

The Monthly Oracle



Keep your head up

Those who have proved they are able to lead from behind as well as from the front are ready to try their hand at equality. Equality requires we are sure of our own ground and can stand firm within our own skill area. It is a necessity that we do not trespass on the skill area of another. Nor do we feel the need to tell someone else what to do or how to do it.

We stand back and wait for them to make their choices, only when they have done so do we find out whether to pledge allegiance to them or withdraw as graciously as we are able.

While we wait we are in the position to reassess our own position. We may need the help of someone who is as spiritually developed as we are, or someone more advanced to help us.

What we do not need is something to disempower us who 'takes over' nor someone who is condescending, patronizing or arrogant. By the time we seek help we will be tired of being mocked or found wanting for who we are and the spiritual beliefs we hold.

We will get tired of being gossiped about and we will begin to wonder if we have read things correctly.

Being changed

All of us are changing and being changed at a fast rate. Expect the unexpected and do not shirk delving into the self, to find our truth NOW. Then speak it to others concerned and renegotiate if need be. Only when able to do this are we free to proceed.

News and views"

So there I was talking to a friend who said 'your website is down'. 'No' I said but checked on getting back to the office. Sure enough not a sign of it.

Many phone calls and emails later it turned out the server had forgotten to renew and directly it went down the name Second Aid was snapped up by someone in Russia.

More negotiations and the content of the site was retrieved and so www.judyfraser.com is born.

A wonderful man experienced in all aspects offered his services and a designer asked to input. The three of us had a hard-working few days. Never an irritation, lots of laughs and a wonderful sense of common purpose and good humor.

We are well underway and for now the old site can be accessed through the new. Lots of plans but we are being patient. Please note the new email address is also changed. It is now

judy@judyfraser.com



We may need to get and accept help and this will mean letting go of any residual feeling of superiority we could be hiding. Then we need the humility to ask for the help we need. One of the things I love about spiritual development is that everybody must be modest enough and humble enough to ask the help of another to enable a moving on.

In the last couple of months I had reason to ask a trusted and respected colleague of many years standing to check my findings resulting from an incident that upset me greatly. I completed my request with "I hope you don't mind my asking". Almost by return I got a reply saying "I like it that you ask". That really helped and I am indebted.

The picture on this page is of the high rises in Vancouver above the cloud. This is a tribute to the said friend who helped me out, he helped me see clearly above the clouds. Thank you.

If you can't be kind at least have the decency to be vague!

"Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the

decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no human could have dreamed would have come his/her way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now." Goethe

This may require us to turn our back on something that we have been committed to up to this time. Life will begin to show us what is no longer appropriate and if we do not 'get it' then friends and colleagues will begin to reinforce the message until we do 'get it'.

Finding out what we do not want or will no longer tolerate will begin to lead us towards what we do want and then life begins to

steer us in the right direction. Having felt impotent and really frustrated with a situation that arose in a fit of pique, I walked into a Spanish Estate Agency with a friend and asked in English whether they had any healing centers on their books? Imagine my surprise when they said "yes"! Asking when we could visit we were told 'now'. So we did!

One of the problems in using 'hired' space for meditation is that every time you walk in you have to go back to the foundation, cleanse and clear the space so you never get any build up of energy or atmosphere. For me I consider myself deeply privileged to act as a mouthpiece for the more subtle realms. Believe me there are difficulties and problems that go along with these gifts.

Others can be fascinated and intrigued yet because they have not got the understanding they do not have the respect or the reverence that could make your job easier. They talk in loud voices they interact and interrupt and input their opinion. There is no room for arrogance nor for jealousy or anything other than gentleness and compliment.

With a level of intuition comes an innocence (inner sense) that must be followed without question and obeyed. It is a rigorous discipline, if you then have disrespect and a lack of consideration from those who want to take over, control or manipulate circumstances surrounding you the waters get well and truly muddied.

REAL TEAMWORK

Real teamwork allows all to know themselves - (hu) man know thy-

self. So my skill is within the intuitive power to communicate from the subtle realms right into the life of the person requesting support.

Another colleague is extremely knowledgeable of the law, another fund-raising and networking, yet another money management, and then there are the skilled and organized administrators. Of course there are many more web site personnel, photographers, design and film making and so on.

But for the purpose of our example you will get the idea hopefully. All and each have a defined role to play, where they have an area of autonomy, yet are a part of something greater as well. Each must find out where they interface one with another so that no-one steps on the toes of another. Doing your own job without interfering with that of another or telling them what to do is an art form in and of itself.

It is vital that none act alone even within their own skill arena, each must communicate and inform and get the group co-census agreement. If there is a common intention and good humor from all it will be an agreeable and enjoyable experience for everyone.

If the verbals do not match the intention or the actions then imbalances result. This will manifest in despotic dictatorial behavior where one 'wins' so another has to 'lose' and we once again reinforce the master/slave divisive society.

Doesn't matter how kind the master nor how willing the servant there is no equality within

service of all. The servant must become the server, and the master must become the master of him/herself rather than of others. Only then do we have equality and then we can all concern ourselves with matters of importance to society and the collective issues of community well being.

SELFLESS OR SELFISH?

Each one of us will have to decide do we want to live to achieve personal gain, personal power, popularity, monetary advantages, and so on. Or do we want to input into solutions and no longer be a part of historical problems.

In the same way that nature cleanses and rights pollution given the time and the space to readjust. People are able to do this to. The belief in solutions for the good of all bring a common intention where most work are on the same side. Old understanding needs to be replaced with less selfish more inclusive policies and politics prevail.

Learning to respond graciously and honestly cuts negotiation and re-negotiation times to a minimum and gains maximum effectiveness. Then at the physical level attitudes are able to become more flexible working to the point of need and wherever the greatest requirement is at the time.

Pray, meditate and contemplate as to where we can fit in now. Is it in active ways or by generation of the more passive support and encouragement to those on the front line of service.

All are unique and all are needed but we maybe shifting our posi-

tion in the overall league table so as to gain maximum effectiveness for all. We live in demanding and exciting times where new ways of living are being explored. Let spirit prevail at all levels of being.

OH HOW TRUE

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.



We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom.

A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete. Remember, spend some time with your loved ones, because they are not going to be around forever. Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side. Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you. Remember to hold hands and cherish the moment for someday that person will not be there again. Give time to love, give time to speak, and give time to share the precious thoughts in your mind.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

-George Carlin

HEAVEN AND HELL

A holy man was having a conversation with the Lord one day and said, 'Lord, I would like to know what Heaven and Hell are like.'

The Lord led the holy man to two doors.

He opened one of the doors and the holy man looked in. In the middle of the room was a large round table. In the middle of the table was a large pot of stew, which smelled delicious and made the holy man's mouth water.

The people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with very long handles that were strapped to their arms and each found it possible to reach into the pot of stew and take a spoonful. But because the handle was longer than their arms, they could not get the spoons back into their mouths.

The holy man shuddered at the sight of their misery and suffering.

The Lord said, 'You have seen Hell.'

They went to the next room and opened the door. It was the same as the first one.

There was the large round table with the large pot of stew which made the holy man's mouth water. The people were equipped with the same long-handled spoons, but here the people were well

nourished and plump, laughing and talking. The holy man said, 'I don't understand.'

It is simple,' said the Lord. 'It requires but one skill. You see they have learned to feed each



other, while the greedy think only of themselves.

Origin unknown

LETTING GO

The surrender of the old and the familiar will bring up old issues of insecurity and any feelings of inadequacy will have to be coped with. These usually manifest as desire to control and or manipulation people or circumstances. Along with this come feelings of frustration and impotence as life begins to force us to let go and to catch up with where we are now.

We can feel excitable and irritable all at the same time, anxious even aggressive. These show up in the body as intestinal problems or circulatory disturbance. The digestive system is disrupted along with the colon and the kidneys prior to the updated flow being established.

There is a saying 'hold on tightly, let go lightly'. We just sometimes don't remember that it is the time to let go! First we have to agree to cooperate with the soul as we choose to move on and allow all others the same courtesy. But old pressures return to a greater degree as our choice is tested - do we really want to upgrade and update and allow others the same courtesy?

We know this will require us to find a new way to express ourselves and to do this we will have to up front any fears of authority. This may present via parents, partners or children as well as any 'teacher/doctor/lawyer' figures.

Time to let go of old hatred, bitterness or obstructions of old and to understand that we loved

and gave contracts to that effect and now it is time to free all unconditionally, if appropriate to do so and to enable all to find new balance. Life to date has been digested resentment has been discharged. Now we extract what we need, move on taking the essence of what has been learned. Then we release the effluent so the seat of power is cleansed and clear to move on.

How do we do that? We check that we are secure within ourself then and only then can we gift that onto others. Any feelings of rejection have to be addressed are we OK when we are ignored and or bullied. Do we now just feel empty whereas once we were upset and destabilized? Not victimized nor a victim just unattached.

We have found the courage to care without expectation of return. We do not neglect but we do wait to be invited and shown how another wants to be nurtured now. We may feel inert rather than balanced as another appears to want to be humored their way not to mention an instantaneous result! They want another to do the hard work for them so they are enslaved.

This time we may not choose to do so or we may do so while being somewhat unimpressed! We let go the need to be superior or arrogant but we do not accept being made inferior or put down. We choose not to cramp another's style nor do we wish to have our own cramped either.

We let go fear of the unknown and we accept the need to change and be changed and we accept responsibility for it. We may be bewildered but we up-

grade and update our truth to now. What it once might have been eons ago is no longer, but we begin to understand the wisdom behind the events. The frustration of hating to love or loving to hate loses its appeal and we embrace the power of the union of both.

The illusions of the external dramas being played out may cause us to lose our balance temporarily. New balance being found in the upgrading of the internal identity. We access the disharmony, the disillusionment, the disappointments and we accept responsibility for them.

Perhaps we do not want to need to be needed just to hang onto the old. Was it that great anyway? In its time maybe but it is well past its sell by date now. If we hang around we will be ignored or we can be freed. But only if we have the courage and the willingness to change and to be changed. Time to trust the higher instruction and let go.

***"Come to the edge" he said.
They said: "We are afraid".
"Come to the edge" he said.
They came.
He pushed them
and they flew.***

-Guillaume Apollinaire -

Yes you may have done it before but it is time to do it again!!