

## **Is Real Change Possible? Is It Desirable?**

Still between the horns of a dilemma, only this time it is change. We may want to change our lives but can be frustrated beyond all measure by the slow pace at which this occurs or more likely, by the complete lack of change. Whether we want a change in our financial state, our love life perhaps, our health or lifestyle, change can be hard to come by.

We see our health as a problem when it manifests as dis-ease or sickness, it is then that we try and 'do' something about it, change our circumstances. When relationships hit a wall, when finances dry up, when life just gets too hard we try and do something about it. Work harder, work longer, work smarter. It is a condition of our upbringing to seek help outside of ourselves when the going gets tough. Often outside help can be very valuable and necessary but it is not necessarily going to bring about long term change, it depends upon the nature of the help and the inner workings of the person seeking help.

We see just the tip of the iceberg, the pointed bit that sticks up above the surface, this is the obvious sign that all is not well at the inn. If we fail to recognise that the tip of the iceberg is simply the product of belief patterns which have been given power, albeit subconsciously, over many years, we think we should be able to bring about change instantly, by medication, surgery, diet, a workshop or two!

Often, when we use medication to control or stimulate change we are just dealing with the manifesting symptoms, those uncomfortable feelings that tell us something is not quite right in the state of our being. This is not just applicable to physical dis-ease or sickness - psychological or emotional turmoil will have their roots in a long, forgotten, oftentimes subconscious past. Even our financial state, our relationships, our life-style, all arise from our past.

## **BEWARE THE ICEBERG!**

We may be able to improve our health through medical intervention, great, go for it if it is available, we may be able to improve our finances by a windfall, 'lucky' you. We may be able to change our relationships by joining an online dating service! We may change our lifestyle when confronted by some dramatic event, forcing us to live life differently. But all these things are still only, for the most part, surface or cosmetic fixes. Like blowing the tip of the iceberg out of the water, what happens then? More of the iceberg surfaces, giving us something else to aim our attention at.

It has taken us years to reach this state of imbalance, how can we truly expect to restore balance in a couple of weeks.

It does not matter who we are, where we live or what our circumstances are, the conditions that hold us to our current life's patterns are all rooted in our past. I personally do not believe that we need to understand our history to know who we are or where we are going. History is the past, while we focus on the past we fail to live in the moment. And whose version of history are we focusing on? Is our version any more correct than any other version? - This is a part of the dilemma, we see history through eyes that have already been taught to see things, certain belief patterns, in certain ways. Rose, or purple, or blue, or green coloured glasses limit our view of reality.

From my perspective, while we refuse to see that who we are now, where we are now, what we are now, is a manifestation of who, where, what we have been in the past, we will continue to face the same old challenges, the same health issues, the same relationships, the same lifestyle issues. If we continue to deal with those issues in the same old way, we are really guaranteeing more of the same tomorrow.

It may just not be possible to effect quick, dramatic change 'just because we want to' or, as I have heard so many times 'I am ready for change' as if that implies change should be happening. What a load of hoooy. No one is truly ready for change while they live in the past, and, to some degree or other, we all live in the past. The present is quite alien to most of

us, never having had the direct experience of being in the moment free from the past. That is completely understandable, the ideas of what it means to be human are for the most part very self-centred and encourage us to live for tomorrow. Established cultural organisations tell us that if we behave according to certain rules, we will be much happier in the 'next' life.

## lost in self importance

We tend to take a very short sighted view of our lives, job security at the expense of the health of the planet, leaving a rather uncertain future for the generations to follow; abuse of those around us to satisfy our own insecurities, the list is endless. This, to me, is again a product of failure to recognise that our lives are the end point of a long series of events, as is the manifesting reality on the planet. If we were to see that we are the product of our past, as is everyone else, then we understand that if we continue to enforce old patterns, we are in essence, digging a deeper hole, out of which we will want to climb one day, but the deeper the hole the harder it appears to get out. A friend once said, "If you find yourself in a hole, stop digging."

To seek change, when a country has been pretty much living in the past, by choice or otherwise, overnight is naive, and by overnight I mean several generations, to think that money is the answer to all problems is just as naive.

It seems that few people really do want change, many pay lip service to the need for change, but real change, that is something else. Change, lets face it, means letting go of the past and moving into a different reality. For many an unknown reality! Who wants that! Most people are willing to change as long as they are in control of the change, have a sense of direction, manipulating to achieve a goal, an end result that is often at odds with other's perceptions of what and where change should be heading.

It is hard to follow the example laid out in the Tao Te Ching "Practice not-doing - And everything will fall into place." But therein lie the answers to change. Having no investment in the future, having learnt that, no matter where you run, no matter how much money you have your past follows you around - and shows up when you least expect, or want it to. What to do? Nothing, of course. Through developing non-attachment to that which arises, that which manifests, we begin to see through the veils of the self made illusions, the so called 'reality'. And insight gives us reason to continue the practice, but for those who never take the first step, no reasons appear to make such change.

The first step is not so difficult, even if you are only after a taster, put your toe in the water, check it out. Changing the external has, in the past, been very much a matter of do-ing something, it is not easy to set aside old conditioning, especially when it is reinforced on a daily basis by those around you. Some appear more ready for change than others, a delusion of cellular biology.

My last book "First Aid" takes you along a journey into greater awareness of the self with exercises, explanations and anecdotes, available from Amazon.com or my web site: [ericdowsett.com](http://ericdowsett.com).

## Space Clearing DVD,s finished

Last month I announced the Clear the Self series of dvd's for facilitators was finished. This month I am delighted to be able to say that the Clear the Space series is also finished. For those wanting to facilitate Space Clearing workshops please contact me, this series is not quite so straightforward as the personal clearing program and requires more knowledge and experience of your subject.

## a date for your diaries

I will be giving an interview on "Insights for the Soul" a web based radio program, Monday, March 29 @1.00 pm Pacific Standard Time (that's 10 pm in Europe, 9 pm in the UK and Ireland, 8 am in Sydney (don't ask me what day that would be though!!!) and in Mumbai, well best you listen to the archives as it will be 2.30 am there. You can find out more at [www.insightsforthesoul.com](http://www.insightsforthesoul.com) or register at [www.blogtalkradio.com](http://www.blogtalkradio.com) which will give you access to the chat room.

This program will run for 90 minutes, I am the only guest and it will be archived. This is an opportunity for you to listen in, give some feedback, ask some questions, and, most of all, tell others. I have a growing sense that our time has come, people around the world are giving the most positive feedback on this approach to living. Putting talk of enlightenment aside, the display we see daily of the polarisation of society, however it is manifesting, is something we can change, with no external effort. I will be giving my views on this on March 29th.

Hope you can tune in and, better still, register at [blogtalkradio](http://blogtalkradio.com) and join us in the chat room.

## clearingcommunity.com

By next month I hope to be able to direct you to this site. Open, for a small annual fee, to all those who have been accepted as facilitators AND anyone who has studied with me and is consulting, either space or personal clearing. No matter how big, or small your contribution is, this web site offers you greater coverage, and, if life continues to unfold as it has in the past, then 'Clearing' is going to become the new catchword for self help. This will be a self managed site, one where you can change your information yourself, simply and quickly. As updates become available, your schedule changes, you can keep your pages relevant. Join us at clearingcommunity.com and let people know who you are and what you are doing to help your local community. If you are interested in finding out more, please email: info@ericdowsett.com.

## Change - there's no escaping it!!!

Change (!!!) is just around the corner. Changes to the way I have been operating for the past 20 years are only months away. Exciting, radical, far reaching... The time is right to move into a different way of sharing and operating. More on this in the months to come.

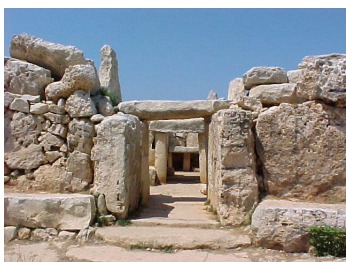
## Workshops

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.



Due to demand in the land of chocolate, banks and mountains, there will be another Clear the Self weekend, June 5 / 6 for those unable to make the first, or for those wanting to repeat the program. No matter how many times you have been to a workshop, there is always something new to uncover, to learn about yourself.. For the person who comes back is not the same person who came before, certainly not if they have been practicing the clearing.

For those of you living in **Holland**, we are planning a personal clearing weekend, in Amsterdam, late April, details to be finalised. Still in **The Netherlands**, a Space Clearing weekend in Groningen. July 31st - Aug 1st. If you have not experienced a space clearing workshop, then this is your chance to discover how your environment affects you, and how you affect it. Through a simple, easy to learn process you can make a difference after a short two day workshop.



There is still no set date for this week long program in Malta. 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.

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 and powerful experience for all concerned we have decided to return once more, October 2nd - 9th **AND** October 10th - 16th pick a week, or two! **If you are interested in this workshop please let me know as soon as possible, plans need to be confirmed, thanks.**



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

## Why come to a residential?

Residential programs allow all those present to establish a deeper level of clearing and to find ways to incorporate it into their everyday lives. Friendships are made, or renewed, a sense of community is established and significant changes occur, without effort.

Perhaps some of you who are reading this now and have attended a residential program could write a few lines to share about your experience, your anecdotes help others to understand...

Thanks again folks for the feedback - always welcome

be well Eric