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Focus on  
**Surrender**

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## Focus on **Surrender**

### **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*

# **Gracious surrender**



## **A message from the Hopi Elders**

To my fellow swimmers:

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hang on to the shore. They will feel they are being torn apart and will suffer greatly.

Know the river has its destination.

The Elders say we must let go of the shore, push off into the middle of the stream, keep our eyes open and our heads above the water.

And I say,  
See who is in there with you and celebrate.

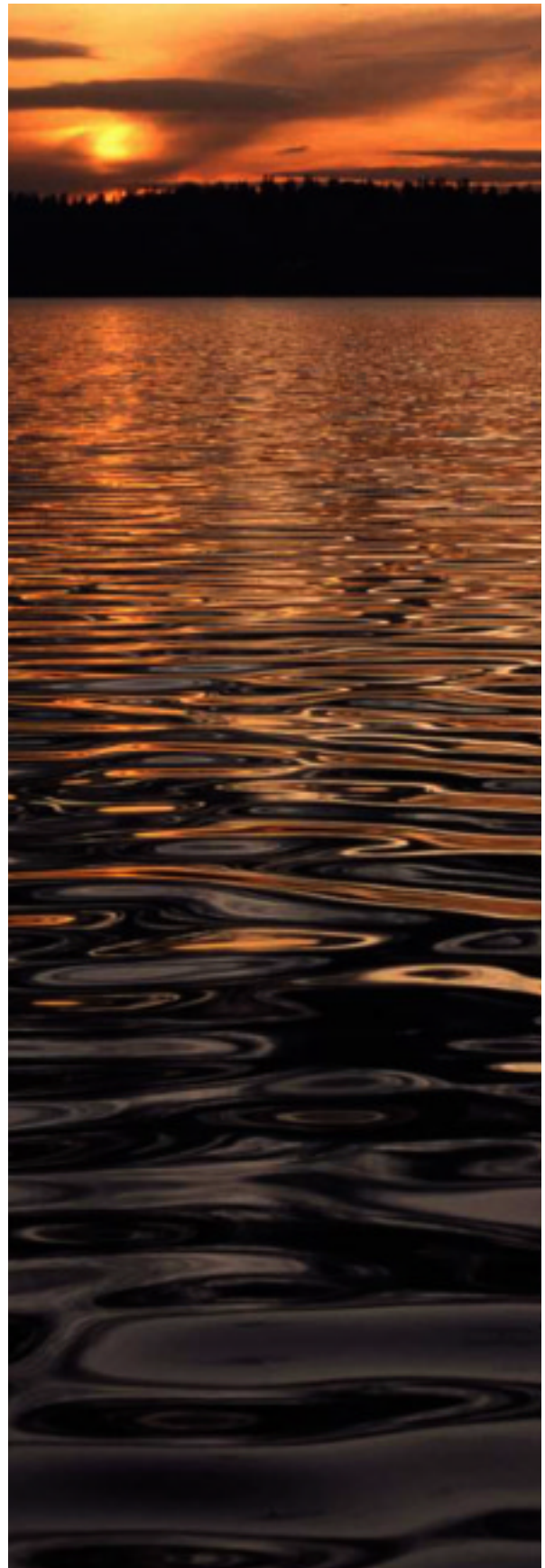
At this time in history we are to take nothing personally. Least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over. Gather yourselves.

Banish the word 'struggle' from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we have been waiting for.

*Oraibi, Arizona  
Hopi Nation*





## I Gracious surrender

For so long we have been opposing nature, life, our bodies and the bodies of other beings, whether they are human, animal, vegetable or mineral. All things are elementally created by a greater power beyond our understanding. We resent and fear the power, yet it holds us enthralled. We are fascinated and attracted by the Light, by the idea of love that is unconditional and whole, and by the will of the magnificence of a creation that is so vast as to be infinite. That we are a part of it we do not doubt, for we define ourselves as bodies animated by minds, programmed by a brain. But where do we fit into the greater? We suffer as we try so hard to synthesise the inner and the outer within ourselves. We repel those we do not attract, yet wonder at the wisdom of the choices and if we are in charge of our lives or whether others are. And does the same system work as we relate to larger groups? If so how can we slow things down enough to begin to understand what is required by others? It is hard enough to try to understand what direction we are supposed to walk within, let alone to cope with the needs of others as well.

We appear to have two faces. We have an ability to respond simultaneously as if we were the most vulnerable children, as well as if we had the responsibilities of care of a parent. We can be wise and foolhardy, courageous and weak, willing to be taught while at the same time having an ignorance that makes us ignore. We can have a hyperactivity that makes us rush around, and an inertia that stops us from co-operating or collaborating with help that is available to us. It is a double face that requires fusion. How do we choose a group and fit into it without causing hurt or harm to what has been or what is to come? Do we choose it ourselves or is the choice inflicted on us by circumstance?

Our understanding may have to be adjusted to go beyond the dictates of blood or creed, race or nation. This will require us to recognise that our body is composed of solid, liquid and gas plus the four subtle levels: human history, animal instincts, vegetable matter and minerals. We will have to strip the body armour inherited from our ancestors if we no longer wish just to survive. Now we wish to participate with enjoyment as well. We no longer want to live life as a test of endurance – we want to be grateful to be a part of a successful resolution to historical ignorance. We do not

want to be hostile or aggressive, yet we are fear-filled at having to face those who have habitually attacked us and from who we feel the need to defend ourselves. How do we open our hearts and radiate so much love that those attracted to us do not destroy us when their standards and ethics do not coincide with our own? How do we serve our collective race of humans without harming the Earth Mother and causing more pain and suffering, and without flouting the requirements of the heavenly abstract spiritual realms so far beyond our understanding?

Do we hold on and re-run the old ways again and again, or do we try to learn from history and update the essence of it in ways that may be helpful to life and those living it? If we decide to learn and update, we will not be able to control outcomes for they may not work in the way we anticipate they should, nor will we be able to manipulate circumstances, for things will not only depend on ourselves but on others as well. And we wonder who could pressure us and force us into grey areas when we are not sure which is essence and which is effluent? When and if we do know which is which, we may not know how to utilise either state so that we do not use or abuse any in our journey through life.

We have been in hell, the hell we have inflicted on ourselves and on others by the thoughts words and deeds which we have had heaped upon us, and which we have poured out onto others. We are trying to pay the price and to move on but how do we do it? If we have helped and encouraged others within their own processes we receive joy and know wonder as we are shown through life that what has been given has benefited us as well as others. We may not have fully understood that until now. We are being gifted with wisdom and becoming as one, whole and holy. We learn through being given the raw materials of wrong becoming right within our life and within the lives of those who surround us. We experience sadness or joy, or perhaps more accurately sadness and joy. We earn our learning and become more holistic.

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Then the whole shatters and we begin to understand that we are as a mirror and the wisdom we have learned must now be invested elsewhere, for to keep it centred all in one place will not be helpful to others. We must share our gifts and give willingly. We will be happy and saddened knowing that ways must part and people must disperse and reassemble as is required by the greater need of the Heaven and the Earth. We will review, revise, release and begin to understand the way. Having tried so hard, now it becomes time to let go. The lion must sleep.

Do we have enough trust in the total care system to be able to let go and to relax the rigidity of our past disciplines of living? Do we have the faith to let go and to accept that the good of all takes priority over our own desires? Our needs will be met but right now we must recognise that we do not know what they are! Our brain seems fuzzy and somewhat disassociated as old programmes for living are being updated and changed. It is the death of the old and the birth of the new. It is important at these times to be grateful to the Sacred earth who knows only too well the changing role for all and will nourish, nurture and repair if given the opportunity. All atoms are anchored in the heart. As we watch and wait, we input and think as little as possible, just observing our own process and the process of others with a stream of unconditional love, freeing ourselves from attachment to outcome as best we can.

#### Self-reflection on updating rhythm.

Try lying on your right side with your left hand on your left thigh. Place your right hand under your chin so that your fingers close your right nostril. Keep your legs straight out but bend them a little so you are as comfortable as you can be. Although you may feel confused, isolated and unclear as to how to proceed, you do not want to delude yourself with romanticised ideals that are unrealistic; nor do you want to experience impotence, frustration or resentment at not being able to see clearly. In this position you relax old disciplines and are able to 'know', and/or 'see', the way clearly and connect to the revising rhythm for your life to come.

- i). To what degree are you able to respond to the unexpected with gracious acceptance?
- ii). What are you grateful for within your life right now?
- iii). What do you consider you need to let go of?
- iv). What events are occurring around you that lead you to believe that there is a movement of passage for yourself and for others?
- v). Do you feel resentful or trustful?



## *Section 2*

# **The vacuum**



## 2 The vacuum

The heart can feel very heavy at this time as if the space between the breasts is caving in and the rubble is just too difficult to deal with. Even the bones feel tender to the touch, the density blocking the clear space underneath. There is a knowing that there is the need to get rid of the aches and pains but the idea of recalling past pains and losses is too fear-filled to release. The pressure of even thinking about it brings feelings of sadness. We know there is a need to improve our life and the lives of those we love, but we do not know how. We recognise that the standards and the ethics we feel to be important have not been reached and we are surprised that the standards and ethics of others differ from our own. We are disappointed and disillusioned and wonder if the codes of conduct that we or others have imposed can ever be resolved. The stamina we had leaves us, the disciplines we defined ourselves by no longer apply, and the struggle is over. Did we do well enough? Did we learn anything? Have others been prepared better than we were? Have we caused hurt or harm? Have we used or abused privilege in a manner that is abhorrent to others? In our daring to care, did we neglect, ignore, or impose a view that was useful? Were we cruel to others or ourselves within the process? So many questions so few answers.

Where are we within the journey of living? Are we capable of navigation at all? What are we releasing and what are we to collect now? Can we be assured that we will be safe, saved and aided? If we get what we deserve what will it be? Perhaps we will be punished rather than get a medal for good service. What will happen now? We feel the nameless ache and it feels as if we are doomed to sit within the empty space for evermore. We feel at a loss, we grieve at the sadness, for those who die, for the young, the old, the starving, the homeless, the violent and the harshness of life. We are encrusted with pain and we guard it jealously for it is all we know. At least we have and hold our discomfort and our suffering. We use the pain to punish ourselves into submission, until at a certain point we ask, 'submission to what?' Our uncertainty, our insecurity, our inadequacy but by whose judgement? Well, our own of course. Perhaps it is time to take off the armour as well as put down the sword and the shield.

Visualisation on relocation of hope.

Imagine a pinpoint of light appearing within the darkness of your pain. Feel yourself letting go of feeling the need to protect the ache and the grief. Fall into the light, the hole or the cave of the heart, deeper and deeper until all the fears, the pain and the grief are acknowledged and the self-doubts accepted. Welcome the pain, go out to meet it and greet the vulnerability. Open to the isolation of being unable to control life, death, and fear of the unknown. Begin to love the loss for it is an invitation to the Great Spiritual Beings to enter in, and to the Earth Mother to hold us, to nourish and nurture in ways beyond our current ability to understand. Express a willingness not to judge but to experience. Accept the loss of those you love, a job you loved, the impotent anger of being tossed into something so big and unruly where suffering is a part of experiencing. Some appear to be suffering at birth, even to carry pain preconceptually. Just being aware of these ideas begins to melt the pain. Own it and be willing to let it go. Imagine it is a tunnel that you are going through which is unlit, dark, cold and damp. Move down it and know that beyond it is lightness, warmth and caring.

Be compassionate as you allow time for recreation to take its course, take note of the fact that you are breathing in and out steadily and that perfection is an original state which you are willing to be led to once again. You have no idea what that means as yet, but you are holding it within you, and outside of you, and will wait for the ice to melt and the water to carry you steadily step by step. Understand that in the time it takes to get to the next place on your sacred journey, you are being supported and encouraged by representatives from the Heaven and the Earth, all united in common purpose. In time you will meet others who will be your companions and then you can light a fire, cook a meal, laugh and share and compare notes on experiences undergone. Within great darkness a single candle can appear like great light and bring relief. A deeper healing is work in progress.

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Self-reflection on impotence.

- i). Do you feel you are in control of your life?
- ii). Do you feel resentful that change is occurring?
- iii). Have you talked with a friend who you trust and who will not offer advice but will just listen to you?
- iv). Write or tape a letter to yourself describing your feelings.
- v). Rewrite the letter or re-record the tape expressing your willingness and enthusiasm to cooperate.
- vi). Ask the universe to send you support and encouragement and a clue as to your next step only.

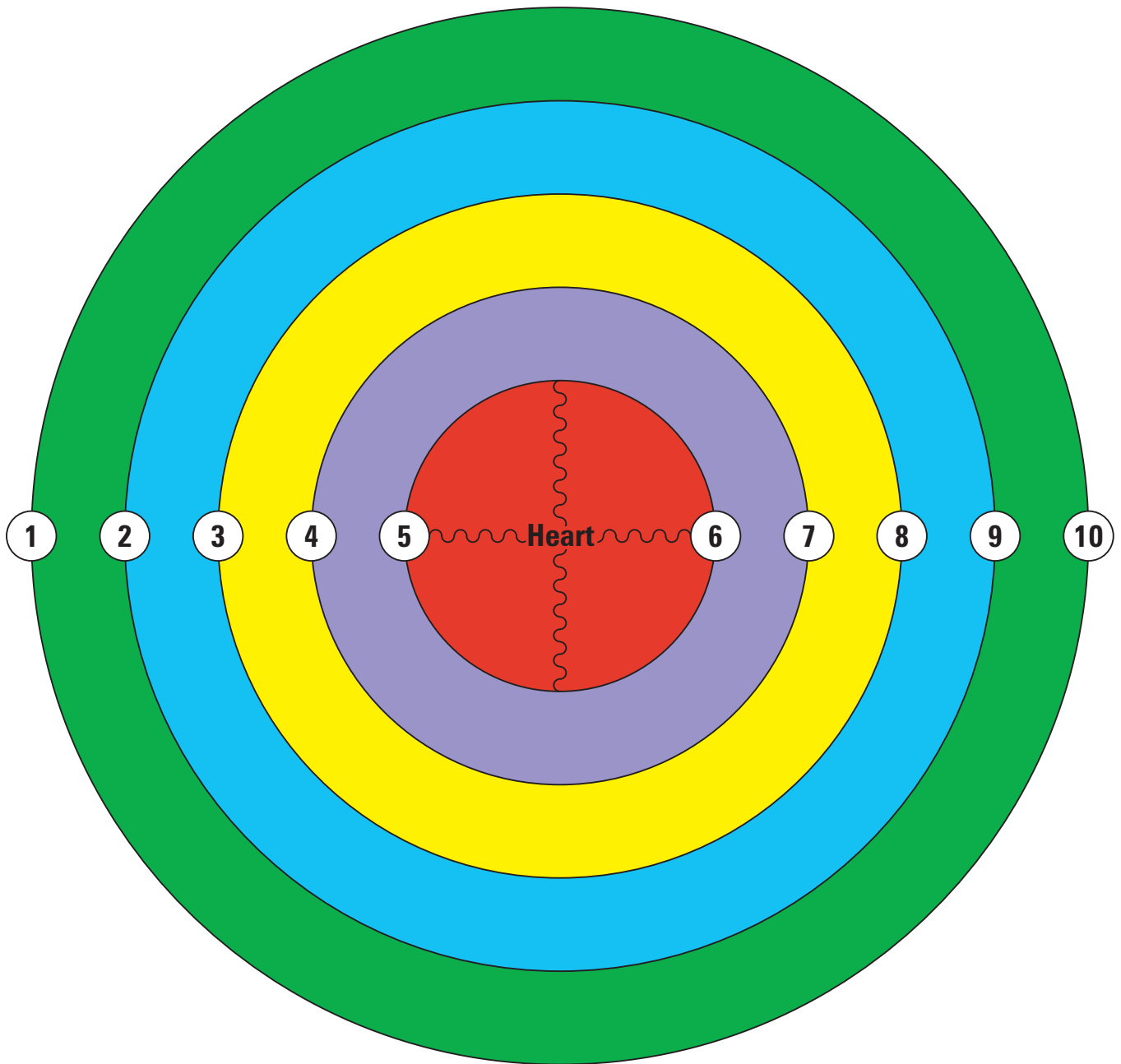
Reconnect to the Greater Mystery with wonder and knowledge that you are a unique part of it with a valued contribution to make.



## *Section 3*

# **Releasing the fire**

# Expansion and contraction



- 1 **Old limits** Excretory / Anus
- 2 **Ambition** Base
- 3 **Dignity** Spleen
- 4 **Illusion** Solar plexus
- 5 **Psychic toxins**

- 6 **Greed**
- 7 **Group orientation** Throat
- 8 **Power** Third eye
- 9 **Wisdom** Crown
- 10 **Freedom / Union** Transpersonal



### 3 Releasing the fire

As we work through to a new orientation so we begin to work to a deeper level of the true essential nature. Two pressures appear to be at work, at the higher level we are being educated towards greater knowledge, at the lower we must adjust our communication skills to enable us to be able to convey to others what is happening to ourselves. This will require us to destroy old assumptions and old expectations and we will find that some things just appear to disintegrate and become unavailable to us anymore. That which is worn out gets burnt out, the outdated disappears, and that which is crystallised or corrupted begins to be corrected. The past and the future are introduced and begin to move towards each other. Initially this is felt as a pressure that is beyond our capacity to grasp as yet. All we can feel is a knowingness that objective forms and structure will have to be adapted or adopted to accommodate what is about to happen.

We can feel a need to act but we know not what is required, or we can feel completely inert, and these extreme and opposing forces will have to exist side by side until it is time for them to meet. It is important that we radiate from the truth within our heart otherwise we too easily get blinded and so attracted to a glamorous option which is not a part of our remit, or we lock into illusion the first time we are shown kindness and consideration. It is essential to maintain stillness and not to lose our own connection with our soul. If we favour the teaching of another and try to hitch a ride and to connect to the work of others, we negate our own worth and devalue our own soul connection. Our work and our service may differ, but each unit is as important as every other one, and essential to the whole picture. We compare methods of administration with others who impress us but are truly impressed by our higher nature, our soul, our guardian angel or whatever name we choose to use to personalise our relationship with our divine spiritual self.

As the fire is released and we begin to walk through it, thoughts, words and deeds begin to occur that we find unacceptable. We do not like it for it does not always match up to the image that we would like to have of ourselves. Our mind constricts trying to push the event, person, and old behaviour patterns out of existence. We get frightened, feel threatened and try to

deny what is occurring. Tension abounds and a density begins to wrap around us like a cloak. Heaviness returns to the heart and we appear to be moving backwards in time to a recording of things that could have happened so long ago that they are beyond surface memory. They seem to choke us and break our body into pieces. We have no desire to recall events that caused us difficulty and pain and yet unless we do, we can all too easily repeat them rather than free ourselves and others from them.

So we let it be there just as it is. We try to show ourselves as much compassion as we would someone we really care for. We do not like the view we see and would wish to deny we were capable of involvement in incidents that shock us. We observe we are capable of being human and this frightens us. Much as we would like to deny such happenings we cannot. It is as if a mirror were being held right up to our face.

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#### Visualisation on movement.

Allow the recall and the tension and grief to float free, surround it with love and with light and express your willingness to move past it. It may be dark and dense, sharp and pain-filled, but there is room within for all things. We accept and sort as if conducting an inventory. We are patient as we decide what we wish to give prominence to and what we wish to fade into oblivion. We light the fire and await the movement of it with good heart. We open the prison and enlist the aid of nature and the Spirit, for otherwise we are protecting ourselves from those who can free us. The cloud is passing and the sun is ever present.

#### Self-reflection on possibilities.

- i). Who or what within your environment really presses your buttons for no apparent reason?
- ii). Who or what would make you go out of your way to avoid being annoyed by them or it?
- iii). Why do they annoy you? Do you feel threatened, at risk or in danger, or how would you describe it if they were in a story you were imagining?
- iv). Who around you makes you feel safe, nurtured, cherished and cared for? Can you share your concerns with them?
- v). Do you feel your behaviour is as good as you can get it?
- vi). Can you forgive yourself?
- vii). Can you forgive and free others to release all to enable a freeing up of old situations?



## *Section 4*

# **Trust in the process**

# The four directions

**N**

**Included** – All equal. Manifesting different skills

**Cherished** – So honouring all

**Heaven** – Father



**W**

Fearful  
Angry  
Warring  
Pressured  
Arrogant



**Balance**



Courageous  
Content  
Peaceful  
Free  
Humble

**E**



**Ignored** – Any attention better than no attention

**Abused** – So egotistical

**Earth** – Mother

**S**



#### 4 Trust in the process

As we begin the process of letting go and surrendering one chapter in favour of the next, we have to overcome certain obstacles. We may have considered that the Heavens were persecuting us rather than teaching us self-responsibility. Why do others appear to have had a far better deal than we have had? As a result we may develop pride and refuse to ask for help under any but the direst circumstances. These can be arranged! If we will not learn from observation, nor from being instructed we will have to be shown as actions speak louder than words! In our pride we may refuse to surrender, holding out just to prove ourselves correct in our assumption that our God is a vengeful God who only delights in giving us a hard time. All are included but they must ask to be. Everyone has a contribution to make and is given an opportunity to demonstrate their service in gifting their skills into the lives of others. They earn their place with their technical competence whether that is manifested through services, caring, mechanical repair, engineering or catering. We must ask for placement and not demand it as our right. When given it we must learn to obey or to lead, and to maintain equality but utilise the skills we have modestly and gratefully. All are entitled to gracious understanding and are included. Sometimes it is our turn and sometimes it is not, for all are cherished.

Our ego may consider it has been abused and or ignored by the Earth experience. If we feel the learning that we receive is too brutal or too harsh for our sensitivities, we may try to demand attention, on the false premise that any attention is better than none. We may therefore move too fast and re-attract things that we no longer need to learn. Here we must humbly bow and admit that our assessment may have been at fault. We reclaim our awe of the Earth's capacity to juggle all life and to maintain balance. Certainly the balance of power must shift as drought and flood change places, volcano and earthquake equalise pressure, and land is lost and reclaimed and so on. If we will be guided we will be shown. If we refuse, we will get caught up in experiences that may no longer be a part of our remit. We must develop patience and stamina to keep on keeping on. We must learn to be flexible rather than rigid and be able to pick up clues without trying to solve mysteries that are beyond our capacity as yet.

We seem to be out of control and we may even feel dishonoured and judged. Perhaps we have been unjustly treated by peers, family, and/or colleagues and are still angry and arrogant. If we are hostile, we become aggressive and we are critical or condescending to others surrounding us. This may make us feel better (or not) but it is an atmosphere that we set up that is difficult to be within. If we honour, we bless all we come across. If we dishonour, we curse. We will need to undergo experiences until we can be rendered harmless in our service and good humoured enough for others to want us around. But when we are harmless we will meet other difficulties for others may think they can push us around for their own ends, and we will have to be able to organise and administer ourselves even when others are organising and administering the work we do.

If we manipulate or are open to being manipulated we become a part of a witch-hunt that pushes people around. We have lost respect, if we ever had any, for others who have been gifted with life just as we have been. It takes courage to be content, to be peaceful, to be free, for others will try to disturb the status quo at any and every opportunity. We will be challenged and will have to meet the challenge with good humour and with a tensile strength born out of experience. We have known vulnerability within cruel circumstance and trust within betrayal. We have been accepted when we expected rejection; we have known wisdom within misadministration; we have felt love within hateful occurrences and care when all seemed hopeless. All this we have learned, but others learned it before us and some have not learned it at all as yet.

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#### Contemplation on liberation.

Nelson Mandela in his inaugural address as President of South Africa in 1994 spoke of all the above things when he said: 'Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.' We ask ourselves 'who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do and as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.

#### Self-reflection on freedom.

- i). Do you choose in principle not to attack or be attacked?
- ii). Do you choose in abstract in principle not to defend or be defensive?
- iii). Do you agree to let go of all hostilities?
- iv). Do you agree to release old aggression as harmlessly as you are able to?
- v). Do you feel able to respond with an ability to be truthful, patient and kind, but firm in your resolve not to be swept away by instinctive recoil?
- vi). Can you trust yourself to be as inclusive and as fair as possible to all concerned?



## *Section 5*

# **Accepting the change**



## 5 Accepting the change

It takes time to register change and we may need to have our attention drawn to current happenings. It is a time of disorientation and confusion when our memory seems to let us down. We may try to hang on when we need to let go. We try to touch and retouch but nothing seems to register. We lose personal identity within a group situation. We may experience pain in and around the tummy button or in the stomach. We try to look at things, yet cannot make out an outline let alone fill in detail. We cannot sense atmosphere anymore and wonder if we are losing our ability to sense what is required. Things do not taste so good and we may feel a little bitter, cynical or sceptical. Even when people talk we cannot seem to hear or make out the words – they may accuse us of not listening to them, or we may accuse them of having ‘cloth ears’.

We may have difficulty relating to the Earth and feel somewhat disconnected to what is going on around us. We may perhaps feel lacking in energy and drained and we may want to lie down. Our body may ache and our head hurt. We are sinking not swimming and possibly feel crushed, heavy, uncomfortable and weak. Our teeth hurt and we are anxious for we feel the power we had draining away from us. It is impossible to flow at the rhythm we were responding to. This process can affect the body fluids and we may develop a running nose, a dribble, an eye discharge, or a weaker bladder or bowels than we are used to. The feeling of nervous twitches and trembles are a constant companion and we lose interest. We cannot recall what is pain and what is pleasure. We are frustrated, irritable and anxious with life sweeping us in her wake.

This all makes it difficult for us to express ourselves; we have lost our animation. The fire that burned bright is losing heat. Warmth goes from our hands and our feet and we feel hot and cold within different areas of the body. We can no longer seem to digest life as we did. We have lost the taste for it. One moment all seems clear yet we do not know what to do about it. The next we are so confused we do not recall what is required within the next hour, neither can we recall the names of our family members or we call them by the wrong name. We have no interest outside of ourselves, as we are too busy trying to see the light and find out where we are being directed. At times we get a glimmer or

we think we do, and wonder what is being recreated; the next minute we lose it again.

Aware of the need to purify we seek air and change the rate of our breathing. We gasp, pant and wheeze, turning our eyes towards the Heavens as if we were plea-bargaining. We take little breaths in and sigh out. We create illusions and play with many scenarios, some of which please us and some of which do not. We recall old memories, as if they were stills of a movie. We cry out with terror at difficult events as if they were happening right now. We laugh and cry at the funny and the tender events, remembering the names of people we knew long ago and forgetting the name of the cat! The winds of change are upon us. Where is the flaming torch that will carry us onwards again?

Disintegration is taking place and the roots we placed so much reliance on need renewal. The outer environment and our inner response to it are trying to unite, meet and merge. The Earth and the sky are meeting and we are rebirthing ourselves. All we know is that we feel empty. We no longer have the energy or inclination to be angry or to desire anything. We know we do not know. The toxic gas is released and we know that all will be well but we cannot see how, when, or where as yet. But we are willing to be shown and we merge with the Light, our God asking the Earth Mother to nurture, nourish and support all in transition. All are cherished members of the sacred family. We surrender to the process freely in love and with goodwill. Time for all to move on. We have overseen the past and grieved for it and we have tried to see that all are in care and cared for as best we could. We have expressed our concern and honoured changing times and varying roles as best we could. Now it is time to look forward to what is to come and get on with taking the next step. We are free to proceed.

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Self-reflection on personal impression.

i). Imagine a shimmering oasis and yourself drawing nearer to it. Is it real or is it imagined?

ii). Are there other people around or/and animals, trees and vegetation? Is the site on sand, grass or rock? Record your immediate impressions, feelings and instincts.

iii). Imagine the whole scene is covered in a smoke screen a little like a heat haze and nothing appears to flow. Do you feel frustrated or at peace? Are you resentful or grateful? Angry or accommodating?

iv). All appears to disappear in a blaze of consuming fire and you feel as if you have nothing more to give but you have a need to take that which you need to survive. Imagine little shimmering lights beckoning you on, guiding you to the light like fireflies on a summer evening.

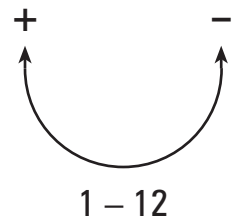
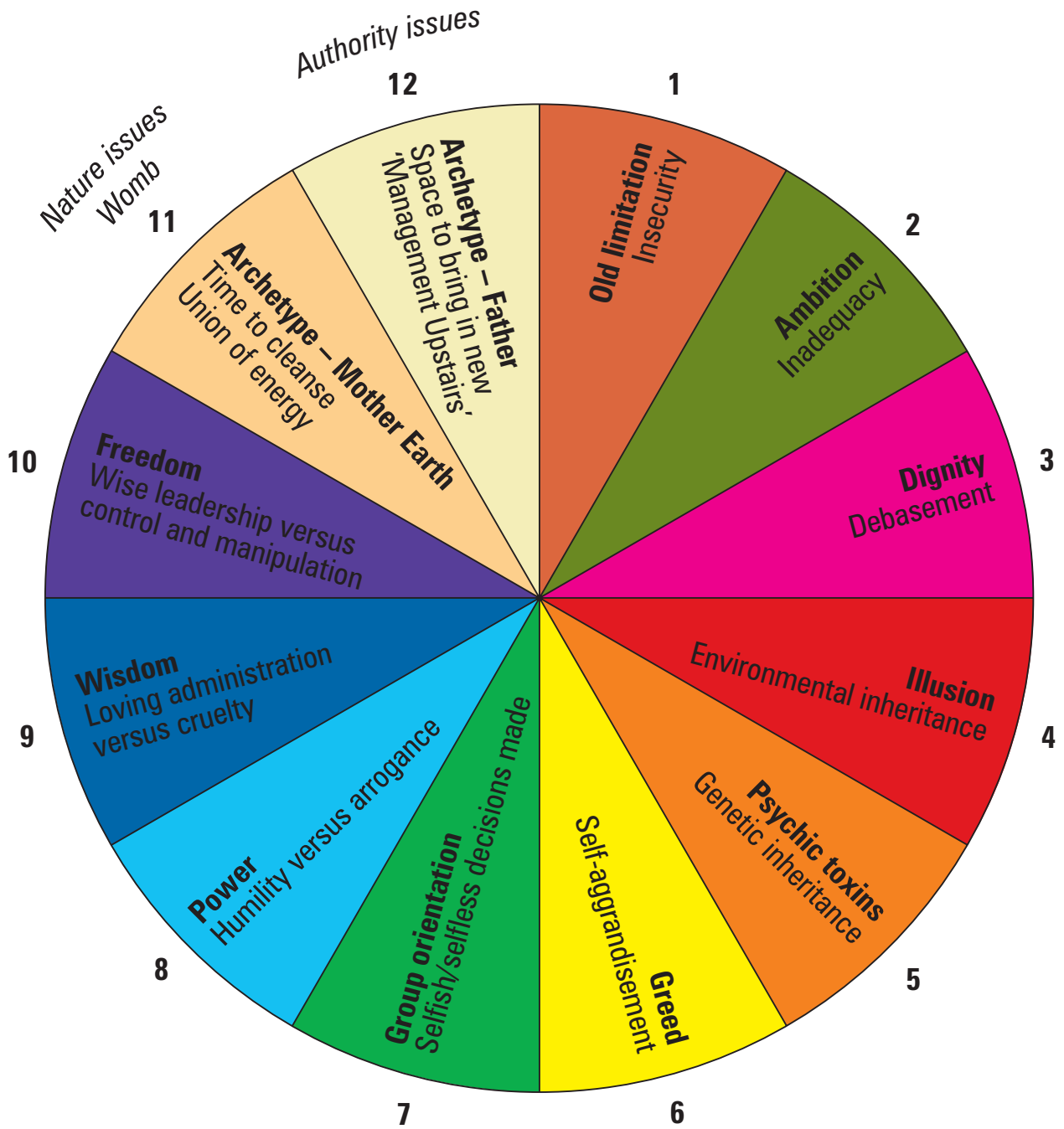
v). Listen to the sound and rest within the rhythm of nature.



## *Section 6*

# **Dealing with the pain**

# The turning wheel





## **6 Dealing with the pain**

As the deeply buried emotional traumas are confronted and are raised from the powerful unconscious into the awareness to be purged and cleansed, a health crisis occurs. It may take the form of uncontrollable tears, nausea, fever and or diarrhoea as the old breaks free. These are times when extreme caution and due care are required. It is too easy to become greedy and want resources and support that are in short supply at which point we can become cynical and demanding. We must access guidance, help, and support from our soul who will direct us, if asked, to external skills, people, and support that we need, rather than those we may feel we want. If we are proud and attached to an expected response we will experience disappointment and be disillusioned. Only if we rely on the Spirit, will our new radiance be able to shine brightly and our warmth radiate. We must trust the intervening time taken to rest and recover, regenerate and renew. We will attract and be attracted to what is required which may differ from what we think we want!

Pride and arrogance can too easily overtake the personality when all aspects are not given the time needed to integrate. We must learn humility and modestly serve where the opportunity presents itself for us to do so within the whole. We choose to give freely of our light and our warmth to all comers because we want to, without wanting or expecting anything in return. The Earth will gift us with what is needed for us to do this if we are truly serving the soul. We cannot demand it, we must ask and wait nicely, to see if we assessed correctly or whether modifications and update are required. Old, outdated and outmoded forms of leadership and despotic behaviour have to be controlled, confronted and defeated, as does superiority, arrogance, selfishness and insularity.

It is painful when we realise we are not as perfect as we thought we were as yet! And this rigidity challenges the body and it must have time to relax and release and become pliable before we are able to move on.



Visualisation on trusting the process.

Make no attempt to hold on and do not attempt to support what you are not capable of sustaining as yet. What has occurred already in mind must now flow through the body. Feel the density without resenting the apparent solidity of its mass. Feel the bones, ligaments, tendons and muscle, see where your awareness is drawn. Focus there with sympathy, empathy and with love. Care for the pain, the disease and draw it to the edges of the body. Feel the skin and the hair, the scalp and the feet, the hands and the face. Feel the air surrounding the forearms, the legs, the bottom and the belly. Imagine you are cushioned, supported and being given all that you need from the Heaven and the Earth to optimise health and well being.

Feel into the space surrounding and draw from it all that you need back into your body. No more and no less, trust and accept that the Spirit and the Earth will supply that which is required to recreate you whole and well so that the vitality will be restored and replenished. Radiate outwardly and then inwardly until there is no difference between the two. There is a sacred marriage and a uniting of energy and all is well, even within illness or accident.

Work out into the room, beyond it into the house, beyond it into the community, and on out into space to the north then to the east, on to the south and then to the west, including the sky above and the bowels of the Earth beneath. Be open, expand beyond what you consider the limits to be. Ask the sun, the moon, the stars, humanity past and present, the animals, the vegetable kingdom, the minerals and the elements to centre within you that which you need so that you can in turn offer back to them the services required of you. Be aware that you are centered within yourself and are a part of all that is. All that is, is a part of you as well, and an exchange is taking place. You are within everything, and everything is within you. All is well, the rigidity of pain, fear, frustration and impotence is gone and you are peace-filled and still.

You will move again as and when required, able to do what is required of you but content to work

within the limitations that hold you safe. Your consciousness has changed and your body is changing to accommodate it and all is well. The struggle is over and both are on the same side walking hand in hand and in step with all who surround and support you. There is a companionable co-existence where all are content and this will birth the child of the union when it is time. Until then the apparent weakness is new strength in the making. You are held in the velvet darkness of a clear night sky as if it were a cushioned couch. No need to look for you can see, no need for effort for all is in care, no need to strive to hear for the changed rhythm is like an automatic metronome.

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That which is no longer required has been burned off, that which was broken has been repaired and is as new. No need for indigestion, for the past meals have been passed through and digested. No need for fear, for all is well and as it should be and we will understand what we need to understand – no more and no less. Others will understand different things and will tell us if we need to know. It is not the time to move on yet, just to enjoy the respite, the emptiness and the renewal as the reformation occurs within the space we occupy which is and always has been sacred.

Self-reflection on the next step.

- i). Imagine instructing yourself to release old anxiety of mind.
- ii). Imagine yourself being instructed to release all tensions from the body.
- iii). Are you willing to slow down and do little for a while until mind and body unite in common purpose?
- iv). Can you let go of expectation of anticipated results and wait and see what happens?
- v). Can you let go of assuming or anticipating who will do what, when and be comfortable if they do or do not?
- vi). Feel yourself being delivered safely into the hands of both parents, both of whom are free and loving. Imagine all of you in a space that is empty of anger, desire and ignorance. Within this empty space there is a feeling of fullness and plenty, all toxins having been purged, and there is a knowing that all is well. Experience the peace throughout the body and the mind.
- vii). Imagine a flaming torch or a lamp leading you to the next step, safely and even when you do not fully understand where it is, or where it is leading you, you feel comforted and trusting as a child being led by a concerned and caring parent.



## *Section 7*

# **True knowledge**



## **7 True knowledge**

We no longer need to wonder; for we know and we stand in awe. There are bonds that unite all forms within our bodies and outside within our environment. We have only to ask to explore true justice and be willing to be a part of true equality as we adventure through each moment of each day. It is so simple, why did we think it was so complicated? We commune with our soul and we learn to communicate as we ask for what we think we need and work with what we are given. We are flexible enough not to prevent the updated ways from entering in. Why would we wish to sabotage this happening except through habit when we feel 'better the devil we know'. Yet the wrong living can be transformed and the darkness of old shadows released. Perhaps our willingness to change and be changed held provisos of excess comfort, ease and a desire to possess without making the prerequisite effort to be jerked free.

Maybe we got lazy and tried to stagnate. Or we were fearful and lacked the courage to make that last effort that was required. Or we lacked trust or faith that all would be, is and has been well. We have survived and endured and been led in spite of ourselves and it has got us this far. Why should we be deserted now? Certainly we can learn to be more gracious and express our gratitude more often as we release the need for exclusivity.

We are thinking with our heart as well as with our head and are replacing criticism and condemnation with loving understanding. The brain only creates scholars who become more and more analytical and critical, whereas heart thinking is an initiation that leads to true knowledge. We need both, for the knowledge, the clarity and articulation introduce the light where once there was darkness, yet we must also have love. We are learning to be inclusive, open, tolerant, compassionate and caring with knowledge accessed through the heart and the mind through an act of will. Will power alone is not enough, it must be combined with light and with love. Only when we are content and fulfilled inwardly and outwardly are all three integrated.

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Visualisation on co-operation and collaboration.

Let the true knowledge in, allow the old sensations to dissolve, let go gently of all that is holding you back from moving on. Be open to change and dissolve into it. You are pure light, pure love. It is natural knowledge, claim it. Enter the space with innocence, with trust and with acceptance of the brilliance. Approach and claim the sacred with reverence and with care. Become what you have always been. Be open-hearted and know that all support, comfort, instruction and nourishment is yours for the asking. Your soul is just waiting to be asked and the spiritual realms are in readiness. Do not interfere – co-operate. There is no need to grasp nor to push away. Shine in radiance and rest in being – the knowledge is already yours.

There is no separation, no division. Let go gently without force. See with the wonder of the newborn child. Surrender that which distracts or confuses or causes anxiety. Let that which is to be revealed come in its own time. Do not be bewildered or pull away from the immensity of it all. You have all you need within you and around you. Free yourself and liberate many. There is abundance all around and there is no need to cling to the familiar, it has caused so much pain in the past and can be released now. Let's not look for wonder that does not exist or imagine painting a picture of unreal proportions so that we terrorise ourselves. Be content with the wonder that is within you and surrounds you.

Do not yearn for that which is not yours – enjoy what is. We are all a part of the whole and the whole is within us. We are one. Do not believe in division or in separation as this only brings fear. Merge with all that is, be empty and get refilled. Do not resist letting go of anger or pain, or yearn for what might have been. Celebrate what is. Be still and know true light. Loving the experience, move gently into greater light and greater love. Why would you wish anything to distract you from that? Do not hold back, all is in care and always has been. Enter even further in for a warm welcome awaits. Shine and know pleasure; experience the gentle walk into the true light at the centre of your being.

Merge with it, open to your totality. Resist nothing and settle for nothing but the light, for you are pure awareness, essence itself. Be patient for the truth will emerge and you will know greater light and greater love.

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Reflect on the Cathar Prophecy of 1244 AD (below) where it was suggested that the Church of Love would be proclaimed in 1986. The last of the Cathars were burnt by the officials of the church at the time of the French Inquisition but they left behind them this message:

It has no fabric, only understanding.  
It has no membership, save those who know they belong.  
It has no rivals, because it is non-competitive.  
It has no ambitions, it seeks only to serve.  
It knows no boundaries for nationalism is unloving.  
It is not of itself because it seeks to enrich all groups and religions.

It acknowledges all great teachers of all the ages who have shown the truth of love.  
Those who participate practise the truth of love in all their beings.  
There is no walk of life or nationality that is a barrier.  
Those who are, know.  
It seeks not to teach but to be and by being, enrich.  
It recognises that the way we are may be the way of those around us because we are that way.  
It recognises the whole planet as a Being of which we are a part.

It recognises that the time has come for the supreme transmutation, the ultimate alchemical act of conscious change of the ego into a voluntary return to the whole.  
It does not proclaim itself with a loud voice but in the subtle realms of loving.  
It salutes all those in the past who have blazoned the path but have paid the price.  
It admits no hierarchy or structure, for no one is greater than another.

Its members shall know each other by their deeds and being and by their eyes and by no other outward sign save the fraternal embrace.  
Each one will dedicate their life to the silent loving of their neighbour and environment and the planet, whilst carrying out their task however exalted or humble.

It recognises the supremacy of the great idea which may only be accomplished if the human race practises the supremacy of Love.

It has no reward to offer either here or in the here-after save that of the ineffable joy of being and loving.  
Each shall seek to advance the cause of understanding, doing good by stealth and teaching only by example.  
They shall heal their neighbour, their community and our Planet.

They shall know no fear and feel no shame and their witness shall prevail over all odds.

It has no secret, no arcanum, no initiation save that of true understanding of the power of Love and that, if we want it to be so, the world will change but only if we change ourselves first.

All those who belong, belong – they belong to the church of Love.

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Self-reflection on shining the light of love.

- i). Imagine yourself being free of the need for props to support you.
- ii). Express your willingness to become more of who you already are.
- iii). Give all permission to feel the hurt, to experience the pain and to grieve.
- iv). Let go of the need to control and allow yourself to be led by life following each clue to see where it leads and what it shows to you.
- v). Be as ordinary and keep as low a profile as possible under the circumstances to allow the time for the shock to surface and be discharged through the body.
- vi). Realise that you cannot deny the changes that have taken place through your fear of your personal ability to manage. So ask to discharge the anger/resentment/fear/impotence as harmlessly as possible and that you are able to control the desire to manipulate.
- vi). Free yourself to do the next thing without deciding what it should be.
- vii). Practise being content within the moment wherever you find yourself and whatever you are doing without deciding the merits or whether it is appropriate or not.
- viii). Do what you can and be what you are. Having tried as hard as you can, let go and allow yourself to be led – you will be.



## 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](http://www.secondaid.net).

Focus on  
**Surrender**

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