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Focus on
**Spiritual Health
and Hygiene**

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Focus on **Spiritual Health and Hygiene**

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

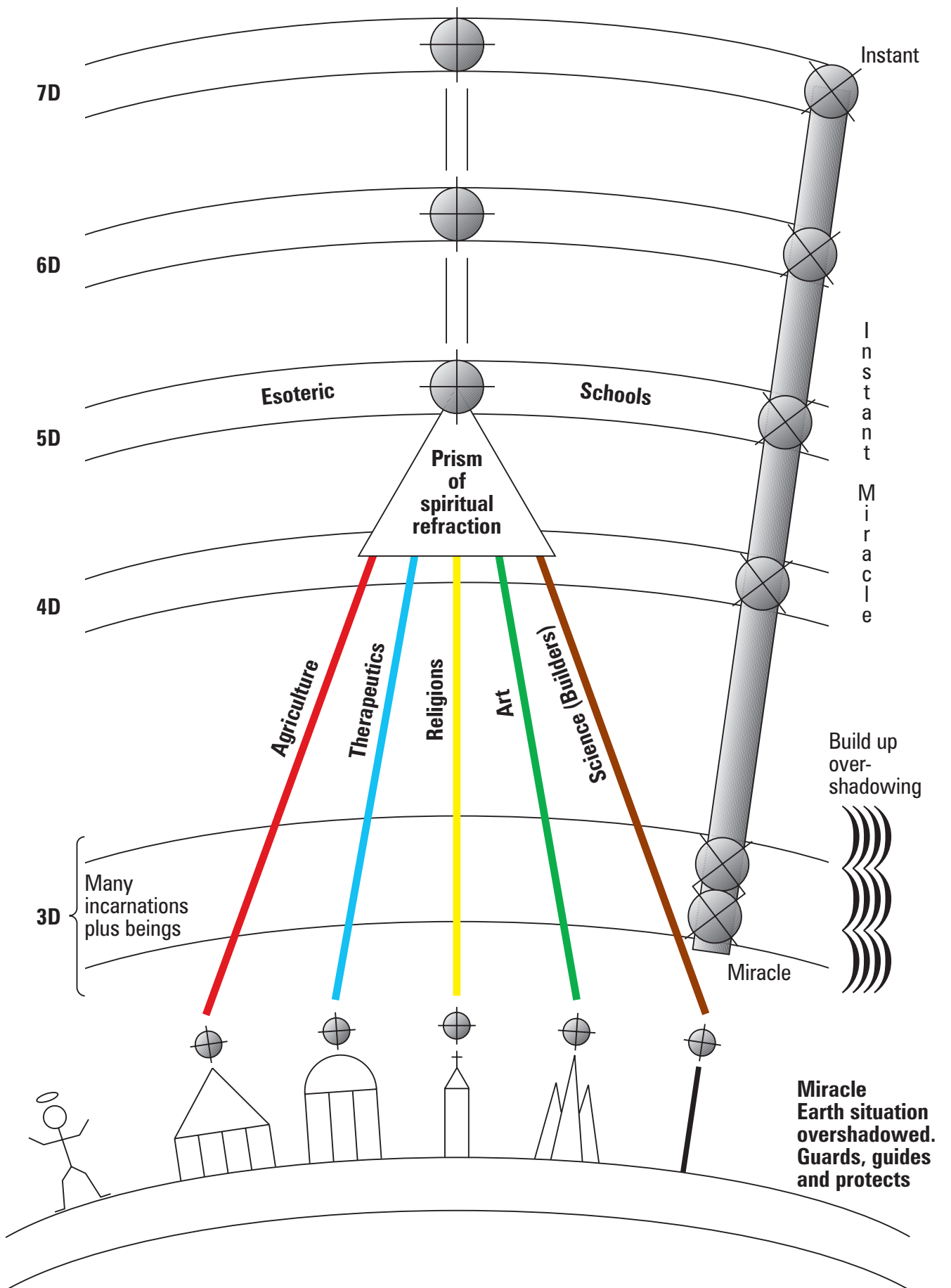
The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body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

Progress

Prism of spiritual refraction





I Progress

We can master ourselves by nurturing our own specific skills and cherishing those who have a skill complementary to our own. We are backed by the full spectrum of life both in realms beyond our current understanding i.e. spiritual and also from the history of humankind stored in the Earth's memory banks. It is a very fine balance to not on the one hand get arrogant, superior and boastful nor on the other to underestimate our own contribution.

If we think we are being let out alone, then the danger is, we get uptight. If we know we are a part of a group at every level we can relax a little more. We are only one cell within the greater body, which makes up an organ, but we still have a responsibility to do our best. It is a dichotomy, for we are inadequate within the complexity of life, and we know it, and yet we are powerful beyond measure as an instrument of the Greater. Within this, we have to learn to live simply and profoundly.

Our sensitivity to various things at various times acts as a protection, for we have no choice but to let the work do the work and to get out of the way. The fact is we have to do so because we have no idea what is going on. This is just as well, for if we did we could try to hurry the process, to control events, or to manipulate people to enable us to anticipate the outcome ahead of time. Unwittingly, if we do this, we get in the way.

As our truth is relative to our understanding at any given time, so we are a relative presentation of the Light force within us. As things disintegrate around us it is okay, for the Light generated to date is carried within individual people and things that have been achieved. This gives us a freedom, for the sacred space that we may perceive as essential is actually at a higher level of being – it is gifted to us wherever we may be, if we have proved ourselves worthy through our service to others. This takes the stress away from us feeling we have to be perfect (our view of it!) all the time we are on the Earth.

This can keep us free while enabling us to take the essence of what we have learned on to the next chapter within our life. All we need to do is just keep going even while we do not have a clue how to proceed. We link to the Light and anchor it in the everyday as best

we can. We are guided each day and we set in motion the next step for this is the only way to maintain flexibility. We will not be liked for it always – in fact we will often be disliked due to people's vested interests. That however is not our problem so we keep going on and do the job, then come away and leave the results to the 'Management Upstairs'.

Apprenticeship involves the disciple being disciplined in self-mastery techniques. These techniques belong to the initiate level and yet the littlest of the little harmonises and responds to the greatest of the great within the heart.

Self-reflection questions on holding your own space.

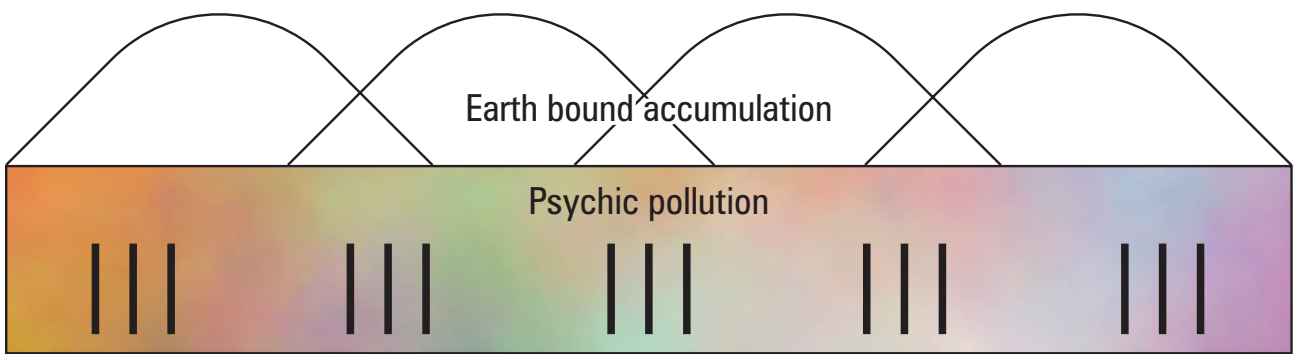
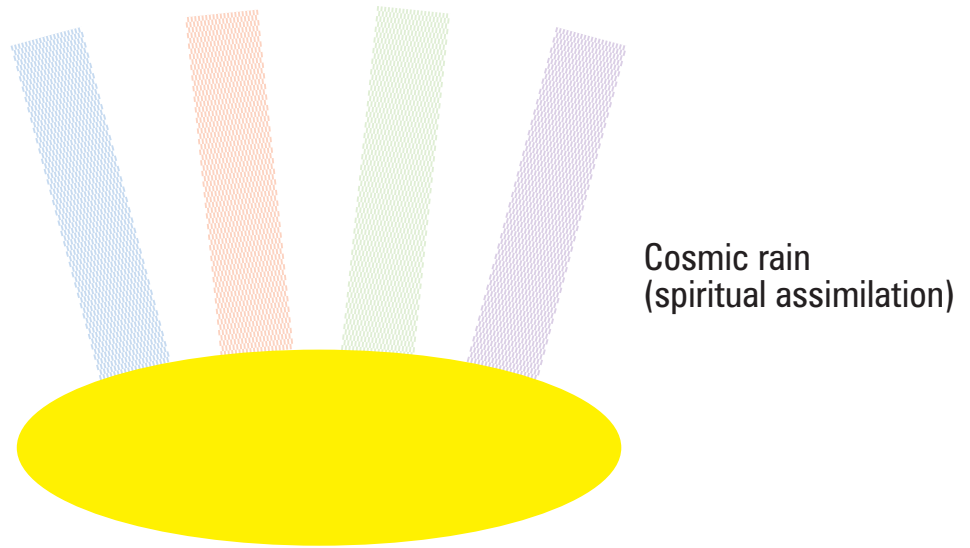
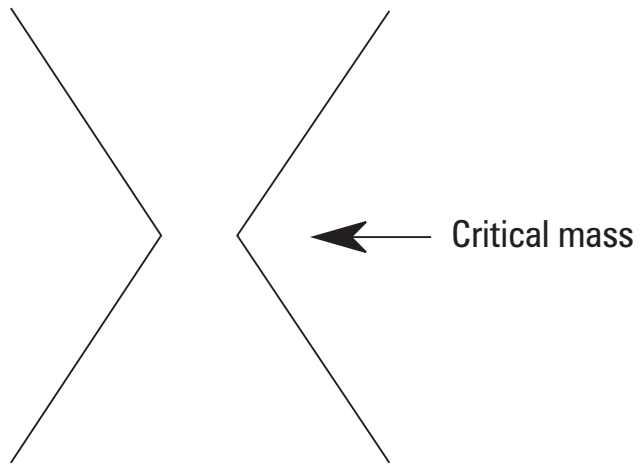
- i). Do you feel you are habitually being unfairly judged by others?
- ii). Do you ever judge others in matters that do not concern you?
- iii). Do you feel blamed for things over which you have no control?
- iv). Do you blame others rather than take responsibility yourself?
- v). Do you feel unjustly criticised and condemned by others?
- vi). Do you instinctively criticise and condemn others?



Section 2

History

Point of potential change



Frustration of human endeavour



Human resource and potential



2 History

The forces of evolution are never destructive; they are only recurrent cycles to enable cleansing and transformation, even when they occur in group dynamics. Breakdown always runs in parallel to rebuilding. Mother Nature can be tough but not harsh unless it is necessary in the best interests of the group's well being. To enjoy new discoveries we must let go of that which is no longer required for survival. This includes old dogma, prejudices, misconceptions and preconceptions, judgements, resentments, criticisms, and condemnations. Alongside these we must let go of our need to fix things for others, change things to suit us, protect those we love from others we love less and rescue one group from another. These acts are separatist and divisive, competitive and ambitious and harm and hurt the innocent and the free. If we reinvent the wheel we will not have the time to enjoy new discoveries, because we will never let go of that which is no longer necessary, nor understand why both the essence of the experience and the effluent are necessary.

What are we attracted too? Old or new houses? Old or new furniture? Fast travel to far exotic places to escape the everyday sameness of work, care and so on? What we attracted to indicates which end of the energies we resonate with. Ancient sacrifice was blood; a modern equivalent might be giving up sulking! Cosmic light works on the central nervous system and the endocrine system, which could be described as the transport network of the soul force. It will eventually build up enough pressure to create a pain threshold to block flow to enable us to confront it, then to forgive and to release the flow – or not. George and the dragon. The updated rhythm will bring cycles, which give the opportunity to achieve personal, community and planetary evolution.

What is hidden below the shelf is more important than what is displayed! It gives a more complete picture. Earthbound energies have to be released at sometime – often by war. Cleansing is inevitable but the ways of doing it can change form, improve and become more fluid and gentle so that we can all move on again.

We can choose to use our skills for the good of all in which case we can ask for support and guidance from those who have related and relevant experiences

and interests. Basic disciplines must be laid down after the spiritual rebirth so the child can proceed safely on their way. Only then can they launch their rocket. Great pressure is required to reverse the negative expectation when it is at critical mass, because it seems likely that only another experience of negative crisis will occur. And it seems that one is caught in a 'catch 22', doomed if you do, doomed if you do not scenario. At this point that person can no longer be responsible for their own welfare, they need the support from someone who says – OK lets try one more time at harmonising with the rules that have been tried and tested by others, rather than ignoring or abusing universal law. Slowly after sustaining the effort for minutes, months or years the cosmic forces penetrate and so the spiral reverses. Once the war is won peace can reign. But do we know how to live without trauma?

Self-reflection questions on over-care.

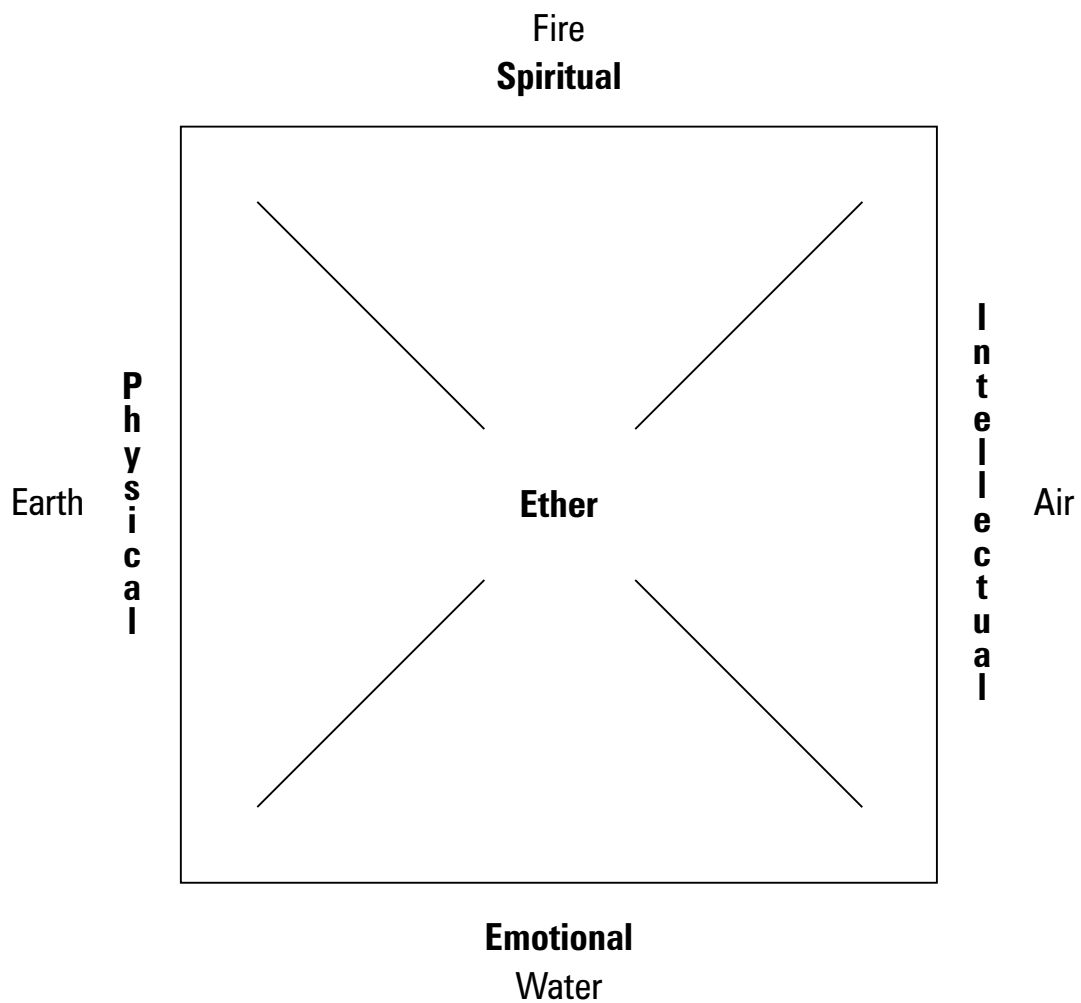
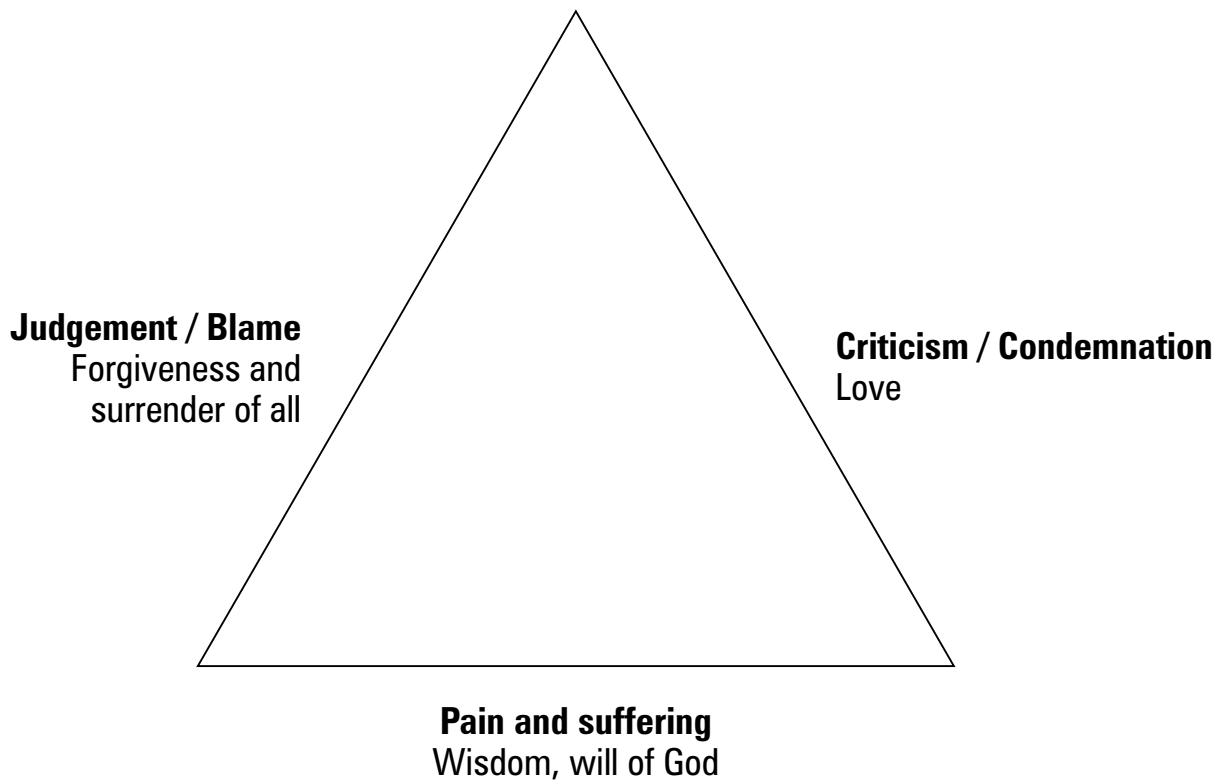
- i). Do you try to 'fix' things and manipulate circumstances so they suit you?
- ii). Do you feel manipulated by others?
- iii). Do you try to 'rescue' others or feel others try to 'rescue' you?
- iv). Do you try to protect those who surround you unduly or feel stifled by the care of others?
- v). Are you usually content or are you constantly trying to make changes in those who surround you?



Section 3

Who can I blame?

Conversion of experiences





3 Who can I blame?

When we finish finding someone else to judge, blame, criticise and condemn, we have no alternative but to take responsibility and see if what we projected out has boomeranged back to us. If it has, we will spend some considerable time seeking change, which we can be in charge of and so gain full control within due course once practise makes perfect. Or we may look for someone to fix it – and anyone will do. Parent, partner, child, therapist, teacher and so on. If they are worth their salt they will be supportive and encourage us to reconnect to our own inner resources perhaps reminding us of how well we have done in the past; what obstacles we have successfully overcome; what courage we have shown; how we have tried not to hurt or harm others in our progress but to carry all forward with us; how we have converted an attitude of suffering or slavery into enjoyment of our work, home, family; how we have not abdicated responsibility or prostituted another to freeload ourselves. This support allows us to take responsibility rather than abdicate it.

We may seek someone to rescue us as we manipulate family and friends enabling us to sabotage again and take a lot of other people's time and pollute their space. We do it through the need to keep in the starring role ourselves. We can be very inventive at these times and the desire to have someone else look after us and attend to our needs is so pronounced, and so self-orientated, we may not give a thought to how selfish we are being, and how others more modest and self-effacing have been left out as a result of our behaviour. Or, in our arrogance, we may feel we can protect someone we care for, from someone they have chosen to care for. This is probably our jealousy or resentment at having been demoted from being the top dog. It is said that the meek will inherit the Earth. Why? Because gentle people will always try to seek what is best for all. No one will be abandoned or neglected until they are ready to choose a path for themselves. When this decision is announced, then the person is as ready as they can be to take their freedom, then it is time to humbly stand back and keep quiet. At that time one only proffers advice, if asked, whereas prior to this one has to set a standard we would like all to adhere to. This holds true for the inner life within the extended family and for the outer life within the community.

We are always much better at one (family or community) than at the other and we rock backwards and forwards between the two again and again. This enables the intellectual concepts and understanding to be revised and reviewed and to rub up against the changing physical capacities and tolerance levels, just like the tide. As well as this we may re-examine bias, bigotry and prejudice as they are fired like rockets into our awareness causing our feelings to explode with a passion that enables us to find out if what we really believe is important and should be a priority. This enables us to release old suffering and resentment as we forgive and free others and ourselves not really knowing what this means as yet. We are only willing to be shown as time allows. We are safe in the knowledge that the space in body and in home is now sacred and will be influenced by both the Heavens and the Earth, united in common purpose.

Self-reflection questions on accurate timing.

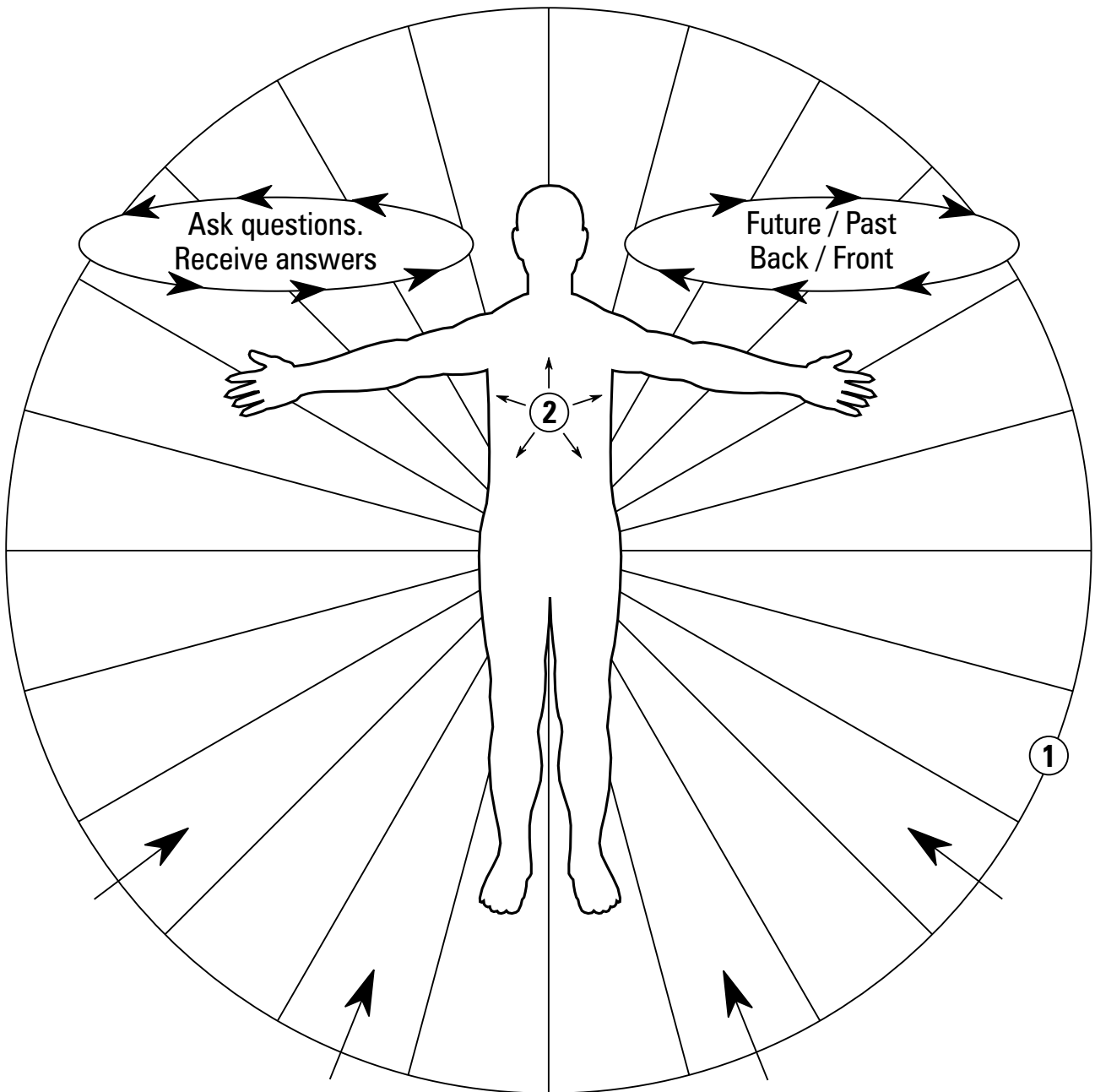
- i). Do you find yourself hoping against hope that things will be different?
- ii). Do you constantly review the past and try to rearrange circumstances?
- iii). Do you think about the needs of others or yourself or both?
- iv). Can you envisage a life without suffering?



Section 4

Conformity

Magnetic field surrounding us



① Reflective

② Analysis

① } Perception
② }

**Allows opportunity of specification
Work and application**



4 Conformity

How desperately we try to accept and be accepted by those we want to trust, and those who we want to trust us. If we have been dominated, ignored, tortured and enslaved, it may have made us very timid and/or very rebellious. So when the initial enthusiasm to change a situation wears thin we are left with something of a dilemma. Do we counsel ourselves or get help? Do we pretend nothing is happening and hope for the best, buy some time, or give ourselves some space? All of these are perfectly valid while they work. When they do not work anymore then we are forced to be counsellors within our own authority. We have to find peace of mind knowing we are in our own integrity even though we may still be dissatisfied with the drama surrounding us.

We tell ourselves, 'I know I can improve but I am doing my best within what I know that I have to do because I work for a greater force beyond my understanding. I am OK with not understanding and am willing to learn. I am OK with giving all I am, and have, to this Greater Force for it created all, me included'. Only when we surrender to this level, will natural (Nature's) law release us into freedom and may even gift us with tools with which we can serve even more effectively than before. Look at all situations with Light. e.g. light hearted, good-humoured, good attitude and so on. We need to surrender into the next chapter, even when it seems to be us who have been suffering and even if we still are! We belong to some people more than others, and people we dislike will sometimes be good for us as they force us to look in another direction if we are unable to change them or ourselves.

We are citizens of space but the Earth gifts our bodies, so we do belong here while we are here. We can resent it or respect it. We can hate or love it. We can be at home or perpetually seeking a better deal for ourselves at someone else's expense. To be accepted we must prove ourselves acceptable. To be trusted we must prove ourselves trustworthy. The discipleship of nice philosophies must be anchored with discipline to the time and the space we occupy. This leads to natural authority as well as street credibility. If we get too close to people and situations we may let our feelings get in the way of natural affinity to a higher standard. We must get out of our own way and let the Heaven

and Earth show us. Let the work do the work, as it works for us and shows us the way providing we go slowly and follow, rather than trying to lead. Only then will we know for sure what the next step is in life circumstances and we will be able to lead others onto it gently (or harshly if we obstruct the path of nature).

Most problems stem from relationships, bad communication, a poor ability to express need, semantics (words and meanings), childhood problems, fear, obsession and negative thoughts such as guilt and sin. Illness and bad behaviour are cries for help and an invisible request for disciplines and guidelines. We ask life for what we need and are in a degree a part of everyone's problems. Everyone's stress thresholds are different permutations of spiritual, intellectual, emotional and physical focus.

Self-reflection exercise on standards.

- i). Sit quietly and think about what standards are really important to you.
- ii). Write down the rights and the wrongs of life as you view it.
- iii). Do those surrounding you appear to share these views?
- iv). Are you able to air your views clearly and concisely?
- v). Do you feel exposed, vulnerable or dissatisfied if you do?



Section 5

The future in motion



5 The future in motion

Whatever we do will set the future in motion. It is difficult to understand what we have not yet experienced. We work to get into alignment within constructive suffering rather than be destructive in the manner in which we perceive things. Perhaps there is more going on than we can see just now? So slowly we try to remember the new tune and find the slot that starts things off gently. Life is trying to heal itself and we are a part of life so all must be accommodating and accommodated. It is best to do a little over a long period, and to not try to do anything quickly otherwise someone will be disturbed.

Not all people are the same; there are so many differences and so many questions. A natural sensitive human being is instinctive in response, reflective and concentrates only on survival and the possibilities and memories within it. The higher visionary intuition will be very perceptive and will ask for what is required in a willing and co-operative manner through meditation. It will involve us trusting the deeper purpose and applying our inner guidance to specify what is best and least disturbing for all.

The instinct and the vision within us are co-ordinated by the mental capacity to analyse and intellectualise the next step and to structure the clearing up of the last step before climbing onto the next one. This means being aware that a lot is going on beyond our capacity to know so we work at the place we are on right now. This is a reflective facility where common sense (which is not so common) is brought to bear and is practised continually.

The practical mystic at work in life has the capacity to bring the instinctual and the mystical together in union and then apply and attend to both aspects without needing to be applauded or lauded – just satisfied to be a part of the work doing the work. There is a molecular change that is brought about within spiritual attraction.

Love within the heart is able to use intuition responsibly, as there is already a parallel intention to coincide within the brain, so there is a recognisable affinity. When the heart opens then wisdom enters in. Love does not fall out! Only when there is an acceptance of self-responsibility rather than trying to run other people and their lives, are we safe to make a

start. 'If I accept responsibility on my side then I will leave the other person to work out their own side for this is freeing and honourable as they might reach a different conclusion which is just as valid for them as mine is for me. I choose to love for the loving, not for what I might receive back or get out of it.' People carry messages much more than they originate ideas.

Self-reflection questions on adequacy.

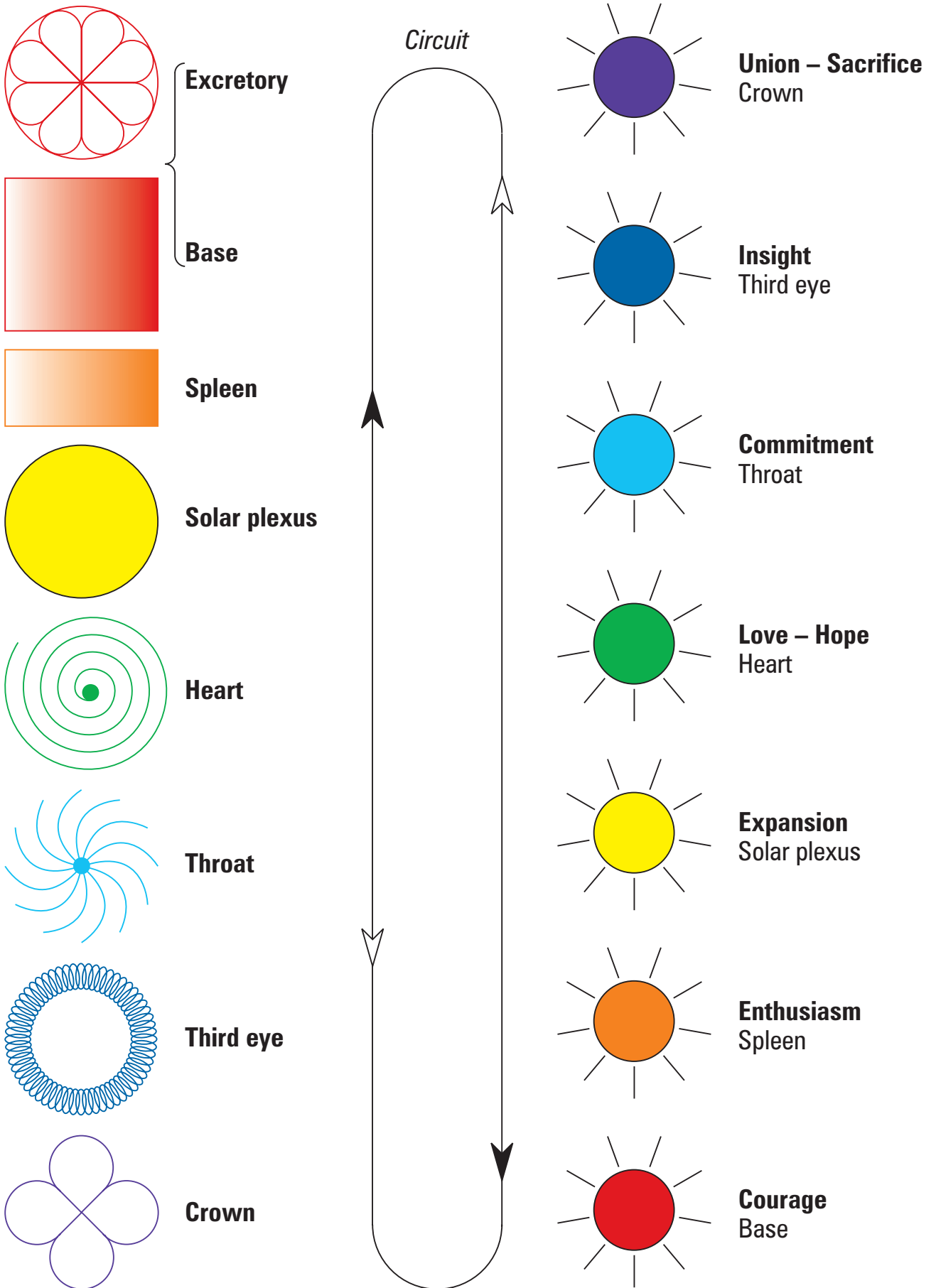
- i). Do you feel safe in your situation?
- ii). Do you feel able to express yourself or do you suppress your thoughts because you cannot verbalise in an acceptable way that satisfies all concerned?
- iii). Can you trust yourself to behave in a socially acceptable manner?
- iv). Can you accept that others must also express their needs as well as you doing so?



Section 6

Spiritual attraction

Centres of spiritual attraction





6 Spiritual attraction

This is what we call self-work. It is what pulls us up – having sunk so far down into old patterns or into oblivion within historical ignorance. We assume that God will fix it for me! We conveniently forget that we must also make a great effort. The ‘Management Upstairs’ does not replace human effort, or excuse the lack of it. We must attend to the least in order to attract the parallel experience. Do not ask the ‘Management Upstairs’ for a free handout! We will be ignored or we will receive a smack on the wrist if we do.

Through the chakra system we begin to increase the purity of each centre so we are safe to attract power and make each centre secure and a focus for life. Prior to this the two supporting channels either side of the spine will need to make adjustments so we may get back and/or front ache at these times. We may not feel so well as if old pain is being revisited. If the pain was acute once it may be chronic now, and act as a memory, an echo from the past. For rather than printing another similar picture the negative is being changed.

Then from the base centre a new seed can grow. Growth of ideas is a raising of consciousness. They are a little combustible like fire waiting to be released to enable new life force to enter in. A creative power that expands life, love, will power, fertility, integrity, trust, courage. As the abstract and the actual join forces, it truly becomes a union of energies. It is a walk in the dark for there is no alternative but to trust for we have no idea what is going on – only that something profound is happening. Once the impulse is established on the Earth it will be too busy for it to attract abuse, although challenge will be an everyday companion.

The next step is to be enthusiastic about the new direction. We need to convince ourselves that all is well, a fact, which is true of all evolution, (it only moves forward) but one we forget when we are under pressure. We can choose to enjoy what we have to do. Only that choice anchors us constructively in the work we are to do (know it or not as yet). We dedicate ourselves with an expectancy of fun. In this way we balance ourselves as we pull back into gravity and trust that what we find ourselves doing will be full of vitality, wisdom, inspiration and that we can flow, sense, digest, receive, give, and use the entrusted power wisely with

positive intention. At the same time we are able to be discerning, generous, full of insight and optimistic as we trust in the experience, to death if necessary and beyond, for we are to expand and that is the way it is. In a detached manner we accept what is rather than what was.

We must reconnect to a higher power and hope that all is well. If we have expressed love, been obedient to the highest standards we are capable of achieving, then we have nothing to worry about. If we are cooperative, willing to listen and to hear, and clearly disciplined as we hone our view to include others and add the feel good factor, then we only have to wait nicely to be shown how to proceed. We will intuit but will have to feel our way clue by clue until we find the way to achieve the new objective which life shows us.

Self-reflection questions on flexibility.

- i). What do you feel you are letting go of?
- ii). What do you feel you are connecting to?
- iii). What is the next step?
- iv). Can you be in the space and wait through time until you know what to do next?



Section 7

Static and non movement



7 Static and non movement

Sometimes we get movement that is not progressive in our opinion. This is because the impulse for progress has met with existing conditions which are not ready to change. The compromise has to be found. All too often the imprisonment of progress within the human psyche is forgetful that that which is happening is a necessary experience. One that protects us and our vulnerabilities from extremes. What seems to occur is that defensive and protective memories that were helpful are no longer so. Or powerful negative impressions that acted as inhibitors are now stifling progress when it is time for necessary change to be effected. Growth is collective – the changes in one individual affects the lives of everyone with whom they are connected. The impulse to change is therefore of sociological significance. The resistance to this is revealed in the statistics of sickness and suffering. In therapy we work to discover these points of inertia or repetitive unnecessary responses and to release them into the whole life state.

As we get better, it is threatening to our surrounding family even though spiritual economy in action allows all to be served. Some are more ready to receive the idea of change rather than the actuality, which will inevitably follow in time. The flow keeps the water clean – far distant memory is self-judgmental – and it's cobwebs will need to be cleared and dust dispersed. Group inertia requires group contract cleaning!

Tibetan monks are trained to visualise a balloon within a tiny candle so that they can go outside naked and still melt the snows of winter with their body, as well as melting the surrounding environment. They are also taught to thicken the soles of their feet so they can walk on hot coals and not hurt themselves. Yogis are so skilled at making their breath shallow, that they can be put into a box and sunk under water for hours on end and still survive. Brazilian and Filipino surgeons can change the molecular structure of their hands so much that without surgery they can enter directly into the body through the skin and loosen or remove toxic waste.

Visualisation exercise on security.

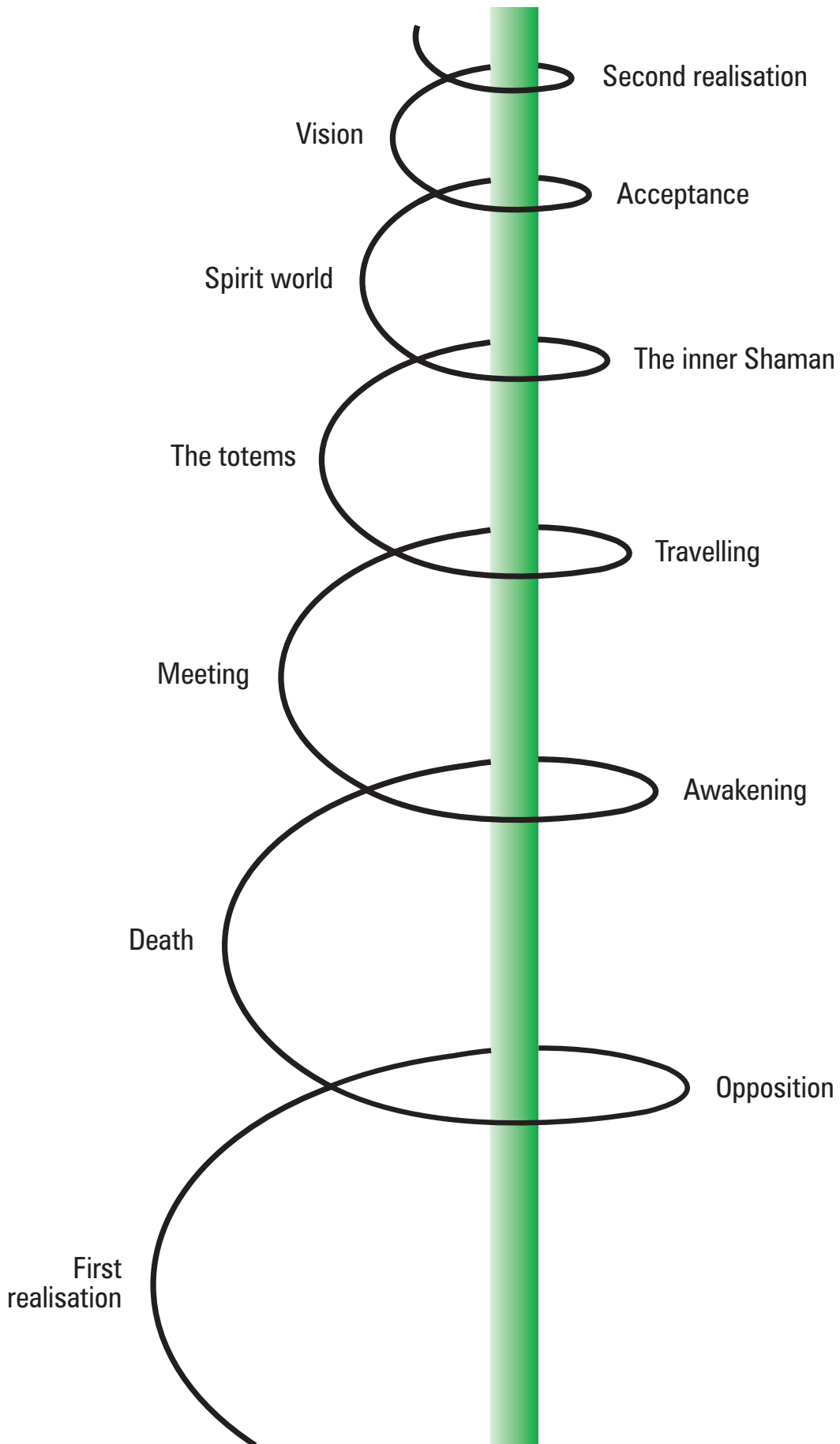
- i). Visualise yourself in a beauty-filled space where old confusion is blown away.
- ii). Visualise the space inside yourself as empty and imagine it to be warm, safe and joyful.
- iii). See what constitutes contentment to you now and practise it throughout the day.



Section 8

**When change is inevitable
– choose to enjoy it**

The tree of tradition





8 When change is inevitable – choose to enjoy it

Encouragement is a positive means of support but we do not have to wait for encouragement from someone else. We can learn to strip down and understand old states of mind, then override the message as we prepare for a new experience. Only when it involves us is it tense. If it involves a friend it is easier. But if it involves a collective (family, work, community), then we must find collective factors that have held us captive generation unto generation. It is a chicken and egg situation, for often the historical collective patterns will seem less important than the work we are involved within. But this is a repeat and a compounding of old patterns rather than a release of them. A good administrator will organise the people who know how to do the job, but they do not necessarily know how to do the job themselves. All systems are imperfect even though there may be enlightened people within a system – unless there is a majority co-census the system itself will not be enlightened.

Challenge allows progress to take place but at enormous cost. Paracelsus, a famous physician and healer of his time suggested, and tried to, improve health but only now are his ideas acceptable. How long since his first suggestions? For ever! To destruct gives instant power, all at once. Re-creation takes blood, sweat, toil and tears. Short-term policy versus long-term commitment. If we are to gain ground and re-create we will need long-term commitment and we will have to persevere and be patient.

Key people are difficult to inspire until a way into their inner clock is found. Spiritual introduction comes first, followed by facing up to the challenge, as well as to the emotional, intellectual, social structures which will try to keep things in the same old familiar mould for it is easier to cope with the status quo. Then comes the re-education and only after that, is it time for the new manifestation within the physical realms to be demonstrated.

First you get the realisation that there is a problem, then you seek healing. There is opposition always and a death to an old way of being. This can lead to a new awakening as we magnetically attract others travelling in the same direction who seek to attune and balance and so we come together to trade. We seek, hear, and

feel our totems, which create atmospheres in which we can digest the past and create a new menu for future experience. Then we go within and seek guidance from the invisible realms. If we choose to cooperate and collaborate with the process then we accept a new updated vision of that which is possible now. It is known as the second realisation. It is a crucial time for we can choose to be confused and live in chaos. Or we can wait and follow clues until an appropriate new order establishes itself. We can be bewildered and feel bad or we can seek new direction and anticipate a joy-filled contented new experience with gleeful willingness.

Self-reflection questions on direction.

- i). What, within your life, is confusing you right now?
- ii). What is the new direction you desire to go in?
- iii). Is it logically possible at this time?
- iv). Can you convert chaos into order anywhere in your life? Even if it is an office drawer, a wardrobe, a garage, or a kitchen drawer? By doing this it indicates to the mind that the inner and the outer can come together.



Section 9

Corrective balance



9 Corrective balance

The opening of the new way is crucial and requires time. We face east each day when the sun rises and we feel the breath of fresh air wash over us. In the greater year the same happens at the Spring equinox. We sense a coming into being and are fired with enthusiasm but realise if we are not careful we could aggress and hurt another living creature, or we could appear hostile and so harm. We pass within and seek direction so we control the flow rate and find wisdom giving a strong foundation that is explainable to others. We can only inspire if we have the right attitude to create a safe atmosphere and space for all to experiment and experience.

Strength of feeling is only possible if we have felt suffering and developed compassion, tolerance and patience for, and with, others. This insight builds trust and so an acceptance develops. The being that is in a disturbed state is still honoured as a worthy individual by the person encouraging and supporting them. No judgement, blame, criticism, nor condemnation; no trying to fix anything for another, no need to change due to personal discomfort, nor to protect – only to cherish, nor to rescue – only to nurture. Anything other is selfish or dis-empowering for no one knows better than the self what is required. There is no room for superiority or grandiose ideas to dictate terms to the most vulnerable. There is only a need to wait, to prompt, to remind the soul of that which has been forgotten. We cannot rely only on the five senses; we need corrective balance for we respond faster than the speed of the brains reflex. The brain links to everything, particularly the main glands. Each nerve and gland is connected at a chakra (thinking centre of awareness, thought, ability, sensitivity and so on). The perimeter is registered at the edge but at the centre too. It goes through the chakra centre to the gland system below the level of consciousness. Hormones are then released into the bloodstream and we are ready for danger. We walk in a web of sensitivity so we must concentrate and pay attention. We must steel ourselves and be still within, and awake to possibility. Only then can we analyse, reason or contemplate.

The intellectual abilities enable us to learn reason and to analyse so we try to make sense of things with the reasoning mind insisting on acting as arbitrator. Lots of advice goes on here. But what is good advice and

what is rubbish? We must manage the natural instinct alongside the altruistic and keep within our depth – perceiving, asking (praying), listening (meditation), and linking to our higher self or soul. We learn to be very impersonal, finding out more intuitively and getting into communication at the point of need not at the point of want! Then good comes out of the struggle. What is the loving thing? The inclusive thing? The higher purpose? The next practical step? We must apply a work specific, making a direct connection to the causal area. What can come from this? Humility, modesty, insight, tolerance, compassion and so on. We work with discrimination so that the person learns to see for themselves rather than relying on another person or us to tell them all the time. This is really a loving act as the linking of the chakras takes time but allows us to become more alive and more fulfilled.



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
Spiritual Health and Hygiene

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