



The 'Who' and the 'Why'

Last month I spoke about change and the challenges we met when we went looking for it, change...this month we can take a look at the other side of that coin, a way to achieve goals with much less struggle and conflict. **Acceptance.**

Acceptance is so much harder than the usual struggle and strife for most of us because we have been raised in a world where conflict and overcoming by doing is as natural as breathing. A big issue might be, 'who' is wanting change? And why?

The 'who' is a product of the past and the past has been one of do-ing to achieve. As a result of this journey the 'who' has become more defined on a cellular level. The physical body, responding to some desire or aversion to various ideas and concepts, has changed and now supports the reality that is reflected in the physical body. The physical body in this case primarily referring to the 'chemistry' of the body. When we become, on a physical level, our thoughts, then we lose ourselves, more and more in the world that we have created. The more lost we become, through a process of taking the manifesting reality seriously the harder we try to change things.

A possible problem arises here because the 'who' that is seeking to control or manipulate the external world is not coming from a place of great clarity or wisdom. Instead they are caught within a world that is reflecting back to them their own inner beings which, if we are indeed a product of our past, and that past has been manufactured to a large degree on a sub-conscious level, then what we see around us is a mixture of our conscious desire but also, and likely to a greater degree, our unconscious conditioning. The unconscious conditioning more often than not is made up of aspects of our past that we have denied, shut away, experiences we try to forget, feelings that dis-empower us, aspects that we would prefer not to have. All this bundles up into what Jung called 'the shadow'.

When we accept that there are parts of us of which we are not conscious that are supporting our view of the world, then the 'who' would be represented by a person with a large paper bag on their head! Imagine a condition of entry into this world being that you had to put a paper bag over your head, to keep you in the dark, to maintain a level playing field. You would not see too much of what was going on, it would be all guess work. And then having someone, who also has a paper bag over their head, claiming to know the path to a better future. If that person is persuasive enough, or if their personal history, their paper bag, matches our own, then we might believe them for a time and follow, just as blindly - our own paper bag? - up to the point where their goals begin to differ to widely from our own. Or, when something else happens to poke a hole in our own paper bag, letting in some light, after a long period of darkness. Now we might claim to see more than, better than, clearer than another, and people might follow us. And so it goes.

'Who' is beneath the paper bag?

Yet still whoever claims to 'know' is still suffering from the paper bag syndrome. What really can they know other than how to make life more, or less comfortable from within the limitations of the paper bag. So the 'who' and their ability to effect change is essentially someone, lost in their own drama, trying to affect the manifesting drama, imposing perceptions already confused, onto others and the world.

The 'why' is obvious. Because the 'who' is not content. I don't believe the 'who' can be content while they suffer the, probably illusionary, effects of 'the shadow'. This is because of what has been created on an inner level. Inside most of us exists a strongly polarised world which is in eternal conflict with itself. This conflict reflects in those around us, in world conditions. This leads the person, with the paper bag on their head, to do even more to try and fix things which only adds to the chaos and confusion, which leads to a greater need to 'fix' things as more and more the world reflects back the state of inner turmoil. And so it goes.

I imagine the individual, the community, a country, the population of the world, to be on a great steam train, thundering through time. Getting faster and faster, along tracks that are determined by the collective will, each and everyone of us adds some energy, some emotion, some thought to the process so we are all contributing to direction and speed.

If the train, travelling at great speed, tries to change tracks to abruptly there could be a serious derailment, ouch! If individuals jump off the train they are going to have a hard landing, but, still driven by their own energy, needs and desires, will form little steam engines or their own, till they attract other like minded people, making a bigger train, which may, or may not end up in conflict with the 'original' train.. ("I have lost my train of thought!")

Stop adding fuel to the fire

To me, a solution to the runaway train might be for those riding the train to stop feeding the engine that needs thought, emotion, desire, to keep it running. Let the thing run down on steam, perhaps when it gets a little slower it will make for a more comfortable transition. More likely it will also present new opportunities, ones that were not visible before because the single minded train was moving too fast for people to take a moment to reflect. Perhaps, the slowing of the train would mean that some paper bags began to fall apart, the changing many 'who's' may offer vastly different perceptions.

One way that I know of to stop feeding the collective engine is to accept - simply accept - what is happening. Acceptance is just a way to stop energising old thoughts, old ways of being, to take a breather from your personal history, stick your head up, paper bag free, from the sand and take a fresh look around.

Acceptance stops feeding, on a cellular level the 'you' you have become. Breaking old patterns can be hard, the old keeps pulling back, the more we struggle, the harder the pull becomes, acceptance is not about struggle, it is not about judgement, it is just an acknowledgement of what is happening right now.

This is of course, the basis of the Clearing work, learning to accept a feeling, emotion, thought in the moment, by not identifying with the phenomena we gradually step free from any hold over us it might have had..

Acceptance is not an easy way out, it is not running away. Quite the opposite, it is facing up to yourself, but from a new place, a different way of viewing the self which makes embracing the shadow something that we can all achieve.. This is, after practice, an effortless process. Just have to get that train off those same old tracks.

Try it and see for your self. Maybe it will need some practice, but that steam engine has been running along the same old track for a long time now and any divergence is a challenge, but well worth the effort.

To sum up, most desire for change is a product of discontent. Discontent exists on an inner cellular level and is the result of how we have identified with the experiences in our past. If we continue to try and deal with the world and all it presents based upon our past, then we will get more of the same, requiring more time, money, and energy to deal with it. Acceptance is a means by which we can release some of the head of steam that has built up opening the door to different ways of being.

personal change / transition

Last month I mentioned change that I was going through, perhaps transition is a better word. Still early days but the plan is to combine my energy and experience with another and develop a new business aimed at promoting clearing to a much bigger audience. We will be offering a host of resources, both hands on and online to support people all around the world to 'get clearer'. I shall be heading over to England after my workshop coming up in Switzerland to develop this idea even more.

I will keep in touch on progress, and certainly let you know when we are launching the new web site. Stay tuned for an exciting breath of fresh air into the clearing world.

WEB BASED RADIO

I was fortunate enough to be interviewed on 'Insights for the Soul' Monday night. For those who missed this 90 minute program, and who didn't? You can click on the link and listen in.. The talk went very deep very quickly, covering a broad range of information. Always appreciative of an opportunity to spread the word I am grateful to Charmaine Lee, Karl and Mark for the chance to speak on Insights for the Soul. Certainly a sound bite to share with friends.

Facilitators

Already several copies of the training DVD's have been sent on to facilitators in the USA and India. I know that at least one person, in India, has a class up and running and, by her reports, all is going well. I plan on promoting those people facilitating this work as and when they develop their programs. I may not be available, but slowly and surely others will.

Workshops...

A slow start to the year as much of my energy has been re-routed (de-railed ?? or re-railed??) into the new venture.

What is on offer:

A weekend in Bern in Switzerland, translated into German. April 17th - 18th. Clear the Self. A chance for beginners and experienced alike to develop skills that will be very useful through the rest of the participants lives. Help the self and help others without interfering or do-ing anything. Unique! Yes! Clearing offers a way to support your own journey, and the journey of others without the need to know what to do or how to do it to 'fix' any ones life. The work is centred around the development of a more open, compassionate heart and is powerful beyond imagining. Suitable for all experience levels, this weekend will be fun, and powerful.

There will be a repeat of this weekend in June, the 5th and 6th, again in Bern. This is for those who cannot make the weekend in April, and for the friends of those who do!

Another weekend, at the end of July beginning of August in Holland. This time the focus is on Clearing the Space, working with the energy of the land, technology and 'things that go bump in the night'. An introduction, again suitable for all levels of experience, dip your toes into the world of space clearing, or deepen your ability to restore balance and harmony to the world around you, without do-ing anything.

This fun weekend looks at various earth energies, technology and metaphysical energies that impact upon us for better or for worse. We look at how they affect us, and how we affect them. And perhaps, most importantly, what we can 'do' to free ourselves from some of the more negative effects. At first, in any of these workshops, there is a need to 'do' something, but that something is not coming from a place of needing to control, or manipulate the environmental energies, the only 'do-ing' really is the energy, and effort, required to change one's mind about how things work!

This weekend is in Groningen, in the Eastern part of the country July 31st August 1st.

Flyers for both Switzerland and Holland are on-line.



Under the Tuscan Sun?

Our annual pilgrimage to Tuscany is happening again in October. We have two weeks reserved, the 2nd through to the 9th and the 9th through to the 16th.. You can do either, or both..



For this one or two week long experience we are moving into a wonderfully renovated old walled village just outside of Lucca in Tuscany. Our program will consist of a mix of 'workshop' time, wine tasting, food tasting !!! Laughter and relaxing and moment by moment, living the work. Applying the 'clearing' principals on a daily basis we can expect to develop the skills required to 'be' the work anytime, anyplace.

This is a self catering funshop, all contribute to menu ideas and help out with the kitchen duties. Weather and time permitting, some strolls through the olive groves and vineyards and al fresco study time. All wrapped around daily sessions designed to support growth and change on a deep level, allowing us to find a place within where we can more easily call upon the stillness found at these residential workshops while at home or at work.

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

'The Gathering Place' is an old 'borgo', a walled village, recently restored in keeping with the original 13th Century village, though rest assured there is running hot water! Set in terraced olive groves and vineyards, the villa looks out to the medieval village of Lucca.

Once again, thanks for the feedback, until the next time, "don't worry - be happy"

Eric