

## Change...

What does it mean.... and are we ready for it? Whatever it may be.

Last month I wrote about my perceptions of who and what we become, and why. Living a rather nomadic life I have been able to see situations a little more objectively than many who are caught up in the day to day hustle and bustle of life. But in itself this lifestyle can become routine, we get used to most things given time, and I am well used to a life on the road. How much can I change, is there any real need to change at all?

For whatever reason we develop certain ways of being, certain expectations, we hold certain values and judgments, often on a very deep, sub-conscious level. I have often spoken at workshops about how, because of these deeply rooted perceptions we expect life to be a certain way. This 'way' has nothing to do with good or bad, right or wrong, healthy or not. We have seen, through the various images of blood cells, how the body is not discriminating. It will produce balance and harmony or chaos and ill health without seemingly a choice. Something must be instructing the blood cells to continue to reproduce in particular ways.

If the system reproduces itself in a chaotic state it often manifests in ill health, given time the chaos becomes more and more physical until it reaches a point where the body starts yelling out, loudly, for help. The difficulty is recognising the chaos before it manifests as dis-ease. From my very limited experience it appears that the majority of us are all in some degree of chaos, which the body continues to reproduce. How crazy is that?

Again the difficulty is recognising that we are in chaos, this can be hard, at least until the body lets us know in no uncertain manner, that it needs help. Over the years I have been teaching and consulting it has become apparent that any system in chaos seeks other systems in a similar state of disorder, whether it actively seeks them out or is simply drawn to them through an internal resonance is a point for later discussion. If a distressed system (a body) remains in an environment it will affect that environment, this is true for healthy bodies as well those in distress. These 'external' effects can be quite subtle, at least to the person living in the space, as they creep up gradually, and after all, are only reflections of the internal chaos of the individual or group of individuals. As such they represent a part of the individual or group, a part of which the individual or group are unaware. The challenge being to observe oneself with total objectivity and honesty. Not an easy task, to step outside of the self and take a good hard look.

## *As Within - So Without*

Over time then, the environment adjusts to harmonise with those living in it. This may appear to be quite uncomfortable, since very few are comfortable with their shadow (assuming they are even aware of it to begin with). It is when we notice discord that we call in the Feng Shui expert, or the space clearer. Someone to help us bring balance back into our environment, for as long as we externalise our problems we fail to see the part we play in creating the world we live in.

Because of conditioning, and we are all conditioned in some way or another, we get used to being a certain way. This 'way' may not be healthy, it may not bring abundance, it may impose many limitations on what we believe we can and cannot do, it also reproduces conflict internally. We adjust to or create an environment that reflects our internal expectations and feel comfortable within that model. All goes well until the model is challenged, as it invariably will be, because others live by different models, have different values and expectations. There are few choices open to us when this happens, because we have lived a life according to certain perceptions, our choices are limited to something within those perceptions.

So our dependance upon the values of our past deepens and it is harder still for us to break free and learn to respond to situations and not react to them.

When for whatever reason, our external world changes dramatically there arises even greater conflict internally. We struggle with 'new' ways, different ways, we either run way from or fight the changes. Whichever path we choose our internal system is thrown into greater chaos because our external world no longer matches the safe, comfortable reality that we have spent much time in.

This may well lead to dis-ease made manifest, a system already in a delicate state of balance, but having gotten accustomed to the stress has little opportunity to realise just how stressed it is. It, the stress, having crept up on us over many years, very subtle, not at all obvious. Now our internal system has to cope with a new reality but it rarely has the experience, or the mechanism for new ways, so established has the body become on old 'familiar' ways that change is truly challenging.

We may think we can handle the change, because, after all, how many of us are so in touch with the body that we know at any given moment in time what it is feeling and how it is responding / reacting to various stimuli. Over the years I have been teaching this one thing among many has become obvious, most people do not know their body is stressed until it breaks down.

We may state that we are ready for change, but, if we were truly ready, then we would be the change, not just talk about it and claim our readiness. Change itself is not so easy to accept because change is so alien to an energetic system (our body) that has established itself in certain patterns. Patterns that have become so routine as to have become addictive. Without our conscious knowing we follow certain ways of being, present to the world certain expectations, which, if not met, create an agitated state internally. If the agitation persists the body goes into greater chaos and discomfort, adding to an already tense situation. This is not the path to change, this is the path to internal, and external conflict. A path we have all been down many times.

## **Coming - Ready or Not...**

Change is often challenging to certain points of view we hold about the world and our place in it. All the time we say we are ready for change but at the same time hold on tight to our points of view, whatever they may be, we are resisting change.

Letting go of old patterns does not imply that chaos will follow. Quite the opposite, but until we have direct experience of that, we live in fear of change. This fear not only keeps us from change but it slows down change in the world around us.

Notice your points of view. Ask your self, is this point of view truly valid, is it really better than someone else's point of view, simply because it is yours? Simply because it is shared by your friends? Understand how addiction to points of view causes war, hatred, distrust, abuse. Then decide, are you really ready for change.

## **and the answer is?**

If the answer is yes, then we have a few weekends planned that will help you make the transition into a new way with ease.

The schedule for the remaining months of this year is on the last page of this news-sheet, but among the places I expect to be are Meilen, Switzerland September 12 - 13; Murten, Switzerland September 19 - 20.

## And there is still space for the second week in Tuscany, October 10 - 17.

The first week is bursting at the seams, a very popular program. For those of you who are practicing this way of being on a daily basis it offers time out, the space to remind your self of the value of this way of being. There are many reasons why people come along to the residential program (and many reasons why they don't!). I think one of the biggest reasons they do is that they have discovered through this work a way to be in the world that creates less chaos or confusion, in themselves and their environment. Having discovered this they do all they can to strengthen that understanding. Until this little light goes on, this is just another workshop available these days, and we all know there are an abundance of workshops around today.

### *general news*

The teaching videos are getting closer, taken a while, but some things just seem to take longer than others, will be in touch with those of you who are wanting to facilitate classes in your areas soon.

There is a DVD now available, a recording made in a studio in Manhattan. It is an introduction to the work and will certainly help those who want to understand the work better before making any commitments. This is available now for Euro 15, US 20, excluding postage.

### server and web shop

Recently we had a problem with the web site server, based in the US. They were well and truly hacked. As a result of this our web shop is still not back online and we are working towards a solution. If you need to register for a workshop or order books or DVD's please email me care of [info@ericdowsett.com](mailto:info@ericdowsett.com). Do not send your credit card information, I can call you, using Skype and take down details, much safer that way.

Plans for the future, well, seeing how 'plans' in the recent past have been little more than ideas that may or may not work out, plans is now a word used to describe a possible event, occurring at some possible time in some possible future. Be that as it may, I am hoping to develop some research into the value of clearing, and have that supported by a recognised authority, a university or the medical world. More on that as it unfolds. Does anyone have any information on how to conduct a webinar?

Still wondering where to settle over the winter, weather wise would prefer Australia, but it is so far away right now, who knows. Anyone with any positive suggestions I would be happy to hear from you.

### Teaching Schedule

June 27th - 28th	Clear the Self weekend	Utrecht, Holland	<a href="mailto:info@ericdowsett.com">info@ericdowsett.com</a>
July 4th - 5th	Clear the Space weekend	Utrecht, Holland	<a href="mailto:info@ericdowsett.com">info@ericdowsett.com</a>
Sept 12th - 13th	Clear the Self weekend	Meilen, Switzerland	<a href="mailto:lotti.nuenlist@hispeed.ch">lotti.nuenlist@hispeed.ch</a>
Sept 19th - 20th	Clear the Space weekend	Murten, Switzerland	<a href="mailto:cosimaoesch@gmail.com">cosimaoesch@gmail.com</a>
October 3rd - 10th	Where to Next residential wk 1	Tuscany, Italy	<a href="mailto:info@ericdowsett.com">info@ericdowsett.com</a>
October 10th - 17th	Where to Next residential wk 2	Tuscany, Italy	<a href="mailto:info@ericdowsett.com">info@ericdowsett.com</a>

### Change of Address

please note, that my earthlink email address is no longer in use. Change your address book while this is in your mind to:  
[info@ericdowsett.com](mailto:info@ericdowsett.com).... till next time, be well, be happy, Eric