



## The Second Aid Christmas Meditation – Mallorca

*17 December 2006*

# **The launching pad**

Stillness within gives a sense wonder and out capacity to entrance and loves our assigned positions in life can be increased. We examine spiritual diplomacy as we prepare for the year to come.



### **Guidelines for working through the material**

Work through section by section and as you understand to a deeper level of truth, allow yourself to re-experience feelings that need to find an updated form of expression as you decide on an attitude that is more constructive to holistic practice. After you contemplate and decide on what you now believe to be an updated form of truth, allow yourself time to meditate on/listen to/see/know your intuition prior to going on to the next phase. Question the old ways and how you felt about them for they need to find an updated attitude prior to a new force being created. All these individual strands come together to weave a new rope as the days and the nights pass.

Work through as many sections each day as you feel able. Maybe you will do more on one day and fewer the next. Use meal times as natural breaks. As you work through each section, meditate and then write down answers to the questions overleaf as fully as you are able. Ask yourself the same question three times to see if you observe it from a different perspective before moving onto the next question.

A suggestion is to read each section and to write your immediate reactions to them. Then go for a walk, have a cup of tea/coffee, a snooze or whatever. After a break come back and write more as you decide what you are ready to let go of and if you are able to forgive yourself, others, circumstances, environments, personal habits and so on. Then spend a few moments in contemplation prior to proceeding to assure yourself you have done all you can do and to insure against guilt being carried over from the past into the future. At this time just to decide to begin to let go of resentment begins a process of healing. Trust, acceptance and willing service will allow you to be at work in life within the moment, until once again you are advised differently.

If you stick on one question, move past it after the allotted time span and come back to it at the end. Pray for help by setting the highest standard you are capable of reaching at this time, then extend goodwill to all, yourself included. Allow a little time to pass and then re-examine and re-record your impressions as lovingly as you are able, without deciding which you think to be good and which show you in a not so good a light.

These impressions may appear as an image, a silent dialogue, a feeling, a dream sequence or in meditation.

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

### **Working with the text**

The text 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.



## *Session One*

To create a harmonious union between what we do and how we do it requires us to demonstrate a state of being where we wish no harm to any. To be good to all we must also demonstrate a harmlessness within that affects the atmosphere that surrounds us. If we are able to achieve this we automatically serve all those we come across. They will be attracted to us without effort and will begin to talk to us trustfully and in depth. If we are under the direction of our soul we begin to be a part of the cleansing of history, gratified that we are contributing to a solution rather than adding to old problems.



## Session One

- 1 Consider the love you have shown towards others, what did you appreciate the most about your ability to gift them with? Do you consider it was an effort to gift your love? Did you expect to get anything in return? Did you place restrictions on your love? When others love you do you appreciate it (a) unreservedly (b) with suspicion (c) feel restricted as a result (d) feel your space to be invaded? What do you not appreciate? Do you think you are considerate towards others? Do you think others are considerate of you?
- 2 If you get into a situation in which there is conflict how easy is it for you to deal with (a) someone who is in a bad humour (b) people who are downright cross (c) people shouting (d) people who are using punishment (e) people feeling martyred (d) people who tell you how much they have sacrificed themselves? Do you trust yourself to be able to handle it without feeling your space to be polluted? Do you feel yourself to be immune to the behaviour of others most of the time? Are you consistent within your own behaviour? In which areas does there need to be an improvement (a) within you (b) towards others?
- 3 How do your own ideals compare with the ideals of others in your direct vicinity? If there is a disagreement do you get dogmatic? If others get dogmatic how do you respond (a) within yourself (b) towards them? How do you relate your ideals into your living practice? If there is a shortfall between the ideal and the live practice do you want to (a) beat yourself up (b) beat others up? Do you habitually try to escape reality (a) through substance use or abuse (b) diverting your attention and watching movies or reading books (c) neglecting or evading your responsibilities? Are you able to address the matter within yourself and ask for any help your need (a) from within your mind in consultation with your soul (b) through seeking and consulting a specialist?
- 4 In a negotiation are you able to arrive at a win win compromise with good humour and comparative ease? Are you inclined to insist your way is the way to go? Do you think others might be cowed in your presence? Are you inclined to defer to others when they are insistent with you? If you do give way are you resentful (a) within (b) towards them? On what sort of occasions do you lose your temper? Do you get irritated when others loose their temper? Are you inclined to take everything personally or can you remain detached enough not to take the issues of others on board yourself? Would you consider yourself to be habitually wise (a) all of the time (b) most of the time (c) never? Do you consider that you are able to think a situation through with intelligence (a) all of the time (b) most of the time (c) never?
- 5 Would you consider yourself to be a romantic or a scientist? Do you have both aspects to be in balance? Do you see a whole picture of something and then break it down into pieces? Do you see the pieces and work them up into a picture? Can you do both? Do you get frustrated when others do not understand you when you first describe a project? Do you feel impotent when you cannot understand? Do you continue on with explanations within differing presentations until others are able to understand or do you just give up? Do you get disappointed easily when others question your ability to understand? Do you get disillusioned with others easily? Are you patient with (a) you (b) others?

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## Session One – continued

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- 6 Is your routine ordered? Are you able to create a disciplined routine and keep to it? Are you flexible if there is a need to adapt your routine? Will you let the routine go and catch up later if required? Are you able to self-discipline to a level that satisfies you? When others are administering the discipline are you cooperative or rebellious? Are you dumbly insolent towards others you do not respect? What do you considered needs changing within your routines right now? Will you put the required changes into affect (a) with great difficulty (b) relatively easily (c) very easily? Will you be able to stick to the routine (a) for as long as it is needed (b) for a month (c) for a week (d) a day (f) for less than an hour?
- 7 What requires changing that is within your understanding right now? Are the answers to questions 1-3 easier or more difficult from those from 4-6? Where does the most work to be done lie in the active side (1-3) or the passive side (4-6)? Are they balanced or is there a little or lot of work to be done on one side or the other, or on both sides? Do you feel you understand yourself and have earned your right to increasing wisdom? If so in what aspects have you increased your understanding? Within group dynamics that surround you have you re-examined areas in which you may have taken responsibility? Did you recognise where the faults lay from a different perspective as a result? Are you ready to let you of the situation and so move on? Do you feel you have forgiven and forgotten about the shortcomings either within (a) yourself (b) others (c) the collective? Are you ready to meet another group without carrying over old toxins?
- 8 Do you consider it was your intention to create goodwill towards all within a group situation? If one party appeared to obstruct this collective how did you respond (a) with anger (b) with fear (c) with grief (d) with impotence? (e) a combination of all? How did it make you respond? Did you have a desire to punish (a) yourself (b) another (c) all concerned? What form did this take did you (a) repeatedly say how it was for you (b) really try to ask the same question of them and listen to the answer? Did you feel hurt and hide away? Did you feel incompetent to cope? Did you lack esteem as a result of the exchange? Are you free of any bitterness from the learning in the past? Do you feel as if you are an empty space within? Have you asked that your soul guide and overlit your pathway onwards for the benefit of all (yourself included)? Are you content as you wait for life to give you the clues you need?



## *Session Two*

There is a saying that states 'the therapy is only as good as the state of the being within the therapist'. So our learned skills are valuable but so are the attitudes and emotions, which have been tempered as a result of exposure to life and the experiences we have gleaned. Do they make us into caring, sharing, generous, tolerant compassionate people, or do they leave us closed off and embittered? We have to know how to contain our own space and how to interact with others without being evasive or creating an unwanted intrusion in the life of another.



## Session Two

*Now ask yourself these questions and record your answers either in pictures or by writing as fully and expressively as you can in a personal journal.*

- 1 Are you able to hear your own needs? Are you able to give voice to your own needs? Are you able to be aware of the needs of others, even behind the words that are being spoken? Are you able to respond to the words just as they are spoken? Do you find yourself probing for what you think to be the case even when it has not been verbalised? If others do this are you (a) offended (b) feel others to be nosy (c) feel insulted (d) think if I had wanted to say more I would have done so (e) scuttle away feeling wounded (f) feel gratified that someone else is interested (g) feel a message from your soul is being validated through a third party?
- 2 When someone gets 'under your skin' how do you respond (a) openly (b) with honesty (c) with suspicion (d) with aggression (e) are you openly hostile (f) with no expectation (g) feel it to be a problem within yourself? Are you able to be honest about how you feel and extend the other person the same courtesy? If another appears open, honest and loving do you (a) jump on their bandwagon if you are able (b) create a drama so as to gain their attention (c) try to impress them with your own skill remit (d) wait quietly and see if they respond (e) just enjoy finding out what is affecting you? Do you feel your destiny is being guided and are you (a) gratified (b) furious (c) resentful (d) abdicating responsibility (e) collaborating cautiously maintaining a boundary (f) united in a common intention?
- 3 What does it take to enlist your regard and respect must the other (a) have street credibility and have proved their worth (b) have told you how worthy they are and overwhelmed you by their self-confidence (c) blind you with theory and trappings so that you feel they must be right and therefore you are wrong? Are you able to 'see' your own contribution within (a) life (b) a community (c) your family (d) your work commitment

- (e) yourself? Do others reach out to you as they seek you out to hear what you have to say are they (a) your colleagues (b) family (c) friends (d) strangers through hearsay (e) people you come across day by day? Do you feel yourself to be in service to an invisible force that exposes you to large numbers of people in the daily round? Do you feel you are responsible for delivering a message to someone you do not quite know about something you know little about? Do you monitor yourself to maintain an ethical approach that serves all, you included?
- 4 Do you think you have digested your past well enough to attract something different and explore something new to you? Do you try to do this through (a) sitting tight and seeing what comes (b) escaping to somewhere new (c) trying to make demands on others known or unknown? Demand to know what is going on of anyone you come across? Respectfully wait in the space until you have a need of something? At that time conduct research and gain specialist help or knowledge? Do you consider yourself to be content (a) at work (b) within the family (c) with friends (d) within yourself? Do you consider something is prompting you to move on but you do not know what is required as yet?

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## Session Two – continued

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- 5 Have you been able to establish what needs to be let go of and what from the past you need to retain? Can you 'taste' the winds of change? Do you yearn for differences within (a) your work life (b) your circle of friends (c) your family (d) yourself? Do you consider yourself to be harmless? Have you received appreciation from others consistently and regularly over the past (a) six months (b) two years (c) five years (d) twelve years or more? Have you given appreciation to (a) the heaven that created you (b) the earth in its richness majesty and beauty (c) your parents (d) your siblings (e) the extended family (e) colleagues (f) friends (g) children (h) yourself?
- 6 Do you regularly send a message of comradeship to your contacts (a) immediate family (b) extended family (c) friends (d) contacts in which you have an interest? Do you think you have proved your unselfishness in actions for an extended period of time? Has the co-census feed back been to that affect? If you fell out with one in the interests of service to the whole did you feel you had done everything it was possible to do? Are you content to leave it to the 'Management Upstairs' to show you different as and when it is appropriate? Are you able to leave the situation alone and allow life to lead you to an alternative if it is needed?
- 7 Have you held firm in your belief that all is well, even when you do not understand how the administration is changing? Do you believe that when it is time your soul will show you how and when to proceed? Do you think that your soul is in consultation with the spiritual realms of how best to take a next step? Are you content to be doing what you are doing while you are content to 'wait nicely'? Do you consider yourself to be patient? Do you look forward to and make the best of what the day brings? Do you have a basic structure with adequate free time to manage the unexpected should it occur?
- 8 In an empty space when you have negative expectancy, are you able to act as a way marker towards others (a) even when confused or facing a crisis (b) even when apprehensive or fear-filled? Do you feel you have earned the right to be moved on? Have you asked for the patronage from the 'invisible realms'? Have you the courage to wait in the space to recoup your energy, vitality to face an upgraded challenge? Are you ready to be (a) touched by the invisible call of the heaven (b) to find the revised rhythm in the living process (c) to view the next stage in a new way (d) to reconnect to your taste for life (e) to expose yourself to a clearer atmosphere (f) to trust your intuition (g) to remain aware so as to watch for signs and symbols (h) trust yourself to recognise them and to follow them as you wait to solve the mystery that is being displayed piece by piece, clue by clue?



## *Session Three*

We do not know how to live in any other way than the manner we have been presented with in the past. We are deeply suspicious if not fearful if life shifts us into a pattern where we seem to have had nothing but difficulty with when last we experienced a similar scenario. However nothing is the same, we are different; circumstances are different yet our expectation is negative. The invisible world have to penetrate hard to allow us to reach a point of critical mass to enable us to assimilate an alternative viewpoint and at the same time our bodies must release the accumulation of psychic pollution we have encountered.



### Session Three

*Now ask yourself these questions and record your answers either in pictures or by writing as fully and expressively as you can in a personal journal.*

- 1 Do you feel at a loss as to know how to proceed? Are you okay doing what you are doing but would like a different slant to rekindle your interest? Are you trying to administer what has been achieved more efficiently to create space to make your workload easier? Do you feel that you have reached a point of critical mass but you are not sure how or in what? Does your head feel too full to enable you remember much? Do you feel a longing to commune with your soul but opportunity does not appear to allow you to do much more than to get on with the daily round? Do you feel you cannot keep up with much more that what appears to need to be done? Do you long for time alone and the space to be quiet?
- 2 Do you feel more critical than is usual? Do you find yourself fault finding (a) within yourself (b) towards others more than is usual? Are you more sensitive than is usual to (a) sound (b) viewing violence, nastiness or horror (c) tastes, are they changing (d) smell or atmospheres (e) touching or being touched? Are resources available that will potentially correct any aspects that have been unbalanced (a) via assess to further information (b) talking the issues through with colleagues, friends or a specialist facilitator (c) physical treatment? Are you willing to be shown what comes next on the earth within living and are content to go along with the happenings? Can you enjoy the exchanges even if there is discomfort in one area or another?
- 3 Have you felt a need to go off into the mountains and get away from the noise and the bustle? Have you stayed put with gritted teeth trying to deal with aspects that feel just too difficult to do right now? Do you feel frustrated with people? Do you consider a large percentage of people to be stupid? Do you habitually consider the behaviour of others to be of a lower standard than your operational norm? Can you easily tolerate people with differing (a) standards (b) interests (c) cultural backgrounds (d) social status (e) environmental differences, all without being disturbed? When meeting with others who speak different languages are you able to enjoy the exchange through using eye contact, body language and gesticulation? Are you usually able to be light hearted and good humoured on most occasions?
- 4 Do you have a desire to 'fix' things for (a) yourself (b) others so as to avoid personal inconvenience? Do you try to change events so that they suit you? Do you try to protect (a) yourself (b) others you care about (c) those that are 'special' to you more ardently than others who cross your path? If so are you subscribing to separation? Are you divisive? Are you competitive? Are you ambitious (a) for yourself (b) when competing with others (a) personally (b) for members of your family (c) at work? Do you really believe in and practice holism? Does your intuition (inner-tuition) tell you that you do no harm? Do you believe you walk as harmlessly as you are able as you walk through life?
- 5 Do you feel others have manipulated you? If so in what form did this take (a) their judgement of you (b) old unresolved resentments (c) anticipated criticism from them/you (d) anticipated or old condemnation (e) superiority within you/them? Are you insuring against the possible continuation of any of these traits? Is it time to just get off the case and to let yourself/them go? Do you trust if you are free you will not come across these people again? If you do come across them, do you trust that by the time that event occurs you/they will be able to handle the experience without you/them resorting to old behaviour patterns? Do you consider yourself to be humble? Do you consider you are modest?

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### Session Three – continued

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- 6 Would you like to be rescued from having to take responsibility for your life? Do you try to 'rescue' others? Are you vicariously living through others to avoid having to try things out for yourself? Are you willing to explore new things on your own, trusting that you will meet and get the help you need? Are you able to plan a new adventure without taking company with you? Do you feel others try to 'rescue' you? How does this make you feel (a) pleased (b) resentful (c) inadequate (d) devalued (e) that it is an invasion and an intrusion that is unwelcome (f) it lacks the basic courtesy of being asked if you need help (g) as if you have been put out with the garbage?
- 7 Do you try to protect those who surround you? Have you asked them if they want your help? Have you stifled them? Did you ask if they needed your help? That what you gave was what they wanted of you? If they still need to input at the level that was once provided, or is it more, or less? Do you believe that you always work to help to free yourself and all others in any given situation? Do you feel the equal to all others regardless of (a) age (b) stage (c) abilities yours/theirs (d) skills (e) assistance given or required? Do you/they feel stifled by your care? Do you encourage self-empowerment and freedom for all when the time and opportunity presents in life?
- 8 Are you usually content in your own life? Are you constantly trying to make changes in your own life? Do you try to make changes in those who surround you? Do you have the desire to change and be changed as you evolve? Do you consider you have the courage to make changes? Do you dread the idea of having to (a) make adjustments yourself (b) breaking the news to those near and dear who may require detailed explanations (c) deal with any obstructions (d) organise the priorities and the times events occur (e) administer the process (f) be flexible enough to make any adjustments necessary as the situation unfolds? Do you trust that you will be guided (a) by the 'Management Upstairs' (b) life events (c) your capacity to unite both (a) plus (b)?



## *Session Four*

There comes a point where we have tried to balance the extremes. It could be described as being rocked as if on a seesaw, we have tried to understand the bitter sweet lessons undergone in our lives to date and now it is the time to move into a space which moves us beyond logic. The figure eight is symbolic of the lower loop being experience on earth, as we have known it, the upper loop the potential of what can come towards us if we let go of old expectations and get out of our own way. Time to move our attention to the point where the two circles meet without having to understand anything right now.



## Session Four

*Now ask yourself these questions and record your answers either in pictures or by writing as fully and expressively as you can in a personal journal.*

- 1 Do you believe that life is 'rich'? Do you concentrate on that which is good and sweet rather than that which is not so good and the bitterness of past learning experiences? Are you inclined to take the view "what's the use", or "what good can I do"? Do you consider you have gained wisdom without being cynical? Are you willing to have another go without being tainted by your past? Do you think you can let go of control and allow the 'management' to manage without you trying to interfere or slant things to the way you think you will find comfortable?
- 2 What do you consider is possible and needed with the industry you are a part of professionally? What is possible to find enjoyable within the various groups you are a part of? What has changed or is changed within your family? Have you caught up or are you still in the past through habit? Are you feeling calm within or still chasing rainbows that are merely a pipedream? Do you try to do what you have always done by rote because you are focusing on old scenarios? Do you consider you are in the moment making assessments that are relevant to 'now'?
- 3 Have you acknowledged old disappointments and asked your soul for reappointment to a more conducive lifestyle? Are you willing to wait in the space fully present and aware as you watch for life to give you the clues as to how to proceed? Do you take notice when things are brought to your attention more than once? Are you able to examine where things might fit without trying to make them happen so that you fully understand ahead of time? Are you able to retain good humour and work with a light touch as you move through the day? Do you keep up your dialogue with the invisible forces and at the same time be friendly towards life?
- 4 Do you treat (a) yourself (b) others lovingly? As things begin to change are you able to explain (a) your thinking (b) and communicate with clarity (c) withstand disagreement or questions from others making you get frustrated or confused (d) able to state that you just do not know yet (e) give the reassurance that when you do you will make sure all others do to? Do you give (a) yourself (b) others the time to get used to updated states? When fundamental change occurs within a moment are you able to (a) take the time needed to understand within yourself (b) tell others then wait until all are comfortable prior to anything being organised in a revised manner (c) allow the time for the revised administration to slot into place (d) trust yourself not to 'rock any boats' ahead of time?
- 5 Have you redefined your personal expectations (a) of yourself (b) from others to enable all to do a reality check? Are there any ideals (a) that you hold yourself (b) that others hold dear to them that need revision? How would you redefine your view to enable you to be supportive towards (a) yourself (b) towards others? What do you need to do to encourage (a) yourself (b) others to enable the transition? Do you need to seek professional help (a) within your working life (b) suggest a family member might benefit (c) yourself? What research needs to be done to support this endeavour? Having opened the avenue and found a resource how quickly are you able to apply it? Are you willing to wait for others if they move more slowly than you do? Have you acknowledged and appreciated the support of others with (a) gratitude (b) disdain (c) taking it for granted (d) an expectation it should be done? How do others respond towards you (a) with warmth (b) an obvious desire to do their best to help you (c) routinely (d) dealing with you because they have to?

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## Session Four – continued

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- 6 Have you reviewed your potential in the light of (a) obvious proven skills you have at your disposal (b) experiences you have gleaned to date? Are you being led to recombine them in a new way? What do you need to let go off, as you just know it is not for you anymore? What do you need to concentrate on now? Is life supporting what you think to be the case? Do you consider you are good and truthful as you renegotiate terms? Do you consider yourself able to collaborate (a) within yourself (b) with others? Do you feel resentful toward (a) the 'Management Upstairs' (b) life? If you do, how do these resentments manifest?
- 7 Are you able to allow illusions to come and go? Are you able to disperse the discarded ones? Do you consider you are able and willing to collaborate with possibilities that present? Do you honour disillusionment and just let them go? Do you understand that this process supports and encourages new probabilities? Within initiation and transition there are challenges, which require you to make a commitment and carry that commitment through to a logical conclusion, do you think yourself able to do this? Do you want to undergo this process or do you think you are being (a) made to by invisible forces (b) by other humans forcing the issue (c) cultural ritual (d) you being unable to have the courage to challenge a tradition?
- 8 What is your attitude towards inevitable change? Do you get (a) so critical you are unable to see the sweetness (b) so cynical you cannot find the message of hope (c) so sarcastic others are unable to mirror to you the reflection that enables you to make a free choice? Are you grateful and gracious (a) within yourself (b) towards others or not? Do you truly understand that the core centre is being cleansed and made ready for what is to come? Are you quietly excited or do you anticipate inconvenience and aggravation? Are you willing to make the explorations needed or reluctant and belligerent? Do you prepare as best you can, trust and truly know that all will be well? Are you expecting to be fulfilled and to enjoy the experience? Are you grateful for the opportunity?