



second a10

Focus on
**Security During
Changing Times**

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Focus on **Security During Changing Times**

Guidelines for working through modules

We recommend that you work through one section of this module per day. Read through the section and allow yourself to re-experience feelings that need to find an updated expression and decide on an attitude that could be considered more constructive to holistic practice than the one you have had up until now.

As you work through each section of this module, it can be helpful to write down your impressions in a journal or tape or illustrate your experiences as you progress through your journey of inner transformation.

Complete any exercises and answer any questions. A suggestion is to read a question and to write your immediate reactions to it. Go for a walk, then have a cup of tea/coffee or do something else. Then come back at a later time and write more as you surrender and decide if you are ready to forgive yourself, others, circumstances, environments, personal habits and so on. Then spend a few moments in contemplation prior to proceeding. At this time just to decide to begin to let go of resentment and to forgive begins a process of healing.

At the end of each day, note in your journal what your attitudes were, how you were feeling and how your body responded over the day as well as anything else of importance.

Working with the text and the diagrams

The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body memory. This will take time. Your intuition is the most important factor in facilitating this process. The diagrams in the module are to help you free up your intuition by triggering a helpful energetic response in your mind to support your study of the text. You do not need to 'understand' them. Just look at them and let them speak to you intuitively. Over time, your study of the text and contemplation of the diagrams will form an association with each other.

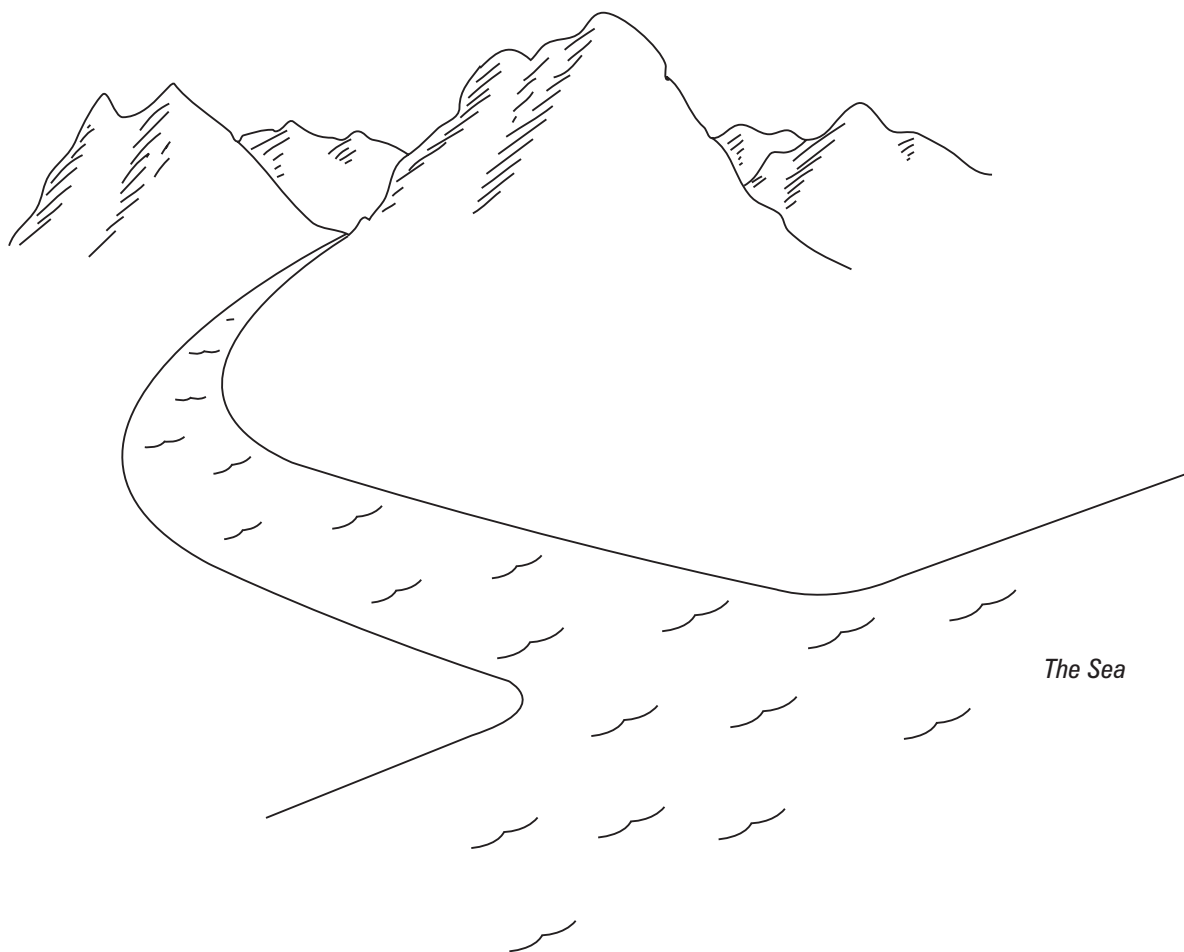


Section I

Change

Who am I? Where do I go from here?

Without losing identity, project a constructive future
and what you consider to be a destructive past.
Focus concentration and give hope, renew flow
within the rhythm and harmony of nature.



Possible

Dam - Stagnation - Falls - Rapids - Pond -
Side track - Removal from central flow

Impossible

Reversal of direction



I Change

Everything within the Universe moves; it moves at different rates. Mountains move very slowly but they do move. Vegetables move, animals move, humans move – all at different rates. If we want to get a fix on our life when it's changing too fast we can do it in the same way that water flows down out of the mountains to the sea. Water cannot flow unless it is supported by the Earth foundation underpinning it. It is possible to create a dam but if the pressure gets too great the dam walls break; it's possible to stagnate for a while but stagnant water smells and will need to be flooded if it is to flow. We can shoot falls and rapids but we may lose ourselves as we do so. We may find a quiet pond to rest a while and that's fine. We may remove ourselves from the central flow and go up a tributary and have a nice picnic or whatever we do, but once change starts, it is impossible to reverse the flow and we must accommodate it, move with it and find our place within the changing circumstance as best we can.

Self-reflection exercise – colour in the previous diagram – Who am I? Where do I go from here?

Use whatever colours you would like to.

As we colour the same sheet in we will land up with as many different pictures as there are people who do it. Even though the basic foundation may appear to be the same, the symbolism to each will be unique. All will have to be catered for, each finding a way to grieve for what has gone and a way to work with the new while releasing negative emotion as best they can. Changing is about being free enough to be flexible with ourselves and with others. To do this it is necessary to decide what we want from our life and then to decide priorities.

Self-reflection exercise on change.

Think about where changes are occurring in your life right now.

- i). Write down all those things that you like and dislike about the situation you are meeting.
- ii). Place them in order of priority for you – with the most important as number one and the least important as the highest number on your list. As you do this you take back your power and begin to co-operate consciously, rather than being a victim, or trying to control something that is not within your current capacity to do so.
- iii). When you have made your list and numbered it, only concentrate on the most important item for a defined period of time so you concentrate and focus available energy.



Section 2

Security

Encourage self sufficiency within safety margins

Cries, loses interest, sleeps

Excess of anything

Sleep

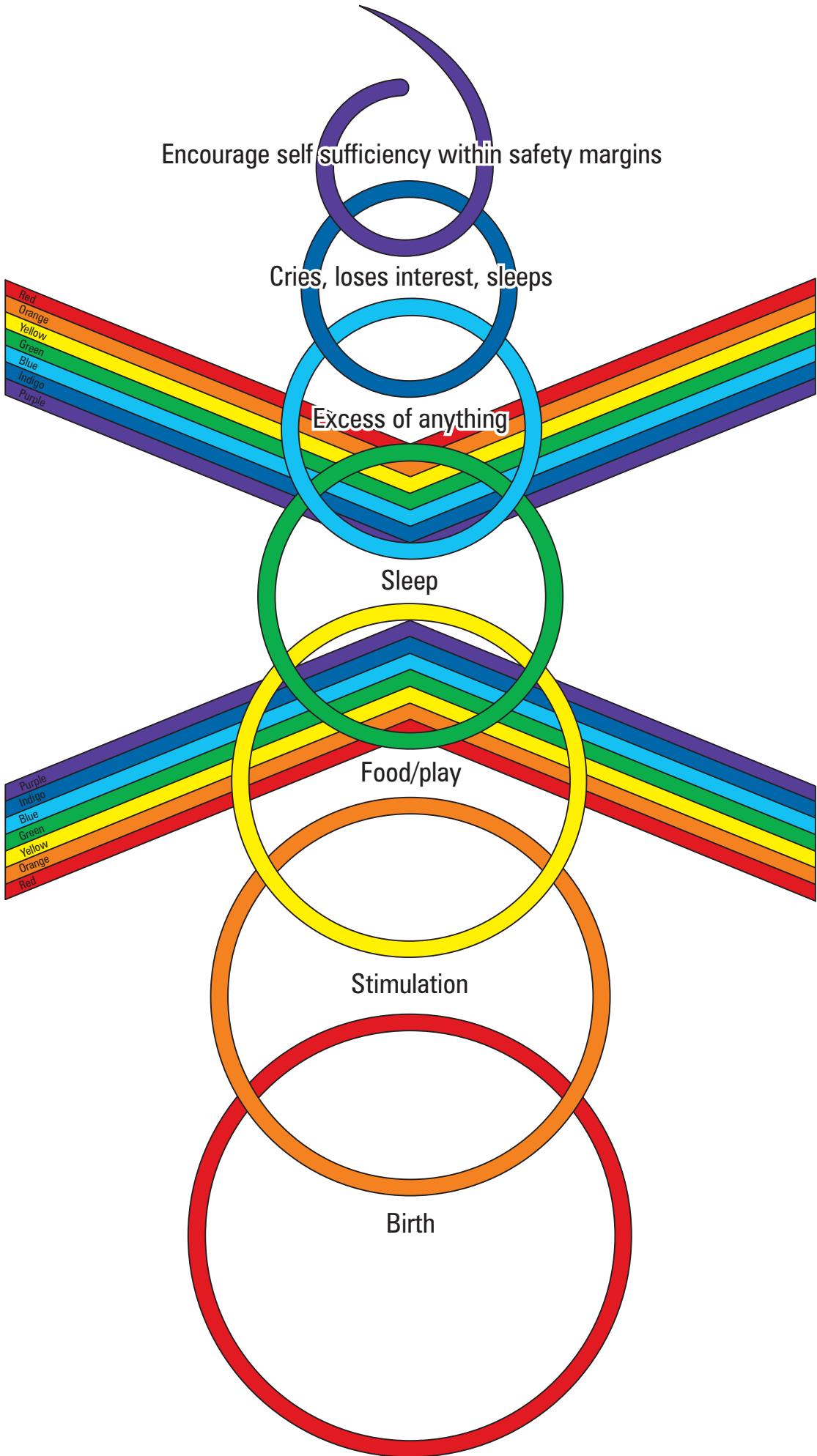
Food/play

Stimulation

Birth

Growth

Release into fuller growth





2 Security

What does being secure mean exactly? What do we really need? And does that differ from what we want?

When we were babies, to keep us safe and to grow well, we needed to sleep when we were tired; eat when hungry; drink when thirsty; play or be stimulated when we wanted to be entertained; be loved (a cuddle as we were rocked to sleep). On top of these basics a few possessions helped us to build a personal as well as a group identity. Now if we get the permutation wrong or there is an excess in one area, the child will cry, lose interest or go to sleep, because those are the only options that are open. The thing that acts as the bonding agent to all these is love. When we feel insecure it is often one of these basic needs that are missing.

Self-reflection exercise on basic needs.

- i). Study the diagram on security on the previous page.
- ii). Try to identify and isolate the area of greatest need within you.
- iii). What steps can you take to meet this need?

Physical growth and inner growth are synonymous and fundamental security issues must be given a firm foundation so as to act as a springboard. Our needs must be assessed so we are able to grow within safe boundaries where possible. Old impotence and frustrations cause us to laugh or cry. This tidal flow is important and must not be stifled for it clears and cleans space, rather like a bath or a shower cleans our exterior.



Visualisation exercise – The Tower

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

With all visualisations you must finish where you start by retracing your steps accurately. Start in the middle of a meadow full of flowers on a sunny day. A clear blue sky above a nice green meadow. Are you sitting or standing? How are you dressed? Take time to look around you and enjoy the space.

In your own time look around and you will see a gate leading onto a headland surrounded on three sides by water. Slowly make your way to the gate. What is it like? What colour is it? Open it and go through closing it carefully behind you. Have a look at the water. Is it rough or calm? Are there people, boats, and swimmers around or are you alone? Just be aware of your impressions without being attached to the process. Towards the end of the piece of land you see a structure, take a careful look at it as you walk gently towards it. What colour is it? What is its state of repair? What shape is it? When you get to it, walk around it looking at the windows and doors and taking time to enjoy. Walk around the structure or if you want to, stay right where you are. Otherwise go inside and have a look around. What do you enter into? What is the room like, is it one room, or more? How is it furnished? Are there stairs? If there are and you want to and, only if you want to, go up them. What do you come to? A library? A bedroom? A washroom? How is it decorated? Does another room go off it or up from it? If it does and you want to follow it you might find an entrance leading out onto the roof. If you don't want to, just wait where you are. If you choose to go out onto the roof. What is it like? Is it day or night? What can you see? What do you hear? What does it smell like?

Rest a moment or two then start back. It is time to come back in now and close the entrance-way firmly behind you. Start back down the stairs. When passing the next floor, if you stayed behind, come back now and make your way back to the

ground floor noting carefully any changes that may have occurred. If you stayed on the ground floor come back now as you return outside closing the door firmly behind you.

If you stayed outside, come back now as you make your way back up the strip of land. Look around you again and note any changes that have occurred as you look towards the gateway separating the headland from the meadow you first started in. Go through it and close it firmly behind you and walk towards the centre of the meadow seeing again the flowers and the green of the grass.

As you arrive back in the centre of the meadow look up at the sky as you once again resume your starting position.

Record your impressions in your journal.



It is important for us to be able to function in everyday situations. As we sensitise, it can become uncomfortable to be in airports, railway stations and supermarkets. We say, with one breath, we care for every one and yet we are repelled if someone gets too close to us especially if their vibration is discordant with our own. So we have to learn to look after ourselves and be able to expel energies we don't want while retaining those we do. We also have to be able to take in energies that regenerate and feed our own and stonewall those that are counter-productive to our well being. To do this we can visualise putting ourselves in an egg:

Visualisation exercise – The Egg

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

i). Visualise yourself within an egg. Imagine that your physical body is within the yolk of an egg – a golden white light. The white of the egg is your space, clear and clean. Surrounding this is a delicate skin surrounded by the porous shell.

ii). Have a look around the inside and see if there are any holes or parts missing or damaged. If there are, mend these with liquid light used as if it were a paint being rolled or brushed on to gain maximum cover.

iii). Now to see if any ropes, cords or other invasive devices connect from your egg to that of another. If they do, cut the connection as if you were cutting an umbilical cord. Pull your end of the cord inside your egg, seal the end and repair the shell. If you can, push the other end into the other persons egg. If you can do this for the person, it is most helpful. If you can't trust the repair will be effected elsewhere.

iv). Place your egg into the moulding of your egg box. If you feel fragile, place a piece of lavender coloured foam rubber all around the egg prior to placement in the box.

v). Other members of your immediate family will occupy other moulding within your egg box. Others will occupy other boxes of their own. All have their own space unique to them yet within a greater group. See who is in your box with you and who has moved into another unit.

vi). When you are satisfied that all is well, return to the centre knowing you can come up against other eggs but that they cannot penetrate your space unless you want them too. Now you have a buffer zone, which holds you and all others securely, know that all is well.

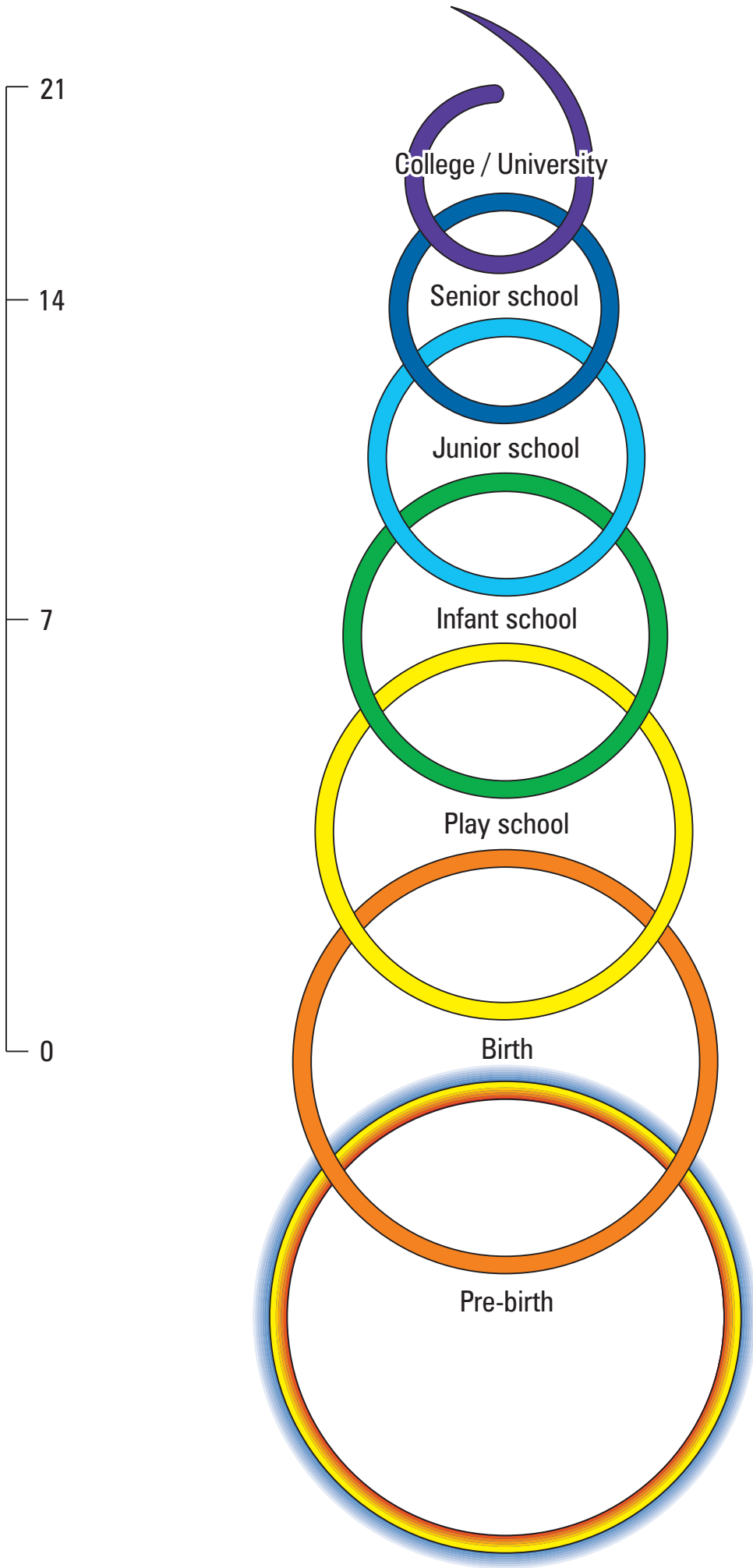
vi). Record your impressions in your journal.

It is helpful to do this meditation whenever you feel fragile.



Section 3

Sustained effort





3 Sustained effort

When we expend energy, we give our all and then assume that is that. And yet after a rest we may need to do the same again and again until our actions are as good as we feel we can make them at this time.

Perhaps an onion is a useful analogy. When we peel one skin we assume that is sufficient and yet we find there is another skin underneath and yet another. Until after many attempts, refinements, re-calculations and so on, we finally reach the middle. If we try to go straight to the middle with a karate chop – juice, skin and casing fly all over the kitchen making the clean up operation a huge ordeal. It is better to make steady, gentle progress.

The growth of a child between the ages of 0 and 21 is phenomenal and inner growth works in the same manner. It requires similar dedication, discipline, care, persistence, stamina, courage, wise stewardship, freedom to express as well as containment that is conducive for all. So we hold the standard of holistic practise as best we can as well as learning the mechanics of applying it.

However, as we begin to grow internally it is very important that we work from a strong foundation. To do this we must go through all the different stages of growth and learn our lessons well at each stage. Why can't we go straight there? Perhaps to do so would be to over extend ourselves too far, too soon. This would be rather like trying to send a pre-school child to university without them undergoing the expansion at all the interim phases – it would 'blow' their mind and/or overextend their body. The forward movement must therefore be steady and gentle. The answer and the workings out are held in the pre-birth state, but as we enter this planet, it is extremely important that we go through all the different stages of growth. We go from play-school to infant school; from being top of a little heap to bottom of a bigger heap, and that happens again from junior school to senior school and from senior school to university. And so we develop a very strong and firm foundation from which to manage our physical, emotional and mental states during change. That way the inner and the outer can find a balance that is comfortable.

Self-reflection exercise – draw and colour in an egg.

i). Draw your egg in detail and everything you see within and around it. Colour it in. Pay particular attention to any discrepancies in shape and to the boundary of the shell. Is it in tact? If there is a lot of white, this suggests space and room to act. If there is lots of black, this indicates areas that are in need of time to enable cleansing to take place.

ii). Make sure that you have a good boundary to your egg. If it is not, then redraw the boundary to be extra strong.



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.

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