Is violence inevitable?

So much air time has been given, by all forms of media, to various conflicts around the world and other acts of violence that is very hard not to take sides. There is nothing new in this violence, humankind have become masters at it, but we see more of it now mainly because of the increase in social media as a means to share information.

We have the same talking heads discussing the issues, from the same tired old points of view. We imagine lots going on behind the scenes, we point the finger of blame, we judge easily, from the safety and comfort of our armchair, the parties our conditioning has informed as are ‘guilty’.

I have observed in the years I have been working as a consultant and teacher of ‘Clearing’ that we cannot have one side of an argument, or situation, without having its opposite. We cannot have peace if we do not have war! Sounds a little strange but if we explore, for a moment, the forces that give rise to conflict we may better understand this point of view. Having a better understanding of the cause for all conflict is a great place to start to reduce the charge that creates conflict before it can manifest.

We are each raised within a set of rules and regulations, values and judgments handed down, often by our parents, who in their turn have adopted the values of the society within which they were born. We believe in right and wrong, according to the values of the society in which we grow up. Our values maybe different to the values of others, who grew up in a different society. Neither is necessarily good or bad, right or wrong simply because they are not the same as ours. We are not ‘right’ and they are not ‘wrong’. Yet too often those with different beliefs, different values, are portrayed as evil, dangerous, troublesome, untrustworthy. There are lots of labels used to de-humanise those with different values and beliefs to our own.

This ‘conditioning’ that we all go through, sets the stage for how we are going to experience life, how we are going to react or respond. It also creates expectations. Our childhood experiences teach us that if this happens, then that will follow. We come to expect that to be always the case and are constantly on the lookout, particularly if the product of a certain situation ended in violence. So, without conscious awareness, we are helping to create the world in which we live.

Our expectations define the world. Our world, not necessarily the world as perceived by others.

If we have any fear issues that have not been brought into the open and resolved, any anger issues, any hatred, any blame or judgement then we, to some degree or other, live in a state of tension. This is not always obvious for it is hard to accept responsibility for the conflict one witnesses, much easier to point the finger of blame to someone else.

Charge must be expressed

If we live in a state of tension, that tension builds and must express itself. In a ‘civilised’ society, and I say that word with tongue in cheek, for I am not convinced any of us live in a truly civilised society, then that tension is often not expressed and is therefore internalised. When we turn the tension inward sickness and disease are inevitable. The build up of tension, or charge has to be expressed or it creates a very unhealthy environment. When the charge is expressed outwardly as blame, then conflict is inevitable. For if we ‘blame’ someone for our own problems, then that someone will, with conscious awareness, react to being blamed. The obvious reaction is to blame back. Someone throws a rock (of blame) then someone is going to throw it back. And, before you know it, you have a war on your hands.

It may be a ‘small’ war, conflict between neighbours, it may be a large war, conflict between countries, but they all start from the same place. The individuals early conditioning where they were taught to personalise their emotions and given something outside of themselves to blame. But a war is a war is a war. And without two sides, cannot manifest.

If you think you are right because god is on your side, you are totally deluded, as most people who go to war are. Who, in their right mind, would go to war.
We may presume we are in our ‘right mind’ but that is just a product of the conditioning which is perpetuated, either consciously or sub-consciously, by the media associated with the society that we ‘belong’ to.

If you judge any act that you witness, be it direct or via a conditioned media source, you are adding your energy to one side or other and have become a part of the problem. No matter that you march for peace, that you ‘desire’ peace, if you have not found peace within you are not going to find it outside. Even more to the point, you will be partly responsible for any state of war that you judge.

It is hard enough for those of us not personally involved in war, for those who have family, and those directly caught up it is almost impossible for them to step back far enough and see what is really going on. So then it falls to those not directly involved to begin the process of creating greater balance within themselves, which, in turn will create an opportunity for a reality to manifest where all beings can be happy. This reality cannot be made manifest while you remain a victim to your own shadow, while aspects of your total self remain hidden, directing your life from behind the scenes.

Make the shadow conscious, confront your fears and move beyond the polarised thinking that makes conflict possible.

online meetings..

A series of 4 x 90 minute online meetings, a place to meet others and learn more about ‘Clearing’ and its many benefits. Each meeting will include a talk on topics as seen from a ‘clearing’ perspective, feedback and sharing, direct experience the clearing and some ‘home-work.’ The cost for this series of 4 meetings is Aus$115.00 (approximately €80.00 - US$108.00, these prices will fluctuate dependent upon the exchange rate at the time of paying)

Local Times are the same for each session. US West Coast midday; East Coast 3.00pm; Ireland/UK 8.00pm; Europe 21.00; Monday morning: India 12.30am; Western Australia 2.00am; Australian East Coast 5.00am (ouch).

1) August 10th  21.00    European Time    Clearing – What and Why?
2) August 17th  21.00    European Time      Change – What does it mean?
3) August 24th  21.00    European Time     Clearing and the Sub-Conscious
4) August 31st  21.00    European Time       What is real, and what makes it so?

Feedback from past participants of an earlier program:

I am really grateful to you for creating this series of webinars. And I am glad that I participated in all of them.
It was a great opportunity for being cleared and to clear also to dig into and release some deeper issues using the exercises. Although I have been practicing clearing for a few years now, these webinars opened up a different perspective for me, as if deeper layers were being peeled off.
For me it was like attending an advance workshop on clearing with time in between to practice what I learned each week.
Thanks Eric, It was really great to connect with friends from different countries and I highly recommend it for all clearing practitioners.

AJ	 India

I enjoyed the webinar immensely. I thought the ten weeks worked well and the time (Sunday 3pm Eastern Standard Time – New Jersey) was perfect. Having our cameras on and microphones open made the series more experiential for me.
This webinar series was a great way to connect since I haven’t been able to attend any workshops or residential retreats these past few years.

SR	 USA

I loved this connection around the world, of being together with what shows up without making any stories about it.
I felt caring and cared for, there was true communication and an open space for sharing and asking important and every day questions. I felt relaxed, heartfelt and connected after our sessions. It helped me to remember to practice during the week.
The way you managed it, to be completely there for all of us, was a practical experience of the space between us and the same life we are sharing.

ZZ	 Switzerland

During the webinar I felt that clearing happened beyond the level I could clear myself. I became aware of ‘a safe space’ to be able to allow that to happen. Within the setting of like minded participants from all over the world it is amazing that I felt a support as from soul family coming together. The clear and simple explanations from Eric responding to our daily examples gave so much more insight, because I was in practice for that week.
Coming together every week made it easier to actually practice because I could relate to it on the next meeting.
I have just started clearing after many years of searching in different areas workshops and seminars. This is to me the essence that works. It showed me already some escape mechanism/beliefs I have developed in order not to allow what my body feels.
Thank you Eric for providing the safe space, being available for me.

LF	 The Netherlands
Free Talk

Eric will be in Amsterdam and offering a free talk, to all those interested in hearing more about clearing.

Amsterdam September 11th. at 20.00

‘Life Skills 4 Now’ - navigating troubled times using the compassionate heart

numbers are limited, please contact Juno Burger: juno@junoburger.com to find out more or to register your interest.

Workshop Schedule

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<tr>
<td>Sept. 13 - 14</td>
<td>Zurich, Switzerland</td>
<td>Personal / Energy Clearing</td>
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<tr>
<td>Sept. 16 - 23</td>
<td>Aumale, France</td>
<td>7 Day Retreat</td>
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<td>Sept. 26 - 28</td>
<td>Den Haag, The Netherlands</td>
<td>Introduction to Energy Clearing - Friday &amp; Advanced Program on the weekend (come along for the Friday or the full weekend)</td>
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<td>Oct. 4 - 5</td>
<td>Hong Kong</td>
<td>Life Skills for Now</td>
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for more information please email me: eric@ericdowsett.com

Coming soon to Melbourne, ‘Space Clearing for the Professional’

Make friends with the Self and discover the power of the Compassionate Heart in France

A 7 day Clearing-Silent retreat with Eric Dowsett

Monday September 16th - Monday September 23rd.
At: The Mill Retreat Centre, near Aumale, (Picardy / Normandy border) France.

Time is running out!!! we have a few places left but you will need to hurry. This week promises to be so powerful on so many levels, a chance not to be missed.

http://clearingwebshop.com/shop/product-category/workshops/

Skype Clearings

‘Clearing’ provides relief from the drama as well as letting us see a bigger picture. Sometimes getting a different point of view makes all the difference, clarity comes in many forms. Book your session now.

Skype sessions currently limited to Tuesday, Australian Eastern Time, that’s Monday for most of you... But I will try to adjust to your schedule where timing is the only issue preventing you from booking a session. No matter what ‘issues’ you may be facing, clearing gives greater clarity and insight and allows you to make better decisions.

Another Book?

I am working on another book. Sometimes I wonder why I write, but, hey, what else would I be doing. Still early days, but I have found the self discipline necessary to at least make a start. Wish me luck!

till next time, be well Eric