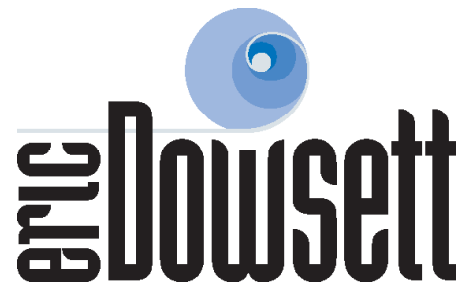


News-Sheet

December 2007

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Hi everyone, a last update on 'the work' before the end of the year...

I am continually delighted with the effects of the work on my own life. As I continue to practice noticing thoughts and feelings and simply accept whatever arises, without identifying (where I am able) it is as though 'I' am reborn on a moment by moment basis. This allows the future to unfold in a way that is both new and familiar at the same time. Still a lot of the more personal hang-ups pop in now and again, but are taken much less seriously on a deep level and pass ever more lightly.

This impacts on how events in my life unfold and of course, how I 'choose' to deal with those events. The more choice I appear to have at any given moment, the less likely I am to re-experience old patterns.

I continue to let go of the thought that I have any control over how my future unfolds, the work in particular. Once upon a time I felt the need to do something, to make sure workshops happened, for example. This was a hard road, profitable possibly, but still full of doing and all that entailed. After the Vietnam workshop I felt that the work had to unfold effortlessly, if obstacles arose and were not easily dealt with, then let the workshop go.. Life is too short to push too hard. I should have enough experience of the path unfolding effortlessly by now to not get anxious about the future. Anxiety simply becomes a self fulfilling prophecy and I can do without that (as I am sure we all can).

With workshops just about finished for this year (one more Clearing the Self in Ireland mid December) and a break over the New Year it will be interesting to observe how life/the work unfolds.

Accepting how things are doesn't mean simply sitting back and letting whatever happen happen. There are still workshops to organise, dates to set, venues to be booked. Yet within the usual administrative side of presenting this work there is still room to move and go with the flow, a lot more open space in my diary for 2008, at least at the moment.

Noticing Change...

I am also noticing the long term effects of applying this way of being in the lives of many people around me. There appears to me a greater lightness of be-ing in those who have been practising this for a while. An increased ease in dealing with situations that previously may have been much more challenging. In general, a relaxed lifestyle leading to more inner contentment.

Not always a quick fix though. Perhaps that is why this way of being is not as widely accepted as I would have liked at this stage of the journey. Yet it can be a quick, and sustainable 'fix'. The only thing getting in the way of change is you, you and your sub conscious addictions to old ways of being. Yet, until these 'addictions' can be recognised there is little chance of fundamental change. Instead, what seems to happen is that, within our own personal drama, we seek to make sense of a world that is basically a product of our own imaginings.

This is not meant to place blame on anyone, this is simply a different way of observing life as it unfolds, and to see how, when we recognise the part we each play, on a cellular level, in creating the manifesting reality that arises, we can begin to make conscious changes to that manifestation.

It is both super simple, and one of the most difficult things in the world to do. It requires that we stop doing, something that many find enormously challenging, and start accepting. With acceptance comes the realisation that we have spent years running around, putting out fires, that we ourselves lit in the beginning. Stop lighting fires and notice the changes that come into your life.

Room to Grow...

There are some exciting, and new, approaches to workshops scheduled for 2008 and beyond. Though you will notice there has been a change in how the workshops are labelled.

Clearing the Self, and Clearing the Space remain pretty much unchanged, perhaps more Space Clearing weekends next year than in the recent past due to popular demand. Clearing the Self shifts between the new and the old, bringing a new combination to support both new people and more the more experienced. As much as I might want to let go of tools and questions, burning bridges at a great rate, it has become obvious to me that both the tools and the questions have a valid place in the program.

Residential programs are a different matter, now it is, more than ever, straight in at the deep end, sink or swim (most people, although they may flounder for a while, end up swimming nicely). Now, instead of giving the workshop a name that attempts to describe what will happen we are simply calling each according to its location, so, the week-long program in Ireland will be The 'Irish' Experience. The new format week in Tuscany, The 'Italian' Experience, I was tempted to name it the Italian Job, but that has been taken... No clear statement of what the workshop will be about, just a loose description. This leaves us all room to work with whatever arises.

This was the case in the recent week-long program in Costa Rica.

No matter where we end up doing the residential work/fun shops the environment will have its own impact on those attending the program. We have been in deserts, on volcanoes, in the Australian Bush, in sub tropical wonderlands, and, just recently, in tropical rainforest. Landing in the middle of the jungle, new noises, especially at night-time, new sights for many, and the rain... We arrived on the Sunday, the rain started on the Tuesday night and really was still pouring when we left the following Sunday. A very damp, and cool, experience. Intensified by the conference room itself, walls up to one metre on all 6 sides, and then fly screen up to the roof line. Add pouring rain on a tin roof, screaming insects, monkeys howling in the trees like some Jurassic park nightmare and you have a challenging environment. Fun all the same...

Yet all this, and more, added to the total experience. It took people out of traditional comfort zones, which, when supported by the work, allowed lots of deep change. All in all a great experience. Not likely to return to that venue for various reasons, but definitely will return to Costa Rica, either another workshop, or simply as a tourist. Got that Central / South American Manyana feel to it which is great when you get used to it, and the jungle is a delight to be in.

What's New?

A reminder, and a heads up, on the latest workshops to be added to the schedule.

Come and Kiss the Blarney Stone (or not!)

The 'Irish' Experience, a winner this year and promising to be another winner in 2008. This next week long program will be based in Cork, plenty of field trips to old, magical, and the not so magical (the local brewery!) places, more music, Guinness, laughter and clearing. Make a note, June 7th – 14th 2008. We do have a few rooms left which we can let as singles for the price of twin share.. Not many, so, hurry to take advantage of this offer.

Famed Tuscany...

A long awaited opportunity is now available. A one week funshop in a Tuscan Villa. In late October 2008 a few of us will be gathering to enjoy the delights of Tuscany with a good mix of the work included. A different approach to the 'traditional' workshop format, this week is based on our experience in Vietnam where we offered a complete package, holiday and workshop combined.

For those who have already attended a workshop with Eric, this is promises to be one of the most unusual 'workshops' ever.

For this week long experience we are moving into a villa just outside of Lucca in Tuscany. Our week will be a mix of 'workshop' time, sightseeing, wine tasting, food tasting !!! Relaxing and, moment by moment, living the work. Applying the 'clearing' principals on a daily basis we can expect to develop the skills required to 'be' the work any time, any place.

This is a self catering funshop, shared kitchen duties, shopping at the local store, ventures into vineyards, medieval villages and quiet strolls through the countryside. All wrapped around daily sessions designed to support growth and change on a deep level, allowing us to find a place within where we can more easily call upon the stillness found at these residential workshops.

This is a new approach to a residential program, places are strictly limited and rooms will be allocated on a first come basis. Due to a fixed room configuration at the villa options are limited.

'The Gathering Place' is an old 'borgo', a walled village, recently restored in keeping with the

original 13th Century village, though rest assured there is running hot water! Set in terraced olive groves and vineyards, the villa looks out to the medieval village of Lucca. The pool may not be open at this time of the year, but the jacuzzi will be.

The nearest airport is Pisa, only 20 km away.

Be quick to reserve your place at the funshop of the year, and I mean quick, he who hesitates will certainly miss out on this opportunity.

Ireland

One weekend remaining this year, last chance to come along for at least 6 months, 'Clearing the Self', December 15 – 16 in Edenderry.

Hong Kong

Hoping to get a weekend together there early May, more on that later.

India

Back in Bollywood for another couple of weekends.

In the hot month of May will be presenting two weekends in Mumbai, the first, due to popular demand, on Clearing around Abundance, the second, Clearing the Space (to make room for all the abundance!!!)

The Cradle of Civilisation!

Still in May, back in Europe, a three day program in Athens, translated into Greek. A first for me.

Various weekends in Ireland and Holland and who knows where else early summer..

USA!!!

Following repeated requests to return and teach in the US, we are currently negotiating with both East and West Coasts for September 2008. Stay tuned on this one.

South America

After the week in Tuscany, may be heading to South America for a series of weekends in Argentina, Chile, Colombia, Venezuela and Mexico.

So things only appear to have quietened down, was wondering earlier this year if I was heading to an early retirement, or a calm before a storm. No prizes for guessing which way this is all going.

I have also been asked to find time for a super advanced (?) week long program in 2008. This may or may not happen, will have to see how things actually unfold in 2008, all very well having these grand plans. Don't hold your breath on this one, perhaps in 2009.

Also, there have been requests for a Practitioners Program in Europe. This is for those who would like to begin working, professionally, clearing spaces. This is likely to happen in 2008.

Contributions?

Do you have any 'stories' relating to your clearing experiences to share? If so please send them to me and I will do my best to include them in future news-sheets.

The 'Past'

Is past, and may it remain so.

The 'Future'

I hope to begin work on one, maybe two more books in the New Year. One, my answer to the Law of Attraction, and another based on Questions and Answers taken over the years.

And what else? I have little idea of what the future holds, no certainty, just assumptions based on my own past. The mystery that has us all guessing, trying to control the moment so the future is guaranteed... Good Luck.

For any more information on any of the programs mentioned in this news-sheet, please visit the web site:

www.ericdowsett.com

email: info@ericdowsett.com

Life is what we make it..

What sort of life are you making?

Be well

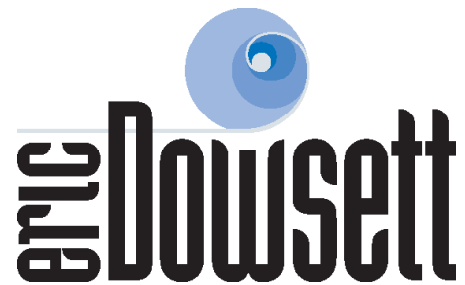
Love

Eric

News-Sheet

March 2008

www.ericdowsett.com



2008 already, time certainly doesn't seem to be quite the same as it appeared in my past (?) But then our perceptions of time are probably illusory, sort of make it up as we go along.

Time going fast, time going slow; time going in a straight line, time following a wavy line; time standing still, time disappearing; time being sequential, time offering 'deja vue' moments; time appearing to create order, time = $Mc2...(?)$ Or was it 'time = money'?

What if, among all the other things created by the mind, we have on one level, all agreed to time as being sequential? What if this belief is not correct, not wrong necessarily, just not the only way of perceiving time? We are certainly creatures of habit conditioned by our relationship to ourselves and the manifesting world, so it is not hard to accept that possibility that one of the habits to which we subconsciously subscribe, is the nature of time.

Just throwing in a curve ball here, a few 'what ifs' to test beliefs. One thing that teaching this way of being has 'taught' me over the years, is that most people hold onto a belief or beliefs, handed down or picked up along the way, like drowning people hanging onto pieces of flotsam, the old 'clutching at straws' trick. Yet rarely do those people actually question, in a truly fundamental way, the basis of the belief. Perhaps this is the nature of faith. Something we gladly give our power away to in the hope that it, whatever 'it' may be, will save us, help us, deliver us from evil, whatever. Another thing I have learnt from the years teaching this is that we energise or create that which we give energy to. No belief is necessarily right, none wrong, they are just the product of the personality, which in turn is simply a collection of points of view that we, consciously or subconsciously, subscribe to.

The challenge in questioning points of view is that the questioner is held within a certain framework called the personality. The personality has been hard won, fought for, long established, built over many years of associating with, identifying with judgements, belief patterns and a whole host of other phenomena that arises in the awareness of the individual. So much have we identified with the thoughts and emotions that have arisen in our awareness that we have even developed the

pathology of those thoughts and emotions, we have become our thoughts and feelings. From within this citadel of being, we look out at the world, and we judge it (and ourselves).

It is quite hard for us to imagine that this way of seeing the world is unique to us, and though we may hold beliefs (time is sequential!) That many others hold in common, we still have our own very special way of interpreting the world around us.

The Dilemma

Trying then to question fundamental beliefs, from within this citadel is an almost impossible task. The tools with which we question the manifesting reality are all contained within the citadel of the self. The self, that diverse collection of 'points of view' does not find it easy to seriously examine itself. Examining the self would involve opening up a Pandora's box of shadows that quite possibly is the reason we choose faith over questioning. Faith here is not limited to religious beliefs, or time being sequential, or airy fairy phenomena. It includes those on the path of science, for that too is faith, faith of a different kind, one that questions, but, if we were to be honest, one that questions still from within the citadel of the self.

The Answer??

A rather obscure example: I believed, for a long time, that I could not drive a left hand drive car with a manual transmission. I was taught in a right hand drive car and we drove on the left hand side of the road. Living in the US I quickly adapted to driving on the right hand side of the road, but always in an automatic. Whenever I went to Europe and drove, it was always an automatic. I believed, for some unknown reason, a reason that I never really did question, that I could not drive a left hand drive vehicle with a gearshift. I would all the time joke about reaching for the door handle to change the gear. This was, for most of my life, not a problem, automatics were readily available and I gave little real thought to my belief, my 'point of view' about what I could and could not do.

A little over a year ago we had a workshop in a mountain resort in Switzerland. The owner of the resort picked me up from the railway station in her automatic Subaru. It was a half hour drive, partly on motorways, mostly up a very narrow, windy mountain road, no room for passing.

I knew others would be arriving later that afternoon and offered to go down and collect them myself, thinking I could easily handle the Subaru. "Wonderful" she said, "You can take the bus." Bus, I thought, what bus, what about the Subaru. Arriving on the top of the mountain I saw the bus, a largish 4 wheel drive, high off the ground, and, of course, it was a manual. I easily noticed the feelings that arose as the image of the gearstick clashed with a long held point of view. I knew I still had a choice, I could say, sorry, I don't know how to drive one of these, and backed down. Instead, I noticed the feeling and let it go. The feeling after all was only a chemical reaction to a point of view. I have been teaching we are not our point of view for a long time, now it was time to put my money where my mouth was, another opportunity to walk the talk.

The time of departure grew rapidly closer (a case of 'time' moving vary fast indeed) and on two occasions I noticed the feelings of uncertainty (and fear?) Arise, each time I acknowledged the feeling and let it go, moving my awareness onto other things. Remember, we energise that which we focus out awareness on. It would have been easy for me to fall into old patterns and build a good case to not drive this vehicle down the mountain. Not just any old mountain, but a car with a gear shift and on what was little more than a very narrow track winding down a mountain. Anxiety is an interesting thing which more often than not disables us completely.

The Moment of Truth!

At last the moment was upon me. I collected the keys, made sure I had my satellite navigation plugged in, and started the car. The doubt was just a fleeting thought now, and I went through the process of putting the car into gear and driving off down the mountain effortlessly. My main concern was that someone would be coming up the mountain while I was trying to get down it. But, no, no one appeared and the trip was not only uneventful, but a pleasure, and a great breakthrough for me personally. So much so that I repeated the drive twice more that day, once even at night.

What was all the fuss about?

This may all sound very silly and minor, and looking back, of course it was. But the hold that belief pattern had on me had ruled my life for many years. Where did it come from, what basis in 'reality' did it have...

When we consider that we are all unique collections of points of view, when we imagine that a point of view is sacred, that our point of view is the one and only 'right' point of view, it is easy to see how we limit ourselves, and how conflict can arise.

My conflict was internal, internalising conflict may not appear to harm anyone else but it can certainly harm the person who holds onto a pattern and internalises the results or consequences of that pattern. Mine, for example, was anxiety about driving a car with manual transmission on the other side of the road to that which I was accustomed. The anxiety that is created when that point of view is challenged is creating an healthy environment in my body, the chemicals released by the body when anxiety is personalised are, over a period of time, quite destructive.

To blame or not to blame?

I can run from that feeling by avoiding driving the car, this does not change my point of view, in fact it supports it, and I convince myself more and more that I cannot do this thing. I could blame the owner of the resort, or the car, for putting me in this uncomfortable situation. Crazy, yes indeed, but notice how, when your point of view is challenged and you are taken out of your 'comfort zone' you kick out, often at those closest to you. How you judge and blame the world and those in it for your own discomfort. A common enough response to the chemicals of anxiety. But if you blame another, or the neighbours dog, or the government, whatever, you are still reinforcing a point of view, which, really has no basis in who you truly are.

The trick then is to develop the ability to become a little more objective each day. To try and question the basis upon which you have built your world from within the citadel that created that world is difficult, if not impossible. But to begin to notice the feelings that arise around any point of view you may hold on to is not so difficult. This will allow for other possibilities, possibilities that will slowly free themselves from your past, allowing you to be more in the world and respond to the world on a moment by moment basis. Until you try stepping out from the shadow of the past you will not know just how much a victim to conditioning that had no basis in reality, you have been.

The Next Step...

This leads us into the 'new' format workshop 'Clearing for Abundance' which has been presented, very successfully, here in Australia.

'Clearing for Abundance' is really a natural progression of the workshops to date, the next step, as it were. It combines many aspects of previous

workshops and introduces 'new' information and ways of being, and, most importantly simplified methods to achieve and sustain positive change. Aided by new visuals that allow participants to truly understand the nature of their own co-creative powers this workshop provides a fresh look at the world and our relationship to that world.

The beauty for me, of giving a workshop this title, is the ability for the workshop to be incredibly flexible and therefore adaptable to any audience. If I were to present a workshop with a lot of structure, 'Clearing the Space' for example, then I am limited by the information I need to present, and this has to be presented in a certain order to make sense. 'Clearing for Abundance' in contrast, allows the entire program to go in whichever direction the need of the participants dictates. Each workshop is quite new, and different from any that went before it.

If we return for a moment to the idea of questioning our belief patterns. Early on this journey I would, where I was conscious, question my own belief patterns, never simply accepting what I read, was told, or had heard. As I practice this quite alien way of being so the need for practice falls away. This non acceptance on face value of information becomes second nature, it becomes a part of us which no longer needs constant supervision.

Now I seem to be challenged by newer depths of questioning. 'Clearing for Abundance' as I said, is a natural evolution of the workshop program. What I would like to see happen next is a quantum leap, a side stepping out of this familiar way of being into a quite new way of living in the world. Not easy because, as mentioned earlier, we are all held by our own perceptions and points of view, and can only be and operate within certain parameters. Yet another 'benefit' to me of my practice has been to take my 'self' less and less seriously, to no longer identify so strongly with my past, this step by step process has in turn allowed new possibilities into my life. If one is able to proceed along this path with some commitment, the inevitable conclusion would be a lessening past limitations.

This may, or may not, help me to make the quantum leap into quite a different way of perceiving myself in the world but it certainly helps me to be more and more in the moment, free of the past.

Spiritual Holidays

This moving into a greater lack of structure, as I mentioned in the last newsletter, is represented by the fluid titles of the residential workshops; the 'Irish Experience', the 'Italian Experience', each allowing the program to go where the participants will get most benefit.

We still have some places open at these workshops, they offer unique opportunities to explore and experience the energy of the land, its people and customs, through very different eyes. Informal spiritual holidays. The benefits of putting yourself in a new environment, surrounded by other like minded people cannot be overemphasised.

the new versus the familiar!

We are staying with friends here in Australia. The daughter of the house returned for a brief stay from her new home out of state and commented that returning she felt restless, agitated and was unable to sleep well. As I 'looked in' on this situation it was obvious, to me, that the young woman had returned to her past, her past, like clothing that we have out grown, no longer fitted her. She no longer resonated with who she was in the past and thus felt discomfort. We all do this, we move, we grow (or not!) And, if we are lucky, the world around us grows with us. When one of these is no longer in harmony with the other, self and environment, environment and self, then we experience discomfort.

When we continually surround ourselves with the old and familiar, a popular way of being because of the security it appears to provide, we 'feel at home.' All the time we place ourselves in familiar environment, the past is supported, change is not so easy to come by. Often, a holiday is a great way to move into new environments, both physically and emotionally, people behave differently when away from home. This behaviour could be seen as better or worse, depending upon who is observing (and judging). But often people use the holiday as an escape and when, upon returning home to the old, the familiar, the effects of the holiday gradually wear off to be replaced by the ever present past.

One step forward, no steps back

The aim of these workshops around the world, the 'world experience' is to provide both an unfamiliar environment, the safety of like minded people and a program that will help change to settle deep into the cells of the individuals, so that, when returning to the familiar there is less of an inclination to fall back into old ways. Old ways that perhaps have outlived their usefulness. A holiday is always good, a holiday with this type of program interwoven is more than good.

Explore with us the history of Ireland, the magic of the land, the joy of the music, or perhaps your taste is more for the wines and food of Tuscany.

I look forward to offering more exciting destination in the months to come. Stay tuned.

And if you are wanting to come along to either Ireland or Tuscany (or both) then register your interest soon, there are only so many places at both these events, numbers are being kept small to allow for greater ease of communication.

Back to Holland...

I have been approached by a few people in Holland, asking for a 3 day 'Advanced' program. I am more than happy to return to Holland, perhaps in late June, July or early August. The Advanced program consists of a mix of the personal and the space clearing work combined with working with the energies of heavy metals, various pharmaceuticals and household chemicals. And, for good measure, some of the information from the 'Clearing for Abundance' workshop. You will have to have attended workshops already with me to qualify for this 3 day event. If there is any more interest in Holland, please email me and we can start arranging details.

The America's

The US is still calling and I have to make a decision soon. Workshops are expected for both East and West Coasts. By the time the next newsletter arrives in your inbox a decision will be made.

South America, new for me, is still in the planning stages and I hope, by the next newsletter to have more concrete news on the tour of Argentina, Colombia and Venezuela.

Mexico City is also on the waiting list.

Part of my hesitation in locking these places into my calendar is the commitment to a path that may no longer be relevant to me in 6 months time. In the past I was more easily able to say yes and head on down the path, now, well, it is not so easy. I sense significant change in the air, but as yet have no firm picture of how that change is going to manifest.

Back in Australia

Closer to the now, there are two 'Clearing for Abundance' workshops on the schedule in Australia, one in Canberra April 12 - 13 and another in Brisbane April 19 - 20...

If you have enjoyed the work in the past, then you will certainly enjoy these weekends. If you are new to this work, don't worry, come along and discover for yourself, how to bring about positive, sustainable change in your life.

The East and the West

Leaving Australia at the end of April, heading for teaching engagements in Hong Kong, more clearing for abundance, May 3 - 4, then over to Mumbai, the Bollywood of India. Abundance in India, May 10 - 11 and then Clearing the Space, still in Mumbai, May 24 - 25. This is followed by a quick stop-over in Athens, more abundance with a translation into Greek, May 30 - June 1 (3 days to allow for the translation).

For those of you who missed out on our Viet Nam Experience last year, or for those wanting to do it all over again, we are taking expressions of interest for a return, 28 day, blow your socks off, workshop, July / August 2009. I have most of the details worked out for this program, cost, dates, hotels etc., so get in touch and let me know if you are interested.

This next Viet Nam experience will differ from the first, this time we will be breaking the trip into 3 main parts. Beginning in the ancient capital of Hue, we will be staying in the Pilgrimage Village Resort (been there done that and it was deeeee-light---full). Ten days there of pretty intensive workshop, followed by 4 days in the Life Resort Hoi An, the town with all the tailors, shops and restaurants you could ever need. Shop till you drop and party till you are pooped. We then move back to the Life Resort in Quy Nhon, the resort we spent our time at last year. Two weeks of low key workshop activities, the beach, the sun, the sand, swimming pool and great food. Then home, wherever that may be.

I have been to all of these resorts and, well, I have chosen to return, must be good.

Contributions anyone?

I would still appreciate your contributions, send in your 'story' your experience, it all adds to a broader view of the work.

A parting shot..

A thought to leave you with.. When you get angry with someone or something, what do you think is happening to your body? What do you think is happening to the person, or situation you are angry with? Who comes out of your anger better? You or the object of your anger...

If you knew what your identification with anger is doing to your body, would you still get angry?

best wishes,
Eric

info@ericdowsett.com

News-Sheet

June 2008

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The various cultures and sub-cultures that I encounter around the world certainly add diversity and colour to the world. They are what differentiates the various peoples of the world. Once upon a time it was truly an adventure to go to far away places, always seemingly more exotic than 'home'.

Globalisation has taken away from the differences in lots of ways, nowadays, to expect to find a bargain in Hong Kong is naive. The products, and the prices there are the same as can be found in New York, Paris, London, anywhere really where you find a capitalist based economy. There are still a few places left where authentic local products are available, but these are shrinking as local, and foreign entrepreneurs export and import all around the world.

All the varied cultures, and sub-cultures have something else in common, something that has nothing to do with globalisation at all. Cultural patterns are learnt behaviour, patterns that give identity to the people concerned. No matter where we were born, we too have our cultural belief patterns, firmly tucked away so deep within our sub-conscious that we hardly know they are there at all. More importantly perhaps, are belief patterns learnt at an age where we absorb information much like a dry sponge absorbs water. We don't judge the water as being too hot, too cold, too salty, too sweet, we just take it all in.

The thing we all have in common is that we are very much victims to that early conditioning, the information that we absorb goes so deep into our psyche that we are not even aware it exists. So we play out a part that we had no conscious involvement in creating. Then it follows, that all

subsequent decisions and behaviour is very much based upon those early, sub-conscious foundations. How could we possibly expect to make rational decisions based on whatever each moment presents when we have conditioned ourselves to react based on sub-consciously learnt experiences.

So the likelihood is that we, without any awareness or questioning, will continue to play a role imprinted upon us without any knowledge of events on our part. In a sense, we never really grow up, all the time we react, we remain victims to a past learning. And the worst part is, we don't even know we are victims to this unasked for past. Unless we discover a way to become aware of our hidden past we will pass it on to our children, who will then be locked into living a life within the same sub-conscious patterning that we did.

The goal here is not to lose any cultural identity, but to make sure that we are more conscious in life of all parts of ourselves. With consciousness comes choice, there is no choice when we operate from sub-conscious belief patterns.

THE SHADOW RULES

Jung has called the sub-conscious our shadow, we call it our back-pack. A place where information is stored which we have learnt without any conscious involvement or later information that we encounter which we deny, based on some misguided sense of self preservation.

My travels around the world have taught me a great deal. One big thing has been not to take myself (or my cultural beliefs) too seriously. I still 'work' on this one because, in order not to take oneself too seriously, one has to be aware of where and when one is taking oneself too seriously. Relationships will

always tell you, when you can listen, where you are attached to your past.

If, on my travels, I run a sub-conscious tape of superiority, or inferiority, being well able, being less able then guess what I will meet along the way. Even though any presenting situation may be open, without judgement of me being better or worse, able or unable, my conditioning would kick in and create an outcome that satisfied that old patterning. Remember I am not aware that that conditioning was ever a part of my past, the sub-conscious (or shadow) being what it is. So, the outcome would simply confirm my conditioned belief, adding to the power that belief has over me.

Every time I support an old way of being, with or without awareness, I create, on a cellular level, a greater addiction to that way of being, which then increase the chances of meeting situations along the way that will feed that addiction. A true 'Catch 22' situation, I spend my life in damage control trying to avoid, in effect my 'self' because I feel as though I am lost and alone, a place from which I blame those around me for the discomfort that I feel.

Awareness the key to change

The common ingredient, amongst all cultural patterns is unconsciousness. No matter what part we play in the world today, for the most part we are driven by our sub-conscious. How can we expect leaders to lead when they too are lost in their own cultural identities, in a world where those identities are supported by others lost in the same illusion?

How can we, as individuals, discover our true nature when we are surrounded by a community that firmly identifies with all the old patterns, never questioning those patterns, or where they came from, just repeating over and over again the same old stories. It is hard, assuming the light comes on and your start to look around with different eyes, to stand out from the crowd, to be different from those you have grown up with. Difference is not acceptable in many cultures, it is frowned upon, and those expressing too much difference are cast out of the community.

'Excommunication'; psychiatric institution; a witch' eccentric; weird; unsociable; dangerous. All labels used to identify difference, and to build public opinion (and remember public opinion is simply the adherence to patterns of conditioning of which the individual is unaware) to be rid of the 'rotten apple' the individual who has dared to declare their awakening. Jesus, a classic example.

For much of the past, when an individual has stepped out of the mold of cultural conditioning, they have been alienated by their community because they are seen as a threat to the ordered life of the community.

We have experienced people returning from residential workshops experiencing just that. They have changed, in the sense that they have awoken from cultural patterning to some degree. When this process starts, the natural inclination is to move away from previously accepted ways of being to explore the new. This is what alienates those left behind.

Trading old for new?

One cannot swap one set of beliefs for another, believing the new ones to be better than the old and still be accepted in the old community. Instead, with practice and more exposure to other ways of being, we see the new belief pattern simply as that, a new, and different belief pattern, no better nor worse than the previous one, but one that allows us to be more expansive we can include, with greater compassion all of the old patterning. We no longer take it (our-self) quite so seriously, but we do allow it in our hearts. This allows cultural conditioning to coexist, so instead of alienating, we expand to include the new as well as the old.

According to recent research we are only 5% (and that is being generous) conscious. The other 95% is sub-conscious, learnt patterns, how to walk, drive a car, the body taking care of itself, but included in that 95% is all of the information absorbed, without judgement, when we were very young. It is this patterning that sets our future out for us. How we will handle life's experiences, and consequently, how our body will adapt to its environment.

“As we think, so we become” all well and good, but if 95% is running the show, there is little opportunity to make a conscious decision.

If then, we use the 5% (or 3% or 4%) to try and bring the sub-conscious into awareness, then perhaps there is a chance to slowly increase the 5% to 6%, and then 8%.. Instead of remaining a victim, we can begin to make conscious decisions, based on what presents.

Intolerance of other beliefs, be they cultural, religious or political is a consequence of early imprinting and subsequent identification with that imprint, it is childlike and lacks any responsibility, and can only create more separation and conflict.

Perhaps it is time to wake up!

All of the workshops offered in my programs have been designed to help us awaken to a greater potential, to liberate us from those old patterns, in a safe and gentle, and fun, way.

There are likely many options open to us, as many as there are opinions about what is right, what is wrong, what is real, what is not, what is worthwhile, what is not. Take your choice, you will be drawn to those paths that support your sub-conscious belief, anything that does not fit in with the current tape will be discarded, and so it has been for millennia.

Little has changed, oh - there have been advances in science, medicine, but has anything really changed, the sub-conscious still dominates the world we live in.

Is this work for you?

For those of you wanting a breath of fresh air, something, a tool, a way of being, a new approach, that will take you out of the box of the old limitations, then this ‘work’ is one way that will not support the old, which by its very nature, allows the new to arise. (Though there is nothing ‘new’ as becomes obvious the more we become aware of how our past limited us.

Travelling the world has kept me open to all ways of being, not judging one as better or worse than

another, simply allowing the experience of all ways to coexist. This continual travel and the lessons learned is brought into all of the workshops, for in my experience, it is only when we feel safe that we can explore the shadow, and safety is the stepping stone into greater personal freedom.

Join us for a weekend taster, even one weekend will give you the tools and abilities to begin to step outside of what you thought was real into a new and exciting way of being, one that is not exclusive, but expands to include more and more possibilities each day. Repeat a weekend, it may appear quite new, people are often surprised at what they understand 2nd, 3rd and even 4th time round. Yet understanding the nature of the sub-conscious, only allowing in what fits within the current framework, it is easy to see how, after hearing this information in a workshop, and then beginning to practice it, the framework begins to change, and allow in more information, on a deeper level.

For the more adventurous we have the residential programs.

A week in a villa in Tuscany perhaps...

Late October this year there is a week in a Tuscan Villa. A place where we can explore our nature in a safe and supportive environment. A chance to open up to new possibilities by recognising old patterns. Included in this week will be time for growing and changing, exploring the countryside, using our new found skills to ‘tune’ into the energy of the land and the fortified hill towns of the area, enjoy the local cuisine, we will be catering for ourselves, each adding their own skills, and of course sampling the local wines. A fun time, and a life changing time.

Places are limited for this week, so early booking is recommended.

Taking the journey to a completely new level, Viet Nam 2009.. Up to one month at various locations in Viet Nam. A new way of life can arise from the ashes of the past, as it has in the country itself, so it can in you.

Deep Change in Viet Nam

We will begin this journey in mid August 2009 at a fabulous resort in Hue, the Ancient Capital of Viet Nam with an intensive workshop, time enough for everyone, new comers and old hands alike, to come to understand the what's, why's and how's of the work and to put it all into daily practice.

For those not yet familiar with the work, through finding a safe place (on any level, physical, emotional, psychological or energetically) old patterns are allowed to arise in our awareness. When old patterns are no longer judged, or once again personalised they can begin to be recognised for what they are and simply released.

This practice, known in Tibetan as Tong Lin is about taking the pain and suffering of the world (and individuals therein) and transmuting it through the power of the compassionate heart. We do not physically or emotionally take on the pain and suffering of those around us (for pain and suffering read shadow / sub-conscious / early conditioning).

Instead, through the journey of noticing more and more, and noticing without attachment, without judgement, we can transmute energy, effortlessly, both for ourselves and others. But perhaps you should try a weekend, see if this can help you move out of old, destructive patterns.

While in Hue, there will be time to explore the old city, take in the sites and relax. Next stop, Hoi An, the home of more tailors than I was able to count on my last visit, restaurants galore and even nightlife. Or perhaps just sit and reflect upon life on the bank of the river that runs past the resort. All the while practising awareness, noticing when and why old patterns kick in, for it is with growing awareness that the old patterns can be released.

After a few days in Hoi An we travel to Quy Nhon, a beach side resort which will delight even the most jaded of travellers. We have two weeks at the Life Resort in Quy Nhon, a relaxed timetable allowing plenty of time to practice the 'clearing' work in groups around the pool or on the beach.

An exploration of a very different culture, surrounded by a people who have known hardship and overcome, the joyful, wonderful, smiling people of Viet Nam, and an exploration of the self. This is a gift to yourself that will be with you for the rest of your life. An opportunity to make deep and lasting change to your life, the lives of your family and community in a positive way, a way that becomes totally self sustainable.

There are options for the Viet Nam month, you can come for just the first two weeks, enjoy the intensive workshop program, the Ancient Capital of Hue and the site and shops of Hoi An. You can come for the first three weeks, add on a week in Quy Nhon and practice beach-side, or come for the full 4 weeks and be totally revitalised by this experience, Your choice. Place are limited, so early booking is advisable.

Weekend courses:

June 20 - 21	Clearing the Space	Amsterdam
July 26 - 27	Clearing the Self	Amsterdam
August 16 - 17	Clearing the Self	Dublin
August 29 - 31	3 Day Advanced	Amsterdam
Sept. 13 - 14	Clearing the Space	Dublin
Sept. 20 - 21	Clearing the Self	Athens
Sept. 27 - 28	Clearing the Space	Athens
Oct. 25 - Nov. 1	A Week Away	Tuscany
Nov. 14 - 15	Clearing the Self	Buenos Aries
Nov. 21 - 23	Clearing the Space	Cordoba
Nov. 28 - 30	Clearing the Self	Bogota

Clearing the Self looks at the reasons we are who we believe ourselves to be, how 'negative' thought patterns can rule our lives and the consequences of that conditioning. This is followed up with safe and gently ways to get in touch with the patterns and release them.

Clearing the Space sees how various energies in our environment affect us, for better or worse. Through a growing understanding of the relationship we have with our environment it becomes possible to bring about positive change (balance) to the environment, effortlessly. This is a very powerful tool for all those interested in supporting a healthy environment. What you discover about the self is often way outside the box of your past expectations.

For more information email info@ericdowsett.com
Or visit www.ericdowsett.com

Hope to see you soon, best wishes, Eric

News-Sheet

August 2008

www.ericdowsett.com



Are You Thinking What I'm Thinking?

Have you ever had a thought that seemed totally out of character? A thought you had never had before? One so unusual, so different you stopped for a moment and wondered where it came from?

And while we are thinking about that thought, what about all the other thoughts we have, where do they come from?

I have a theory... not necessarily new, but...

What triggers a thought?

Briefly, the theory is that we each have the capacity to receive information that is unique to who we have become, both as individuals and community. That all information exists all around us, all of the time. Like a radio receiver we have the ability to pick up radio transmissions. We are selective in what we pick up, the criteria for the selection is based upon our personal journey through time and space.

Recently the father of friends died, here in Ireland. The tradition is for the relatives and friends to have a wake in their honour. A 'wake', not a part of my cultural background. What does it mean, a 'wake'? That triggered a chain of thoughts, which led to ... a mental picture, a map if you like, a way of laying out my theory that just might make sense.

Ships that pass and leave behind, in their wake, their story.

Some poetic licence here. The 'sea of consciousness' that I refer to in workshops is not a sea that we float upon, but one that is all pervasive, all around us, up down, sideways, front ways, back ways, we are totally immersed in the sea of information. We exist within the sea and cannot exist, in our current form, out of the sea. The sea is

not only the planet we live on, the air we breathe, the sun that shines, the rain that falls, the wind that blows, the electro smog, not only everything that we can see, touch, hear, smell, feel. It is all of this and more.

Back to the wake of the ship, or the wake of the person who passes through time and space.

Imagine that this sea is not, for the moment, something that is all encompassing, rather it is like the ocean, and we are looking down on it from above.

And looking down, we can see all manner of boats and ships, large and small criss-crossing the sea. What happens when a large boat passes a small sail boat? The bow wave from the large boat causes the sail boat to flop around and if conditions are right to capsize. The bow waves are an important part of the picture.

Now, according to my theory.

When anything moves through time and space the energy in the space changes, for better or worse, in a big way or barely at all, but it does change. The extent and quality of the change depends upon who is passing through. Any lasting effect would be a product of the intensity of any energy / information that is left behind combined with the existing energies of the environment. Compatibility, resonance, high energy, low energy. All affect the mix.

When information is left behind, or changed in any way, others occupying the space are changed, again depending upon existing conditions.

Ever thought that someone was inside your head (Pink Floyd - "There's someone in my head and its not me...") Ever thought someone was reading your mind? Ever thought that someone had picked up on your thoughts?

Back to the surface of the sea.

Imagine for a moment, lots of small boats sailing on the sea, each occupied by a single person, all the thoughts of that person contained on the boat. No big boats for the time being. Each individual, sailing across the sea, lost in their own thoughts, oblivious to the other sail boats, and people. And from your position, high in the sky, you can see each of the bow waves created by the passing of the sail boat, each bow wave meeting other bow waves, forming intricate patterns for a moment, then collapsing back into the sea.

As each of these bow waves meets other bow waves the patterns they form are unique, different from what existed before. This is a step along the road to the creation of the world as we know it, of people interacting with other people. Though they may not know it, lost in their own thoughts, on their own little boat, they are creating patterns that are laying the ground work for new patterns to manifest.

When a wave of information is created (the bow wave of the passing sail boat) it contains, in this sea of consciousness, all of the thoughts and feelings, beliefs and perceptions of the person sailing the boat. It is their personal record. Although there is no physical evidence of their passing, the wave forms that have been created, unique to the individual, once created will mix with other wave forms, bow waves, interact and create something new and different.

When wave forms meet, they collide, this process is known as interfering wave patterns. Crests meet crests, troughs meet troughs, crest meet troughs. And out of this the world (as we know it) is born. It is out of the unique contributions each and everyone make that the world, as we understand it is made manifest.

In the beginning was the word, and the word was with god, (according to some).

What is a word if not an energetic transmission, which we call sound, a series of waves forms, which meeting other wave forms (now where did those other waves forms come from?) begins the process of interference. To bring this home, land it on your doorstep and make it more real for you, an example. Have you ever been angry with someone? Really angry, like boiling up inside! And has that person been angry with you? Anger is not always

met with anger, it can be met with fear, capitulation. There are all sorts of ways to respond / react, but for the moment, imagine two very angry people together. Neither giving way, just getting more and more angry.

Something's got to give

Sooner or later the tension is going to break. How that break manifests depends upon the people involved. The point here is that tension is building, and sooner or later going to have to break, either in reconciliation, violence or separation. The tension is palpable, you have heard the expression, 'you could have cut the air with a knife'. What do you imagine is happening there, in that situation where anger is building? The 'word' can indeed be a word, it can be a thought, it can be an emotion, it can be many things, but it all comes down to the same thing, energy is being expressed.

A wave form is being sent out, from the bow of your little sail boat. Only now you are not alone on the sea, there is someone facing you down, and they too are putting out a bow wave, their own anger. The two waves are meeting in the middle of the room creating something that did not exist before. Tension. A feeling in the room that will remain after the two sail boats have left. If the energy each person / sail boat is putting out is turned up a degree or two, then the tension escalates, turn it down and the tension falls away. But keep turning it up and obvious conflict is almost inevitable. Out of a word, thought or emotion violence is created. In the beginning was the word!

So, now with this example in mind, look down on the sea again, see all the bow waves from all the individual sail boats, all meeting other bows waves forming complex, intricate patterns, and see how, if any bow wave is stronger than any other it will have greater influence.

All the time, each individual adding to the whole, innocently, creating the bigger picture. Yet each individual cannot see the bigger picture, so absorbed are they in their own world.

Lets travel back in time to the cave man. I don't know the various ages, names given to the unfolding and evolution of humanity, if that is what we are looking here, so am going to lump them all together for the purpose of this story. There is no

evidence that the cave people had sail boats, but this is all pretty symbolic anyway, so who cares, we are pretending.

When the cave people wandered the planet there weren't that many of them around, according to what we believe we know now. So mostly the seas are empty, one or two lone sail boats appearing on the horizon, and slowly making their way to a different horizon. Not many bow waves to interfere with each other. All in all a very peaceful picture. Now, along comes a wave form created by a sabre tooth tiger. Yes, although it might be difficult to picture a sabre toothed tiger sailing a little boat, they do leave energy imprints, along with all other creatures, great and small. Imagine a woolly mammoth sailing a yacht.

The picture starts to get a little more complicated, more wave forms appearing and interacting. The cave people form small communities, safety against the sabre tooth tigers! These communities add their wave forms together. Different 'jobs' are allocated according to various skills. With a few hiccoughs along the way, community is established. Imagine now, looking down on this, several small sail boats, all sailing together, a mini flotilla, imagine the collective bow wave when it meets lone yachtsmen, cave people who still have not joined a collective! Sink or swim, or join the community, if they'll have you. Swear allegiance to the flag or get fed to the sabre tooth tigers.

Imagine what happens when one flotilla passes another collective! Bigger waves crashing against bigger waves, and our cave people are still quite primitive and operate on base emotions. Run? Or fight? Depends, how many people are in the other collective, wave forms, now generated by a community, meeting other wave forms generated by a different community. Complex patterns, patterns that are unfamiliar, what to do?

Even if the two collectives pass without conflict, they will each have affected the other. Perhaps, over time, the strength in numbers was a deciding factor in survival. But each sail boat that passed the flotilla would have had some impact, some trading perhaps, of skills, bartering of products.

To be continued.....

The second part of that theory will appear, all being well, in the next news-sheet.

Back onto more general news..

Change happens.

The planned workshop for 2009 in Viet Nam has been shelved due to lack of numbers. Sorry if you were planning on coming (should have let me know) but I cannot hold rooms at the resorts without people signing up.

There are however, still a few rooms available in Tuscany, Oct 25th - Nov. 1st. These are slowly but surely filling and numbers are very limited, so if you are on the fence about the week in a Tuscan villa, jump now.

The hard part

I am still hibernating, although it is not yet winter here in the northern hemisphere seems like it is time for me to sit quietly and go within.

I have been so busy these past few years, flying here and there, teaching all over the planet that just sitting is quite a challenge.

I have also seen lots of 'different' ways to live, lots of ways to bring in a new reality that I thought I might try my own way. The way of not doing.

Harder than it sounds. The practice is to notice what arises, internally as thoughts or feelings, externally as experience or opportunity and to simply let it all go.

Not being in a hurry, not putting out for anything in particular. My understanding, over the years I have been practising this way of being, is that 'stuff' is going to happen anyway.

If you have been reading up on 'The Secret' and 'The Law of Attraction' and perhaps are wondering why it is not working for you, just take a look around you. Right now! What is happening in your life? The law of attraction is what is happening, to you, right now, always has, always will. Just what you are getting may not be what you are wanting. But what you are getting is who you are, so either get used to it, or change who you are.

I recognise that whatever shows up on my doorstep is a reflection, an expression of who I am, the total package of me, not just the bits that I like.

As I can allow whatever to simply be, (loving who / what shows up!) and do my best not to react, just

let it go, it seems as though each time I manage that I go to a deeper level of peace within. Not being attached to an outcome is important, if we are attached to the outcome then we have gone back into doing, trying to manipulate our surroundings in order that we may feel better, safer, whatever.

Every time we 'do' something coming from a place of insecurity, we add to the problems we face.

So I am just sitting and watching. That does not mean that I am not doing anything, quite the opposite. Lots gets done but in a very different, relaxed way.

I am sitting writing this, that requires I do something, but I only sat to write when the moment presented itself, not before.

I may be in a position where I can allow those moments to present, but, really, we all are in that position. Just appears harder when you have a family, a mortgage, credit card bills etc. all apparently applying pressure to do something to maintain a life-style.

For me, sitting and watching, and doing as and when doing is required, is putting another level of the clearing work into practice. Out of this will arise, what? Not sure, but it will be something, it always is.

Writing...

Is one of the things that has shown up.. More specifically the writing of another book.

This one is quite different from the other two. This is more a guide book, a manual to help understand and practice clearing. A self help book, complete with exercises and all. A step by step guide to clearing, how and why. It is with the editor at the moment, who happens to really like what she has read.

We shall see where that leads.

If any of you know, personally, a publisher who might be interested, please let me know. The time has come to step out of the closet of self publishing.

More changes

To the web site.

I sent out a mailing a few weeks back letting people who have studied this way of being about a community page on my web site currently being developed.

Well, that has changed since I sent that email and has morphed into a new web site "www.clearingcommunity.com" I felt it best if this was independent of my web site, a true community site where the community has a lot more say in how it functions. I will still oversee the running of the site but don't want to be the only one suggesting content or style.

All those who have attended one or more workshops is eligible to take part. You can have a place on this new site as a stand alone piece, or with a link to your own web site / blog page. My idea in starting this is to develop a greater sense of community, we have people all around the world practising the clearing in various forms, all supporting their local community.

If this idea appeals to you, please get back to me, you can indicate your level of interest / involvement and we can see what develops. I know several people have already indicated a desire to be a part of the community page, but as the situation has changed a little, please re confirm your wish to be a part of this, together with any ideas you may have how this could work better to serve you and your community.

Workshops planned for 2008

Aug 29 - 31	Advanced 3 day	Amsterdam
Sept 13 - 14	Clearing the Space	Dublin
Sept 20 - 21	Clearing the Self	Cork
Sept 27 - 28	Clearing the Self	Athens
Oct 4 - 5	Clearing the Space	Athens
Oct 18 - 19	Clearing the Self	Portlaoise
Nov 14 - 16	Clearing the Self	Buenos Aires
Nov 21 - 23	Clearing the Space	Cordoba tbc
Nov 28 - 30	Clearing the Self	Bogota

Contributions would be most welcome, your story could help others better understand the diverse values in clearing, send to info@ericdowsett.com

Till next time, be well,
Eric

News-Sheet

August 2008

www.ericdowsett.com



What's New..

Tuscany... So successful we are doing it again.
Link to interviews with Eric on News for the Soul radio.
You Tube, clips beginning to appear.
Back in the USA.
New look web site.

And now, to continue our story from the last newsletter...

Are you sure that thought is your own?

Now, looking down on how life unfolds we see that lots of little individual sail boats have been replaced by a larger boat, a true community. The management of the community taken over by a committee, leaving other members time to develop other skills. Now we are getting diversity within a culture, a community that can expand because all of its members are pulling together for the good of the whole, no longer a series of little sail boats, lots of individuals all sailing their own boat but hanging together for safety.

Lots of people in one boat means a much bigger, more complex bow wave. Now when this larger ship meets smaller ones it can afford to be magnanimous, be generous, or, depending upon the committee, bullying and abusive.

Civilisations are being born, and no one has yet realised it. Empires are just twinkles in their parents eyes, but the potential exists. The more people you have on your boat, the more powerful your boat is. Yet still the perspectives of those on the boat are very limited, by time and space, by the rules already established when you joined the collective, by the very power of numbers.

Mini empires grew as people sought the safety that a sense of belonging offers. Belief patterns

became established, shape up or ship out.. Find your own community if the one you were 'born' into doesn't resonate with you, is not comfortable.

Looking down on the sea we watch the major flotillas of the Greek civilisation, shaping the world by the information they carry across the sea, the bow waves of many boats, all working in harmony. Their bow waves leaving lasting impressions on the surface of the sea influencing all others who existed at the time, and all those who were to follow. Sooner or later though many of those boats grew old and unseaworthy, and eventually sank.

To be replaced by other empires, other collections of boats, and so it goes.

Throughout the history of the human on this planet, boats have crossed the sea of consciousness. Big ones, small ones, collectives, individuals, all adding to the whole.

Boats come and go, empires rise and fall, cultures begin, and decay, while they are alive and active, the energy they feed into this cosmic soup, the sea of consciousness is sustained and grows, or decays. But, what happens when a ship of state sinks? When an empire falls? When an individual dies? What happens to the information they fed into the sea? Well, we have history books that tell a tiny part of the story, but what happens to the information? Does it just disappear? As though it never was? Well, we do have some physical evidence of other civilisations. So something remains, but is that it? Is that the entire legacy of the past? As long as ships sail the seas information is constantly added to the collective, wave forms meeting other wave forms, creating the world as we know it. But when a boat ceases to be, what happens then?

According to my theory, the wave forms established and propagated while the boat sailed the seas have an impact on all those around. Not just those close by, but upon all other boats, all over the sea, the bigger the wave form the bigger the impact upon others. When the occupants)

of the boat dies, they are no longer adding fuel to the collective fire, but the information they shared when they were alive and sailing has simply returned to the sea, from whence it (the bow wave) came.

Hmmm. So, the people sailing the boats that existed before I was born, evolved into community through, perhaps, necessity. The thought that they would be better equipped to survive if they joined into larger and larger groups arose from a deep desire to survive. Was there any record of groups being better able to survive than lone individuals before the cave people sorted it out? Well yes, in the animals who herded together for those very same reasons. So, the thought was not new to the cave people, they were just picking up lessons from their environment. The animals had already got that one sorted, was their gathering together instinct or rational thought?

The herd? Or not the herd?

But the herd animals had never existed as separate beings, as our cave people were wont to do in their early days. Not individuals existing outside a co-operative, but individuals, in the sense that they were beginning to 'think' for themselves. The majority of animals never had to worry about thinking for themselves, in wasn't a part of their journey. So, then perhaps instinct is the wrong word to describe the certain animals gathering into groups. They just did not know they were separate, like our cave people were beginning to get a glimpse of.

When a being starts to question its existence and identifies with the body as being separate from other similar life forms, when it associates with thoughts, thinking it the thinker, with emotions, believing it to be the emotion the real problems are only just beginning.

The herd doesn't think, it just acts, we call this instinct, and for want of a better word at the moment, will continue to call it instinct. The human, because it sees it self as separate from the rest, and as such believes that the thoughts and emotions it experiences belong to it, tries to rationalise, manipulate, control its environment.

Now, a sail boat that believes itself to be better than other sail boats, for whatever reason, is going to cause quite a stir when it passes, it is going

to influence other sail boats, often without any individual realising what is going on. The reason few people realise the impact others have upon them is because of this 'human' trait of identifying with the body, thoughts and emotions as being who they are.

Working as one

You may have seen a flock of birds, or a school of fish making the most amazing, fully co-ordinated group movements acting so fast without any apparent communication. (Photons do this as well, they act as one) And that is the answer, they act as one, because they are one. Whereas humans believe themselves to be separate. So they act accordingly, forming social groups, political groups, religious groups, ethnic groups, secret groups, elite groups, lots of different groups, all trying to regain a sense of community, of the oneness they think they have lost.

All quite futile, for oneness, means oneness, not two-ness or three-ness, not my religion against your religion, my belief against your belief. In that regard we have not really progressed much beyond the cave people.

All the time you subscribe to your boat of collective thought being separate from another's boat the bow waves you each generate will cause conflict, maintaining separation.

All of the information that has been, or will be, is contained within the sea of consciousness. All thoughts have their origin there, and to the sea, all thoughts will return. Lying in wait for someone to come along with their radio tuned to the correct frequency and access the information.

We 'think' that the 'thought' is ours. Because of the human condition which takes itself so very seriously, believes itself to be the originator of its thoughts. We receive information from this sea in which we swim and, to the degree we take ourselves seriously the more we become a thought or an emotion. The more we become that thought or emotion, the more we develop cellular biology that supports that belief, the more we develop the cellular history, the stronger the belief in our perceptions becomes. A round-a-bout with no escape. Oneness, a true sense of belonging is just a distant dream from this place, so distant as to be completely out of reach, beyond the imagination more often than not.

But still it is a driving force, nothing has changed from the cave peoples time. We still seek community for the same reasons. Our personal cellular history, handed down to us from our ancestors, plucked from the sea of consciousness and reinforced on a daily basis. Nothing really changes so long as we support the sense of separation and try to limit the feelings of helplessness by forming co-operatives supposedly for the greater good.

The information that we take to be ours is only available to us because we have the mechanism, a uniquely 'individual' mechanism to pluck the information from the sea around us.

Confused?

Apparently, on every cell in your body, there are thousands of 'receptor sites' like little tuning forks. Each is 'tuned' in to a specific frequency. Each is capable of picking up one particular piece of information and converting this information into a thought(?), or a feeling. Almost as though we are scanning our total environment all of the time, picking up signals, that we then either react or respond to. The signal that we are capable of picking up from this sea of consciousness depend upon the receptor sites on the cell wall.

We may have all started, in some dim and distant past, as equal, but human conditioning has changed each of us in unique ways. For various reasons we have each developed certain receptor sites at the expense of others. The fundamental issue remains though, the individuals attachment to the concept that the thoughts and emotions that arise in 'its' awareness are theirs. When, if this theory is correct, the thoughts don't actually belong to anyone, nor do the feelings, they are just individual responses to certain stimuli existing within the sea of consciousness.

This gives us the wonderful diversity of the human experience on planet earth, it is also the root cause of conflict.

So, ships passing in the night, or daytime, it doesn't really matter, leaving behind them, in their wake, their contribution to the collective understanding and experience. Whilst the civilisation / community thrives, it continues to influence all around, when it wanes, its influence dies and subsides, back to where it came from, the sea of consciousness. Not lost but stored, possibly to be accessed again, in the sea.

We sail our own little boat across the seas of space and time, on an adventure, we believe that we are in charge, we are the masters of our own destiny, we are the thinker having the thoughts, and in this dream land we are. Yet a bigger picture would prove otherwise, for those willing, and able, to step outside of the self imposed limitations the picture is more remarkable than it is possible to imagine. By breaking old habits and not replacing them with new ones, the opportunity thus created allows more information to be accessed, more understanding to be gained.

Personal 'thoughts' arise because we have the unique ability to receive the information. We pick up signals contained within the sea of consciousness which we translate into chemicals or thoughts with which we then identify. If there is a collective, and that collective picks up particular information then it is likely that the collective will amplify that information. This amplification of information will make it more likely that many other people will tune in and take that information to be both personal and real, at least more real than other aspects of the overall broadcast.

Information is amplified when anyone takes that particular information and identifies with it, thus adding their own personal power to that piece of information. The more people believing in certain aspects of the total broadcast, the more 'real' that aspect becomes. The more real it becomes the more it will manifest.

Simple really.

So, whose thought was that anyway?

Which leads us to another thought...

Or rather, another subject. It is almost time to hit the road again, taking this information further afield and sharing it with those wanting to hear.

We have just returned from a week long workshop in Tuscany, one of the most beautiful parts of Italy, when the sun shines... But even when the rain fell heavily the view was wonderful and the venue absolutely delightful. And the rain always helps keep a group and the energy contained, all the better to notice and let go.

We tried something different for this group, we took care of our own shopping and cooking. Everything went so smoothly, with no pre-planning

I for one was pleasantly surprised. Many people, most unknown to each other, each with different skills all worked together seamlessly. Everyone pitched in without question and made the week such a pleasure.

Aside from the most delicious and heart based food imaginable, the 'work' side of the experience was incredibly powerful, lots of deep and profound shifts for those present.

Something to consider doing again. So strong were the feelings of those present that we booked the villa for another week next year. Put this down in your diary, but don't wait too long to reserve your place..

Tuscany, October 3rd - 10th 2009.

There is no name for this event, change is happening so fast that I for one do not know who is going to show up and what we are going to 'do'. Rest assured, someone will show up and 'stuff' will happen.

The flyer for this week is now on the web site, get your registration in quickly. I have booked the next week at the villa as well (Oct 10 - 17). This will allow those who just did not want to leave another week, and for those who might otherwise miss out, another opportunity to join us for a week of fun and laughter, and leaving lots of the past behind.

New Look Web Site

Some of you may have noticed that the web site has a new look. This is part of an ongoing process to modify and expand the services and information offered.

I recently appeared as a guest on News for the Soul, a web based radio show out of Vancouver. Seems the information and style was well received and I will be returning. You can access the shows archives if you want to hear the interview -

www.NewsfortheSoul.com and go to archives, or

<http://www.newsforthesoul.com/dowsett.htm>

We plan on putting this link on the web site shortly. Also, something new about to appear on the web site, a link to You Tube, where I am going to shortly upload various segments from recent workshops. This is all up to date information and will give you a good sense of where the work is heading. Though given the rate of change we are

currently experiencing, and the expectation of that speeding up even more, who knows where the work is going. Just have to keep on letting go, developing the ability to be in the moment all the time, for it is only in the moment that change is effortless.

Changes.... and a possible return to the US.

I hope that with the coming of the New Year I will have a greater sense of the direction I, and the work, are heading. Trying to follow the old formats is not really working. Although there seem to be many people still very much interested in the Personal or the Space Clearing those workshops have always been a means to an end, not an end in themselves. Both are good jumping off points to better understand the part we all play in co-creating the objective world but perhaps there are now short cuts. One of the foundations for my teaching has always been to keep it as simple as possible, never to complicate, always to simplify.

Next year may hold some answers, albeit temporary ones!

In the meantime the schedule could look like this

Buenos Aires	Personal	Nov 14 - 16
Buenos Aires	Space	Nov 21 - 23
Bogota	Personal	Nov 28 - 30
Maybe Mexico City		mid to late January
The East and West Coast of the US		Feb through March
Some dates are still open!		
For the rest, well, hard to say at the moment, until I get a greater sense of the new direction, much is on hold.		
Possibly something in Australia and India.		
Certainly Tuscany, Italy	7 day funshop	Oct 3 - 10
	And possibly	Oct 10 - 17

For those of you used to sending me text messages, please note, my Irish number will not be used after November 11th 2008. Email will be the best way to get in touch, as always.

info@ericdowsett.com

Hope you are at peace with your life and all around you. Till next time, Best wishes, Eric

Meanwhile, in the Kremlin.... Comrade Rudolf looks out of the window and remarks to his secretary that rain is falling, "Are you sure it's rain?" she asks, "Yes," he insists, "Rudolf the Red knows rain dear."

Found on a Birmingham F.C. fans' website (by Phil not me!!)