

the horns of the dilemma...

When times get tough, when people face what appear to be very personal dilemma's they seek help. Nothing unusual about this. There are many avenues that help can come from. I believe that most people asking for help are asking within the system, out of which their 'issues' arose.

As an example, you find yourself in conflict with a neighbour, if dialogue with the neighbour fails, you speak to the local authorities, trying to resolve the problem through the intervention of someone in authority. Most of us look to the outside for help.

For those practicing the clearing (and some other methods of course) the request for help still goes out to others, but, hopefully, there is a growing recognition of the part the individual plays in the creation of the drama that is their life. Clearing after all is simply the act of being available in a non-judgmental way for self and others. This being available allows stress build up to release in a relatively safe and gentle manner. But still the person is asking for help.

There remains a sense that the individual is not good / strong / experienced enough to handle the situation for themselves. And this is often the case, the circumstances leading up to whatever it is that caused help to be asked for is seemingly, an inherent part of the individual, albeit one hidden deep in their psyche. These 'hidden' aspects of the self (Jung's 'shadow') have become a part of who we are, often unrecognised, working away in the background if not actually creating our manifesting reality, certainly colouring the glasses through which we observe that reality. When pressure in any system reaches a certain point, that pressure is expressed either internally as sickness / dis-ease or externally as conflict with others. Having failed to recognise the cause for the imbalance, we continue to follow societal patterns and seek help 'outside'.

For the clearer, and others on similar paths, we are caught in a dilemma. The manifesting reality is not going to change while we continue to energise it, which we do, often without awareness. It is hard to step outside of the self and be objective enough to do this.

THE MICROSCOPE LOOKING AT ITSELF!

As a part of the training in clearing, developing the ability to become more objective, we take the stand that any emotion or thought that arises in our awareness is not ours, simply how the body has conditioned itself to respond / react to external stimuli. Which I suspect is true. This 'not mine' clause is a hard one to work through, in part because we are using a microscope to examine the same microscope, and partly because the collective is strongly attached to concepts of mine / yours. Often I hear "well - if it is not mine, whose is it?" Or "What is mine and what isn't?" The concept of mine yours is a part of the problem. Essentially no 'one' is having the experience, the experience is simply happening, it is the association with the thoughts / feelings, over time, together with societal conditioning that leaves us thinking the thoughts are our thoughts, the feelings out feelings, the emotions our emotions.

The dilemma is, for the 'clearer', the idea that the feelings are not theirs, yet they, perhaps, are caught in great financial distress. Not something they can run away from, not something they can divorce themselves from, as

globally, concepts of financial security, sustainability, fall away. As individuals we have invested time, energy, and money into a system, that system has its faults, as do all human made systems, when the faults affect our lives in negative ways, we blame the system.

We are caught between two worlds, one where the feelings are not ours and the other, where they are very much ours, because they impact upon us so severely. It is hard, when lost in such a dilemma, to see beyond the immediate needs. Imagine a person just beginning the path of 'clearing' and then financial disaster strikes, the little training they have had falls away as seemingly greater issues present. The unanswered question is, would the person practiced in the clearing have experienced the financial collapse at all? And if so, to what degree would they have suffered...

Like a child's playground see-saw, the closer the end of the balanced bar you sit, the more violent the action, the higher you go, the lower you go. Imagine the cause of your distress sitting at one end and you at the other. Totally out of control. What happens if you move closer to the centre point? You stay up, the other stays down, to maintain equilibrium, they must move closer as well. Keep this up and before you know it conflict falls away (internal or external). Still we are left with our past, deeds and actions that are entrenched on a cellular level, these will continue to express, all we can do (?) is having the experience is choose how we deal with each as it arises.

Karma and Obscuration - two 'thing's' that prevent us from seeing our true nature... Karma, energetic charge, build up and release. Obscuration, smokescreens maintained by the collective (of which we are a part) which leads us to add charge and not see though it... Thereby maintaining the status quo.

Just another angle on last months news-sheet. Take it or leave it, run with it or dance with it, it is your choice, but remember - who is doing the choosing?

THE DILEMMA REMAINS

And yet the dilemma remains, for those caught in devastation and loss, these things are real, they happen and there is little or no escape. The pain of loss is great and real. Whether the cause is financial or earthquake, sickness or ignorance, this is the world we live in.

It is easy to misunderstand the clearing, individual preferences and personal histories all cloud the vision. For those of us working on polishing our glasses, then practice is all we can do, daily take a moment, or two, and embrace all thoughts and feelings that arise with equanimity. Make a small difference in your daily life, and while you are at it, support others lost in pain and suffering.

Dissappearing Days (? Daze) - an observation

Anyone else noticing days aren't what they used to be? I mean, I understand that beauty is in the eyes of the beholder, a day is interminable if you are waiting on something, yet flies if you are content, a watched pot never boils etc. But what about in general. I am content, yes, but no more nor less than usual, not so busy, but for me, at this time of year, that is not unusual.

Is it my perception of time, or is times perception of me the real issue? The little clock in my computer will marches off the hours, minutes, seconds, at the same rate as it has in the past, at least I don't think the clock has sped up to further convince me all is as it was. Yet still, something seems different, less 'time' in the day for what I once-upon-a-time, accomplished.

I have certainly noticed this in workshops, particularly space clearing workshop, not so long ago I was able to cover a lot of information and still have plenty of time for the participants to get in lots of practice. No longer the case. My biggest worry is that I am talking a lot more, but about what? I try and stick to the areas needing coverage, but that doesn't explain why, out of workshops time flies, when I am not talking at all!

I would be interested to hear about your perceptions of time, any interesting anomalies you may have noticed.

I do recall various explanations, how true they may be is always debatable, only in hindsight will we be able to say, "Ah yes, that was what was going on!!!" But then who is going to observe the changes? And will the observer remain unchanged by the changes, or will the symbiotic relationship humans have with planet Earth mean that as situations (external) change, so does the observer, in which case how will anyone know there have been any changes?

I have maintained, rightly or wrongly, for many years that only through resistance to change can we notice change, and, let's face it, most of us are in some degree of resistance, the more resistance the more dramatic the change. But, what happens when there is no resistance? I'd like to hear your views on that as well...

DVD,s finished

I am delighted to announce that the first series of training DVD's are now available. Dealing with Personal Clearing, this set of 7 DVD's has been designed to support facilitators around the world who want to get community growing in the own area, who want to help spread the clearing in their part of the world. Sets have already gone out to the U.S and India.

The idea is that facilitators, those who have attended several workshops with me and satisfy certain requirements, gather groups together, one evening a week perhaps, for 7 weeks, and share the DVD's offering their own understanding of the work and supporting the local group through the practice that is such an important part of the clearing work. The facilitator will also act as mentor for those attending their classes. This keeps us all on the same page, maintaining the simplicity of the clearing yet supporting others teach this information.

The second in the series, looking at Space Clearing is well under way and will be available soon. If you feel you would like to know more this program, please get in touch, info@ericdowsett.com

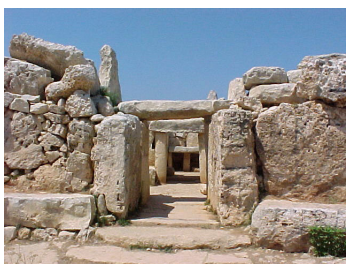
What's in store?

Switzerland

In April, 17 / 18 in **Switzerland**, there will be a 2 day Personal Clearing workshop. A great opportunity for new and old alike. Get started on this new way of being, or reinforce your understanding, gain more practice under Eric's guidance, strengthen your ability to remain in a compassionate moment and experience the difference this makes to your life. This weekend will be translated into German.



The Temples of the Goddess



We are postponing this week, people prefer that this workshop happen in May or June. If you are interested, let me know and we will see what can be arranged.. Our week in **Malta** 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.

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...

Thanks again folks for the feedback, that has helped me make the decision to continue, for the time being, sending out this monthly news-sheet.



Hope the first month of 2010 was a good one, be well Eric