



## The Line in the Sand

For those who have embraced 'clearing' as a part of their journey life can never be quite the same as it was pre-clearing. For the few who might read this who have not been introduced to clearing, the information is still relevant, though you might have different ways of dealing with life's experiences.

For most of us, operating in auto pilot mode, we deal with events, people and feelings as they arise, often from the same model we operated from yesterday (and the day before ...) We have become accustomed to the collection of thoughts, feelings and emotions that we call our personality. We have become accustomed to the world presenting itself in certain ways. As long as our 'world' remains within certain parameters we can manage, we may not like some of the people, some of the emotions, some of the events, but as they were pretty much expected we have learnt ways of handling such people, emotions and events. (Auto pilot!).

For the 'clearers' amongst us, hopefully we have begun to see how many of the challenges that present in our live arise from the more hidden aspects of ourselves, the 'shadow' the unloved, whatever you want to call it. For those still into blaming others for their own predicaments, then the concept of the shadow is not even on the radar. Even 'clearers' can have trouble seeing the part they play in the creation of the world they 'see' on a daily basis. As long as we are 'clearing' others we are okay, and, while others 'clear' us, we are fine. This is a comfortable, simple and effective way to move through issues.

Yet these 'issues' are, for the most part, low level patterns, with little charge, the 'easy' ones. These are on the fringe of our comfort zone, the penumbra between shadow and light, not too challenging because they don't hold so much tension or generate intense reactions. They are on the right side of the line we have drawn in the sand, the line beyond which we are not yet prepared to step, for on the other side of this, imaginary, line lies our deeper fears, our shame, the private parts of us that even we are not particularly conscious of.

Most of those reading this will recognise those moments, when the deep dark depths of the shadow are exposed, how we immediately go into an old pattern of reaction. When these parts of ourselves are challenged how old defences immediately kick in. When this happens clearing is thrown out of the window. So quickly do we identify with the emotions and thoughts that there is not even a brief moment in time where we can even remember the word 'clearing.'

## Fair Weather Sailors

During my blue water sailing days, there was an oft heard expression, 'a clear weather sailor' - a person who would sail only when the weather was fine. Much like a lot of people practicing clearing today. Only venture out when it is safe to do so. I admit to preferring fair weather myself, but when you are out at sea, no sight of land, the weather does what the weather does. A few storms are good now and then, they break up the patterns and complacency. Fair is good, time to do some maintenance on the boat, work on your tan, read, take you time preparing a special meal. Sitting on a sail boat out of sight of land is a good place to practice being in the moment, for the clearer, on dry land, roof and electricity taken for granted complacency sets in very quickly. For the sailor the storm clouds can appear at any time and demand action, you can't just close the windows and go back to sleep.

For the sailor, the preparation of self and boat is so important, to be as ready as you can to face whatever the journey throws at you. For the person on the journey of life good preparation is equally important (see my latest book "First Aid - A Guide to Greater Health and Happiness for some clues on how to prepare). Yet how many remember reading the instruction manual before landing in the body they now inhabit? Or did you just blank out and pick things up from your parents, siblings, social environment and begin the long journey of taking your 'self' seriously.

How many of us are, on the surface, happy to continue in auto pilot? Don't rock the boat (back to boats!), don't do this or say that. Clear as long as it is safe to do so! Well, clearing can certainly be seen as an energetic approach to all issues, and clearing can help relieve the pressure from many, if not all situations. Yet clearing is also something more, a lot more. Clearing is a training - training the body, on a mental, emotional and cellular level to respond to information and not react.

We are all 'clear weather sailors' while there is still energy hidden in the shadow that is pretty much ruling our day to day affairs, the more we have denied our past, the more pressure it exerts on our present - and future. No one wants to open that Pandora's Box and release the demons that we have been running from since we lost ourselves in the human form. See clearing then as a training for a journey, a way to come to terms with ones demons in a safe and gentle manner. The more you clear others, the more your own balance shifts the less likely you are to take a lot of emotional energy so personally.

## THE PENNY DROPS

With continued practice there may well come a time when the penny drops, the light goes on and you realise the true emptiness of the shadow, the impersonal past that has kept you in denial for so long. You may experience the squalls, the storms, the approaching rocky shore, no longer a fair weather sailor but one who appreciates all that life has to offer with absolute equanimity. Life in a sail boat is very much about being in the moment, life on dry land is not so different, to be in the moment, to accept whatever, whoever shows up (another good book to read "Loving Who Shows Up"!!!) without personalising presents a very different world. The world you had come to expect, and as such co-created, is only a figment of your imagination, ruled as much by your shadow as any integrated aspects of the self. Love the shadow, change the world. How to love the shadow? Practice clearing on a daily basis..

Remember, breathe and smile, try to not grasp at thoughts or emotions, allow all to pass without energising any of it, and enjoy the beauty of the moment.

## Whoops!

Have you ever noticed, when an exciting opportunity presents, whether it is a person you 'fall' for, a business opportunity, a house or a holiday, how your energy can go out in a great rush? How easy it is to lose oneself in another, in a dream, in a fantasy. For those who can recall such feelings, can you also remember what happened when 'reality' hit? Not 'reality' in what is truly real, but your own reality, your expectations, your hopes, your fears, your shadow... When you came back to earth! Ouch! Not that we can do much about the situation, we are truly victims to desire, hope, a better future...

But then there is always 'clearing'.....

## Facilitators/ Consultants

Websites to mark... <http://web.me.com/ericdowsett/www.clearingcommunity.com/home.html> If you are offering any consultations and would like to appear in this site, please email me with details.

<http://web.me.com/t.luttrell/astroclearing.com/index.html>.

If you have a website that promotes clearing in any way or form and would like to share it with a broader audience then email me - [info@ericdowsett.com](mailto:info@ericdowsett.com) with details.

## Workshops...

People offer many reasons why they cannot attend a workshop, why they think I need a reason is beyond me.. But apart from being busy and lack of funds, there is always, oh! He'll be back... Like Arnold.. But, perhaps, the day will come when I don't return.

I am still being asked to return to the US with Drug Free Relationships and Heal Your Ancestors.. I can only imagine that many people who get this newsletter don't actually read it... Why remain on the mailing list if you are not going to read this.. Of course there aren't likely to be too many people unsubscribing as a result of these few words as the candidates won't be opening the newsletter to read them!

It is most unlikely that I will be returning to the US, just too complicated now, so anyone who was expecting me to return will be disappointed. We cannot assume anything, to imagine that there will always be another time to connect is hardly living in the moment. When the opportunity arises, we should grasp it. Priorities are based upon our own understanding and readiness to follow a particular path. I once heard a TV interview in Holland with Deepak Chopra where he said that only 5% of the people coming along to his workshops follow through and stick with it. I can believe that. There are many seekers in the world today but few who are ready to settle.

For those seeking answers to problems that arise in the dream, any answers can only arise from within the dream, thus perpetuating the illusion that what we encounter on a daily basis is in any way 'real'.

The point of this? The point is, if you are truly interested in clearing as a path toward personal and planetary well-being, then come to a workshop (another workshop) while you have the chance, who knows what tomorrow will bring.

## Schedule:

July 10	Introduction to Personal Clearing	Amsterdam, NL
July 11	Heal Your Ancestors - Heal Yourself	Amsterdam, NL
July 31 August 1	Clear the Space	Groningen, NL
September 4	Heal Your Ancestors - Heal Yourself	Bern, CH
September 5	Advanced Space Clearing	Jegenstorf, CH
September 11	Living in a Drug Free Relationship	Schüpfen, CH
September 18	Introduction to Personal Clearing	Malta
September 19	Heal Your Ancestors - Heal Yourself	Malta
October 2 / 9 & /or 9 / 16	Residential Program	Tuscany, IT

## New program!!!

**'Living in a Drug Free Relationship'** This one day program looks at how we respond / react in relationship with others. We see how the role we play in the theatre of life becomes established, and then defended. Whether you are in an intimate relationship and want to change a situation or whether you are looking for a relationship but don't want to attract the same energy, this one day program will help. Not only will reasons for behaviour become obvious, but through intense clearing of issues in groups, you will see how through changing your 'role' you change your partners. Contrary to first impression, this is not about street drugs, alcohol or tobacco!



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.

Feedback welcome, as always.

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