



Second Aid News

Happy Harvest - the Autumn equinox is upon us again. Where does the time go? We are gathering in the harvest clearing the ground and fertilizing it in preparation to seed it once more.

We live through and administer what is required for the crop from this year to be treated, enhanced and distributed. Then we research and prepare for what is to be invested in next.

Understand and acknowledge what has been achieved. We need to begin to look for what we think is missing in our life. For only then are we in a position to be able to seed the fertile soil as we consider the year to come.

Be watchful as to what and who is of interest to you now. We are not dismissing all else we are just catching up with where we are now. It is in our own interest and the interests of all others that we do so.

To be self-aware is a gift not only to ourselves, but to all others as well. Only when we are can we gift our experience to all others who may have need of it. Trust the process.

FEELING NOT QUITE HERE

Where do feelings come from and whose are they? Do you feel depressed, if you do you are looking to update your form of expressing. Do you feel anxious and is that anxiety yours or are you picking it up off another? Have you had unexpected feelings of panic when the unexpected has occurred? All of us are increasing in our sensitivity and that requires us to move from one space to another inside ourselves. Sometimes that means we just do not mix with people we have done in the past.

It is a time when we cannot manipulate life nor can we control circumstances. We just have to wait (nicely) until we can begin to understand what is going on. It seems as if nothing have changed and yet everything has. We know things are moving but we

haven't got a clue what that means as yet. We have to wait for the new form to arrive and when it does leave the past behind us. That may mean people, jobs, locations or whatever. We feel a little sad at the ending of an era, but soon enough somewhat excited and stimulated at what is to come.

If we decide what is what we are on a hiding to nothing. If we recognize our skills and preferences and state them clearly, we will find the way forward but maybe not in the manner we anticipated! One of the side effects can be feeling of insecurity and inadequacy as we question our worth. Are we being promoted sideways and forgotten about; are we going off planet; being made redundant or what? The questions are endless and the answers

in short supply! We need to follow the clues but have lost the will to live! Apathy and fatigue abound. Our defenses are down and we can feel vulnerable. Some hide this well by appearing harsh in their external demeanor.

Deformation or dissolution come before reformation and a new view appearing. So we say goodbye to one chapter and hello to the next simultaneously. Death and rebirth is a continuing process. The ego self being worn away to enable the reclaiming of the soul purpose we came with.

Thick and fast

The changes are coming in fast and they affect big collectives as opposed to a few individuals. We need to ask and re-ask 'who am I now'. We have changed and evolved and are not the same people we were. So rather than an automatic response we need a few moments silence to enable us to catch up with what we think now, rather than responding with an automatic reflex action.



We will not be noticed or noticeable to those whose space we are leaving and we will find ourselves not wanting to be with people who have not troubled us in the past. As we pass the old from our system it is the physical body that takes the 'hit' if we have not

been attentive to our meditation practices. Anything from a broken limb to a virus and all stages in-between. Whatever needs to be sloughed off will be. We are literally being reassembled by a technology well beyond our understanding.

We are not being punished or sacrificed just moved on. Equality and freedom to be who we are is paramount at all levels. We will not suffer if we co-operate with the process. If we try to remain in the same place we will experience extreme fatigue, we cannot do what we have always done. Not least because it is not required anymore.

We must find our soul families now and band together. It does not mean we abandon our genetic families but we may not see nearly as much of them from now on. They may not belong to the same soul family as we do and they will need to find their own. Less of 'I have to' and more of 'I want to'. This is not being selfish it is allowing yourself to be led. Surrender is the key to the doorway.

Letting go

Surrender is saying goodbye to what has gone before, and can bring with it a feeling of loss. We realign to who we were prior to doing what we have been doing in the more recent past. We become less visible to those who want us to do what we always did! And if we are not into problems, dramas, crises and gossip then we are unable to see and to be seen. We only need to give our support when asked to give it. If we constantly try to do

what we always did then we will land up feeling as if we have been beaten up, worn out and victimized.

At times when one phase gives way to another it is easy to feel sorry for ourselves and overloaded, remember we are never given more than we can handle it just feels as if we are! As the past gives way we feel better. Be simple, get satisfaction from little things like assembling a pre-packed stool, getting the housework done etc.

We are not in the same place or space and we are not in control. Hand over to the Management Upstairs and choose to respond to the confusion with the grace of an adult rather than the reactivity of a childish ego. Let the spirit call the shots and lay the ego to one side.

Where do we belong now, it certainly isn't where we once did. This is a common feeling when we are raising our levels of awareness. We don't fit in anymore we have been shaken free of the space we once occupied. It is quite an isolated and sometimes lonely place to be. We envy those who continue just as before, and we know we are no longer a fit with the old but the new has not arrived as yet. Panic attacks, hyperventilation, headaches, anxiety, feeling 'stitched up' are all common reactions to this stage. It is common to feel constantly hungry and to overeat at this stage in a physical attempt to bring in the new, and food tastes may change to.

Wait and trust

We need to rest and make life as simple as possible at this stage, back to 'chop wood and fetch water'. And keep as focussed as possible in the moment, otherwise we find ourselves driving from one place to another without having any recall of people, traffic, direction or routing. Although we may think we would rather be painting a picture or reading a book right now we are driving and need to take responsibility for staying in 'now' time.

Seek out innocent fun, observe children and listen to them they can be so funny. Keep away from being too involved with the horrors reported hourly. Stay in your world at this time and leave others to be within theirs. Enjoy nature and be empathetic towards the earth. Send a kind thought to those seeking to bring balance and sanity to a world disrupted by prejudice. Barack Obama springs to mind immediately. Create community in your mind, through the telephone, the computer and support those who seek you out. There is no need to travel vast distances anywhere near as much as we once did.

A friend of mine was telling me he was out to dinner with seven others and each and everyone of them proved to be a different nationality. They all got on fine and there was no need to make a problem out of it, they crossed language, custom and culture and all enjoyed the experience. We are at the point where the Autumn equinox is upon us and a quintessential harvest begins. We can reach higher and deeper freed from the old wounds and scars of experience that are no longer relevant. We do not need

healing if we are not wounded in fact it is detrimental as it pulls us back into the old ways of being. Growth is a natural state and happens all on its own. So does spiritual development but we have to have the time to develop our character in order to be able to sustain it. Our response to the development of this character are what we have to let go off and to catch onto and up with a more mature and gracious way to be.

Finding balance

If we are to transcend we must recollect and recall times of extremes. What an interesting exercise it has been to me to have more direct contact with some of those people who receive this newsletter Those who have not received a copy, or there has been inaccurate recording of their information or some such thing has occurred. First the wonderful and the gracious with their comments like 'an invaluable service', 'it is the content', 'well done on getting it out', 'great job' and so on. To these people who really treat others like equals and value the particular skill that is required to give that service thank you. You are truly blessings in my life. Then there are those who have said 'it is so cheap why don't you put the charges up?' 'Can we give more'. Thank you for your appreciation and your generous and noble courageous spirits. Conversely there are those who have said how things could be improved on first attempt. 'I looked at the list and my friend was not on it - why not?' Well probably they were on another one, there are sixteen groups in all! 'I paid and

have not received and my subscription should run until next year'. And so it has gone on.

Thank you all I have been reconsidering my position all around. The newsletter takes a lot of work and a lot of time Pay Pal charge 1.10 per european transaction and more outside europe. Distribution numbers are down but interestingly rising by the day. Do I still want to do this - yes but in a different way. To move off this subject for a moment or two. I have a couple of friends one of whom is a branding manager and the other someone who supports honorable business practices. They decided to have a brand meeting with me as the subject. We had a great laugh but it also was an invaluable exercise. The vision - it was decided was to reconnect people with their spirituality. The mission to recognize and develop potential within the current global transition with me acting like an oracle. The promise from me being that people will get what they need to move on. My attributes being that I was intuitive, wise, shy, uncompromising, direct and honest. The value of this to the client being an honoring of diversity and a recognition of oneness. A thank you to those who were canvassed for their input and their view within this exercise.

So the newsletter is a medium in which information of value can be offered as a guideline or a map monthly. Whether people just use the facility or take it for granted is not really my business it is theirs and yet a laborer is worthy of hire. A dichotomy especially when my charges have

remained the same for many many years fifty pounds sterling, seventy five euros for an hours telephone or email consultation and 22 euros per annum for the newsletter. Meditation sessions of a hour's duration on a 5 euros minimum suggested donation basis. And that gave me the clue I needed, all charges will remain the same but in each aspect the charges quoted are the minimum suggested donation. To those people that have to be chased for payment or who dishonor the arrangement the service offered will be withdrawn. In all areas there are those who receive a free service and that is my choice. To those to whom this applies, thank you for trusting me with your truth as to your circumstances and it is my privilege and my pleasure to continue to serve you.

Trends

Last month we were trying to find out where we fitted without being over self-centered. What is it 'I' am now without detracting from what anyone else is now. This month we seek the opportunity to achieve harmony between soul and form in order to be able to express the spirit. We try to produce through silent activity the emergence of the soul vibration and enable it to find expression through form. To gift this service to others we need persistence, endurance and continuity of effort and must guard against pre-occupation with form, self, detail, the mundane, over-attachment and possessiveness. Moving onto making choices, getting organized and the creation of new order

when being indecisive, fluctuation, apathy and the failure to make choices become but a distant memory. Later next month we take a look at where we are and face what is known as the 9 headed hydra. The challenge on the physical plane being that of



sex, physical comfort and financial security. On the emotional levels fear, hate and personal ambition and on the intellectual pride, arrogance and cruelty All forms of evil (wrong living) and not a part of good (God) living. We must produce goodwill to and for all.

This is exactly why we have timed the PIE retreat when we have. We want to manifest a live demonstration that will hopefully inspire others as well as the three of us. It is a big new event for us - and it is the only public group offering that I will personally partake in this year. Although there is a possibility that there might be a three day event in December in the UK my feeling is that it will be postponed due to outside circumstance until the spring of next year.

If you want to create the opportunity in your life to continually improve without crisis, then join us at [The PIE Retreat](#). We would love to meet you there so

we can create and be a part of a forum of the future. Each of the three of us will attract people from our background and as each of us have been successful in what we have been doing it will be fascinating to have the opportunity for all to meet each other and cross refer. We hope to meet you there.

It's harvest time

Traditionally the Autumn Equinox marks the time between summer ending and the harvest being safely gathered in and the autumn beginning. Time for resting, planning, celebrating, making necessary adjustments as we plan investments of time, resources and energy for the times to come.

We discuss, with others areas of interface and where we are able to work in compliment and harmony. Working in tandem requires parallel intention and the capacity to unselfishly share our skills in the service of a greater project.

These are the people we need to connect to and with. Others will begin to just fall away and disappear. The cogs of the various wheels meeting and beginning another chapter of a journey.

Placements are in the best interests of all even when we do not understand the working as yet. We need to pace ourselves and move gently and harmlessly so others are not damaged by our passing. Make the commitment to serve and all will be placed where they need to be.

THE TONGUE CAN BE YOUR WORST ENEMY!

Your words, your dreams and your thoughts have power to create conditions in your life. What you speak about you can bring about.

If you keep saying you can't stand your job, you might lose your job. If you keep saying you can't stand your body, your body can become sick.

If you keep saying you can't stand your car, your car could be stolen or just stop operating. If you say you're broke, guess what? You'll always be broke.

If you keep saying you can't trust a man or trust a woman, you will always find someone in your life to hurt and betray you.

If you keep saying you can't find a job, you will remain unemployed. If you keep saying you can't find someone to love you or believe in you, your very thought will attract more experiences to confirm your beliefs.

If you keep talking about a divorce or break up in a relationship, then you might end up with it. Turn your thoughts and conversations around to be more positive and power packed with faith, hope,



love and action. Don't be afraid to believe that you can have what you want and deserve.

Watch your thoughts, they become words.
 Watch your words, they become actions,
 Watch your actions, they become habits,
 Watch your habits, they become character,
 Watch your character, for it becomes your destiny.

The minute we settle for less than we deserve, we get even less than we settle for.

In the search for Me, I discovered truth.

In the search for truth, I discovered love.

In the search for love, I discovered God

And in God, I have found everything.

Be blessed and watch how circumstances and situations begin to change when we change the way we speak.

WORDS TO MAKE YOU SMILE

This is a lovely story about the bond formed between a little girl and a group of building workers. It's allegedly true and makes you want to believe in the goodness of people and that there is hope for the human race. A young family moved into a house next door to an empty plot. One day Joe, Steve and a gang of building workers turned up to start building a house. The family's five year old daughter naturally

took an interest in all the activity going on next door and started talking with the workers. She hung around and eventually the builders, all with hearts of gold, more or less adopted the little girl as a sort of project mascot. They chatted with her, let her sit with them while they had tea and lunch breaks, and gave her little jobs to do here and there to make her feel important. They even gave her, her very own hard hat and gloves. At the end of the first week they presented her with a pay envelope containing



two pounds in ten pence coins. The little girl took her 'pay' home to her mother who



suggested that they take the money she had received to the

bank the next day to start a savings account.

When they got to the bank the cashier was tickled pink listening to the little girl telling her about her 'work' on the building site and the fact she had a 'pay packet'. 'You must have worked very hard to earn all this', said the bank cashier. The little girl proudly replied, 'I worked all last week

with the men building a big house'. 'My goodness gracious', said the cashier. 'Will you be working on the house again this week as well?'

The little girl thought for a moment and said ... 'I think so. Provided those w**kers at Jewson's deliver the f***ing bricks ...'.

EMBRACING LOSS

If we are to proceed we have to recall loss and embrace it as an inevitable part of our learning to date. We are reluctant to do so as we try to brush old pain under the rug and forget it. It will catch up with us in unexpected ways and we may not even understand what is going on. Perhaps we go to a movie and are touched at what appears to us as a poignant moment and tears spring to our eyes.

Is it the story line or has it touched a heart string? Do we need to understand and recognize something significant to our learning of old prior to being able to be free enough to proceed on our journey through life? No longer do we walk away now we walk towards and embrace the past pain and hurt so as to be able to move beyond it. Otherwise it is too easy to attract more of the

same, rather than something completely different.

It may take us more than one go at it to realize what is going on. Initially we may find ourselves shedding a tear or feeling very sad without understanding why. Don't dismiss it think about it. We disassociate and dismiss too easily. How does it relate to our own experience, what are we trying to understand.

To acknowledge and to understand gives us a passport to freedom. To dismiss attracts more of the same. As we think we realize that we have encountered profound pain which we re-embrace only then are we freed from it. That creates the space to be able to claim joy and contentment. We may not know how, when, where, with whom or in what form this will come.

The principle is all we need initially. That becomes our prayer, then we can safely release it to the Management Upstairs and life to organize the details and in the fullness of time contentment and joy will follow. Create the space, clear the space and wait nicely.

In fond memory of Barney Easton Willowbanks, Dunscore, Scotland who transcended this life on Monday August 18th 2008. Barney was a man who made an impact on all those he knew. He will be sadly missed by those he has left behind. Our thoughts and prayers are with his wife and family.