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Focus on
Stress Management

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Focus on **Stress Management**

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

A free choice – release or repeat



I A free choice – release or repeat

Release brings its own problems of frustration, exhaustion and feelings of being cheated in spite of assurances from others and of being misled rather than well led. Anything that has real value frees and lets go rather than binds. It is a generous backdrop that supports and encourages but does not interfere. It loves to see success at any level. It is free, lends an ear, a hand, or oversees the management of the collective structure as required. Otherwise it is busy in its own right, not interfering in the lives of others.

This generous backdrop is independent and interdependent, able to give and take, do and be. It enables a return to the beginning to complete the circuit. So there is radical inequality prior to equality at mental, emotional and physical levels of manifestation. It demonstrates flexibility yet is able to hold its centre without being too swayed by others. It tolerates what is proffered, stands back, negotiates, and then makes a clear statement and trusts.

Living through the flack evoked requires that we are able to transmute all poisons. We create something and unite with it, reproducing it time and again like the alchemist raising standards and holding an ethic, until we shed skins that have been outworn and are able to stand within our own Light. Wholeness allows us to experience what is required willingly and without resistance, knowing now that poison can be integrated and transmuted even when ingested, if we have the proper state of mind. We meld all polarities until they become as one. We are playing with fire – creating on the material plane passion, desire and vitality. Emotionally we are resolute within our dream and desire that the collective come into creation without undue interference. We remember that it is the collective we are ambitious for and not our own personal gain. Intellectually we are wielding power with charisma and must learn how to lead without hurt or harm. Spiritually we learn by ‘doing’ to become wise, whole and to connect abstract to actual. Only on completion do we begin to understand what has been required as we open ourselves to our soul and are healed through our service to others.

As we do that which we feel must be done, we have to be unconditional about it, knowing that no explanations are required. We are doing, for the sake

of doing, what we feel to be right and just. If we are greedy we give for the sake of getting so we make use of people as we justify ourselves and we will be found out. If we assure people that we have knowledge of what goes on when we do not, we lay a curse on those who we profess to wish to bless and acknowledge.

Those who are truly guided will see through and feel the treachery and the double agendas and will have to decide whether to bring to justice or turn a blind eye to the pain it causes them. They will have to be careful that in toleration they do not ‘buy’ into the role another has set up for them rather than doing what they feel to be the correct thing for themselves. We have to learn to be compassionate to the perpetrator while absenting ourselves as much as we can without appearing to be too rude.

Maybe we will decide to be as permissive as we can be and let the ambition of those we are relating to be challenged elsewhere. This is all without allowing the hurt or harm to re-enter into the equation and compound it. If need be we will have to be brutal so that those who are misguided do not take themselves or us for granted. Maybe we will do nothing at all except suffer in silence until the toxins and pain erupt like a volcano at some level within us. Or we may do what we can and pray that we will not run the risk of divided loyalties, which will hurt us as well as others in the process. If we ignore it, we may be harmed too profoundly and run the risk of repeating and compounding pollution through habit.

Is it possible that we just surrender to the will of the Heaven and of the Earth and wait to be shown the next step without having to make any pronouncement, announcement or statement? Can we be totally obedient to inner guidance even if it means short-term external aggravation? Dare we give thanks for a state of Grace and believe all is as it should be for all because it is so? Are we that modest? And are we gracious and self-effacing in attitude having overcome our self-importance and having found true humility?

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What are our internal choices? We can choose to be wounded or claim health even within illness. We can choose to be hurt or ask to be healed even if we do not understand as yet. We can choose imperfection or know that in origin all is perfect and ask to reconnect. If we are insecure we can request that we all feel safe but not to our own specification for it may not be correct for ourselves let alone for others. We just recognise our limitation and know that where once we were adequate to cope with something, now we are not and vice versa. We get over the feelings of inferiority and know that all are good enough in their own way even when we do not understand how as yet.

So that which was damaged begins to mend and soon becomes as new. The dangerous path was as was required and is not to be dismissed or ignored for it is a part of reclaiming wholeness. Perhaps we have got a little battered as we experienced use and abuse, yet it has shown us that we have no desire to do this to others anymore. Perhaps we have been bruised and felt used and abused, but it has demonstrated to us that we no longer wish to hurt or harm others who surround us.

Perhaps our memory has been short and our heart unforgiving as we relentlessly pursued that which we wished for. As a result, we became selfish, self-obsessed and absorbed in our own gratification. In our greed for power we dictated terms, controlled to keep an upper (superior) hand, keeping that which we did not want others to share all for ourselves. By doing this, we conveniently dismissed history in our surety that our point of view was correct and the only one.

If we are to release the stress and strain of the living process, we will need total obedience to our soul path, as we willingly try a new step in full knowledge that we can trust ourselves to work in the best interests of all who surround us including ourselves. We will learn to lead our group from behind rather than out in front. We will surrender that which has past and live within a confused state until the new direction for all is made manifest through life. We will allow ourselves to be immersed in chaos to enable new order to emerge, as it is required by life rather than as we anticipate or wish it were.

Self-reflection questions on goodwill.

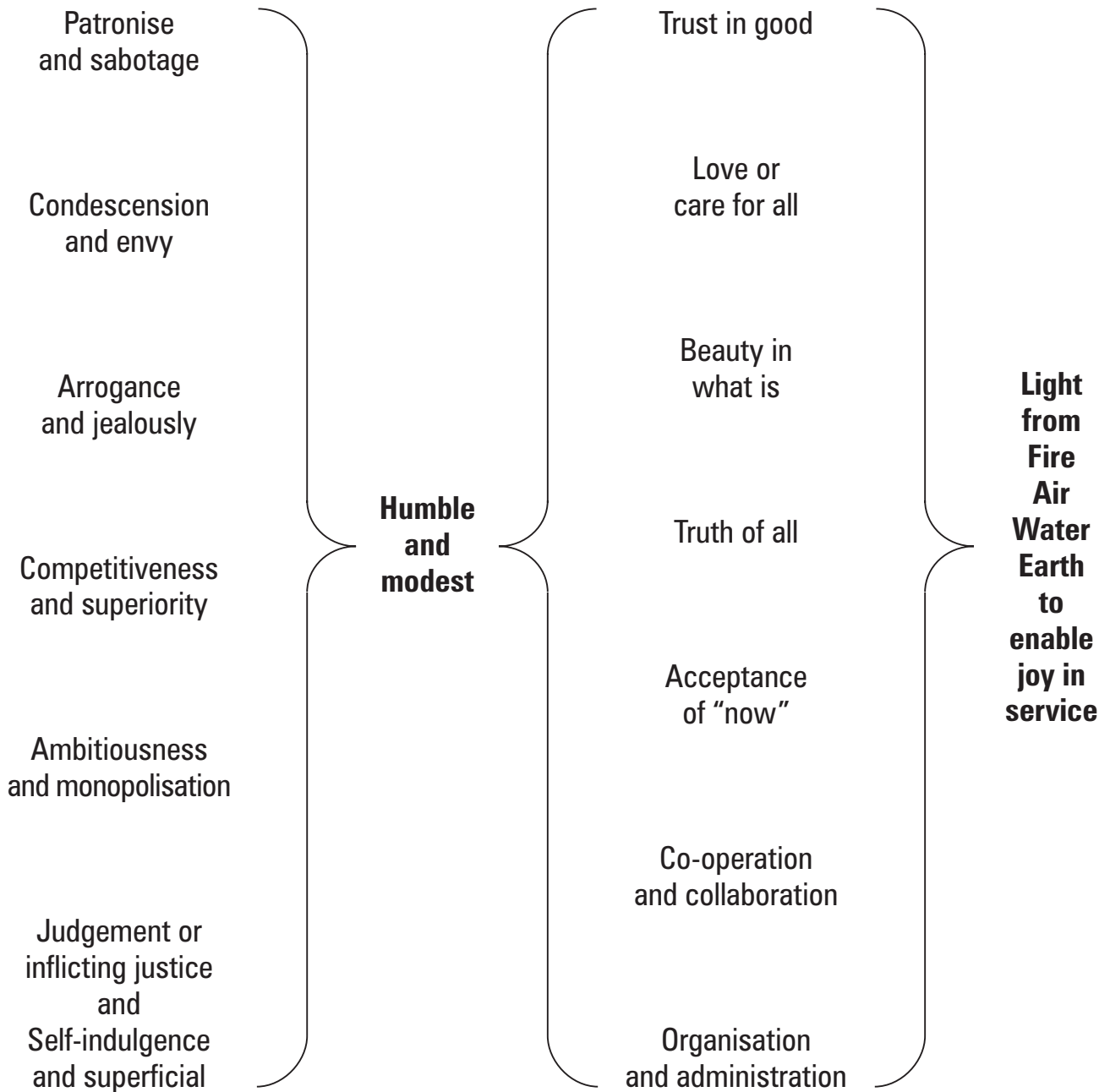
- i). Did you try to be popular, or gain publicity by fighting, running away or running riot and thereby sell others out?
- ii). Did you maintain a quiet mind and have the heart to complete the job?
- iii). Do people feel safe enough around you to speak their truth?
- iv). Have you proved your trustworthiness?
- v). Do you give people the time they need to accept? Or do you barge in and assume you are correct in your assumptions?
- vi). Do you ask the correct questions or make the right comments so that people are gently led to make choices or do you demand or bully?



Section 2

Risk all and trust

Choices





2 Risk all and trust

As one set of circumstances moves out others will move in. For all is as it should be. As we risk all and trust, things may sometimes begin to work out very differently from the anticipated result, but that does not make the circumstances wrong or right. Things just are what they are.

The body holds memory of the last time we met a similar situation, which we found difficult to work with, and needs to catch up with the current condition. As it does, so we sway between hyperactivity and complete inertia. At these times we lack understanding and the mind gets anxious and becomes too nice and gets walked all over by others, or too nasty if there are feelings of being stitched up, trapped or isolated in our grief. Be interested and concerned for others without losing personal vision as a win-win compromise is negotiated, otherwise all lose. The result is not as important as all being on the same side. There is neither war, nor enemy if we are bonded as children of the 'Management Upstairs' and the Earth Mother.

Mistakes in learning spiritual principles are fine, as we try to get those principles manifesting in life. Perfect justice, perfect order, even if one's opinions and attitudes do not concur. Children do not agree with their parents when told to go to bed, wash their teeth, have a meal instead of having an ice cream, but in the main they agree without too much fuss. Especially if the reasons why are explained and the occasional treat is allowed as well as the meal, and not instead of it.

It is the marriage of the principle (male 'doing' things) with the opinions (female 'being' things) which must be bought into a free and equal state of loving interaction and peace-filled co-existence prior to a relationship existing. It takes time and effort, but if we are unwilling to risk it, we will attract a mirror in which to reflect and the image may not be to our liking. So we have a choice, we willingly work to change the image or we continue to dislike everything we see.

A few cuts, grazes, sprains and strains etc. are acceptable and do not stop the process. We recover and toughness and vulnerability merge as equals. To enable equality of race means we must not judge, blame, criticise or condemn. Nor must we rescue, protect, change or fix something that is not broken, for there is fundamentally nothing wrong. Right and wrong

is a division, good and bad a separation. There is only one person or group, which perceives from their limitation then tries to wield influence without invitation. In truth it is all a part of the same thing. If we have good times for too long we lose compassion for those having bad times. And if we experience bad times for too long, we lose touch with goodness. We all take our turn at all aspects and only feel stressed when we do not move on. If we refuse we experience deep distress and distrust and we cannot be shown for we will not accept that we do not know, so we continue to pretend that we do. It is impossible to show someone who thinks that they already know or who will not be bothered to make an effort to improve the situation for everybody surrounding them.

The world manifests as many different skills in group formation as it does in individuals in different proportions – in this way it adds to the interest within the living experience and helps us to know that we cannot be all things to all people. If we love and give enough we will overcome boundaries. To collectively decide how to behave will take lots of time, effort stamina and persistence, but what else is important to gift our children with? We must decide for ourselves what we want to share and what we want to release. Stress forces us to adapt. Distress overloads. Practice helps to oil the wheels and allow all to move into their revised placements.

To claim a promised land is one thing. To live in it we must make the journey and get comfortable, and when we earn it, we deserve it and will receive it. The same holds true for people, places and for races. Trust and accept, forgive the resentment of the learning, and surrender your will to the will of the greater.

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Self-reflection questions on earning your passage.

i). Are you able to withstand being mocked, scorned, ignored, gossiped about or treated like garbage?

ii). Do you lash out when your pride is hurt, your ambition is thwarted, or your opportunities are slow in presenting?

iii). Do you feel lazy, greedy or want someone to do the job for you?

iv). Do you patronise, belittle, and appear arrogant, superior and dismissive?

v). Do you consider yourself and others good enough?

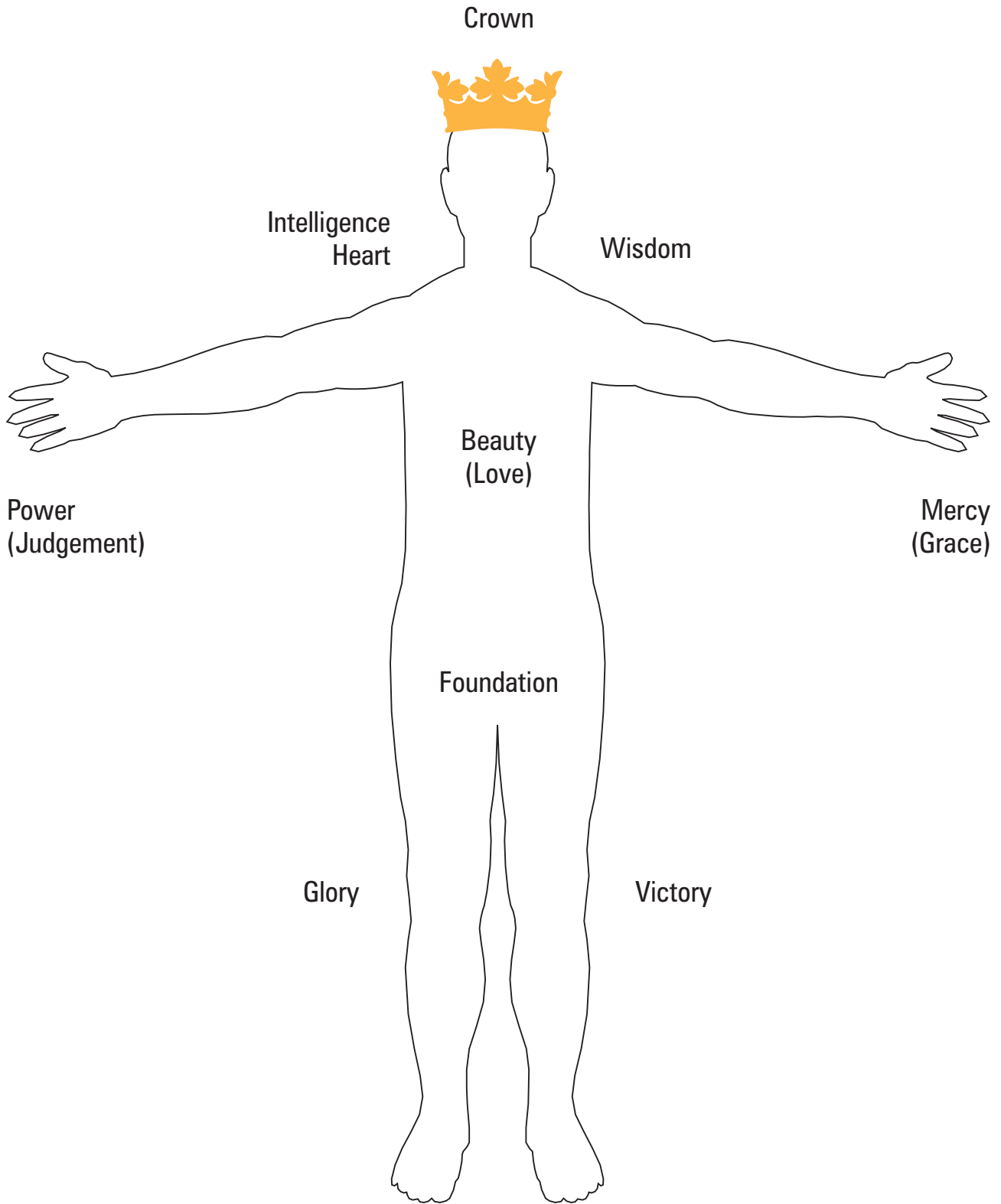
vi). Do you consider you have done well enough?



Section 3

No resistance – no pain, only gain

Our kingdom



Anchoring the kingdom



3 No resistance – no pain, only gain

Attitudes are all important. If we wield the stick, we render everyone impotent by taking over and dominating. If we govern cruelly, we rule in tyranny and engender hostility whereby those who work with us feel imprisoned, prone to torture and experience pain, torment, harassment, confinement and deprivation of liberty.

If we insist on inclusion without waiting to be invited, we dictate, delivering our orders with absolute authority and without negotiation. Others will feel non-compliant and enslaved as a result of which they may not co-operate as they feel subjected to others and no longer free. Drudgery having worn them down, they deliver what is required but without grace.

Perhaps we have experienced feeling taken over, even persecuted and harassed or unjustly punished and wondered why. Maybe we have sacrificed our own need and surrendered that which we hold precious and so felt that the divine was unjust and that we have been at war with all. If we are constantly at war we devalue all and use others for our own purposes, invading them, as we would intrude on an enemy, causing dishonour to all, ourselves included. If any are to survive they may run away, or ignore and avoid being prostituted in this manner. If we bombard and use others, the enemy becomes us and it is too easy to slip into an us and them situation. We learn to value and honour others who have earned our respect. We nurture and cherish all comers without excluding any for all must be freed if we are to live in peace.

If we have been bombarded for too long we will feel abused and need to protect ourselves, without neglecting the needs of others who envy and without paying heed to those who are jealous of our apparent contentment. Eventually they too will learn to ask and not tell, to support and encourage rather than to criticise or condemn. For it is not kind to those who are vulnerable, as we all are, to intensify what may be perceived as an inadequacy.

We are all learning how to be content within our agreed skill area without becoming martyrs who must suffer for their belief in good, and without becoming psychotic and being confined within a safe space. We begin to learn to negotiate for what we need, and let go of what we want without anticipating negative feedback or feeling threatened. Negativeness, destructive-

ness or criticism and condemnation are black magic and will have to be worked with to become transformed.

The ideal standard of one person is real to them, but not necessarily to another. The romantic ideal must be made real before it becomes an opportunity that is suitable to all surrounding us. So we try many different ways of trying to make our ideal appealing to the market we are trying to break into. We open all options and wait to find out what will work and what will not. We must be patient and wait and see what is developing without trying to make something happen because we are bored with waiting. We do not know what belongs to the old arena of living, and what is a part of the new, so we follow the clues and find the rhythm we are able to live to within life now. We wait for majority co-census as we proceed with extreme caution.

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While we wait we pray for an invitation from life, and that an opportunity opens up to us. We know we do not want to be bullied by others who try to control our life, nor do we wish to bully others. We meditate and state servility (and mean it) such that the greater good of all is put before our own, as we recognise that we serve both Heaven and Earth. We wish to do this for we know we are not capable of playing God to anyone nor are we able to change the circumstances for any on Earth beyond a certain point. Things happen and we willingly and gratefully concur knowing that nothing could happen without the Earth Mother condoning it as well as the powers that be who stop the Earth from falling from its orbit. Then we contemplate on the next step for us, not for anyone else as yet. We discuss with friends we respect what the significance may be, and we research until we understand and know what is happening. We dramatise circumstances for the good of all as best we can, as we openly discuss, communicate and negotiate that which is best for all at this time. We do what is obviously required – perhaps after having tried to delegate to make sure we are not doing what another should be given the opportunity to do. That which comes back is ours to steward willingly and carefully. We do not claim our status, we learn to be humble, letting others acknowledge our value without us having to tell them how great we are, or ‘doing a number’ of neediness. We are modest as we work within our changing limitation. Then we input and work willingly as a free and equal part of a multi-disciplined team, honouring the input of each although each manifests a different skill area.

Self-reflection questions on patience.

- i). Did you put others to work within their own skill areas and wait to see if they would make use of the opportunities presented without interference?
- ii). When true colours were presented did you judge, blame, criticise and condemn or state your own view and offer a new deal, which they could honour and accept or not?
- iii). Did you take responsibility for what you had created as best you could and limit the damage accordingly?
- iv). Did you dispense justice or just wait in the space?
- v). Did you feel impotent and frustrated and so became unjust or hostile? Or did you just keep on keeping on, remaining as true to the original vision as you could?



Section 4

Authority issues

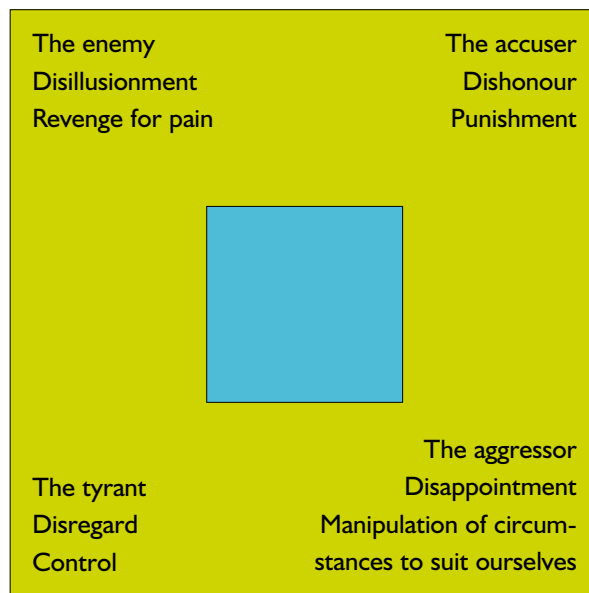


4 Authority issues

Life and death are constant states, for we are born to experience and when we have done so we release that experience as we die to it. We may do so willingly or unwillingly for there is much to experience. If we try to control, we murder the free. A master of their art will however manage in these circumstances, and on occasion act quite harshly, but they will include themselves in the regime that they have imposed on all.

We will have to be tested and observed. Some will see us as the cruel torturer who enslaves, and invokes suicide at one level or another. Or we may experience this scenario at the hand of another until we serve willingly, co-operating and collaborating with all comers without minding or it being an effort.

To become a master server of the race we have to get past the need for:





Non co-operation through distrust may be within ourselves, or may be within others. We have been parts of teams and we may need to re-establish a revised team. We therefore learn to build teams selectively where each practises their own job skill. We learn to share and care as best we can, consulting all, supporting and encouraging as best we can. We negotiate each step so the wishes of the majority are carried out. All must benefit.

It appears quite easy, yet we must learn to deal with certain issues within ourselves and from others. The following are just some of the states which will have to be addressed: irritation, ignorance, revenge, spite, isolation, banishment, exclusion, humiliation, violence of manner/behaviour, mockery, scorn, sneering, belittlement, lying, imagining, fabricating everyone's reality, exaggeration, rudeness, inconsiderateness, hidden agendas, a desire to: sabotage, trespass, create innuendo, politics and monopolisation. Then there may be jealousy, envy, tactlessness, the patronising, the condescending, others expectations and assumptions, dishonour, disrespect, disregard, hostility, division, separation, frustration, impotence, those dispensing justice on all and a cry for mercy!

Self-reflection questions on the application of the intention.

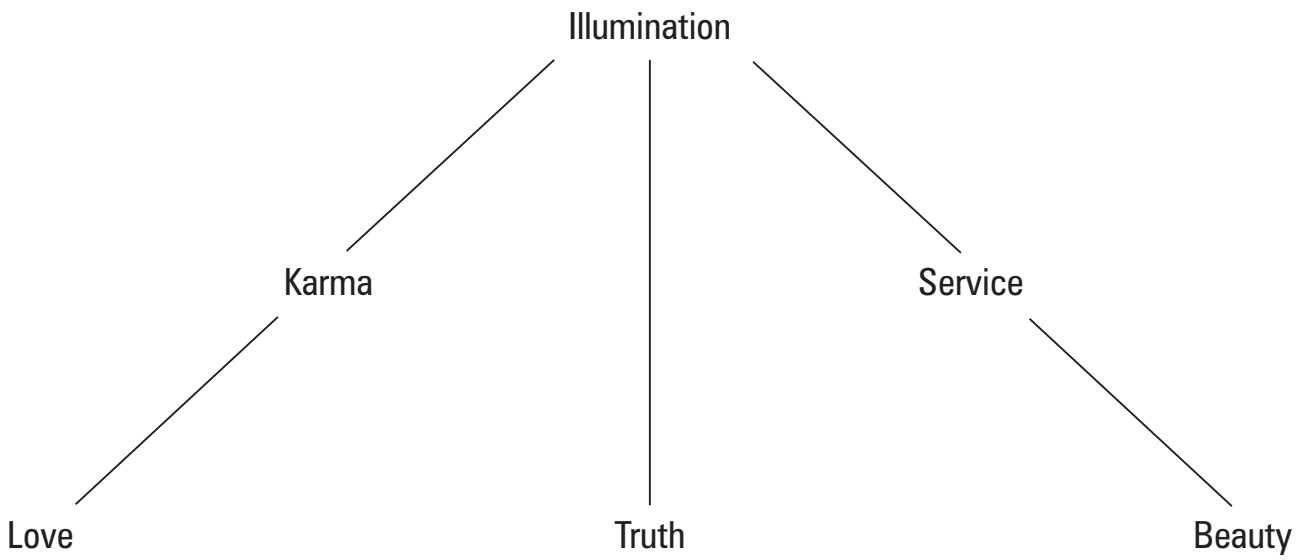
- i). Did you bastardise any because of your need to be loved?
- ii). Did you hold true in spite of the judgement of others?
- iii). Did you sell out because you could not stand the heat of collective challenge?
- iv). Did you see the job through to a logical conclusion where you could take it no further?
- v). Did you use others in the process?



Section 5

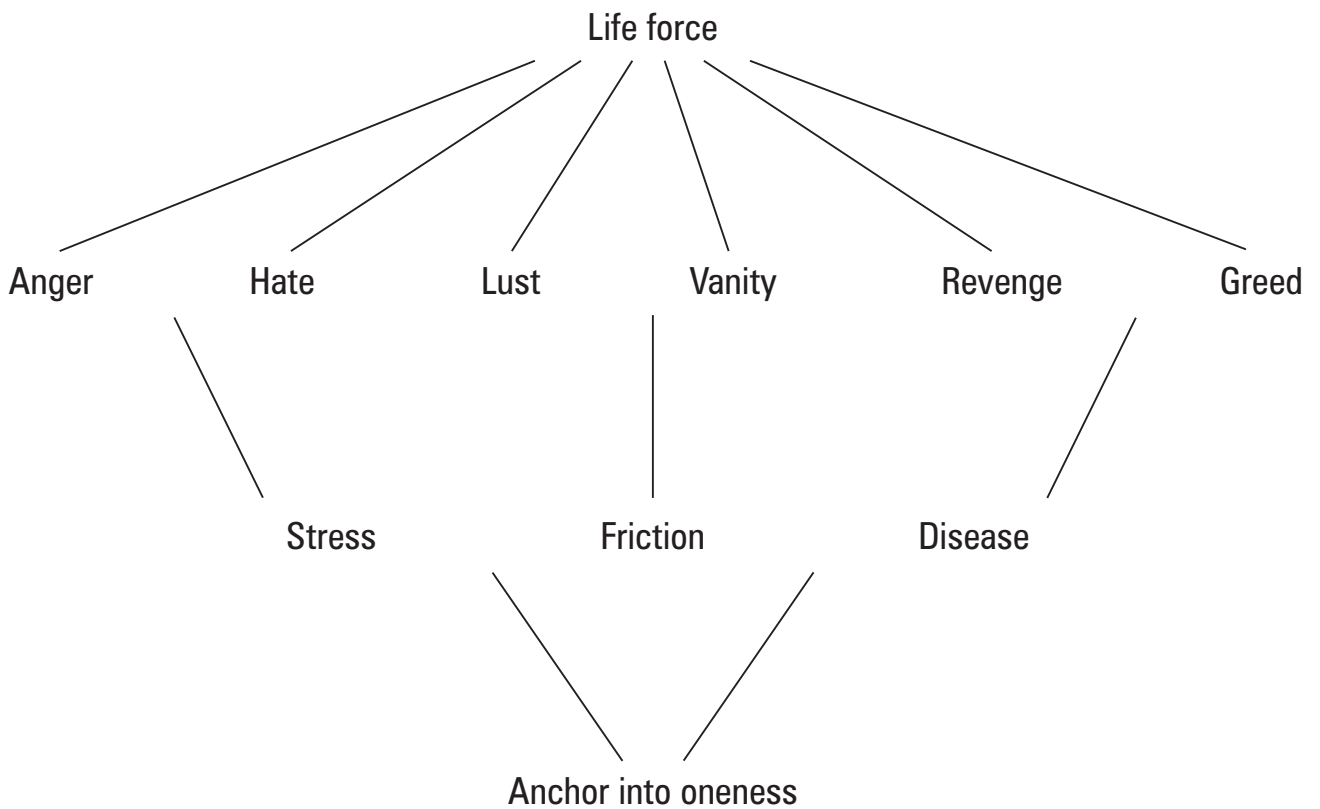
Right use of power

Applying the vision



Abstract

Actual





5 Right use of power

We are the only ones who can decide what is what regarding justice versus injustice within our own lives. If, however, we have broken the laws of the land we may have the help of outside forces! Only we can decide within how to proceed and if we are willing to give ourselves into the hands of our soul and surrender distress from the past in favour of stress within the present motivating us to let go of old pain.

All of us have experienced the below states and cowered in a corner. Yet interaction with others can allow these rough edges to be smoothed away if we trust life as well as our inner guidance. Intuitively we begin to get bored with rerunning the same scenarios but at least we know how to do them, often rather well!




Can we trust the Greater Power to apply a standard and an ethic that includes us in its beauty and its wonder? Do we have the stamina, the persistence and the endurance needed to keep on keeping on with the disciplines that are required of us day by day? The standards, the code of ethics and the disciplines applied will be challenged by outside forces sometimes to help and at other times will appear to hinder. We may feel worn out, on occasion distressed, as the compound challenge stresses us out even more and forces us to make choices, as even more choices appear to be thrust upon us.

If we do nothing we divide the community even more than it is and add to the problem of existent inequality. There is no unity that way. If we multiply the issues of separation and humiliate those in critical situations we destroy them. Holistic practice goes beyond old limitations and works willingly within others while staying centred. Lack of collaboration and non-acceptance will make matters worse. If we are humbled we need encouragement. If we are patronising or arrogant, life will force us into modesty. If others care that is a gift – value it without jealousy, they will not override our needs if they can avoid it. If we do not want their input, we tell them courteously; we care for and share with them and do the best we can.



Within the circumstances presenting from the environment we will have to weed out what we consider to be the bad and the ugly as we concentrate on the good.

We will need to reassess:

Control issues	Manipulation issues
Selfishness	Self-obsession
Greed	Freeloading
<u>Which may source from lack/guilt</u>	<u>Which may source from laziness</u>
	
Fear	Sabotage/self-sabotage
<u>Which may source from inadequacy</u>	<u>Which may source from insecurity</u>

We may have hidden agendas to cover up the unprocessed grief/pain and feelings of impotence/isolation or exclusion.

So we set up another framework for ourselves and begin to look within to see if we are able to move past old issues ourselves. If we can, we begin to act as way markers for others who are experiencing similar situations, not to do it for them but to remind them that if we can do it, so can they. The stresses of the past now distress us to enable us to move past it. If others are around us who have lived through similar circumstances themselves, then they encourage and support us as we pass through the sticky and muddy waters. Will we recognise and appreciate them or punish them? If we are fear-filled at the unknown, or resentful and angry/frustrated by that which we are living through we may or may not move on. It takes courage to express our needs rather than depress them. We will experience impotence at the hands of others and our grief will internalise or externalise until the pressure between the two states can coexist harmoniously. The pressure acts as the bridge from the past towards the future. State your wishes as clearly as you can and hope that they will be carried out and your codes of behaviour honoured within life circumstances.

Choose to let go of negative expectation even if you have had a reason to assume that things appear to be moving backwards rather than forwards. Express your willingness to deal with ego and to let go of personal ambition and your idea of what success might be in favour of being shown as you are prompted by intuition to take the next required step. Trust that the soul knows your needs and wishes to input and help. Obey the prompting even if it takes a long time and trust and accept that life is your friend. As circumstances conspire to move you onwards, you will meet those who can help you. This help may appear in the form of people, places, objects, or from overheard conversations, a phrase in a newspaper or on the subway – it is an ‘ah ha’ moment, take courage and pursue it. If it works easily there is the next clue. If not, keep on trying. When it works and it is easy and it fits your need, it is the next step. And right now there is nothing to lose and everything to gain.

We may be meeting situations that are beyond our current understanding but we do not have to dishonour others or be suspicious, natural caution is enough. It may seem that respect is not obtainable but we may be mixing with others whose prejudice and bias are their problem and not our own. Circumstances change and gifts are given or withdrawn. We are not being rejected, just moved on. Accept the love that is proffered and blindly obey – you survived before and you will again. Do not fall into the trap of blaming others. How often do we hear ‘if it were not for my environment/parents/children/partners/siblings it would be fine’? Well no it would not, they are a part of our life as we are a part of theirs – we can take responsibility for ourselves and help as best we can by choice, or we can make others suffer, and suffer ourselves as well as a result.

continued overleaf . . .



We can add to the problem or choose goodwill and subtract from it, or we can choose not to care because it is too hard to do. It hurts our head and our heart feels too sore/soft/hurt/damaged/harmed. And we cannot understand what is going on in either head or heart. Ask, even instruct the head to honour rather than judge, to forgive all rather than to blame, to enable a release of pressure. Assure that there is no need to attack, or to abdicate responsibility. By letting go of the past, the future can present itself and all things will change. It may be a bit of an effort but there is no need to insure against a representation, for we have changed as have others and circumstances. There is no need for criticism or condemnation of any, it is just time to move on.

Of course our heart is feeling heavy it is natural. Hardly the time to abuse and withdraw nurture, nor to use others rather than serve. We may not want to try again in case we are hurt or challenged, so we favour defending ourselves. If we have proved to ourselves and others that we contribute willingly and have nourished many, there is nothing to worry about. If we have played games or prostituted others rather than been generous, we will have suffered. If we have learned and apply the same generosity to others regardless of sex/race/creed, then we have demonstrated union and our heart and head will work together harmoniously.

We learn wisdom through observation and experience – us of others and others through us. What have we learnt to share with others that we previously jealously guarded? Have we been ambitious, envious, egotistical? Or have we striven for equality within the groups surrounding us? Have we been competitive and revengeful, protecting what we perceive as unwanted interference, or gentle but obedient to inner prompting? Have we tolerated yet resented the input of others who are still in pain and hurting? Or have we recognised that it has taught us to toughen up and gain immunity to make us more effective and less prone to compounding stress unwittingly?

Choose release and ask for it. Trust in re-enchantment within life – it is a natural state after all so don't settle for being disenchanting again. Get wise. Ask to surrender the past and for the active input of the soul, which we will do our best to co-operate with. And work with what is possible right now within ourselves, our family, our group, market, community and so on.

We appoint the Light and we wait nicely. We love deeply those surrounding us and we are delighted to wait until they too have the same opportunities as we do. They are all able to find their new personal place and space within the reforming group structure as it is now rather than as it was.

It is no more stressful for us than for others for we all take our turn – hopefully with equal equanimity.

Self-reflection on update within life.

- i). Redefine your personal expectation and do a reality check.
- ii). Revise your ideal.
- iii). Review your potential in light of skills and experience.
- iv). Re-negotiate truthfully in co-operation with those interested.
- v). Are you willing to allow illusions to disperse as you collaborate with real possibilities?
- vi). Honour disillusion as it supports and encourages new probabilities.
- vii). Be grateful for the state of grace that allows the core centre to be cleansed and ready.



Section 6

Moving on



6 Moving on

Before we move on old preconceptions will have to be cleansed within the central core of the being, and updated instructions made known to the brain. We can be quite 'fuzzy-headed' at this time. We re-taste old bitterness and crave the sweet. We hope to expand beyond current limitations, yet experience cynicism. We contract into our new state yet are sarcastic at the slightest hint that we cannot have it all at this minute. Life mirrors back to us whether we are free to choose to include ourselves or whether we are using ourselves or others as an excuse to get our own way. If we are supported we have demonstrated our care for others, but have we remembered we are one of the others and must include all?

In the heart there must be a willingness to help and not hinder the work of the Invisible which is beyond our understanding at present but within our soul remit. The mind lives behind the heart and sends revised instruction to the head, which then distributes it around the body. We must be able to extract the pain of others from our space as we stonewall an entry of a repeat performance.

We do not have to hate systems beyond our capacity to embrace. We can choose to work on within our integrity and trust outcomes. We do not have to be disgusted by life or history – we can be natural within our interactions as we accept all and try to fuse the inner and the outer realities. The head and the heart will fuse together and establish an updated rhythm as we harmonise the old chapter with the new within the book of our life. The stress can be managed but not prevented.

And so the meek and the gentle will inherit the Earth, but we will still have to be present and do what we think is right. We will still have to arbitrate and mediate as best we can, as we mop up the past with good grace to create a clean space for the new to enter in.

We can smile rather than be insulted when branded not good enough as we listen and are patient when told we have not done well enough. This is often because we are inconveniencing others wittingly or unwittingly. We can learn to be patient while others try to find something better than we can offer them, and while they are blaming us as we in turn blamed others, prior to accepting responsibility. We can re-include

them when they creep back, but not always within the same remit as before.

Can we trust ourselves to be kind and courteous and not indulge in 'tit-for-tat' behaviour? Can we walk away without a backward glance when told to do so, knowing that others will find their own way, and experience that which is a part of their judicial package; and knowing beyond a shadow of a doubt that we have no wish to watch any suffer, even if they cause us suffering? We choose to follow the path of least resistance and give time and space for people to find out for themselves without our intervention or interference. We are too busy making plans for harmless discharge of static and finding out where our capacities and capabilities are required next. We are proving to ourselves that we are capable of being flexible, making plans and willing to change them at a moment's notice as we adapt, investigate, tailor and trim. This is a little like tacking in a sailing dinghy to enable the wind to maximise movement.

Having communed with the inner soul, we communicate as well as we are able, and with an honesty that does not deny the less pleasant aspects. We accept all and hold to our trust in good. The stress that seemed so unmanageable has moved us from one area to another and we have survived and endured and now know that we are capable of harming ourselves and others as little as is possible all things considered. Now we organise what is left as best we can and we trust in the will to good. Be at peace for all is well. Now we rest and recover for we have recreated a new birth and must now be prepared to enjoy our updated lifestyle.



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
Stress Management

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