

# The Monthly Oracle



## WORDS OF WISDOM

"It's amazing how many people feel they have the right to deceive others, to treat them inconsiderately or use them for their own ambitions or interests, without thinking that they too are beings worthy of consideration and respect! They don't take other people into account, so it should be no surprise to them when these people, who have felt put down and belittled for too long, eventually retaliate. Someone may wonder, 'Why do people avoid me? Why don't people like me?' without realizing they themselves have done everything to make it happen. They look at others or address them with coldness and contempt, they keep the truth from them or tell them downright lies, yet, amazingly, they see themselves as

lovable!... So, it's up to each one of us to take a good look at ourselves and become aware there is a law of justice that has to be taken into account in our own interest. If we behave honestly and with integrity and respect, others will give us their trust, which is to our own advantage."

Omraam Mikhaël Aïvanhov

## WHAT IS ACCEPTABLE TO US NOW?

At this time it is essential that we decide what is acceptable and what is not. We need to know what we want and the way to arrive at that is to learn what is no longer acceptable to us. Recently it became apparent that no longer did I wish to work for those who abused or exploited that which I had to offer.

Abstract concepts are so precious and need respect. The people who

## "News and views"

*I offer you peace,  
I offer you love,  
I offer you friendship,  
I see your beauty,  
I hear your need,  
I feel your feelings,  
My wisdom flows from the highest source,  
I salute that source in you,  
Let us work together,  
For unity and love.  
Gandi*

The methods of working are in a state of change. Facilitation now being an exploration and an experience, a safe space in which to uncover truth, face strengths and vulnerabilities and share learnings. By the time you read this I will be in the Czech Republic exploring these ideas with a group of business women

April a trip to the UK is planned with a group exploration weekend entitled 'Truth within vulnerability' followed by two days of individual meetings. April 16-18th incl.

In May a meditation weekend in Palma Majorca will explore and unite 'Inner and Outer Reality' and plan future pathways.

Neil Croft an energetic Life Coach and friend and I are investigating the facilitation of a spiritual retreat in Majorca in the Spring at a finca in the east of the island.

Anyone interested in any of the above please make contact. Or if you have any ideas that you would like to put forward please do so.



use the materials to exploit, or appear personally superior abuse them. The work has been exploited, used and abused. We do not run a dating agency, a friendship service, or a club. What we offer is a service to people who are not happy where they are but who want to maximize their potential and give service to others as well as themselves. It is highly personal.

Over the years people have perhaps, started work in this manner but have gone on to use the materials and the learning to place themselves in more fortunate circumstances. Towards the end of last year the disappointment and disillusionment came into my sights. Taking some time off, seeking advice from mentors and from trusted friends I withdrew to regroup. During this time I started to write a book having been pushed into finally doing so after years of thinking about it. I also took a Feng Shui course which was interesting and my instructor empathetic when I confessed that the stimulation was not what was intended and a lot I already knew from studies

of earth energies, dowsing, color, light and sound of old. There were aspects that were new and I was thrilled with those but the purpose was muted. Keeping on keeping on I sought new explanations.

Now looking for what had been gained. That was focus. Yes, I want to go on working with and for people but in an updated manner. During this time my two friends Neil and Alex tended to upgrading my computer. Neil tirelessly took my computer apart and rebuild it to be appropriate for purpose. Not to mention showing me how to operate the new systems. Alex automated mailing lists and how the newsletter is distributed, patiently showing me again and again how to use the new systems.

My friend Pav having already given us the new design we worked on and on until the new administration started to operate with ease. It felt like a vertical learning curve but eventually became more routine. Knowing

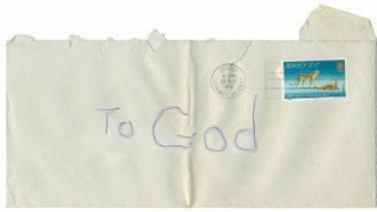
that the old way was a done deal but not yet sure in what the new way was manifesting. Very slowly clarity became more apparent. All this time still working in a low key manner, but only with individuals either by email, phone, Skype or face to face.

What did this demonstrate - for me the way of working in group format had to change. What was I trying to understand? Until I knew that there was no way I could respond to it. My lovely supportive friends understood my frustration and impotence and allowed me to blow off steam without giving advice or doing anything except laugh with me. True friends indeed they showed no over concern just support and encouragement within the discomfort of transition! My attitude to it accepted and trusted, giving me the space to work it out for myself.

For me the way of facilitation was changing. Everyone must be free to take responsibility for their own choices. Once they were made the choice became mine, continue in the old manner or change. I choose to change the manner in which I worked. Equality has always been important to me. I have specialist skills as do others and each of us must present these in a manner that is conducive.

We facilitate through our presence as much as through our knowledge and capacity to inform. Truth and trustworthiness comes through owning our vulnerabilities as well as through our strengths. Only then can we create spaces where we learn from each other. To do that we must feel safe within that space. Criti-

## THE IRONY OF ASSISTANCE



There was a man who worked for the Post Office whose job it was to process all the mail that had illegible addresses.

One day, a letter came addressed in a shaky handwriting to God with no actual address or post-code. He thought he should open it to see what it was about. The letter read:

Dear God,  
I am an 83 year old widow, living

on a very small pension.

Yesterday someone stole my purse. It had £100 in it, which was all the money I had until my next pension payment. Next Sunday is my birthday, and I had invited two of my friends over for dinner.

Without that money, I have nothing to buy food with, have no family to turn to, and you are my only hope..

Please help me?

Sincerely, Edna

The postal worker was touched. He showed the letter to all the other workers. Each one dug into his or her wallet and came up with a few pounds. By the time he made the rounds, he had collected £96, which they put into an envelope and sent to the woman.

The rest of the day, all the work-

ers felt a warm glow thinking of Edna and the dinner she would be able to share with her friends.

A few days later, another letter came addressed to God and in the same hand. All the workers gathered around while the letter was opened.

It read:

Dear God,

How can I ever thank you enough for what you did for me? Because of your gift of love, I was able to fix a glorious dinner for my friends. We had a very nice day and I told my friends of your wonderful gift.

By the way, there was £4 missing. I think it might have been those bastards at the post office.

Yours Sincerely,  
Edna

cism and the opinions of others can destroy all too easily. Very strong opinions blasted into another's space causes lasting damage very difficult to recover from. All must have an opportunity to investigate in a manner that works for them. Now I was getting it!

The initial response was - well the last time that was tried I felt attacked and abused by people being intrusive and nosy at a time I could not cope with it - so much so that a third party felt the need to stand up and speak on my behalf. Realizing that that was then and not now, I made a decision to take responsibility and be willing to cooperate with a change that I did not remember consciously choosing. And hey presto three invitations came in inviting me to facilitate three groups within days of each other.

These groups will be facilitated as conferences to investigate and share

information and resources. That way we all observe and learn in new ways.

## WHICH DO WE ADDRESS FIRST IN W-HOLISTIC CARE: BODY, EMOTIONS, MIND, RELATIONSHIPS OR SPIRIT?

by Daniel J Benor, MD, ABIHM

Many people with acute pain simply want to be rid of it, without giving it much of a second thought. A pain pill does the trick and they move on with their lives. They see no reason to poke about and ask whether there are any deeper understandings to be had about the pain. Most of the time, a painkiller for acute pain is a benign remedy for whatever hurts. Sometimes, however, it might be insufficient or even dangerous. A heart attack, twisted bowels, or appendicitis treated with strong pain killers could lead to delays in treatments for such

serious problems, which could progress to fatalities if not treated in time.

With chronic pain it is a somewhat different story. These pains demand more than just a casual response. Backaches, arthritis, migraines, irritable bowel syndromes and other persistent pains interfere with our normal activities and demand more considered attention.

Addressing chronic pain is a challenge on many levels. Pain medication often becomes a problem when taken over a period of time. Side effects may develop, such as constipation, drowsiness, fuzzy-mindedness. Habituation and addiction may begin to loom as dangers. Fatalities from pain medicines properly used occur every year in significant numbers of users.

So chronic pain invites us to look more deeply at what might be causing the pain, so that we can address the underlying causes rather than just addressing the symptom. It is here

that we may open doors to deeper understanding of the place of pain in our lives. Let us examine the various levels of our being and how they may be involved in pain and pain management.

## BODY

Conventional medicine views the body as a complex set of biochemical interactions, and within this framework a pain is a manifestation of some malfunction of tissues, organs and chemistry. When we can identify the physical malfunction, we can sometimes offer a cure.

For acute trauma – rest, ice to reduce swelling, surgery to repair damaged tissues and splinting for fractured bones

For infections – lancing a boil, anti-septics and antibiotics

For arthritis – anti-inflammatory drugs

For irritable bowel syndromes, ulcerative colitis and Crohn's Disease – special diets, drugs to calm the gut and surgery

For degeneration – joint replacements

For cancers – surgery, chemotherapy and radiotherapy

For obesity – reducing diets, reducing diets, other reducing diets, exercise, appetite suppressing medications, and bowel surgery

**W-HOLISTIC HEALING** addresses body pains through preventive physical level strategies.

Avoiding junk food and many 'normal' foods that contain poisonous chemicals such as monosodium glutamate (MSG) and aspartame that can cause headaches, stomachaches and arthritic pains

Avoiding too much of certain kinds of fish, which can contain mercury and other toxic chemicals

Eating a healthy, vegetarian diet  
Fitness practices

The above are items addressed well by Nutritionists and Naturopathic Doctors. Due to the indoctrination we receive from Western medicine, these may be the primary items we think of in connection with pain or any other body symptom. We tend to view the body as a physical object that needs physical or chemical manipulations.

## EMOTIONS

What we are feeling may be reflected in our body. If we simply ask our body what it wants to tell us, we may be surprised to learn that our unconscious mind is using the symptom like the ringtone on a telephone.

Once we start listening, our unconscious mind can then turn the volume down on the ring.

Wanda suffered from backaches for many years. At first they were intermittent, but in the six years prior to seeking psychotherapy they were constantly present. They were worsened with prolonged sitting and with picking up anything heavy. Over the years, Wanda found herself using increasingly strong painkillers in increasingly heavy doses. She had to quit her secretarial job, both because sitting for more than two hours became unbearable and because the painkillers produced fuzzy thinking and she was making too many mistakes on the job.

Wanda was very surprised to have an immediate response from her unconscious mind when I invited her to ask it what its message was, behind the pain. What her inner self was wanting her to become aware of was her anger over feeling taken advantage of and abused on her job.

Wanda very quickly uncovered deeper layers of awareness. Her frustra-

tions at work were only surface issues. Her unconscious mind was actually inviting Wanda to open her inner file drawers where all of her memories and feelings of being taken advantage of and abused were stored. What surfaced were memories that had been totally shut away from her consciousness. At age seven she had been sexually molested by an uncle during a summer holiday visit. When these issues were processed with the help of WHEE, her backaches were completely resolved.

## RELATIONSHIPS

Physical symptoms may be a form of communication in the context of our relationships, speaking to the person with the symptom or to those in relationships with him or her. A headache may be the unconscious mind inviting us to give our attention and healing to problems that we have been ignoring – consciously or unconsciously. A headache may be a complaint from our unconscious mind about a person or situation that 'is a headache' or nuisance in our lives. That same headache may serve double duty by also giving us the excuse to not have to do something we'd rather avoid; might invite others to give us more attention; or might make it easier for us to ask for help with difficult tasks.

Physical symptoms may be a message from our body that we are being poisoned by toxins in our environment. Stomachaches, headaches and general weakness are common messengers of this sort. All of these plus weakness and tiredness may speak to us in a chorus as fibromyalgia or chronic fatigue syndrome.

## SPIRIT

Existential unrest and pain may put us out of sorts or may open us to problems on any level of our being as

a way of drawing our attention to the need to alter disharmonies in our current situation or to redefine our life course or goals. Dissatisfaction with our role on the stage of life may predispose us to any condition or may worsen it if we enter a vicious circle of frustration and despair over our illness and its treatments.

Dale was a nurse who had trained to work in hospitals, motivated by her love of helping people feel better. The grateful smile or squeeze of a hand from a patient who thanked her for her tender ministrations was more important to Dale than the salary she brought home. On returning to work after more than a decade's break she took from work to mother her three children, she found that the hospital was no longer a place where nurses were expected by the management to serve in the ways that had made her heart sing. Her family needed her income to build their savings towards the children's educational future, and she did not see another option but to grit her teeth and do her best to still provide service with a smile.

This was too dilute a soup to nurture her soul's desire to be of healing service. Tending electronic monitors was simply not rewarding in the same way that direct personal care had been. Though she pleaded with her supervisors to be allowed to spend more time in direct patient care, even bolstering her pleas with research articles showing that this would decrease many symptoms, reduce stress and shorten hospital stays, her words fell on deaf ears. Dale started having migraines that were so severe she had to stay home for several days, at least every other week.

When a friend who had learned WHEE suggested that she talk with her headaches to ask what they wanted to tell her about her life, she was surprised at the clarity of the answer: "Stop beating your head against a brick wall!" Find another job where

your good heart will be appreciated. Dale found a job as a school nurse and it was no surprise when her headaches cleared.



Pains may often be blessings in disguise in these sorts of ways. Through the suffering of our pains and through the spiritual people we find who help us to deal with them, we come to reconnect with our personal spiritual awareness. Having had to deal with our own pains, we become more able and open to empathizing with others who have pain.

Choosing the level of entry to wholistic healing

My personal belief is that the spiritual is the matrix for all of the others. I find that whatever I learn on any of the other levels has its deepest reflections, resonations and lessons on that level.

There is no right or wrong way approach our problems. Each doorway will bring its own lessons. Each doorway can also lead to all of the others.

*"I would rather walk with a friend in the dark, than walk alone in the light." -Helen Keller*

## THE DUCK IS DEAD

A woman brought a very limp duck into a veterinary surgeon. As she laid

her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest..

After a moment or two, the vet shook his head sadly and said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. The duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something"

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever.

As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head. The vet patted the dog on the head and took it out of the room.

A few minutes later he returned with a cat.. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill. "\$250?" she cried, "\$250 just to tell me my duck is dead?"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat scan, it's now \$250."

## EAR INFECTION

This is so true!

They always ask at the doctor's reception desk why you are there, and you have to answer in front of others. Sometimes it is embarrassing.

There's nothing worse than a Doctor's Receptionist who insists you tell her what is wrong with you, in a room full of other patients.

I know most of us have experienced this, and I love the way this old guy handled it.

A 75-year-old man walked into a crowded waiting room and approached the desk.

The Receptionist said, 'Yes sir, what are you seeing the Doctor for today?'

'There's something wrong with my dick', he replied...

The receptionist became irritated and said, 'You shouldn't come into a crowded waiting room and say things like that. '

Why not, you asked me what was wrong and I told you,' he said.

The Receptionist replied; 'Now you've caused some embarrassment in this room full of people.

You should have said there is something wrong with your ear or something and discussed the problem further with the Doctor in private.'

The man replied, 'You shouldn't ask people questions in a roomful of strangers if the answer could embarrass anyone. The man walked out, waited several minutes, and then re-entered.

The Receptionist smiled smugly and asked, 'Yes?'

'There's something wrong with my ear,' he stated.

The Receptionist nodded approvingly and smiled, knowing he had taken her advice.

'And what is wrong with your ear, Sir?'

'I can't piss out of it,' he replied. The waiting room erupted in laughter.

Mess with seniors and you're going to lose

## MY OATH TO YOU..

When you are sad.....I will dry your tears.

When you are scared.....I will comfort your fears.

When you are worried.....I will give you hope.

When you are confused.....I will help you cope.

And when you are lost....And can't see the light, I shall be your beacon....Shining ever so bright.

This is my oath.....I pledge till the end.

Why you may ask?....Because you're my friend.

Signed: GOD

*"I never came upon any of my discoveries through the process of rational thinking."  
-- Albert Einstein.*

