

Cut to the Chase

I have been writing these newsletters now for many years, more than I can remember, and always the message is the same. Yet the story may change, the approach could be 'new', the angle different.

It matters not which, if any, workshops you have attended the bottom line of this 'teaching' is the same. We can try cutting to the chase and talk more about the bottom line, the essence of this message that I have been doing my best to share much of my life but, and this is a big but, the message is often lost in its simplicity.

It is easy to get caught in a past that seems to be so all consuming, so totally in your face that alternatives are nonexistent.

If you have practised Space Clearing with me, you will have understood that your attitude, your awareness, and your intent, can change the energy of the space. You will also have come to understand more and more that 'as within so without' rules. This teaching is not about learning new skills to further manipulate the space, instead it is to recognise that in order to bring about sustainable change in any environment, it is first necessary that you bring about the change within. So, even working with something as apparently abstract as the environment the goal is to bring greater balance back 'within', and the 'without' will follow.

If you have been practising this for a while it is increasingly obvious that the more you practice the less there is to do. Why is that? Well, the practice is all about changing the self in an internal level, on a cellular level, so that one no longer experiences the so called external energies as something separate from the self. We experience phenomena as emotions in the physical body, emotions are simply chemical reactions stimulated by our body, the 'human system' encountering information as it passes through various environments.

To The untrained, all feelings that are experienced in the body are owned, who else could they belong to? So, when a person begins to work clearing various environmental 'disturbances' they notice a lot of feelings, physical and emotional, that are stimulated by the deliberate connecting with the various environmental energies. It takes practice to realise that the feelings experienced are simply the result of information (in this case environmental signals) being translated into chemical reactions in the body. We experience most discomfort when we encounter information that triggers in us a strong reaction.

The intensity of an emotion is not, repeat, not, an indication of ownership, although we might be confused into thinking that it is. The intensity of an emotion is often down to the degree, in the past, we have associated, identified, or denied, that particular emotion. There may be many reasons why we have associated, identified with or denied feelings in the past.

Because of the way the education of humanity has evolved over the ages, because we are taught to externalise our problems, to blame outside influences we get lost in judgement. The more we judge others or situations, the more we become polarised, the more polarised we become the more out of balance, internally, we become. This leads to major upsets on a cellular level, we condition ourselves to react in certain, unique, ways. We expect the world, and those in it to meet our requirements, our expectations and struggle when this happens, and struggle when it doesn't.

Space Clearing can show us where we are still addicted to a past way of being, where we still hold onto certain perceptions of who we are and where we fit into the greater collective.

The Personal Clearing can do the same, yet when we move into this arena, things get, well, personal, and it is no longer quite so easy to remain objective about the emotions and feelings that arise. At least when working with the environment there was a sense of distance, a 'cause' for those strong feelings.

Yet no matter if you are working with environmental energies or those of another person, the practice remains the same.

Notice.

Notice what you feel, notice what you think, notice your actions. And recognise that those feelings, those thoughts and those actions do not actually belong to you, they are information passing through. Our old habit of personalising with all that arises in our awareness tends to ensure that we will go on, and on, and on, reliving those same feelings with increasing intensity.

Much like a television, you tune into a station or network and there it is, a picture, with sound. But the picture does not belong to the TV, any more than a song or news broadcast belongs to a radio. Just information passing through.

Where does this practice lead us, and why bother?

It leads to stillness, a calmness, it leads to greater balance internally, which means a less stressed body, a less stressed body, if you understand anything at all about the space clearing, leads to a less stressed environment. It leads to better health, a more accepting lifestyle, and those around you benefit, even though you are not actually doing anything to or for them.

The more we apply ourselves to this way of being the less there is to do. More and more this becomes a way of life, something that we do automatically. Every time we notice, we have a choice, to play the same old tape, a re-run of our past, or stop for a moment, notice the feeling and recognise, that no matter how attached we are to that feeling, it is simply not ours.

The simplicity is the hardest part to get. There is nothing to do, no where to go, nothing to say. This is it. Whatever each moment presents, that is it, nothing more, nothing less.

Yet how often do we want a different outcome? What is it in us that desires certain outcomes? The difficulty lies in the conditions we live in, and the energy we have given those conditions in the past. While we think of ourselves as victims to an unalterable, unavoidable past, we shall remain so. While we think that 'this is who I am' we will not change, nor will we allow change in. If we truly believe that we cannot change, then change will forever be out of reach.

By developing acceptance of the moment, whatever that moment presents, is the first step to change on a fundamental level. Yet, while we are lost in a cacophony of chemical reactions, while we continue to identify with all of those chemicals, what presents on a moment by moment basis is not something we can readily accept or acknowledge.

We are caught in an unenviable situation. Our past drives us, controls much of our lives, present and future and to simply stop and let it all be is out of the question. For starters we don't even realise that this is what is happening, and then there is the difficulty in surrendering. Caught between the devil and the deep blue sea!

I still find 'stuff' from my past lurking in the wings, waiting to step up and take control again, and sometimes it does. I may notice when this is happening, and the noticing is an opportunity, but more often than not, its - whoops, here we go again. Yet I seem to be able to step back into the moment with greater ease, the more practice, the easier it gets.

Whilst we are searching for peace we can never find it, if we desire more (of whatever) all the time we seek we can never attain. The problem with seeking is who really is doing the seeking, and what are they seeking? Dream a new dream! Nice one. But who is it who is doing the dreaming? And don't you think people would dream a new dream if they could? Instead we operate from an outdated, antiquated set of rules that never really was designed to set us free.

Don't get lost in the race to find an answer, to create a better world, to spend more, do more, work more. The answer is within you, it always has been and always will be. Stop, whatever it is you are doing, slow down, notice, accept, don't identify and you will find the peace inside that you would hope to bring about outside.

Finances a Problem?

You may find yourself in a situation (financial commitments, family, work) that requires that you do a lot to maintain certain standards.

The current financial fiasco will not help you step out of the old way of being, quite the opposite. You may feel powerless to change things, you may feel mad that this has happened.

It is from these positions of powerlessness and anger that change seems the most difficult, yet it is out of adversity that the most positive change can arise. Perhaps the only thing you have any power over is the decisions you make. Even there it is doubtful that you have true power over those decisions, your past will keep kicking in and influence the decisions, maybe creating the illusion of freedom of thought. But, behind it all we are creatures of habit, lost in the past, desperately trying to manipulate a future.

Surely the time has come to re-invent the world we live in. Why do we insist on a world that keeps repeating the same old moves over and over again. Why do we support a reality of limitations when we are the co-authors, we can bring a new way into being, but not using the old tools, the old ways.

“The time has come the walrus said, to think of other things...”

I am dedicating my life to this change, join me if any of this resonates and perhaps, the manifesting reality will indeed change.

This is the first..

I have been giving a few private, one on one consults here in Mexico City, and many of the people coming to see me don't speak very much English. My Spanish falls very short of trying to explain this work, or anything else, so I have been reduced to pictures and simple examples to help people understand.

A big issue for many people is anxiety, surprise surprise. It is a feeling that has presented many times in both workshops and one on one consults. It is also a feeling that I have some first hand knowledge of.

I believe that, like an air born virus, anxiety (in common with all other feelings) is contagious. It doesn't matter where you are, how well insulated or protected you are you are susceptible to this feeling. We have seen, at residential workshops, how a group of people can 'pick-up' on a feeling from one single person.

We have also seen how each individual that picks up on the feeling of another interprets that information / feeling often in their own unique way. Many times the groups reaction to the feeling of another is similar, if not identical to the feeling of the individual. We have noticed, as we sit quietly, observing our own thoughts and feelings how our feelings change as we 'tune into' someone else.

Through this process it becomes increasingly obvious that many (if not all) of the feelings that we experience are stimulated by an external source (include anxiety in this). The individual cells in our bodies, all trillions of them, have thousands of antenna, each tuned into a specific frequency.

I am not sure of the technical order or the correct terminology but I believe it goes something like this. The antenna pick up environmental information (external to the body or internal) the brain, connecting various neural pathways as a result of these various stimuli, creates chemicals, neuro-peptides, which flood the body. The antenna (receptor sites) on the cells will be activated, assuming there is some resonance between the individual antenna's and the specific frequency of the chemical.

We experience intense emotions because we have an excess of receptor sites (antenna) for that particular feeling / chemical. The more receptor sites for any chemical (read emotion) the more we feel that emotion, the more we are a victim to it. So we are very much prisoners of our past conditioning.

I think it is important for us to recognise that we are not the emotion. As I mentioned recently, like the radio receiver which picks up information, seemingly from nowhere and translates the signals into sounds, music, talk etc. We are like the radio itself, picking up information from our environment. The radio itself is not the music, or the chat show, the radio is just the receiver, interpreting and passing on information. The information that we pick up is not ours, but our conditioning strongly associates with the emotion that arises as a result of the chemicals released into the body. The more we associate with that chemical / feeling the more we become that emotion.

So much for the mechanics.

Back to anxiety / fear. The difficulty in developing greater objectivity around strong emotions has its roots in our past. We have, inadvertently, unwillingly and unconsciously, given energy to particular feelings. The more energy we have given a feeling in the past (or the more we have denied a feeling) the harder it is to simply let it go.

The 'clearing' work is very much about noticing, and while you are still able, acknowledging the feeling and then simply letting it go. No grasping, no attachment, just observing. If you sit quietly, in a stress free situation and then once you are still, bring to mind a situation, event or person that you feel less than comfortable with and notice the feelings that present. They may be quite subtle, certainly less intense than if the situation were truly presenting. Now remember the radio, and as simple as changing the radio station, change your mind. At first you may need a little trick to help you, shift your focus, become aware of traffic noise, bird song, the sun, the clouds, the wind in the trees.

The more you practice the less you will need to practice, this easily becomes a way of life after you get over the initial challenges of non attachment to feelings.

Anxiety is a strong feeling and has been cultivated, knowingly or otherwise, but we must accept responsibility for the part we play in spreading this 'dis-ease.'

If we simplify the concept of Yin and Yang, the eternal opposites, the conflict they create produces the world we live in. (Perhaps not the physical earth, but certainly the emotional and mental climate). Whilst we remain polarised in our personal judgements, likes and dislikes, while we continue to identify with the chemicals and the emotions arising in the body we are a part of the system that propagates anxiety, and all other emotions.

More in the next 'mini news-sheet.. Stay tuned and of course, don't take the information you receive (this included) too seriously.

When you get it, you get it!

You may well experience a significant shift in your perceptions and the manifesting reality if you follow this simple guide. I have had feedback from two people who listened to an interview I had with Nicole Whitney on News for the Soul recently. The subject, again, was anxiety. Both people reported a dramatic reduction in anxiety levels as a result of listening to the interview and applying the 'teachings' to their own situation.

"There's someone in my head but it's not me.."
Pink Floyd - Brain Damage - The Dark Side of the Moon, 1973

That's good to know, now we need not take our-self quite so seriously. But if it is not 'me' in 'my' head, then who is it? And how did they get there?

Good questions. But that pre-suppose that the above lyric from 'Brain Damage' is true. Have you ever wondered where 'your' thoughts come from? Where do they originate. For many years I have been talking about not taking the emotions that arise personally, but this also applies to the thoughts.

The difficulty is in being able to step back a little and observe the thoughts./ How can the observer separate themselves from the thoughts that arise! We are convinced that thoughts that we have our indeed ours, how can they belong to anyone else, they are 'happening' inside 'my' head after all.

A fundamental error in calculating whose, what, why, when is the sense separation that we grow into. New born babies don't have this sense of separation to the same degree, it sort of grows with them, as they develop and age, their brain wave state changes and they start to see themselves as separate, they start to question and to judge phenomena. Prior to the questioning mind there was a state of oneness.

For those who have been practising this way of being for a while, many of the emotions that arise can be seen as coming from some external source, see the previous mini news sheet article on anxiety... With close observance it can be understood that all emotions are the result of some external stimuli. An emotion is how the body reacts, physically to environmental conditions. Having said that, for many of us, being caught in the emotional energies that present is a common and currently accepted way of dealing with emotions. We trigger

off somehow a response / reaction to certain environmental conditions (for example, another person upsetting us), the response / reaction is turned into chemicals which the body then interprets as an emotion. The more chemical associated with the response / reaction, the more intense the emotion, the more likely we are to take it personally, which in turn adds to the chemicals in the body, increasing the intensity of the emotion.

Phew!!!

Yet the conditioning to personalise the emotion is so strong we continually fall back into the old habitual way of relating to emotions.

And so it is with thoughts, perhaps even more so than emotions. A thought arises in our awareness, no sooner has it presented itself than we assume it is ours and act accordingly. We respond or react to the thought, we give it energy by subscribing to it (or rejecting it) and co-create a reality based upon the thought. As we energise particular thoughts, so that gives rise to a subsequent thought following on from the previous one. Unless we take a moment to question the origin of the thought we can build castles in the air which have no relevance to what is really happening. If we need to examine possibilities associated with a project we may build daisy-chains of thoughts, all strung together leading us to some conclusion. Providing the original assumption was correct, in so far as the goal we have in mind, and the subsequent thoughts are rational, then we may well reach a logical conclusion.

But these are not really the thought patterns that I am referring to here. Day to day thoughts, images that present themselves that we assume to be our own, these are the thoughts whose origin I would question.

Having you ever had a thought and wondered where the heck it came from, so out of the box, so 'not you' was it that there was no choice but to question it? I have, often.. We get used to certain thoughts and ways of thinking, certain processes are so familiar we never question them. But now and again, in comes a thought from left field and we are left wondering. This often happens when we are working, clearing the space for someone. We put ourselves in a very different environment, someone else's home, and tune into the energy of the space.

Happened to me just the other day. Working away, yawning and processing a lot of 'stuck' information in the house. Then, all of a sudden, I had thoughts of serious racial intolerance, I was working in the home of African Americans. Wow, where did that come from, wasn't mine, I just don't think like that. But it was so strong, so overwhelming for a moment I wondered if I had not developed into a racist overnight. But then, associated with that thought, a great shiver and a shudder of energy passing through my 'body' and the thought disappeared. I settled back into some amazement that I could have ever had such a thought, when whammo, it happened again. Pretty explicit, followed by another shiver as the charge was released through my awareness. And a third time, each time the intensity of the thought reducing.

I shared all this with the owner of the house, and she knew exactly what I was talking about. The charge was to some degree released and a calmness came upon the house which had not been there before. How much this is going to affect the occupants remains to be seen. The point of this 'story' through was to illustrate how a thought can come into your 'mind' wherever that may be, and take root, causing you to respond or react. The moment you take a thought personally you give it energy, when you give a thought energy you may well create an internal, chemical, environment based upon that thought, and then find yourself dealing with the results of that thought turned emotion.

If this can happen once, it can happen often. Simply because we are familiar with a certain thought process doesn't mean that that process is ours, or that we have to entertain those particular thoughts. This is not to say that we simply disregard all thoughts, but that we become aware that some, possibly many, of them are nothing to do with us at all and best left on the shelf. Out of our thoughts arises our reality... Do you really want to have to deal with that reality?

Just a thought.....

Now that we have got you thinking.

The response to the call for teachers has been great, thanks to all of you who have expressed an interest in this.

Life can take us down some interesting pathways, sometimes willingly, sometimes not. Sometimes with awareness, sometimes without, but if we hold onto a set way in how things are to be, in order that we feel safe and comfortable, then the changes may not be so pleasant. This past 18 months has been a time of letting go of plans, still making a few, but realising at the same time that they may or may not come to fruition, certainly not in the hoped for or expected way. So I have developed an even greater flexibility in the way I approach life, I had a head start in this, teaching this work and being self employed since early 1975, but this past 18 months still called on me to put all of my training into practice.

Global Economics and Associated Fears

It is interesting to observe how, in times of economic change, fear can dominate perceptions. The idea of these workshops is to get us out of the fear into a more constructive, self-sustaining reality. Yet few people get past the conditioned blocks that prevent them spending money on themselves in order to better their way of life. Come along to 'Clear the Self' and help yourself and others shift out of old limiting paradigms; come along to 'Clear the Space' and develop awareness and abilities to bring greater peace and balance back into your environment, share this with others for a little exchange and help yourself as you learn or join us for 'Health and Wealth, The Part You Play' and shift on such a fundamental level your world will never be the same ever again. The choice is yours.

And what a month March was...

The more anyone practices this way of being, the more they become the way. The more they become 'the way' the less conflict arises. It is easy to forget sometimes, for me at least, that which I have become (as opposed to that which I was!!!)

I still use the word 'me' though even the meaning of that has changed. Who is this 'me' that I refer to? Labels are good as markers along the way, when they are no longer required they fall away, but like everything else, they are not to be taken too seriously, not too literally.

'I' was at a meeting the other day. Lots of opinions needing to be expressed, concerns to be addressed, points of view arising. The usual stuff you find at meetings all over the world, at least I suspect it was, I do not attend many meetings these days. I was the 'guest speaker' at the meeting, so sat patiently, I hope, waiting for 'my' turn. While I was observing the meeting unfold, the main feeling that I was aware of in my body, was anxiety. I suspected, at the time, that perhaps it was my anxiety, I was going to be speaking to a few doctors in the audience to share with them the benefits, as I perceive them, of this path.

Yet I have spoken to professionals many times in the past, and anxiety is not something 'I' feel prior to any public speaking engagement. I used to certainly, in days long gone, but again, one of the products of this journey is to let go of the tight hold we may have had on any sense of the self, so 'self' consciousness falls away. (For one who had been very self conscious for most of his life this is a welcome change) So, I felt that the anxiety was not mine, but a part of the collective energy in the room, an underlying energetic 'charge' that people carry wherever they go, the meeting was in New York, maybe that was an influencing factor!

Energetic Chaos... know what I mean?

The general sense of the meeting was one of some energetic chaos, perhaps that is standard at meetings, what even should be expected at meetings, but to me this was not the best way to achieve goals. Certainly opinions needed to be expressed, concerns shared and worked through but my sense was that it was the underlying energetic reasons that each of us carry that created the 'anxiety' that I felt in the room.

This is not something that most people would be aware of, so caught up are we in the busy-ness of the day that we often fail to recognise what is happening in the moment. Our past dictates how our present unfolds and as such pretty much lays out what our future will be.

As I said, I am not familiar with meetings, but I have spoken to large groups of people all over the world for many years now and can read the energy of a group quite quickly. There was considerable dis-order in that

room, never (not quite never, perhaps once in Mexico) have I experienced something similar! People were moving around during the talk, speaking on their cell phones, standing up, sitting down, moving across the room to talk with other people in the room, crossing in front of others to 'sign in', all a reflection of the disorder, chaos even, of the energy in the room.

I did notice though, that the more I talked, the more the energy settled. People became present, attentive, interested, not that they were not interested before, but the interest was in a fragmented, nervous way. Slowly the energy in the room became calm, focused, much more harmonious. All this can be a judgement, and if you know me that is one thing I try to be conscious of not doing, but in this case it wasn't judgement, just observations, again words as labels can be helpful along the way, just as long as we don't take them too seriously.

Many people have commented on the calm-ness that I present / offer to those around me. This was very obvious at that meeting and is a delightful product of the practice, because out of the calmness dialogue can arise that is not so polarised, not so 'self' oriented, with much less charge, and, from my perspective, this leads to a more constructive talk. Perhaps I should have been 'clearing' the energy of the room before the meeting got too advanced, but it is interesting to let things unfold and observe, in that way we can become more aware of the change that is possible.

So, for those who need to attend meetings, practice finding, and maintaining that place of inner peace, and see how it / you can affect meetings and outcome, effortlessly.

Teaching!

The teaching program is moving ahead, we expect to begin filming in the next week or so. If you have expressed interest in this but have not confirmed, please let me know one way or the other, I am working on a short list of people who will be involved in the development and need to know who you are!

More Media...

There are two half hour interviews, filmed, that I had with Alan Steinfeld on www.newrealities.com. Not sure when they will be available, but bookmark Alan's web site and keep checking, we had the most fun in a recording studio ever!!! This will be linked into my web site soon.

Revisiting the Past

It has been interesting to present Health and Wealth to people who have not been to a workshop for 2 or 3 years and get the feedback. People comment on the changes in me, and the power and depth of the work, most people seem to be more ready than ever before to go deeper, quicker. A sign of the times? I suspect that to be the case. Over the 20 years that I have been teaching I have noticed peoples readiness and acceptance of this work increasing. Because of the nature of the work it has been impossible for me to remain the same person I was when I began teaching and this is a part of the journey and explains, to a small degree, why others can get 'it' so much more easily than ever before. But this is only a small part of the reason. I do believe that the collective is opening up, more people are recognising that the 'old ways' are no longer working as well as they used to (assuming they ever did!) and are looking for something quite new.

The 'old' falls away

Any 'system' developed out of any human personalities need to feel safe, or control from any constructs arising from the personality must have a limited duration. History, if it is to be believed, just confirms this. A force arises, dominates and falls away. A concept based on an individual 's point of view (attracting the attention and energy of others who then subscribe to that concept or point of view) is doomed to be in conflict with other points of view.

The conflict that arises between two opposing points of view, held individually or collectively, creates stronger emotions and situations which become issues in their own right which the individual, or group, then has to manage for the point of view to be sustained. Then the group get lost in managing the results of conflict and a lot of energy is spent defending the point of view. Life, as we know it, has arisen out of such conflict.

The source of all that is...

For a long time now I have felt that 'healing' on whatever level it may be required is available in the space between thoughts. A quiet place of no time, no space. A place of infinite possibilities.

A place the Buddhists call the 'True Nature of Mind', referred to at times as 'The Field', 'The Ether' and my own contribution, 'The Cosmic Soup'. The place from which all arises, all is made manifest. Sounds like a special place. Special in its nature but not in some far and distant place or future.

For those not so familiar with this place, which we will refer to as the Cosmic Soup which may avoid possible conflict with other interpretations, here is my description. I would like to share my understanding, gained along the path of 'clearing' of what this place means to all of us and how we can possibly access it to bring about a different world.

This place is sometimes called the formless void, a place where, when an impulse is expressed, form is made manifest, and, depending upon the intensity of the impulse, which could be a thought an emotion or an action, adds to the manifesting world that we perceive to be real. 'As within - so without', Our conditioned expectations are charges, or impulses that we, for the most part without any awareness, express into the cosmic soup, those impulses contribute to the manifesting reality. We identify with the manifesting world and respond or react to the manifestations. By taking this seriously we work hard at controlling or manipulating the world to suit our individual, personalities, needs. So, if this is indeed the case, then we are adding fuel to a fire by trying to bring order to what began as a figment of the imagination.

From memory the Buddhist claim that recognising and remaining in this place equates to deliverance from the cycle of birth, death and rebirth and the best chance most of us have of seeing this place is at the moment of death. When the physical and all associated phenomena falls away we are left with the true nature of mind. Yet I suspect this is not so easy to see, and remain in. Any 'charge' that we still carry at the moment of death, (for charge read physical, mental and emotional desires, obvious or hidden and any addictions to certain ways of being, requirements un-met etc.) may well take over and express itself in the cosmic soup. Whilst we associate strongly with any of the deeply held points of view and related charge, while we have expectations still unmet, desires unfulfilled, anger unexpressed, then this diminishes our chances of recognising, and remaining in the true nature of mind.

The question arises

Why would I want to remain in this cosmic soup place when there is so much still to be gained by living on earth in the physical body. Good question, but, if, for no other reason, to recognise how the world we perceive is created, the part we play and how we can, by acting with awareness, make a more positive contribution to the world of form. The Buddhists may have said that the best chance of our recognising the True Nature of Mind is at the moment of death, but it is not our only chance. Why wait till you die to understand your true nature?

The more I have walked the path of 'clearing' the more obvious this has become. A side effect of clearing is letting go gradually of our hold on points of view, to slowly work through and release sub-conscious addictive patterns, and with this, move out of time and space as it is commonly thought to exist. This is a natural state to move towards, not something unpleasant or lacking in 'life'. As this develops so it becomes the obvious, accepted answer to all situations that manifest. The more energy given to a thought or a belief pattern the more likely it is to manifest. The more energy, the more powerful the manifestation. If this is all too esoteric, bring it down to earth, the media, and the influence the media has over the majority of the population of the planet. This is the same concept but put rather more obviously.

One foot here, one foot there!

As we practice the clearing we naturally spend more 'time' in a more peaceful inner state. This state is almost like having a foot in two worlds at the same time. The manifesting world and the un-manifest, formless world. The more familiar this becomes the easier it is to remain in this place. The more comfortable we become the more obvious it is that any thought or emotion that arises is being fed, directly, into the cosmic soup. With awareness comes the ability to notice what you are feeding into the soup, and why life presents to you the way it does.

With clearing comes a release from old, conscious and sub-conscious patterns, this in turn releases charge, or preferably, doesn't allow charge to build up in the first place. When there is no sub-conscious charge then there is no adding impulse to the soup without awareness. Hey Presto - 'Conscious co-creation'

We may see how the external world is created by understanding the above, but what about our internal world, is that created any differently? Personally I don't think so. Assuming the formless void, the cosmic soup contains the blueprint of who you are, what impulses are you putting into the soup (with our without awareness) that are creating your inner world?

Would you continue to supply those impulses if they are creating a less than happy, healthy life?

I believe that a part of the gift I have to share is this knowledge, and also, the ability to step into the formless state, insert a more 'beneficial' impulse on your behalf, and add to total health and happiness, and to teach this to others. For we are all in both these worlds, but as long as we remain unaware, then our impulses are reactive, the manifesting reality a product of those impulses. We spend our lives putting out the fires of our own creation rather than realising we lit the fire in the first place. Know that you are doing this, right now, with every breath you take, with every thought you have, with every emotion expressed, with every desire, known or not, with every word and every action.

And then try to choose what you are adding to the soup of the day.

Benefits of the practice

By developing a routine practice I have been noticing some significant changes in the clearing itself. Remember, clearing is not about doing, no questions, no answers, just noticing. When we begin this journey we are likely, because of old conditioning, to feel the need to do something in order to achieve change. The more we practice, the more obvious it becomes that there is nothing to do. As I sit in clearing now just the intent to sit and clear is enough, sometimes the clearing comes upon me without any intent beforehand, but for the moment I am referring to the conscious act of sitting, noticing, and thus clearing.

Now, the clearing takes me, and those others involved, quickly into the 'zone' the place on the edge of the manifest and the non-manifest. By consciously inserting thoughts into the 'zone' we are able to change the manifesting reality. Hope to be teaching this in the US soon, keep an eye on your email to find out when and where.

life on the road...

One of the benefits of being on the road so much is that I get to spend time with different people around the world. Each culture has its unique ways of being and doing, none necessarily better or worse than any other. Just different.

I suspect this is one reason the Buddha had his followers travel during the dry season, spending no more than 3 nights under any one roof. This way they developed no attachment to the people or the place, a part of their training. They got to ease up during the rainy season when they would remain in one temple where they could use the library, repair their robes, sweep the place, whatever was required.

If you don't have the need to be surrounded by the familiar, then this type of lifestyle is not such a challenge as you might think. We are most often challenged when things change simply because we have gotten used

to 'things' being a certain way. We are creatures of habit, and, without realising it we get lost in those habits, they sort of creep up on us, and, before we know it, that is who we think we are. We tend to identify ourselves through the people and things around us, our partners, our children, our job, or lack of job! The clothes we wear, the food we like, and so it goes.

We fall into routine because that is what is demanded of us, particularly when we have families, responsibilities, a job, we play a part, often so well that we forget that it is a part that we are playing ("all the worlds a stage" - William Shakespeare). Our circumstances require us to adapt in order to survive, sometimes those adaptations are pleasant sometimes not, but we manage. If we have the luxury of certain freedoms, we may move to an environment that is more in harmony with who we believe ourselves to be, this can, and does change however. For many that is not an option. For others and change may be very stressful.

For some the routine is never questioned, the need to question never even arises. For others the idea of this routine is something they struggle against, invariably though the dominant social conditioning wins out and they succumb, with dreams unfulfilled. My father was like that, his passions were art and travel, the global and social conditions of the time did not allow him to explore either. In some ways I lived that life for him.

Past Lives?

Without getting into 'past lives' it is often hard to understand why some people turn out as they do, given similar backgrounds, education, opportunities. And so it was with me, I have often wondered why my life is so different from my peers. I have been a wanderer from an early age. It is something within that has to be expressed and I have been fortunate enough to be able to follow those inner demands. Though I have resisted often, surrender is eventually the easiest path to follow.

Moving from place to place, from country to country not only opens ones mind to the lives of other people and cultures, but prevents one becoming too comfortable (familiar) with any one place. It has helped me notice attachments to particular ways of being, and to see how they prevent me from being in the moment with those who hold other ideals / expectations to those I had, through my own upbringing, associated myself with.

This lifestyle is no better or worse than any other, but it is me expressing some desire, or charge held within. I believe we all do this, express those inner desires, whether it means remaining in one place for ones entire life, or travelling the world, or working or not working, of living in peace or not, have becoming addicted to various emotions or substances, or not. This is called 'karma' in some cultures. Energy, or charge that we hold within, expressing itself. Until that charge is exhausted there is always still something else to do. Because we associate and identify with the charge, we think that is who we are, it is hard to be objective about the reality we are enveloped by. It doesn't matter whether your lifestyle is rooted in one place, with commitments, or lost on the road, a wanderer, while this inner charge exists and there is any identification with it, there appears to be a path, a journey, and there is someone (you?) on the road. While we associate with the thoughts and emotions that are expressed as a result of this 'charge' we take ourselves seriously, the more seriously we take ourselves, the more lost in the drama we become. The more lost we become, the more we take the situations that arise as a result of our taking ourselves seriously in the first place, seriously!!!

No, seriously....

And then we have to fix the situation so that we will feel better. We try to fix things based upon the same model (without being aware of this of course) that created the situation in the first place. We end up spending much of our time putting out fires, in damage control mode, all because we identified with the emotions that arose in the past. So instead of releasing any inner charge, we maintain it, by taking ourselves so seriously. Yet even this is a result of any in built charge we may have. It does mean that we get caught in the drama and being caught in it, perpetuate it.

Life on the road has helped me let go of attachments and see where I add energy to the manifesting reality, it has also shown me the value of clearing in community. To sit and notice, without buying into what you notice, for a few minutes every day, supported by friends, is a powerful way to change the charge that you believe your self to be. Changing the charge allows different points of view to surface, it also helps to notice those points of view and to release them, before they start to create yet another reality.

'Clearing' after all is about releasing charge, emotional or physical, which in turn allows a different perspective to manifest, and, with enough clearing, attachment to particular ways of being falls away, opening doors previously unimagined.

Life, what a journey.

I suspect that some charge that remains within 'me' would be to create a physical space where people could come and hang out, a place where clearing was a regular and frequent occurrence, a place to release stress and remember what inner peace feels like. A base camp for the climbers. Any people out there who think they have the place to do this, I look forward to hearing from you. Maybe I will do less travelling then!

Change...

What does it mean.... and are we ready for it? Whatever it may be.

Last month I wrote about my perceptions of who and what we become, and why. Living a rather nomadic life I have been able to see situations a little more objectively than many who are caught up in the day to day hustle and bustle of life. But in itself this lifestyle can become routine, we get used to most things given time, and I am well used to a life on the road. How much can I change, is there any real need to change at all?

For whatever reason we develop certain ways of being, certain expectations, we hold certain values and judgments, often on a very deep, sub-conscious level. I have often spoken at workshops about how, because of these deeply rooted perceptions we expect life to be a certain way. This 'way' has nothing to do with good or bad, right or wrong, healthy or not. We have seen, through the various images of blood cells, how the body is not discriminating. It will produce balance and harmony or chaos and ill health without seemingly a choice. Something must be instructing the blood cells to continue to reproduce in particular ways.

If the system reproduces itself in a chaotic state it often manifests in ill health, given time the chaos becomes more and more physical until it reaches a point where the body starts yelling out, loudly, for help. The difficulty is recognising the chaos before it manifests as dis-ease. From my very limited experience it appears that the majority of us are all in some degree of chaos, which the body continues to reproduce. How crazy is that?

Again the difficulty is recognising that we are in chaos, this can be hard, at least until the body lets us know in no uncertain manner, that it needs help. Over the years I have been teaching and consulting it has become apparent that any system in chaos seeks other systems in a similar state of disorder, whether it actively seeks them out or is simply drawn to them through an internal resonance is a point for later discussion. If a distressed system (a body) remains in an environment it will affect that environment, this is true for healthy bodies as well those in distress. These 'external' effects can be quite subtle, at least to the person living in the space, as they creep up gradually, and after all, are only reflections of the internal chaos of the individual or group of individuals. As such they represent a part of the individual or group, a part of which the individual or group are unaware. The challenge being to observe oneself with total objectivity and honesty. Not an easy task, to step outside of the self and take a good hard look.

As Within - So Without

Over time then, the environment adjusts to harmonise with those living in it. This may appear to be quite uncomfortable, since very few are comfortable with their shadow (assuming they are even aware of it to begin with). It is when we notice discord that we call in the Feng Shui expert, or the space clearer. Someone to help us bring balance back into our environment, for as long as we externalise our problems we fail to see the part we play in creating the world we live in.

Because of conditioning, and we are all conditioned in some way or another, we get used to being a certain way. This 'way' may not be healthy, it may not bring abundance, it may impose many limitations on what we believe we can and cannot do, it also reproduces conflict internally. We adjust to or create an environment that reflects our internal expectations and feel comfortable within that model. All goes well until the model is challenged, as it invariably will be, because others live by different models, have different values and expectations. There are few choices open to us when this happens, because we have lived a life according to certain perceptions, our choices are limited to something within those perceptions.

So our dependence upon the values of our past deepens and it is harder still for us to break free and learn to respond to situations and not react to them.

When for whatever reason, our external world changes dramatically there arises even greater conflict internally. We struggle with 'new' ways, different ways, we either run away from or fight the changes. Whichever path we choose our internal system is thrown into greater chaos because our external world no longer matches the safe, comfortable reality that we have spent much time in.

This may well lead to dis-ease made manifest, a system already in a delicate state of balance, but having gotten accustomed to the stress has little opportunity to realise just how stressed it is. It, the stress, having crept up on us over many years, very subtle, not at all obvious. Now our internal system has to cope with a new reality but it rarely has the experience, or the mechanism for new ways, so established has the body become on old 'familiar' ways that change is truly challenging.

We may think we can handle the change, because, after all, how many of us are so in touch with the body that we know at any given moment in time what it is feeling and how it is responding / reacting to various stimuli. Over the years I have been teaching this one thing among many has become obvious, most people do not know their body is stressed until it breaks down.

We may state that we are ready for change, but, if we were truly ready, then we would be the change, not just talk about it and claim our readiness. Change itself is not so easy to accept because change is so alien to an energetic system (our body) that has established itself in certain patterns. Patterns that have become so routine as to have become addictive. Without our conscious knowing we follow certain ways of being, present to the world certain expectations, which, if not met, create an agitated state internally. If the agitation persists the body goes into greater chaos and discomfort, adding to an already tense situation. This is not the path to change, this is the path to internal, and external conflict. A path we have all been down many times.

Coming - Ready or Not...

Change is often challenging to certain points of view we hold about the world and our place in it. All the time we say we are ready for change but at the same time hold on tight to our points of view, whatever they may be, we are resisting change.

Letting go of old patterns does not imply that chaos will follow. Quite the opposite, but until we have direct experience of that, we live in fear of change. This fear not only keeps us from change but it slows down change in the world around us.

Notice your points of view. Ask your self, is this point of view truly valid, is it really better than someone else's point of view, simply because it is yours? Simply because it is shared by your friends? Understand how addiction to points of view causes war, hatred, distrust, abuse. Then decide, are you really ready for change.

Piece of Mind?

A friend recently said that although he enjoyed the explorations of the mind, he found that it got in the way of the peace he was seeking. I have heard it said that the mind makes a great servant but a bad master. Most of us are servants of our mind, not the other way round.

What is it we call the mind, where is it to be found, where do all the thoughts that parade through our awareness come from? Don't expect me to have an answer, I am just posing the question. Is there even an 'I' to ask the question? Perhaps, when the mind is still and at peace then all that is left is the now. Why would it be of any value to be in the now, there has been lots written about the 'now' and the importance of being in it, but what is it? or perhaps, what is it not?

The difficulty in offering any reasons for being in the now can only be understood by someone who has grasped the concept. Most of us are still locked in the past, our minds, like a loop of tape, constantly seeing the world from the past, from our experiences, from our previously learned behaviour. This could be a problem that perpetuates a manifesting reality built on struggle. The indoctrination into someone's concept of what it means to be human is so widespread that everyone is taking it seriously. This in turn prevents us from being in the now.

A child is educated to play a part in a concept of what it is to be human. No matter what that part is, be it nurse, engineer, carpenter, accountant, mother, father, whatever, and we, at least many of us, appear to have a choice. Perhaps we do, but those choices are all limited to fit into some old concept of the human experience. Depending upon my cultural background, my upbringing, which may well be based upon 'past life' experience, or 'charge' that I brought in with me, the level of education I achieve, my future will be pretty much mapped out for me.

We imagine that is how things are, how they must be, and how they will continue to be, but is that truly the case? Have we been led to believe something, for the benefit of a few, that keeps us imprisoned in an endless cycle of repeating old patterns. An alternative, if there is one, is not obvious, or we may have adopted it by now, instead, we choose to vote a different politician into power, in the hopes that he/she will bring positive change (but then what positive change can those who voted for the opposition expect?) We are constantly divided over issue within the whole concept of the illusory world we are supporting leaving no time or space for change. Instead we seek change by a revolution, by new laws, by manipulating the manifesting reality, all the time operating within a very limiting reality.

Our Personal Prison!

"A human being is a part of the whole, called by us 'Universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest - a kind of optical delusion of his consciousness. This delusion is a prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty".

Albert Einstein

It is almost impossible for people to accept this idea, because past conditioning has been so effective, the body itself has, on a cellular level, come to believe the illusion. So lost are we that the very idea of being lost is alien to us. For one lost in the dream who can tell it is but a dream?

Not Mine!

We have discovered in the workshops, that emotions are not ours as such. They are, like a radio transmission, waves of information passing through the physical environment, triggering off the production of various chemicals which create, within the body, the 'feeling' which we call an emotion. We have also found that the more we identify with those feelings, those chemicals, the more we produce, the stronger the feeling becomes.

So, identification with phenomena results in a physical manifestation of those phenomena, which in turn crates the world we live in.

And so it is with physical sensations. These are often a product of the way we have related to the self and the experiences in the past. Any system that remains stressed for any length of time will react, the physical body is the same, although we may not have been aware we were stressed until the body calls out loudly enough, our studies seem to indicate that most people are indeed stressed. Physical die-ease is often a product of that stress. Yet instead of realising this and working toward a fundamental solution, we medicate the body without doing anything about fundamental cause.

And so it may well be with the mind, a nonphysical aspect of the self. So seriously do we take the manifesting reality that the mind is constantly working to cope with that manifestation. To try and find ways to manipulate it, protect itself from it, control it, run away from it, make the most of it, avoid the suffering contained within it that there is no longer any peace within the mind.

Meditation has long been a method to achieve peace of mind, but it is hard to hold onto unless we devote our life to it, for the pressures of the collective are constant, all the time beating away at any defence we may develop. The cellular being that we have become resists change, for it feels threatened by the unknown, the unusual, preferring the familiar, even though it is demonstrated over and over again that the familiar is not sustainable, it is not working, instead it creates more pain and suffering, that the mind then has to deal with, all the time reverting to the commonly held beliefs in its search for peace.

'Clearing' is like a stepping stone, it takes us by the hand and gently leads us into looking at the world in a different way, of relating to thoughts and feelings from another perspective. This allows the cellular nature of who we have become to change, gently, slowly, safely, until other doors appear, doors that were previously unknown, not available, because they did not, indeed, could not, exist in our reality because of our addiction to past beliefs.

To Do - or Not To Do

that is, as they say, the question.

The clearing work requires that we be available, that we do nothing, seemingly, to or for any other. The work for the clearer is, simply, to become clearer themselves. Less shadow issues, less attachment to outcome, less judgement and less personalising with thoughts and emotions.

By developing this personal practice it appears the clearer is able to provide a 'safe' place for the person being cleared, which in turn allows stress stored to release. So, the clearers goal is to become a vehicle through which stress, stored as charge, in the person being cleared can express itself safely and gently. Nothing to do. The work, essentially work on the self, has already been done by the time the clearer meets the clearee. Meaning the do-ing part is work on the self, and there is nothing to be done at the time the client shows up, other than be available.

Clearing someone who has a lot of stress in their system may give the impression that the clearer is doing something, as the clearers body reacts to the large amount of information it is being asked to process in a short space of time, but still the clearer is not doing anything to the client.

It is possible to extend the state of be-ing into all aspects of our lives but there always comes a time when we need to 'do' something. The state of be-ing though is only half the story, the 'first' half, the half we practice because we have forgotten how to simply be. To notice what is happening inside and around us without personalising the thoughts and feelings.

If we were not to practice how to be more available then we would continue to move through life much the same as we have in the past, continually identifying with the phenomena that arises in our awareness. All the time thinking that the thoughts and emotions are ours. Establishing very set patterns of behaviour / response which we then apply to issues, situations and to people who present in our lives. We 'do' an awful lot, but we 'do' based on our past, and hence react out of habit.

More of the Same?

If we are not content with the world we live in we try and change it, but again, coming from a place of conditioned reactivity. So all we end up doing is creating more of the same.

If you have a social conscience, you will become involved in schemes to create a better world. Often those schemes are in opposition to other schemes seen as valuable by other people. This conflict forces us to do more and more to remain 'in the game'. So we continue to ride the round-a-bout without realising there could be another way to bring about change. So conditioned are we to work toward a 'better' world based on currently held points of view about what is real and what is not that we miss the obvious, namely, there are other ways.

That is the dilemma. In a world that takes itself so seriously we believe that we have to take things equally seriously to get change to happen. This inevitably evolves into conflict, the more energy one side puts in, the more energy required by the opposing group. In this model there seems then to be always a place for action, for people to do things to bring about change.

What this perhaps comes down to is the clarity of the persons involved. If both 'sides' are coming from places of deep personal convictions and a personal history of reaction rather than response then conflict will arise. In a Western legal system the team with the most money often wins this game. In some cultures those willing to use violence will win. And so it goes.

If we can accept the old maxim, "As within - so without" then even the thought that we have choices only arises because of internal conflict. Although many of us may not accept internal conflict exists in most of us, the manifestation of external conflict are everywhere, we still hold onto the belief that they are the product of an others actions rather than a manifestation of our own internal conflict. (We have photographs of blood samples to demonstrate this internal conflict and its prevalence)

And still we want to 'do' something about it, change the world, make it a better place. I repeat something I have quoted before in my news-sheets; "... The world is neither good nor bad nor defective, nor is it in need of help or modification because its appearance is only a projection of one's own mind. No such world exists". David Hawkins 'The Eye of the I'.

But, you may say, "I have to live in this world, albeit an illusory one". Or do you?

Taking the World Apart...

A part of Buddhist training is to de-construct the reality you have built and unconsciously support. Zen tries to rip the carpet out from under your feet, leaving nothing. There are other ways. Not everyone is drawn to Zen or any other aspect of Buddhism's non-identification but there are many paths, some less obvious than others.

While we are hanging out, waiting for enlightenment, or the tax refund cheque, whichever comes first, we do indeed have to live in the illusion. So, why not make some effort to changing it to something that supports the whole instead of select parts. Well, if you belong to the select parts I can imagine why you would not want to change things, in fact a lot of your energy will be spent in maintaining the status quo.

While we may like to consider ourselves as being able to love unconditionally, the truth is in the manifesting world around us. As we see through the illusion, which can often mean letting go of our attachment to certain aspects of it, the energy that we previously used to support the illusion falls away, this allows other illusions to take its place!!! Hence the analogy of the layer of the onion, peeling away, one at a time. This is not the Zen way! Quicker by far to realise there is no onion, and no one to observe it.

But most of us like our comforts and securities, even though they are only illusory (the Blue Pill or the Red Pill?), so, back to the onion. When you take a stand for any issue, just see if you can see who is taking the stand, and why...

Meanwhile, we wait.

At Last ... Hot Off the Press

While you are waiting there is a great book just come on the Market "First Aid - A Guide to Greater Health and Happiness" Something to help pass the time, take yourself less seriously and in the process support others to relax more and smile much more. This book has been a while in the making and I am delighted that it is now in print. Quite different from my earlier two books, different style, pace and readership. US\$19.95 (+ pp) or Euro 13.95 (+ pp)

You can buy this book online, www.ericdowsett.com or by emailing me: info@ericdowsett.com...

Hoping that by the time you get this news-sheet we will have a means to order and pay for books, CD's and workshops online, been out of action for too long after the server was hacked... So, if you want to order a copy of my new book, that will be easy. The book should also be available through Amazon etc soon. There is an ISBN number so your local bookstore can order copies to stock if you tell them about it. The ISBN number is:- 978-0-615-31336-8

The 'Guide' is what it says, a guide book, like a travelling companion, someone to travel with through new territories. There are stories (?) explanations and many exercises we can practice on a daily basis. A good reminder to have lying around the house... A 'How to' book, not for Dummy's...

Einstein: $E = Mc^2$ - or was it Time = Money!!

But why would you go to one of these, when there is so much demand on your time and money?

Without actually attending a workshop (or having a close, trusted friend, who has) it is almost impossible to understand the value of this way of being. Even after one weekend, if you don't keep up the practice, the benefits are few. This must sound like I am discouraging people from coming along to a workshop! But the 'truth', as I see 'it' is that change is constant, but we stationery, fixed in time and space, we hold onto our past as though without it we would cease to exist. Yet it is holding onto our past that perpetuates struggle, conflict, war, hatred all of which fuel our tomorrow.

Much conflict in the world can be seen to be the result of the inability to let go and forgive. Revenge for past deeds done, anger and hatred of other 'tribes' other people, other religions. Even within families, where stress is allowed to build and the individuals concerned blame, in any way, the other, will cause conflict. The greater the blame, the greater the conflict, the greater the conflict the more the discomfort, the more the discomfort the more the blame. And so it goes.

Not only does this create a world for many that appears grossly unfair, it perpetuates the illusion that this is how things are and how things have to be. Whenever we blame others it is, deep down, a reflection of internal turmoil, of personality lost in the past. Given enough energy, consciously or not, this inner turmoil eventually has no choice but to manifest as physical, emotional or psychological disturbance.

And so it goes.

We all get caught up in life, our life, or our view of it. How can it be otherwise? From the perspective of viewing life through the filter system of the personality, we appear individual, isolated, separated from others. This leads to a need to make more secure our reality, we gather in groups of like minded souls for strength and safety. Notice how others do the same, and often end up in conflict with our group - not always violent conflict. Often, as civilised beings (?) we try to talk our way through problems. This may or may not work, depending upon the degree the personality feels abused or threatened.

This has been the way of the world, if our history books are to be believed, for a very long time. And how far have we come down the path of evolution? We still struggle with internal conflict that is made manifest in the world, and we still try to resolve the manifesting conflict through old ways, the self same old ways that created the conflict in the first place.

And so it goes.

Last month I wrote about what clearing is. Also about how the appearance of the world is only a projection of ones mind. From an 'enlightened' perspective I suspect that all is simply as it is, nothing to be done, nothing to change. For the enlightened being sees through the illusion and has ceased to identify with it, and is thus no longer a part of the co-creating force that supports illusion. For the rest of us, who still take life, and ourselves, seriously, then it appears as though something has to be done. But what? Well perhaps letting of our past, of blame and judgement is a good place to start.

And back to the workshops we come.. Taking the step of attending a workshop is like opening a door to a world you never knew existed. Perhaps deep down you suspected this was the case, but the pressure of dealing with life's issues on a daily basis kept you too busy to give energy to any truly alternate way of being. An alternate way of being is not much good if all you are doing is transplanting one set of rules with another. Depositing one government and replacing it with another! Since when did that solve anything? Still trying to make life easier for one group at the expense of another group, through the same old methods that crated the problems of imbalance in the first place.

And so it goes.

The workshops can be the beginning of a very different way of viewing the world, but that different way has to arise from within, it cannot be imposed upon you. While the internal state of being remains the same, then no real change can be expected. The workshops offer a path to a different world. The choice is yours.

Or do you have any choice at all?

Is There Anyone Home?

I was asked recently, whether, in the depth of my being do I believe that, there is any choice we can make anywhere at all? That there is anything / anyone that can choose what ever happens or not, that there is any possibility on any level at all?

Some question..

Which reminded me of another question, asked several years ago. If the 'goal' is to become enlightened, to see through the illusory nature of the world we live in, why bother with clearing, which just creates a different illusion.

Very good question.

Add to that the concept that enlightenment is random. As there is no one to whom all the associated feelings belong, there is no one to become enlightened, therefore there is no one who can do anything to get closer to the goal. This may mean that there is no goal after all a goal is a place aimed at, with the hope / expectation of someone arriving there one day. But who is travelling the road toward the goal? It is the concept only of the 'I' that is the traveller, taking the 'I' seriously, the 'I' assumes it is on a path, to learn something, to get somewhere, to achieve something, whatever.

The more energy the 'I' gives to the journey, the goal, the more real the journey / goal becomes. When collective 'I's' add more energy we have manifesting reality. Nothing real about it of course, numbers don't add up to reality.

Yet the little 'i's' lost in the illusion of the reality they have supported, albeit unknowingly, take the manifestation so seriously, they add more charge, and so it goes.

Clearing - a bit like a Swiss Army Knife....

The clearing is a multi-level tool, or way of being, designed to support the release of the identification with phenomena. It may or may not assist the awakening of the 'i' but it does help deflate the manifesting reality by not adding further charge to it.

Awakening has been assumed by many to mean awakening to the true nature of self. Bit of a joke really, when at any given moment, we are completely, without confusion, manifestations of the true nature of the self. How can it be otherwise?

Acceptance is the key, and the stumbling block. Accepting that this is it, there is nothing else, no where to go, nothing to do. Yet it is hard to step back, take time out and observe because the manifesting true nature is one of busy-ness for the majority of 'i's'. This is not wrong, nor is it right, it just is. The sense of 'I' through which 'i' have seen life appears to be quite different from anyone elses 'i', but who can say, perhaps everyone's 'i' has that same sense, at least for a while. My 'i' held out, refusing to go along with the collective belief, neither good nor bad, right or wrong, just so different as to not fit in comfortably with what all the other 'i's' around my 'i' took seriously.

"This is how things are - so fit it", what rubbish, perhaps it would be better said, "this is how I believe things to be, and if you want to be my friend / join my club you'd better believe it to." The 'clearing' appears to al-

low things to be as they are, even though we may approach it with an intention, perhaps of do-ing something, ultimately it is simply about be-ing available for whatever shows up.

Being can be hard, it means we accept, unconditionally, what arises or presents. The 'i's' are conditioned to always be doing something to make a better world (?). If we have had no training in be-ing, we resort to default, which is do-ing, even with training the default setting is ever ready to step in and take over.

The Less We Do -----!!!!

Yet, seemingly paradoxically, the less we do, the less there is to do. It becomes obvious. Still, when all the 'i's' around are taking something seriously it is hard to remain apart and not do anything to change the circumstances.

So hard to sit and simply be, accepting that which arises, no judgement, no attachment, no identification.

Harder still when we first begin to sit and notice. Without training the default is roaring, out of control and heading to who knows where. To sit and observe this unfold without do-ing anything, which is to stop feeding the manifestation energy, which, eventually will cause it to run out of steam and come to a gently halt (and then what???)

But even to get lost, once again, in the default setting is to express the true nature of the self. We may say that any awakening opens the door to a different perception, but attachment to any 'new' perception leads us back into the idea that there is a separate 'i' that is perceiving.

While 'we' have any addiction to particular ways of being, while any charge remains to be expressed, 'we' will express it, when there is no more charge, nothing to seek, no further desire, then our reality may change.. Into what? Well that is the 64 million dollar question isn't it.

But it Works

One thing 'I' am noticing, as any charge 'i' clung to falls away the power of being is so much more supportive for all those 'i's' around who still carry a lot of stress on their shoulders.

Ever have flash-backs?

You know, times when the mind regurgitates a memory, a fond memory? Or, more to the point here, a not-so-fond one? Or is it just me? Don't think so, but you never can tell, especially when there is no one else out there.

I get moments of recall, something I am not normally prone to, of past events and feelings, mostly where I consider I have been a bit silly, immature, embarrassing or just plain clumsy. Learning to love those parts of the self can be a challenge.

It is often, at moments like these, the Buddha's words return, better in hindsight, but can be applied to the here and now, "Never do or say anything that will create remorse." Easily said. Yet these flashbacks can also be a great form of clearing. Why they happen, I don't know, and no particular desire to find out either, but happen they do, and when they do, I do my best to notice any reaction, any judgement, of self or others involved. Really I am noticing the amount of charge I still hold, and then, to the best of my ability, let go of the charge. Rarely will the same memory return.

Lost in La La Land...

When we find ourselves embroiled in a drama, in economic crisis, secular conflict, battles carried over from the past, the pressure of survival is so strong that it takes all of our energy and all of our thoughts. We need to deal with life's situations, it's emergencies, it's needs. This state gives us little time or energy to reflect upon any possible root cause for the condition we are caught coping with. This has been a 'truth' throughout time, it is often only those with a comfortable lifestyle (one where each day is not spent searching for food, carrying water, protecting one's interests) who can afford the luxury of self reflection.

In the West we appear to have gone down a very material road. When science plays such a large part in the development of a culture, answers are sought in science, religion takes a back seat as it relies on its traditional past more and more, yet society moves on, not necessarily ahead, but it does move.

Material and spiritual are, when seen as incompatible, simply a reflection of an inner division, a compartmentalisation of the self. The inner dialogue that arises as a result of this conflict is a nonstop inner conversation for many people, people who feel they will be content when... When they have more, or less, when they have new car, a new partner, a new job, a new outlook are symptomatic of the internal conflict that rages in us all. It is a result of this inner conflict that people seek answers / resolution outside of the self, by blaming others, by enlisting support, by joining organisations, safety in numbers.

When we are absorbed in whatever it is we happen to be doing at any given time, we are at peace, no internal dialogue arises to disturb that peace. Loosing ourselves then in a task is a good way to still that inner voice. Yet this is not always an easy thing to do, the very nature of who we believe ourselves to be, who we have become through the life long process of identifying with thoughts and emotions is often at odds with a peaceful state of mind.

While there is any internal conflict, whether we are conscious of it or not, life appears to be a constant struggle, we are caught dealing with the situations that arise, spend our time putting out the fires, in damage control mode almost. This is so 'real' to us that we are always looking for ways to help put out the fires, little realising that however much we try to control the situations around us (or avoid them) we are simply adding fuel to the fire. It is as though, on an unconscious level, we are addicted to the drama.

Some Bad Habits!

Whilst we remain lost in the drama, feeding the addiction we are simply guaranteeing more of the same tomorrow. It is hard to step outside of that perception, particularly when we are not even aware we are in a drama. Add to that the sub-conscious addiction to the drama and we do everything we can to remain in the unfolding experience, denying even that we are caught, lost in a manifesting reality that we, on some level, are responsible for creating, or at the very least, supporting.

I am often asked, if indeed this is the case, and those who are asking are accepting to some degree the role they are playing and are at a stage where they would like to 'play a different game' what can they 'do' to change things.

There is no one answer I have, no stock sentence that applies to all people, rather, the words must arise in the moment, and be attuned to the person you are in dialogue with. Mostly though, it goes something like this. **CLEAR**, yourself, your friends, your relatives as often as you remember to do it. No more, no less. Remember, every time you make a conscious effort to tune in to thoughts and feelings, including those you associate with another person you are making internal adjustments to your reaction to those thoughts and feelings. By working on the self at this level, the cellular memory changes and becomes less reactive, more responsive. With practice this allows you, on an internal level, to be more available and accepting of all thoughts and feelings that arise, which also means that you attract less of the shadow aspects of self, so you have less to deal with, less fires to put out, this frees you up to begin to notice things in a very different way.

One step at a time...

An everyday practice is also to see that all situations, and I mean ALL situations, are karmic. The good old Cause & Effect. Now, we might argue that, as per last month's new-sheet, there is ultimately no one home, no 'I' to be creating or consequently affected by 'karma' and that may well be true. It has been my experience though that the addiction to a sense of self is a part of the journey into this 3rd dimensional reality, otherwise what would be the point? Recognising that simply who we have become, through the process of identifying with phenomena is, like a magnet, attracting experiences to us and that it is a natural human condition to want to improve our life. If there is no-one home, then there is no need to improve anything, but while we take the body, the thoughts and the emotions as belonging to 'us' then 'we' have to do something, it is a very deep part of our conditioning.

Back to karma. Even if we only pretend that all situations are karmic, we can see how, by adding energy (thoughts, emotions, physical expressions) we are charging up the karmic cash register. The more energy we put into any thought, feeling, emotion the more seemingly real it becomes. The more real it becomes the more energy it takes to manipulate, control, deny the manifesting reality. Like a physical dis-ease, imagine any state of dis-ease must have been lurking in the background for a while before it is manifest. Once it manifests, we can continue to deny it or do something about it. But while it is hiding away in some dark, unseen corner, there is nothing we can do about it, other than wait for it to become obvious. If we were to become aware of the imbalance early enough then surely it is easier to deal with energetically than once the manifestation has taken on strong physical aspects.

So, treating all manifesting situations as karmic, when we are able, we can make a choice, able here means there is a moment of choice, a short time before we go into conditioned reaction. The choice that reduces the charge is simply to accept, don't judge, don't identify with, don't deny, don't blame. Hard to do at first, so full of charge are we that the time between stimulus and reaction is very small. So, again, step by step, we start to notice, awareness, as usual, being the key. With practice it becomes easier to notice and easier to accept. The more we can accept, the less energy we give to the situation, the more likely it is that charge falls away, soon to be truly a thing of the past. This allows us to be more fully in the moment, to notice, respond instead of react, and enjoy the benefits of a freedom from the past.

These benefits are immediate, no hanging around till you die and then hoping for the best.

Easy steps to support you on this journey can be found in my latest book 'First Aid' available through the web site: www.ericdowsett.com or from Amazon..

Support is the Key

The difficulty when we begin something like this is support of a community, without support it is easy to think you are imagining things (???) in any endeavour, community is the key. If this concept appeals to you, then I am offering various programs to help guide, and create an inner role model, one different to the existing which is often based on habit. Through many years of practicing my talk, walking it, as they say I have developed a powerful ability to remain non-judgemental. The presence that I bring to workshops (and super-markets!!!) allows all those present to settle into a very safe place, this state of safety is the birth place of a greater inner peace. The longer you can remain in that state, the easier it is to return there, and the longer, in turn, you can hold it, the deeper it goes.

and that was the year.. 2009

what's next???