



HOW SAD AM I?

When we watch peoples behaviours and perhaps our own what do we see? How much selfless service is there? Do we take responsibility for our own lives and our own behaviours? Do we want to be a master of all, take control of the lives of others and have them serve us by doing our dirty work? Do we feel as if we are a servant or servile to a faceless master/mistress doing what they apparently do not want to do while they swan off doing as they please or so it would appear to us.

A change of attitude is required for sure. Selfish to selfless for one and all. If we are to reverse history then we must go out of our way to ensure equality. We must agree what work is acceptable to us and what we need from one another. Only then can we willingly do our bit while another

does theirs. Even that is up for regular review.

Have you been feeling oppressed

If we take a small sojourn around the planet and across time, we can study ourselves by discussing some of our ancestors, in terms of their general overall themes. Many cultures based their life patterns on spiritual or mystical expressions that gave purpose to their existence. It was essential to find a place for themselves within the infinite scope of the universe.

They found the explanation of all things through creating cohesive mappings of interconnectedness. They described human purpose through their relationship to the elements, the spirit of all things, the mysteries which they named and with which they set up elaborate symbolic and ritualistic forms of communication. They based their reality upon their re-

Second Aid News

Hi Judy,

Just wanted to say a big thank you for the newsletter it was insightful, timely and of course totally in-tune! No different than usual really! Seriously I just wanted to say thank you..

A big final thank you for Second Aid and all that it represented, for the short time I have been around it and you, it has changed my life completely, for the better of course and I would not be where I am at this point without you or indeed have arrived so comfortably! A big big thank you right from my heart.

Love, Jody Herts UK

Hello Judy,

I await with interest to see whether the management lets you put down second aid for ever or just for a respite!!!!

Love John France

Hi Judy,

I know I have said many times before that I really appreciate the letter, it makes me laugh, cry, inspires and guides me. Thank you for your time putting it out each month.

Much love, Denise UK

relationship to the gods and the mysteries of unseen worlds.

The Atlantean culture has been the genesis of many civilizations. They left their mark more than 50,000 years ago. The Atlanteans communicated with beings from around the cosmos and though they were more focused on the galactic aspects of technology and the theme of manifestation, they originated what later civilizations concluded were gods, through their manipulation of genetic pools and their capacity to actually design new species. They played with combining genetic material and created such beings as the centaurs, the Pegasus, and many more, who became the creatures we know of through Greek mythology.

The Atlanteans interfaced with giants and Cyclopes and other 'experiments' of their own making and those sent from other parts of the galaxy, before overstepping their place and destroying themselves. Just prior to that cataclysmic event, some Atlanteans migrated to other conti-



nents and seeded future cultures. Their exodus quickened the Egyptians, Hindus, and Mayans, who later passed down to the Greeks, Romans, Incas, and Aztecs the mythologies born of Atlantean experience.

The Egyptians developed their strength through levels of aware-

ness pertaining to other dimensions and even other worlds.

There can be no doubt that they were influenced by beings from beyond Earth, as were the Atlanteans. They used their light, small bodies to help them travel through the underworlds and beyond. The Egyptians and Mayans both sought to alter the shape of their heads to mirror some form they perceived as having spiritual attributes through those specific body shapes and features. They used external measures to slant the forehead back and back of the head (to enhance the 'enlightened' powers of the priesthood), perhaps to copy what they had seen elsewhere.

It was not just 'Gods and Galactics' that we inherited from the Atlanteans; we also have inherited their central theme of the use of power. Along with splitting the androgynous body into separate the male and female parts, they became focused on individual will. The Atlanteans discovered the challenge of personal power. They misused it and today we are enmeshed in the very same point of choice that was presented to them. Hopefully, we will choose Spock's axiom 'the good of the whole,' rather than 'the good of the one,' and come to recognize that we must work together. It is too late for the old 'King of the Mountain' game on our planet. There is another way.

The Romans brought the game of power down into the physical realm. They had bodies made for carrying heavy armor, with thick legs capable of marching and conquering. If you have these physical attributes, consider what

you might learn about the art of conquering now, and how to express that very yang/masculine energy in a way that really serves the whole. The Romans utilized the yang elements of manifestation and structure to build government and human law as a way of focusing life and culture.

Through their philosophies, the Chinese also created laws of living and used them for divine inspiration. Both the Chinese and the Tibetans were influenced by the Lemurians, who had a very advanced civilization with a magnificent social structure that predated the Atlanteans. There are more esoteric theme bodies to contemplate that speak of our relationship to the other worlds and realities. The heart-shaped face of the devic kingdom that represents the nature spirits can be seen in all cultures. The angelic realm holds profound teachings about unconditional love, visibility, and patience. The various 'races' of angelics are quite discernible to us. There are many variations of the galactic themes which might be hinted at by the slant, size, and shape of the ears. The galactics inspire our admiration of their advanced technology and mirror our own dilemma of discovering the connecting link between technology and the spiritual realms.

What kind of a world will we make next and where will our priorities take us? It is up to each one of us to truly serve the greater selflessly. Are we capable or will self-interest and selfish disregard of others win the day again.

This is a true story.

July 20, 1969, as commander of the Apollo 11 lunar module, Neil Armstrong was the first person to set foot on the moon.

His first words after stepping on the moon, 'that's one small step for man, one giant leap for mankind,' were televised to earth and heard by millions. But just before he reentered the Lander, he made the enigmatic remark 'good luck, Mr. Gorky.' Many people at NASA thought it was a casual remark concerning some rival soviet cosmonaut.

However, upon checking, there was no Gorky in either the Russian or American space programs.

Over the years many people questioned Armstrong as to what the 'good luck, Mr. Gorky'... statement meant, but Armstrong always just smiled.

On July 5 1995, in Tampa Bay, Florida, while answering questions following a speech, a reporter brought up the 26-year-old question to Armstrong.

This time he finally responded. Mr. Gorky had died, so Neil Armstrong felt he could answer the question.

In 1938 when he was a kid in a small mid-west town, he was playing baseball with a friend in the backyard.

His friend hit the ball, which landed in his neighbor's yard by the bedroom windows.

His neighbors were Mr. and Mrs. Gorky. As he leaned down to pick up the ball, young Arm-

strong heard Mrs. Gorky shouting at Mr. Gorky.

'Sex! You want sex?! You'll get sex when the kid next door walks on the moon!'

Catch on and catch up

We do not have to participate within the dramas that others engender. How do you want to be and what do you want to offer to the world. It is an integral part of our soul path and as such we have everything we need within us whether that is a music score, a script, artwork or an architect's plan. Connect to it and we can have whatever it is we need to make it happen. First we have to get go the old, old responsibilities have no relevance now. If we struggled to bring up a family and they are all grown and have families of their own then that struggle is well and truly over but have we caught up with that fact?

This month will be more forceful and we will become overloaded if we have not jettisoned what we no longer need around us. We have been re-wired and we are ready for the off, the rest and the fatigue that comes with the forward movement are done. We are ready to move into our new role and purpose and take the responsibilities that have been entrusted to us. So much will be going on we need to adopt the role of the detached observer almost as if we were watching a movie of our life. Only when we stand back a little are we able to 'see' 'hear' and 'feel' our way forward and only next month will we begin to understand the fuller

implications. Be gentle and be patient.



Just Say "Yes"

Ever notice how easily your initial response to something or somebody is so often one of resistance? You literally can feel the "no" arising in your body; the wall going up around your heart.

Or how about the times where your initial response is "the attraction factor"? There's a mindless, undeniable pull in your body; a rosy glow bathes the object of your attention.

And then there are the times where you just couldn't care less about something or somebody new. Your response is indifference; your attention quickly moves on.

This is the work of your amazing mind. As soon as it "sees" something, it needs to categorize it. Mind wants to put things into an orderly pattern, based on its prior experience. And then assign a neat, tidy label: good, bad or indifferent.

Once that label is applied, it's all over. Your conditioned response kicks in. Good? "Give me more!" Bad? "Get me out of

here. Quick!". Indifferent?
"Not worth my time."

At its simplest level, this is how your mind works. Automatic responses, automatic labeling, based on years of conditioning. The result? You're trapped in a rigid point of view. Believing what you believe, doing what you do, without really knowing why. Even when you think

comes your way? Absolutely not. It means practicing staying open to what presents itself in any moment. It means being willing to experience what is happening with attention and care.

Life is full of new, delightful surprises. Each moment is fresh, unpredictable, and will never be seen or felt again. Trouble is,

unsatisfying. Which is what keeps you restless and searching for more.

There is an incredibly bright, vivid life unfolding every day. And your mind thinks it's doing you a favor keeping life cloudy and dull because it worries you'll be blinded and never see again. Hogwash.



you're the most open minded, flexible person you know!

There is an alternative. It's to practice saying "Yes."

"Yes."? Doesn't that mean willy nilly agreement with whatever

your conditioned mind thinks its job is to keep you safe and secure. Mind works very hard to make things orderly and repeatable. Control freak for sure.

And while the result may be predictable, with an illusion of safety, it is ultimately dull and

You are brave and you are wise. You'll know when a situation really requires you to get the heck out of there. You'll know when you should stay. And you'll know exactly the right thing to do.

It might be an experience of pain. Practice saying "Yes."

Open to its energy; allow it to move on.

It might be an experience of joy. Practice saying "Yes." Open to its energy; allow it to move on.

It might be an experience of boredom. Practice saying "Yes." Open to its energy; allow it to move on.

No matter what the situation, saying "Yes." opens a world of possibility and exploration. You can learn to recognize your habitual, instinctive response to protect yourself. You can learn to be gentle with yourself as you recognize how hard your mind works to keep you separate from this amazing experience of life.

And you can learn to be gentle with others as you recognize your habitual responses in them. Reminding yourself that theirs may

look and feel different from yours, but underneath it's all the same. Give your over-worked mind a rest. Just say "Yes."

About Ellen Kozul Ellen is an explorer, looking for ways to bring meaning to life and to be a good human being in this world of ours. She knows that meaningful change comes when you

Create an environment that supports practice, exploration and making mistakes;

Use a problem solving approach that focuses on doing more of what already works well;



Commit to helping people learn to really listen to and talk with each other.

PROCEED

UNTIL

APPREHENDED

Now we must wait in the space occurs. As a tree grows bigger

KEEP YOUR COOL

The old chapter is a done deal and we must grieve it's demise. Possibly when the parting occurs we will find we are not as upset about it as we anticipated we might be. It might even be quite a relief! If we feel like that then we feel guilty. All of that belongs to the past and it must be relived and released at every level of our being.

We can feel overloaded, sad, and really depleted. The tank of 'energy' is well and truly empty and we possibly feel somewhat flat, hopefully not flattened!



as the new energetic template enters into the body. It is far from hopeless rather it is full of potential joy and beauty. It is important to focus on this while we wait in the space to see what

and flowers over a bigger area it must strengthen its roots accordingly. At these times it is not easy to operate within the mainstream beyond our capacity to do so. We need to get away to

observe nature and to rest. We may need to as we may feel very tired. And with the new information coming in thick and fast we need time to contemplate what is for us and what is for another. We haven't lost our way we are becoming more of who we are. Breathe peace into the beleaguered body and trust the Management to manage. We will know what is required soon enough.

.....
 Don't tell God how big your storm is;

Tell the storm how big your God is.

MORE LETTERS

Oh my goodness! I must have miss read it! But as my eyes retrace their path, yes, Second Aid is closing down after thirty years. My mouth goes dry and there is a churning in my "stomach" What now?

As the fog in my mind clears I reflect on the many years I have been lucky enough to have been involved with Second Aid. I become mindful of the many gifts that Judy has passed on to us all over the years, the courses, retreats, workshops and tours. Of the many journeys we have undertaken together, physically, intellectually, emotionally and spiritually. I think of my fellow travellers on the road and the many friendships that have been forged along the way.

Judy's spiritual teachings have exuded a wonderful philosophy for life. It is impossible for me to

express how Second Aid has revolutionised every aspect of my life, and so the lives of those around me, just as it is impossible to express the depth of gratitude and respect I have for Judy, professionally and personally. The tears of despair, sadness, joy and enlightenment that have been shed over the past seventeen years, must have been sufficient to create a new ocean.

In the darkest night time of my fears, Judy was there holding out her hand and showing me the way and the light, speaking the peace and the calm that I needed to hear. As I took my first faltering steps she guided me with compassion and truth. Over the years I came to walk with more knowing and confidence, always grateful to have the opportunity to "touch base" by attending a new course, whether it was for a day, a few days or even a fortnight, like many others I have travelled the world to be there! Alongside the brilliantly appropriate teachings and guided meditations was the opportunity to meet again these special friends with whom I have grown up.

So of course it was with mixed feelings that I light a candle to give thanks and bless Second Aid on it's way, the initial feelings of loss and sadness are replaced by a profound gratitude that our paths crossed at all. Will I cope in life without Second Aid?? Of course I will, the solid foundations of Second Aid's teachings have led me to be able to i) live more effectively, ii) unite more effectively and iii) grow more effectively. As a grateful beneficiary of Second Aid's being,

from learning so much, I now live it with more joy and more abundance than I ever dreamt was possible. The legacy that has been left will live on.

With love and so many thanks
 Sara Sussex UK

Interesting to read the newsletter, It feels sad in a way that Second Aid is no more but the essence of it is still with you and always was, and so the work goes on. Maybe we have all graduated or at least become more adult now. My gratitude for all it meant in my life will always remain and again I am touched by your card it seems confirmation to me of how far I have come, thank you.

Dilys Australia

Have just read the newsletter and, once again, have got so much out of it. Thank you and keep up the good work.

Maeve UK

"Come to the edge" he said.

They said: "We are afraid".

"Come to the edge" he said.

They came.

He pushed them . . . and they flew.

- Guillaume Apollinaire -