

# The Monthly Oracle

Judy Fraser



## Phil Roberts story

As a general rule I look forward to whatever life has in store, while trying to live in the moment. I don't like to look back as whatever happened cannot be changed, and memories can trap you in old habits and ways of being.

Just sometimes though, it can be a useful experience to review the journey that got you here and learn lessons for the future. I found myself doing just this when I stumbled across the journal that I have used since getting in to the whole second aid thing (parts 1 to 3, workshops, retreats, reflections from meditation), and I started reading and re-experiencing some very old emotions, as well as meeting some old friends...

The journey from my darkness into light started in 1990. I was newly divorced. Just turned the

ripe old age of 30. Stuck in a job and a lifestyle I didn't like. I had developed an arrogance to protect me from difficult situations. Using destructive behaviours that I thought were appropriate for the world I was in.

I was confused. I didn't have a clue who I was, what I wanted to do, or how to get out of the mess I was in. I knew that I wanted to be a different, nicer, person, but I had lost touch completely with the younger, idealistic, artistic and wonder-filled person I had been. Someone I used to like. To this day I don't know when I started my journey from light into darkness.

The one good thing that life provided in 1990 was Ruth. We connected, we loved like nothing else mattered, and we chose to share a journey together. My life had taken a hairpin left turn.

## News and views

First do no harm

Thank you for the September issue it spoke loudly to me and made me think first about you, to me you have always been a rock some one to turn to when I have needed help the kindness you have shown to me over the years has touched me deeply you have been mother earth to me, I have watched you with members of your family the honesty the trust and respect you give to each other has shown me by word and deed how to be, the thing I like the most about you is how harmless you are to every one that you meet, the canvassing you did on your attributes were spot on, the fact that you are honest and speak the truth has help me greatly because I trust you and let's face facts that's not always easy for me to do, am writing this to say thank you to you and for taking time out to write the news letter, to be honest I want you to be what you have always been to me but I understand that things do need to change, bottom line is I think how lucky and blessed I am to have met you but I have never say it so I AM

Francess UK



Uphill. Through Ruth I got introduced to some great people including Judy. I didn't know that I should continue to move in this direction (my radar was still dysfunctional), but it felt like the right thing to do.

And so the pendulum swung and I started to embrace lots of new ideas and possibilities. I slowly began to realise that the biggest change had to take place deep within myself rather than with my job or other people.

I began to realise that I had to unlearn some unhealthy behaviours and attitudes, and begin a journey of exploration of the very things I was trying to avoid so that alternative strategies and ways of being effective could be committed to. Some hard work was required. And so I embarked on a second aid world of male/female, earth/heavens, past/present, and what it really means to be a human being. It was second aid that provided me with the practical tools and techniques to help my growth and development, as well as helping to redefine the framework for living.

I vividly recall the moment at which concepts like trust and surrender stopped being abstract, optional states, and became real. The vehicle for me to learn this was my lowest point in career terms, with some heavy corporate persecution stuff coming in my direction after I had elected not to bully and victimise a guy I worked with, despite a clear instruction to do so. I used what I had learned from second aid; meditation and checking in, I asked for help from the heavens and the earth (and Judy) and made it clear that whatever the outcome I would accept it with good grace. And lo and behold I moved on relatively unscathed and relatively intact. And it was at this moment that I knew that the management upstairs had come to my aid and supported me through a difficult phase in my life. And it was at this moment that I genuinely committed to a life in service. Completely and utterly. The word unconditional is used a lot, but this was the deal as far as I was concerned.

At this moment I was naked. I had finally found the courage to let go of the trapeze bars and wait for the next one to appear. I felt free and exhilarated, and the feeling has never really left me. I used this experience to get smaller and downsize my footprint and impact in life. I experienced a complete reversal of being; from expecting to dominate and control people and events, to taking a back seat and letting things play out, only getting involved when invited. I learnt about what it means to be humble. Sure, further challenges were ahead, but I knew I would

always be safe and that I had resources and friends in my life, for life, that would help me (and who I would drop everything to help if asked).

I had chosen to be vulnerable, and been given the chance to experience what that meant so that I could get rid of the protective cloak I had put on in my youth. I learned the true meaning of the words love, compassion, humility, and friendship.

The effect of all of this has been incredible. I must be the only business leader with responsibility for multi-million revenues that doesn't care about the numbers! By 'divorcing myself from the outcome' (thanks J) of whatever I'm doing, trusting in the process, and trying to understand what is really going on allows me to understand how I can be effective. If I can't I melt into the background.

I can say now that simply being around can be helpful, and I haven't always been able to say that without my ego getting a kick. Not necessarily being involved in an active way. I think I recognise when to get out of the way.

So here I am, looking forward to whatever life has in store, and growing younger by the day. I have successfully climbed the first rung in the ladder of life. There is still a lot to do, but that's the great thing because it means that life can only get even better. The trapeze bar appeared and I caught it, and at some point I'll let go of this one and

jump into the next phase of my life.

This isn't something I could have done alone. Ruth and Judy/ second aid have been (and will hopefully continue to be) a key part of my being. Friends, family and colleagues. And all of the people who I thought of as my enemies, but in reality they came bearing gifts (the first version said gits until spellcheck got involved!)...

Postscript – Since embarking on this journey I have used a number of techniques and forms of words to help me to connect with the heavens and the earth. The words I always come back to, and which still resonate for me today, will most probably be familiar to anyone that has participated in a second aid workshop or course.

No judgement, no blame, no victimisation, no bullying. Trust, acceptance and surrender. Love and compassion for everyone.

In particular these last two words still speak to me, and during a Glastonbury course a few years ago I drew, and then painted one manifestation of this. This is on the previous page. It's just a picture, but to me it is so much more. I hope you enjoy it.

## About Phil Roberts

Last 2 years - VP Business Development in an international people consulting business. Accountable for sales and marketing through a network of consultants and partners across the world. Defining and holding the standard for how we engage with the market. Working with multi-national clients on people

related challenges. Co-delivering workshops to help leaders and managers realise their potential. Coaching consultants, individuals and groups through periods of difficulty. Facilitating change.

10 yrs - Consultant NatWest, PSL and SHL. Helping individuals and groups increase self-awareness and insight, so that effective decisions can be made about career pathing.

Prior to 2000 - Financial Services, in many roles at all levels up to senior management. Leading large sales teams, heading up business management functions, and managing varied internal/external relationships.

What have I learned along the way? Invert the hierarchy, speak your truth, and keep on keeping on until you're ejected from the building

### How to Dance in the Rain

It was a busy morning, about 8:30, when an elderly gentleman in his 80's arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound. On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry.

The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's Disease.

As we talked, I asked if she would be upset if he was a bit late.

He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, 'And you still go every morning, even though she doesn't know who you are?'

He smiled as he patted my hand and said,

'She doesn't know me, but I still know who she is.'

I had to hold back tears as he left, I had goose bumps on my arm, and thought,  
'That is the kind of love I want in my life.'  
True love is neither physical, nor romantic.

True love is an acceptance of all that is, has been, will be, and will not be.

With all the jokes and fun that are in e-mails, sometimes there is one that comes along that has an important message. This one I thought I could share with you.

The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

I hope you share this with someone you care about. I just did.

'Life isn't about how to survive the storm,

but how to dance in the rain.'  
A tree that can fill the span of a man's arms;

grows from a downy tip.

A terrace nine storeys high;

rises from hodfulls of earth.

A journey of a thousand miles

starts from beneath one's feet.

– Lao-Tzu



## Consider arrogance

Last month a series of events caused some radical re-thinking as to where to focus attention on now. Actually it was made easy as one sequential event followed another. It culminated in my getting pneumonia and what a lot I learned. Two doctors in one day one so empathetic asked 'how long have you been like this?' 'About 10 days or so' I replied, 'I just thought the cold I had was not clearing up as quickly as it should!' The doctor listened, understood, was sympathetic, empathetic and so supportive.

Off for x-rays when another doctor read and explained what was going on it was with much good humour. "You are pretty fit for a woman of your age" he said. "Thank you" I replied "how many days until you would expect me to feel much better"? He smiles and even laughs and says 'by the time Christmas is over, and you won't be able to hurry this one'!

How different from those who hear on the grapevine and immediately telephone to gossip and to inform you that they would be round to see you. Why? They don't when I am well why now?! Braver than usual I tell the person concerned the medics have told me to keep away from those who make demands or 'take energy and to only relate with those who gift it or exchange it for the indefinite future. It is giving in to the demands made by the emotionally needy that got me into this mess in the first place!

Next to deal with those who decide to re-schedule your life and tell you what decisions you should make regards certain commitments that have to be rearranged. "You should do this", you shouldn't do that", "you should cancel this. Yes thank you for your opinion and for making my decisions for me, it is my body that is unwell my mind is just fine! Your concern is appreciated but if you would just let me have a little time and a little space then I will try to work our a solution that honors everyone me and you included.

One has to be insistent on creating the time and the space to go inside and to consult with soul guidance and with Earth reality as it stands. Only then will a working solution will be made known to you at which time you can pass it onto those who need to know. Those who judge and criticise do so from their criteria not yours, those who blame and condemn interfere with incomplete knowledge at this disposal.

Don't make assumptions

Yes these people are assuming they can help and support, yet their conclusions can be so deeply painful and counter-productive. No-one can fix it for someone else nor can they change the circumstances. We do not know why people face incidents, accidents and illness on occasion particularly when it is group related. All we know is that they do. The people we acknowledge are the people who keep things simple and those who supply specialist

information in answer to a question.



One just disregards those who feel the need to tell you the deeper implications as per their edict. Not to mention those who claim to know more than a.n.other due to their privileged position in your life. If you do not supply information then some will make it up and pass it onto others regardless of the inaccuracies. So what happens is that you tell all as little as you are able to get away with knowing that this too will pass.

Blessed are the humble and the meek. My prayer is that I will never invade another's space uninvited. And if I am lucky enough to be included I will be gentle enough not to get in the way or to take over. Nor will I assume or presume I know what is required to another.

What have I learned? To be a lot more discerning. To be more upfront and honest in stating my case. own needs rather than only thinking of others surrounding me. To 'own' disappointment and to take responsibility for discharging it

without others even knowing their part within a scenario. To understand that others are not in the same place and to compliment their efforts as best one is able. To also recognize that you are 'allowed' your own viewpoint as they are allowed their own.

On friend always says they agree or they disagree at the end of a discussion. No argument or anything. In the early days I felt I should care as their opinion was pronounced. The truth at the time was I didn't but did enjoy teasing my friend and as she has a

great sense of humour and the ability to hear the less than pleasant the friendship deepened.

This whole experience has enabled me to see more clearly what I don't want which leads in turn to what I do want. Not there yet but well on the way. Out of confusion will come new order, out of illness will come wellness and a realistic work ethic and time for fun and friendship as well. When people ask 'how are you going to proceed' the answer is "I don't know, when I do I'll advise you if you are still interested that is."



Until that time today's equivalent of chop wood, fetch water will be just fine.

## Deeper identification with the soul

Often we project cruel behavior onto another and blame others for what is occurring around us. Yet like it or not it sources through us and from us - we may not be ready to see this as yet, whereas we are able to observe this within another with ease.

Rigid and stiff opinions presume arrogance. What is meant by this? We take for granted our right to input and inform and assume we 'know' that this is wanted and is acceptable in the eyes of another. This is a liberty if without consultation we encroach on the territory entrusted to another. We inflate our importance and so reduce and degrade another forc-

ing them into a position of becoming less of who they are.

And within a group dynamic it is not so much what is said, it is



more what is contained behind what is said. A sensitive will experience what appears to them like a kick in the guts, yet if we confronted the person who delivered that kick, they

would claim absolute ignorance and respond by saying they were upset that we could even have considered such an option.

So what to do in this frustrating, impotent and hurtful scenario? Free and forgive those who brought this matter to our attention. Then look within and try to find the first time we ever experienced a similar situation, it was possibly when we were very young and when we were unable to articulate the subtleties we were experiencing, and yet the feelings were oh so real. Only when we recollect and upgrade to where we are now can we be freed and so free others. This is a celebration although some would consider the freeing of another to be a loss.

As life assists us in recalling the ancient via a situation that is



occurring now we find our ego is of no use to us whatsoever, in fact it appears to be not just out to lunch but out for the duration! We have to go deeper and identify with our soul for nothing else is able to hold us secure. We feel disinterested in everything, we want to sleep or be mindless. We need to give permission to this vacuum and move into it, welcome it rather than try to avoid it.

While in this place we examine our ethics and observe the ethics of others. Do we validate and honor the skills others present? It maybe that we know someone who is able to be truly honest as to where they are in relation to ourself. It maybe someone is the

most gracious and generous host/hostess. Perhaps someone has a willingness and a level of care that allows them to do someone we are unable to do for ourself. Or maybe someone has a lengthy skill and training that makes their job appear so easy we forget the years of dedication and training that allows it to appear so.

We learn to thank those who appear to try to take over from us, sabotage, or ridicule our input for we are being more egoless, we are being shown that we are very good at what we do and able to gift this onto others. The egos of others thinking they are able to cope with the come back and the shadow that others attract well

ahead of having the capacity to be able to do so. Well let them try but please God they do not harm those who join them. Although they will be allowed to proceed to a certain point, life circumstance will then move in and call a halt to activities that could be harmful to those taken in by others claims. The innocents who were swept away by the propaganda and the publicity and did not know that those purporting to facilitate were unable to cope with extreme reactions that maybe provoked within the psychic realms. Only those able to get above these and deal directly with the spiritual get obedient to the laws of life are safe in their service towards themselves and others who seek them out.

It does not stop the sadness engendered or the grief at being targeted, nor the grief of the taint that is now within those we care for as a result of another's conclusions about us. But it does enable us to understand, to become more aware and compassionate towards all. And we begin to realize that we can love more unconditionally and in a more detached manner, leaving others to have personal realizations in the fullness of time for themselves without our interference.

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Judy -

Thank you very much - I got your October newsletter yesterday.

And I'd like just to add my comments to the others for your newsletters have been such a source of comfort, guiding and supporting me through turbulent times and new and uncharted waters; the notes from your workshops I return to still and each time there seems something now understood and integrated and each time still words that have yet to bring forth their meaning. So I'd like in my turn and at this point to thank you for all these gifts.

love

Christine