



second a10

Focus on
Releasing History

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second a10

Focus on **Releasing History**

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.



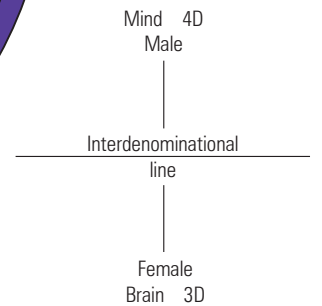
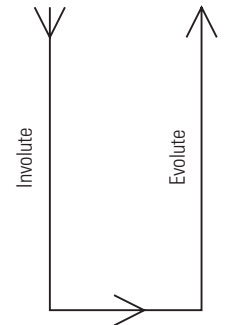
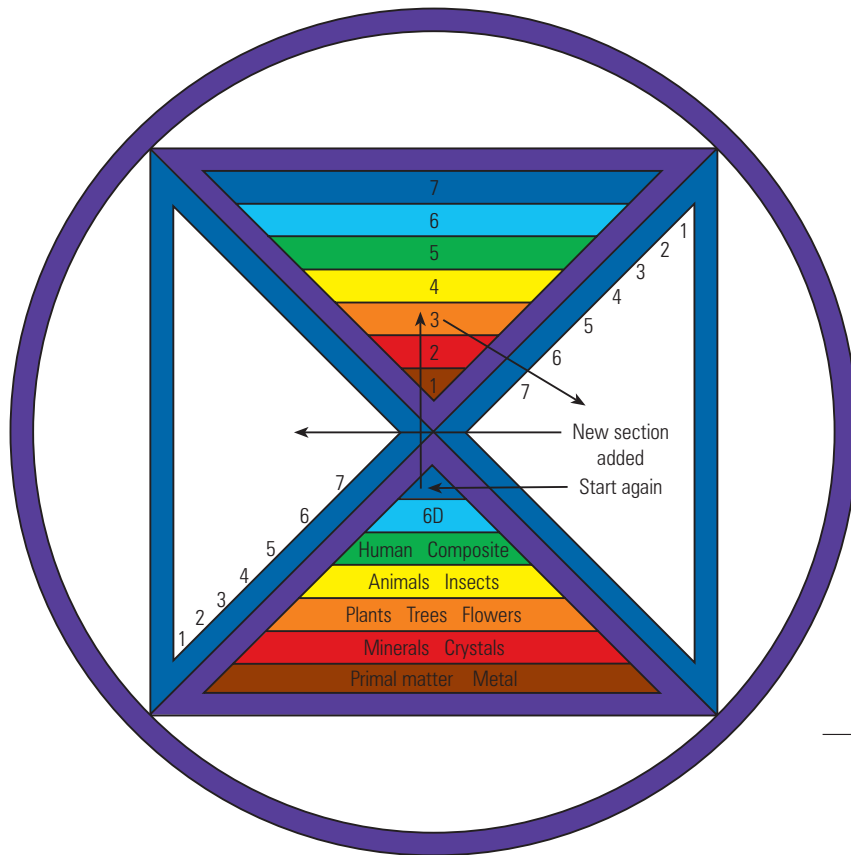
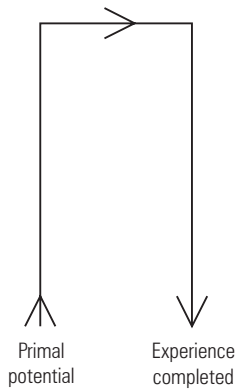
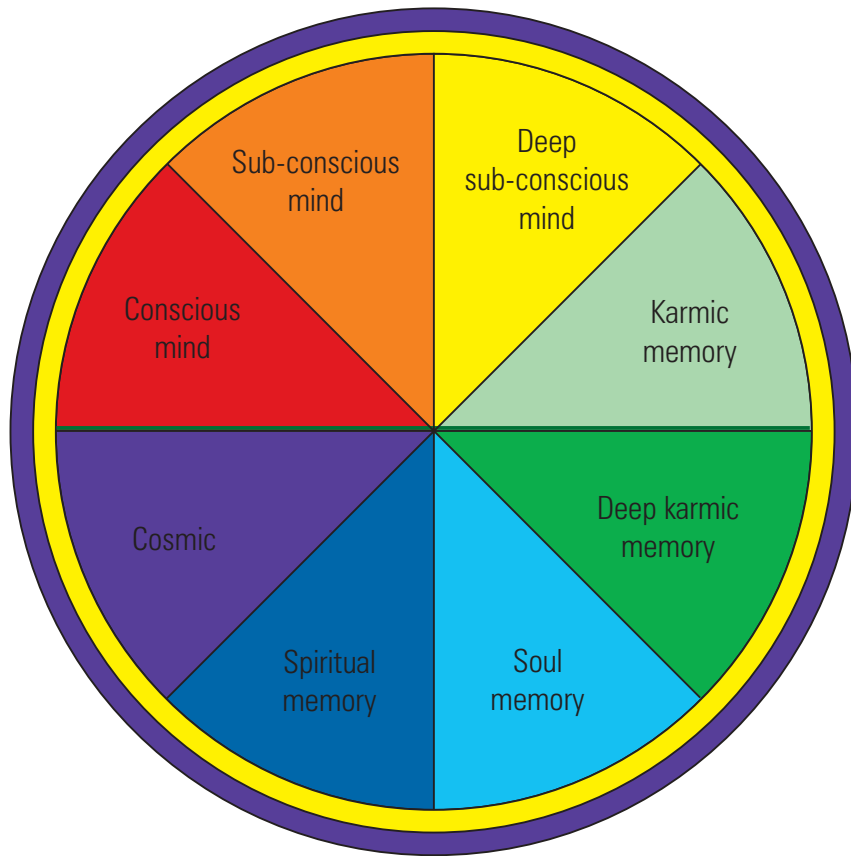
Introduction

The main theme of this module as well as the modules *Focus on Co-operation* and *Focus on Laying a New Foundation*, is our response to the rhythm held within the Earth. Sound and rhythm anchor the spiritual instruction into the Earth whereas colour and shape are the symbolic language of the invisible world. The Heaven supplies the standard, whereas the Earth shows us the discipline of how to apply that standard. For each section we recommend listening to a particular piece of music as well as working on the text. Details about all the pieces of music recommended in this module can be obtained via the Resources section on the Second Aid web site. If you are unable to get hold of any of these, replace the recommended piece of music with one that holds special meaning for you.



Section I

Deepening awareness



Union of male and female gives possibility of bringing forward next section



I Deepening awareness

The ceiling of our experiments with life to date becomes the floor of every new stage. For instance, if we bake a cake we expect the ingredients to make something. It may be bad, good, sunken or raised, but a form will be made. How we feel as a result of the experience is something else again. We may wish to be aggressive to someone if they mention the word 'cake' again. Or we may run away to avoid being put in the position of having to make cakes ever again. Or we may just chalk up another experience and alter the combination of ingredients and try all over again.

What is the relevance of all this cake-making? Simply that as we move we grow. Instead of baking with only what we can see or the contents of our conscious mind, we start to use the ingredients held in the sub-conscious and the deep sub-conscious as well. The levels of the mind are uncharted so everyone must research for themselves.

In the diagram at the beginning of this section, we have the conscious mind in the west, because it is the past. That which is in the conscious mind is what we have already done. So we understand it – at least as well as we currently need to. Behind that we have the subconscious mind in which we hold the linear concept maps, phone numbers, address lists. We don't have them in the forefront of our mind all the time, but when we need them we can remember them. We say move over conscious mind, let me pull out from memory what I need right now and then we bring that through into the conscious mind.

Now behind the subconscious mind is the deep subconscious from where perhaps we have déjà-vous experiences or we have the lurid shadowy experiences that say, 'I'm sure I've met this person before but I don't have any conscious recall of it.' Here we embrace more holistic concepts or ratios that may be of help to us. It is not surprising then that we may need to forget the familiar in order to remember more. Once we have done so, we can sort essence from effluent and unite all that we consider we need. Behind the subconscious memory is the karmic memory – what we have agreed we will undertake this time, in this life. This completes the half of the circle within which people usually live.

How we progress with this ongoing challenge of

sorting the effluent from the essence depends on our individual capacities. Certainly it can be helped or adjusted by others, but not experienced. This is a do-it-yourself project, again and again, until you have the capacity to bake beautiful cakes blindfolded or standing on your head as well as on your own two feet. Then and only then can we proceed again into the mysteries of life on Earth.

The whole world is contained in a grain of sand. Each chakra, (wheel of energy) contains memory of the whole. It is the microcosm and the macrocosm and therefore we can go deep, as deep as we are capable of going. The anchor of life swings from positive to negative. It will go half way round as most of us only live in half of the circle. Then it will swing, as we try to get ourselves to a point of peace, and when we get to that point we start swinging from the light to the darkness, from the darkness to the light, so we get the very highs and the very lows. At the point when the pendulum is swinging half way through a cycle it will either slow down and stop again until we repeat the old pattern or it will have gained the momentum to turn right over and we will be able to link to the memories contained at much deeper levels.

Behind the karmic memory we have a deeper memory – the deep karmic memory. Some people call it, many lives; other people call it simultaneous reality or multidimensional reality where they can be living at many levels at once, with a filter in between. It is being directed at a soul level and the soul is the vehicle of the Spirit. To have too much memory at one time is counter-productive. Actually we only need the memory we need to work in service to ourselves and everyone else within the present moment.

Behind the soul memory is the spiritual memory, which says, 'Lets work to the point of need. Lets not worry because we can trust absolutely that the stars at night turn up in a different place but in relation to each other, therefore there is divine discipline.' If we trust that divine discipline we don't need to worry.

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Behind that is the cosmic order. The discipline behind the universe that allows it to run without our direct intervention which may come as a surprise to some people! If we can drop our old memories, our genetically inherited conditioning, the 'I don't feel safe on Earth, I don't think that my father looked after me properly, I don't think my mother gave me enough security and nurtured me enough,' then we can meet the Heavenly mother and the Heavenly father, which is the Earth and the invisible God figure. We can hand it back to them and say, 'You're in charge, we don't need to worry, we just do our bit and we will be happy to do that.'

The potential from the past has been worked with and as the cycle completes we appear to return to zero, the void of nought, a chasm of darkness which we can welcome or dread, trust and accept or be disappointed and guilt ridden about it. With mythology and discipline, going hand in hand and moving step by step, the intuition wakes up, moves forward and takes with it the direct experience that we are going to be a part of. As we return to the primal we become a part of future possibilities where our experiences can be reformulated to suit current need. We can 'know' that all will be well without having a clue how. This allows a soul instruction to gain entrance to our field. We involve ourselves in taking the next practical step and evolve in spite of ourselves! It may affect our breathing and/or our skin and we may feel somewhat insecure or inadequate and therefore become anxious. Our brain will be all over the place as we try to work things out but what is needed is to allow it to empty as our mind takes the lead – it is no good fighting, as we have no idea what is required. Any feelings of separation, loneliness or misunderstanding must be cleared as far as is possible. This often manifests as relationship difficulties between men and women, mothers and fathers or sons and daughters. The 'instant' impulse of change feeds and triggers any unresolved authority issues. This will reflect our attitude to our God/Light/Heavenly relationship which will be in conflict with our opinion of the management and organisation of life as we know it on Mother Earth. To grow slowly, to pause, to take things gently, allows us stability and allows the 'Management Upstairs' to supervise our apprenticeship and find a placement that is suitable to our talents.

The inner tuition will give us an inkling of what we will do and we will wonder if we can make it work in

life and when. We will talk it over, wonder about it, and try to make things work our way. Then we will have to look at our fear levels and our disillusionment from past experiences as we release toxins. It is a long process, which is helped both internally and externally by our contact with humans, animals, vegetables, minerals, metals and gases. All the time we must have the courage to be mind – spirit led as our soul influences the overriding of old brain programmes. It is a little like the difficulties in loading new software into our existing computer the first time we try it.

Within the circle of eternity, which embraces and includes all, a framework is created in which we can operate safely. As we travel down to a deeper level of natural learning and learn to respect and care for the nature kingdoms, so we prove and demonstrate harmlessness together with our desire to serve in whatever manner is required.

As our bodies and brains are prepared we may feel a little off colour and not understand what is happening. We get the help we think we need and hope for the best. We meditate and listen, we pray that we are following the requisite pathways and we contemplate on the symbolism we meet within the everyday experience.

We watch and wait, aware of the chance remark, the picture that moves us, what we look at in a book or in a newspaper or whatever comes our way. When we think we know, we no longer ask, we tell and this is the time to risk all and take a step forward.

continued overleaf . . .



Visualisation exercise on flexibility.

Imagine yourself seeing a golden ladder or stairway between the Heaven and the Earth. See yourself walking up and down it with ease. Stop and talk with people, have a drink or a meal. Enjoy the view. Discuss things of interest to you. Enjoy the movement and find a pace that suits you until you can go up and down the stairway with comfort. When you get to the top, rest there and imagine yourself being advised, nurtured and cherished. Create the purist and most sacred holy space you can imagine and rest there. When the experience feels complete, imagine yourself coming back down the staircase and resume your everyday routine once more.

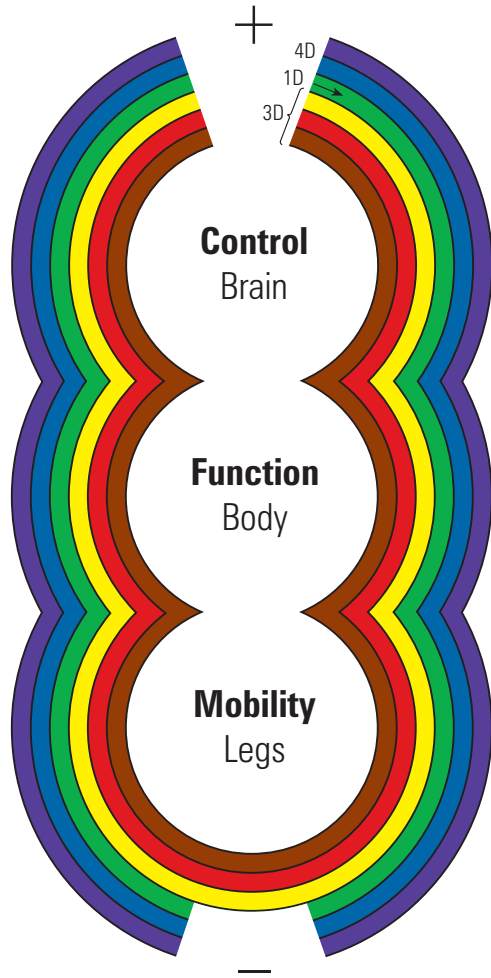
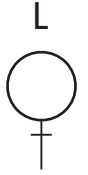
Recommended music– I: ‘The Ghost Dancer’ – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.

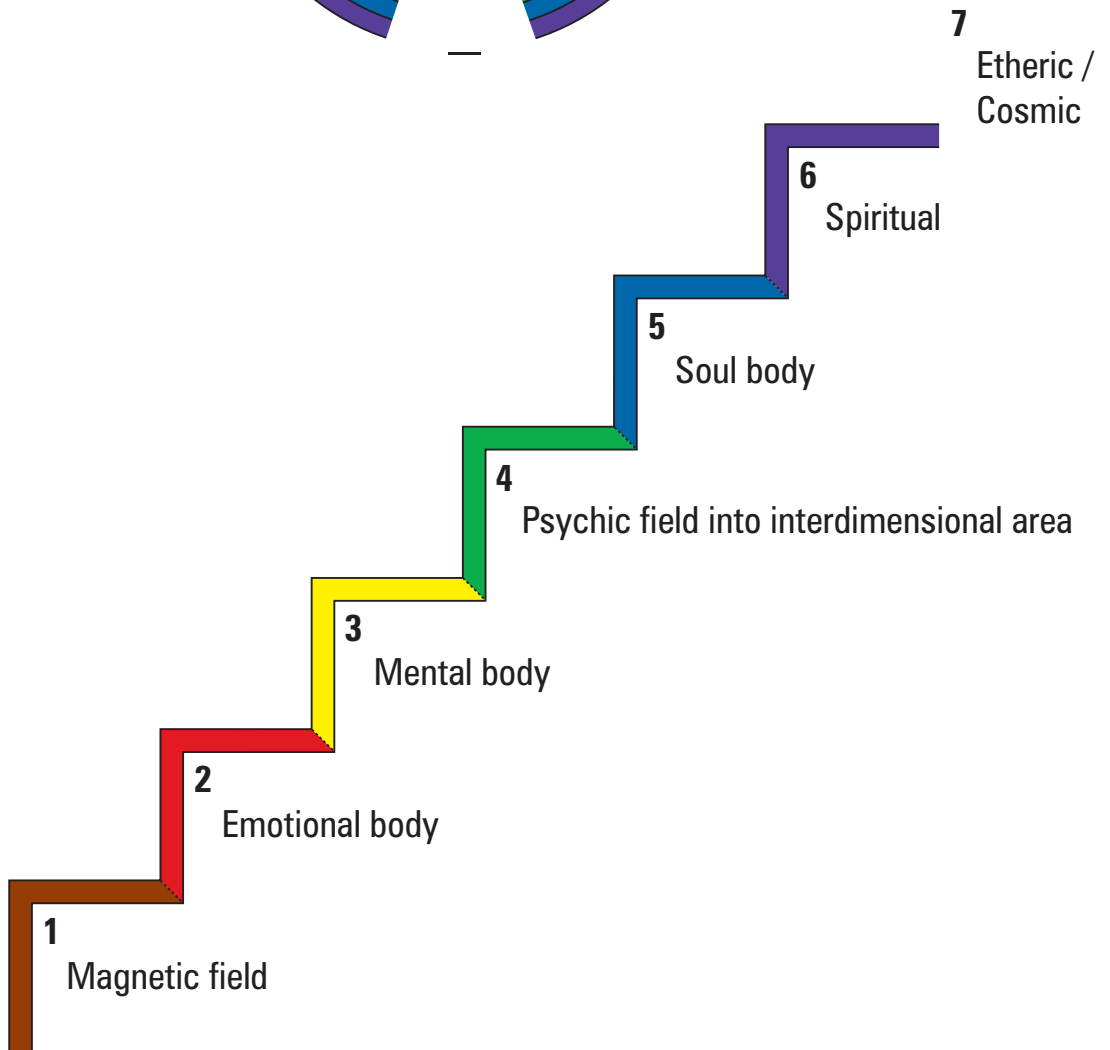


Section 2

Input and output



Time works down this way





2 Input and output

The invisible impulse enters via the head-brain, is felt by the body and is translated into shape by the solar plexus, or body-brain. If the body and brain respond, then a new shape emerges and the life form is mobilised. The Earth gravity field has to make adjustments to accommodate change of shape and often this is experienced as thermal disturbance.

These feelings will have to be processed and, at this time, far from sweetness and light we may be irritable and miserable. It is this that will prompt us to make contact with others who can adjust our field for they are giving off excesses that we need. This takes us back once more into the areas of advancement where we have the opportunity to research new and exciting phenomena; or we can retreat and re-experience the familiar. This is the psychic, the bridge from the unknown to the known and back again. A time when we always walk blind in trust and faith that the greater, if invited, will sustain the lesser and blend into the universal consciousness and so be reformed, regenerated and released.

As this impulse comes in, time works downwards within the body, now we have this impulse well within the brain, because the mind, the energy centre housed behind the heart, has sent the message to the brain. Then back to the solar plexus, which will send ripples out through the auric field, which begins to say, 'What do we know about this memory? At a functional level what do we know about this memory? Can we move past the old imprints contained within the auric field?'

This means that the higher impulse will be checked out through all fields. It will start from inside out but at the same time it will also get dramatised from the outside in. So the energy field that surrounds us must be in a good state to allow protection.

If we are going to respond to the call we are going to have to make changes within the shape that supports us and often people get irritable at this time. We have to have courage to move forward blind in faith, because we haven't a clue what we're doing at that time!

We need the intellectual capacity to release the old to make way for the new. We have to put up with weird and wonderful feelings coming up, but we're not sure if they're ours or other peoples, and we have to

allow all these to be experienced by the physical body. That's often not a pleasant experience but it is necessary to let the new come in.

This pressure will also almost force us to make contact with other people who can help us because we need to feel comfortable. We need contact with the Earth, so the invisible world pushes us, cajoles us, to make contact with people who can be of help and stop us making contact with people who won't. We will be led through desire.

Self-reflection exercise: The chakra list.

Go through the list on the next page and mark on it which chakra you think you are working with based on your current symptoms.

Visualisation on throwing a stone into the centre of a pond.

If you prefer to listen to this visualisation – you can obtain it on the Second Aid tape, Meditation Three, which is available through the Resources section on the Second Aid web site.

You have a pond – be aware of its shape. You see the surrounding countryside, then having looked at the countryside you come back to the pond. Find a stone at your feet, pick it up and throw it into the pond, watch the ripples go out to the edge, see if there is a backwash, and then watch until the water becomes completely calm.

Record or draw your impressions and experiences.

Recommended music– 2: 'Choose ye this day' – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.



The Chakras

Functions

Head – consciousness of extension, psychic development, brain relationship with body.

Pineal – third eye, motor power of nerves. Linked with pituitary.

Pituitary – master regulator of the body, glands, synchronises all fluids, controls balancing power.

Eye – linked to pineal.

Effects of Shock

Loss of mental balance, cerebral congestion, migraine, concussion, fluid conditions.

Loss of motive power, neuroses.

Glandular diseases, diabetes, dropsy, urinary, lymphs.

Loss of vision.

Ear – linked to throat.

Loss of sensitivity to tone.

Throat – larynx, speech, mouth, gullet, breathing, ear ducts.

Laryngitis, tonsillitis, quinsy, speech difficulties.

Heart – circulation, charges blood with vital forces.

Paralysis, stroke, circulatory diseases, rheumatism.

Hand – servant of the mind, means of physical creation, transmitter of healing power.

Loss of sensitivity or memory.

Solar plexus – digestive functions, bowels, abdomen, procreative functions, hormones, a master gland, child birth.

Diseases of the stomach, ulceration, constipation, malnutrition, acidosis, hernias.

Base of spine – spiritual and co-ordinating centre, sex function, vital forces to nerve ends.

Sex malformations, bowel complaints.

Knee – linked to base of spine and feet.

Excess fluids, immobility, mineralisation.

Feet – magnetic centre to earth. Helps balance fluids.

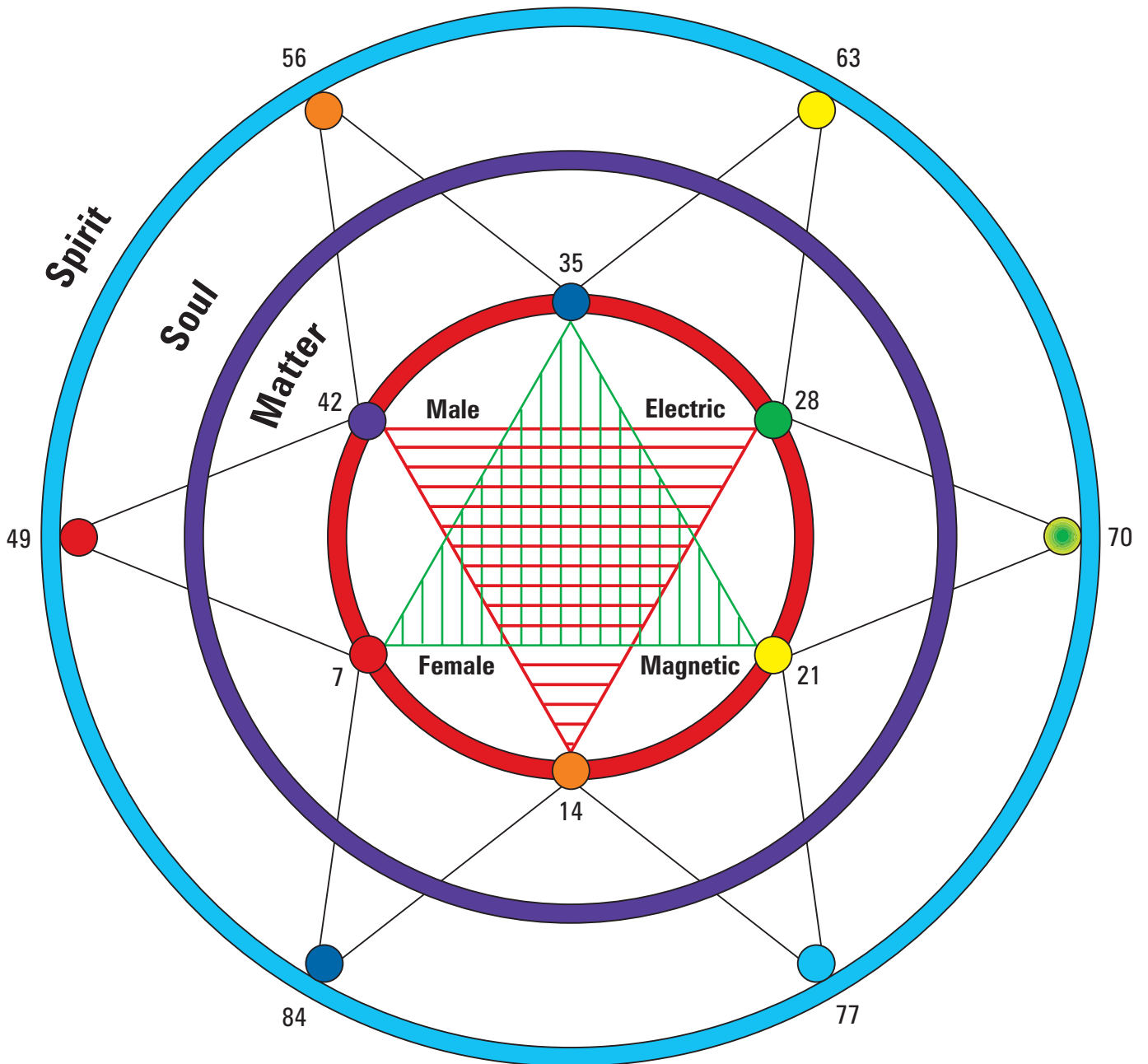
Immobility, inflexibility, deformities, excess fluids, mineralisation.



Section 3

Harmonics

Breath in - breath out





3 Harmonics

To experience life, as we understand it, is to investigate the known and the unknown. To do this we need to make friends with the female force of Mother Nature and to trust the male force of God, universal consciousness, light or the sun, or whatever we wish to call the organisation behind this cosmic system. Somehow we have got to get these guys together, the masculine and the feminine, spirit and matter. This means that we have to allow time to pass, we need to let go, and let God so that we are totally involved in the Earth and we can say, 'OK that's it. Cut off the past, cut off the future, and live within the present moment. Let God's will be done God's way.'

Only when this love and trust is purified and united are we comfortable on Earth. This means that all microcosmic reflections of these forces will have to be worked upon, be they parents, partners, colleagues or children. Only when there is a level of care and compassion can we be trusted and trustworthy within our ability to expand.

No one must be allowed to move forward until they will not cause others to be put at risk. Just as we must never free ourselves at the expense of another, so we must be responsible for our actions and our reactions before being freed into greater knowledge and understanding.

So much of our lives will be taken up experimenting with the known and all our sights will be set on experiencing and experimenting with what is available to us. Only when that runs out do we extend our limits to include and embrace new vistas. The memories of the night bring forth a new day.

In the previous diagram we have the seven over in the west, on the inner circuit, and as we have breathed in life, we have gone round this circuit backwards, anticlockwise. We come in looked after by the female, and we think, 'Oh, this is OK, this is fine.' By the time we get to 14 we say, 'This is not fine. I actually want to go out and get to grips with the world and see what it's all about and see if I can keep my balance within it.' By 21 we say, 'Well I don't know actually. I'd like someone to look after me. I'll look around and perhaps get married.' By 28 we think, 'I wish I hadn't because now I've got mortgages, responsibilities, and I've got to keep control.' At 35 we are usually pretty desperate for

someone else to do it all for us and to be taken care of and we are into serious questioning whether there is a God at all.

By 42 we have a point of choice when we either go round that same circle again or actively seek our connection with the invisible. This is the time when people have severe illness, heart attacks, people die to their past, and we have the choice. We either go round again or we will catapult ourselves right out onto the outer circle.

If we catapult ourselves out onto the outer circle we see that instead of moving anticlockwise we start to move clockwise. This is a time when it is very difficult for the body and the spirit to work together. It takes time for them to settle down and adjust but if the person decides that they are really going to follow their spiritual path, then this is known as starting on the path of return.

In the diagram at the beginning of this section, the numbers go round clockwise, the ages are an approximation, and for illustration only. But we can see from this why very young people get on well with very old people and people in middle age, 35 to 42 get on well with their own kind, their peer group, and as we come round the circle to say 14, that person is going to get on really well with a person of say 77-84. This is why grandparents are so invaluable, and in eastern philosophies grandparents are treasured members of the family.

The soul impulse is ever present but can only create an active input when there is a willingness to cooperate more fully. The soul acts as a mediator and brings into the body that which is appropriate and relevant to the experiences, the skill areas and the physical tolerance and capacity of the person.

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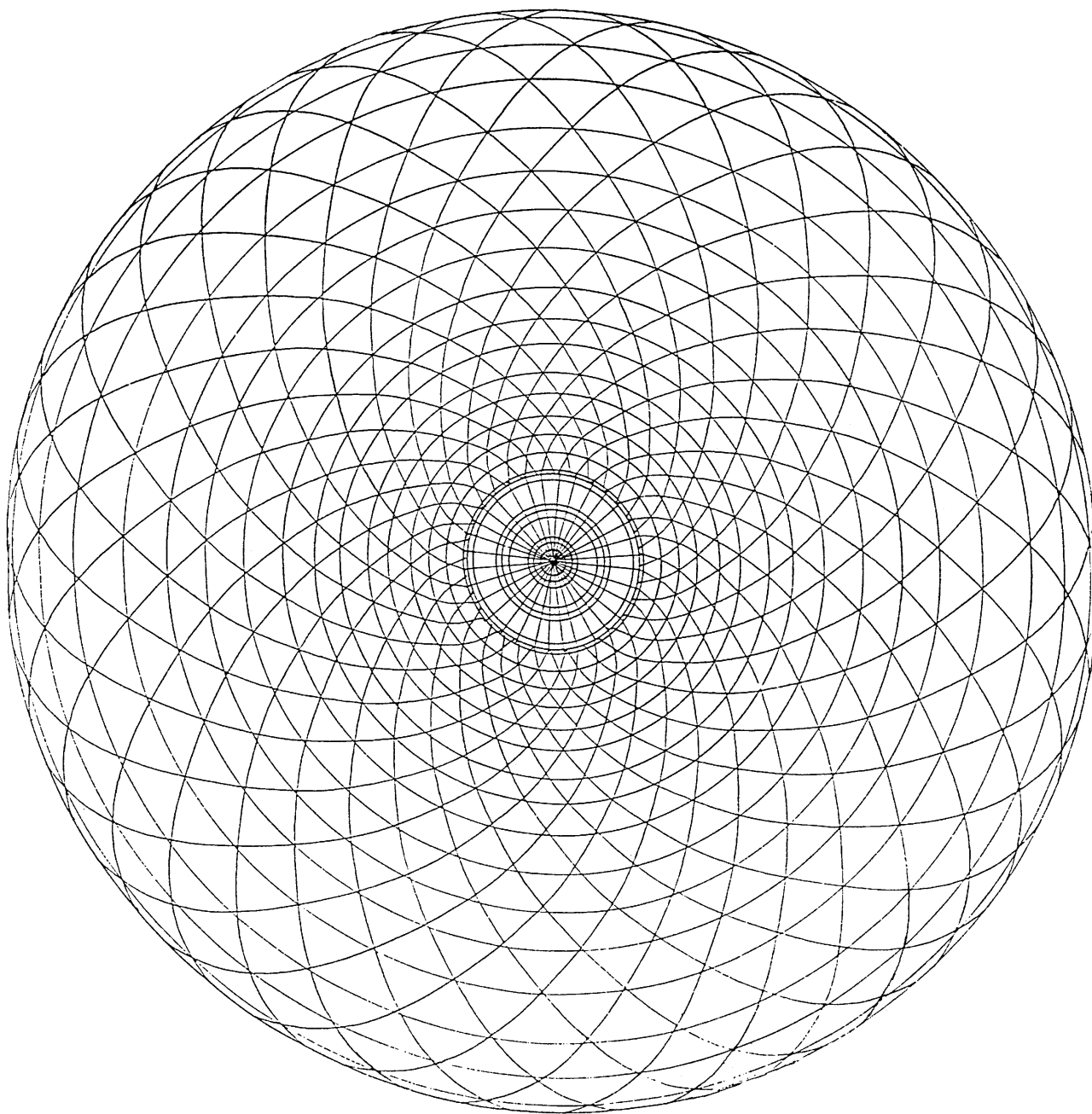
To begin with we must give consent for input. The soul collects that which we require and we breathe it in. Simultaneously we breathe out that which is no longer appropriate to us and no longer necessary to those surrounding us. We must accept our disappointment and change our view as romantic ideals are made realistic. We mourn our perceived view of imperfection realising that one chapter of our life is a done deal, and we maybe modify our attitude to accommodate the essence from the past. The arena is then set to render us harmless in our interactions with others. We breathe in, pause as we start to understand what might work and what definitely will not anymore. We breathe out and let go of preconceptions, misconceptions, bigotry and bias and pause again in the void or the womb of time as we sit more willing now to be shown by life. There is no conflict or contradiction, we just humbly do our bit, aware and modest enough to enjoy our piece of the greater jigsaw puzzle while knowing in one way we are so important, while in another recognising our insignificance. We truly rest in Spirit and play our part harmoniously within the bigger picture, knowing true holism is a harmonic too big for us to understand.

Self-reflection: Chakra drawing.

Colour in the following diagram of a chakra. At the end write next to it which chakra you think it might be.

Recommended music – 3: 'The Lords Prayer' – or any piece of your choice.

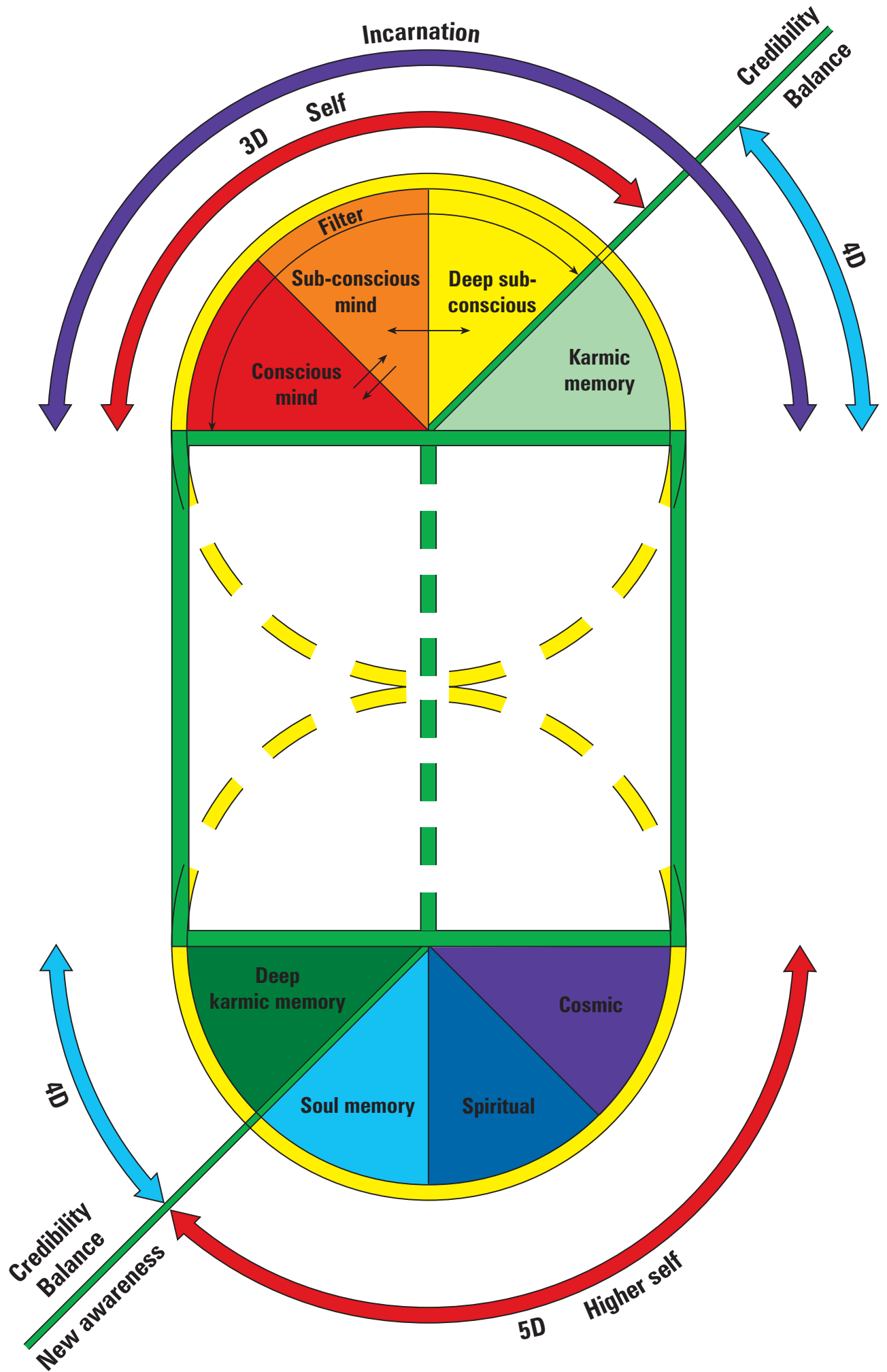
Listen to the piece and write down or draw your impressions to it.





Section 4

Settling down





4 Settling down

When we fire the soul force in our lives then things begin to change as the higher vibrations begin to influence all that surrounds us. We commit ourselves to embrace new areas of learning so new knowledge is released and will, if allowed, filter into conscious awareness.

If our code of ethics is strong enough a new pattern will emerge. To do this we will have to create a new, updated structure to support our growth, not only in the subtle energy fields but also in the physical vehicle.

These times will be erratic and turbulent for circumstances change just when we seem to be getting to grips with what is going on and it feels as if we are building on quicksand. And in a sense we are. For solidity of structure will depend on releasing outdated forms and keeping contact with all that is good and true.

Meditation is a state of receiving, and a little time devoted to it, particularly in the morning is important and helpful in keeping us on course. Prayer is a state of transmission and can be practised as necessary. Contemplation will help in reviewing progress at any time.

Essentially the only thing necessary is to keep going for what is taking place is a true union of light and dark, day and night, male and female. Together with the release of memories stored within the cells of the physical body, the new day is dawning.

When we are experiencing this set of circumstances it may not feel that constructive. The intuitive has got us this far and now must unite with the repetitive, linear, step-by-step determination to be able to proceed without losing ground because of incomplete work within the basic structures of personal evolution.

In the diagram at the beginning of this section, the two halves of the circle can be seen. This is what happens if the person decides to move forward, and it is an 'if'. If we have utilised our experiences to their full potential at this time it will be time to move onwards. This does not depend only on us but on the free will of others as well. To begin with, we act 'as if' for we have little idea of what is required. We make a space available as we extract essence, filtering out what we need for the next phase as we release effluent, and redistribute for our excess fills another's need. At these

times the clockwork wisdom of our usual routine begins to break down. Conversely, and at a more subtle level it seems as if a coin is being tossed to find out where we are to be strategically placed, as ideals are not always realised within our imaged framework, as all needs are not dependent on us only. From subtle levels and subterranean depths new formulations begin to emerge. Any insecurities, inadequacies and authority issues are addressed as we stumble along as best we can in acceptance and in trust.

So time passes and space is made and life as we know it is changed. It might feel as if life is upside down and that we are turned inside out and our lives are following a predestined path that we have not caught up with as yet. As we become more aware and more proficient in our responses, the balance can be achieved through a tweak, say for example a 45-degree movement. If not it will have to be more pronounced, perhaps a counterbalance of up to 90 degrees.

If we filter from the conscious, through the subconscious and the deep sub conscious then we can access memory through that. This is known as the three-dimensional self – the mineral, vegetable and animal kingdom and gives us the support of the nature kingdoms and the Earth Mother.

Now behind that is the karmic memory which for this life we may or may not have broken into. If we have broken into it then we have linked to the fourth dimension – the invisible world. If we have done that we have a choice, we can take that which we have learned from this life and we can create a space. We can say what is useful and what is not, what we are going to dump and what we are going to take forward.

If we have made contact with the invisible world through the fourth dimension, then it will be possible to be helped by the invisible world, which is the fifth dimension, and beyond. If we can make a space in that half as well then the invisible world will feed into us that which we need, and we can pull what we need down and research everything anew. So we begin to become of Earthly use and live to the standard and ethic of the Heavenly Father.

continued overleaf . . .



One of the difficulties when people experience new levels of awareness is that they want to know everything about every particular presentation, but this is not relevant to what they have come to do. They are being asked only to take forward that which is necessary for them. It doesn't stop them making friends with other people who are doing it in a different way. If they are going to do their work they are required in service and not to self-indulge by having a look through everything all the time or working with what takes their fancy.

So we now have the square in the middle through which the 'Management Upstairs' will feed in what is relevant to us for service, that is if we are willing to take up that service. We will take forward that which is useful from what we have done already and we will dump the rest.

This gives us a disciplined square, an arena in which to operate, research and move forward, but it will also take courage because we have to release the guilt and memory of the past. We have to trust the future and that we will be looked after by those from the invisible world.

We will have to believe that they are good enough to move us forward through this blank space. Some people are not able to do that because they are too frightened. Now this is the time when we see someone who has looked very old, very worn and very tired for a bit suddenly drop years off them whatever age they are because they have accepted and they have moved forward into the new space in surrender and trust. We accept and let go and let God, even if we do not know what it means. We settle down to the extraction of what we need and what we don't need. Then we just wait within the space.

Self-reflection: Cleansing the space surrounding us.

Standing up, stretch out your arms on either side at right angles to your body. Turn clockwise round and round – if you do this outside under pine trees it is a wonderful thing to do to clean the energy field, very well indeed. Children do this naturally; we lose their natural art.

Recommended music – 4: 'Last night of the World' or 'Because I have been given much' – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.

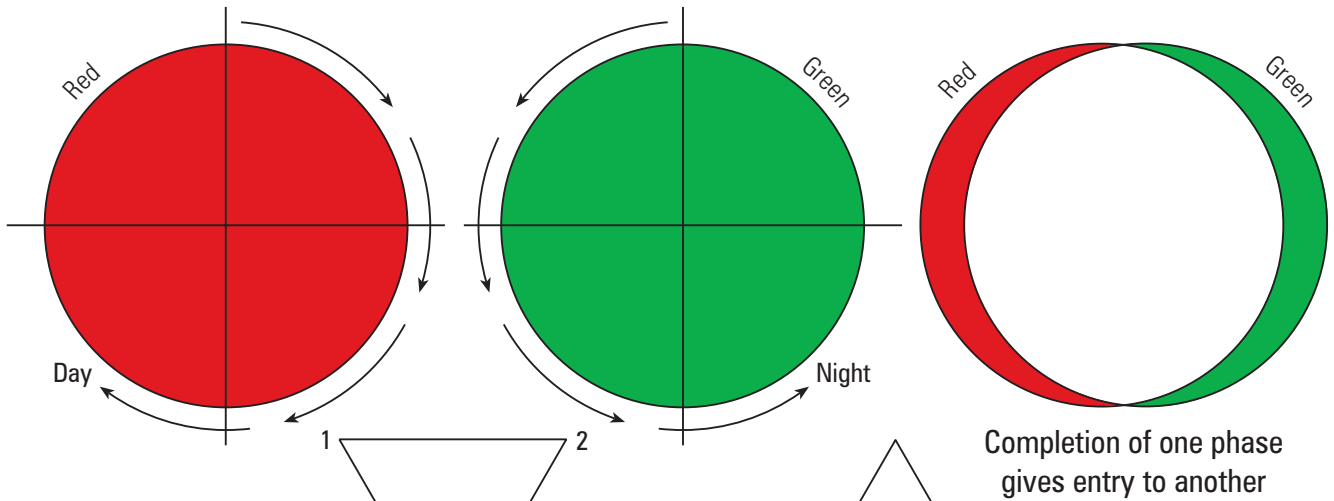
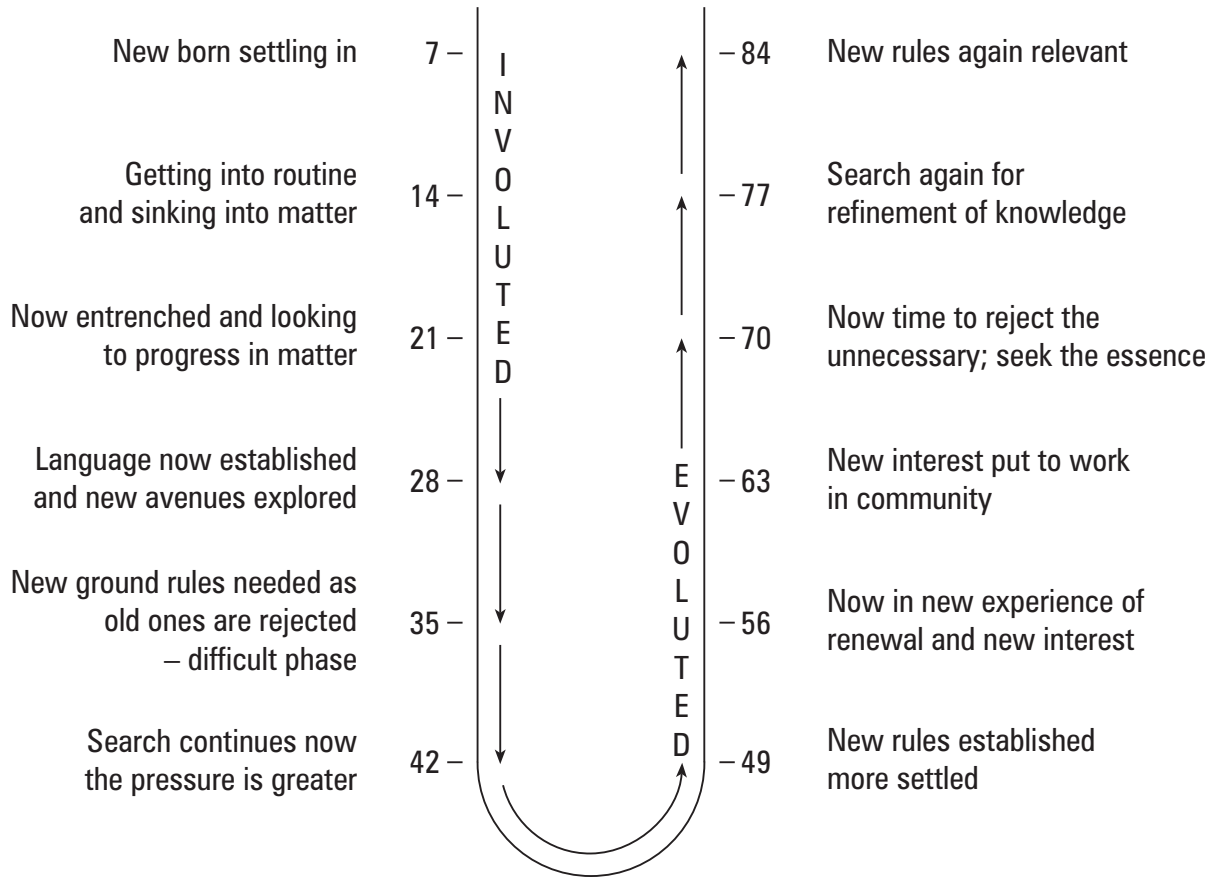


Section 5

Protection

Natural numerical law

12 hours 7 days 12 months 7 years

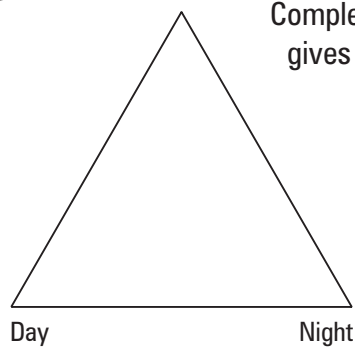


4 Seasons 4 Elements

7 is the number of discipline greater than personal growth

12 is the number of completion

3 is the triangle of unity



Duality gives third force



5 Protection

Recommended music – 4: ‘Where e’er you walk’ or ‘Ave Maria’ – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.

The temptation is to move forward too fast to consolidate our progress. To prevent this we recap by moving clockwise, then anti-clockwise and once we have completed both circles then we unite the two. These two may create a third force, which then becomes our starting point. For example, after two loving, consenting adults have produced a child there comes a time when the child must live its own life. However caring the parents may be, they can only monitor the start of the child’s life. If the start is as good as possible then the parents can safely release the child knowing their work has been done well.

Once the circles have been traversed then a square is made and the diagonals are investigated, so tensile strength is in-built and the shape is constant. Although the shape will flex and bend, it will always regain its form. Once that is so then a connection can safely be made to Earth and Heaven without danger to any other person.

If we only live by day then we are fearful of the night. If we only live at night we go blind if exposed to sunshine. So we must experience and experiment with both to be able to keep our balance. This is protection for then we know how to balance ourselves whenever and wherever necessary. This means that although we may experience variable date and time zones in the different spaces that we may travel to, we will be as safe as we can be within our expanded state.

When we think we have completed the cycle, it will re-appear so that we can review, revise and then be sure that the buoyancy of our energy field has been re-established and we are safe to move onward again. This is the protective mechanism that supports us while we move into that space. The Earth is supported by a natural protective mechanism and the numbers 7 and 12 are important for our planet. They are repeated over and over – we have seven days in the week; 12 hours in a day; two twelve hours in a 24 hour period; tidal flows twice a day – two in, two out; menstrual cycles

every four lots of seven days and so on.

If we look at the way the day and the night inter-relate, the light and the dark, we begin to see that both are necessary. If we are in daylight too long then we crave darkness because we need rest and regeneration. If we are in darkness too long we crave light but if we come into it too suddenly we go blind. So the day and the night have to interact, to inter-relate. To find out how that works in a colour sense, cut out a red circle or a green one, stare at one, then we will get the after image. For example if we stare at red then we will get the after image and see a green circle and vice versa. This inter-relationship allows us to combine day and night, light and darkness, to complete one phase and at the same time allow entry into another. To do that we will need to go through the seasons of the year. The spiritual impulse, which will come in, in a flash, has to be received by the Earth and we will have to take it through a year to give it the possibility of igniting into another force. Very often we are a bit confused and do not know what is going on at these times.

It’s like the fan on a propeller, when it is stationary we can see it is just like four triangles stuck together but when it is moving it is going so fast that it just looks like one thing which is moving all the time. It is this discipline that can move us forward.

Seven is a physical cycle, 12 is a spiritual cycle, the number of completion of a phase (12 months in a year, 12 disciples, signs of the zodiac, and so on). Three is the triangle of unity, which shows we can combine the two, the day and night without problem and we have the possibility of moving forward in unity. The mother and the father must be there before we have the potential of the child being born. This is equivalent to, in our terms, the willingness of mind and body to be under soul guidance.

continued overleaf . . .



The difference between seven and 12 is five. There are five bands in the contracted aura. The memories of old conditioning are held at four levels of being – spiritual, intellectual, emotional, and physical, as well as there being a level from the centre of experience here and now (five in all). As we expand and clear, so seven levels are under consideration, these being: spiritual potential, spiritual-intellectual ability, intellectual predisposition, intellectual-emotional response, emotional baggage, emotional-physical willingness and physical tolerance and capacity update. At all levels involution and evolution must align to fit the need of the Heaven and the Earth, the inner and the outer.

We can illustrate this by the involution/evolution chart in the previous diagram. For the first seven years we are finding out what our body does, we are settling in, finding out how our equipment works. By the age of 14 we are getting into a routine and understand the implications of that routine. By 21 we think we have got to grips with the physical, emotional and mental, and we are now looking for progress. We become quite ambitious at that stage.

By 28 we find out that the language outside when we look for jobs, partners, mortgages, and so on, is not quite the language in school, but we establish it, think we can do it, and now we explore it. By 35 we say, 'I don't think much of this', and we are looking for more and ask, 'what is there? Where are the new rules? – The old ones have outlived their usefulness.' By 42 we are continually putting the pressure on, continuing the search. We may go up and down that one side or we may through pressure be pushed round the bend and begin to meet ourselves coming back.

If we look where 49 is, the memory of that is 'last time I got here everything got worse therefore it will again'. So the evolution is very much a doom watch theme and we need new rules, our meditation practices, and our stress control practices to allow us to proceed. When we feel everything is getting worse actually everything is getting better because now we are facing in the opposite direction but old memories make us feel scared. We seek hard at those times because we are looking for help.

By 56 we say 'yes there is more, I didn't understand it, another skin has come off the onion and I am having fun finding out about it, doing the research, I'm involved in life once more, there is life after raising the

family/work or whatever. By 63 we don't want it all for ourselves so we put our new found talents to work on behalf of others in the community. By 70 we are saying, 'Well I haven't got as much energy as I used to have' I'm going to have to refine this and streamline it and get rid of what I don't need. Work to the point of need.

At 77 we are again searching for refinement of the old and extra knowledge and by 84 we are looking for new rules again. We are looking to go around the circuit again, we are looking for a rest, to release and work at a much more refined and subtle level. It is a beautiful concept, very beautiful and the older we become, the more we need to understand.

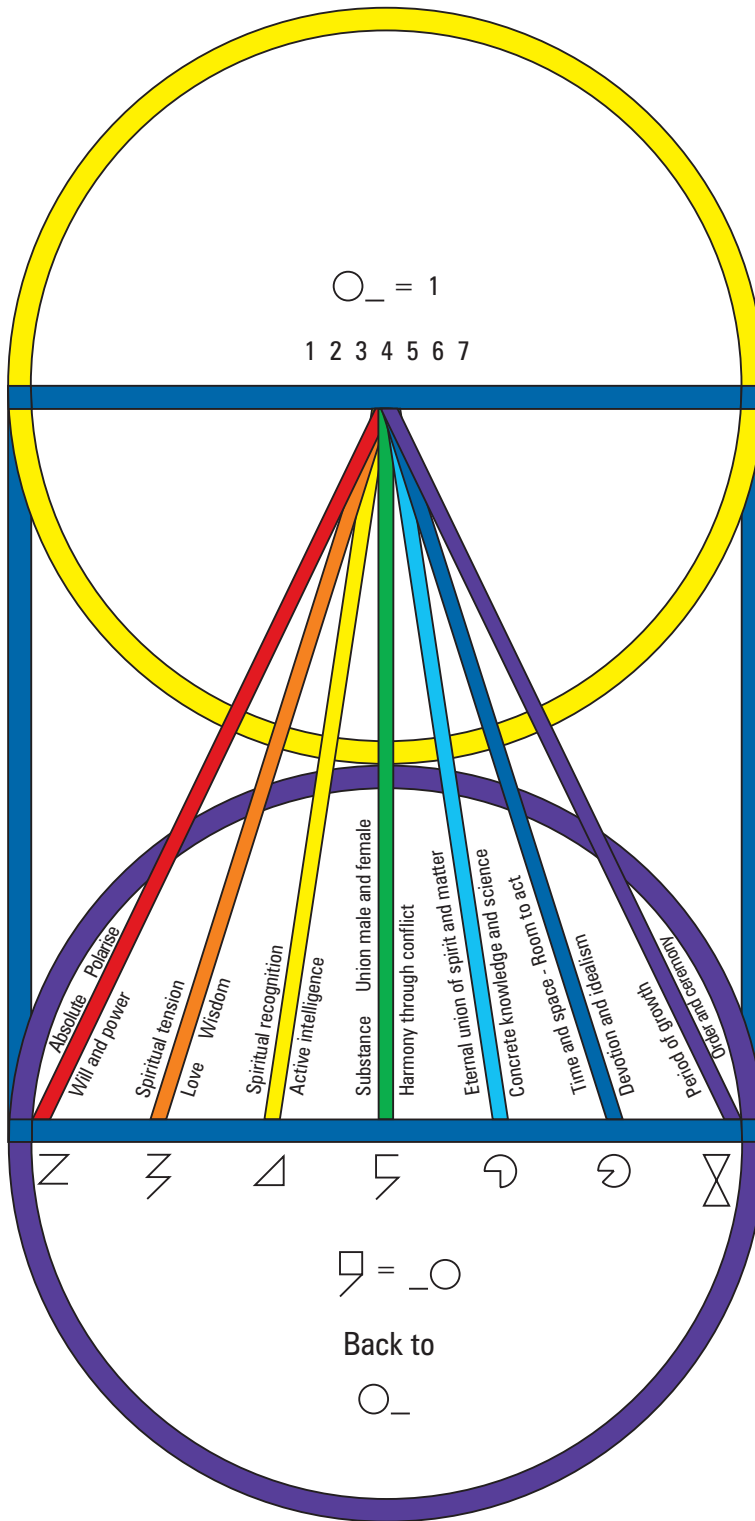
The ages are only approximations to illustrate the fixed points required to lay the circuitry down, before it is tested for smooth running.

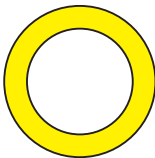



Section 6

Expansion

7 stages of growth



 = Begin

 = First symbol of life as in crystal

All four sides balanced and complete



End with soul union
Start again





6 Expansion

The Great Invocation.

From the point of light within the mind of God
Let light stream forth into the minds of men
Let light descend on Earth
From the point of love within the heart of God
May love stream forth into the hearts of men
May Christ return to Earth
In the centre where the will of God is known
Let purpose guide the little wills of men
The purpose that the masters know and serve
From the centre which we call the race of men
Let the plan of light and love work out
And may it seal the door where evil dwells
Let light and love and power restore the plan on
Earth.

From our new point within the centre of a circle a new area emerges which fans out and covers the diameter of another circle. The centre or point in the centre of a circle must be encompassed or contained to be able to be investigated. So we create a square structure that contains our field in order that we may research and examine our situation from every aspect.

All misshapen areas are at risk so we must hold the shape until it is streamlined and smooth to touch. At that time the buoyancy will be regained and a new shape can take form.

It is similar to breathing out and breathing in: to breathe out too long is to explode into the environment. To breathe in too long is to implode so between both there must be a pause, when the direction is checked and obstructions are removed slowly.

All change must occur slowly otherwise the different areas are unable to align. To understand takes time and a space where it is safe to continue our investigations. Therefore it is essential to move forward slowly, and to check and double check that all areas are capable of withstanding the shock that results from change, and that there is enough flexibility to adapt and withstand the resultant challenges.

For to move to bigger and better things also invites others to question and, in working through their reality as well as our own, we will need to be capable of choosing that which we wish to retain and that which we need to reject.

Only when we are able to do this will we be free to move on again. Expansion needs to take into account contraction for it is pressure that will move us into a new space in which we are free to experience anew the wonders of life.

In the diagram at the beginning of this section, the square in the two circles is beginning to fill. This is the idea behind the Great Invocation. From the bottom circle and from the top circle there is a prayer, which is published by the Lucis Trust which if used can help to bring things together.

The disciples prayer.

I am a messenger of light,
I am a pilgrim on the way of life,
I do not walk alone,
But I know myself as one with all great souls,
And one with them in service.
Their strength is mine,
This strength I claim,
My strength is theirs and this I freely give.
A soul I walk on Earth,
I represent the one,
In the centre of the will of God I stand,
Nothing shall deflect my will from his,
I implement that will by love,
I turn towards the field of service,
I, the triangle divine,
Work out that will within the square
And serve my fellow man.

continued overleaf . . .



The bottom circle in this case is the person, who has said, 'I will serve.' And the top circle is the will of God feeding in what is necessary. We have the square in the centre and within the square we have everything we need. In numerology the top circle is known as zero (or in some disciplines 1) and the bottom circle is known as nine when we return to eternity (and eight in other disciplines). Within that we have the seven rays – coloured on the diagram, red to purple. The first ray in the diagram is Will and the power which is available to us as serving beings upon the Earth. This gives us the possibility of uniting the mother and the father, the absolute, the pioneering spirit. We follow in the footsteps of the great minds of others who have gone before and if we are going to use it for the right reasons we will have access to that which we need.

The second ray is spiritual tension, Love and Wisdom, the Christ ray. Light is one thing, love and wisdom and service to others is quite another and we will have to combine the two. Until we can do that we will not be serving the light because we will either be giving too much love, loving everyone to death, or not enough love in disciplined form to those who are sent. So there will be an experiment to allow us to find our place within its administration.

The third ray is Spiritual Recognition. This means we need intelligence. We need to understand that while upstairs everything is perfect, downstairs we have to take the next step. That means taking the ceiling down and the floor up, which is perfectly acceptable providing we recognise the Earth is just another level of density of the Spirit – they are not in conflict they are in complement. We have to find that within ourselves before we can offer it to others.

The fourth ray is Harmony through Conflict. This means that as we begin to get the masculine and the feminine together, the upper and the lower, we are not going to achieve peace without going through a mini war first, so the harmony will come through conflict. We will own it, we will learn through owning rather than as a theory that we agree with. It will become a live demonstration – both within us and towards others.

This means we have to learn to use the fifth ray – the Union of Spirit and Matter. We will need to use the knowledge of people who have gone before. If we want to get into the future we need to go into the past and we need to see what equipment is available to sup-

port us. God starts where man/woman stops – we have to do our own homework and learn the mechanics involved within our skill remit so that we can work within our science diligently at any level.

The sixth ray allows Time and Space. We must have room to act and time to learn. We don't have to do it all by tomorrow. This is very important because as we look into the past, we use it as a jumping off point for the future, so we will be able to bring what we need into the present. Now the invisible world know that, they know we live in eternity, we can be devoted for ever but if we just take the next step forward, we have improved imperfections from the past and that is good enough.

We may not like that idea because we are impatient and so we will have to be put under the seventh ray, which is the ray of Discipline. This says 'let's be ordered about this, let's grow nicely, it is the way it is, it takes time for the pendulum to swing backwards and forwards, backwards and forwards, so we can plait from the seven rays what we need now for the current permutation'. It is sometimes irreverently referred to as 'milking the sacred cow' as under discipline we can take from each ray a permutation that we need for the next chapter within our development. We see this demonstrated again and again through nature on all different levels.

If we look at a crystal under a microscope, we have the circle of eternity. Within that circle is a triangle, the first symbol of life and we will see that the triangle has a square put around it because it has to go through the four seasons of the year. All four sides have to be balanced and then we have to take down the scaffolding we put up to support the growth. Then we have an open space and the problems are behind us. But we will have to be able to recognise this sequence and cooperate with it to move forward in joy. This is important. It is a repeating pattern, it comes together, it merges, it works, it cleans, it draws apart, and the next level comes together again. It's very beautiful. It is said that we have to go through these seven stages of growth seven times before we have a foundation on which to start.

continued overleaf . . .



Visualisation exercise on shrinking the pain.

If you prefer to listen to this visualisation – you can obtain it on the Second Aid tape, Meditation Three, which is available through the Resources section on the Second Aid web site.

Allow yourself to see a stone and allow that stone to be superimposed in a frame at the level of the heart. Then imagine all the pain you have ever experienced being tipped into that stone within the frame, suspended outside of the body. Then imagine shrinking it and shrinking it and shrinking it until it disappears into dust. Swallow the last speck of dust. See the new state of being come out of it.

Record your impressions

Recommended music – 5: ‘Child of the universe’ or ‘Careless Whisper’ – or any piece of your choice.

Listen to the piece and write down or draw your impressions to it.



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
Releasing History

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