



second a10

Focus on
Personal Programming

First published – 1985
On the internet – 2001

© Judy Fraser

The moral right of the author has been asserted



Contents

Guidelines

Section 1
Personal programming

Section 2
Refining

Section 3
Progression

Section 4
Visible and invisible health

Section 5
External indicators – eyes to feet

Section 6
External indicators – hands and feet

Relaxation technique

Consolidating your study experiences



second a10

Focus on **Personal Programming**

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.

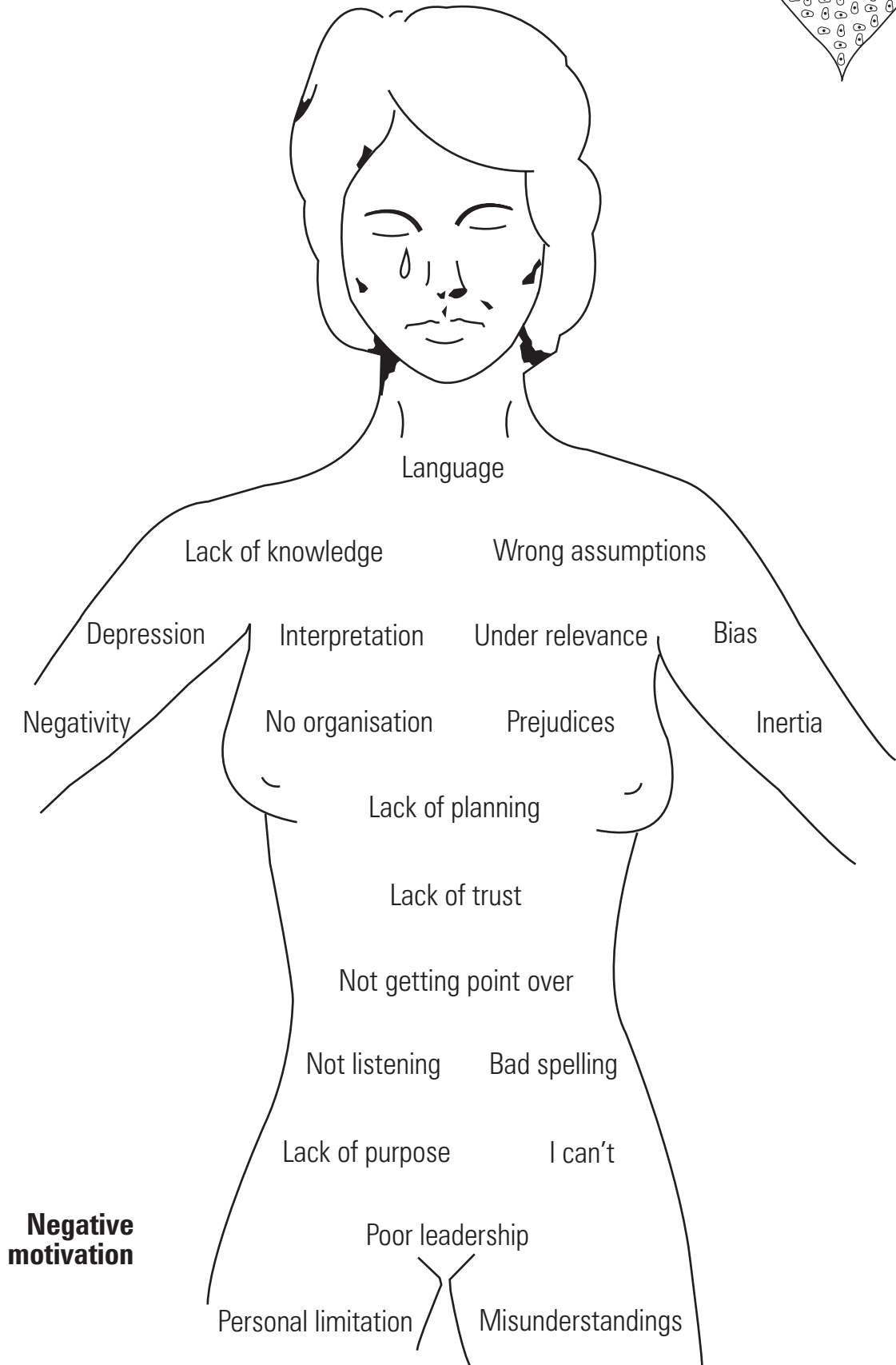
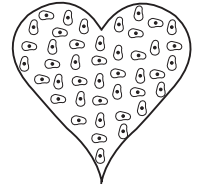


Section I

Personal programming

Communication negatives

A single cell within the body equates to an idea,  so working on this idea, an organ in the body is like a belief





I Personal programming

The truth is relative because it changes as we grow, experience and learn. The truth of childhood is adapted as we get involved in new areas. So we need to update our personal programming, otherwise we are in danger of self-destruction. Just because one person once told us that we are inadequate – which at the time may or may not have been true – are we going to believe it for the rest of our lives? Or are we going to take a risk and try again?

It takes courage to change and often the cellular structure of our body holds memories that are no longer accurate or valid, let alone relevant. If that cell resonates with the cell next to it, we may soon have a sick organ. If that organ relates to the adjacent organ we have a sick body before we know it, even though the information that created the sickness is no longer a true statement of being. Every cell within our body holds memory of the whole. But not every cell will agree with the one next door let alone one, which comes from another area altogether. Class and race prejudice abounds within the body as well as outside in the environment, for the microcosm reflects the macrocosm and vice versa.

So if we are negatively programmed and we all are to a greater or lesser extent, it is easy for the negative to get intensified and magnified, as through familiarity the body knows how to handle that. So we need to take care of our bodies as well as what animates them. This can be done actively through exercise, learning, travel, conversation, drama, meditation and so on. Or this can be done passively with the help of different therapists. A combination of both will perhaps prove the most effective means of support.

An idea is easy to modify but changing a deep-seated belief is harder work and takes much longer. So we start where we are, knowing that the situation is not perfect nor are the people who surround us. But if we make a start and keep our standards as high as we can and work within the inner guidance and instruction offered, miracles can and do happen – ‘Where two or three are gathered in My name there am I also’.

We need different viewpoints and different presentations. If we each bring our own particular skill, we can get a great group going and we can iron out the differences and watch over each other as we do so. If we do

our best much more will be added. If we do nothing that is what will be added – nothing!

This method of working is less dramatic than regression therapy but much more effective. In terms of the past, we all come from darkness into light – a saint is only a sinner who kept on trying. We remember negativity more than anything else yet the kernel of what we need is amongst it somewhere. If we are so programmed to only swirl around within self-destructive criticisms, then we may re-experience and re-enact them time and again. If we stay still, surrounded by a positive and loving feed back support group, then we starve the negative and allow the positive to be accentuated and so to be nurtured and fed as painlessly as is possible. We need to have our confidence permanently boosted until we can hold that vibration as standard.

We grow best when supported and encouraged initially. Then we move into challenge and we find out how well we can hold our own in spite of the negative programming of the past, whether we inherited it, or whether it was fed in. Only after these two stages have been undergone are we safe in everyday operation.

If we want to learn the esoteric secrets of the universe, we can study our own body. The mineral kingdom links to the skeletal structures of the body. The bones resonate with the stones. If the back of the back works with the will to good, the front of the back works with processing the feelings already experienced – no wonder we get back ache! If the plant kingdom equates to the glandular system, the computer memory where inherited fear is stored, it will need to be released periodically. The two highest incidence of glandular fever are kids sitting final exams and young people getting married. In both instances people are having to take responsibility for themselves rather than being able to blame teachers, parents or whoever.

continued overleaf . . .



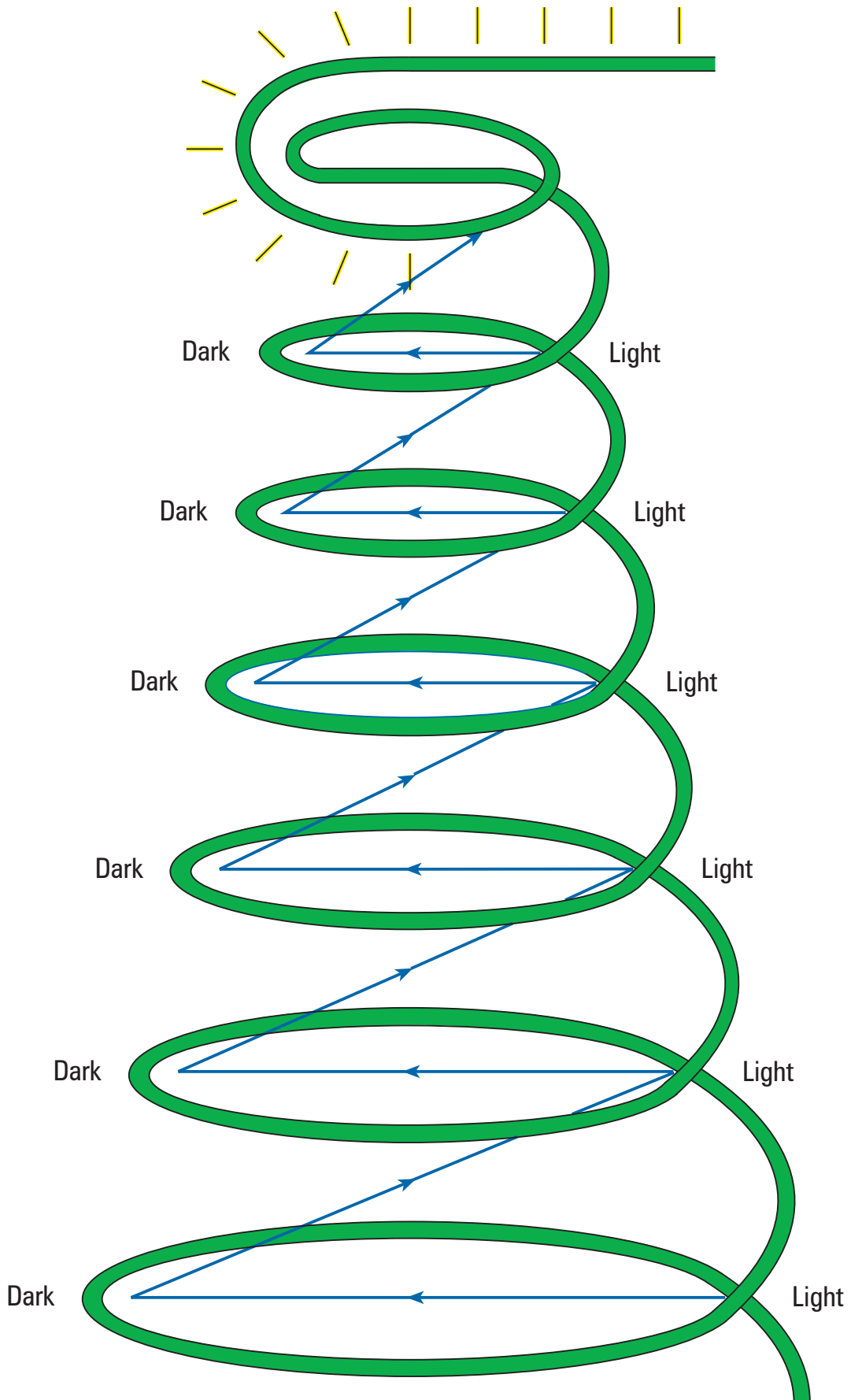
If the animal instinct is linked to the nervous system of our body, it can be seen on occasion in our inability to relax. If this is not checked we move into overload and our inability to delegate can show up in the circulatory system within the body. The four chambers of the heart lose rhythm and disturbance results. Two chambers work with the well being of the internal organs, and two with the thermal controls on the surface areas of the body, unless there is an emergency in which case the functions change somewhat. The respiratory system acts as the protective overcoat that expands and contracts as necessary to concentrate attention where it is needed inside the body or outside in the World.



Section 2

Refining

Transmutation - refinement



Accept dark as a motivating factor, work with it - make it light.
To progress, remember the light has a shadow - as does the sun.



2 Refining

Meeting a new situation is exciting and stimulating and we sometimes describe it as 'feeling turned on'. The more we are exposed to it, the more we find there are areas that we are not quite so keen on and there we have a choice; do we compromise our ideals in the light of experience or not?

As we accept the apparent reality rather than the illusion, so we apply ourselves as best we can and find that what we thought was dark has merged into light, and we can no longer remember which is which. This happens again and again until one day we wonder what we know for it all seems united now and we hardly remember what it was that all the fuss seemed to have been about.

At this time rather than the dark, we meet the shadow of the experience that we already passed through and we wonder if we learned anything as all the old emotions, resentments, fears, angers and sadness surface again. This time round however, that area of work is to be released and not re-experienced. At this time we will need help to give us the extra boost of energy needed to clear the space, to clean it and so to be ready for re-new-al(l).

Dark is light in the making. It is the same thing but at a different level of density. If there is a change which is of our own choosing, such as: work to holiday, being single to being married, relocating from one thing to another – it is fine. If it is imposed upon us through death, redundancy, unexpected childbirth, rape, or whatever, it is too sudden a change for us to take in our stride, and it disturbs the subtle energy circuitry of the body.

We come from the clear levels of Spirit into the more polluted atmosphere of the Earth. This is not the vengeance of God but the result of human's inhumanity to human through the ages, or psychic pollution and we volunteered to come to Earth after all. However well counselled and guided we are, the shock of entry is sometimes so great that it takes us years to get over it. If our birth was difficult or our parents frightened, we will need the help of a soul therapist to sort out the circuitry before we can move with ease and grace. We had forty weeks in the womb growing in darkness before bursting into light to meet parents, doctor, midwife or whoever. Then we were confronted with camera flashlight, noise and confusion. No wonder we may have panicked.

But in spite of ourselves we do recover and we settle down and train our parents! Then we get sent to school; but after the initial now familiar panic we settle and make friends and learn the rules. Then we get sent to another school and we go from being the top of a little heap to being the bottom of a bigger one. Although the disciplines are tougher, and we are being forced to study and train our brain, when we want to, we can investigate our body and what it will do. We cope and find out about friends and pubs and sex and exciting things like that. So we do our best and then as a reward we leave home with little or no money to struggle on a student grant or we go to work and all is darkness once more.

Gradually we become better at it, and we enjoy the freedom and soon make things light once more. Then we get married and our fairy tale is complete except for the mortgage and the children that start to come along and so the cycle starts all over again at another level. If the first time we have circumnavigated this cycle of growth we have experienced great hardship or difficulty we maybe reluctant to move into darkness when we come to it again and we may need help.



Section 3

Progression



3 Progression

Is there order within progress?

Sometimes we say, 'it seems like I'm going backward not forward'. In a way we do, but not in the way we often describe it. For the circumstances of our life create an atmosphere within our personal environment and it is in that area we can express ourselves in relation to others. We try to find the balance between dependence and independence and so integrate and react creatively in harmony with all. At least this is the ideal even if it often falls short in application.

When we get to this stage we go back again over old ground to see if our energy can create a feeling that others can react to at a rhythm or pace that is acceptable to all whom surround us. Then we can assess whether our co-ordinates may need to be adapted or adjusted to accommodate a suitable environment. And so we begin to appreciate the new subtle changes within the atmosphere that go to make up our life circumstances. This may mean a move or a new job or whatever and this can – if we let it – move us gently to our new area of operation. This allows us to learn to accept in trust and to break free of the outdated restraint mechanisms that are no longer relevant to our evolution.

We don't feel safe unless we have a framework in which to operate. In the abstract sense this is linked to water which equates to the flow rate of life and whether or not we have processed our levels of fear or not. If we have not then there will be pockets of trapped fear within our bodies, which relate to past experiences and not current or future ones. The Earth is here to nurture and support, but in some atmospheres that we have been exposed to within our environment it will seem like everyone was out to bury us alive. If this is the case, we will be unlikely to be able to express our needs within relationships. This will cause others and us grief. We will feel as if we will lose our balance and those who are trying to integrate us into their space will feel as if they are failures as we cannot bring ourselves to depend on their goodwill, so no mutual trust can be built up. We need air to purify the space so that we can inhale the new situation slowly and we can, more importantly, exhale the outmoded reactions that we spontaneously demonstrate. All this while not sabotaging our new improved creation, relationship or whatever. Fire – the combustible love ener-

gy, allows us that time to create a new clearer, cleaner space in which we harmonise the ideal of the new into the really valuable essence from the past, and so centre it in operation right now. Once we form the invisible framework in which to operate, we harness that raw energy. Only then will we even begin to understand it, and then only as a feeling of comfort if we get the rhythm right, and discomfort if we get it wrong.

So we begin to co-ordinate the subtleties of the abstract standard that we are trying to achieve and couple it with what is possible right here and now. Having done that we can safely 'Let go and let God' knowing that the soul force will take over from there. If we get it as right as we can under the polluted circumstances, in which we operate, then what comes back will be ours to steward and serve. If we do not, then we try again knowing that we will have improved our efforts in the trying. We move into the arena of darkness as the new framework builds around us. We rest and regenerate in that space until it is time to move on, just as the seed grows in the soil in darkness until it is time to break through into the light. By the time that happens, the dark space is full of strong roots that stabilise and balance us as we move forward. Each cycle allows us to harmonise with all a little bit better than we did before. If we do our bit and everyone else does too, before we know it, a quantum leap has been achieved.

continued overleaf . . .



Visualisation exercise – linking to the Elements.

i). Draw white light down through your body and out through the soles of your feet. Connect well into the Earth.

ii). Link to the following kingdoms and elements and give thanks for:

- The Mineral Kingdom and the stones for helping you process grief.
- The Vegetable Kingdom and the plants for helping you process fear.
- The Animal Kingdom for helping you process anger and resentment as you learn about relationships within a group dynamic.
- The Air for giving you breath and helping you purify your lungs.
- Water for helping you flow through life, cleanse and purify yourself and release distress.
- Fire and Sun for warming you, supporting you, penetrating your system with liquid light and for helping you become disciplined and obedient.
- Earth for its abundance and for supporting you and carrying you through the day.
- The Etheric for recombining the elementary constituents of Earth, Air, Water and Fire into an updated permutation in which we are enveloped.

iii). Give thanks to all these kingdoms for their support and help when needed.

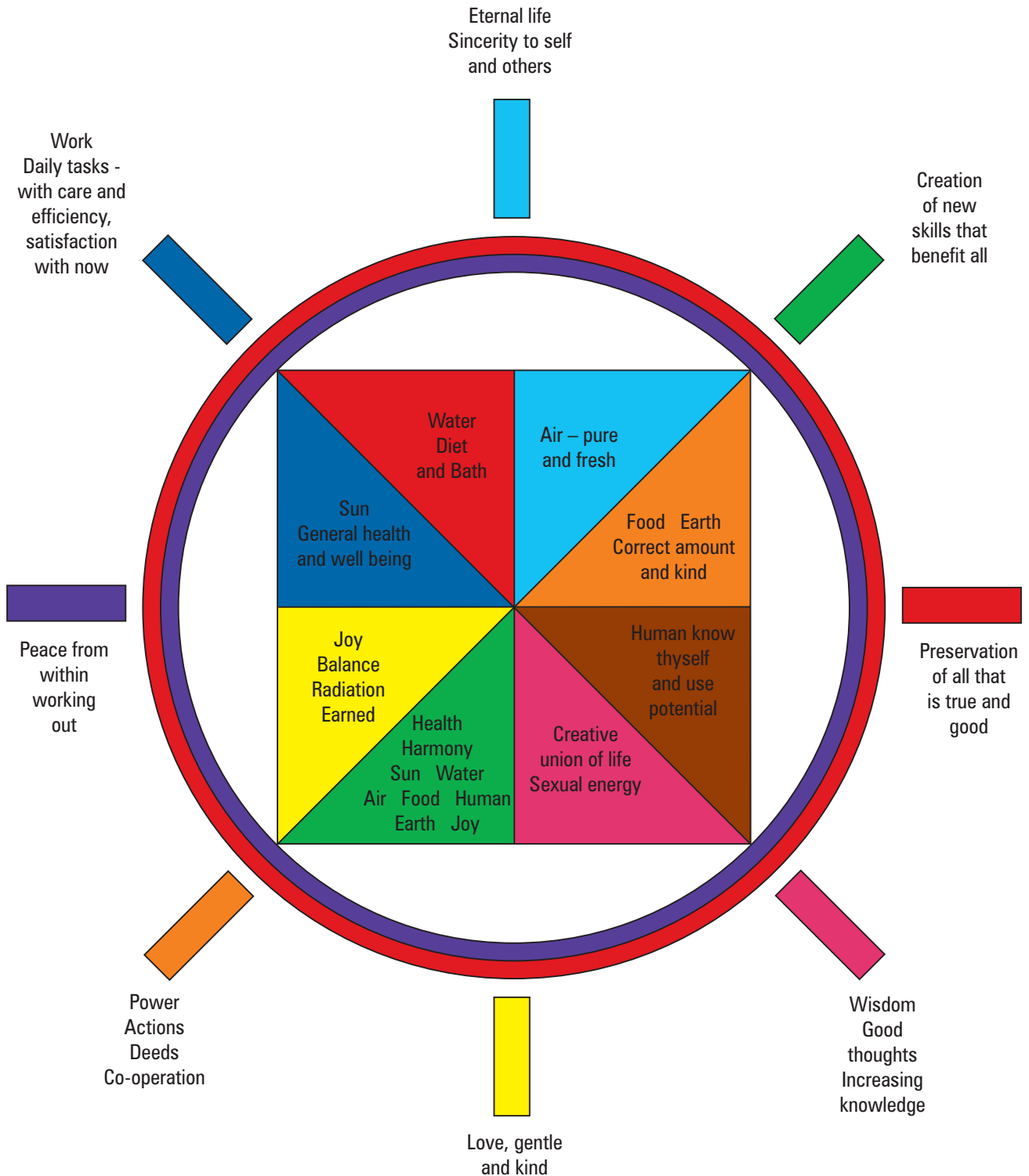
iv). Draw back through each element until you feel relaxed and comfortable within your body.



Section 4

Visible and invisible health

Cosmic forces & Earthly forces



**Use continually
In the best way possible
The power to understand
The sincerity of caring**



4 Visible and invisible health

The agent of health is the absence of dis-ease. But how do we free ourselves of diseases and accept where we find ourselves?

First we have to learn to be content not to compare ourselves with anyone else; and secondly to connect only to the finest in the most detached way possible. Comparing ourselves to others compromises and pollutes us. Maybe we need to look around those closest to us and seek the qualities that we most admire in them. Then we can imitate those qualities rather than compete with them, until we find a style that suits us and is comfortable within our own life expression. Then we need to weed out that which we no longer desire in ourselves. This may mean separating ourselves from behaviour patterns that we do not wish to imitate. This is just while we become strong enough to resist the temptation of slipping back into the old familiar pattern. This can be helped considerably by being practical in our knowledge and using that which surrounds us within nature and the elements. This includes the movement of that which we cannot sense except invisibly and on the other hand being discriminating against that, which is visible but not to our liking. In this way we can create the possibility of a union of energies that can lead us into greater love, and light our way into new areas of opportunity.

To evolve we must take all the help that is open to us, both from the visible Earth and from the abstract disciplines and standards. We are on a journey of evolution and so are learning to know ourselves and others a little better. So we begin to identify our skills and to link to our possible potential to serve others. Then we work to unite the two states in as creative a way as is feasible as we embrace our responsibilities. The whole world runs on sexual energy. Harnessed and used this energy gives us the impetus to move – used wantonly the same energy creates sexual dis-ease. So our health standards must be kept to what our Grannies told us – ‘get out in the fresh air and sunshine and you will feel better; keep clean; swim, shower, bathe, drink water; eat simple food prepared and cooked with care – root vegetables in winter will comfort you, picked fruit in summer will purify you; breathe deeply six times in front of an open window before you start the day’ – yes Granny thank you and goodbye! The brotherhood

and sisterhood of trust and care amongst those people who hold similar interests give us joy. Sing, dance, pray, meditate share and learn to have fun while you learn. Always be aware even in joy not to disrespect others’ state.

We lose balance to gain balance. Joy is the opposite of misery. Once we have established the framework we can centre within it for we have worked with, and converted both extremes. We need to get light to our bodies – sunshine is good but light of any natural sort will do. Get outside for a minimum of 30 minutes each day. Daylight bulbs indoors are also helpful. So we set the standards of perfection and then we work on where we are right now, with those people who surround us with as much care as we can muster. We then accept what is, and tell our truth as best we can within it, recognising that truth is a relative state and that with more understanding our views will change again.

We practise change by learning new skills when possible but at the same time preserving all that is good and true. If we accentuate the positive and give no energy to the negative we will become wise in time. As this begins to happen we will invite challenge from those who surround us and our actions will speak louder than words. We are known by deeds and not by their misrepresentation nor the misquotations of others, nor by their persecution, prejudices and unfinished business. It is their problems they are handling and not an interest in us or ours – this means we have to claim our own self-worth, link to our light and allow peace to permeate our being while we make changes if they are necessary. The past and future become irrelevant within the present moment as we link to our Light source and Mother Nature and proceed as practically as we can, taking only the next step.

continued overleaf . . .



Self-reflection exercise on inner versus outer orientation.

i). Which is easier for you: working on the abstract disciplines, as a possible theory or with the gifts of the Earth? As you recognise these gifts, are you grateful for what you have or do you habitually hanker for what you do not have?

ii). Do you greet the water as you wash your face, thanking it for its properties and asking it to do the best it can to help you?

iii). Do you ask the ground to support you, thanking it for supporting you and for granting you a firm foundation that stabilises you?

iv). Do you bless the spontaneous greetings of your peers?

v). Do you enjoy the feel of the air on your skin or are you too busy to notice?

vi). Can you balance your own health pattern and support the area of weakness rather than overworking the strength? For everything must be herded forward in balance to give a strong foundation on which to build.



Section 5

External indicators – eyes to feet



5 External indicators – eyes to feet

Discomfort or disease within our body parts acts as external indicators of imbalances within us. If our attention can be drawn soon enough to it, then we can begin to investigate the body area that is asking for assistance. As we get more skilled in observation, we take notice of a persistent itch rather than waiting for a rash to appear, or a mild cramp rather than a searing pain. We need to become more aware. For if we use our intuitive guidance system more effectively our attention is drawn to that which is relevant to us rather than material that belongs to others. If we have exposure to other people's material for an extended period, we can have a greater likelihood of becoming ill. We can therefore co-operate with instruction so there is less likelihood of this occurring.

It should be noted that the left and right sides of the body are often subject to 'cross-over' – the reflection of one side of the body reaction to the action of the opposite side of the brain. We therefore need to give consideration to interpretations overleaf for both sides of the body. We must retain our ability to link to our own circumstances better than anyone else can. So we need to listen to all we hear, then filter the information taking notice of what seems 'right' and throwing out the rest. We must not take everything so seriously. We should lighten up a bit and have fun. Wrong is only right in the making and we can have many laughs while we investigate and make some new friends at the same time.

When we have followed all the clues, we must make sense out of them as best we can and then see how relevant they are to us. Discussing them with a friend or partner to get their viewpoint can be helpful. The list overleaf suggests possible meanings if we have some kind of reaction or pain in a body part, but it is only a possibility, not an absolute and can be used to good effect in conjunction with Louise Hay's book 'Heal Your Body'.



<i>Body area</i>	<i>Right side</i>	<i>Left side</i>
Eyes	Tells us to give a second look at another method of achieving the said objective.	Will make a less detailed but more all embracing scrutiny.
Ears	Male, dominant, aggressive and outgoing.	Passive, non-dominant more introvert.
Nose	Smell more closely. Test the atmosphere.	Let the standard alone without interference.
Neck	An inability to assimilate all that is going-on within the body.	An inability to sort out the thinking mind which seems overloaded.
Shoulders	Anger at prevailing conditions.	Carrying a load that feels uncomfortable.
Shoulder blades	An impression received is not to our liking.	A need to pursue yet a reluctance to proceed.
Shoulder to elbow	A need to be shown how to proceed.	An asking to be nurtured and guided by experience of our past.
Breasts	A little space is needed to allow the way ahead to become clearer before proceeding.	Time to assert your own standards on your environment.
Stomach	Too much is happening and the body is not able to process the experience.	A need to drop one's load of experience to date but not knowing how to proceed.
Elbow to wrist	A need to think and assess for yourself.	A need to learn and accept the experience of others to give you more material to work with.
Hands	More theory can be assimilated for usage.	Let go of the logical mind and get more practice with the basics.
Hips	Allow yourself the freedom to be carried by others.	A time to carry others.
Buttocks	Sit on the situation until all the facts are clear.	You need to look, for until you express your curiosity you are unable to make headway.
Thighs	Deeply felt worries, which take up time. Worries of damnation by the family.	Use of emotional energy, which has worn down self-esteem. Worries of the damnation of God.
Knees	Not enough deference to the wishes of others.	Too much bowing and scraping without thinking why you are doing things this way.
Knee to ankle	A feeling of a need to live and experience rather than to be told by others.	A need to be guided by others and then to personally review.
Ankle	An impatience which needs checking.	A reluctance to move onwards.
Feet	Leave alone for now.	Walk towards.

continued overleaf . . .



Self-reflection exercise on external indicators of distress or dis-ease.

i). Reflect on the importance of becoming more aware of symbolic indicators of distress. Your body is the most delicate, advanced machine, better than anything that has ever been invented.

ii). Record what your body is telling you, external symptoms only – an itch, a twitch, pins and needles or whatever.

We are involved in clearing old memory. It is not wrong to be ill but we can minimise the discomfort if we take notice earlier. If we work on preventative measures, remedial care is less likely to cause major inconvenience.



Section 6

External indicators – hands and feet



6 External indicators – hands and feet

The vibration that is held within our body is often extended by the way we use our hands and feet, not only as an expression of the need to nurture and to be nurtured but also as a description of how we are.

For example – do we stamp or do we tread lightly? Do we tiptoe or stomp? Do we shake hands willingly or

clasp our hands so tight that we pose a threat to friendliness? The extremities of our bodies are often our ‘scouts’ and act as early warning indicators of change.

It should be noted that the left and right sides of the body are often subject to ‘cross-over’ so consideration should be given to the description of both sides. By ‘cross-over’ we mean the reflection of one side of the body reaction to the action of the opposite side of the brain.

Hands

	<i>Right side</i>	<i>Left side</i>
Thumb	If courage is shown it will be magnified a thousand-fold.	An indication of the foundation of loyalties within the familiar.
First finger	Indicates a new way of observing should be pursued.	Way pointer for the next logical step.
Longest finger	The change to mind control as opposed to brain repetition.	Pointer of instinctive action stored up in historical memory.
Fourth finger	Shows new devotion lies beyond existing experience.	A wedding of polarities is made possible by uniting the male/female energies, so creating the possibility of a third force being introduced.
Little finger	Now is the time to bring in the invisible world.	A way of getting your own way is arising.

Feet

	<i>Right side</i>	<i>Left side</i>
Big toe	A sympathy to the element of air or ethers.	An indication of the ability to pass over into the more subtle zones with ease.
First toe	A sympathy to the element of fire.	Link to the composite of all past experiences to extract the essence.
Second toe	A sympathy to the element of water.	Link to the animal kingdom.
Third toe	A sympathy to the element of earth.	Link to the plant kingdom.
Little toe	Is an indication of grounding to the needs of a spiritual being on the Earth.	Link to the mineral kingdom.



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
Personal Programming

Written by: Judy Fraser

Illustrations and typesetting: David Newberry

Edited by: Lorna Rapoport

Web site design: Juliet Webber at Parallel Design