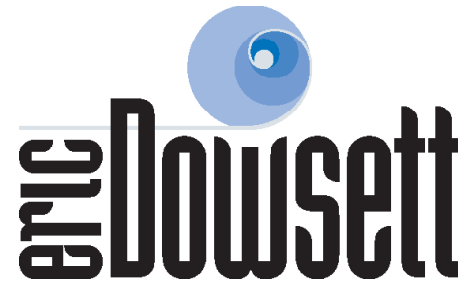


Mini News-Sheet #17

June 2010

www.ericdowsett.com

habla español? check the web site for the Spanish version



Share-ability

I started this article writing about personal privacy on the web. Not the keep your passwords secret sort of privacy, but the personal sharing stuff. This reminded me of how, in my youth, I was a very private person, holding onto all the parts of me, not sharing much, particularly my shadow side.

From that memory came the knowledge that I am still, perhaps to a lesser degree, quite private. Though I have come a long way in a few short years there is still a part of me that holds back, which would explain why 'I' and the clearing work are still relative unknowns in the world of alternative approaches.

I have long recognised the need to be open, for whatever it is we hide from the public is that which keeps us separate, maintains a sense of private / personal self. All the time we hold back parts of ourselves we are maintaining an internal polarised state. This internal 'conflict' for that is what it amounts to on a cellular level, keeps us a prisoner to our past and isolated from a greater sense of community.

For many of us there is little or no recognition that we keep parts of our self hidden, we have become so used to being a certain way that objectivity about that state of being is not something that we can readily access. So we carry on trying to deal with life's situations based on conditioned reaction rather than considered response.

I have often opened up in workshops and spoken of 'personal' issues, much to the amazement of some of the people present. The purpose behind this sharing is the recognition that what we fail to share keeps us a prisoner. I have seen through many workshops where we look at the shadow, that each and everyone present has the same issues, the same shadow. If I am not prepared to share then I cannot expect the workshop attendees to share.

If we understand better just what the 'shadow' is then it becomes easier to share those parts of ourselves. The benefit of sharing is that once 'downloaded' the information has less impact upon us on a daily basis. There is a difference between downloading and wallowing, which we all tend to do at some time or another. To 'wallow' is to take ones troubles personally which continually energises those troubles, to download is to let them go which leads us towards a greater sense of freedom.

Deal with your past and the Future will take care of itself...

A friend recently commented on a video she had seen where a polar bear was tracked across the ice floes by a helicopter as a part of a research program. The goal was to sedate the polar bear and fix a transmitter (I think this was the plan) to the bear and track its movements. The polar bear tried all known methods to escape the helicopter, but in the end gave up, there was nothing it could do, nowhere to run.

The polar bear was duly sedated. The researchers noticed an interesting phenomena as the polar bear slowly recovered from the tranquilliser, its body ran and jerked and shuddered as it came back to full consciousness. Their opinion was that the bear was re-writing the script, to one where it was not trapped but escaped. So once it was conscious it did not carry the memory of the chase and capture as trauma into its tomorrow.

This is a classic example of clearing, letting go of the charge of an experience before it can become established internally and thereby affect each moment of subsequent life. We, unlike the polar bear (and I suspect, many other animals), fail to process the experience in a healthy way, we do this by identifying strongly with the feelings and emotions that arises as a

result of the experience. We take things personally and hold grudges, complaints, hurts, we hold others to blame for our experience. Often we do this sub-consciously, we are not aware this is happening because it is such an entrenched part of the human conditioning, so the collective supports our perceptions and we have no role model to suggest any other way of dealing with the situation.

The stronger we identify with the emotions and feelings associated with experiences, the more we establish a reactive state when those 'buttons' are pushed in the future. Each time a button is pushed and we react, we fall into the old way of being and react, by taking the feelings personally once again, we are adding energy to those feelings, creating an even deeper, stronger bond which guarantees next time that button is pushed, we are going to experience a strong reaction. And so it goes. All because, unlike the polar bear, we failed to move through the experience, rewrite the script and leave the past trauma behind.

This is what is meant by failing to share our shadow. But the shadow if ignored or empowered, grows into an unmanageable beast the more energy we give it, it gets so strong, so intense that we become total victims to it. Because of its intensity, we try to keep it hidden, to run away, to continue to deny its existence. This suppression of aspects of our self leads to huge imbalance on an inner level which may well result in serious illness. At the very least we have created a monster, a personal demon, that follows us every where we go and colours the world we see, creates a reality where the demon keeps arising. Past patterning is to run away, to blame others, to seek solace in various substances, all of which deny the existence of the monster and guarantee its continued presence.

Practice makes perfect, or so I have heard!

Clearing is a safe and gentle way to de-energise the monster, to gradually re-write the script. For those of you familiar with clearing, every time you yawn, every time to shudder, every time you feel an emotion or experience a physical feeling, while 'clearing' you are, in effect, changing the past, letting go of tension and association with trauma. Whether you are 'clearing' yourself or another, you are supporting the release of a stressful memory stored in the body which opens the door to a more responsive approach in place of conditioned reaction.

Through developing this ability for oneself several things become possible. To begin with you start to rewrite your own script, consciously or not, you are revisiting traumatic memories and letting go of the charge you held around that experience. This of course then changes how you deal with such situations in the future, more than that, it reduces the likelihood of your having to face that situation again, because when there is little or no charge around any particular memory, there is less chance of you meeting it on the road. (*The Lestrygonians and the Cyclops, the angry Poseidon -- do not fear them: You will never find such as these on your path, if your thoughts remain lofty, if a fine emotion touches your spirit and your body. The Lestrygonians and the Cyclops, the fierce Poseidon you will never encounter, if you do not carry them within your soul, if your soul does not set them up before you. "Ithaca" - Constantine Cavafy*).

The world is as it is because you made it that way...

As you are more able to do this for your self, you are better able to 'hold the space' for others. As old charge falls away new opportunities open up, it is only through the application of this understanding and frequent practice that the benefits become obvious, that a new life can present itself. Our past reactivity maintains a certain state of expectation. We have come to believe that the world is a certain way and our behaviour supports that way keeping us a prisoner to our own past, our own beliefs about how things are, and will be. This, to me, is what it means to share, not sitting in some circle and spilling the beans, opening up closets, airing dirty laundry or shaking out the skeletons. When we can share who we are without guilt, without fear, without shame, then those parts of us that we had previously denied, as Carl Jung once said:-

"... The shadow is that part of the unconscious psyche that is nearest to consciousness even though not completely accepted by it. Because it is contrary to our chosen conscious attitude, the shadow personality is denied expression in life and coalesces into a relatively separate splinter personality in the unconscious, where it is isolated from exposure and discovery.

When you bring your shadow personality to awareness and assimilate it, it reduces its inhibiting or destructive potentials, releasing trapped positive life energy..."

For those of you familiar with 'clearing' you cannot practice too much. For those unfamiliar with this approach to be-ing, then stay tuned, check out the workshops, one day we may meet.

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/ Consultants

The Clearing Community web site is now online, hooray... <http://web.me.com/ericdowsett/www.clearingcommunity.com/home.html> take a look and if you would like to be a part of this growing community of people sharing their clearing abilities, reaching a wider group of people, email me: info@ericdowsett.com

Another new website to take a look at, <http://web.me.com/t.luttrell/astroclearing.com/index.html>. Teresa Luttrell has combined her skills with Astrology, the Tarot and Clearing to offer a unique service.. The web site answers all the questions..

If you have a website that promotes clearing in any way or form and would like to share it with a broader audience (the theme of this newsletter - "Share-Ability", remember) then email me - info@ericdowsett.com with details.

Workshops...

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

New 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 2nd through to the 9th & the 9th through to the 16th.

You can do either, or both..

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 of stillness within from which deep clearing can occur.

Hope you enjoy the new look Constant Contact newsletter format.... Feedback welcome, as always.

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

Eric