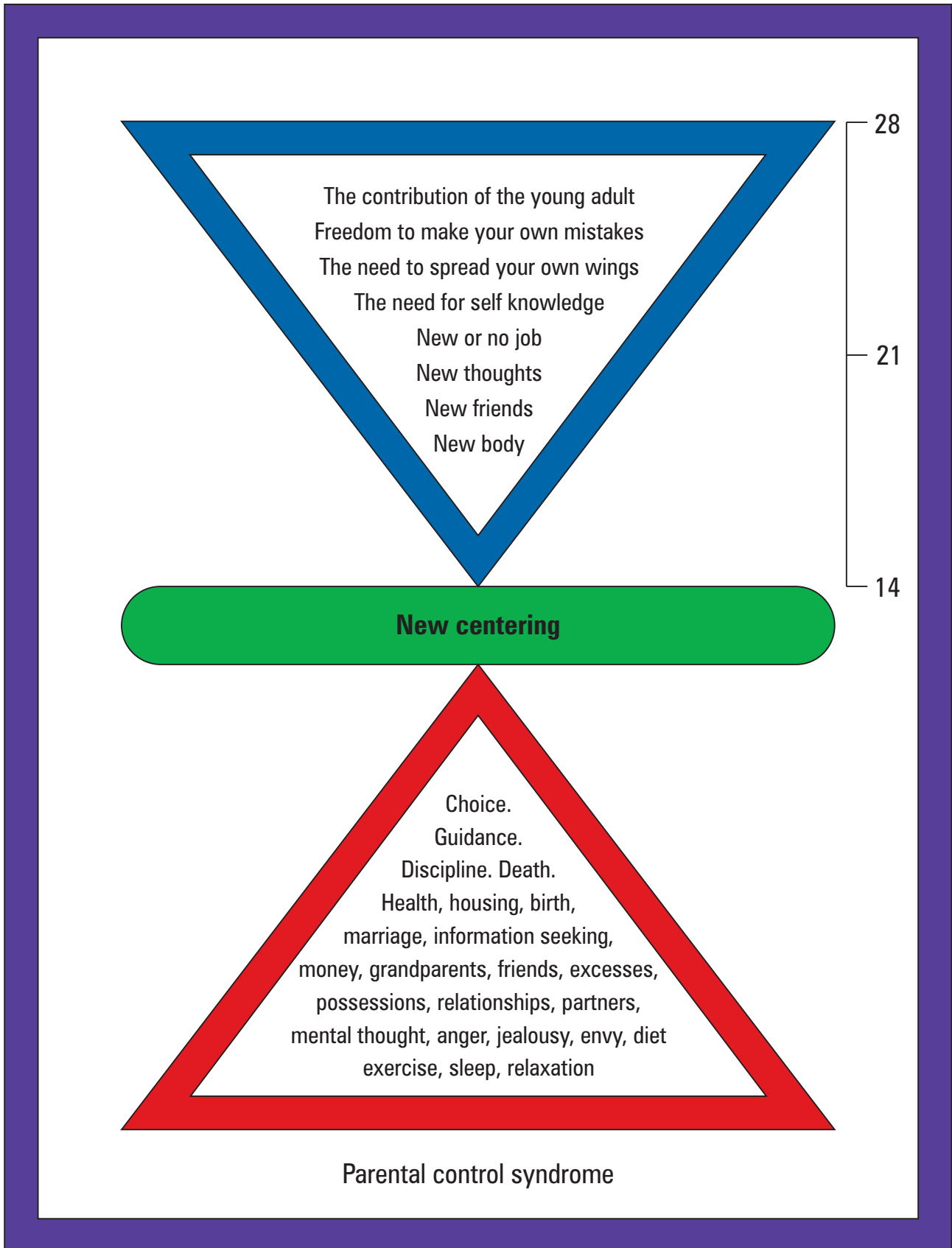
Guilt belongs to the past; hope belongs to the future work, requiring us to be willing to be within the present moment. Finding what interests us now may initially mean finding what doesn't interest us as we seek new knowledge. At this time we will have to be patient for always, eventually, we will meet someone or something, or go to some place that will begin the next chapter. At this point we simultaneously administer and dot the i's and cross the t's of the chapter that we are leaving. Universal law says we create a space, we clean a space, and into that space the new thing moves. What we would like however is a nice neat changeover.



Section 2

Decision making

The working framework of years standing starts to crumble





2 Decision making

We are used to working in an arena that is half the size of the one illustrated in the diagram at the beginning of this section, where apparently other people have made our choices for us. Disciplines have been imposed – in childhood, births, marriages, and deaths, where we have lived, how much money we should have, who we should see and so on. All these have been decided by those who have us in their care and control. This is known as the parental control syndrome.

As we begin our path of expansion, we initially take up more space, for we are still in our established routines as well as setting our sights on our next ideal. So we oscillate from that which is familiar while we extract its essence, to that which is our ideal as we wait to find out what that really means.

Once we have done this we are ready to make a decision based on all the information available. As we approach a decision, we are more at risk than ever before for we are stretched to the limit of our capacity. However, the decision is made slowly because it is based on information reaching us from all areas.

This contradiction lessens our vulnerability and we find we are ready to face the consequence of our decision, which will take us in a new direction affecting not only ourselves, but all those who surround us as well.

Somewhere between the ages of 14 and 21 we make our first break for freedom and at that time we stretch to the limit. As we try to find out what our body will do, we may want to make our own friends, find our own knowledge, make our own mistakes and to begin with we will only want to live in the top square of the preceding diagram. As we practise making the ideal more real and taking the essence from the effluent, we may need to have two or three goes as we bring the ceiling down and then bring the floor up. We do this until our original rectangle is there again but this time in the centre of the diagram rather than at the base.

Only at this time will we have the tensile flexibility to take in from outside what we want and to keep out what we don't want. While we are overstretched, we are at risk and maybe prone to taking in too much influence from outside. We will need to regain our shape to be comfortable. At this point we are like an elastic band that is stretched to its limit.

The exercise below illustrates that we often learn the most from the things we are ungrateful about. At this point we sort the men from the boys, the women from the girls and make the decision whether to use long-term investment policies or try to get instant return. The harder path can be the one that we receive the most from but we would rather be gratified within the short-term as we agonise within indecision. This process is a repeating pattern throughout life as we know it.

Self-reflection exercise about gratitude.

- i). Divide your page into two columns. In one column, write down everything that you are grateful for in your life now.
- ii). In the other column, write down all the things that are going on that you don't like much. In fact they may make you squirm a bit. You may find yourself rather ungracious and ungrateful for these lessons.
- iii). Often the lessons we find the hardest are the ones that teach us the most. Is this so in your own case?
- iv). Do you have some things in both columns? Have you changed your attitude in the light of past experiences? Is it time to let go of the pain and release old hurt? Is holding on to outdated issues harming you or anyone else ?
- v). Are you ready to forgive others and/or yourself and let go of the resentment of the learning process?
- vi). When you have finished the above, note down any thoughts or feelings you have about this exercise, and/or talk it over with a friend.



Section 3

Balance

Lack of dis-ease can equate to feeling comfortable between opposites

All invisible senses

Spiritual
eg - Positive thoughts

Negative thought

Mental
eg - Freedom

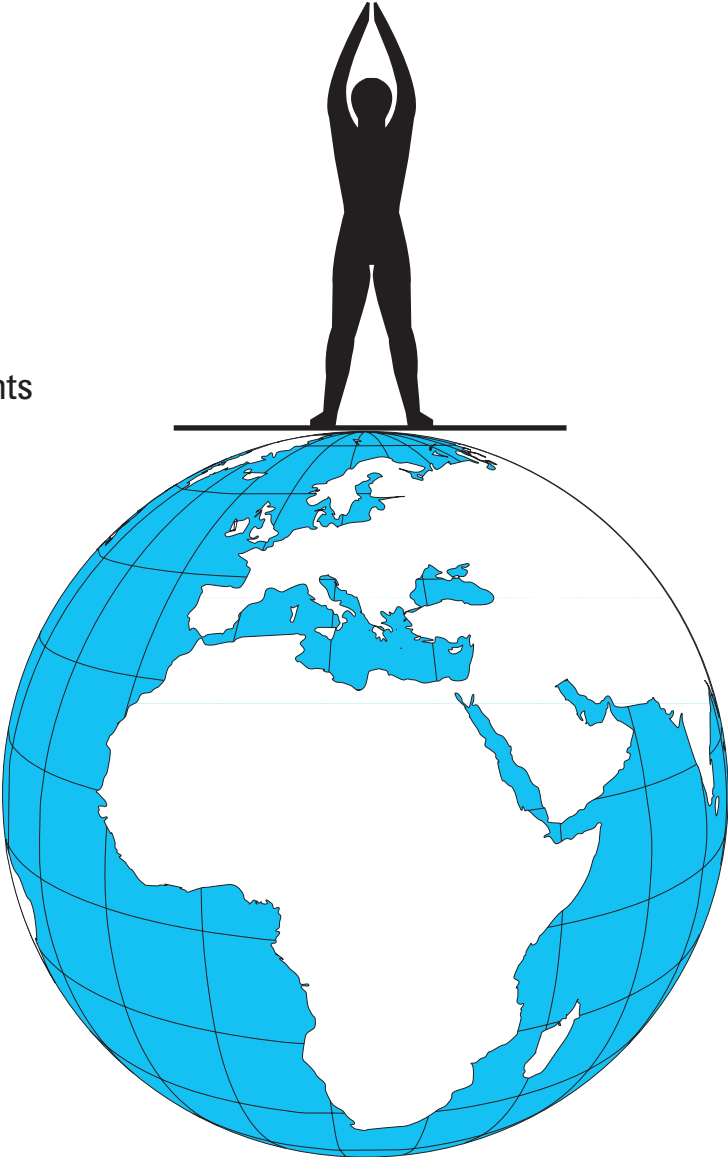
Pressure

Emotions
eg - Joy

Joyless

Physical
eg - Over exertion

Inertia



Balance of our world



3 Balance

Balance is a matter of finding a point of measurement that is compatible to our present state of being. If we redraw the diagram at the beginning of this section, put a rectangular frame around it, draw a diagonal line from 'positive thought' to 'pressure', from 'joy' to 'inertia' from 'negative thought' to 'freedom', and from 'joyless' to 'over-exertion' – we can see a pattern is made. Finally we cause draw a horizontal line from 'positive thought' to 'negative thought', from 'freedom' to 'pressure', from 'joy' to 'joyless' and from 'over-exertion' to 'inertia'.

What does that mean? In our youth we may feel physically extremely active and ready for anything. As we get into our adolescent years this physical capacity is still there, but we are often more interested in developing our feelings. To do this we have to apply pressure in one area to free space in another. And then as we go through the experience we can make the necessary adjustments in both areas. If we react positively then this will reflect an image of who we are and where we are now. To complete this experience we will need to realign the physical, emotional and mental outlook; and when we have done this we will need to adjust what is now known within our experience and what is still unknown or needs to be investigated again at a later date.

We may find that our inert behaviour indicates our life is joyless and we will feel pressured by our inertia within our negativity. As we understand that we are releasing that whole cycle, we can work with a positive as an abstract which will give us a freedom from the drudgery of the past, and create joy even if we are still over exerting ourselves at this point. That is our ideal boundary as we balance over exertion and inertia and close that circuit. Prior to that, we will have worked with one or the other physically and our balance would have been between over-exertion and inertia. If we have too much of one, we will have to go past the middle to find the balance. Or we may be working on the emotions – joy and joylessness, or the mental states – freedom and pressure, or the spiritual – positive and negative thoughts.

Having created a rectangular framework to contain the space, it becomes feasible to recreate our balance between opposites – be this abstract and actual, or

within the spiritual, intellectual, emotional or physical. The next stage if moving from the spiritual positive standard holding via intellectual pressure, however feeling reasonably emotionally stable but somewhat physically inert. Conversely we may feel somewhat negative, wishing to free ourselves to do just what we want, but find it a joyless activity as we rush around seeking we know not what.

Our attitude will determine whether this experiment within our life is viable and will also indicate what type of help, if any, we need at this time. This positive type of cautious approach will counter-balance what seems to be a negative experience and will give us a balance between that which we suspect and that which we know.

This process links to our breathing pattern and our heart and assesses whether or not we can expand our capacities.

Self-reflection questions to help you identify how you feel about different types of breathing.

- i). When shocked our breathing can become unnatural. Do you breathe down to the lower abdomen?
- ii). Do you push your tummy out as you breath in and pull it in when you breathe out?
- iii). Breath in and out a few times, but, if you feel dizzy stop.
- iv). Next, breathe from the solar plexus area and note the difference in how you feel.
- v). Finally place your hands on the top of your chest – above the heart level and pant a few times, and see how that feels.
- vi). Where does your normal breathing pattern start and stop?

continued overleaf . . .



Breathing exercise.

- i). Breathe normally for a few minutes.
- ii). Now take a deep breath in, then some more, and more again. While doing this, as you breathe in, you can say to yourself: 'I breathe in the breath of God (Good)'.
- iii). Now let it go, breathe out, and out again, and again. While doing this, as you breathe out, you can say 'I breathe out that which I no longer have need of'.
- iv). Rest and then repeat three times more.

It is helpful to do this exercise whenever you feel stressed.

Meditation – My law – Tieme Ranapiri

The sun may be clouded, yet ever the sun
Will sweep on its course till the Cycle is run.
And when into chaos the system is hurled
Again shall the Builder reshape a new World.

Your path may be clouded, uncertain your goal:
Move on – for your orbit is fixed to your soul.
And though it may lead into darkness of night
The torch of the Builder shall give it new light.

You were. You will be! Know this while you are:
Your Spirit has travelled both long and afar.
It came from the Source, to the Source it returns –
The Spark which was lighted eternally burns.

It slept in a jewel. It lept in a wave.
It roamed in the forest. It rose from the grave.
It took on strange garbs for long eons of years
And now in the soul of yourself It appears.

From body to body your Spirit speeds on,
It seeks a new form when the old one has gone
And the form that it finds is the fabric you wrought
On the loom of the Mind from the fibre of Thought.

As dew is drawn upwards, in rain to descend
Your thoughts drift away and in Destiny blend.
You cannot escape them, for petty or great,
Or evil or noble, they fashion your Fate.

Somewhere on some planet, sometime and somehow
Your life will reflect your thoughts of your Now.
My Law is unerring, no blood can atone –
The structure you built you will live in – alone.
From cycle to cycle, through time and through space
Your lives with your longings will ever keep pace
And all that you ask for, and all you desire
Must come at your bidding, as flame out of fire.

Once list' to that Voice and all tumult is done –
Your life is the Life of the Infinite One.
In the hurrying race you are conscious of pause
With love for the purpose, and love for the Cause.
You are your own Devil, you are your own God
You fashioned the paths your footsteps have trod.
And no one can save you from Error or Sin
Until you have hark'd to the Spirit within.

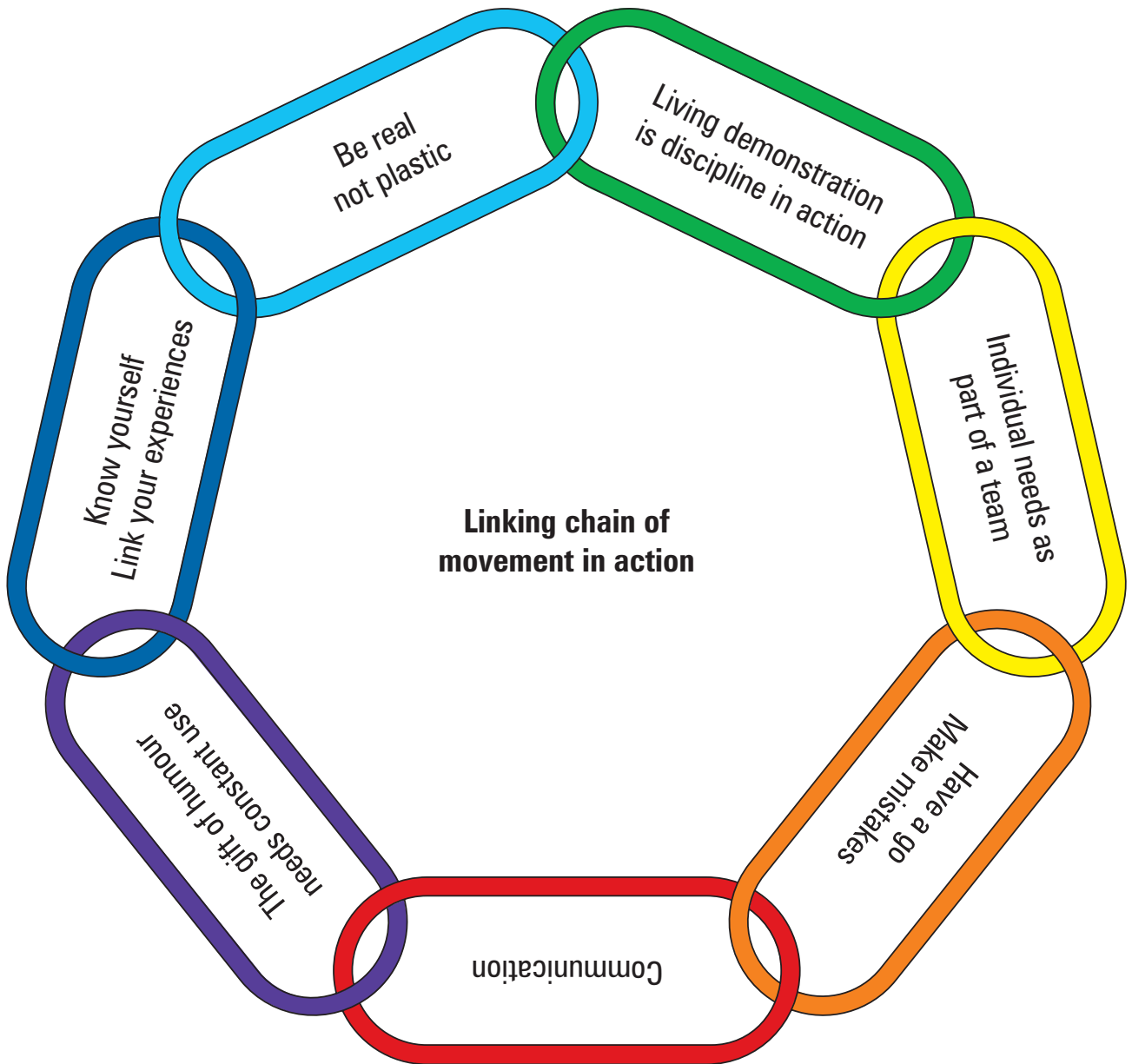
Attributed to a Maori



Section 4

Integration

Growth



The joy is not always a pleasure



4 Integration

Is any experience wasted?

So often we hear: 'I feel so guilty I wasted so much time'. In our experience nothing is ever wasted within nature.

Take an example of your own past experience – at that time, you may have been unable to see how the experience would prove useful in the future, but now with hindsight you can see how it always seemed to fit in within a greater pattern of your life.

There are times when we do not enjoy an area of learning. At this time the only way is through, not round; and if we continue with as good a grace as we are able to muster, the area of learning will pass and in time we may even find ourselves grateful for the experience.

To learn to link each separate chapter is a little bit like working on a series rather than a serial on the television. We will need to work on one piece of the chain before we join the chain together. If you want to know what you will do in your future then list everything you have done in your past, and put it together in another way that will give you the foundation of the next stage. That means we must be real and not play roles. We can play the roles but we must recognise it is the essential person playing the role and not get lost within the role.

We are only as good as the living demonstration we present. That means we need feedback; so at a certain point, when we have gone as far as we can go, we need to work as part of a team so other members of our team can give us feedback. We'll also have to overextend ourselves and make mistakes. People try to stop when they are changing, and that's allowed, for a certain length of time until they are rested, and then they'll need to get back into the ring and have another go. The only sin is not to go in for the next round.

We have to learn to communicate at all levels; that means we'll have to learn to laugh with others. When people start to grow Spiritually they are inclined to get very humourless and will have to lighten up before they are able to go further. To accept unconditionally and to deepen our level of trust is a very challenging business and at a certain point, until we learn to trust it, we will need to lighten up. One of the ways to do this is being able to laugh with friends and to recognise that we are all limited in some areas and are talented within others.

We each have our skill, we each have our part to play. No one is any more important than anyone else is. This is also true within our background experiences to date, where there is not one section of our life that hasn't helped us bring us to where we are today. It is very important to understand that and to work with forgiveness, even if others take longer to catch up with this information and realise our input or value their own.



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

Moving On When Change is Required

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