



second a10

Focus on
Power Issues

First published – 1985
On the internet – 2001

© Judy Fraser

The moral right of the author has been asserted



Contents

Guidelines

Section 1
The path forward

Section 2
Ethics and conduct

Section 3
Right relationship

Section 4
Will we fall from grace?

Section 5
A modest balance

Section 6
Well being

Relaxation technique

Consolidating your study experiences



second a10

Focus on **Power Issues**

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

The path forward



I The path forward

So who are these 'faceless' people who seem to exert such authority over us – those who hold our future in their hands, who we do not recall meeting or whose rules we seem to be dancing in response to? If we have been let down in the past and are still smarting from the disagreeable situations we have found ourselves within, we need to look at our responses in the present if we are to find fulfilment within our future.

If a soul call comes and our work begins to change without us having apparently instigated this, how do we manufacture a suitable response? Are we rebellious? Are we pleasant on the surface but tense throughout our entire body? Are we externally struck dumb, but insolent internally? All the above are soul reactions to a 'spiritual' call. The soul is the higher force that mediates between our spiritual intention and our physical reality of life on earth, making the application of our intention appropriate or not to the needs of all life forms. The call is invisible but so real that we have no choice but to try to make sense out of nonsense, and it frustrates us that we cannot get a handle on it. We may view ourselves as intellectually able, yet in this case we are completely unable to 'brain it'. This does not however stop us from trying!

With so many people inputting into our lives it seems that each are on their own tangent and although they seemingly discuss 'our' issue, it is peppered with their ideas and they seem to forget we are even there! This is intrusive at best and rape of our personal space at worst. This inputting may occur in the form of bullying, browbeating and endless fruitless discussion. As emotions begin to run high, the pain begins to shift from being in the head to the heart. To understand what is being shown on more subtle levels of being, some who feel they are not getting the attention they deserve and or need, begin to act out their drama. If we are caught up within this, we have to learn to sort out which issues are a personal prompt for us to address, without getting caught up with the unfinished business of others, which is a prompt for them. It is not an easy task as we try to separate what is past from what is yet to come and factors such as boasting, hysterical affection and exaggerated body language become exposed.

There is immense pressure on the body as we

release negative expectancy that has been stored internally through past mishap. So when the mind begins to calm down the body is still extremely anxious. We can try to mask this through displays of strength as we try to do everything, the old and the new and find out that we just do not have the capacity. Or we can go to the opposite extreme and become a helpless wimp who declares they are of no use to anybody least of all the Earth. As we step into this obsessive-compulsive all or nothing stage we are very anxious. Yet if we allow a little time to pass we see the light within the darkness, albeit a tiny flame, if it is fanned it becomes light-filled enough for us to see our way forward.



Section 2

Ethics and conduct



2 Ethics and conduct

Before we make demands on others we need to be crystal clear as to what our own aims are. We unify our life and make it a complete package, so that everything we do can cross refer and cause minimal inconvenience to our family, our colleagues and to those who have supported us in the past. If we sit in a chair, then until we get up and move on no one else has the opportunity to occupy that space. We may not want to be there anymore but are fear-filled at the idea of declaring our new position fully. So we need to take a little time and look at what our objectives are or have to be. Next we can look at what our existing commitments are and put these together again with our objectives in an updated form as best we can. It is not selfish to start from within ourselves. It is unselfish, for if we find ourselves doing things we hate doing (even if we loved them once) we will not be giving value at any level to others around us.

We then re-run the old and find out how to relate to it. At this point all we know is what we do not want, but we create enough space to find out what we do want within it. We commune inside ourselves and communicate with those we come across externally – and between the two we begin to unite the abstract within the mind with the actual experiences occurring in body. Along with this we responsibly create an updated view of what in our opinion should happen next, before approaching others with our disillusioned attitude. If we move too quickly we will not be able to explain in a rational and reasonable manner. In the meantime, of course, we will get frustrated with the other parties for their lack of understanding!

We may end up laying a guilt trip on others who think they are not good enough and have disappointed us. Whereas when all are ready we can present a take it or leave it alternative which then allows a discussion of reappointment for all to be productive. By not carrying the energetic of 'I must fight for my rights,' we are at peace and offer this facility as a gift to all others. We have no desire to run away, we only wish for what is best for all, ourselves included, so we are humble and still while we wait for others to get used to what we already know. There is no desire to humiliate anyone so we are humane in our approach to others and thereby attract a gentle response.

We willingly surrender what is no longer a part of

our need. We share our knowledge, so that the change becomes a pleasant experience for all concerned, and others have time and space to respond how they will.



Section 3

Right relationship



3 Right relationship

The inner instructions are externalised and understood more fully by a triggered response e.g. a brush with authority, contact with our colleagues, or from a chance remark by a new entrant e.g. junior colleague or customer. This provokes an instinctive reaction within us. Or a message may come from within the family through our parental figures, from our siblings or from out of the mouths of babes. Finally there is a prompt from the body that it is changing its tolerance level, or the mind seems to exert pressure for a new way to be pursued. As the two unite action occurs.

At this time we must monitor the three internal levels of communication (meditation, contemplation, prayer) post haste. We meditate and try to listen to the inner instruction to enable us to understand. We contemplate and try to find out what fits where, and what does not fit at all anymore. Then we pray and report back our conclusions so far, as we ask for help with the next step. Within the family we visualise as best we can what the needs are now for interaction rather than what they once were. We relax as best we can and consciously try to let go by taking a little time out to see a movie, or a friend or whatever is opportune. And we monitor our exercise programme perhaps doing more or less to compensate for the extreme need of the moment. Physically we rest and sleep more or less, play as best we can and oversee our diet to accommodate any changes we may need to make.

All the above puts us into a correct frame of mind to enable choices to be made.

Self-reflection questions on how you would like to be in relationships.

- i). How do you want to behave?
- ii). Do you want to share generously without a trace of selfishness?
- iii). Are you willing to co-operate with what is possible without displaying obstructive behaviour patterns?

iv). Can you trust yourself to properly administrate the gifts you are given without being tempted to 'freeload' or be lazy?

v). Can you accept that it is only feasible to access the redistribution of wealth if you are truly loving and caring for all as best you can right now?

We will be given gifts from the Earth provided we are in the service of the Higher Good. We will not be given anything if we are just servicing our self-interests. If we are jealous and envious then we are not centred in our own space but are trying to be a part of somebody else's remit.

As we release our superiority and our arrogance and honour the gifts our soul is granting us with, then we respect all and there is no need for a false pride as we surrender to serve the common good. We can afford to release attachment to any disillusionment and inclusively begin to accept that we needed to serve an apprenticeship to become more empathic and compassionate. Old despair gives way to new attraction where in giving love and care we gift others with new hope and receive graciously our place within our new society.

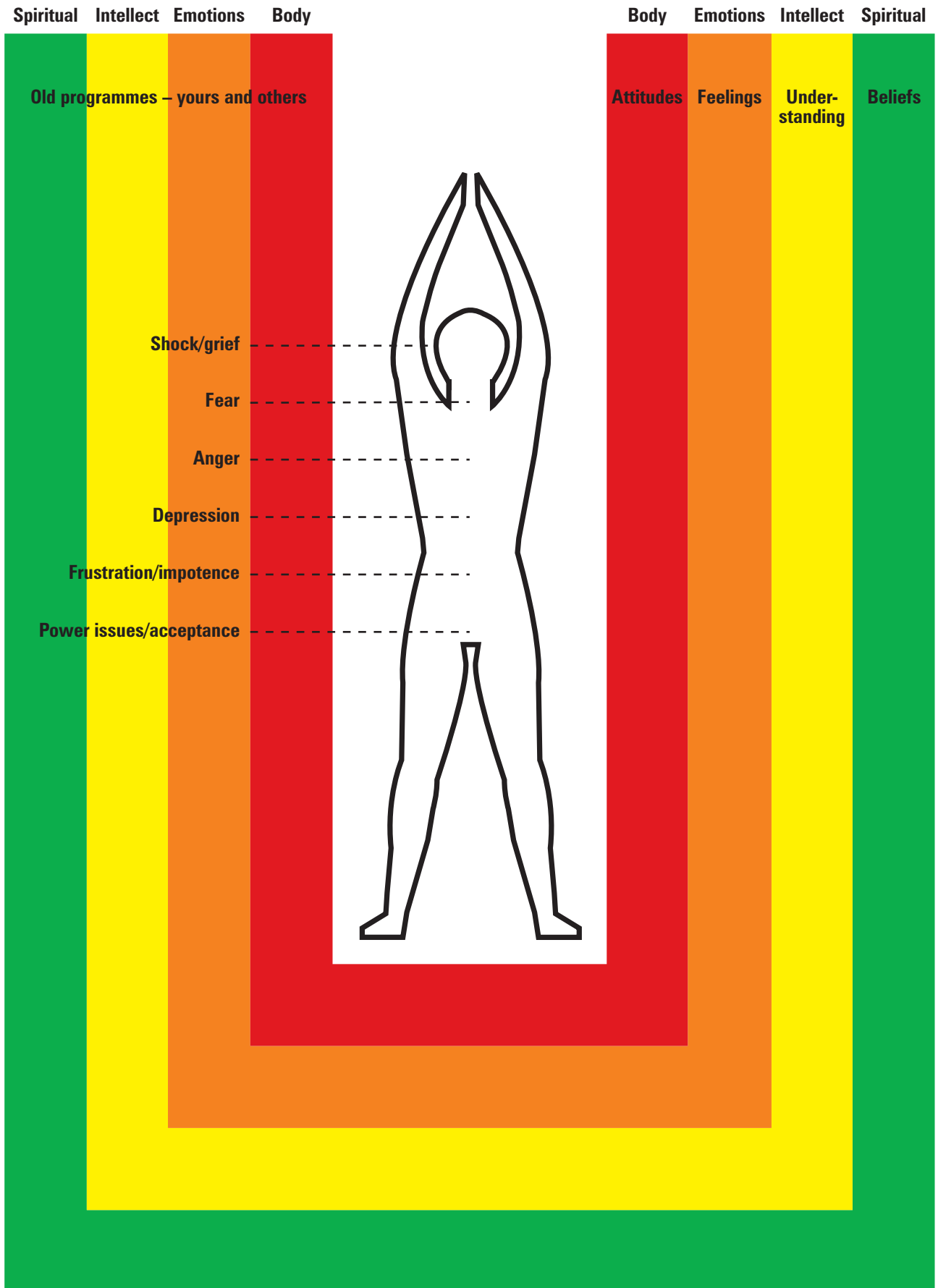
It takes a little time to know who we are now rather than who we were. Certain restrictions and limitations must be endured with good humour as the space is made prior to the new position becoming a reality. We organise and empty the space, then we clean it and into that space the new can enter in. We may move on if the past has been administered thoroughly enough, if not we will have to find compassion for all who must undertake a rerun prior to being released, and at this stage we do not know where all parties fit. It is essential to move slowly and gently as we update and analyse the experience diligently. Pressure will be applied by the living experience until we are under a higher frequency of direction and we will need great patience, not only with ourselves but with everyone who surrounds us as well.



Section 4

Will we fall from grace?

Old programmes





4 Will we fall from grace?

We all know that pride comes before a fall, so it is vital we display modesty in our lives as they are. None of us know for sure what is in store for us let alone for anybody else. We can suspect, we can read the clues being displayed and we can guess, but we do not know. We must not make assumptions. If we do, we create false expectations and may end up commanding others royally. Understandably this creates a situation in which people feel as if they are being persecuted and punished as a result of which they revolt, rebel, exile us or isolate themselves. The invisible world is waiting to help, guide and support us, but will make no move until they are requested to do so by us. It is a sin for the greater (more subtle) to override the lesser (of denser substance). The lesser must ask.

If we ask for guidance, we need to have a willingness to serve rather than be servile. If we are so bogged down in old suffering and pain, we will still feel too hurt from the sacrifices we feel we have made in the past to be free enough to proceed. This is felt in the body as pain, stiffness and immobility. If we feel we are being judged by a ruthless and vengeful authority then we will feel as if we are being bullied and become hyperactive and unresponsive. If we feel we are to blame for events in the past then we will see ourselves as victims and become inert.

To climb rather than to fall we need to be sure that our spiritual beliefs accommodate others inclusively, and we are able to see their value within the overall picture as well as our own. We must be able to hear and understand the needs of all as we co-operate in researching how best all can coexist. We have to create an atmosphere of trust and trustworthiness so that all can feel safe enough to express their feelings in truth to ensure that there will be an honest interchange. Indigestion of life can cause all sorts of problems in eating the next meal. We must touch and be touched lightly with good humour, so that all have a freedom in their attitude in which mistakes can readily be made, forgiven and forgotten and in which we are released from negative expectancy.

As we surrender ourselves to being a part of a state of grace as graciously as we can, we take time out to be grateful for a safe delivery delighted to have become a clearer and cleansed channel for peace. Now the body

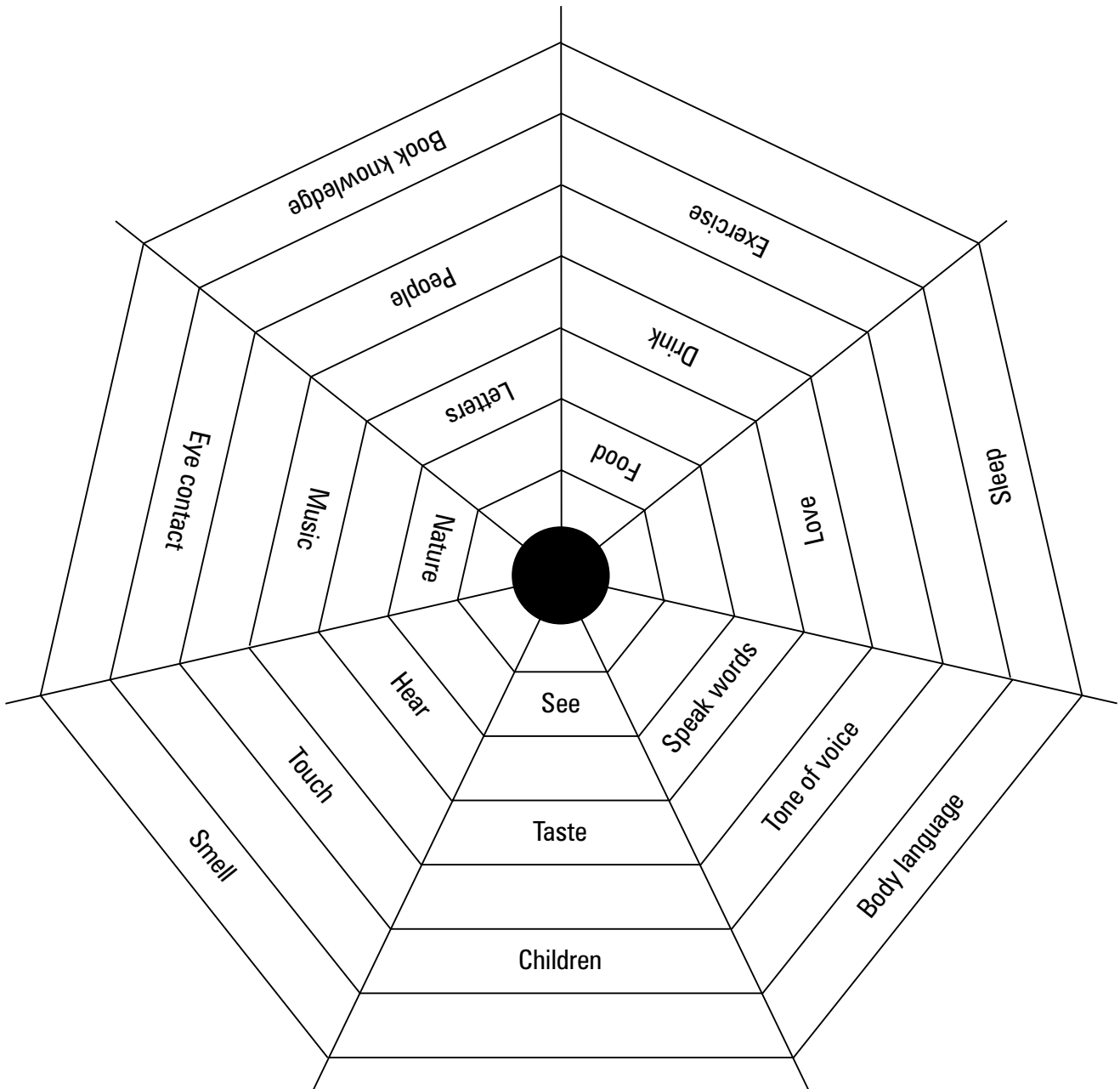
must clear the old data and update and we must allow time to pass as this occurs.



Section 5

A modest balance

A communication network



Source

Invisible

Visible

Co-ordination equals balance or absence of dis-ease



5 A modest balance

The well loved prayer of St Francis goes:

Lead me from Death to Life,
From falsehood to truth.
Lead me from despair to hope,
from fear to trust.
Lead me from hate to love,
from war to peace.
Let peace fill our heart,
our world, our universe.

Well, how can we be led? Another well known quote is 'Thoughts are so strong, words are so weak, one day humankind will not have to speak'. True leaders do not have to be dictatorial to gain co-operation and obedience for they demonstrate their state and people want to be around them and to help them. True leaders do not impose, they seek co-operation without loading the dice with competitive incitement. They leave the choice whether or not to follow truly free to be responded to or not. They isolate the problem and explain it as gently as they can. They have no need to be devious nor do they choose to be, for they themselves live by the code they advocate others to follow, not in a superior manner but because they know it to work, humbly demonstrating its success. They have no need to enforce dogma, for if we are arrogant enough to think our life is more important than theirs, then they are modest enough to accept it, if that is what we want. That is fine but it may not be right for us, or them, at this time. However if we change our mind they will not reject us, for they have no need to guard their space, it is universal and available for all who are willing to do the work that goes with it.

Self-reflection exercise to understand a group dynamic more fully within your own experience.

Write down all the roles you play (a list is laid out below which you can add to) and get each role to comment from their perspective how they view the central character – you – and then from their perspective saying: 'As I see it the very next step you should take in your life is to . . .' Observe and note down what comments you record.

Farmer	Adventurer	Parent
Child	Doctor	Artist
Technician	Scientist	Trader
Driver	Philosopher	Priest
Nurse	Inventor	Magician
Designer	Builder	Cook
Dreamer	Mystic	Comedian
Jester	Architect	Pensioner
General repairer		

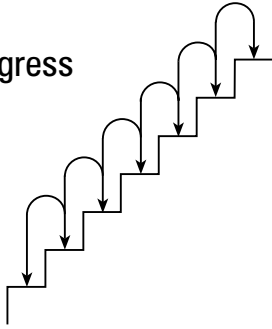


Section 6

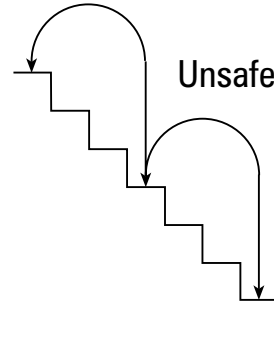
Well being

Blast off

Safe progress



Unsafe progress

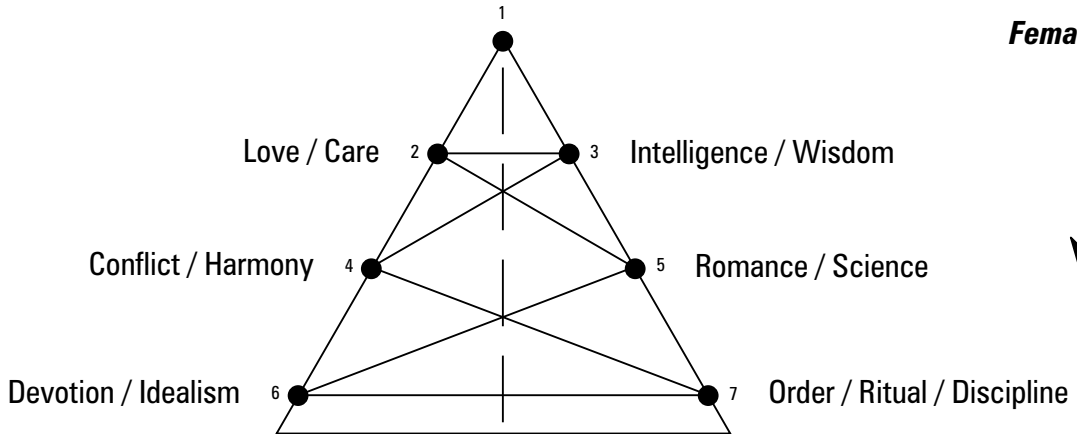


I will to God

Male Line



Female Line



Spiritual active

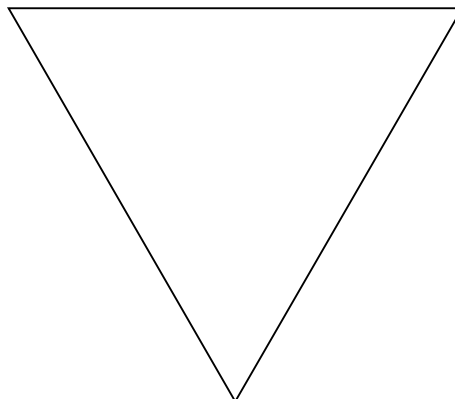
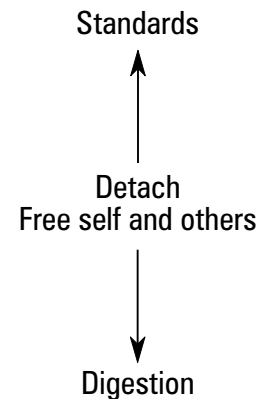
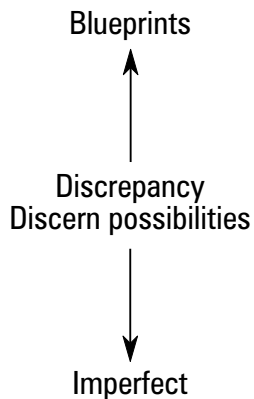
Intellectual

Emotions

Physical

	Meditation	Intuition
)	(Silence
) Discussion	(Historical record
)	(Philosophical
) Feelings	(Premonitions
)	(Psychic
)	(Taste / Touch
) Sight / Sound	(

Spiritual passive



Root anchor



6 Well being

If we are able to communicate within ourselves, then we can also communicate with others – but as we work at so many different levels it is not always easy to maintain alignment. If we feel physically healthy even when we are unwell, we will be able to be natural without having to attract extraordinary phenomenon, for we are content within the circumstances of the interaction of the moment. If we feel stable emotionally, we have no particular social expectations from others. I am okay, you are okay, just as we are. Nice to be together but okay if we are not. If we are willing to learn, then we will seek the education of life happily and have fun researching with others with no need for too much pressure to be applied as we all live by the same set of guidelines. At the psychic (invisible becoming visible) level, if we are selfish, exclusive or personally ambitious then we will seek occult (hidden) involvement in an effort to achieve ‘one up’ on someone or something, or, perhaps, in our desire to be included. Were we able to connect to our core integrity and our spirituality we would be inclusive and want the same for everyone not just for ourselves, and we would have a genuine interest in other people’s efforts and not only be concentrating on our own successes.

Self-reflection exercise to assess your strengths, weaknesses and skills.

i). Write yourself a letter in which you advise yourself of your

- strengths
- weaknesses
- potential skills
- established skills (acquired and genetically inherited).

ii). In light of this what would appear to be a realistic next step for you in relation to your lifestyle?

iii). Can you achieve this next step within your current situation?

iv). If not, what must change?

Now you are a warrior ready to take off. An anonymous Samurai wrote the following in the fourteenth century:

A Warriors Creed

I have no parents;

I make the heavens and earth my parents

I have no home;

I make awareness my home

I have no life or death;

I make the tides of breathing my life and death

I have no divine power;

I make honesty my divine power

I have no means;

I make understanding my means

I have no magic secrets;

I make character my magic secret

I have no body;

I make endurance my body

I have no eyes;

I make the flash of lightening my eyes

I have no limbs;

I make promptness my limbs

I have no strategy;

I make ‘unshadowed by thought’ my strategy

I have no designs;

I make ‘seizing my opportunity by the forelock’ my design

I have no miracles;

I make right action my miracles

I have no principles;

I make adaptability to all circumstances my principles

I have no tactics;

I make emptiness and fullness my tactics

I have no talents;

I make ready wit my talent

I have no friends;

I make my mind my friend

I have no enemy;

I make carelessness my enemy

I have no armour;

I make benevolence and righteousness my armour

I have no castle;

I make immovable-mind my castle

I have no sword;

I make absence of self my sword.



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
Power Issues

Written by: Judy Fraser

Illustrations and typesetting: David Newberry

Edited by: Lorna Rapoport

Web site design: Juliet Webber at Parallel Design