



second a10

Focus on
Positive Thought

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second a10

Focus on **Positive Thought**

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

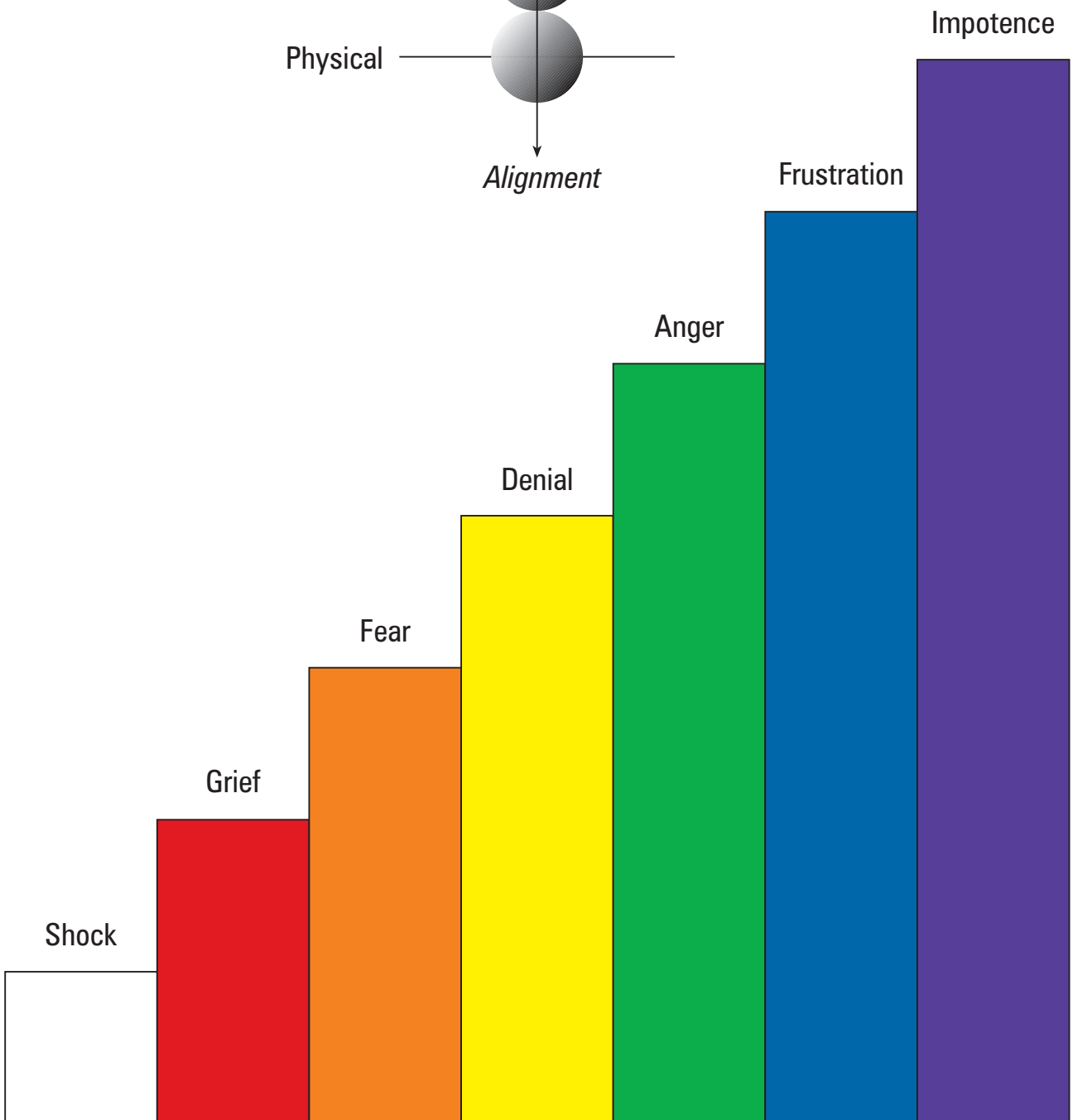
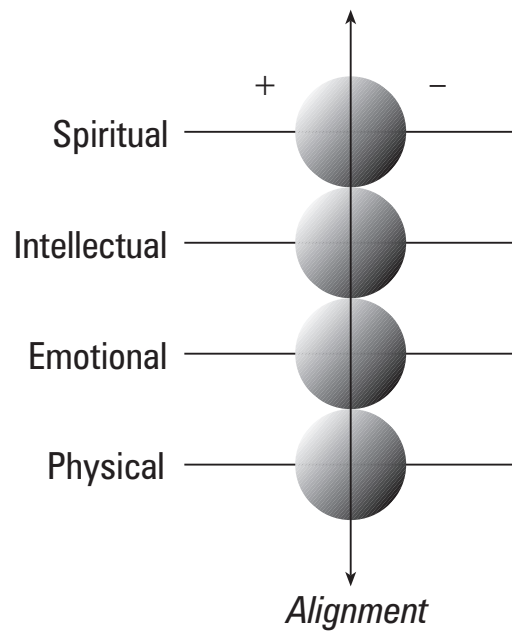
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body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

Heading for the best

Levels of awareness



All these are experienced at all levels



I Heading for the best

If we focus on thinking positively then what happens to all our negative thoughts? Well we can be positive even within a negative situation but only if our attitude is one of trust, of truth, of genuine interaction, taking into consideration the best interests of all. Only when we can do this are we able to live within our integrity. If we lose our place then others are given a false message. In the same way we can experience double agendas from others, when what they say appears to give one message, but in our heart of hearts we know that there is something else going on. This can cause so much pain that it can be difficult for us to find a stable set of values to live by.

When we have lived through trauma that has caused us to be sad, a shock wave is experienced throughout the body's energetic field. First there is the shock of the trauma; then we are grieved at the necessity of having to undergo trauma at all; then frightened as to whether we are up to withstanding the impact of working through the situation with whoever is concerned. Then we move into denial, hoping the situation will change or go away by itself. We have no desire to make waves, or to be unpleasant yet the situation requires us to manage the conflict, whether we like it or not. We become angry with others, and with ourselves, frustrated at our inability to change the unchangeable, and finally we are inclined to feel impotent and insignificant.

The trauma can be at any of four different levels of awareness: physical, emotional, intellectual or spiritual, which can affect our attitudes, how we act things out, our understanding and any prejudices or biases we might have. At the physical level trauma can manifest through illness. If it is at an emotional level then our sensitivities are brought into question as we strive to express and release hurt, harmful events, the pain of neglect, abandonment, betrayal, insecurity and so on and become a channel for peace. At the intellectual level, trauma can be manifested as mental pressure, breakthrough to new information, a loss of old skills, or disappointment as old theories do not see us through an impossible situation. Or we might feel disillusioned at the time we have spent studying which in practice has not given us adequate skills to meet the current need. At a spiritual level we can lose heart, faith, hope,

trust and feel that the world was not created as a holistic concept therefore it cannot be Holy. In this case, we may experience a black hole just like the ones found in space and we may lose our way temporarily.

All traumas are a form of shock, which has to go through a process of grief, fear, denial, anger, frustration and impotence. To release these feelings we will need to retrace the circuit back through impotence, frustration, anger, denial, fear, grief and shock and re-experience these. The trauma shock waves may start at any level of awareness. This process will need to repeat at all four levels of awareness to release and complete the experience and achieve a re-alignment of the levels. If the trauma started as a physical event, the emotions, the intellect and the spirit will feel the frequency that has been carried to a greater or lesser degree. As the spirit is renewed, the intellect and the emotions will be affected, and finally the physical body will make the required adjustment and release the original shocking experience it underwent, or repeat it in a lesser presentation. We then find to our surprise that the circuit has completed and is clearer and cleaner than before. Only then can a new way be pursued.

This process is not negative although at the time it may appear to be so. In fact it actually frees us from the bondage of our baggage by giving us short-term discomfort to allow long-term release – (real-ease). This does not apply only to us but also to all those who surround us. This may be a family group, a work group, a social group or whatever.

continued overleaf . . .



Visualisation exercise to unite the heaven and earth.

Imagine yourself climbing down the stairway from heaven to earth with ease. Perhaps the stairs are shallow, perhaps they are white, or golden – look closely at what they are like. Where do they lead to? Up and down. Visualise your ideal aesthetic place and spend time at the top of your stairs. Who is with you, who comes to advise you, counsel you, comfort and heal you? Where do you return to at the bottom of your stairway? A new house, a garden, a beach? Who are you with? What are you doing, the same job or an adaptation? Or something completely different from anything you have ever done before? How can you bring the two states together? How long will it take you?

Record or write in a journal what you feel to be important points of reference. Keep doing this exercise every day until you feel that you have fully covered all aspects of it. Then make a decision as to how to proceed. Trust your own process and know that if you work at it, improvements will be a constant companion within your life as you read the clues within the daily routine and know you are being led from the more subtle realms of being.



Section 2

Walking our talk



2 Walking our talk

If we are able to forgive the past and surrender the pain attached to it then a new form can be created and projected. Having judged the situation for what it was we can then release the need to blame anyone, ourselves included. We do not need to neglect, ignore or assess how cruel the past has been, we can choose to be grateful that the Heavens and the Earth Mother have seen us through. We can sum up our experience for what it was, no more and no less. We are then in a better position to know what we do not want to experience again, which will take us on to what we need next.

First let's try to assess which level of being we habitually work through – is it physical, emotional, intellectual or spiritual? Which levels are easy for us to work with and which are somewhat more difficult? Having identified this, we need to bring the more vulnerable levels up to a new found strength.

Self-reflection exercise to explore your physical level of awareness.

The physical level works through verbal exchange and is experienced as walking, talking, doing what you do and being what you are. Are you in your own light or are you unduly influenced by others' wants and needs?

You can reduce this influence by doing the following: surround yourself in a golden white light as if you were wearing a suit of armour that surrounds your skin. Build it into the form of an egg and place mirrors facing out, so that anyone hassling you sees only themselves and cannot unduly influence your state of being without you inviting input. Within the egg, make sure that you have a sacred space on earth that you are rooted into – perhaps a garden. Also visualise air and sky which can be warmed by the sun or a restful night according to your mood and what you feel you need.

Self-reflection exercise to explore your emotional level of awareness.

Changes in your emotional level or feelings can be seen through changes in your body language. But where do your feelings come from and whose feelings are you responding to? Are they from yourself, from your friends, your partners, your parents, transmitted through the television or from where? Do you want them, agree with them or not?

You can begin to observe yourself as well as others. In what situations and with whom do you close your body off by crossing your arms, your legs, turning sideways and so on? When do you feel trapped; and wish you were free to stay longer, leave at once and so on? What happens to the body language of others when you are nice, not so nice, say something they do not agree with or walk away?



Self-reflection exercise to explore your intellectual level of awareness.

The intellectual body works with historical understanding. This is fine as long as it works. However, when you meet situations you cannot equate with what you already know, it is time to look elsewhere whether you like it or not. How do you respond to time pressure, limitations, boundaries that have to be readjusted? Are you willing to seek the knowledge you need now, let go of what you have had in the past which served you well then but is now out of date? You may feel depressed as suppressed emotion forces its way to the surface in spite of your self-sufficiency in the past. At this point you need empathetic support and encouragement to find an updated way to relax. You need to take time out, see a movie, talk to someone who will listen but not advise, read a book and so on. Or you may need to go away by yourself preferably in natural surroundings that you enjoy where no one knows you, as it is not true that any company is better than no company. You should do nothing until you know what to do. If the pressure has become unbearable you will need to implode before you explode. Once the balance is in place you can announce the help you need, having found out what you definitely cannot settle for.

Self-reflection exercise to explore your spiritual level of awareness.

Now the spiritual body comes into its own as you start becoming aware of hidden messages which will help you along your way. These may be in the form of a person, a place, a book, a picture, a chance overheard conversation in a bus or whatever. Your gut feeling will filter out all except these important and synchronistic events and you will intuitively know that this is a message for you. It may happen through a consultation with a wise member of society, a counsellor, a therapist, or a friend's chance remark, but it may equally source from any other part of life. For example, watching a bird fly originally inspired an aeroplane designer.

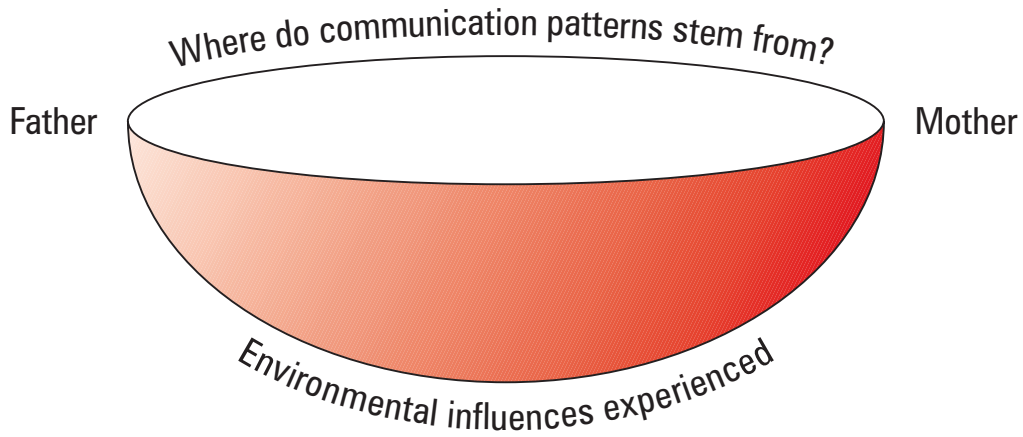
Other sources of inspiration and comfort which you may become aware of include – noticing under what conditions animals in a herd support each other and when they walk away, seeing a stone or a jewel, or a shape that appears to convert from one thing to another (shape shifting). Observing shape shifting is similar to watching smoke rise as signals or watching cloud formations change, as is practised in tribal cultures. Be aware if you have asked for help you will get it, but it may not come in the form you anticipate.



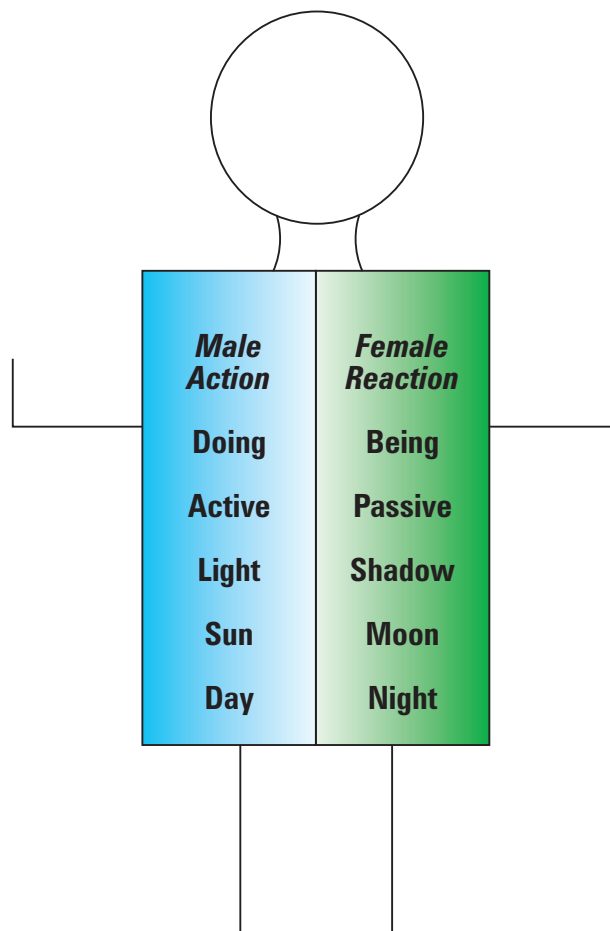
Section 3

Perceptions of reality

Communication proficiency – past, present and future



Inside self – whatever sex



Within external environments experienced



3 Perceptions of reality

Until the four levels of awareness: physical, emotional, intellectual and spiritual are in a straight enough line, we may experience backache from them being out of line. Once they are in line, the three 'bleed' areas between levels: physical/emotional, emotional/intellectual, intellectual/spiritual points of reference are then in agreement and have a common policy. We refer to this state as alignment where we can 'slip' between the levels freely without restriction. This leads to accurate communication within us. We can then be crystal clear in our communication with others. This can bring a new set of problems as others may feel confronted, threatened, transparent and so on, by our clarity. Unless they have done the same work as we have, they may try to 'rubbish' us as an avoidance strategy. This is their problem and we may choose to stick around while they go through the same process that we have already gone through or we may not. Either way is fine. If we do stick around we may have to limit the time we spend with them until they are able to define their space and stay within it. If we get too close we may become disillusioned, or disappointed at the time it is taking for them to change, or resent the levels of compassion and tolerance demanded from us. We may build bridges with them only to find the progress we have made breaks down again and again. But one day all will be well and the building will stand and cope with the storms, the pressure and the unexpected factors without damage and without us losing our cool or being hostile or aggressive even when they appear to be so.

All of us experience situations from a different perspective, not right or wrong just different. It is a little like changing the channels on a television set. If we want to communicate with others then the onus is on us to change our channel to the one others are using. Even in families most members use a different channel. It is said we should listen twice as much as we talk! We will have to really listen if we want to know how to communicate with someone we have business with. First we need to identify how they communicate. So when we have explained something, we need to listen to how the person responds. Does the person we are talking to respond by saying, 'I see what you mean'. If they do, they are primarily visual and when talking to

them it is helpful to describe things in terms of pictures, a bit like stilled frames in a movie. Or do they say, 'I hear what you say'. If they do they are primarily audio and we will need to communicate with them logically, with a harmonious rhythm, sequentially progressing our message to enable them to understand. Do they say, 'that feels OK/right'? If they do, they are kinaesthetically oriented which means they relate to things through touch and feelings. In this case it is helpful to use examples and ask questions as to how they felt when this or that occurred, and then tell them how we felt too. If they say, 'I do not like the smell of that' this is an olfactory response, which means a degree of sensitivity to the smell of atmospheres. Examples in which people may have such a response include when in churches, hospitals, courts, departure lounges at airports and so on – all of which hold a collective atmosphere which people may, or may not find conducive. Where people refer to the taste of things not being 'quite right' this is related to their ability to digest the experiences they meet in life. In this case it is helpful for us to pitch our response gently and then back off and patiently wait until they are ready to examine the pain of the misunderstanding that has occurred. So we communicate with and not at the person concerned.

continued overleaf . . .



Self-reflection exercises to improve your communication skills.

i). It is good to practise your own skills of interpreting different forms of communication before taking on the challenges of communication with others. So look at a picture you like and imagine it could speak – describe in words what it would say. If there are people within the picture set up and record a dialogue.

ii). When you are listening to music try to convert it into a picture. Maybe of somewhere you have been or maybe of a place you make up in your imagination.

iii). When eating some chocolate, identify and describe what feelings are induced and make up a story for yourself about where you are, whom you are with and what you are talking about.

iv). When a smell affects you, build a picture of what atmosphere it conjures up for you.

v). If you are affected by feeling or are touched by a situation, try to find a theme of events that created the effect.

vi). Answer the following questions:

- What food would you most like to eat at this precise moment?
- What flower, and its colour, would you most like to be given?
- What quality would you most like to gift yourself?
- What is the most lavish gift that you would like to receive?

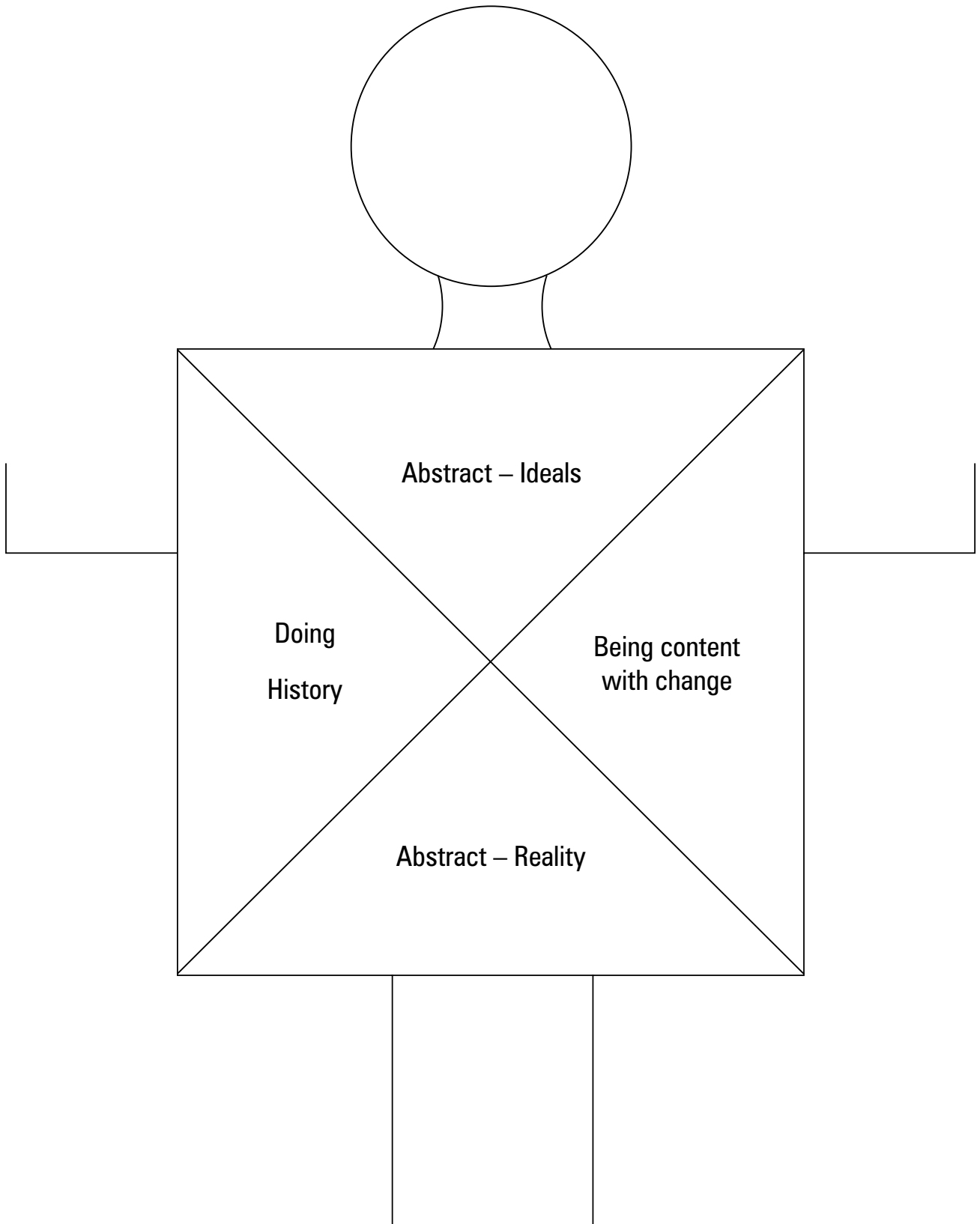
Then make up a story about yourself only (not about others) containing all the component parts above. From now start living as much of the story as you can without disrupting your own life or others' lives.



Section 4

The colour of life and balance within it

Perceptions of reality



Harmonised and united or in conflict



4 The colour of life and balance within it

We all play different roles in our life in different situations. These roles may or may not be helpful.

Self-reflection exercise to explore the roles you play.

Imagine being a person who needs to care and do something to help, how would you anticipate dealing with:

a sick child, an impatient parent, an unco-operative colleague, an intolerant member of senior management at work, a superior arrogant team member who is supposed to be an equal status colleague?

As this person right now, imagine how you are affected by the body language of each of the people above:

- What can you imagine them saying to you and how does it affect you?
- What would be the atmosphere created by this exchange? Describe it as if you were talking to a friend. What would happen as a result inside you and what would you do about it?
- Do you have set ways of reacting and behaving because of your background – e.g. 'I can't help reacting to this person this way as they behaved just like . . .'?

Anchoring our ideals

Now of course we all have ideals that we aspire to. To bring these ideals to earth we have to anchor them by overcoming certain archetypes, characteristics or roles, which we inherited as a part of our energetic package. First we must be certain that we are not unnecessarily affected by issues that our role models did not resolve. Our first role models in life are our father and mother or those acting as such. It is suggested that the significant man in our life set standards which we choose to keep to or not. So if our father or the authority figure around us had a rigid set of values then we may have difficulty in finding and holding our own values when challenged by men. If we have not resolved these issues successfully with our father figure then they may pass onto male partners, sons and of

course male friends. We tend to ignore these unresolved conflicts, or over compensate until we have set up an ideal for the future, which we can work towards in the present moment. As we try out our ideals in life it may or may not be acceptable to others. If it works, all well and good, if not we may have to modify our approach for a while, or others will not be able to tolerate us. At each turn of the wheel we will perpetuate war by repeating unhelpful past patterns or begin to achieve peace by becoming a living example of our ideals.

On the other hand, the significant woman in our life represents our ability to feel secure, to be disciplined and yet content within our lives. So we must review unresolved issues with our mother or who ever acted as one around us or we will experience the same problems again in female partnerships and maybe even with and within our daughters and female friends.

Unprocessed material from our past can hurt or harm us and it can make others, and us, hostile or aggressive. Out of fear we may attack rather than be attacked, or defend and become defensive when there is no valid reason for doing so. Or in self-defence we may dam up our defences to avoid being dictated to under any circumstances. Perhaps it would be better for us to face and deal with the problem and the pain than to be caught on this wheel which will continue to turn regardless if we do not confront our situation. If we get down to the job there is no need to become claustrophobic as the anticipation of expected pain will dissipate – for it is going out of our circuitry and not coming in anymore. We assume the worst but should expect the best, for the worst is long gone.

Unprocessed pain will sit at the base of the neck and across the shoulders if it is suppressed. It will reflect in what is known as referred pain to the pelvic girdle. This pain consists of emotions that have not been dealt with as we tried to bring the heavenly abstract and the earthly experience together. These unprocessed feelings will show up within sexual relationships and within child producing areas of the body if they are left to fester. If we try to avoid dealing with these feelings within our own reality, they can become the sting in our tail(bone).

continued overleaf . . .



If we are right-handed, we lead from there. If we are lucky we meet another person who will challenge this premise. The opposite side of our body (left) receives the challenge. Our reactive left-handed side reports back to the active side and they then negotiate a peace-filled co-existence or they continue to warmonger – it is our choice. When the two sides of our body are in harmony, proactive and reactive, we meet our complement in another in the form of a potentially free, companionable and loving relationship. There is no hurry to achieve this, so we can work within our ability so that no one is browbeaten or dominated by the experience of meeting us.

On occasion we tend to hold onto our imagined romantic ideal rather than allow the 'real' situation to manifest. When this happens, it is our choice whether we feel relieved or disappointed and become bitter or disillusioned – not realising that there is a gift in the essence of the experience as it is. We work within limitations so that all have equal opportunity. We can resent history or appreciate that it gave us a point of reference from which to learn. In our attempts to free ourselves we may have fallen into not being concerned or considerate of the needs of others. All this meets at the centre of the body and we must wait to be delivered from wrong living.

If we push the process, we may hurt or harm others by being brutal rather than gentle, intolerant rather than inclusive, or unfeeling rather than compassionate.

Guidelines for anchoring ourselves.

It is important to lay down guidelines along the following lines to help us anchor our ideals and improve our communication with others.

A basic spiritual rule is for all to respect and honour the space of another. That maybe another person's body, house, skill or whatever. We do not enter in and grab and grasp, dishonour and violate. Rather we respect and cherish all encounters we are fortunate enough to come across as we learn to regard them as gifts.

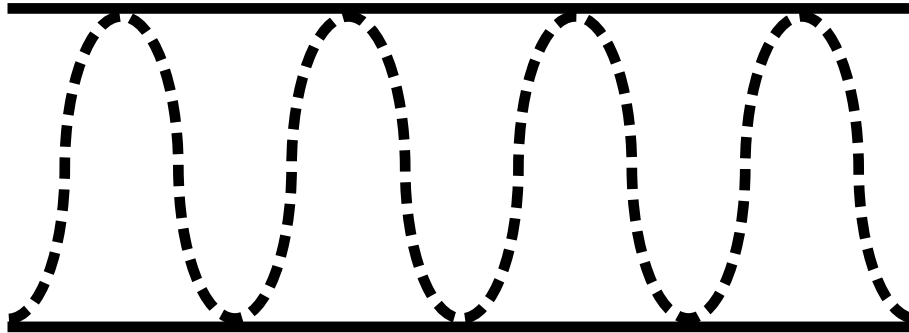
Make haste slowly

Stage 1

Vertical stretch

***Establish aims for yourself**

Review abstracts at spiritual level



Ideal
standard
perceived

Give permission for feelings and emotions that
reflect effort ie handle disappointment

***Operating practices that are acceptable**

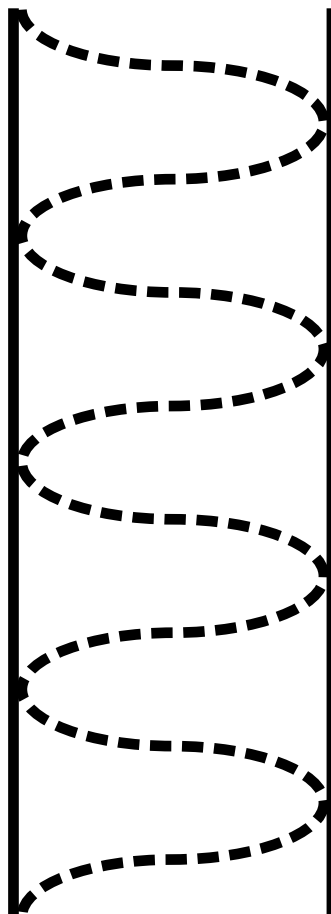
Stage 2

Horizontal stretch

Intellectual pressure of
time constraints

Worthiness of qualifications
and of the ability to
understand

***Plan objectives**



Physical limitations to be
worked within

Management of fight or
flight reactions

***Establish realistic goals
for progression (baby steps)**



Section 5

White light meets the violet flame

Hologram

Right use of power or
mock and dictate

Equalise or
penalise and control

Be courteous or
persecute and be on
a power trip

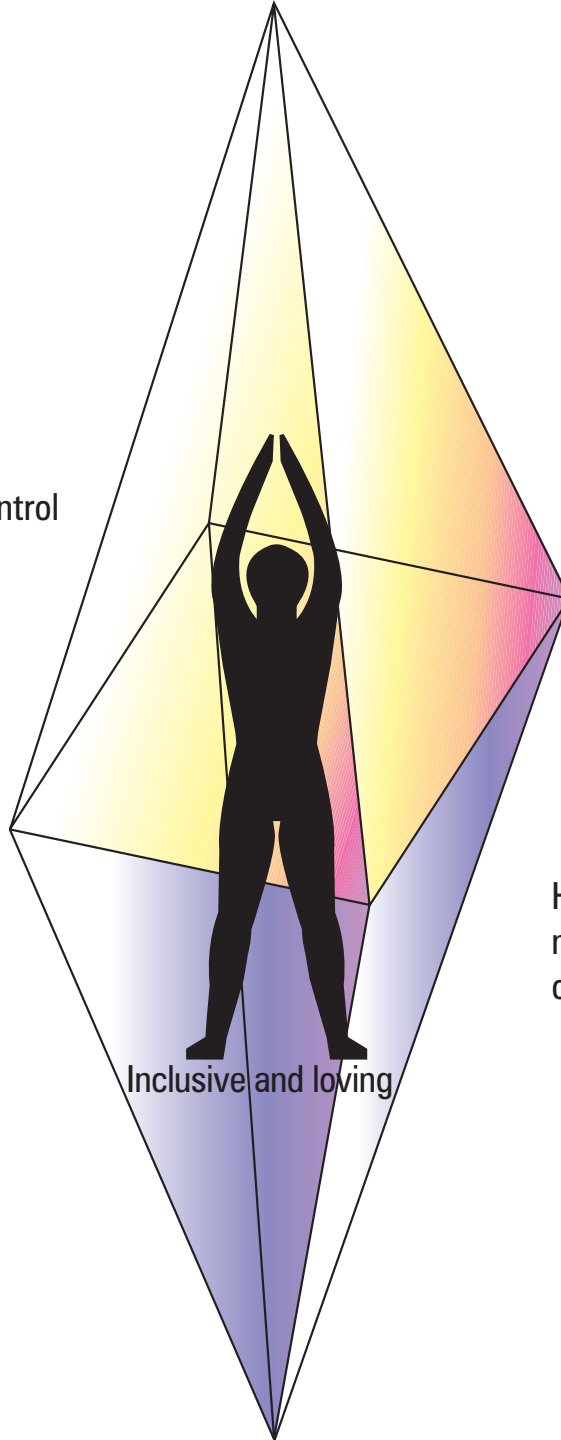
Willing service or
sacrifice and lay a
guilt trip

Harmonise or
manipulate and be
on a witch hunt

Inclusive and loving

Free or
humiliate and enslave

Honour and respect all – yourself included





5 White light meets the violet flame

How do we renew our contact/contract with our soul? Do we believe that we are getting the best deal possible while we learn lessons as we agreed to do? Or do we believe in a vengeful administration from the invisible realms, which dictates terms and uses us as slaves, mocking us and humiliating us, taunting us on towards better results. Well of course our history is full of violence and one up (hu)man ship. Yet equality is what we strive to achieve. It is there where there is room for all to grow, to experience, to progress, when all are included and loved. Is an invisible force knocking on our door to remind us of what we already know but have conveniently forgotten?

Maybe we need to change some of the beliefs we have inherited from somewhere. We do not have to sacrifice or be sacrificed by anyone. If some people have tried to lay a guilt trip on us then they are still processing their past, and even if we were a part of that past, we do not have to make them feel better by suffering too. It is better for us to act as a living demonstration and a way-marker showing that it is possible to move on, even when the suffering has been terrible. Nor do we need to persecute others or be persecuted because someone is on a power trip and is trying to control us because of their own inadequacies. If controlling us does not work they will manipulate circumstances to match their idea of how they want things to be. Of course the irony is that when they get what they think they want, they do not want it any more. Rather than look at their own pain they inflict some on others to ease their own suffering. This is very unkind and selfish as the recipient may well have already experienced their portion of dis-ease in that area. We need to examine the situation, the person giving us grief and ourselves. We then need to be true to ourselves and suggest they do the same and that things are reviewed again at sometime down the line.

We do not engage in witch-hunts, dismissal, or disregard for things that have occurred that are beyond our understanding. The situation just is what it is. This means we will find out in the future, or we may realise in hindsight that all was not as it seemed. Either is OK but right now we have gone as far as we can go and it is OK to let go and to evacuate or purge the area. If we own the bias, bigotry and prejudice we can choose a new way and work to become it through time.

Visualisation exercise – white light meets the violet flame.

Imagine a white light within the heart, which permeates every cell infusing it with purity. This passes into the bloodstream and re-establishes the original flow, which was pure love flowing throughout your entire body reaching from above your head to well under your feet. Follow this with a violet flame. Violet is made up from the warmth of the colour red mixed with the coolness of the colour blue – together they make violet. So allow the fluids to flow around the body as you gauge the correct mix for you. The violet flame will act like a disinfectant, which will cleanse the whole arena of your brain, your body and your mind.

Trust that all is as it should be and is well and accept that the past chapter is over and the next one within the book of life is about to start. Allow yourself to be in the space without striving. Let the tears come, allow yourself to feel empty, give yourself a day in bed or whatever it is you need. This stage will not last long and is a sign of positive progress however negative it may appear to you at this moment.



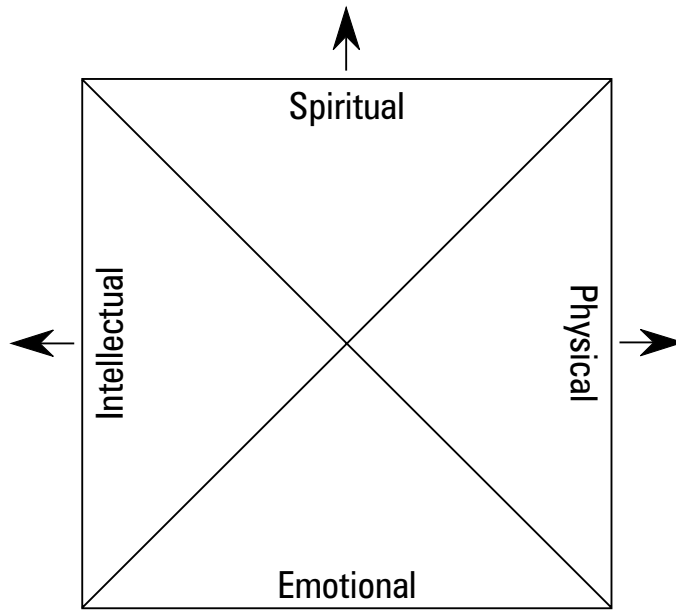
Section 6

The eternal now

The rough edges are gone

Stage 1 Intelligent choice

Trying hard to see, hear and understand that you have all the equipment that you need



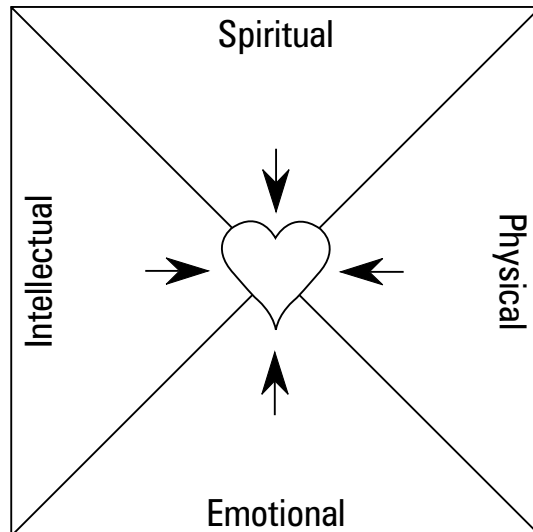
Total confusion and bewilderment. Mixed messages

Seeking external validation

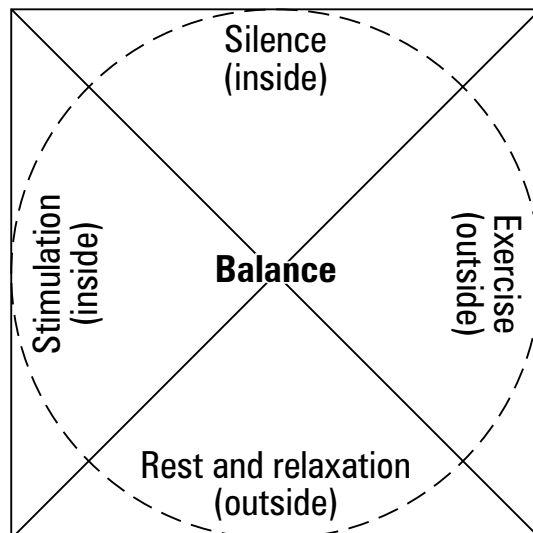
Stage 2 Internal pressures

Pain and grief in heart.

Inspiration in head becomes willingness to live from the heart. Real person versus 'pretend' role.



Stage 3 Contentment





6 The eternal now

We have to go through various stages of change to knock off our rough edges if we are to discover the eternal now. At the first stage, chaos, total confusion, bewilderment and mixed messages make us rush off and seek external validation. Although we thought we knew what we were doing now we know we did not have a clue. We may know that something is going on and we try hard to see, hear and understand. At this stage we may wonder if we have the equipment we need to go on. We seek spiritual direction, new careers, emotional discharge, and physical support as our heart thumps or we feel breathless, or lose all our energy or all of the above. In some cases the skin erupts and breaks out affecting our capacity to eliminate correctly. We may get headaches, feel dizzy and unsupported.

At the second stage, we experience internal worries and pressures (physically, emotionally, intellectually and spiritually), that we are dammed, doomed, or depressed or all three at once. We may feel pain in our heart at carrying so much grief within ourselves or on behalf of others. Everything presses in and what was once an inspired viewpoint in the head becomes a willingness to live from the core of our being within the heart and mind. We cannot pretend to be something we are not anymore, we have to be 'real' and trust that a take it or leave it basis will carry us across the bridge from the old form to the new. Either way we accept we are good enough and it will suit friends and relatives well enough or not. But we must live from the centre of our being.

We expect this to be traumatic and yet even though uncomfortable we find there is nothing but silence inside at the third stage – the grief has been transformed into contentment at a deep level where the soul is stimulating forward movement. We have not been left out in the cold after all, nor have we been abandoned or neglected. The spiritual beings have been called in, mediated by our soul, and they are responding a little at a time, so that the strain on our bodies is not too great. We are being rested and regenerated and given a comfort stop to ensure that we do not carry the sediment of the past into the future. We are exercising our rights to be who and what we need to be while we adjust the balance. If we have been fre-

netic at the gym we may need to take gentle walks instead for a while. If we have been a purist, we may need to adjust the balance and humanise ourselves by acquiring a few faults for a while. If we have been a vegetarian for years we may need to eat a little fish to enrich our diets or vice versa. Not a life sentence – just until the balance is refined and we are ready to serve on. We do not do this for others with the exclusion of ourselves or vice versa but to demonstrate to others around us that we are on the same side.

We have no need to decide anything for anyone else other than ourselves. Rather we do others the courtesy of being as honest as we can about ourselves and where we are, knowing that we are steadfast and will be there for them unconditionally. We will not disappear if we do not get our own way – we will discuss things but not argue or harangue if our viewpoint is considered unacceptable. If we are unable to offer this unconditional support then we have things to learn and are better off in another arena for a while. We do not have to 'be good' to be loved, and if we are loved we do not have to 'be perfect' just real. We must be willing to be that way for others as well as others supporting us.

Be here now and know that all is as it should be and is well – even if we cannot see how just yet. Be at peace for all is well in the universe, the stars will come out tonight and the sun will be there tomorrow even if a few clouds obscure it now and then.



Relaxation technique

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

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

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

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

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

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

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

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

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

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



Consolidating your study experiences

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

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

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

Focus on
Positive Thought

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