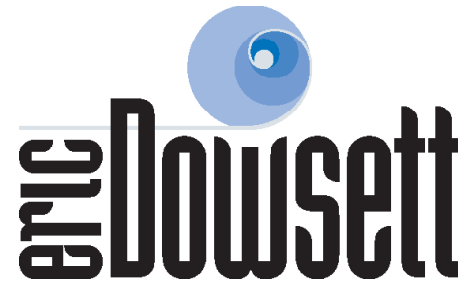


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habla español? check the web site for the Spanish version



if it is not mine - then whose is it?...

A New Years Resolution, for those of you who practice that rather desperate attempt to bring about change...

I received an email from a friend in Canada recently which I am going to quote later, and then add my comments. You may find this useful (when you remember it) to help get you through times that may appear uncomfortable. Clearing, for the practitioner, is all about accepting, by increasing degrees, discomfort, among all other feelings, as a means of setting the self free. Through the practice of non-identification the practitioner is able to move through various feelings with greater ease, each time they do not take the feeling personally, they reduce the energy stored in the body that had previously judged the feeling and created an intense physical / emotional reaction. The less energy stored in the body, the less intense the feeling, the easier it is to let it go.

With practice this gets easier and easier. For those who have not been introduced to 'clearing' this is not so easy to do. Most people tend to take themselves very seriously. What does it mean, to take oneself seriously? It means, from my current perspective, to associate and identify with the thoughts, feelings, emotions, in general with body consciousness. As we energise emotions, for example, we reinforce a belief in those emotions as being ours. This in turn creates the pathology of those emotions, which support the concept that they are 'ours'. Were we able to put the brakes on, giving ourselves a moment of reflection, we would see that an emotion is an internal chemical reaction, triggered by external phenomena. Most of us do not have a choice when this happens, the body becomes the emotion, we believe it is ours and we add energy to that emotion, thereby losing ourself in the rush of chemicals.

All basic stuff for the practitioner I would hope!, but for those with no experience in this way of being I could well be speaking an unintelligible language.

The email:

You've requested anecdotes... The one that pops into mind is the time I was walking with my sister. She is a very athletic person & in top-notch shape. I am not. We were on a 'way too serious for me' power walk along a couple of km's of pathway. My left hip (which I had never had issues with) was bothering me, and the discomfort grew more & more intense as we continued along. But there was no point in resting and we had to continue. Finally the discomfort was so great I reached my thresh-hold of pain tolerance (I had felt it growing & growing.. had tried to just 'notice' & let it go.. but it was just taking me over.)

Just as I was about to confess my 'unfit dilemma' & beg for a mercy halt, my sister abruptly stopped in the middle of nowhere, plopped down & said 'I'm in agony. This hip is just killing me & I can't tune it out any longer. We have to stop'. You could have blown me over with a feather. Though I try to keep a balanced awareness I had totally owned the discomfort because of my insecurity about poor physical condition & not being able to keep up. As I realized 'this is not my hip issue nor is it my pain' it was completely gone.

In a nano second I was pain free. I remember this scenario constantly when feelings & stuff arise that 'just doesn't seem to make sense'. Thank you for bringing this awareness of how inter-connected we are into better focus. I continue to practice.

My Response:

I did think, on reading this again, that the 'hip' could have been yours after all. Just imagine, for a moment, that your sister picked it up from you, always difficult to know which / who came first, the old chicken or the egg thing...

So, anyway, she has a sore hip, or so she believes, did she pick on in it because you had a sore hip? Or does she physically have problems with her hip? Will we ever know the answer? She identifies with it, you are both identifying with it, perhaps this even amplifies the feeling. You kept quiet longer than she did, perhaps she is less used to this sort of discomfort and spoke up first. You then felt great relief, thought, hey, this isn't mine, and let it go.. and it went. She still had it!

But, and here is the interesting point, had your sister picked it up from you, was it 'yours' but you were able to let it go anyway.. So, either way, you were able to move beyond the pain into peace by simply believing that the pain originated in your sisters hip! Cool...

This same type of thing has happened, in obvious ways, to me many times. A story I often tell at workshops goes something like this; I was riding an elevator in the US, two other people in the elevator, one complaining about a sprained ankle, damaged while skiing. The elevator arrives, we depart, they one way, me the other. Within three paces my ankle gave way with a lot of pain. I was limping to the exit, in a lot of discomfort, before I realised the sprained ankle was not mine, it belonged to the guy in the elevator. With that realisation that pain left...

Conclusion:

We live in a world where pain (physical, mental, emotional) can be transmitted, like a radio signal, and picked up by others. Where did it begin, is what I think I am truly who I am, or is it the result of my having identified with some transmission in the past... I'll leave you to think on that one for a while...

Meanwhile, back to resolutions, wishes, hopes, desires, New Years or otherwise.

Another email, this time on that ever popular subject, abundance. I am not going to quote the email, but will offer the essentials.

Having 'cleared' around abundance, the sender writes, they were offered a place on a project what could well meet a lot of financial needs. Then they discovered one of the leading people in this project was on the other side of the political fence to them. Not only that, that person had worked in a position in a previous government and got up to, from the writers side of the fence, no good. That person was now also working for various heavy corporations and dictatorships, promoting them to the public.

This brought up a lot of concern, would allying herself with such a person, such an organisation damage the reputation of her small company, would it alienate her from her politically sensitive friends? Should she go or should she stay?

And that was where I came upon the story. Did I have any advice. Not really, I find it hard enough to advise myself, let alone others, and steer clear of offering advice. Instead I offered different ways of looking at the situation. Could still be seen as advice I guess, but this was not do this or do that type of advice.

I suggested that if we are going to clear around abundance we get clear on what we want. Simply asking for abundance is opening the doors to the universe to support you, possibly true, but sometimes the doors are not what we expected, wanted, fancied. Too little, too much, last years model, a green one! wrong political party, legal, illegal.. Just asking for abundance is obviously not enough.

Perhaps we can go a little deeper into the who and why of abundance. Who wants it and why. The who is often a fear based personality in some degree of lack. Identifying with the needs of the personality, which are really chemical addictions, not who we are at all, is the cause, the origin of the thought, abundance, I need more. Coming from a place of lack we strive to 'do' something about it. Work harder, longer, legally, illegally etc. Go to workshops, whatever.

Peace of Mind

If the 'who' was at peace, had found peace of mind, then the 'who' no longer comes from a place of lack, and all is well and as it should be. Having said this, once the self is at peace the abundance is no longer an issue, but you may find more money, etc would be good, enable you to do so much more, but then peace has left you momentarily as you fall back into old patterns of need.

I find that the more peaceful I am inside, the more the 'outside' unfolds effortlessly. We will still attract who we are, for we are transmitting that all the time, it is just that coming from a place of lack we add energy to that transmission, it seems the universe is not into judging, it just hands over the result of our transmission. So we may find ourselves in a dilemma if we have amplified the feeling of lack in our transmissions. This is basic to who we believe ourselves to be so it is hard to step out of that model and be more objective. But seeing that what shows up is a reflection of what was asked for, and more importantly, who was doing the asking at the time (the who being the total package, conscious and unconscious) we can perhaps learn to accept the self in a more loving way.

This practice leads to a more peaceful inner being, which in turn will lead to a more balanced external, personal, world. When there is no lack within, there cannot be lack without. All is effortless. Hard to make the jump though, our world runs on money and power and heaven help those who try to play by different rules. But the peace, the abundance that we seek will not be found outside of ourselves.

If you don't have peace of mind before winning the lottery, you won't have it afterwards, you'll have a lot of money, but the inner you will still be in conflict..

Think about this one as well when you make those resolutions.

Still some places left for this one..

Switzerland

In January, 15 / 17 in **Switzerland**, there will be a 3 day Space Clearing workshop. We will be combining classroom stuff with field trips to explore some of the history of this country. For new people, all three days are preferred, Friday through to Sunday, for the more experienced, who just want to refresh their understanding and get some guided practice in, either of the Saturday or Sunday, or both, will work.



The Temples of the Goddess



One week in **Malta**. March 7th - 14th - which will include several visits to some very ancient temples, medieval towns and palaces. There may well be some environmental clearing to do, but, as we did in Ireland when we visited ancient sites there, the benefits were more in what each site brought up for the person, and the subsequent clearing. So, combining a rather unique look at the history of the land and the temples etc, with some powerful personal clearing work, should be an interesting, and fun week. *The interest shown for this week has been for a later date, if this trend continues we will be exploring alternatives, if there is a month that suits you, let me know.*

Tuscany

And then there is **Tuscany**. Each week we have spent there has been so worthwhile for all concerned, and it is such a delightful place we have decided to return once more, October 3rd - 10th

Places for all residential workshops are limited so early booking will guarantee a place...

Many thanks to those of you have emailed in your support for the continuation of this newsletter. When we check, we see very few people actually open it, perhaps if you are one of those you can let me know and I can remove you from the data base, of course, for you to do that you would have to open the newsletter... hmmm.



Best wishes for 2010, Consider yourself born in interesting times!

Eric