

Sustainability...

When our manifesting reality shifts, primarily because it had been built on a non sustainable foundation, what do we do? When it appears as though forces outside our control are shaping our destiny and that direction runs contrary to our deepest desires, what can we do?

Fundamental to our personal view of the world are the unique ways we all have of identifying ourselves. Our language, nationality, job, religion, friends, foes, hairstyle, lifestyle, the car we drive, our likes and our dislikes all contribute to how we picture ourselves and our 'place' in the world.

These are all aspects that we have either inherited or acquired along the way. Through the process of association with the body we mistakenly assume that the feelings experienced by the body belong to us (when in actual fact they are simply chemicals cascading through the body, the result of an interaction with an 'external' stimulus, which produce, within the body, that which we call a 'feeling').

The more we identify with the phenomena that is a product of this chemical process the more we become addicted to those chemicals, (remember, this is happening on a sub-conscious level) the more addicted we become the more the body demands its fix. Our personal world is the creation of our expectations, the majority of which are sub-conscious, this sub-conscious drive would be the result of the inherited patterns and those patterns subsequently acquired as a result of the foundational inherited conditioning.

And you thought you were free to choose your path! Any 'freedom of choice' only exists within the conditioned parameters of your inherited and acquired conditioning. At least it does while you are still a victim to that past conditioning.

For most people the choice is what to have for breakfast, assuming there is a choice and even any breakfast to be had, what clothes to wear for the day, assuming there are clothes to choose from. Essentially we are choosing from conditioned options available within the greater illusion of our perceived reality. This is not freedom of choice, this is habitual behaviour. Don't fool yourself, and don't let others fool you either.

Waking up from the illusion – the dream time – that we inhabit can be sudden, and may lead to psychotic episodes, or it can be gentle. There is little choice, your manifesting reality being self created, self supported and clung onto for dear life is in itself the limiting factor. The more you cling the more energy you give to an anxious future, fear of the unknown keeps most people happily asleep.

So, what has this to do with sustainability?

Any reality requires a certain amount of energy to sustain it. The difficulty arises when the internal reality / expectations do not match with the manifesting reality. This situation will arise when the internal self is in conflict, we saw in the workshops, how the blood samples taken from a random group of people all showed significant signs of internal conflict. Internal conflict arises, again, from inherited and acquired conditioning.

Through the process of continued identification with phenomena we learn early on to judge some information / feelings as good and some as bad. This 'judgement' leads to a polarised state, a state within which we seek out the 'good' and deny the 'bad'. The more judgmental we become, the more polarised we are. The more polarised we are the more we exist in a state of internal conflict.

When there is internal conflict the 'external' world will reflect that which only serves to add to our state of inner conflict. Because we continually find ourselves trying to 'do' something about the manifesting reality we end up spending all our time in damage control mode. The more we try and 'fix' the external, the more energy we give it, the harder it becomes to 'fix' anything. This is truly a non sustainable path. People are wearing themselves out in pursuit of something, perhaps called happiness, or security, in an illusion that, because of its very nature, cannot provide these things.

If your old, often unrecognised, conditioning is sabotaging your desires your reality is not sustainable, you will use all of your energy trying to create 'the perfect world' (from your perspective) and achieve little because your 'shadow' will always undermine your efforts. When your internal state is at peace, then, simply by being, your reality will shift into a more sustainable, peaceful manifestation.

So! How to achieve inner peace, well I would suggest you develop your clearing practice, as often as you can throughout the day, notice what you are feeling, recognise it for what it is, a conditioned reaction producing chemicals in the body, and stop giving it energy.

Easier said than done, especially when you are even more 'lost' in the drama than usual, but if you do not begin, then progress is unlikely. Don't be put off by imaging the big stuff confronting you, start with issues that you are not so attached too, those that generate a less intense feeling. 'Clearing,' after all, is not about emptying the back pack as much as it is about changing your relationship to the stuff in the back pack.

And this is the time to practice, no putting this off till tomorrow, there is no mañana, if you fail to practice now, as the pressure builds it will be harder and harder to see beyond the conditioned reality.

I once described the process of the death of the physical body in terms of sailing in a boat. While we are alive we feel we have some control over the direction we go in, a steady hand on the tiller, (though remember your freedom to choose directions is a product of your personal history). When you die the boat (your consciousness) no longer responds to your control and you are at the mercy of the winds and the tides, a metaphor for all the unloved parts of the self, the emotions and feelings you were identifying with up to the point of death. Where will your attachments take you?

CHANGE = ?

I don't think there is any question that we are living in interesting times, the problem is, 'interesting times' often means rapid change to old systems as they, being unsustainable in the first place, fall away. I have heard so many people tell me they are ready for change, but this is, apparently, not true, they may spend a lot of time talking about change but as far as real change goes... When we are ready for change, change arises...

People may want change, but are often unwilling to pay the price of change which requires releasing attachment to old concepts of self. Perhaps though, our hand will be forced, as we are live in a fast changing world, anytime we think we have a handle on it, it changes, the goal posts move and we are left wondering what happened. The old and familiar is no longer there to support the old way of being.

I suspect the reason we find this so uncomfortable and challenging is because we are always wanting to be somewhere else, with someone else, in a different job, different country, different reality, all the time looking for that elusive state of peace, of happiness, of wealth, of fulfilment. We notice the things in our manifesting reality that confront us, we take those more seriously than the parts that are in harmony, we give energy to the conflict and wonder why we are discontent.

To develop the ability to simply 'be' in the moment, no past, no future, does not mean that you will continue to allow chaos to manifest in your life, accepting the chaos as it arises (no longer continuing to energise it) will allow it to fall away. There will be birth pains for sure, because your established way of being is challenged, but if you can ride those waves the future will be very different, a future you cannot even imagine. And don't try to imagine it, you'll create it, and if you are still imagining from a place of discontent, well, no prizes for guessing what sort of reality you are going to create.

Developing Community

If you are unable to attend a workshop then form your own local 'clearing' community, you can do this in person, meeting often and supporting each other, you can do this over coffee, over the telephone or via email.

Your 'moment' of choice!

Clear the past and face the future free from conditioned reactions.. Every time you stop and reflect on what you are feeling is an opportunity to let go of any attachment or judgement, those are true moments of choice, which if taken and followed allow for even more moments of choice to arise.

See you at a workshop?

Not going to happen! Then here is another way to help you move out of old conditions...

Skype Clearings

A Skype Consult supports the restoration of inner balance, regular skype consults maintain inner balance. By utilising the consults to develop greater internal peacefulness greater clarity arises which in turn brings more freedom to make choices that were previously unavailable. So simple, so effective.

To book your own Skype Clearing Session either email me at: info@ericdowsett.com or visit <http://clearingwebshop.com/> where you can listen to a short introduction on Skype Clearing – [an_introduction_to_skype](#)

Evening talks in Ireland...

Once a week for 8 weeks in Co. Kilkenny, Ireland I will explore a particular topic of 'clearing' allowing time for discussion and some clearing at the end of the evening. The program will be:

- week 2 May 5 Understanding the Shadow
- week 3 May 12 The 'Law' of Attraction
- week 4 May 19 Cellular Memory - controlling our future!
- week 5 May 26 Unconditional Love - what, why, how
- week 6 June 2 Anger and Anxiety - where does it come from
- week 7 June 9 The Yin and the Yang – the cause of all conflict
- week 8 June 16 The Need for a Quantum Shift in Consciousness

for more information call +353 087 3177 933

These talks will be filmed and be made available for those of you not able to attend.

Workshops...

Whether you have been to one, many or none, the information and practice you gain from these weekends, and Tuscany, will be with you forever, helping you move more comfortably through your life.

Ireland	May 14 - 15	Kilkenny	Personal and Ancestors
England	May 28 - 29	Hereford	Personal and Relationships
Ireland	June 4 - 5	Dreamfield, Mountrath	Space Clearing
Ireland	July 4 - 5	Greystones, Co. Wicklow	Personal and Relationships
Belgium	September 24 - 25	Antwerp	Space Clearing
Tuscany	October 1 - 8	a week long residential program	

That's it for this month folks, hope you enjoyed the this issue. Comments and Feedback welcome as always. Till next time, be well, Eric