



*second a1d*

Focus on  
**Placement**

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## Focus on **Placement**

### **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**

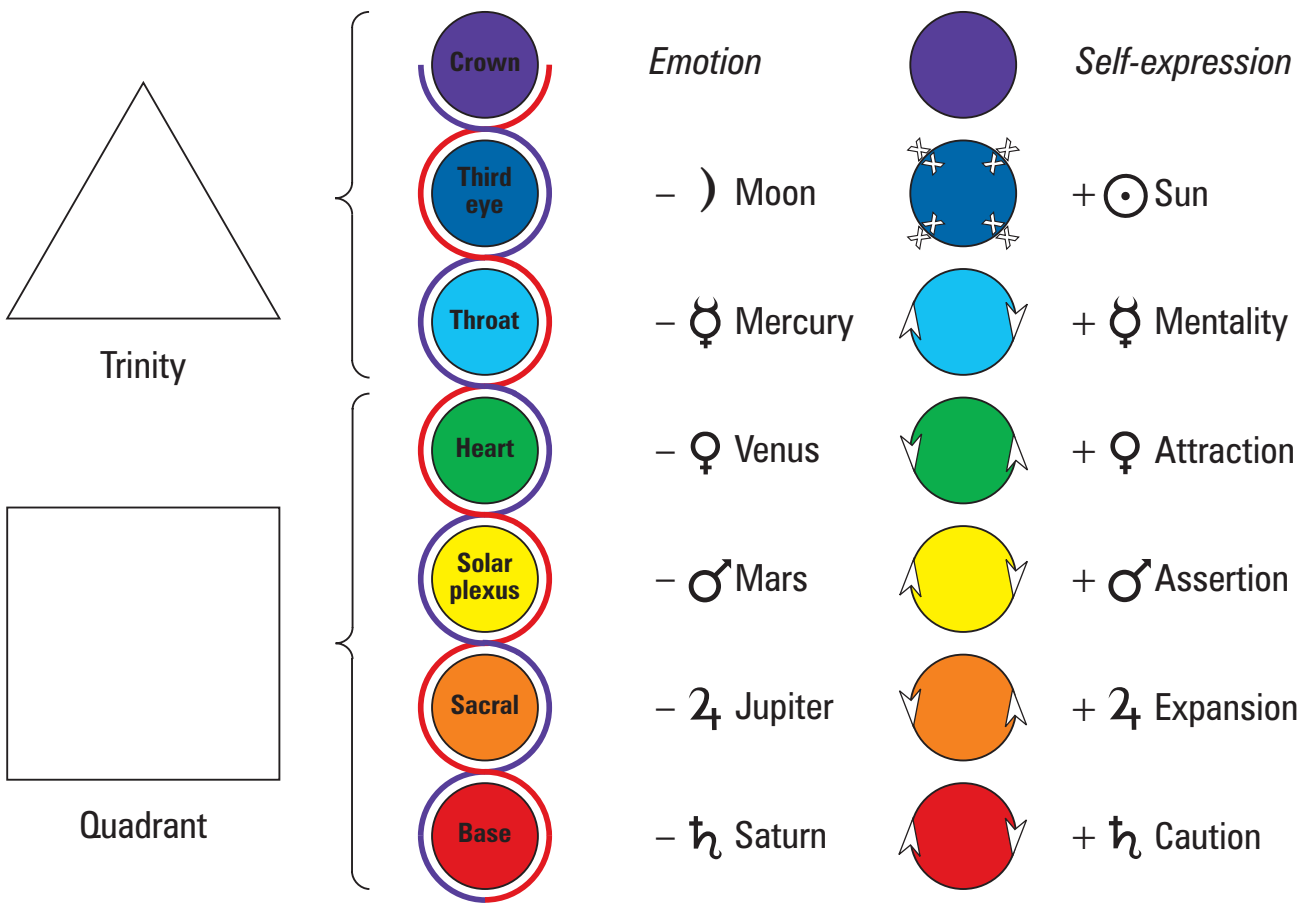
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body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



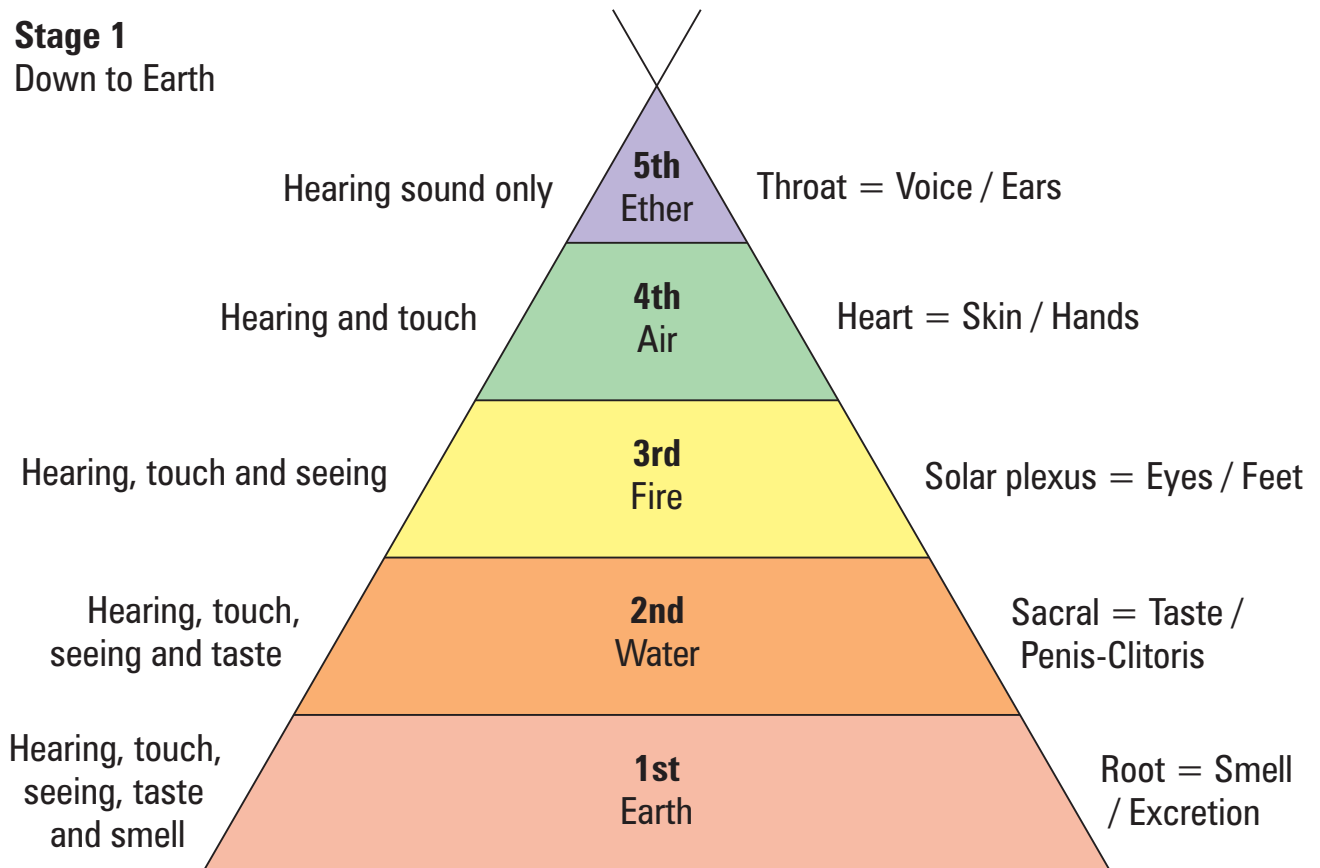
*Section I*

**Down to Earth**

# Elements and senses



## Stage 1 Down to Earth





## I Down to Earth

As children of the sun and the moon we are influenced by both the light, which in the body relates to good humour regardless of circumstance, and the dark, which could be described as ill humour however good things appear. All being well, the play on the scale between the two extremes of emotions enables us to find our self-expression.

Other planets perhaps influence us in a similar fashion, so that the interactions of the positive and negative enable us to see what is required in sharper focus, as a result of which we make decisions. The sun and the moon affect the third eye, positioned in the area slightly above and between the eyes on the lower forehead.

Our mentality can be one of cheer, or one of abject misery. It all depends on our attitude towards where we are and what we are doing. It will require effort to creatively use our skills and we will occasionally need to be intelligent and discriminate as we learn to develop objective understanding of what is required of us. On the other hand we may try to rationalise things to suit our ideas. This could be considered an amoral use of our skills and we will need to find our way to where we are needed rather than where we might like to be. Here we learn to maintain clear verbal expression; if not it will affect our throats.

Venus affects our heart and our capacity to attract and repel others as well as within our environment. We learn to give, to take and to share with a generosity of Spirit. Alternatively we self-indulge, are greedy, inhibit, and make emotional demands on the affections of others. This space within our hearts will require cleansing time and again until it is pure.

The fire in our belly affects the solar plexus area of the body and is influenced by Mars. It connects to the courage to consciously initiate the will power to direct itself with tenacity towards a legitimate aim. If we are impatient we will try to arrive before we travel! If we are stubborn without explanation and for no apparent reason, we become hostile and potentially violent, and so inclined to use force in an inappropriate manner, threatening others to relieve our own frustrations.

Jupiter influences our lower abdomen and our capacity to unite the highest potential we are capable of into life as we know it. This requires faith and that we rely on the higher powers that will lead us to our place

within the greater plan. These areas affect the reproductive area where we can be open to our own need to improve, gracious and optimistic. At the other end of this scale we can find over-confidence, laziness, fragmentation, irresponsibility and over-extension (promising more than we can deliver). We will learn to plan and work diligently to execute our expansion so that we do not inconvenience others.

Saturn influences the base of the spine and asks us to be disciplined within our efforts as we accept our duties and/or responsibilities, free of resentment towards others and ourselves. With patient effort and good reliable organisation, progress will be inclusive and steady. However, by relying too much on ourselves, or through a lack of faith in others, we can self-restrict, making us rigid in attitude and in body. We appear cold to others and defensive and can experience crippling inhibitions, fear and negativity as a result.

To hold ourselves accountable we work to accept our own needs and supply them as best we can within life on Earth. We focus our mind on what we consider to be important and work to transform the surrounding situation. We will need courage to face our deepest desires and compulsions as we work to transmute them through effort and intensity of experience. We will have to face ourselves and others square in the face. We must recognise we are a part of the totality and be compassionate to all as we live out our ideal. We must respect our freedom and the freedom of others as we experiment, compare truths, and find our way through direct experimentation. This can have an affect on the body's excretory system.

If we commit to this way of being we will be helped. Initially we will know that something is at fault in the atmosphere that surrounds us. We may look for it, listen to others comments and feel it, knowing that something is indigestible, but not knowing what to do about it. Next we lose our taste for life and we resist its flow which in the body may affect the reproductive organs. We look but cannot see, we are unable to hear what is required, and have no wish to touch or taste the quality of life that we have experienced up until now. And we feel impotent to do anything about it.

*continued overleaf . . .*



Now the eyes cannot see and we are reluctant to walk onwards for all that we are seeing, hearing and touching seem to lead to nothing. We may experience despair and we have no idea how to proceed. We tried everything and nothing worked; we feel as if we have been kicked in the gut. Now we must let go and surrender to the greater. But it takes guts to do so for we do not know exactly when we should be trying and positive and when we should 'let go and let God' for our capacity has run out and the fire in our belly has gone out.

The heart is heavy and our skin has been rubbed to the bone; our hands hurt, unable to give or to receive it seems. We have listened endlessly to friends and relatives giving patronising advice and we have been hurt at their apparent unfeeling lack of understanding. Time to purify, to let go of expectation or assumption that no one cares and that we are being sacrificed, and to release the need to feel persecuted. The habit of suffering has outlived its usefulness.

We will find our voice, we will be able to hear and express from within ourselves that which we need to. The ethers know our needs. That which is in the past is gone and neither others nor we are the same people anymore. The pollution that surrounded us has fallen away and all is well. We are protected within our own space and we can reach and are reachable once more. We will no longer attract disease from others for we have earned immunity.

#### Self-reflection on others.

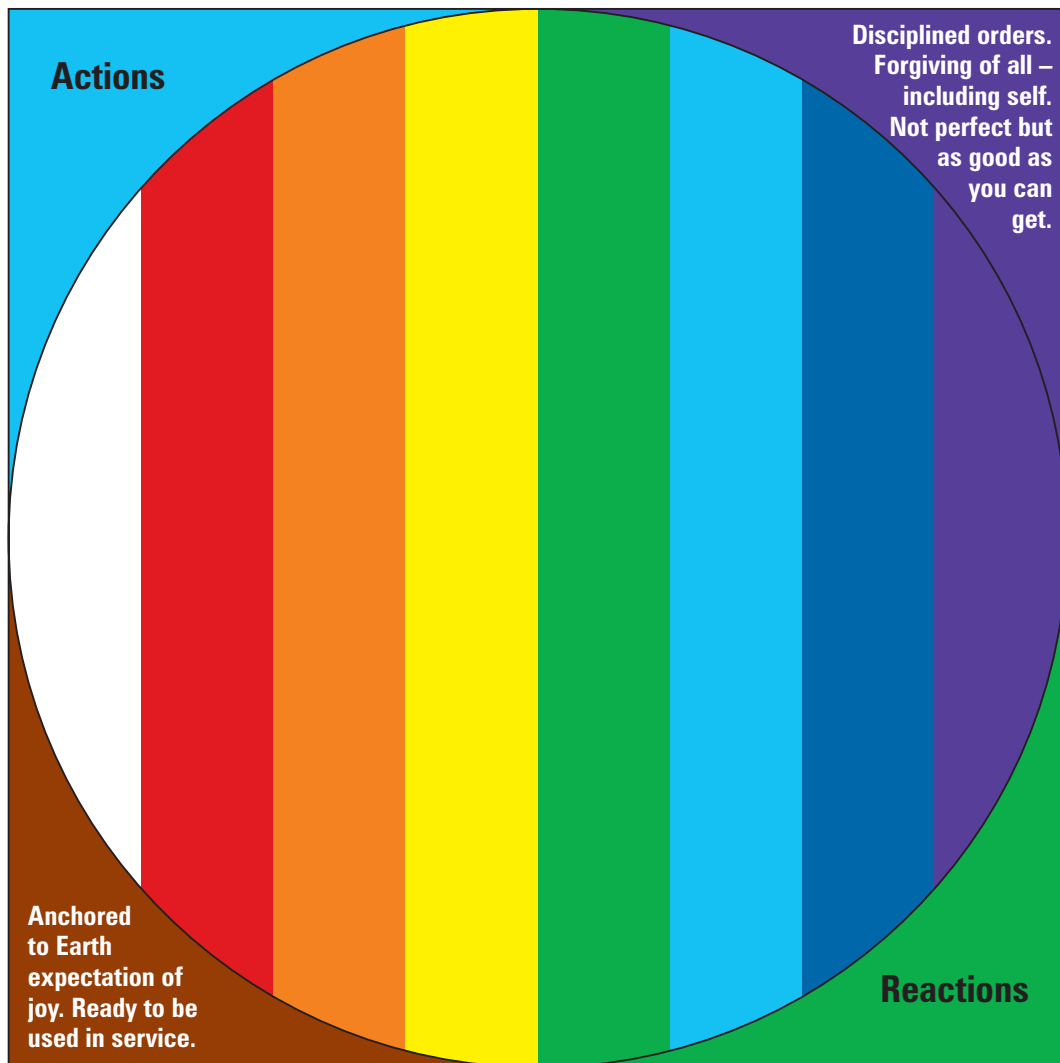
- i). Who do you know that you do not want to associate with and why?
- ii). Does this source from imagination, past deeds or current issues?
- iii). Can you commune internally about this matter?
- iv). Can you communicate with others about this matter?
- v). Are you ready to forgive yourself and the others concerned?
- vi). Re-define your identity and update it to where you are now.



## *Section 2*

# **Update**

# Actions and reactions



- Trust in greater group focus. Acceptance in present moment. Surrender to invisible.
- Will to good for all. Group orientation. Ability to hold original focus while working.
- Compassion – loving care. Actions acceptable to all. Reactions handled responsibly in the interests of all.
- Right use of personal power. Wise organisation – good management. Administrational limitations accepted. Group established.
- Wars – conflict. Attention through dramas. Conversion of negative states to positive. Unrealised old patterns – earn right to balance.
- Historical knowledge. Documented research. Safety in logical sequential analysis.
- Old prejudice through devotion to the past. Idealism not realism. Determined to control and monitor romance.
- Old disciplines. Family ceremonies. Environmental orders.



## 2 Update

Time for a slow down to enable us to catch up if we are to create a disciplined realignment from all that has gone before. This can affect the top of our heads and the focus of our eyes and we may sneeze and feel we are getting a cold. We will need to forgive all, ourselves included, for things may not have been as perfect as we anticipated they should have been, but they are as good as we can get them.

We have done all we can and we have reacted as lovingly as we can and now it is time to move on. We have anchored the group, the project, or whatever to the Earth and we have been as contented as we have been able to be while doing so. We have joyfully expected all to be readied for greater service and we believe they have been. The corners of the diagram heading this section symbolise this.

Now we look into the centre of our hearts to see if old disciplines are still relevant. Do we need to have the same family ceremonies or has the family's dynamic changed? Is the environmental order suitable anymore or not? Are old prejudices still present through devotion to past idealism, or are we more realistic now? Can we let go of our determination to control and monitor our idea of how the romance should be?

Are we willing to let go of documented historical knowledge, safe in our capacity to update our logic as we sequentially analyse what is relevant now? Have we let go of the need to create a conflict, start a war or get attention any way we could through creating a drama? And are we now confident in our ability to accept what we consider a negative status? Are we able to work to convert it to a positive one, letting go of unrealistic past patterns and asking if we have earned our right to achieve a balance? Do we feel we have used the personal power entrusted to us wisely? Have we organised the collective and managed the problems as well as we could? Are the limitations in place still relevant now the group is acceptable and established?

Is the care given to all as compassionate and loving as is possible? Are the actions kindly and the reactions caring within the context of each individual's responsibilities? Are these worked at within the interests of all? Has there been goodwill towards all within the group, and at times of opposition has the original focus been held to even under the pressures of work? Can we

trust in the greater group focus within the present moment? We now have no alternative but to surrender, for we no longer know what is required whereas once we thought we did.

Self-reflection on space clearing.

- i). Do you take time to pray (see what is required and ask for it)?
- ii). Do you take time to meditate (listen)?
- iii). Do you contemplate on what is required to be surrendered before moving on?
- iv). Are you ready to update your information?
- v). Are you ready to move onto new areas of service as the old ones close off to you?
- vi). Are you looking after yourself?

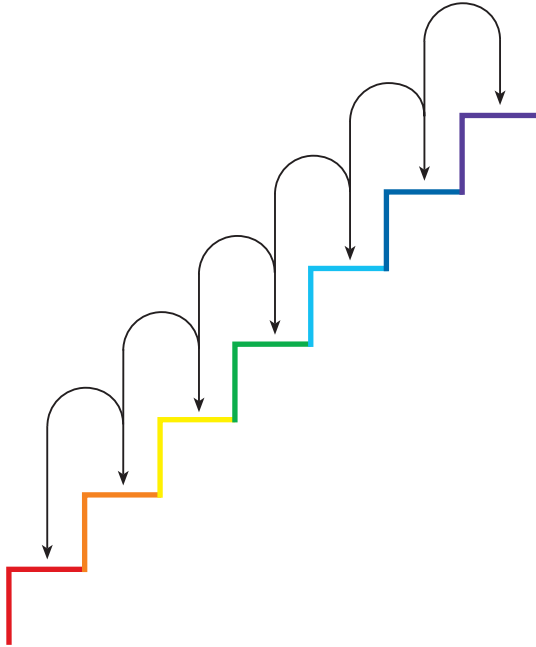


## *Section 3*

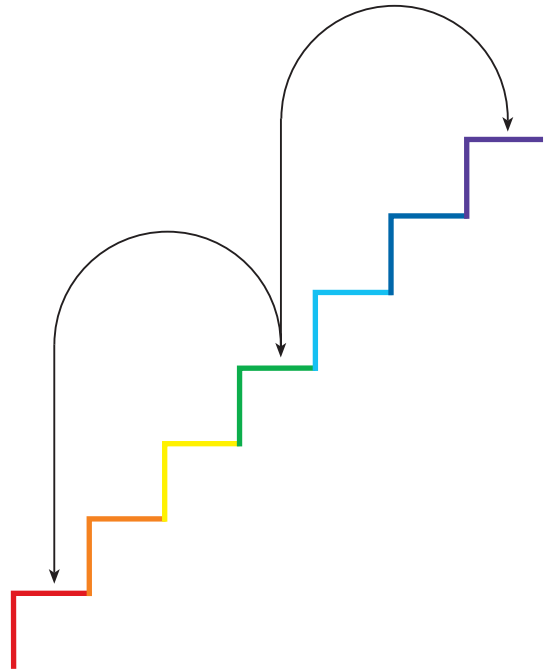
# **New growth**

# Transformation

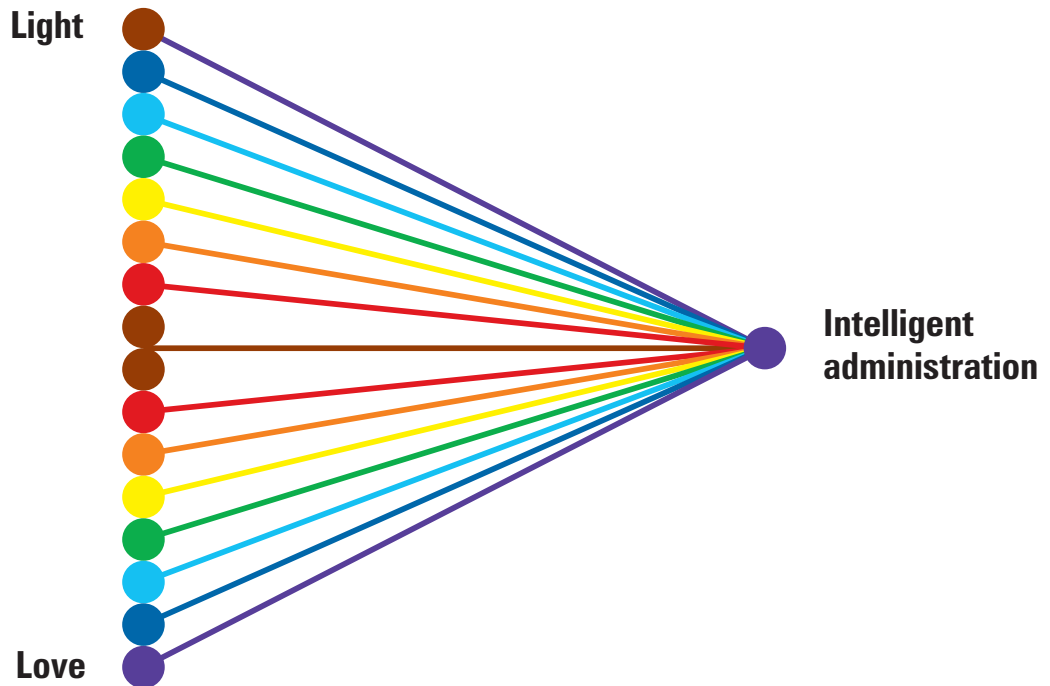
Safe progress



Unsafe progress



Growth is a natural state. Taken step by step we enjoy and consolidate safe and steady progress as we absorb light into body



Light acts on will to commune with body. Love reacts within the energy centres reflecting past and applying pressure to move into future.  
Now transmute and transform



### **3 New growth**

Growth is a natural state providing we leave nothing out. We must be thorough and take it step by step for only then do we consolidate progress and create a safe foundation from which to operate. We absorb the light that has been converted from the experience of darkness into the body and now no one can take it away from us. The skills we have learned are a part of the fabric of our being – we belong to it and it belongs to us. It is not a theory any longer but a fact within life. For example if we know we are a man/woman we do not have to go around telling everyone: they know and so do we. We do not have to get into long and complicated political debates about it, nor do we have to advertise it!

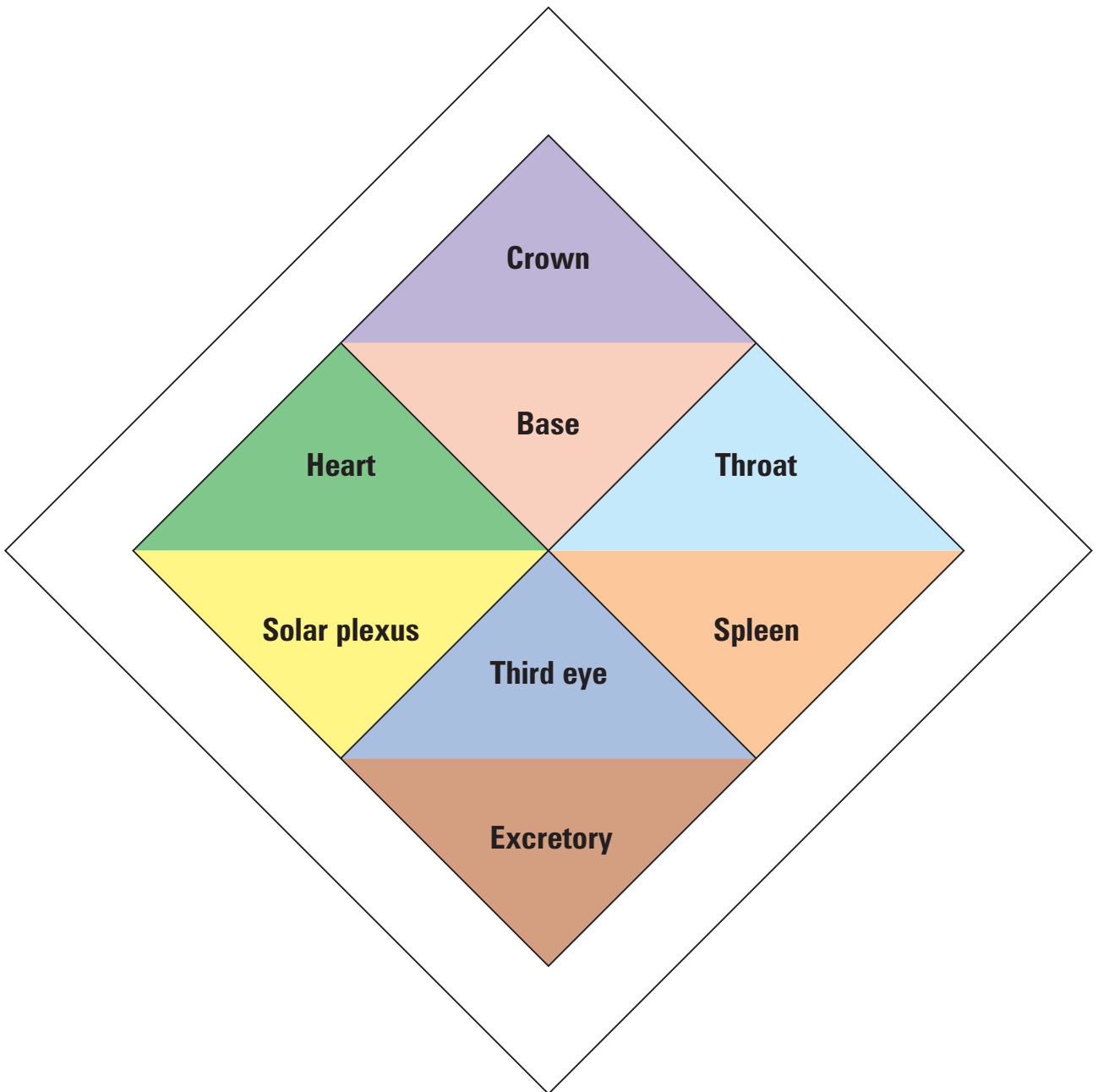
Now we are ready to grow again and so light and love are parts of the ancestral memory along with the not so great traits. We choose to concentrate on goodwill for all. We will it into being showering it on the bodies around us. It reacts on the energy centres and applies the pressure required to reflect the past and to move all into the future. If we are intelligent in our administration all will be ready to transmute that which is no longer appropriate, transform the experiences undergone, invest what they need into their future, and release the remainder with joy rather than with resentment.

*continued after diagrams overleaf . . .*

# Soundform circle



# A diamond in the making





All must know that the discipline that they have lived within has enabled vision where all could truthfully express without fear of reprisals. If there has been wise and loving care, without any being able to get away with behaving like spoiled children who monopolise the attention and take it away from others, and the collective has been honoured, then the creative foundation is stable for all. The balance within a collective is delicate, for each individual is independent and inter-dependent, so all learn to be self-responsible and moderate in their demand and their input. Each situation will be assessed on its merit, so that all are valued but take their turn at the head of the queue and at the end of the queue: a discipline that is equitable, if not enjoyable on occasion.

If the group are all subject to individual self-monitoring and to collective discipline, a firm foundation results where all are accommodated and held safe regardless of circumstance. This is the union or the sacred marriage that is experienced at the top of the head and at the base of the spine in the body. If the two ends are stable and anchored then what is in between will 'iron' itself free of creases in time. The ability to express truthfully and honestly will have to meet with the spleen or the sacrum so that all can accept each other's viewpoint as valid and valuable even when they do not agree. This must happen without anyone being dominant or domineering, but all being treated as equals in soul status regardless of age and stage. Certainly some need more care and assistance domestically than others do, but they do not need to feel debased by the experience. Each individual's heart will need to be freed of resentment even when they are required to do things they would rather not, and especially when being abused for their efforts and challenged. It is perfectly acceptable to feel fear for it makes us cautious, but the terror that makes us want to curl up or give up is a lack of faith. We must develop a level of trust through which we learn to honour, knowing that we can (and do) endure and survive even when our training is not easy. If we succeed we are pleased with our achievement and hopefully are caring to others when they undergo their turn. If we do not succeed we try again or are re-directed to somewhere else that is more suitable.

As the veils begin to lift we see more clearly the value of what we have already learned knowing that others have it before them at this time. We take what

we need and we release the remainder. This allows groups to break up and boundaries to be reassessed. For example within a family group the parents and the children see themselves as a unit. But the children grow up and marry, and then their partner becomes their initial responsibility. The parents of both now become a part of the extended family and not a part of the prime unit any longer. It is a natural part of evolution. We may grieve the past and remember it fondly, or we may give a cheer that nature is moving all onward. Only when we are all within this stable space can the future be made real. We may feel inadequate and insecure as we wait, but if we trust and are patient we find our next group/work/location and we may even enjoy it!

Self-reflection on the eye of the storm.

- i). Give your head permission to clear all the old debris and leave only that which you have need of from now on, just as if you were clearing out a cupboard on a 'use it or lose it' basis.
- ii). Imagine looking in on the darkness of your heart and resting within it without trying to monitor the merits of your feelings.
- iii). Imagine watching the sunrise until the light warms you inside and out.
- iv). Sense the presence of yourself and know that you can extend this to gain instruction from your soul.



## *Section 4*

**Don't try to do  
everything at once**

# Sky hooks

**Karma**

**Conception to 3<sup>1/2</sup>**

Dictatorship and  
arrogance versus  
self-importance

Discipline and  
order versus  
rebellion and chaos

Acceptability

Creative  
administration

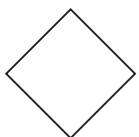
Laziness  
and impotence

Stamina  
and endurance

Surrender

Obedience

Anchor to Earth



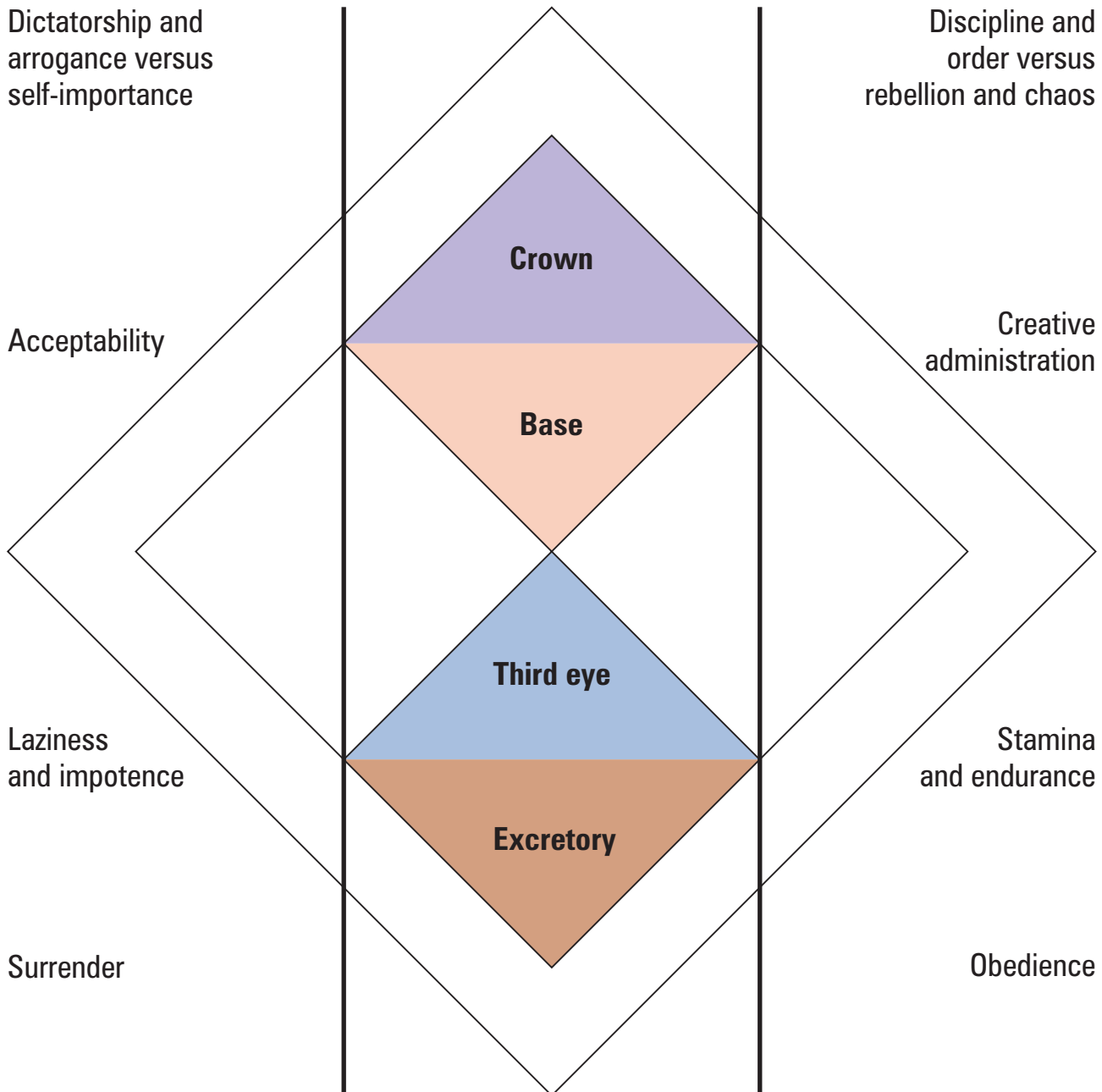
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Trust call.  
Surrender of  
old limitations  
and the need  
to be perfect.  
Accept offers

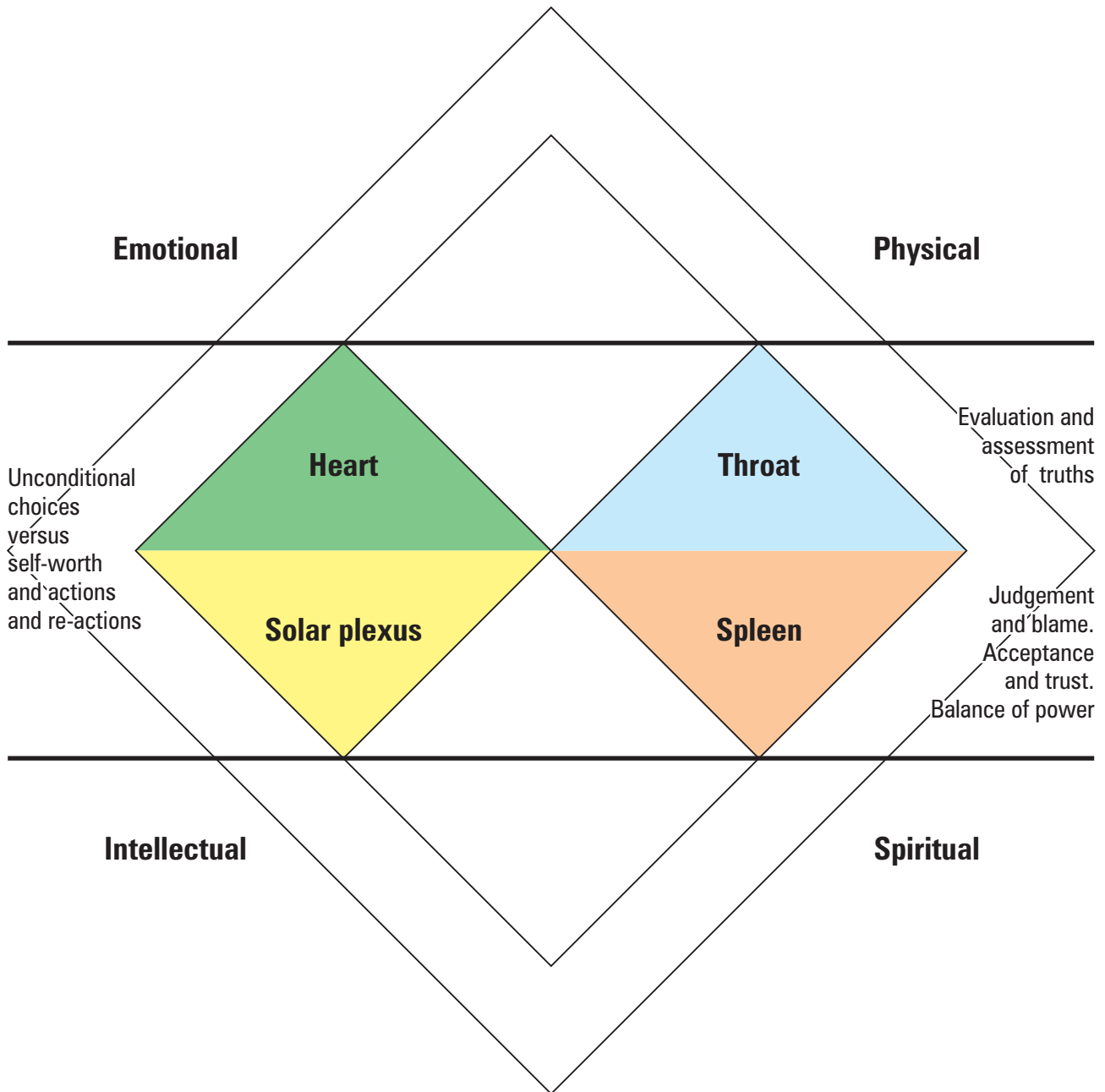


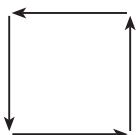
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Union of abstract  
and actual



# The flow between past and future



 = Genetic imbalances in both family lines from the past.  
 Environmental exposures to test growth potential

 = History updated.  
 Future revealed



#### 4 Don't try to do everything at once

We have to accept that we all have a track to work within and it is this track that gives us access to both the Heaven and the Earth. It is not some divine accident that we are here; we are learning individual and collective lessons that we need. Sometimes we can see the way forward and sometimes others can see it. This is just like when gardeners plant seeds – some grow and some do not. The ones that do not grow do no harm; quite the contrary, they fertilise the soil and are absorbed by it. We must also recognise that we are here for a limited duration of time and we should be involved and absorbed by the experience rather than trying to escape it.

This union of abstract concepts to actual experience affects the top and the bottom of our bodies. We have no choice but to move when life gives us situations that force the issue. Whether we do it with good grace and gratitude, or with bad grace and are abusive, is up to each individual. We learn to trust the call, surrender the old limitations that we have worked with, and release the expectation to be perfect, for in truth we do not know exactly what is required anyway. Then we accept the next offer for we probably have little alternative.

The tracks that we run on are both active and passive. The active one will test our abilities to be acceptable both to others and ourselves without being found arrogant, dictatorial and self-important. Neither must we become so lazy and impotent that we surrender our responsibilities to the care of others. The passive will question our abilities to withstand chaos without rebelling, until an ordered discipline can be established which holds all secure within it through a creative administration. Also it assesses whether everyone will obey the administration voluntarily in the interests of the care of all. This will require stamina, endurance and persistence as well as the willingness to keep on keeping on until all reach safe harbour.

That takes care of the vertical track, now for the horizontal one. This takes us into an echo from the past and from the future of that which we can handle from here on in. When choices are made that serve a collective they must be unconditional; so the actions that are required to sustain the choice will make you tired, anxious, frustrated and annoyed on occasion. So what?

There is no need to project anger all over the place or to become resentful. What is so wrong with a few cuts, sprains, breaks or grazes when we are learning to walk? In the same way we will get a little 'roughed up' as we learn to serve. Can we be good-humoured about it consistently for that is what will be required? If we mope and moan and become spiteful no one will want to be around us for long. If we scream 'unfair,' we will be ignored. Time for fire in the belly and purity in the heart so that we have the courage required and are good-humoured when we make mistakes. No need to become cynical, sceptical or bitter, nor to be a 'cowardly-custard.'

We will have to work with pre-dispositions from our genetic inheritance like it or not; some will work in our favour and some will not. Some environments we have experienced will be helpful and some will press buttons and rattle our cages, but that is how we learn. As each is encountered we will evaluate and assess; hopefully this will include truthful exchanges from all parties. When all have had their say, we can choose whether to get into judgement and blame in which case we will criticise, condemn and martyr ourselves, or whether to rush in and try to rescue and fix in an effort to change or protect others rather than face issues ourselves. We have to ask: What are we doing being so unaccepting of the Earth, which is the Heaven's creation?

The balance of the power of the Heaven, and of the Earth is united in some common purpose. This delicate balance of power is way beyond our understanding. We can accept this or not: one way it will be more comfortable and one not so pleasant. We can trust it or not: one way we are stimulated and content, the other suspicious and unhappy. Our part is to be clear in our capacity to claim and express our truth without losing our balance or our place on the Earth as we update history and wait for the future to reveal itself without interference.

*continued overleaf . . .*



Self-reflection on movement.

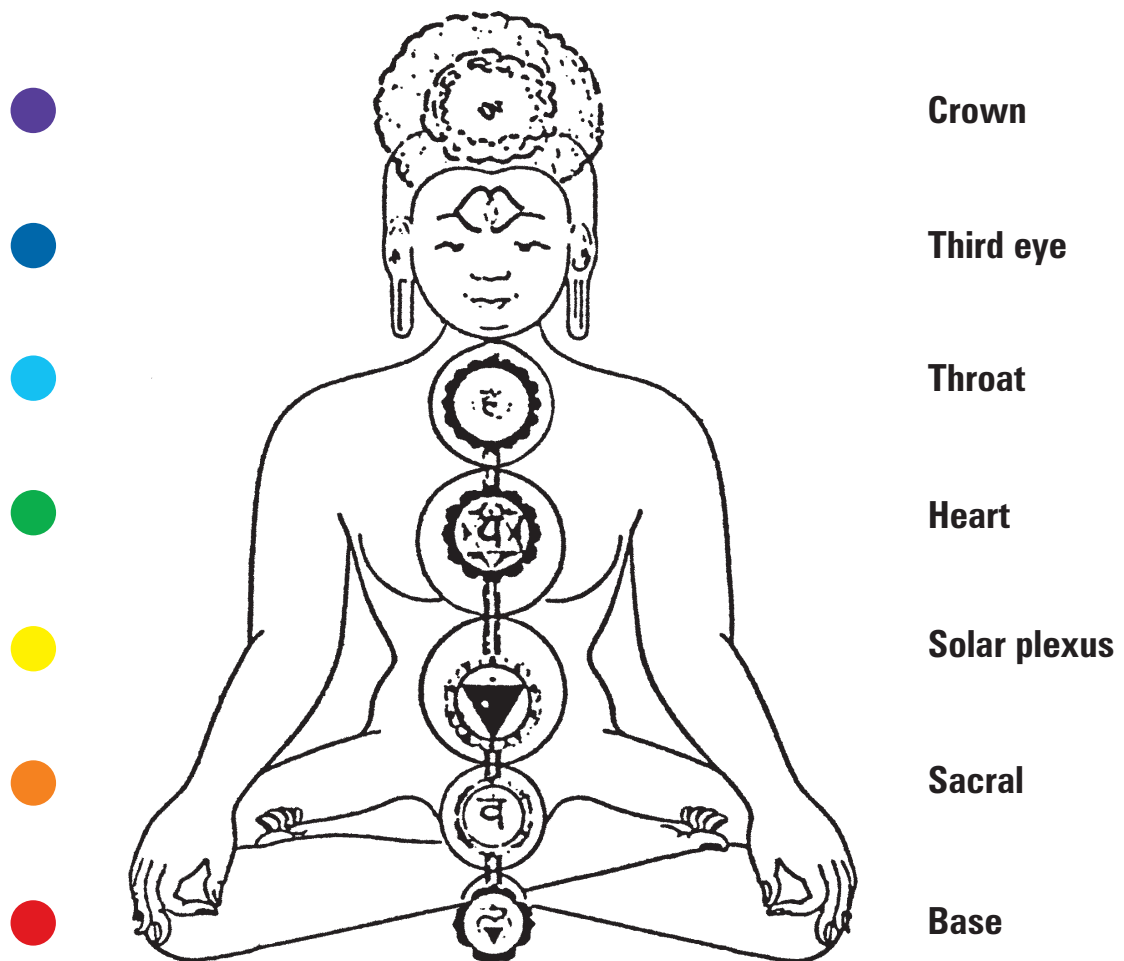
- i). What makes you laugh and do you seek it out?
- ii). What makes you lighten up? – Do it.
- iii). Imagine yourself encircled in love and concentrate on the warmth.
- iv). Work at finding the funny side within past experience.
- v). Practise doing the day without planning it more than necessary.
- vi). Try being inactive, and content to potter.
- vii). Touch life lightly with a gentle touch.



## *Section 5*

# **Catching up**

## Energy centres – emotional / mental



● **Crown** Complete knowledge of other worlds. Divine wisdom. Perfection of abilities. Du Mal. Cerebral cortex; whole body.

● **Third eye** Astral vision. Awareness of suffering spirits. Ability to transcend and purify karma. Triple heater; liver; gall bladder; endocrine system. *Blindness / Irritability.*

● **Throat** Clairaudience; awareness of past, present and future. Perfection of sound. Lungs; large intestine; respiratory system; speech. *Depression / Expression.*

● **Heart** Psychic healing; controlled ESP. Spontaneous wish fulfilment. Non-attachment. Heat; small intestine; circulatory system. *Joy / Excitability.*

● **Solar plexus** Clairvoyance; telepathy; spiritual insight; astral consciousness. Stomach; spleen; digestive system. *Worry / Emotional instability.*

● **Sacral** Astral travel with only vague consciousness. Uncontrolled ESP. Kidneys; bladder; uro-genital system. *Fear; anxiety / Sexual disturbances.*

● **Base** Kundalini awareness. Levitation. Kidneys; bladder; uro-genital system. *Aggression / Animalistic tendencies.*



## 5 Catching up

Our minds rush onwards and we need time for the body to catch up. We are impatient and have to allow time for the mind and the body to be on the same side rather than competing with each other. As this occurs we will often not feel too great physically, or we may experience backache and on occasion we feel as if we are present but missing something. We are trying to be as good as we are able and are aware that perfection is lurking in the background but we cannot put our finger on what is required. We are reaching for complete knowledge and trying to access divine wisdom, but it eludes us.

We feel as if we are walking blind and we cannot focus on our remit. We are aware that others are suffering, some more and some less, but suffering nonetheless, and we know we can be of help but where, how, when and doing what? We want to rise above the problems of the past and be delivered from evil and we want to clean up our act. Maybe we are waiting for someone who is moving more slowly than we are? We can get quite irritable as the past moves into and through our bodies. We may experience hot or cold flushes, soreness in the lower chest and upper stomach yet not know why. Acupuncture, massage, good food, drinking lots of water and enough sleep help a lot, as does gentle but consistent exercise.

Our neck and throats may be sore as we are the audience to the past, the present and the future passing their triple rhythm through our bodies and we can experience depression, which is internal expression that we cannot externalise for we do not know how. It can affect the lungs and we can experience shortness of breath taking a step whereas usually we can run up a flight of stairs with no problem. We cannot get our words out in the right order or say what we wish to and we can get frustrated and feel impotent as a result.

We want all our wishes to be fulfilled right now and we do not want to make any effort, do anything we do not like doing, or be inconvenienced! We have to detach and look inwards otherwise we get too excitable to be around, or pretend all is well when it is not. We need to back off and wait; everything is circulating around the body too fast or not fast enough according to us maybe! We must wait nicely for if we do not we may repeat the old rather than refine it, or

even release it.

We know within our body and within the Earth experience something is going on. We sense it, we have insights, we receive impressions and we worry or get emotionally unstable for we cannot understand the process. We need to digest life to date just like we would a meal. If we do not eat enough we do not nourish the body systems; if we eat too much, we overload the body. It is similar within the living experience: if we are to keep our balance we must digest the past before we meet with the future. The body needs the essence of the food but must release the effluent.

We can intuit the movement, perhaps we dream it, possibly we sense things others do not. It can make us fearful, anxious and we lose balance. We do not want to reproduce the wrong thing or tread on anyone else's toes. The body responds in aches within the kidneys as we try to adjust the flow, or with reproductive organ discomfort. Any of these issues we should get checked out with our doctor, and/or our therapist.

Hopefully we are increasing our awareness and rising above old problems. The onus is on us to monitor our aggression – neither to pick fights with others, nor to run away. Just to stay very still and wait, for this too will pass.

*continued overleaf . . .*



Self-reflection on waiting nicely.

i). Imagine bundling up all the pain you have ever known in your physical body, packaging it into a parcel and burying it deep within the ground. How do you want to mark its departure? With flowers, music, poetry, clearing the house/garage/car?

ii). Imagine placing all the pain you have ever known in your emotional body into a canoe which you cover with a tarpaulin and send out to sea. Imagine where it lands; or does it get broken up en route or sink? Will you spread rose petals on the water, mark the launch space with a stone, or send a message in a bottle to a desert island?

iii). Imagine all the intellectual pressure you have ever known being placed in the basket of an air balloon which is launched from the top of a hill or a mountain peak. Watch it go as you watch the release. Do you run down the hill or let go of helium balloons in its wake?

iv). Imagine all your spiritual resentment and frustration being placed into a smelting furnace along with all the false judgements and the imagined injustices that have caused you pain. When the fire is really hot imagine the metal being heated and made into flexible and fine quality steel.

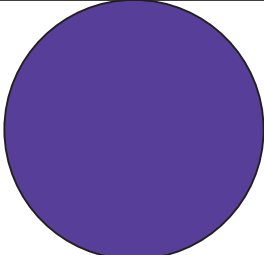
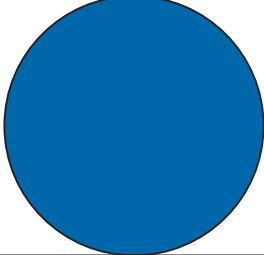
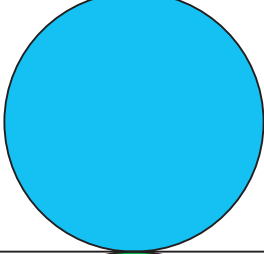
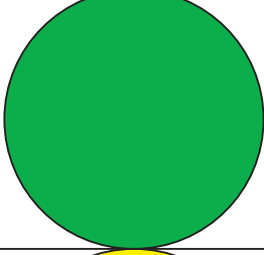
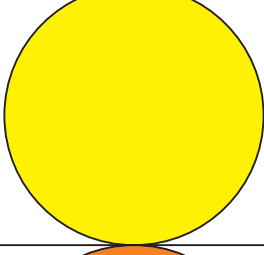
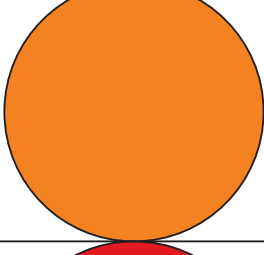
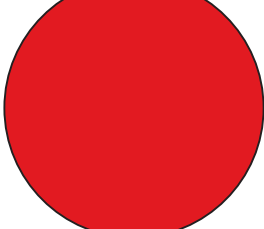


## *Section 6*

# **Preparing the body**

# Bodily functions

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<b>Crown</b> Violet Pineal Upper brain Right eye		Wisdom. Seat of consciousness. Controls the pineal gland. Door to the creative consciousness which enters and leaves through this centre. Our appreciation of the arts, religion and beauty are reflected here. We all need a little of the violet colour. If this centre is kept active through meditation the body will be kept rejuvenated for as long as it is beneficial to the Soul.
<b>Third eye</b> Indigo Pituitary Lower brain Left eye Nervous system		Intuitive facility. Controls the pituitary gland. This centre reflects the right, or intuitive, side of the brain. If enough energy gathers here it can show up our healing abilities and our outlook becomes a healing one. All memories are stored here – past, present and future. It is the computer. Sensitivity on the one hand and disharmony (through mental imbalance) on the other hand are reflected in this centre.
<b>Throat</b> Blue Thyroid Vocal Lungs Bronchial		Communicates – expression. Controls the thyroid gland. In this centre we can see how a person expresses his/her whole being and all he/she feels. Physically this centre shows up vulnerabilities around the throat. Many people have an imbalance in this area. Our shoulders take the brunt of our cares. If the thyroid gland is out of balance, the whole body is affected. The thyroid controls the lungs, bronchial and respiratory systems.
<b>Heart</b> Green Thymus Lower lungs		Emotional. Controls the thymus gland. This centre reflects the emotions and reveals how we relate to people and nature. It should reflect the natural colour of the heart and how much heart we put into activities. Physically it shows how well the heart, and other organs around it, are functioning. This centre is very vulnerable; any abuse such as drugs, too much medication, too much coffee, over-emotional tendencies can affect the heart.
<b>Solar plexus</b> Yellow Pancreas Spleen Gall bladder		The thinking centre, which is known as the body brain. It controls the pancreas. This centre registers our state of mind and projects how we look at life intellectually. Physiologically it reflects the left, or the rational, side of the brain. Medically it indicates disharmonies in the organs such as the pancreas or the liver.
<b>Sacral</b> Orange Abdomen-spleen Adrenals Nervous system Kidneys		Active. Controls the adrenal glands. This centre has a lot of work to do. It stores digestive energy here for assimilation, and the digestive process to work correctly. In many people this area is unbalanced. Malfunction in the adrenals is registered here, or ulcers or disharmony in the gastric juices. The Essenes always ate their food in silence, slowly, having blessed the food first.
<b>Base</b> Red Gonads Excretions		Generator. Controls the gonads. This is a reproductive centre where the creative energy is stored. From this centre we raise our consciousness. This centre controls the base of the spine and reproductions within the spinal column.

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## 6 Preparing the body

The centre of energies superimposed on top of the spine need feeding to enable us to focus on release of the past and clearing the debris prior to being ready to be placed where we can effectively serve. We need to be readied to welcome the future rather than to dread it regardless of circumstances. The body being the wonderful instrument that it is will give us indications of what is going on if we are sensitive enough to respond; this holds true even when we are not feeling so good.

Often we have trouble with our eyes at this stage and if we do, we should have them tested and seek medical advice. If nothing shows up then we can seek wisdom from inside ourselves. The violet centre in the diagram at the beginning of this section links to our upper brain, and is the door to our creative consciousness, through which perhaps we move past all that has gone before. We are rearranged so to speak. Areas that we have worked within and dealt with as far as possible withdraw from central stage in our life and other aspects enter in. The pineal gland is active within this process and it affects the right eye in most people. We may experience negative expectation as a result of past experiences, so we need to connect to beauty in whatever form we appreciate it. It may be art, nature, children or whatever we consider to be worthwhile. The centre needs to be fed and to be active for this will keep the body rejuvenated for as long as it is beneficial to the soul. The body regenerates and so regains the 'feel good' factor whatever the age and the stage.

The brow is sometimes described as the third eye for it is known as the intuitive faculty. If one places the index finger of each hand alongside the nose with the base of the hand level with the nostril, where they meet is the placement of this centre. It is considered to be governed by the pituitary gland, which affects the left eye and the nervous system. It links to the intuitive side of the brain, often referred to as the right brain. It is the seat of our memory store, and if we can change our outlook it can help us to heal things that have outlived their usefulness. The lower brain acts somewhat like a computer, it stores what is there and if it gets over full it causes anxiety and must be cleared. On the one hand it is sensitive, but on the other, if overloaded it becomes unbalanced.

Moving onto the throat area we find the thyroid,

the capacity to express vocally what is stored internally within the lungs and the bronchial tubes. It is the expression of the whole being and shows all that is felt. Physically this shows up in vulnerabilities around the throat area. The shoulders take the brunt of the cares we have in our world. If the thyroid gland is out of balance, the whole body is affected. The respiratory system must have time to sort out what we need to keep, and what we need to release, and we may not be sure what to do with all the information. We need to be patient and take a little time to work out what is possible and what is not within our situation now. We need to release what we can and work with all else in as simple a manner as we are able.

That takes us to the heart of the matter which can affect the lower lungs and links to the thymus gland, the centre of emotional control over the past, the future and what is possible within the present. It will reveal to us how we relate to people, whether we are truly natural and whether we artificially contrive situations to make us feel better, get attention or whatever else. If we commit to something we need to put our heart and soul into it. But we may not want to as a result of feeling vulnerable because we have not released the need to feel hurt or wounded from past experiences we have judged to be unjust. So to alleviate our pain we abuse drugs, medicines, drink too much coffee or alcohol, all of which affect the heart. Perhaps it would be better to draw a line under the past and let it go.

*continued overleaf . . .*



We move onto the solar plexus area, sometimes referred to as the body brain, as it registers our state of mind and projects into our world how we look at life intellectually. Physiologically it reflects the goings on in the left or rational side of the brain. Disharmony within can show up in the pancreas or the liver and the gall bladder. If we feel life is 'unfair,' and we have got into situations that we did not consider to be any of our business, we can become embittered. If this is not released then we may make assumptions that the next phase will be as bad or even worse than what we may have experienced to date. We get 'yellow bellied' and lose the courage to keep on keeping on. The devil is on our back, so to speak, and we must get it off. This is another way of saying that the wrong living of the past is only so in our opinion, and that it was a difficult experience which can now be a done deal, but only if we lay it to rest.

This is somewhat nerve-wracking if we have to recall events to enable us to flow past them. We may feel a pit in the abdomen, rather anxious and irritable and our kidneys may hurt. The physical effect is on the adrenal glands, which have a lot of work to do to keep this spleen/sacrum centre clear flowing. Decision time! What needs to be assimilated into the body and digested to enable good health? If we have a clear idea of perfection and life on Earth does not seem to reflect it, there is no union, no marriage and no harmony. This can show up within the gastric juices or as ulcers. Food is to enable the body to have the fuel it needs to run within life externally. The Essene Fraternity always ate their food in silence, slowly, having blessed it first. If life has been difficult we lose the confidence to harmoniously unite Heaven and Earth, abstract to actual, and we may need to try for the sacred marriage within us once more.

The base centre is the central generator and must eliminate what is no longer required. It affects the gonads and the reproductive centre. It stores creative energy and holds the decision as to what to reproduce and what is toxic. Shall we repeat in order to refine? Or shall we release and start again in trust and in grateful acceptance? This is felt at the base of the spine and affects all that is reproduced and all that is excreted.

#### Self-reflection on rhythm.

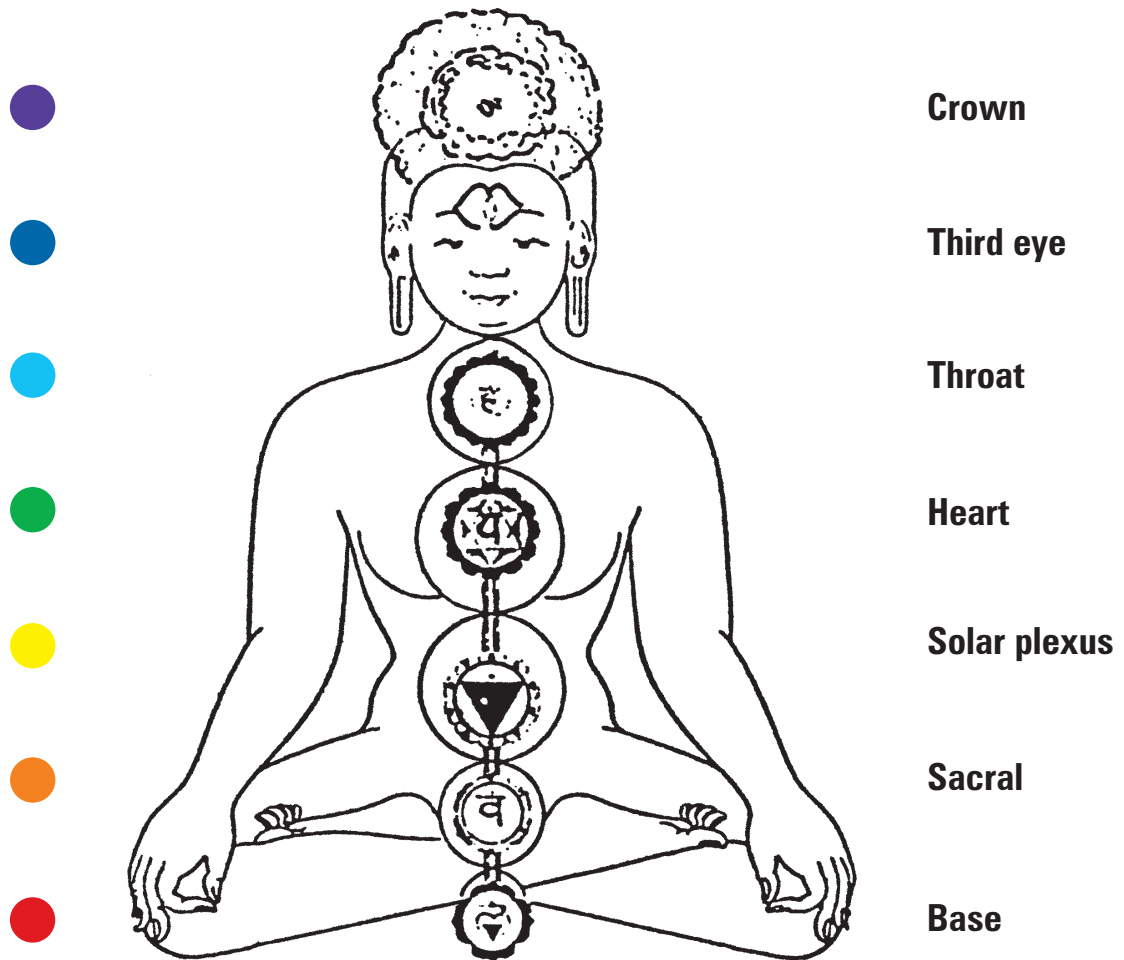
- i). Try to feel the rhythm within your body.
- ii). Imagine all your organs speaking in gibberish, all at once.
- iii). How can all these different sounds harmonise as if music from a sphere beyond our current understanding.
- iv). Recall any discomfort momentarily and choose to release it – remember clouds pass in front of the sun but the sun is ever present.
- v). Do all need to move faster and become a part of the jet set, or slower and re-establish the rhythm of the base note?
- vi). Imagine that the rehearsals are over and now the space is clear, the conductor has arrived, and the sounds harmonise and are beautiful to listen to.



## *Section 7*

**What now?**

## Energy centres – physical / emotional



- **Crown** Active cosmic consciousness. Spiritual release. Headaches.
- **Third eye** Pituitary and pineal gives clairvoyance (clear vision). Emotional imagery; colour. Needs self discipline to use effectively.
- **Throat** Bypass of emotional group from root centre for use in creative work; meditation and expression, clairaudience (hearing the revised rhythm). It combines with spleen and solar plexus for direct voice (updating the truth) and works with pineal for sight.
- **Throat + Heart** Inspiration; automatic writing; trance bridge from emotional to mental mediumship.
- **Heart** This completes the emotional trio. Spiritual authority is felt, introduces choice, love, compassion, tolerance, understanding, altruism. Refuses to be governed by the self; breaks down density. "Feel love and light". Can separate good and bad. Can supply information – stepping stone to higher things both in mediumship and personal attainment – works with the throat for trance work.
- **Solar plexus** Transfiguration. Direct voice introduces wider consciousness. Physical mediumship. With spleen release of magnetic healing power. Basic psychometry. Depression; discouragement, anger; resentment; fear and jealousy.
- **Sacral** More selective and responsive to emotion. Increases sensitivity. Painful rather than violent reaction. Apprehension, bewilderment and insecurity. Astral travel together with solar plexus and heart.
- **Base** Release of cosmic consciousness. Persistent tiredness.



## 7 What now?

Will we choose to suffer on or will we choose to be released? We can ask and we can be aware of what is happening. But we must be willing to learn to work with the new skills that are gifted to us. If we are to become active servers of the Heavens upon the Earth we may temporarily experience headaches or twitching of the right eye as we extend our consciousness via the pineal gland and gain release from the past.

This allows us to access clearer vision, often referred to as clairvoyance. The pineal passes the information to the pituitary which affects the left eye and we may feel nervier than usual and somewhat emotional. The colour of life and its imagery need self-discipline if we are to use the information entering in effectively.

The throat centre begins to bypass the emotions from the past with the help of the root centre, providing our intention is to serve the Heavens. We need time to meditate which will enable us to hear what is required more clearly, which is described by some as clairaudience. Whatever we 'hear' has to find expression within us and we will feel this in the spleen and solar plexus areas giving us the capacity to express our voice clearly and directly and working with the pineal to enable us to see what is required.

The heart completes the emotional trio. The spiritual impulse enters with authority but carries with it a choice, for unless we unconditionally choose to comply it will cause us difficulty. We will need to be loving, compassionate, tolerant, understanding and maintain altruism. For if we choose to comply with the invitation of the Heavens then we refuse to be governed by the old memories and they will begin to break up, making that which is stored in density begin to convert into love and lightness of being. It is a separation process between good and bad. At this stage we have no information we just know that we are on a stepping stone towards higher standards and better ethics. This is true for our mediation skills as well as for personal attainment. We are to help the higher forces and to become a willing mouthpiece for them; what this means we do not know as yet.

The heart and the throat together can be inspired and we may find ourselves speaking words of wisdom we did not know we knew! We may write notes and

find ourselves amazed by what we have written; we may compose music we did not know we had within us. We may feel that we are becoming mediums for others but we do not know for who as yet. Nor do we know how to proceed, what is expected of us, where to start, or when it is appropriate to mention the process going on within us, let alone who to confide in. Are we losing the plot or finding it?

We are being transfigured and transformed and working within a wider consciousness than we had ever imagined possible. Should we be pleased or sorry? Are we what we have heard referred to as mediums? Are we pleased or scared? How can we maintain our ordinariness and yet honour our Spirit? Will we be able to use this power entrusted to us wisely and do we want the responsibility involved? We need to anchor into ordinariness and the spleen will help us heal. We feel things now but they are vague and we do not understand the implications. We feel discouraged, depressed, angry, resentful, fearful and jealous, all of which will have to be acknowledged sorted through and released if we are to proceed.

The spleen centre allows us to be more detached and discerning. We start to discriminate. Our increased sensitivity is a wonderful problem and we begin to feel pain rather than violence towards it. Perhaps we are somewhat apprehensive now, a little bewildered and somewhat insecure, but we know we are work in progress. And if we hold steady we will get to where we are going, do that which is suitable for us and be what we are required to be by a force greater than we are. We are beginning to comply and to co-operate with what is required of us, grateful for the opportunity. The gripping pain in our gut is receding and we are of good heart.

*continued overleaf . . .*



Possibly we have put up a good fight or wanted to run away and hide, but now we know we are being freed and it is time to 'let go and let God'. At this stage we may feel persistently tired as the release of cosmic consciousness takes charge of the body. And this needs to be honoured for it will pass. We must now trust the Earth as well as the Heavens and know that we have the capacity to see what is required when we come across it. We will hear the words that we need to hear when we do, and we will know what the next step is. We will let go of all else. However, we will be watchful and open to all possible options, then wait for all to close off except the one that is the next step for us.

It is 'chop wood, fetch water' time. We live as simply as we can not seeking people out and not avoiding them either; aware that whatever we do and wherever we go they may be the answer to our prayer that is facing us. We become gentler to allow ourselves the courtesy of a little time and clearer spaces so that we will hear, see and feel what is required. Then we will gently and cautiously try it out in life. If it works easily, all well and good; we will be adequate to secure that step for the stewardship and the guardianship we are receiving are a classier act than we have ever had access to before. We are on our way and will be placed where we can optimise who we are and do what is required of us. Be at peace and listen to the inner prompting for now all is ready.

Self-reflection on being in place.

- i). Do you wish to let go of all feuds from the past?
- ii). Do you want to be under the direction of your soul?
- iii). Do you acknowledge that your soul can do better than your personality?
- iv). Do you honour the sacred union between body and soul?
- v). Ask that the union be fruitful and blessed and that you be placed exactly where you will be able to feel safe and secure and where you can be regenerated and so of service to all in anyway that is appropriate to your capacities and your skills. Know that it is so and that all is well.



## Relaxation technique

This basic relaxation technique can be useful. Imagine yourself to be safe, healthy and protected. Imagine a white cloak around you and imagine that it gives you gentle comfort, safety, warmth and love.

- Sit in a comfortable chair or on the floor if you prefer, but make sure that you are in a relaxed position. If you are on a chair, place your feet flat on the floor, straighten your spine, neck and head, and close your eyes. If you are on the floor, you may cross your legs (Indian style) or stretch them out before you, providing your knees are bent and your feet are flat on the floor. Try not to slouch, but don't become stiff either.

- If you are feeling tense, worried or distracted, you can use this simple process to help you relax. Take in three deep breaths – pushing your tummy out as you inhale slowly – pulling your tummy in as you exhale slowly – saying to yourself the word 'relax'. Consciously concentrate on the muscles in your body, starting from your feet, calves and thighs, moving up to your stomach, chest, arms, neck, head and face. Tense each set of muscles first, and then release the tension consciously and slowly, feeling the gentle warmth, comfort and relaxation each time you release. Become aware of your body as a pleasant part of the natural surroundings.

- Create a clear picture in your mind of the situation about which you feel worried, angry or resentful. Be aware that you are feeling uncomfortable. Then again say the word 'relax' to yourself three times and become conscious of your breathing. Try to breathe in deeply and slowly, pushing your tummy out, and breathe out, pulling your tummy in. Do this several times.

- Picture good things happening within the situation, a happy ending, a reconciliation, a change for the better, a rest. See the situation – yourself and all those involved – surrounded by love or whatever you think would be a good antidote to the problem. Picture a beautiful setting where you are truly contented.

- Be aware of your reactions. It is natural to have difficulty seeing a loving picture. The feelings of tension, anger, frustration and all the other emotions are also natural. Dissolving them into relaxation will become easier with practice.

- Think about the role you may have played in creating the stressful scene, and try to re-interpret the event, your own and other people's behaviour. Imagine how the situation might look from another person's point of view.

- Be gentle with yourself and your thoughts. Try simply to watch rather than judge them, no matter how negative they seem. Become aware of how much less frustration, anger and resentment you feel. Tell yourself that you carry this new understanding with you.

- Move your head, hands and feet slowly. Open your eyes, look around; know that all is well with you and that you are in harmony with all that is.

There are many different sorts of impressions that we carry with us, consciously or unconsciously, which at some point we must look at, review and revise. Without doing so, it is difficult to allow our own subsequent levels of growth to emerge fully and freely. And, since personal growth and expansion is the goal of Second Aid, it is never too early or too late to reflect on our beginnings, on the past that has led us to this point, and thereby to rewrite history.



## **Consolidating your study experiences**

Having completed each section of this module, try to write and/or illustrate and/or tape a holistic, understandable story about yourself. You will find clues to do this from within yourself contained in the sections you completed during this module, as well as external clues, in anything that you may have gleaned from other people or circumstances. Put each clue together as they can mirror a symbolic message for you about an aspect of your life that you may have been confused about. We have many mysterious aspects within our lives. By

going through this process, areas of our life can be transformed, clarified, solved or resolved as the internal and external aspects unite to enable transformation.

Once you have written your report or your journal, if you wish, you can send it to us and we will read it and give you some feedback to encourage you in your process of changing and being changed, as you discover and deepen your inner journey. If you are interested in this service, or in receiving e-mail support, (for which a charge is made), please see details of this in the SUPPORT section on the Second Aid web site – [www.secondaid.net](http://www.secondaid.net).

Focus on  
**Placement**

Written by: Judy Fraser

Illustrations and typesetting: David Newberry

Edited by: Lorna Rapoport

Web site design: Juliet Webber at Parallel Design