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Focus on
The Soul Purpose

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Focus on **The Soul Purpose**

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

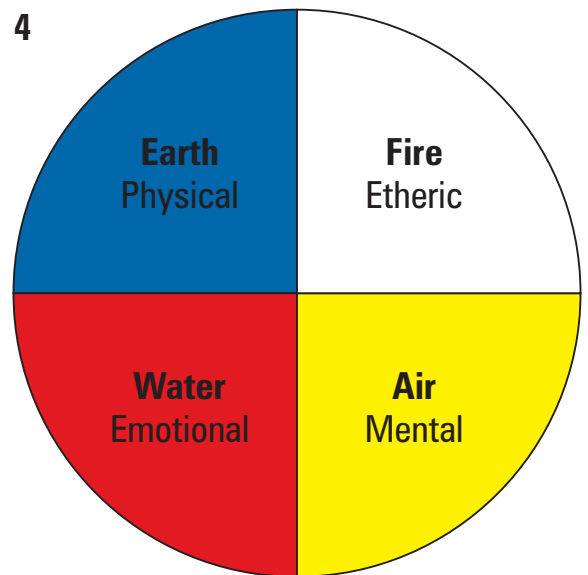
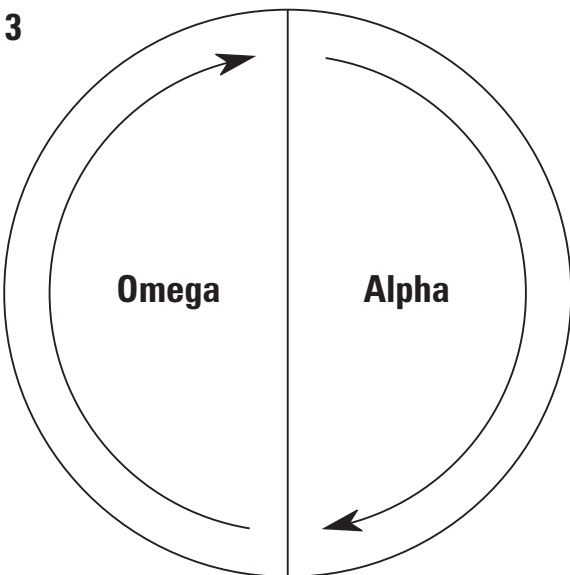
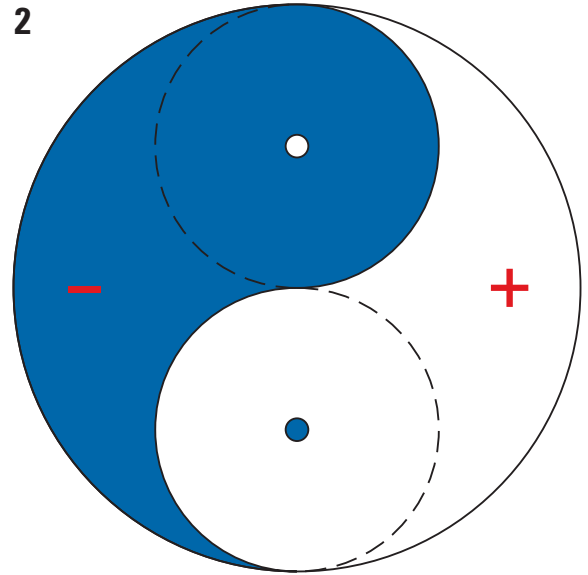
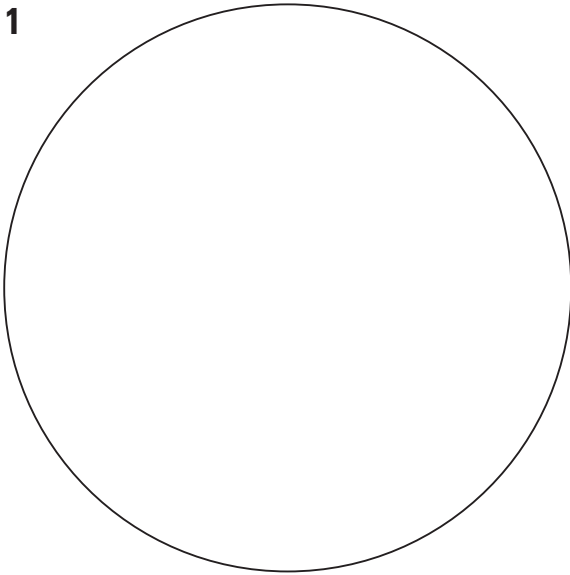
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body 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

The Alpha and the Omega

The Alpha and the Omega





I The Alpha and the Omega

And so we begin at the beginning and suddenly it seems encircled in darkness and then there we are in light even brighter than before: a blank canvas waiting to be written upon. Soon we begin to know both lightness and darkness, and we make our assessments as to which is which, hoping we have improved our abilities to discern, discriminate, forgive and let go of old jealousies, monopolies, ambitions and separatism of any kind.

What we have done and what we have been to others may require a cleansing and a review, for we have changed and so have they. That which was once dark and in shadow needs to be brought to light and that which stood in light may need to recede into shadow. When we have worked on something for an extended period of time, the harboured resentment may be flushed clean. The hurt and the harm engendered may be revisited and so be redefined and/or released.

This only becomes possible when all parties are willing. So if one arrives and desires release ahead of another, the first one may have to be patient and wait, and the last may have to hurry a little so as not to hold the others up for too long. At a certain point the consensus of the majority forces the pace as it becomes expedient for a regrouping to take place. Here we ask for mercy and become under the influences of greater powers beyond our understanding.

The situation on the Earth may bring about a need to associate elsewhere. Perhaps we will need to relocate - experience a change in circumstances regardless of our desires. This may be triggered by a political incident, a natural environmental change such as a volcano erupting, war, famine, flood, or whatever else affects the elements.

Humans of necessity reach out to the world around to eat, drink, breathe and to make contact with people, animals and the Earth, a combination of which we rely on to sustain us. We are in constant contact with others who feed us but who also carry impurities as we do. We must learn how to throw these impurities out and off without further harm as we become immune to disease.

We can request the Earth to support us and give us what we need to serve the soul purpose for ourselves,

but only if we are at work for the common good. We can ask the water to cleanse and purify our hearts until love is all that flows through us. This makes us inclusive, tolerant, forgiving and patient with ourselves, and applies the same standards to all others we meet.

The air allows us to purify ethics that did not meet these standards and to create a more inclusive framework allowing old jealousy, resentment and desire for monopoly to be released from the brain. This gives room for the intellect to keep up and to update old programmes that were being operated through habit. Now we have some space, we ask that the fire be kindled so that we may sanctify our soul and place it at the disposal of the spiritual intention for all.

When two or more are in conflict with each other, they instinctively submit the questions to a third party in the hope that things can be fixed between them. If the third party is unbiased we have to abide by the outcome. However, if the third party has a vested interest, they may create a bigger problem than the one that has gone before. Hence the need for courts. We would not have a need for a judicial system if we were able to solve our own problems. What we do not always realise is that the problems we experience are often a reflection of those we have within ourselves.

So we can only solve our problems, especially inner problems, by contacting a third party, a higher authority. The highest authority that we identify with is God, or whatever name we use to describe the director of the cosmos; and we must make an effort to rise up to meet this force in an appropriate presentation so that we are acceptable and accepted. This requires a unity of resolve, and if we make the effort it will lighten our path so that inner tensions calm down, opposing currents harmonise, and we become reconciled within ourselves and with all others.

continued overleaf . . .



Self-reflection on where you are now.

- i). What is your aim?
- ii). Are you willing to change yourself?
- iii). Are you willing to be changed?
- iv). Are you willing to forgive?
- v). Are you willing to be forgiven?
- vi). Do you enjoy life?
- vii). What do you need to do for your physical body?
- viii). What do you need to do to support stillness of mind?

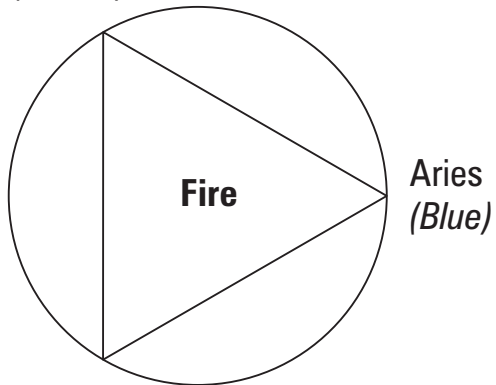


Section 2

Movement

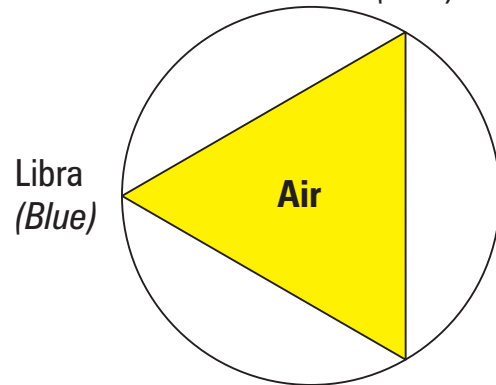
The triangles

Sagittarius
(Yellow)



Leo
(Pink)

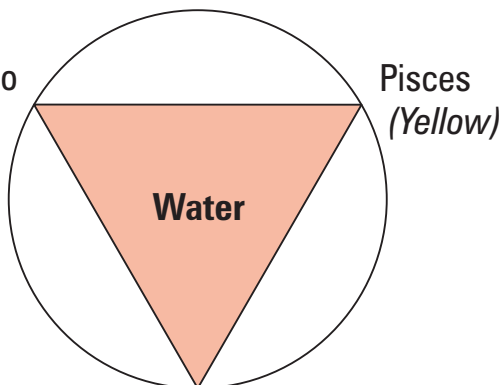
Aquarius
(Pink)



Libra
(Blue)

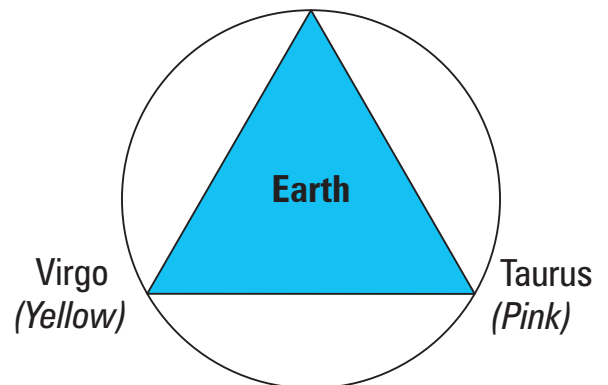
Gemini
(Yellow)

Scorpio
(Pink)



Cancer
(Blue)

Capricorn
(Blue)



Virgo
(Yellow)

Taurus
(Pink)



2 Movement

The year is divided up into twelve birth signs that are representative of various elements as illustrated in the preceding diagram. The fire signs are Sagittarius, Aries and Leo. This triangle takes us to a deeper level of our history to enable us to acknowledge our own past, the past environments that have held influence over us, as well as genetically inherited issues that need resolution and closure. History contains within it the good, the not so good as well as less beauty-filled issues, which need to be recalled to enable a more informed free choice than has been possible to date. Now situations are changing and all have grown inwardly as well as outwardly; we have a window of opportunity that enables us to burn off the dross, as we retain the essence that is of value.

This takes courage for to face situations that are not in tune with our idea of the perfect scenario is somewhat daunting. It requires us to accept responsibility that we may have asked people to do things which they were not ready to do. Or we may have been asked to do things which we were unable to understand the need for at the time. As we recall things that were unacceptable and unpleasant, we have an expectation that the situation has not moved on and we assume we will once again be bullied or victimised, or that we may try to manipulate and influence in a manner that is inappropriate. We may not trust ourselves not to try to control and dictate and thereby make the situation worse than we recall it having been. And that is only our issue; suppose we have read the others who were involved wrongly, and they have issues that have not occurred to us at all.

Suppose we have been unfair, dishonest in our assessment, jealous, selfish and greedy: will we ever be able to forgive ourselves? If we believe others to have been this way are we big enough to forgive them? Can we let go and bury the past to rest in peace?

We need the help of some fresh air if we are not to romanticise. The air signs: Aquarius, Libra and Gemini herald the future; but it is not here as yet. We may hold an idea of how it should be according to our wishes, however, we have to get from where we are to where we may wish to be and include all others within the same code of conduct and ethical consideration. And

we have to realise that we must not be more disruptive than absolutely necessary.

So we hold a vision, but tentatively move step by step towards it, seeing how what we might like to do works out within the life process as we know it right now. Gently we proceed as we find out whether life supports us. If it does, then many opportunities will open up for us, and all those who surround us will get used to the changes, as they become more familiar with what is going on. So the future is made real as it meets the past conditions without too much of a clash. If we are pure in heart the spiritual intention finds us willing to co-operate within inevitable changes, and able to collaborate with all comers truthfully, so that there is goodwill towards all. Groups will reform, and if we are as gracious as we are able to be, the experience will be both gentle and pleasing.

These inevitable changes require that we co-operate with the necessary flow of movement, and whether it works out within our planned policy or not is irrelevant. Scorpio, Pisces and Cancer are the water signs and keep us secure in spite of difficulties. If we trust in the total care system all will be well for we place our lives within service to the greater. We can get an idea of how this works by watching a log on a river. Even if it is stuck at the bank for a while, or caught up on an obstacle in its path, when the current is strong it finds its way back into the middle of the river and is carried along to who knows where. Trust in the unknown is not easy if we are insecure, but what else is there? We may try all sorts of tricks to try to control the greater, but we do not know how to control the life and death of anything. Getting comfortable within not knowing is the key to anchoring the spiritual intention on the Earth.

continued overleaf . . .



The Earth signs are Virgo, Taurus and Capricorn where we find ourselves analysing what is required, having moved headlong into we know not what. We will experience being changed and then have to learn to live with it. This requires patience, persistence and a willingness to keep on keeping on in spite of opposition. Maybe we will have to get up earlier to get the work done. Or, perhaps we will have to be flexible enough to change schedules at a moment's notice without being belligerent or resentful. We will have to learn to be patient and not try to get to the mountaintop if others are not feeling OK about what goes on. We will need to stop a while, communicate, renegotiate and allow time to act as a salve to old wounds, as we work with others' frustrations as well as our own as kindly as we can. The work will get done somehow, and we can be good humoured and tolerant or not – one way all benefit, and the other way some suffer when others benefit, or so they think.

Self-reflection on attitude.

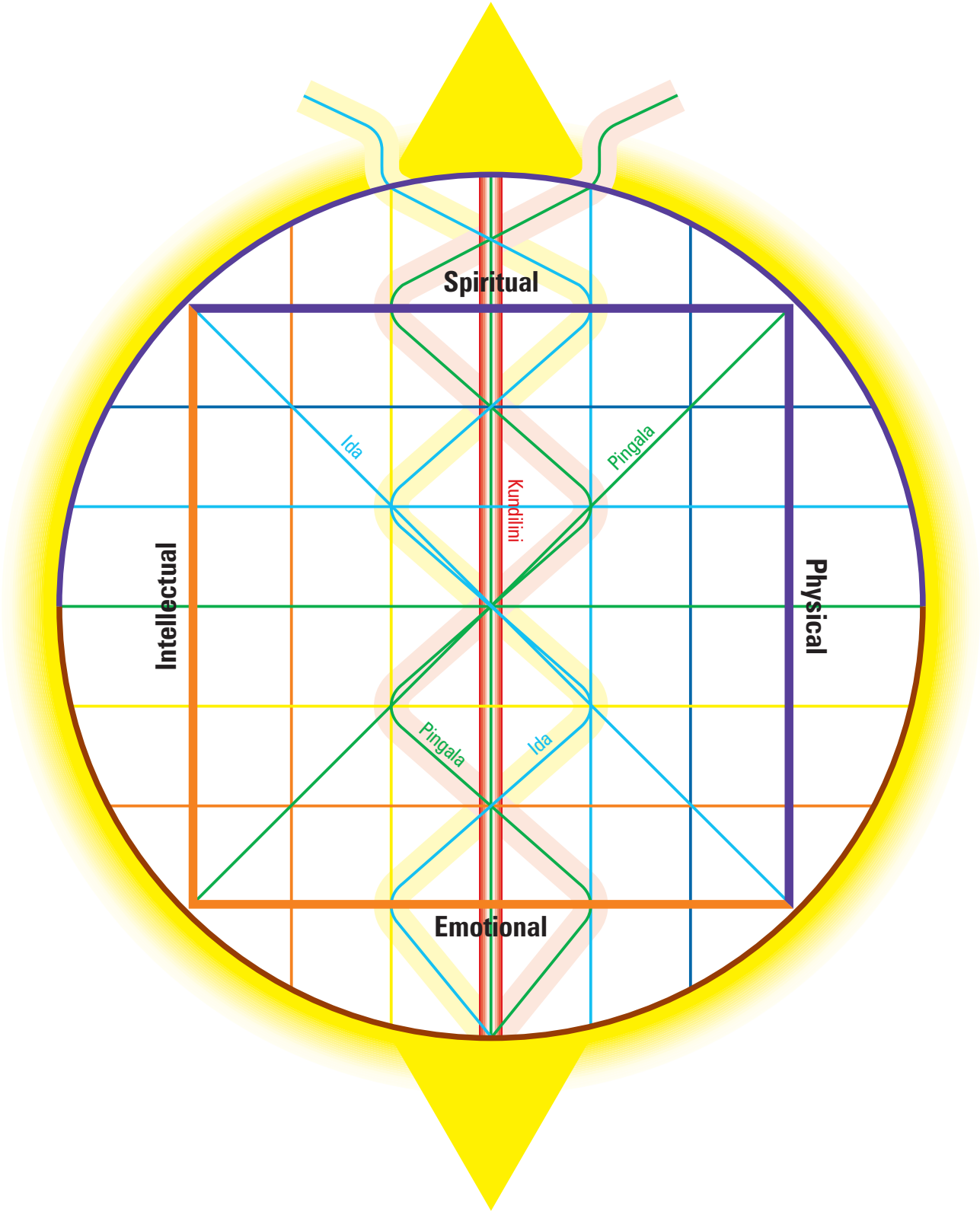
- i). Do you know that you are able to navigate your way through varying presentations within life?
- ii). Are you willing to practise until you are certain that success breeds success?
- iii). Do you wish to gain an understanding of other viewpoints?
- iv). Are you sure you will not panic if you cannot take in the details as yet?
- v). If you feel pressured how do you behave?
- vi). If you feel bad are you honest in recognising and expressing your need for support?
- vii). Do you extend the same courtesy to all others?



Section 3

The Centre

The centre



All within circle of eternity before buying time to define a disciplined space in which to harmonise body and soul to spiritualise self for service to light now



3 The Centre

The elemental triangles of the zodiac that we examined within the last section, have to be superimposed one on top of the other and a centre must be found and then cleansed prior to us being ready to move on. What holds true for individuals is also true for groups. Firstly we create an internal framework to enable us to reassess our spiritual beliefs and to allow us to formulate and update policy. We may be surprised as we look back into our past that our actions were worse, or not as bad as we had assessed them to be at the time. Perhaps there is more information available to us now, or others have shown their true colours, or characters that we had not included in the equation have been brought to light. Maybe environmental factors that evaded our memories have now been recalled. Whatever it is, the bias and the prejudice that surrounded old situations is recalled and let go of or not.

The feelings engendered will have caused reactions that may belong to us or to others, but regardless of which have to be accounted for and made accountable. Do we have a big enough heart to forgive the pain that caused hurt and harm within us and to others? Can we touch the situation lightly enough for all to be good humoured within it so that it can be let go of? Do others feel safe enough in our space to be open and frank? And do we feel safe in their space or not? So many questions and so few answers! The time management so that all parties involved have grown enough to forgive and be forgiven, may take longer than anticipated. Are we disciplined enough to wait until all can be freed? Or will we discard some, feeling it is just too difficult to deal with the hassle involved in endless discussion as we wait for the slowest member to catch up.

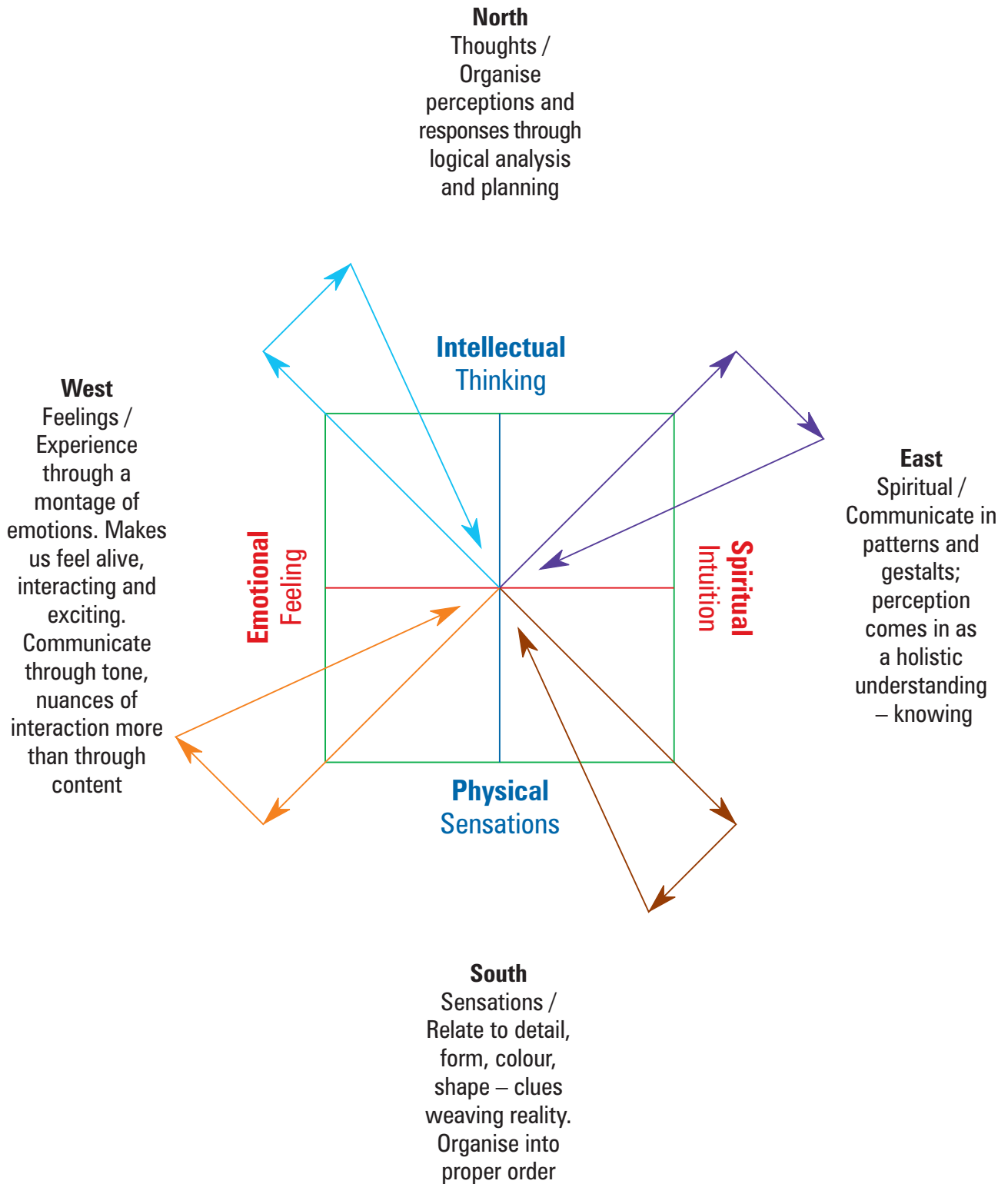
The pressure of knowing what we know, yet feeling impotent in our knowledge as to how to proceed even after many years of research and study is frustrating. So what to do? To tell others who have different knowledge to our own that they have not got a clue is to dishonour them; especially if they are arrogant enough to assume they know it all! A willingness to acknowledge that the work done to date is insufficient for our current need requires us to become a student again. Even if we already teach others, we must learn to be humble and modest. Or perhaps we will have to work within a multi-disciplined team, which will

require us to be open to compromise, and we may not wish to accept that we need to be.

Our attitude to limitations is paramount if we are to change and to be changed. Our tolerance levels and our physical capacities will need updating. Maybe our physical prowess is not as great as it once was, so we will need to be able to give help in some areas while we receive it in others. If we are to flow freely this internal knowledge will need to be established and tried out within the external environment.

continued after diagram overleaf . . .

The whole picture





Here follows a period of slowing down to enable us to recognise the new pattern establishing itself. The mind gestalt has to be acknowledged if we are to be comfortable. The 'knowingness' comes into our awareness, but as yet we have no idea what this means. Our perception just knows what is no longer appropriate. This internal representation throws up a montage of emotions some of which makes us feel alive, captures our interest and excites us, whereas some bores us. We begin to take an inventory and are more affected by tone and nuance of interactions than by the content thereof.

These sensations are lived with as we take on the arduous task of trying to relate to the detail of the form taking shape. We follow the clues as they weave into the warp and weft of our reality. Slowly they begin to be administered and organise themselves into a workable form. As we follow the clues, some bear fruit and others do not, and they are never in a logical or sequential order. But as we muddle on in as disciplined a manner as we are able, we make progress and the chaos begins to have an order that may surprise us.

As we withdraw a little, so we gain the time we require to think about what is going on. We organise our perceptions to enable us to assess and to subsequently test out their accuracy. We logically work on our assessments and analyses to plan the next step on our journey through life. Then we try it out and find out whether it will work or whether it needs adapting. If it holds firm we stand on it and when we are stable we begin to look for the next step. Baby step by baby step we ease our way forward as courteously as we are able to affect the change that has already taken place, until we are as comfortable as is possible within it. In the same way that we need time to adjust, so do all others who surround us.

Self-reflection on increased confidence.

- i). Are you able to establish boundaries in your personal life?
- ii). Are you able to establish boundaries in your professional life?
- iii). Do you practise staying centred within your sphere of life?
- iv). Do you think you know what to expect?
- v). Do you feel panic when old feelings reoccur, or do you release them without harming any (yourself included)?
- vi). Do you feel able to cleanse the space without a re-enactment of the past re-occurring?



Section 4

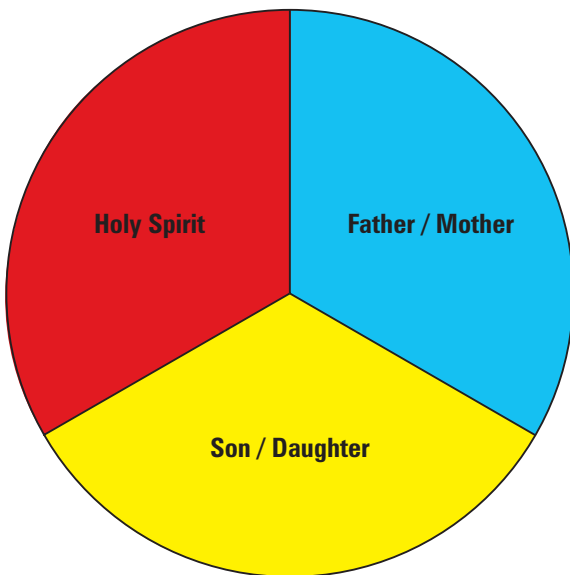
Balance

The trinity squared

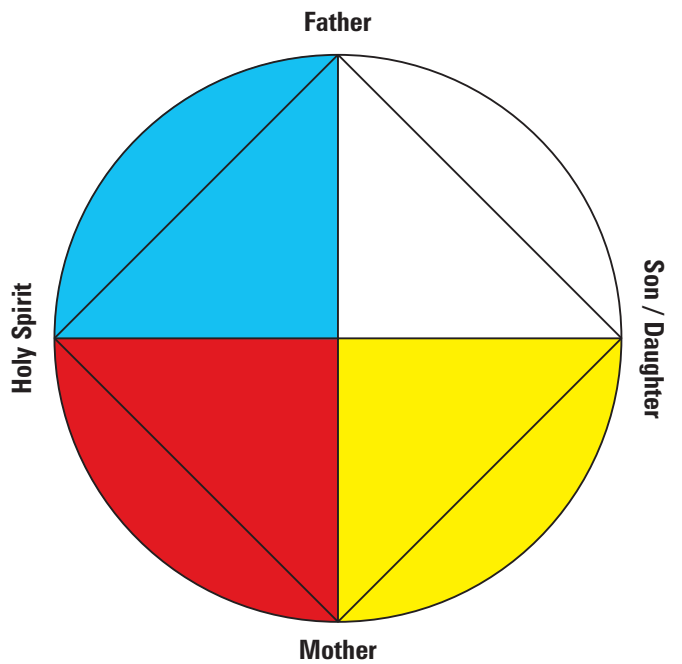
The balance of the threefold flame in the four quadrants



The 12 solar hierarchies focus mastery of the 3 within the 4



The trinity of being
 Creator / Preserver / Destroyer
 Brahma / Vishnu / Siva
 Father / Son / Holy Spirit



The squaring of the circle.
 The 3 becomes 4 through the Mother



4 Balance

The spiritual has been introduced within our reality via our intuition, has been logically progressed through our rationale, and now gives birth to a renewed way of being. This process is sometimes described as the entering of the Holy Spirit or the union of the father/mother and the son/daughter. The creation of being is established. It is preserved by the parents and appears to be destroyed by the child who extracts what they need and eliminates the remainder and so updates itself.

We learn to work with this power in a respectful manner as we find out what we can adapt and what we cannot. If we can learn to deepen our capacity to love we are able to get past resentment and learn to respect what is. We let go of the need to compete and respect each for who and what they are. How can we know what is right for another even if they are related to us? We do not always know what is right for ourselves let alone for another. And even if we do think we know we could be mistaken whatever our age or stage.

Wisdom is not always synonymous with age. We can be wise, but we can also be most unwise, and will have to earn our wisdom through gaining street credibility through time and trial. We will only be trustworthy to others if we have proved our capacity to love wisely in many different situations and circumstances.

Before we can stand at the centre of the circle we will need to try out our new found abilities under many different circumstances and in many differing presentations. It can feel as if we are running around the outer circumference of a wheel. The view from Aquarius appears very different from the view of Gemini and again from that of Sagittarius and so on. We must gain perspective from each and every segment before being able to balance in the centre. Even when we are able to stay still within the eye of the storms raging around us, we will need to cleanse and purify the pain of the trials of reaching this space. So even when we get to the centre we may not realise we are there for a while as we rest and recover from the hazards of the journey that we have made to get there.

Gradually the space begins to clear and we are able to trust ourselves to serve the Heavens safely anchored on the Earth. We know we are spiritual beings and that our reflection on the Earth is demonstrated within our

material lives. The life then carries the newborn aspect within the everyday practical demonstration of the life process. All who come into contact with us are aware of an 'otherness' about us; they may not know it consciously, but they are affected and wonder why. The same trials and tribulations which they experience are born by us in a manner of acceptance, the only discussion being how best to deal with what is happening. The situation is carried with a light heart and a loving countenance whatever the circumstance. They feel better from the association yet do not understand. They just know that they want some of what is being offered.

When we come into contact with people who are cheerful, we feel better. We question why someone who is so much older can appear to be having a better quality of life than we are. We may even be a little jealous and ask, 'what is wrong with me?'

Self-reflection on purity.

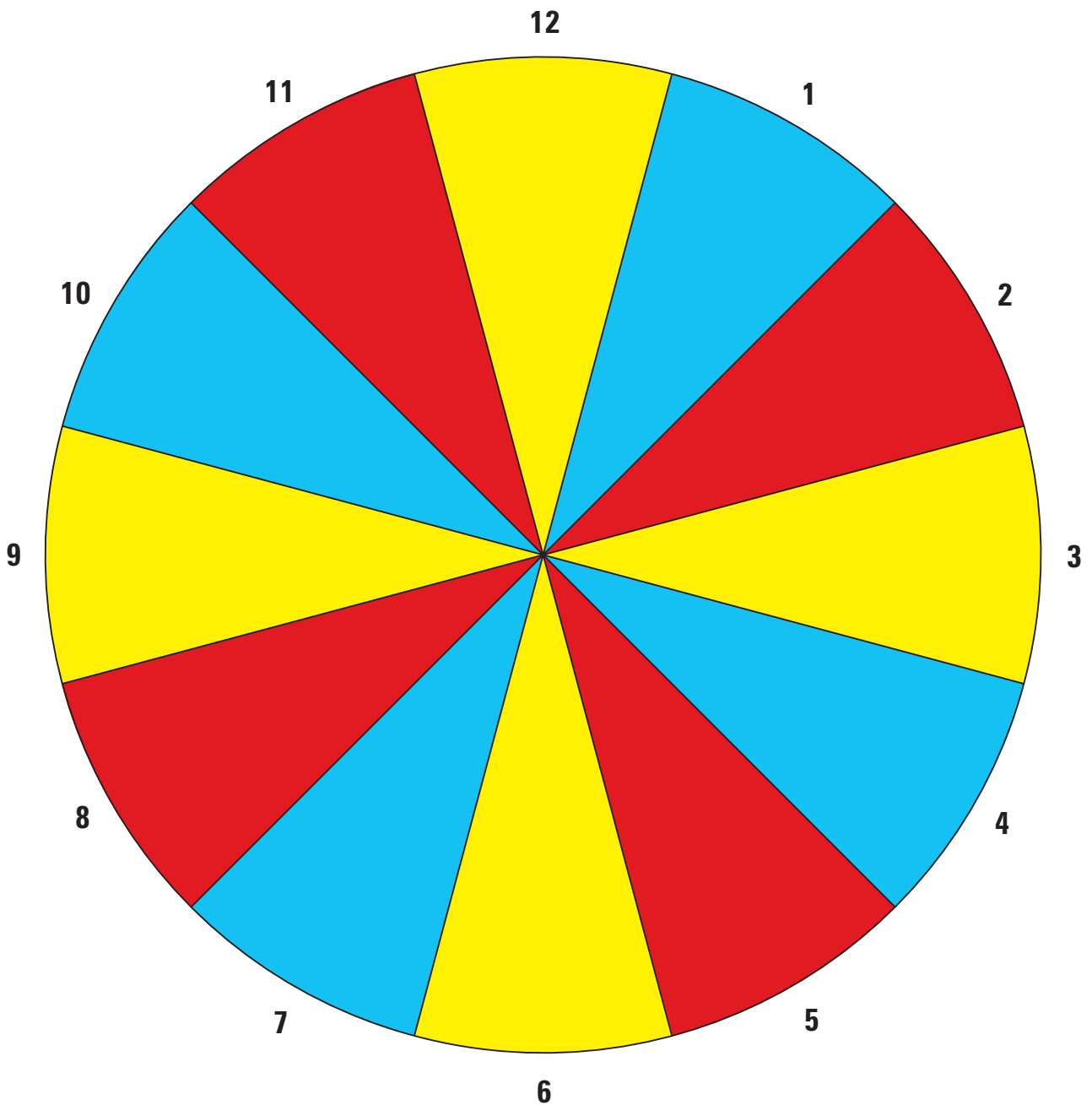
- i). Are you committed to the cleansing process?
- ii). Are you willing to live without feeling hurt?
- iii). Are you willing to live harmlessly?
- iv). Do you want others who surround you to do the same as you?
- v). Do you impose your views?
- vi). Do you feel others impose their views?
- vii). Can you accept what happens spontaneously within the moment?
- viii). Would you consider yourself to be adaptable?



Section 5

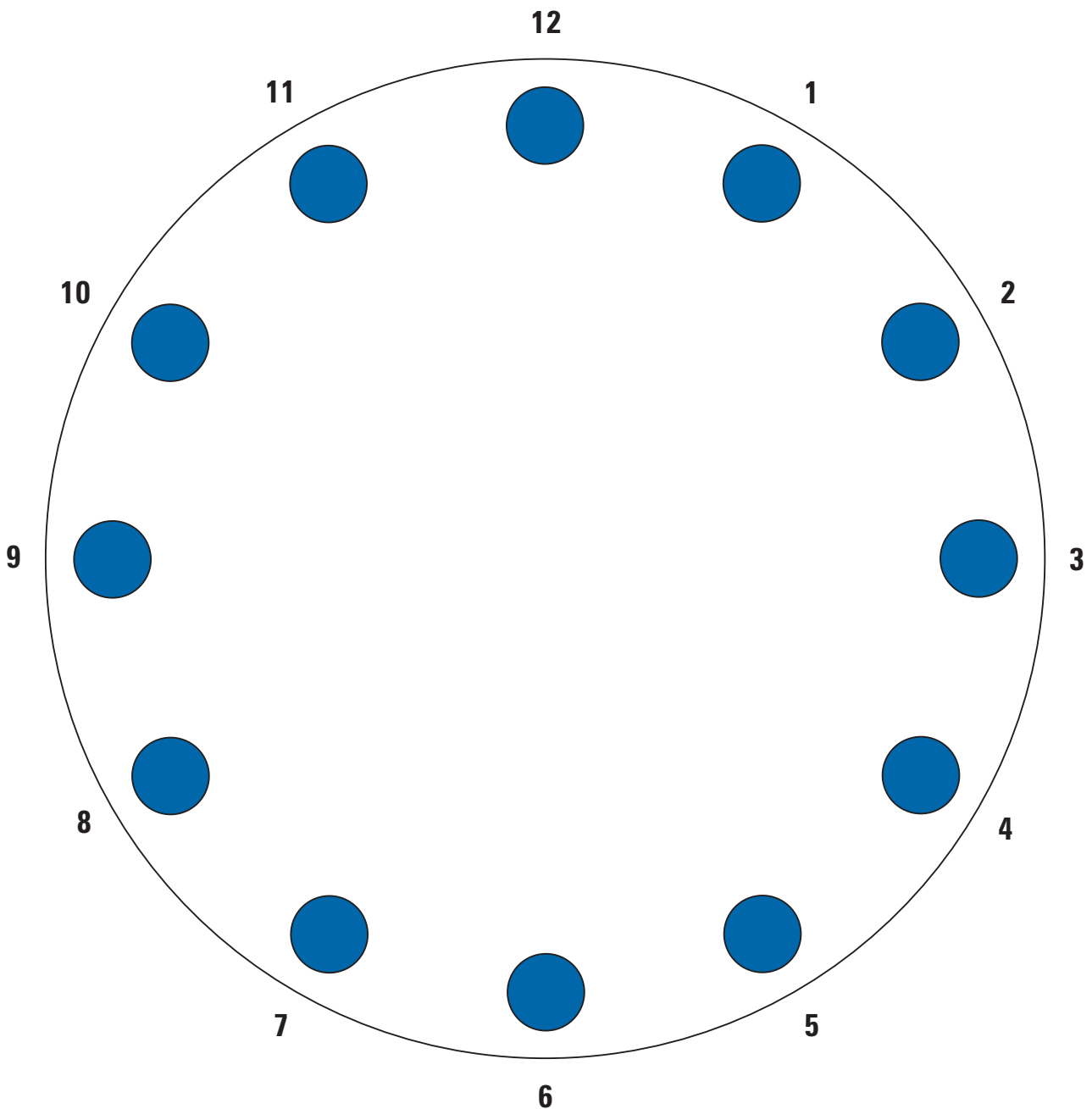
Obstacles to overcome

Twelve solar hierarchies



- 1 Saint Germain / Aquarius
- 2 Jesus / Pisces
- 3 Helios / Aries
- 4 God / Taurus
- 5 El Morya / Gemini
- 6 Serapis Bay / Cancer
- 7 Goddess of Liberty / Leo
- 8 Lord Lanto / Virgo
- 9 Mighty Victory / Libra
- 10 Mighty Cyclopea / Scorpio
- 11 Lord Maitreya / Sagittarius
- 12 Great Divine Director / Capricorn

Human view of God consciousness



- 1 Hatred and mild dislike – and all witchcraft
- 2 Doubt / Fear / Human questioning – and records of death
- 3 Conceit / Deceit / Arrogance – and ego
- 4 Disobedience / Stubbornness – and defiance of the law
- 5 Envy / Jealousy – and ignorance of the law
- 6 Indecision / Self-pity – and self-justification
- 7 Ingratitude / Thoughtlessness – and spiritual blindness
- 8 Injustice / Frustration – and anxiety
- 9 Dishonesty / Intrigue – and treachery
- 10 Selfishness / Self-love – and idolatry
- 11 Resentment / Revenge – and retaliation
- 12 Criticism / Condemnation / Judgement – and all black magic



5 Obstacles to be overcome

In all religions, whatever the discipline, Gods promoting varying aspects are listed. In the diagram at the start of this section we have Saint Germain in Aquarius symbolising the God of Love. Jesus is depicted in Pisces as the God of Mastery. Helios is in Aries as the God of Control. God, the Divinity itself, is in Taurus as the God of Obedience. El Morya is in Gemini as the God of Wisdom. Serapis Bay is in Cancer as the God of Harmony. The Goddess of Liberty is in Leo where the God of Gratitude is acknowledged. Lord Lanto is in Virgo and is known as the God of Justice.

In Libra there can be a mighty victory and here we meet the God of Reality, for if all things are in balance and all is well, we may repeat old scenarios to refine them or release them and move onwards. Mighty Cyclopea is in Scorpio and is symbolic of the God of Vision. Lord Maitreya is in Sagittarius where we meet the God of Victory once more, this time symbolic of handing all that has been done back to the Great Divine Director in Capricorn, from whom the Power was gifted and to whom it should be returned.

Whatever the names we know them by, if indeed we know them by name at all, the standards they symbolise are the ethics we all aim for. These require us to recollect their opposite features and find our place between the two extremes. So if we are to know love we will have to know hatred to make a more informed free choice somewhere in between. How otherwise can we create a scale on which to measure? Where one individual or group has undue influence over another, if it is good it is guardianship; if not so good it can easily be witchcraft.

If we are to hold our faith and honour our Spirit as paramount, we will have to doubt on occasion or even experience extreme fear. Fear is not all bad for it gives us natural caution within our passage. If we know terror then we are too open to being influenced by others' recording of death and horror. To whom do we turn when troubled: to our Spirit and the Light, or to others who scare people to make themselves feel better?

If we are in the centre of our space we are in control of ourselves even where circumstances are somewhat extreme. If they are good we are not conceited but quietly confident. If they are not so good we are

vulnerable, but not egotistical so others want to support us. However, if we are arrogant they may not be so keen! If we deceive others then when it is our turn to suffer, help may appear to be domineering and dictatorial and we may feel dis-empowered.

How do we know when to obey and conform to a larger situation and when to push the boundaries away and kick over the traces? If we are disobedient just for the sake of stubbornness, or in our desire to prove ourselves right and therefore others wrong, we are competitive and/or ambitious. If we defy the law of oneness then we create the need to take sides, which is forcing all to attack or to defend. These hostilities are aggressive and must hurt and harm some which is against the holistic practices of Spirit and nature.

Ignorance is no excuse and we must learn wisdom and care. We can be envious that some appear to have a better deal than others. However, sometimes we are at the front of the queue and sometimes we are at the back; sometimes we are well, and sometimes not so well. We will have to learn to be gracious, good humoured, caring and concerned for all wherever we are. Whether proactive or reactive, we must learn not to be jealous when we think others have priority. Only if we have been where they are, do we know what that position is like; and if we asked others they might describe their responsibilities quite differently from the way we imagine them to be. Unless we wish to take on their job perhaps we had better be grateful to do our own well.

continued overleaf . . .



If we do so we begin to understand that everyone's job can appear glamorous to others, but when we really begin to know the ins and outs it is probably as good and as bad as our own. Some who have a proven track record of harmony take much more responsibility, and others less. We learn to harmonise, trade and to complement each other's skills, as we learn to work in team formation as required. And we do it without telling others how to do their bit, just content to do our own and be there. If we are indecisive and full of self-pity they may not be so responsive to us. For if we do not believe in ourselves and in our own gifts and skills why should they? If we are full of excuses, ego and self-justification, that is equally as off-putting, for what are we trying to hide that is potentially hostile to all?

Have we learned to be content where we are? Are we grateful to be there or are we full of delusions of grandeur and so ungrateful? In our spiritual blindness do we try to create a monopoly where others do not have access to that which we do? Are we just plain thoughtless within our ignorance? Perhaps we are unable to handle disappointment at being unable to be as perfect as we thought we were. However, if we were to be entitled to a reappointment it would be offered to us and until it is, perhaps we should be modest enough to do what we do as well as we can. To be gracious makes it a more appealing prospect for all concerned. Perhaps all that is required is a change of attitude to free us into other areas or to do what we are doing with a change of heart, making it pleasant for all.

Perhaps true justice lies beyond our power to discern and to understand. If we were able to be more detached in our observations we might gain a better perspective. Suppose we rant on about not being able to get the job we deserve, or a member of our family who annoys us consistently – we are so caught up in our frustrations and our anxiety, we do not see that were we to wait as quietly and as patiently as we were able that we would free all. Maybe we cannot get what we want right now because the position we are after and that will suit us is not available as yet. Maybe the member of our family needs more experience to be able to understand the problem. Or perhaps we need that time to rest and recover so as not to make the situation worse.

We are asked to 'get real'. Ideals as we may have wished for may not be appropriate for us or for others. Perhaps we have not stated our truth, fearful of

reprisals; or maybe others are not able to express what they feel as yet so are being dishonest by default. So many intrigues surround us it could be treacherous for all. We must learn patience and let go of romances that are not relevant to our pathway. If we got what we thought we might like it could be a disaster. If we do not get what we want immediately it is for the good of someone surrounding us and for us too. Use and abuse of anybody is not acceptable and if we have done so wittingly or unwittingly it can result in us feeling used and abused in our turn. If we cannot express these feelings, we may need to observe others to give us more information about how to find resources within ourselves that we did not know we had.

A reassessment of our vision will bring about a review of old standards that were applicable at the time we were working with them, but which are no longer suitable. Perhaps we have been indulged, and so expect to self-indulge at whim, and as a result we are selfish and think only of ourselves. This trait will have to be brought into line through interactions with others until all take their turn in availing themselves, and all are able to go without. If we idolise another at the expense of ourselves, this is to devalue the creation of the greater for no one is more important or less important – they are as important. If we are so filled with self-love that we ignore the needs of others, we must learn to love them as ourselves. To learn to love humanity is challenging for all are at differing standards, ages, stages and abilities; but we must get to grips with the principle if we are to be safe in service to it.

As the vision clears we will need to overcome the resentment of the learning process. We must let go of the past and be willing to move on without wanting to take revenge for the suffering undergone by all concerned. We too easily retaliate and become spiteful, wishing another to suffer for the suffering inflicted on us. Or we may take revenge through smear campaigns in our desire to remain superior. We spin tales that lay blame at the door of another in our inability to be decisive. We may be fearful that we are not as perfect as we had hoped we might be, or that we did not understand the full picture. Regardless of this we may have wanted to be seen in a good light and so had to place others in darkness.

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Right use of power requires us to bless, and anything that does not is a curse. If we feel our judgement to be one of merit, then if others do not agree we condemn them rather than giving an explanation. If our judgement is critical, we will be criticised and will have to withstand backing down in order to be popular. If we become a 'people pleaser' we run the risk of making popular choices rather than doing what we think is the correct thing for all. If we involve ourselves with others whom unduly influence to achieve their own ends, we are caught up in black magic. Anything that does not bless all curses some, and it will have to be put right. We do not decide what, how, when or where the scales balance and the debt is paid; it is decided for us by the Heavens and is reflected by the Earth into our lives now. Whether we are able to accept the good and the not so good with equanimity is dependent on our attitude, but we will learn and improve and it will become the only manner in which to live.

Self-reflection on the living practice.

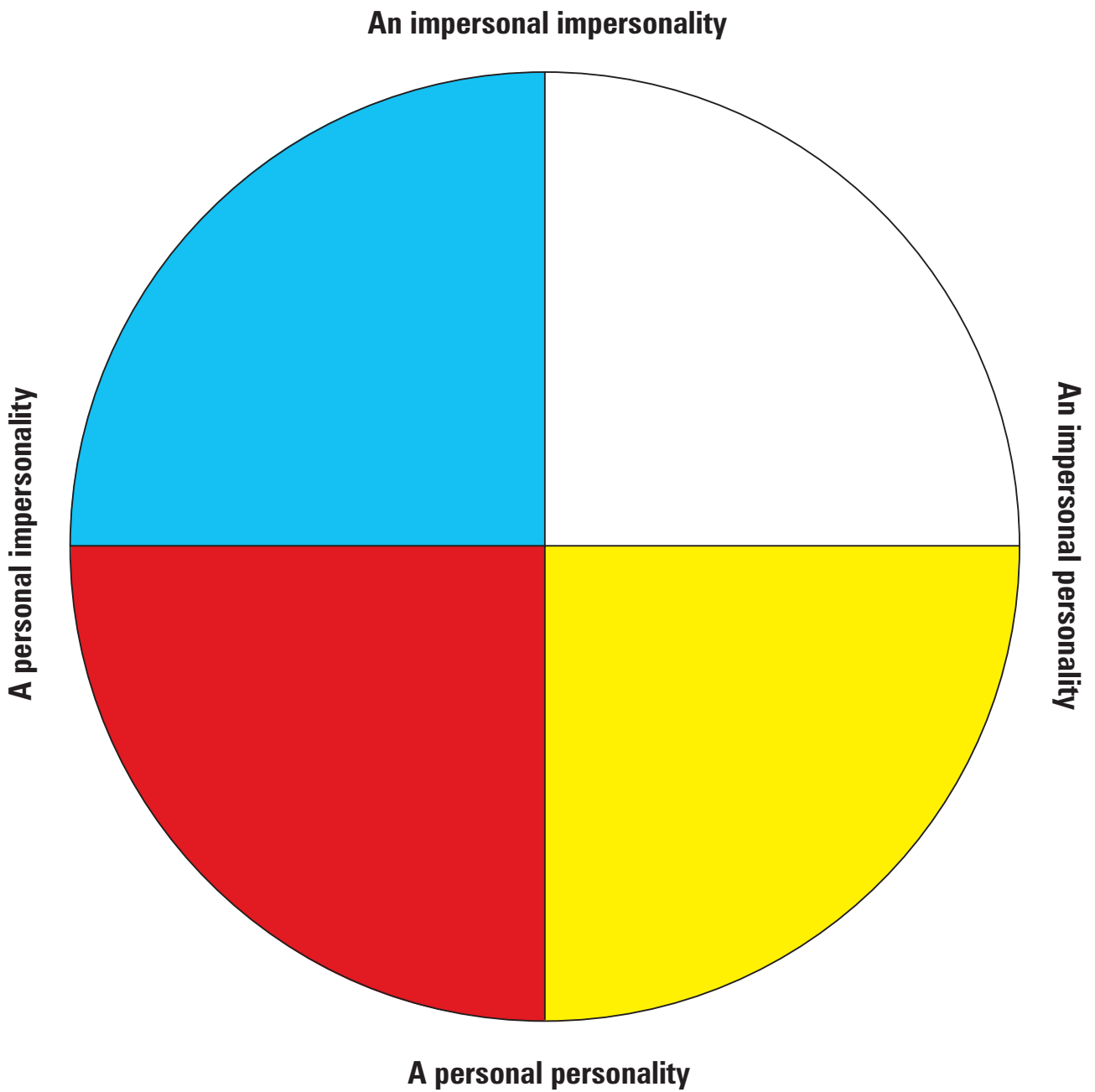
- i). Do you pray? If you do, does it involve telling the Heavens about your woes?
- ii). Do you tell the Heavens how they could improve the running of the world in which you live?
- iii). Do you meditate – sit in the stillness and listen?
- iv). Are you able to keep your mind at peace and still?
- v). Do you get restless and lose concentration easily?
- vi). Are you disciplined within your practices?
- vii). How could you improve them just a little bit?



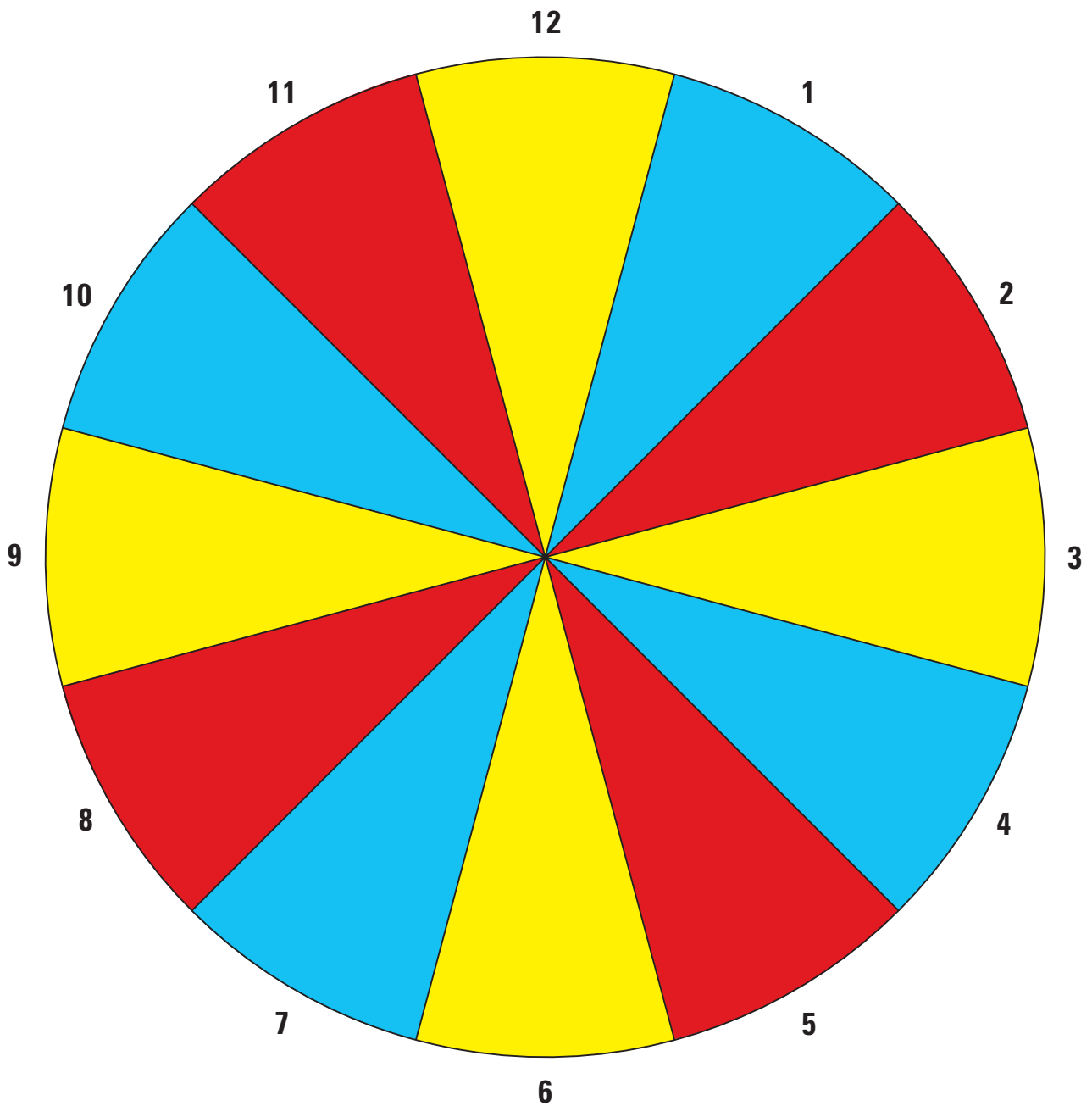
Section 6

Alchemy

The alchemical nature of the God consciousness



The qualities of the solar hierarchies



- 1 God - Love
- 2 God - Mastery
- 3 God - Control
- 4 God - Obedience
- 5 God - Wisdom
- 6 God - Harmony
- 7 God - Gratitude
- 8 God - Justice
- 9 God - Reality
- 10 God - Vision
- 11 God - Victory
- 12 God - Power



6 Alchemy

Now we are ready to re-evaluate our response mechanisms. Perhaps in the past we have behaved as spoiled children do, expecting to get our own way just because we want to. Life has shown us that this is not acceptable and we have thrown major temper tantrums and have sulked to try to gain sympathy and attention. All this has been good experience in showing us where we are and how much we can get away with. We try it out both at home with our families and later on in school, college and at work.

We may take the lessons very personally at first, however, later we are better able to stand back and assess within the larger framework how we got on, what works and what does not. What used to work for us now seems to work against us and we moderate our responses accordingly.

As we move onwards we begin to take things to new levels seemingly in spite of ourselves, not always because of ourselves. An 'otherness' moves in and we recognise we are more than just responsive, we have an inner being that requires notice. The inner prompting becomes more important to us; we begin to investigate the impersonal personality and to study post academic life skills increasingly. We become involved in the transpersonal and research complementary activities to try to find direction. We may study relaxation, meditation, other religions and philosophies. When all else fails we look inside ourselves!

We begin to value those we meet who we perceive to be loving and inclusive. We gain mastery and learn to control our actions and our reactions as we try to obey the best within us rather than enjoying the worst. We seek harmony and wisdom and are grateful for things that we would have ignored in favour of pleasure seeking in the past. We change our rhythm and notice the beauty of nature in all its changing seasons. We recognise that in the greater picture there is an order, and even when it seems harsh we recognise the reality of it. We understand that we are being allowed to learn for ourselves, to find out what works and what does not anymore.

The Management Upstairs, the Invisible World, God and the angels, or whatever name we put to them, become more real to us. We are taking a look at just how evolved we are or are not, and we are being made

aware of where we fit into the greater scheme of things. We begin to examine a more realistic canvas to move past the need to bemoan our fate and to work with what is. We are being prevented from over extending ourselves and the pockets of material that were in need of cleansing are work in progress.

We are content to work where we are placed in time and in space. We commit to serve and to gain the stability we need so that we can give to all willingly and in good heart, as we learn to balance both, so that we can co-operate rather than obstruct. An updated way of pursuing and of observing is being shown to us if we choose to merge with it. The manner in which we observe rules, and our attitude to them, has given us the chance to re-arrange our focus. We understand the need to move gently and slowly and to be patient with any delay, and this has made us flexible. The rough edges have been knocked off and we have been made pliable. The intellect has been updated and the pressure is off. The emotions have let go of feelings that are counterproductive and the physical attitude is more habitually gracious. In spite of our past we are ready and willing to move onwards once more.

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Self-reflection on increasing understanding.

i). Are you willing to take the diagrams within this module one at a time and meditate on each of them for three days?

ii). Are you willing to commit to allowing resource information from within yourself to enable new understanding?

iii). Are you willing to give permission to yourself to feel vulnerable to allow yourself to be led by life?

iv). Are you willing to be disciplined and ensure that your response is harmless towards all?

v). Are you able to tell your truth to yourself and your inner consciousness?

vi). What needs to be overhauled in your attitudes towards yourself?

vii). What needs to be overhauled in your attitudes towards others?



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
The Soul Purpose

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