



second a10

Focus on  
**Planting New Seeds**

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## Focus on **Planting New Seeds**

### **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.

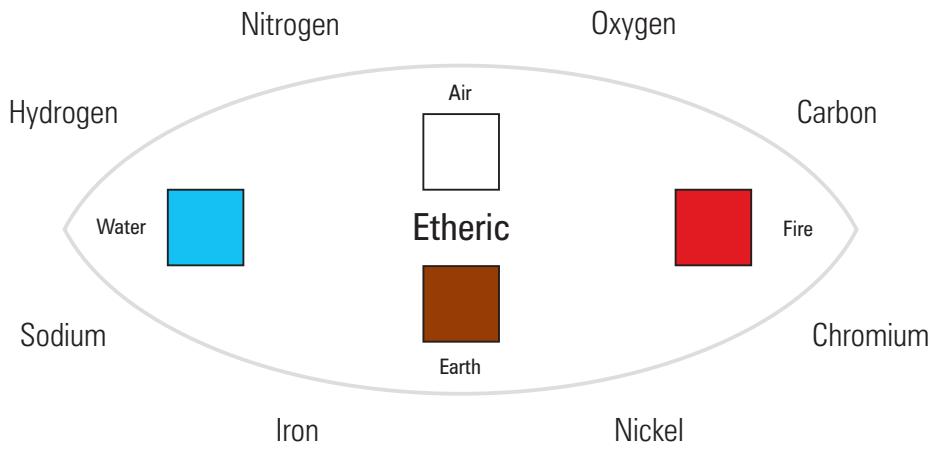


## *Section I*

# **Evolution potential**

# Evolution potential

## Gases



## Metals



Spiritual and subconscious relationship



Mental Astral & Nerves



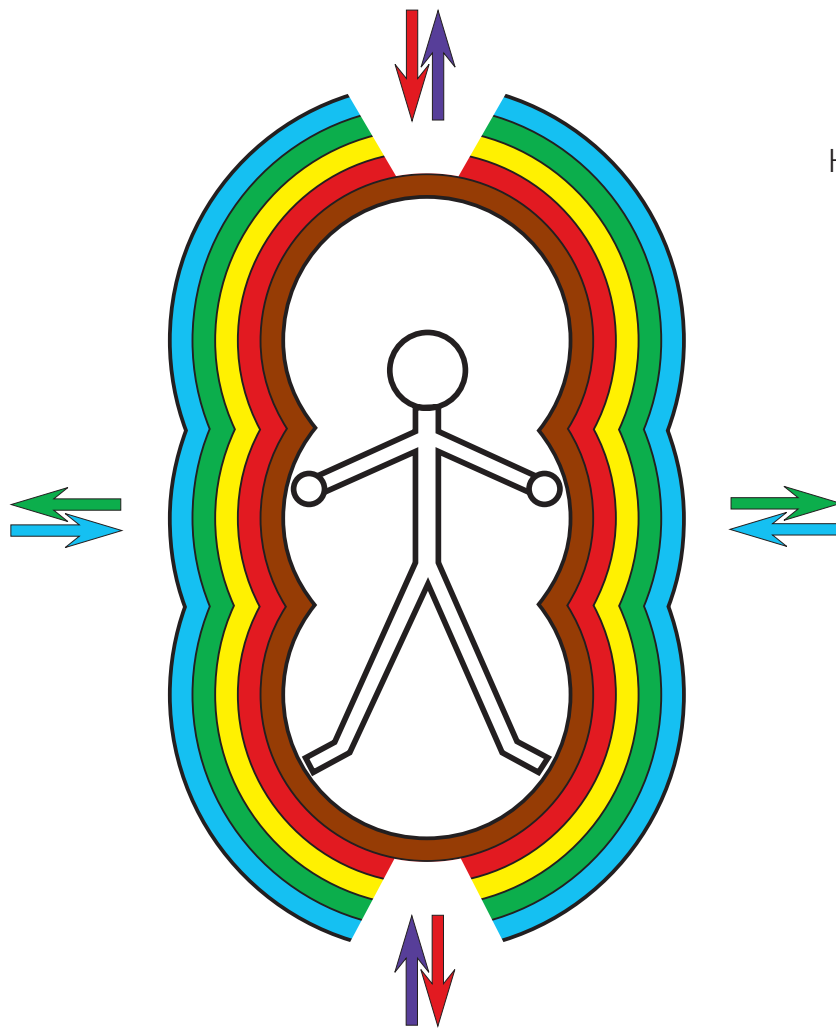
Nature Body Physical anatomy Thermal controls



Higher senses Ego Expressed through bloodstream



Emotions Etheric & Glands



## Meaning and purpose



## I Evolution potential

What can we as humankind learn from the workings of our Planet? It is made up of gases and metals which, inside an outer casing, provide us with water which controls the flow, air which sustains life and purity, fire which ignites and earth which nurtures.

There are many aspects within the body make-up. It is thought that the spiritual purpose is contained within the cerebral spinal fluid. Of course the spirit embraces the totality of all which is way beyond our capacity to understand. Our soul, our higher self, our will to good or whatever we want to call the higher ideal that can be aspired to, carries with it a willingness to serve all comers. It also encompasses our desire to remain safe and make sure we are including ourselves as best we can. Selflessness and selfishness issues have to reach a point of resolution as we set ourselves standards, ethics and codes that we choose to live by. Constant revision takes place as we gain new perspectives and have new experiences. The wisdom factor allows us to learn and to grow and insures our intention never to harm others (at least intentionally) in our passage through life. Our blood on the other hand carries historical information which potentially takes us into deeper and deeper levels of consciousness. This takes us not only into our own genetic lineage, but into historical administrations that have organised our social, cultural and geographical structures. Through time we learn to discern that which works and that which does not any more. More choices have to be made here, as we must make decisions whether we want to continue to be a part of old problems or if we are ready, willing and able to work towards a solution. If we resolve to improve a situation, how do we go about it? Consciously we may be willing but sub-consciously we may feel inert, inadequate, insecure, uncaring or unfeeling and we may suffer from shock as we discover less desirable elements within ourselves and decide whether we wish to work to release them.

As the blood circulates and adjusts its flow, so the nervous system begins to join in and allows us to refine, release or repeat. Our tolerance levels and capacities will define the level to which we are able to adjust old understanding as we purify and refine our instinctive reactions and change our attitudes towards our feeling. Through this process, we free old fear-filled anticipa-

tion from our glandular system. As we realign, all is supported on the Earth through the physical temple of our body.

As we reconsider our ideal of perfection, modify our standards and review our ethic, as well as respecting those of significant others around us, we revisit older wounds and perceived misunderstanding. As we do this, we learn to forgive and let go of old resentment and frustration. In so doing we free ourselves from residual impotence. This makes great demands on the body. As the inner state of being meets the external circumstance, it begins to expand and contract, enabling any residual toxins to combust as they educate the body any way they can.

Everything that we need for safe growth is present upon the Earth – not only within the kingdoms of nature, but also within ourselves. To create space and to take in more, we may have to let out that which is no longer useful. The top half of the diagram at the beginning of this section represents the mouth.

The mouth is the womb space, the Earth, into which everything can be placed. Whether or not it will work effectively and efficiently will depend upon the ability of the individual to align everything and practise enough to achieve a united effort where everyone contributes but no one dominates.

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The tongue is the active element working within the womb of the mouth. The teeth are the guardians of the space. Unprocessed issues may trigger tooth decay and bleeding gums, which is a good reason for why we should visit the dentist regularly. The mouth and the tongue are entirely within the control of the individual, whereas the genitals and the reproductive organs require a completion through an external source. We try to create a union between our idea of an ideal relationship, with actual reality through creating a balance of needs between doing and being, work and play, active and passive, male and female. As we consider such matters and discuss them with partners, parents, friends and colleagues, so we reach a conclusion to try out in practice. At this stage it is only an abstract construct. Only if we are willing, will we attract a partner into our space. Having done so, we will have to accommodate their needs as well as considering our own. So the above standard which is in our control is subjected to another's living demonstration through our relationship with them. This is dramatised through our relationship with another. So the Law of Correspondence comes into play – 'as above so below' – but is it or not as yet?

When we lay down a standard at an aesthetic level this becomes our next abstract, our next blueprint to work within. So we will attract, in the fullness of time, the actual representation to see whether the practical and the theoretical can work together in harmony rather than in conflict. The elements will help us at this time. To get the etheric blueprint correct, we will need to be able to work within a flow ratio that supports us (water) and to be supported by a structure, an infrastructure that will take our weight (Earth). We will need to be purified by the air, so that old patterns don't creep back in, and to be warmed by the fire of enthusiasm, of love, and so on. Only when these four elements are working in a permutation that supports us, will the abstract become actual. In order to do this, some of the gases and the metals, which make up our planet, will have to be adjusted. Therefore it is very often at these times that people are somewhat depleted within the mineral balance of their body. It may be wise for them to consult a nutritionist who will be able to ensure that their bodies are getting what they need. 'New Era Tissue Salts,' (available at health food stores) are helpful because they feed the energy field, rather

than the physical body which may be depleted at this stage.

If we are going to have a circuit that optimises potential, we will need to be able to receive from the invisible and feed into the visible. We will need to be able to receive from the Earth to regenerate and return what we receive to the Heaven in a purified state. Therefore we need to be transmitters and receivers from the Heaven and also from the Earth. In this way we adjust our balance. To do this requires that old disciplines are discarded and that new ones take their place, but there will have to be a de-stabilising or imbalance before we are free to move on again. If we have experienced overwork for an extended period of time, we will need to balance this up with extended recreation – this can be re-creation or re-creation. This process is a requirement of balancing and uniting the Heaven and the Earth.

The individual may need to be shown how to proceed because they may have forgotten. To hold and support the process, we require a revised shape to take what we need from the past and discard the rest. Old adventures will have to be reviewed and released. To achieve this requires that we regain the innocence (the inner-sense) of childhood. If we have had a very difficult karmic experience to work through, we may have to extend our apprenticeship so as not to overextend our physical vehicle. It may be difficult for us to trust the coming phase and we will need time to let go of our negative expectancy. So this shape between the Heaven and the Earth, the past and the future, the north and the south, the east and the west, says, 'I have got to take what I need and centre the rest within me letting go of genetically inherited conditioning.' We will have to do this a little bit at a time – it is not a kindness to do it all at once as that would over extend us too much and potentially cause hurt and harm to others who surround us.

*continued oveleaf . . .*



First, we will have to look at the outer band within our learning remit, which holds the shape, to make sure it is a defined area of work. Next we will have to look at our spiritual and sub-conscious relationship because there must be agreement between the spiritual and the physical for it to proceed as a feasible project. If agreement is reached there, then we will probably begin to feel a little anxious and irritable. This equates to the green band on the diagram at the beginning of this section, where everything comes back in through the bloodstream and where the ego says, 'I'm a little anxious as to whether or not I will be able to process all this'. At this stage, we will feel very nervous, very irritable and over anxious. We may experience thermal disturbance, palpitations or pain in the liver, as we try to de-liver ourselves from evil ('evil' being 'live' spelt backwards) and de-toxify our past, through our physical body.

Next we come to the red band – the emotional which says, 'I've been here before and it didn't work and I am revisiting old feelings which I thought I had long since dealt with'. This is a time when a person must stay very still, review everything they have learned and decide upon the kind of identity they want before proceeding. The glandular system may be irritated at this time, particularly the lymph system, and the person may experience tenderness in the glands of the neck, under the arms or in the groin.

However, if the stages have been taken step by step, they will move on into the physical reality in which the person may have bone, joint or ligament ache and extremes of temperature as the inner and outer try to match and marry. They may be very hot one minute and very cold the next. What needs to happen here is that time is allowed to pass for all the different ingredients to have their say and to reach a win-win compromise as to how to proceed with everything now working on the same side.

The following exercise on the elements can help illustrate this.

#### Self-reflection exercise on the elements.

This exercise aims to look at things in an inclusive yet different manner – to recognise that emphasis held within an certain area, or certain aspect of our energy field (physical, emotional, intellectual, spiritual), will change. The signs of the zodiac will have to be experienced one by one. The planets as they move in relation to each other will represent different roles and different reactions for us to find out who we are now.

On the next page, work through one section at a time. Within a section, order it in terms of which characteristic applies to you most. For example in terms of the section on the elements, number the characteristic which applies to you most as 1 e.g. practical, the second most relevant characteristic as 2 e.g. over-sensitive, the third most relevant characteristic as 3 e.g. enthusiastic and so on.

At the end take your prime choice from each section and see if it describes you accurately. Note in your journal any thoughts which come to mind while doing this exercise.



### Elements

Which of the following describe you best  
– and in what order?

- Air** Cerebral
- Fire** Enthusiastic
- Earth** Practical
- Water** Over-sensitive

### Mode

Which of the following describe you best  
– and in what order? Number them from 1 - 3.

- Cardinal** Initiating
- Mutable** Flexible
- Fixed** Persistent

### Aspects

Which of the following describe you best  
– and in what order?

- Conjunction** Trying to unite
- Opposition** Segmented pathways
- Trine** Utilising all talents
- Square** Striving
- Sextile** Making the most of opportunities presented

### Signs

Which of the following tendencies describe you best  
– and in what order? Number them from 1 - 12.

- Aries** I am
- Taurus** I have
- Gemini** I think
- Cancer** I feel
- Leo** I will
- Virgo** I analyse
- Libra** I balance
- Scorpio** I desire
- Sagittarius** I seek
- Capricorn** I use
- Aquarius** I know
- Pisces** I believe

### Planets

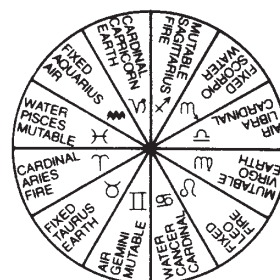
Which of the following qualities describe you best  
– and in what order? Number them from 1 - 10.

- Sun** Self-expressive
- Moon** Emotional
- Mercury** Mentally oriented
- Venus** Appealing
- Mars** Assertive
- Jupiter** Expansive
- Saturn** Cautious
- Uranus** Eccentric
- Neptune** Compassionate
- Pluto** Compulsive

### Angles

Which of these two describes you best?

- Ascendant** Pursuit of soul pathway
- Midheaven** Pursuit of public profile





#### Visualisation exercise on extending our capacity.

At a certain point within our life we are asked to re-commit, to dedicate ourselves in service to the light – something that we may have forgotten within the hurly-burly of life on Earth. Even though our body/mind has never been divided, it may have imagined it was separated. We will have felt insecure or fragmented from the whole, as we separated to come to Earth to fulfil an essential role that is unique to us and yet part of a bigger group dynamic.

We need to create a shape where time can pass and allow us to leisurely review all that has gone before, spiritually, intellectually, emotionally and physically, for the Heaven and the Earth are united in their effort. We experience them at different levels of density and yet as we watch the interaction of the various kingdoms of nature we begin to understand. As we watch the elements as they inter-act with each other and support all life forms, we begin to connect to the light within.

Hold thoughts of holism for a few moments within the silence recognising that this division of loyalty is now beginning to heal and become as one as in truth it always was.

Slowly draw back into present time and present space as you take three deep breaths in and out.

#### Self-reflection guidelines for making changes.

If you intuit the need for a particular change:

- i). Open up options while minimising any disruption.
- ii). If any of the options work easily, fine.
- iii). If not decide 'I will wait nicely, walk through life gently, not intentionally hurting or harming myself or others'.
- iv). Let go of the past lightly and connect clue by clue to the future. All the time you strive you are blocking your soul – you need to relax and allow yourself to be shown.
- v). When you feel you begin to understand life's guidance, write this down in a journal as the clues come in in random form. Later try to make sense of the clues.
- vi). If your timing is right, then avenues will open up. If it is not, then you are ahead of time and you will need to wait nicely, as more clearance is required.



## *Section 2*

# **The five senses meet the elements**

# The five senses meet the elements

Spirit

Love

Light

Thought transmission

Telepathy

Clairvoyance

Realisation

Spiritual discernment

Sound

Taste

Smell

Touch

Sight

Feeling

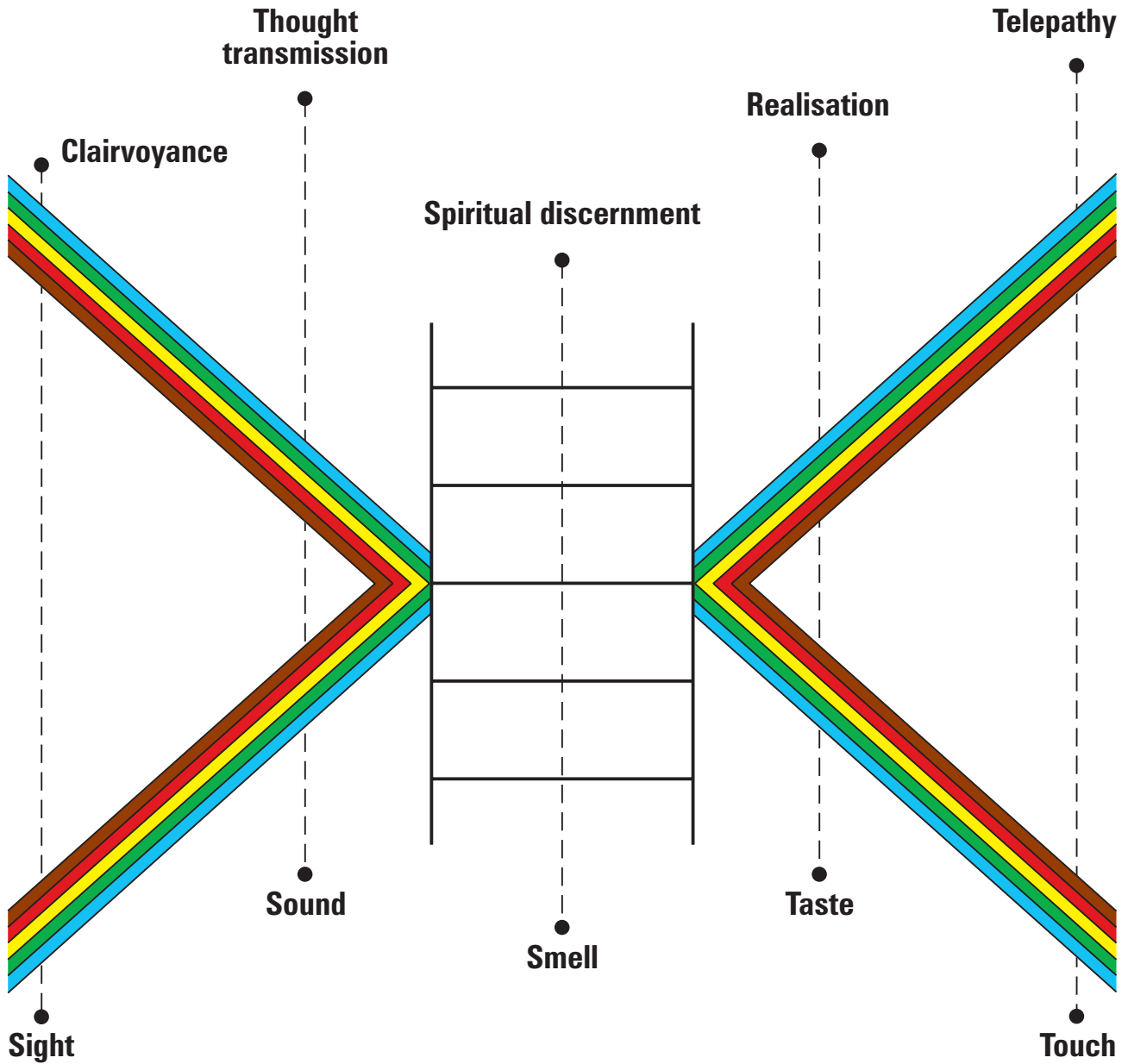
Intuition

Earth

Water

Air

Fire





## 2 The five senses meet the elements

The elements are experienced through sensory awareness and are controlled through our feelings and abilities to connect with our inner guidance (intuition) as it is nudged into action through the pressure of life. This guidance can refine and allow our higher senses – spiritual discernment, clairvoyance, realisation, thought transmission and telepathy – to evolve and be utilised in a spirit of love and light. But each contains a challenge as to right use of entrusted power. We steward each gift and must guard against harming ourselves or others. We will be required to serve unselfishly and not promote ourselves, to hold an ethic but not monopolise, to be available but not compromise or behave in a politically incorrect manner.

First, we define an area, which we begin to recognise as the outside pieces of our jigsaw, from a Heavenly point of view. Although all things are spiritual, not all things are a part of our individual remit and we need to identify what is our piece and which belongs to another. We need to be modest and work as a part of a team promoting others as we try to make ourselves redundant and to not ever compromise the chances of others. We learn to be humble and to not assume a lead role arrogantly. We must support, encourage and wait to be invited to take a more prominent part. As we wait, we demonstrate our capacity to serve as was said by Richard Offutt 'we prepare for 25 years to be an overnight success!' Our ability to use light lovingly will depend upon our ability to merge a new discipline with the loving administration of it (the abstract with the actual), in a way that serves the light as it will need to be marketed in a manner that is acceptable to public need. This applies not only individually but also collectively, for every dimension of nature is here to do their part in the healing of the Earth. The flow of life speeds up. The need to purify is now, so that the light forces can become more active upon the Earth. To manage this means that the way we feel intuitively has got to have a corresponding link between the Heaven and the Earth.

Sight becomes clear vision. Clairvoyance has a purpose and therefore must be connected, via the inner guidance to a vision that is understandable to the administrator and a view that is acceptable to others we come into contact with.

Sound is the vibration that carries the transmission of thought, one level to another. Therefore we must be willing to hear, not only in meditation but hear within the tone of voice of the people with whom we work, whether they are ready to receive more, or whether it is time to close the transmission. When we talk to others we may listen for an extended period of time but we will immediately hear the words that are relevant to forward movement and that may reinforce something we may have heard in meditation. Therefore it is very important not to close off our ears because they are too tender to receive what is coming towards them, but that we learn to control our exposure to disharmony of sounds until we gain immunity.

The higher sense of smell is our ability to discern within whether an atmosphere is safe, healthy and permissible for us to proceed into, or whether it is time for us to move away and leave the forward path to another person with a different permutation of skills.

If the taste of our life has not been to our liking, then we may realise that we need time to digest past experiences. This will allow us to work in a less aggressive way, and to become more compassionate, humble and trusting. Realisation that we need to improve these qualities links to the physical sense of taste. Our taste for life will teach us to be experts in timing – when to deliver and when not to deliver, when to digest and when to eliminate.

The physical body may experience symptoms at this time, when we will have to give ourselves nurturing and time to process. Only then will we be able to touch and to be touched by life. This will depend upon our willingness to serve within the absolute trust and knowledge that we will be taken care of. If the energy body has been shocked psychically on entry into the planet it will be difficult to telepathically impress – the physical body will tense as anything new comes towards it. So we need to work with the physical senses so we can touch and be touched by life in an enjoyable way.

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Self-reflection exercise on choices.

i). Close your eyes and imagine the most beauty-filled sight. What colours do you associate with this picture? Who is present with you? Where is the location? Are you doing something or just being there? What can you do within current circumstances to make this beauty a part of your every day circumstances?

ii). Cover your ears and listen to the silence. Do you like it? Imagine a sound entering in that enhances. What is it – lovely words, music, a voice, nature?

iii). Pinch your nose one nostril at a time and anticipate a smell, describe it to yourself e.g. spicy, sweet, bitter, rancid and so on. Is it safe? Dangerous? Nurturing? Adequate? Repeat this exercise with the other nostril. If breathing is restricted, open the mouth slightly.

iv). Cover your mouth as you think of a taste that might describe your life in terms of your short-term memory and then in terms of your far distant memory. What taste would you like to experience right now?

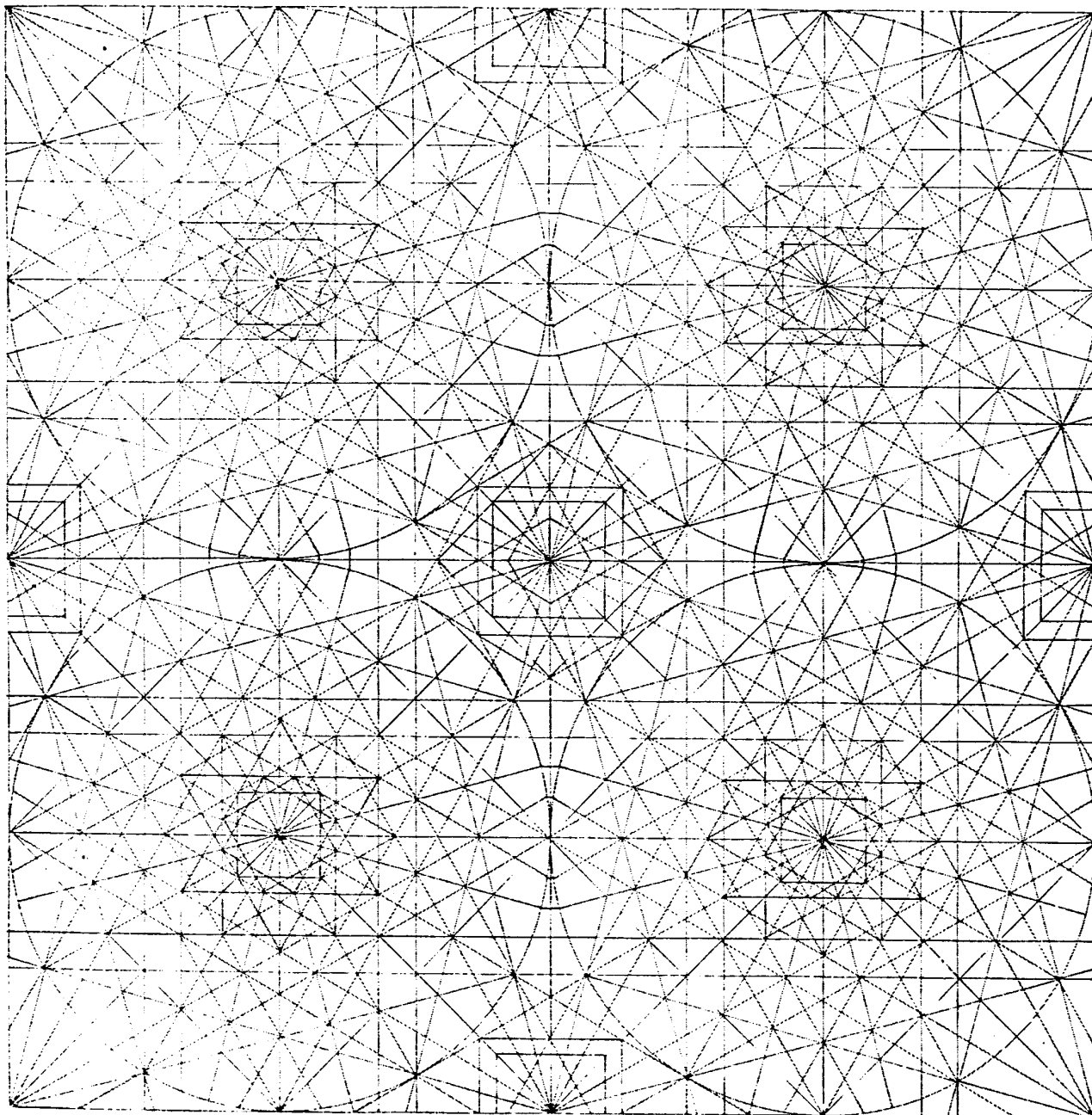
v). Touch your outer forearm with your eyes closed. How does it feel – rough, smooth, hard, soft? Then touch your inner forearm and note the difference. Repeat this with the cheek and the neck, the shin and the calf. Note your impressions. Do you enjoy touching others more than you enjoy being touched or vice versa?

To optimise potential, we need to support our weakest sense. The tape 'Counselling – a Help or Hindrance' (see the Resources section of the Second Aid web site) tells us what to do at a physical do-it-yourself and at a therapeutic level to make sure that the five senses are working well. Only then can a sixth sense create an effective compromise. Only when the sixth sense has cut in and has been tuned will the 'Management Upstairs' consider the vehicle ready for use. Up until that time we will be serving a useful apprenticeship for as long as is necessary.

Self-reflection exercise – colour in a drawing.

Colour in the following drawing in a way that pleases you. Afterwards, record your impressions about what you think is going on in your process.

This exercise is important because the drawing merges the four corners, the four circles, the Heaven, the Earth, the past and the future.

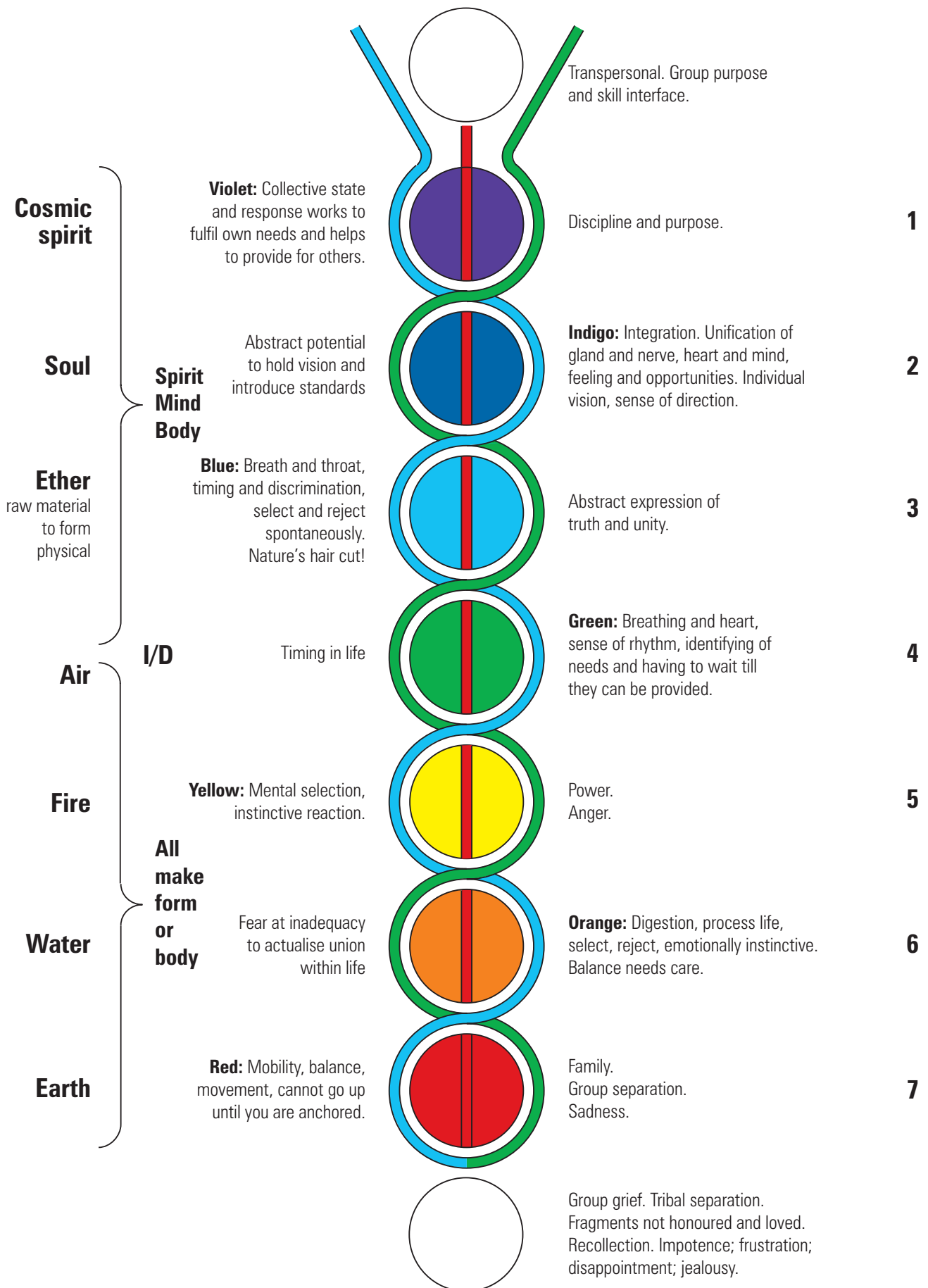




## *Section 3*

# **Peace in our time**

# The holistic picture





### 3 Peace in our time

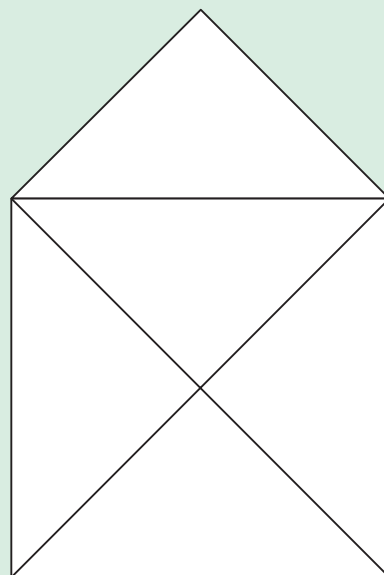
As the Heavenly impulse is received it is taken through the system and must be re-experienced as a result of being connected to the Earth. The Earth then reflects and intensifies another impulse and sends this back to complete the circuit. So all have the chance to unite and to work in harmony with all comers, in a complementary rather than a competitive manner.

Here we are defining a revised shape accommodating internal and external pressures with equal equanimity. If you look at the previous diagram you will see, earth, water, fire and air equate to the base, spleen, solar plexus and the heart centres respectively. These are the business of beings upon the Earth, it is for them to clean and clear these four centres as best they can. A person's ability to express their abstract on Earth links to the purpose with which they have come to work within and whether or not it works within the interests of the group they are attached to. This is under the control of the great beings. We see that the four elements create an etheric blueprint, which is the expression of the purpose of a particular life via the soul, and serves a spiritual purpose at this time as defined by the top three centres.

Self-reflection exercise on fluid movement.

You can play the children's game of drawing a rectangle with two diagonal crosses within it and a hat on top of it without taking the pen off the paper. The rectangle represents the left side of body, right side of body, shoulder and pelvic girdle with the triangle representing the head). We may find this drawing difficult to do in this way; whereas as a child we can do this sort of thing easily, we lose this ability as we grow up.

Can you draw this shape without taking your pen off the paper?



How many times did it take for you to do it? Can you remember how to do it now if you make a second attempt?

This childish game has significance for there are two channels of energy, which support the spine, and cross diagonally across the body.



The two channels of energy supporting the spine work either side of it, and cross each energy centre diagonally.



The masculine channel is called the 'ida' and the feminine the 'pingala', and only when these two channels are totally united in common purpose, in balance and harmony will the kundalini rise straight through.

This happening will depend on our ability to work within a group whether that is the grouping of cells and organs within the body or a team of people.

The group to which we are assigned will not necessarily contain people we like but people we need to be with. Our challenge is to be loving and consistent as we move forward baby step by baby step.

Self-reflection exercise – how well do you relate?

- i). Imagine looking inside your body and dialogue with your organs. Ask your heart, liver, lungs, kidneys and so on how they are and what they need from you to optimise their well being.
- ii). Repeat this exercise with members of your immediate family.
- iii). Repeat the exercise again with work colleagues or friends.
- iv). Are their consistencies or inconsistencies with what you found out and how can you holistically honour yourself as well as others?

Whether or not the Heaven ignites our light, will depend on whether or not we are working with 'the will to good' within the humanitarian needs of the Earth. A re-vision occurs as the light comes into the third eye, at which point we will have to have a review that updates our sense of direction and yet not be dogmatic in trying to get that vision into life immediately. Rather we will have to be patient, loving, kind and harmless. When we bring this into the throat this means our ability to be spontaneous will have to be in the interests of the people we serve, including our partners and our families. We may therefore be required to wait a while and see whether or not we can hold our standard in truth and show kindness, care and unselfishness as a living demonstration. Whether or not the 'Management Upstairs' choose to use us and where they place us will depend on this. This process will require a sense of rhythm. At this point, having identified our needs and the needs of those around us, we 'let go and let God' and work within the moment in absolute acceptance, absolute trust and gracious surrender. As we attempt to do this we may have to change some of our intellectual programming. This is old information that has been taught to us but which is not in the interests of the future, although it has served us in the past. At this time we may get rather forgetful and may find it difficult to concentrate; we may be rather inert and if we have been insecure and disempowered after psychic shock, it will be difficult for us to release and clear the space. Under these conditions a person may look 'jaundiced'. Again we have to touch down lightly to release the old memory and decide how we want to be, creating something rather like an 'identikit' picture at Scotland Yard. So, holding the total vision we work to build it up piece by piece.

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Self-reflection exercise on redefining yourself.

- i). How do you want to be?
- ii). Do you want to adopt new role models or do you want to keep the old ones?
- iii). Do you want to refine the role models you have had or do you want to become less romantic in your ideology?

During the process of updating standards, it is important that we take care and maintain a balance and that we don't lose touch with the responsibilities of life as we experience it now. As we establish a flow, so we move forward. For people who have been ridiculed, sacrificed, or martyred by themselves or the people who surround them, this may be somewhat difficult and they may be reluctant to move. We will have to work very hard to recognise that this is as a result of previous experience. The circuitry is sticking at a point of inherited weakness and so we work with prayer and meditation practices to balance the input and the output from the Heaven to Earth to get our circuitry running free. All is as it should be and it is necessary to take time for our body to catch up and harmonise with our mind.

As the pineal gland which links us to our Spirit urges us forward, so the energy centres which are superimposed on top of the spine affect the glands of the body. As toxins are released, particular glands secrete their chemical and hormonal balance within the body. This process can be erratic until all stabilises. If an energy centre is disturbed it often throws the physical body into temporary disarray.

The pineal informs the pituitary gland, which is the master gland, known as the body brain, which then sends a message to the solar plexus. It is the body brain that carries out the function of discharge.

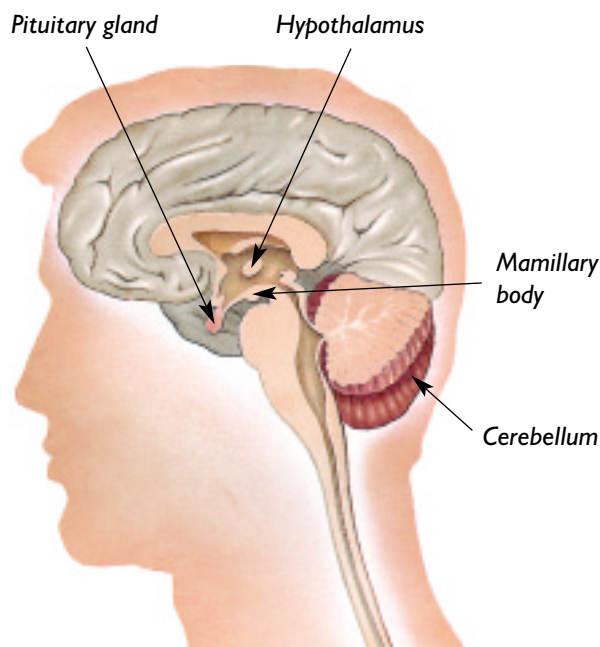
The pineal and the pituitary glands work together to achieve a balance between actual and abstract. The information is then passed to the physical body via the immune system. If our immune system is healthy, we may just feel a little tired or have a chill, if not at these times we may have an accident or an illness. It is important to adjust our eating/sleeping/exercise programmes to support the process of achieving a calm mind and a healthy body. The next diagram gives you an idea where the glands are situated. (Please be aware that it is very important to consult a doctor if there is the slightest bit of concern about our physical health).

Self-reflection exercise on awareness.

In your journal, record which areas of your body are vulnerable and what symptoms you have at this time.



## The glands in control



Hormones cannot control body processes efficiently unless they are maintained at the right level in the blood. Hormone levels are controlled by the hypothalamus and pituitary gland, working together. These are the real controllers of the hormone system. By regulating the amount of each hormone present in the blood, they indirectly govern all the body processes governed by hormones.

**Endocrine system** Hormone producing.

**Pineal** (*Hypothalamus*) Water balance. Stimulates pituitary. Needs 'light'. Third eye.

**Pituitary** Master gland. Takes over when under stress. Needs vitamin E.

*Function* – Creation with gonads.

**Thyroid** Controls heat/energy. Nervous system. Needs vitamin E, iodine.

**Thymus** (Diminishes after childhood).

Needs vitamin A, copper.

*Esoterically* – Heart purification; immunity.

*Function* – uncertain medically.

**Pancreas** Controls blood sugar. Produces insulin.

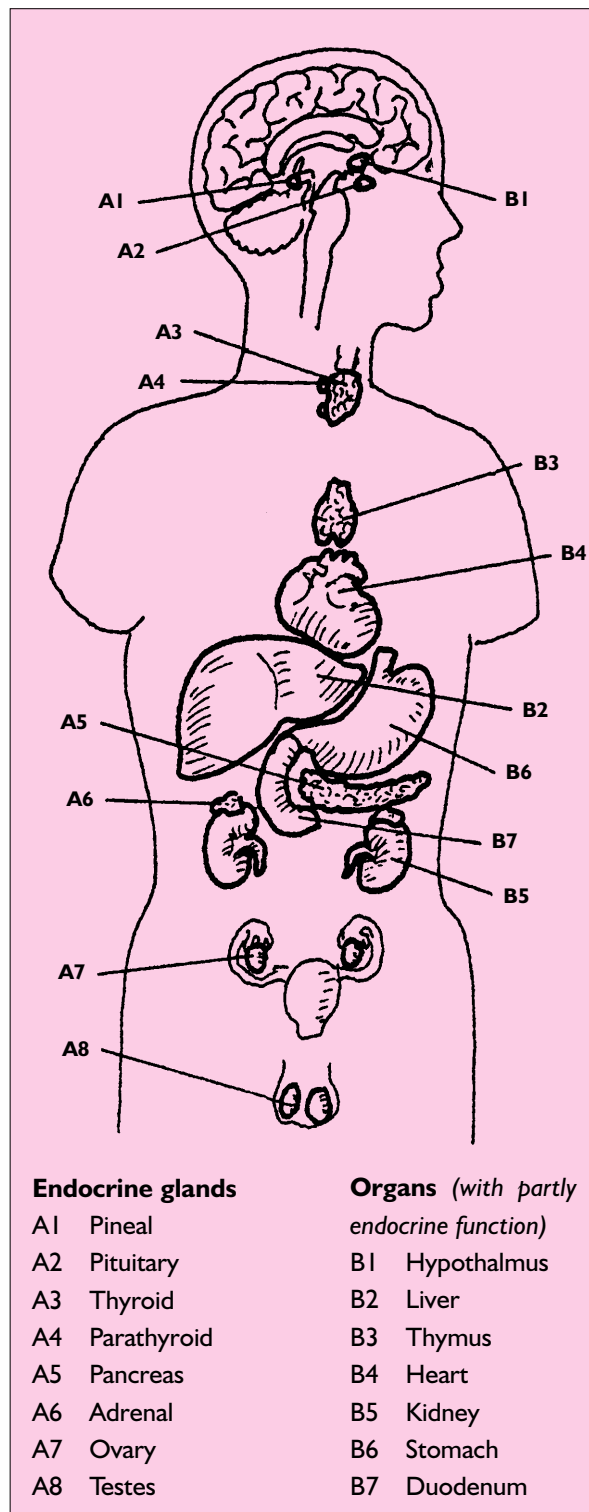
**Gonads** Reproductive glands.

Female - ovaries. Needs vitamin B, zinc.

Male - testes. Needs calcium, chlorophyl.

**Adrenals** Controls emergency reaction.

Needs vitamin C, potassium.



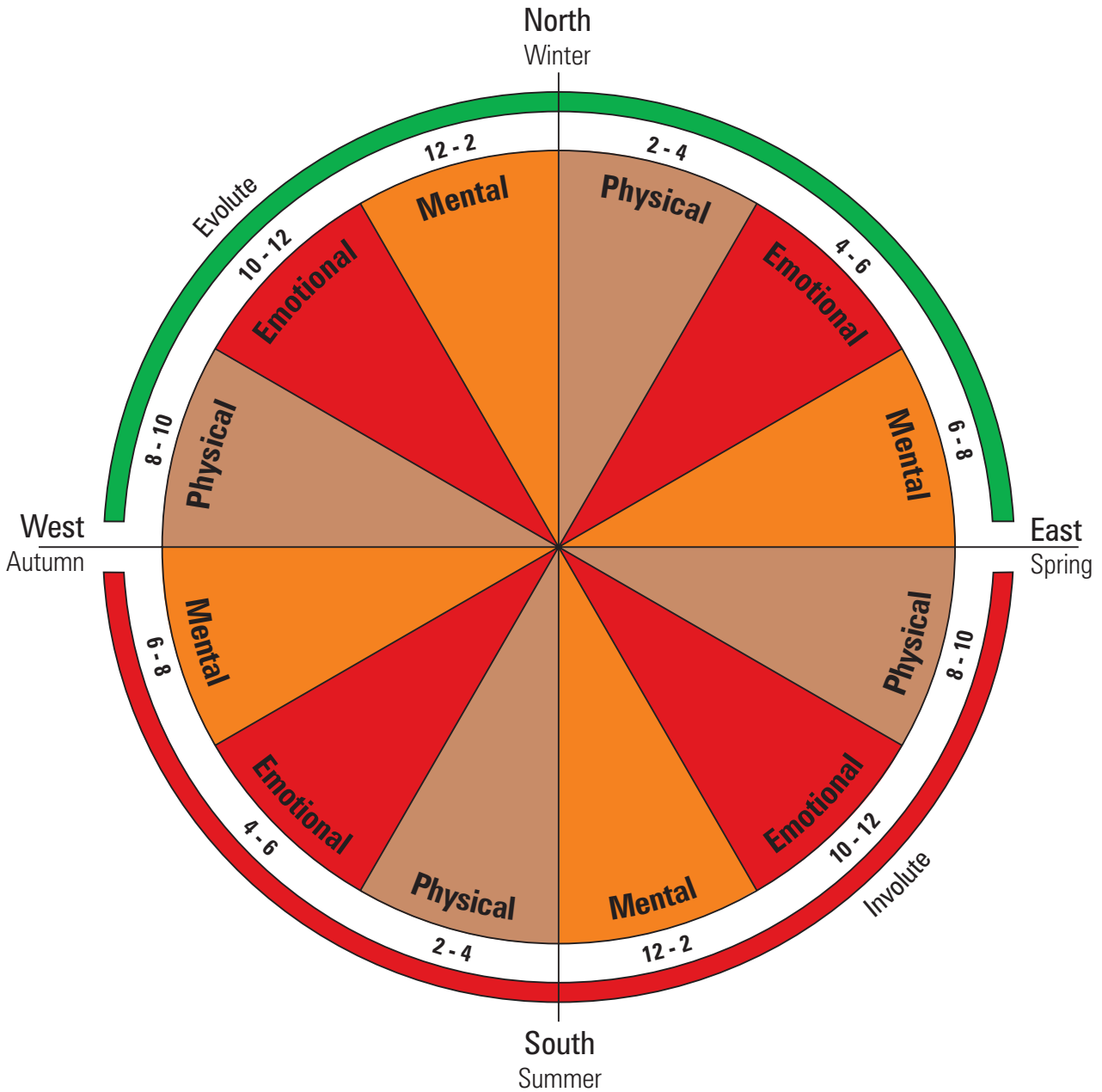


## *Section 4*

# **Body cycles**

# 24 hour body clock

Each section = 6 hours    Subdivided into 3 x 2 hours



**Day. Night. A.M. P.M.**

*Base scale – Daily*

Physical 2 - 4 and 8 - 10

Emotional 4 - 6 and 10 - 12

Mental 6 - 8 and 12 - 2

*High scale – Life*

Baby: Child: Teenager: Adult



#### 4 Body cycles

The body goes through a cycle of its own every day as we experience optimum or low performance patterns at different times of the day and night. There are times when our bodies are full of vigour and other times when to move the body is an effort. At other times of the day we may feel elated or below par or our mental capacities may crave more food for our mind to chew on to stop it blanking out. In the same way, some feel full of beans in the morning with sunrise while others wake up with the darkness of the moon!

If we begin to observe our own patterns or cycles we can begin to work with them and achieve optimum capacity rather than experience unnecessary levels of discomfort.

We need to understand that we normally only operate in half a hemisphere, either the northern or the southern, yet we have the possibility to experience a more comprehensive circuitry. We can illustrate this through breathing in and breathing out, through day and night, and through the relationship of active and passive, all of which are variable. We need to study what we can to understand what optimum performance means. Each of us works within that northern or southern hemisphere, in a tidal manner, because we are on a tidal planet. So we will have two physical peaks, and two physical lows, two emotional highs and two emotional lows, two intellectually stimulating periods and two depleted periods each by day and by night. We need to become aware of these cycles if we are to understand ourselves a little better and respond optimally to them. When we are physically depleted, this is the time to do something different to allow for recuperation. If we are intellectually burnt out we would be better watching a video or television. If we are feeling very unsure of ourselves, it may be best for us to take physical exercise and so on. We need to be aware to feed our intellect, emotions and our physical self to achieve optimal health.

By responding to our physical, emotional and intellectual cycles, we can optimise the energy that is available to us each and every day. At night similar things happen but we don't always understand them, although we have begun to identify that people dream more at certain times of the night and at certain depths of sleep. If we are feeling inadequate we may have difficulty

sleeping. If we are insecure when our habitual routine mechanisms and home life are disrupted, this will give us an indication of how well we are doing. At certain times we travel across date and time lines where our day becomes someone else's night and we find out how quickly we can adjust and whether or not we can stabilise ourselves within enforced change. This will give us the possibility of identifying and following up areas that need improving. If we are unable to obtain a good balance in our day we can look at the pattern in a week, a month or a year and recognise that balance does occur overall.

Self-reflection exercise – create a time schedule for the day.

At what times are you:

- Physically most active or at your peak?
- Physically inactive or low?
- Emotionally at your peak?
- Emotionally low?
- Intellectually most active or at your peak?
- Intellectually inactive or low?

Taking into consideration your answers to the above questions, the group dynamic that surrounds you, and referring to the diagram at the beginning of this section, plan your day as best you can to support yourself as well as possible (e.g if you are physically most active at 8am then this is the best time for you take some exercise).

Please note that the exact times of our body clock vary and the ones we have placed on the diagram are guidelines, as an indication only.

*continued oveleaf . . .*



Self-reflection – forgiveness meditation.

Isolate any areas of distress in your life. Imagine a circle and place your pain within it. Allow the edges to soften and become pliable. Imagine a light in a colour of your own choosing blotting up the pain until it becomes opaque and spreads evenly across the space assigned. Take as much time as you need to satisfy yourself that relief is at hand.



## *Section 5*

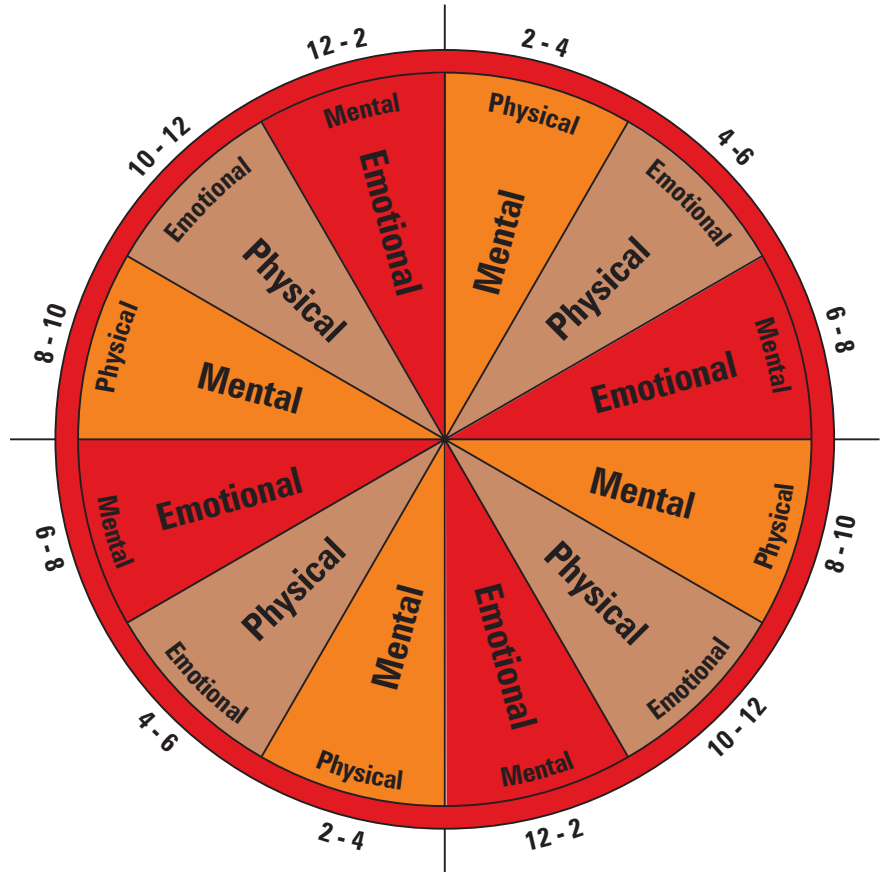
# **Maximise potential**

# Positive use maximises potential

Physical exertion to relieve and release emotional tension

Emotional schedule to relax after mental stimulation

Intellectual pursuits when the physical body has been regenerated

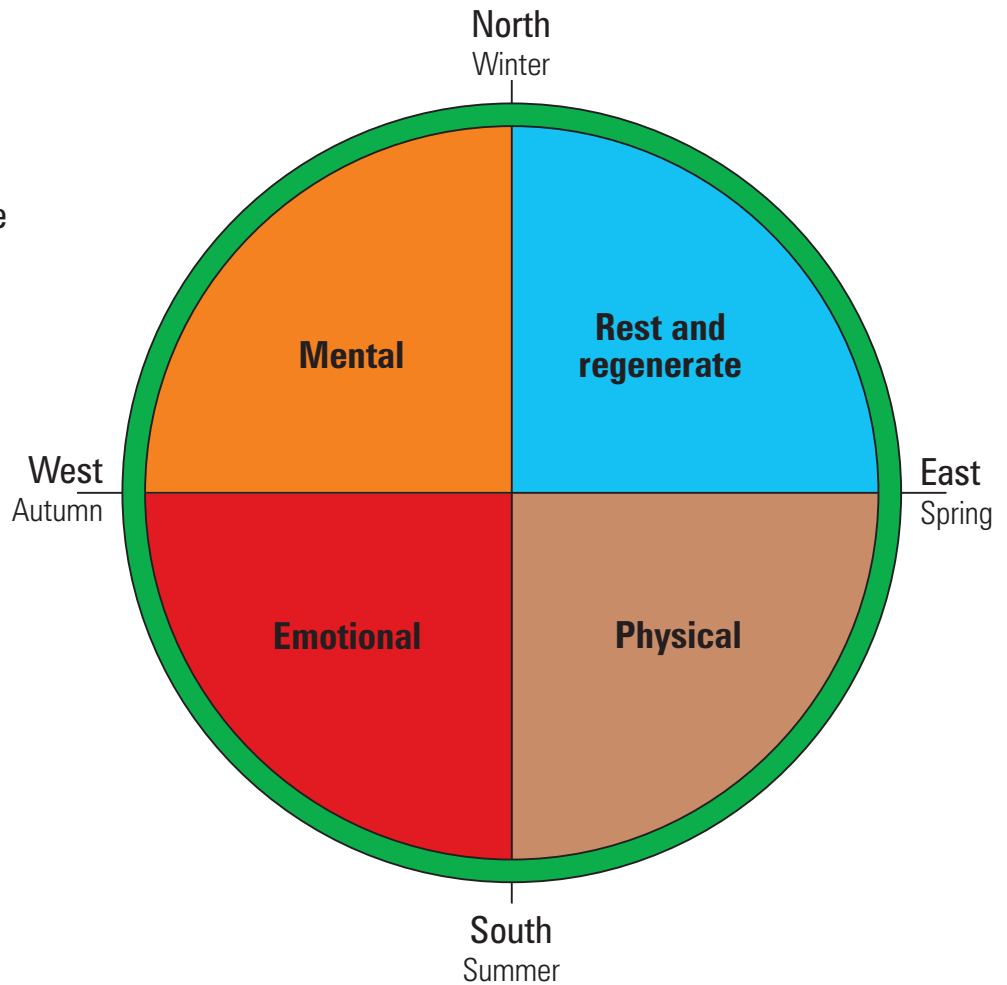


## Daily rate

12 hours active  
12 hours inactive

## Annual

12 month programme





## 5 Maximise potential

Self-reflection on willingness to update.

It is recommended to do this meditation first thing in the morning to set the standard for the day. Read the following aloud or record it on to a tape and play it back to yourself. Allow yourself to contemplate on the words and what they mean for you.

'The kingdom of Heaven is present upon the Earth' – if we have the eyes to see, the ears to hear and the willingness to change and be changed. As we digest all tastes we link to atmospheres that support our abstract and touch life gently doing harm to no one. How to do this requires we look to the kingdom of nature and how the animals, the vegetables and the minerals inter-act with humans in a way that creates the total care system. For everything upon the Earth is used. Everything that we have finished with emotionally, intellectually, and physically can be re-cycled and used to fertilise areas of need. In knowing this, we need to learn to optimise our organisational procedures and manage and administer efficiently.

Let us link within the silence for a few moments so that we can be shown that which we need. And so to gently draw back, recognising that until we have the information we are not responsible. Once we have the information then we have to learn to work with it. And so gently draw back into present time and space, ready to start the day, giving thanks to the total care system both visible and invisible'.

Our bodies, just like our planet, follow seasons. So if we have been under great physical pressures we need mental stimulus to counteract and balance. Or if we have been under emotional tension for a long period of time, we need to rest, relax and regenerate.

In the same way that the rhythms of our bodies are a reflection of the rhythms of the year, there will be cycles within cycles which allow us to make best possible use of time and space as it relates to us at that particular stage of our lives.

The last section looked at the physical implications of body cycles to each person. This section looks at

how the individual pattern fits into a greater pattern. This perhaps explains why our youngsters are always so fascinated by watches, spirographs, and so on, for in relation to both smaller and greater patterns, we operate wheels within wheels, spirals within spirals. Not only is it important for us to define our own highs and lows but also to recognise that people with whom we share our lives may not work within the exact same pattern as us. This is true within the cycle of a day as well as within the cycle of a year.

Nature works through four distinct cycles or seasons in this country: the Spring, when people become active and want to be physically involved in various activities that they haven't had the opportunity to pursue during the winter months; the Summer, when the fields are full of abundance, there is joy and active pleasure; the Autumn, when nights begin to draw in and we are willing to spend more time studying, writing and learning; the Winter, when we rest and regenerate. This is the cycle that allows us to harvest the crop year by year.

In certain areas of the world such sharply defined seasons do not exist. For instance, in various parts of Canada there are nine months of winter and three months summer. People's ability to hold their own balance, section by section and season by season is therefore compulsorily disturbed, and they will have to find that capacity within themselves to counteract any ill effect. This becomes an interesting area of work, to artificially stimulate different bodies, to give a total picture of beauty and rhythm which aligns to the great dynamic with which we are working, and yet still fulfils the need of all. If we have been in darkness too long and we come into light – we go blind. If we have been in the light too long and we move into darkness – we are totally disorientated and confused. So we have to maximise the potential to balance all the various needs until the abstract and the actual feel all right and serve the purpose of a full life devoted to humanitarian ideals. To maximise potential, this balancing process is becoming essential, as all are experiencing meteorological and geographic disturbances.



## 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  
**Planting New Seeds**

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