

## A WINDOW OF OPPORTUNITY

I have been writing about change, how we are limited in our choices by our personal history. Who we have become, on an energetic level, has reduced our choices so that we now follow a rather narrow path and the choices that are available to us are contained within that pathway. So, freedom to choose is correct up to a point, but the choices are already limited so we are not quite as free as we might have hoped we were. If you think you would like to see some change in your life, then this article may be helpful.

I was interested, when I watched "What the Bleep", in the scene on the basketball court where there were literally hundreds of basketballs bouncing around at the same time, each representing a possible reality. I got to wondering, how can this be, when we, for the most part, only see the one basketball, (thank goodness!) But of course each basketball is representative of a future, a manifesting reality, you just have to take your pick, and once you have chosen that is the ball you see, not the many, they just exist as possibilities, the potential for different futures.

As far as I am aware, our moment of choice happens so fast we don't even register the moment of choice, we just go along with what presents as though there had been no point when we could have made an alternative decision. Simplistically put, I think that our world view, our beliefs about what is real and what is not, our personal judgements, have all conspired to expect the world to be a certain way. That expectation we might say is based upon past experience or current collective values, what we see is what we get but because the majority of basketball opportunities are outside of our current expectations we fail to see them.

We have become fixated upon a certain reality and see nothing that doesn't fit into that rule book. We have convinced ourselves that our perceptions are real and are therefore caught in a position where we have to operate within that paradigm. The more we work within the established rules, the more seriously we take them the more energy we give them. This process can be likened to entering a large funnel. At the mouth of the funnel, the wide part, there is plenty of room to move, lots of choices, but each time we make a choice, we move further into the funnel, the nature of the funnel as we move into it is to get smaller, so, less room to move, less choices to make, until we are in the very narrow part of the funnel and there appears to be no room to move and no real choices to make. This is because of our identification with one particular picture we took personally at some stage of our journey.

Of course we would not want to be in the situation where we had to choose from multiple possibilities at each moment of the day. Imagine even simple choices like breakfast, if the choices were unlimited, how long would that take? To turn right, left ahead, or around at every step! We would go nowhere, except perhaps a little mad. Even just picturing all the possibilities would overwhelm us. It is a good thing that the brain processes the information so quickly that life seems like a seamless journey, not a mad patch together of mini scenes with time out in between.

### what choice do we have?

It seems then that the choices are made for us, the world is as it is and we have had little or no say in that. When we consider, though, that our expectations may have created the world we might just stop and think for a moment and try to imagine what it would be like to have more conscious choice. To move out of being victim to our past into a realm where conscious co-creation was not only a possibility, but a reality. I often think that we have convinced ourselves that we are victims to circumstances and that life has to follow a particular path and we discount that path as being something that we have created. Yet every moment is one of co-creation, the fact that we create one thing as opposed to another doesn't lessen its value. I think recognising this takes us a big step towards the awareness that, perhaps, just perhaps, we could create something quite different.

Increasingly, scientific knowledge comes to our awareness about how, on a fundamental level, thoughts are controlling the world we see and live in. Because of the path I have been travelling, this has been obvious to me for some time, nice to see 'science' delivering the proof! Common answers to changing our reality are based on changing our mind, by identifying 'negative' thoughts and emotions we take the first step towards changing ourselves. Although this may well have benefits, I think if it were so easy we would have done it long ago (change our minds).

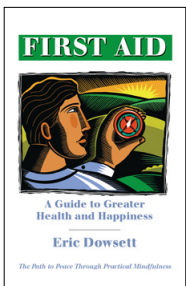
Perhaps we are / have been 'changing our minds' slowly over many ages. We may see a revolution, a change of government, new laws as being indicative of change, but all of those changes are only made within the current paradigm, trying to make life easier for particular groups of individuals, often at the expense of other groups of individuals.

The difficulty is being able to even begin to visualise another way, outside of the currently accepted belief patterns that regulate the world we live in because the personality that has arisen is based upon limited perceptions. Easy to say 'change your mind' - hard to do. This is where 'clearing' demonstrates the potential it has for freeing us from our past enters the scene. When an attempt to force change is made it is met with an equal and opposite reaction, further deepening the gulf between balance and chaos. 'Clearing' allows any potential charge to release in a safe and gentle manner, from a relatively stress free place (post 'clearing') it is more possible that choices can be made that will enable, step by step, a move from past limitations into a different way of being.

## some supportive reading

My first book (also available in German) "The Moment That Matters" looks at basic relationships we have with others and our environment, easy to read and very liberating.

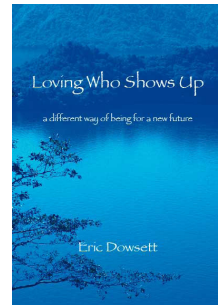
"Loving Who Shows Up" my second book goes into more detail regarding who we are, why we are who we believe ourselves to be and how to change aspects of our life that no longer seem to serve us in a positive way.



My most recent addition to the multitude of books available today is "First Aid - A Guide to Greater Health and Happiness" a step by step journey through clearing to help the individual realise the benefits, first hand of this way of being.

All books are available on my web site, [ericdowsett.com](http://ericdowsett.com), First Aid is also on Amazon, the German version of "The Moment That Matters", under the title "Indras Netz" can be purchased by emailing me at [info@ericdowsett.com](mailto:info@ericdowsett.com).

"Loving Who Shows Up" is now being translated into Spanish, more news when this becomes available.



## Feedback

From a woman who attended the personal clearing course, presented by facilitator Kinnari Rokadiya in India...

I used to be a person who reacted at the drop of a pin but clearing changed it all for me. The workshop was a good experience and I am practising on a regular basis. The most important feedback that I would like to share is:

- 1) My dad is suffering from diabetes - with clearing his sugar level has come down to normal. The doctor suggested that we check again after 2 weeks, then we will try and decrease the dose of medication. Wonderful news.
- 2) One of my cousins was very depressed and was turning suicidal. She is seeing a psychiatrist and is on regular medication. After clearing her for 1 week on a regular basis, the suicidal thoughts are no more.

Many thanks for the feedback, always appreciated.

## Facilitators

For information on who is facilitating, where and when, please email me at [info@ericdowsett.com](mailto:info@ericdowsett.com).

## Workshops...

Another weekend in **Bern** in Switzerland, translated into German. **June 5th - 6th. Clear the Self.** Another 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.

Following this weekend on **June, the 12th and 13th**, again in **Bern** there will be an introduction to **Space Clearing**. In **September**, in **Jegenstorf**, in Switzerland there will be a **one day advanced space clearing**, exploring the energy of this old Schloss, should be

fun! Only those who have already attended a space clearing workshop will be able to attend this one day special event, hence the **introduction on June 12 / 13**. If you are interested in discovering how the energies of the earth, technology and past inhabitants can affect you, and what you can do to clear those energies, this is a must.

And if you cannot make it to Switzerland for the introduction then there will be another opportunity at the **end of July** beginning of August in **Holland**. 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**. Back to **July, the 10th in Amsterdam, Clear the Self**. An introduction looking at how our past creates our future, and what to 'do' to change it.

## New program!!!

**July 11th, in Amsterdam, NL. and September 4th in Bern, CH.** A new one day program. **'Heal Your Ancestors - Heal Yourself'** This one day program goes deep into the release of patterns handed down through the ages, some we may be aware of, others working away in the background of our awareness. Some experience of personal clearing will be beneficial, but not mandatory. Expect to uncover some surprises, and step beyond the old conditioning. This workshop is attracting a lot of interest, book early to make sure you get to work with this energy in this safe and powerful environment.



Tuscany is looking good. We have two weeks reserved, the **2nd through to the 9th & 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.

### Schedule:

June	5 / 6	Clear the Self	Bern, CH	12 / 13	Clear the Space	Schüpfen, CH
July	10	Intro to Personal Clearing	Amsterdam, NL	11	Heal Your Ancestors..	Amsterdam, NL
July / August	31 / 1	Clear the Space	Groningen, NL			
September	4	Heal Your Ancestors..	Bern, CH	5	Advanced Space Clearing	Jegenstorf, CH
October	2 / 9 &/or 9 / 16	Residential Program	Tuscany, IT			

Hope you enjoy the new format....

any experiences of clearing you think would benefit others, please email me, till next time, be well Eric