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December 06

Edition 3

MERRY CHRISTMAS – WHAT DOES IT MEAN?

When I was an adolescent boy I became confused about what religion meant to me not because of questionable passages in the bible or because I couldn't fathom what God looked like but because of the people who attended my church. The congregation consisted of a range of age groups from kids to the elderly and at the church's Sunday Service or any of the social gatherings that took place on a relatively regular basis, everyone got along like one big happy family. Everyone appeared to respect one another's opinions, everyone took the time to have a conversation and as an awkward, socially inept teenager this was quite a comfortable environment. However fast forward to midweek, walking down the main street and come across the same people and they would be very different.

To be fair there were some wonderful members who lived a very Christian and spiritual life and I hope that some of their qualities rubbed off on me, however I could not say the same for all of them. On the street I would be ignored, brushed off, talked down to etc and I found this really perplexing. Why couldn't every day be like Sunday?

Sadly for me, I feel that most of the lead up period to Xmas's feel like a bit of Ground Hog Day from those teenage days. For a short period every year people tend to try really hard to be nice to one another, oversee fellow peers short falls, are generous to the point of taking a severe battering on the credit card that takes months to pay off, and on a much larger scale, countries appear to spread good will to other countries on a global scale to the point that warring nations have a ceasefire for 24 hrs on Christmas Day and it all goes a bit squewiff. We eat in one day what we would consume in 2-3 normal days, we bring together family members that are maybe better off not co-habiting the same table and living space, we create deadlines at work that revolve around having it finished by Xmas regardless of how good business sense this makes and every aspect of our lives feels like it gets magnified and intensified to almost breaking point.

I'm sorry if I sound a bit bah humbugish about all of this (the mood of the newsletter does pick up considerably I promise) but I think there is a part of me that wishes that Xmas in a toned down version could happen every day of the year in terms of goodwill, generosity, forgiveness, assistance etc. Instead of ramping things up over a 4 week period culminating in one extraordinary day, bring things down to a bit more of an even keel over the whole year and spread all the great qualities that we pride ourselves in leading up to and during Xmas over the whole year. Show more respect to our fellow humans, don't be afraid to express our love and good feeling towards others, be charitable to all but especially to those who need it at particularly stressful

and not so great times in their lives and be forgiving, especially to those who for no fault of their own fail to live up to the expectations we place on them.

Despite this little hiccup in the newsletter I do wish each and every reader a wonderful time around Xmas, a time off work to savour with families and friends, a safe time on the roads wherever your holidays might take you, a time to reflect over the year that has passed, including those who have entered into it and those who may have crossed over and give thanks for all that we can be grateful for. Peace and good will to all.

MAY YOU HEAR THE BELLS

A saving grace for me with regards to actually enjoying Christmas Day has been our wonderful children (sometimes said through gritted teeth and a forced smile for sure). To them it is a magical day and the joy expressed all over their faces for me makes everything worthwhile.

Sadly at some point in the next few years there is a strong possibility that our eldest may not embrace the concept of Santa and a part of that magic may be lost forever. In an effort to stall the inevitable for as long as possible, my Wife went on the hunt for an antidote and was advised to obtain a copy of Tom Hank's film, "The Polar Express". In a nutshell it is about a boy who seriously questions the whole Santa gig and is pretty dissatisfied with all things Christmas. Enter Christmas eve The Polar Express, a classical steam train full of kids in a similar state of mind to him, that roars through his suburb to pick him up for a ride to the North Pole, Santa's workshop and even a meet and greet with the big suited one. So I don't spoil it for those who haven't seen it I won't divulge any more other than it is a magical story. Watching it, I also found that if you replace the character of Santa with the concept of "Faith" (in whatever form it takes for you) it becomes a very, very powerful tale. May you always be able to hear the bells my friends and allow magic to stay in your lives, regardless of your age.

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MEDITATIONS

At this stage, I haven't any immediate plans for regular meditations evenings to re commence early in the new year. I have missed them terribly but work is a greater priority at the moment. Whilst things are a bit unbalanced it is something that can be worked through and I will reassess this as I go, waiting for the right phrases or signals to indicate that there is a change in this direction. In the meantime I hope you are all finding that little slice of 15 minutes or so a day to reflect and be receptive to the messages that enhance your intuition.

WHAT MODALITY IS THAT DIRECTORY

Despite the business of my work schedule, often filtering into time spent on the computer at home, this little project continues to grow, sometimes without even my assistance. We now have 60 modalities listed (50 of them with graphical representation and interpretation from Jane) and the list seems to keep growing. Feedback has been very positive from all quarters so I thank those who have taken the time to pass on their comments. Through the creation process I have been in contact with many wonderful healers, many of whom have provided the descriptions of their

modalities. It has certainly broadened my mind with regards to what's available to assist with peoples journeys. We hope to have the website "officially" opened in February 2007 but in the mean time I encourage you to visit the site if only to get a better understanding of some of the modality's out there. The website address again is www.holisticmodalitydirectory.com.

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MEDITATION TIPS – ACKNOWLEDGING WHAT'S THERE

In a perfect world when we meditate it would be great to do it in an audial vacuum with only the chaneller's voice and some quiet background music. No short sharp noises, such as car doors slamming, rubbish bins being wheeled out then dropped, screaming kids or cars hooning off. Reality is, we don't live in a vacuum and those noises do exist especially it seems during our meditation time.

The trick here is to actually allow the brain to acknowledge noisy presences and then silently bid it farewell as you go back to your task at hand. So rather than pretending its not there and trying to move forward whilst you are stewing over the noise and its source, just acknowledge its existence quietly to yourself, then requesting with the help of angels etc that are there for you – send the noise on its way and return to the meditation. In this way you are also confusing your brain who just loves to make a huge issue out something potentially of no consequence and take control of the issue, The more often you d this, the quicker you realise that these distractions are only passing and even bearable as you meditate.

ASKING FOR AND RECEIVING ASSISTANCE

In September, we took off to Sydney for a holiday and a chance to catch up with my sister who lives up there. It was our first holiday as a family of five so we were as much nervous that it would be a success as we were excited that we were going on a holiday. Prior to taking off I spent some time in communication with the angels and my guides, affirming this was going to me a great holiday and sending thanks for the help and guidance we would receive whilst there. I suppose this was also a first - putting in what felt like a huge order at the "testing my faith" drive thru.

Sydney I found (and its been a few years since I spent more than 24hrs there) is a bit different from Melbourne. The scenery is awesome, no wonder the world loves the harbour – it is very picturesque. The traffic is manic, the people seem to be focussed and more driven or are Melbournians just laid back? – not sure. Despite the differences we embraced it as home for a week and had a ball. One thing that really made it for us were the people and their willingness to assist us. Every time we were a bit lost, a bit stuck, a bit confused (or all three) I would send a silent message out and in every instance, bar one, someone would come up without us even asking and offer us some help. It was truly amazing and we were and continue to be, so grateful for their's and Spirit's assistance. I just need to keep reminding myself of this cause I do forget at times and then I feel like what I am doing is a struggle. I know now there is another way!

BOOK REVIEW

This quarter I would like to review the book simply titled “Billy” by Pamela Stephenson – actor, comic, clinical psychologist and wife to the centrepiece of her thesis and subject of the subsequent publication Billy Connelly.

Opinions of Billy Connelly and his humour range from a comic genius to a hairy git with a fowl mouth and then various connotations and permutations in between. I myself am an avid fan reduced to tears and stomach craps whenever I listen to / watch him perform comedy. I think it is just his perspective on life and his colourful descriptions both verbally and physically that hook me then reel me in. I have often wondered how someone comes to a point where they can view the normal from a slightly different angle that brings forward an aspect to it not perceived before. Well I think I found it in this book, but it wasn't till my second reading of it, some 2 years after my first encounter that I think I fully understood it.

When you read about his past, abandoned by his mother when his father returned from war, raised by a disinterested father who sexually abused him, mentally and physically abused by an aunt and drinking himself into oblivion at times to just get away from it all you seriously wonder how he went from day to day, let alone deliver stand up comedy to record crowds. He is a survivor, his unique view of life is his liferaft and his comedy career his favourite port of call. I respected Billy as a comic cause that was all I knew of him, however after reading this book, his comedy is almost secondary. Not that Billy makes a big deal of it, he is too busy doing what he does before the “big fella” catches up with him, taps him on the shoulder and says “look at you... you're a welder who got away with it”.

The most telling passage in this book is when Pamela recounts a time early one morning when Billy is thrashing around in the bed, moaning and whimpering in his sleep whilst enduring a regular “bad” dream. Pamela has seen it before and knows that it is best to let it run its course. However after Billy yells out in his sleep she makes her choice and wakes him out of his slumber, much to Billy's annoyance cause he hadn't got to “that bit”. Billy's reoccurring dream is where he finds himself underwater and there is no way for him to get to the surface and he realises he is about to drown. “That bit” that he was annoyed that Pammie waking him, preventing him from reaching it, is the moment he realises that he can breath underwater and goes exploring on the sea bed.

Everyone is different so I know that even though I found this book and in particular this passage inspiring, it may not hit that mark for everyone. Regardless of the end result, sharing Billy's journey through his soulmate's words is worth recommending. Please enjoy.

QUOTABLE QUOTES

“People are so inconsiderate always letting off their bloody car alarms. It gets everyone in a panic. Every few minutes hundreds of them rush out of the water to see if it was their car being broken into”. Billy's observation of what happened when a shark alarm went off at a Sydney beach without knowing it was the shark alarm.

“F@#k, how does anyone live to a ripe old age”. Billy again after he found out about the shark alarm.

“There was a second supremely sweet moment of victory. As I made my way through the finish area, I passed the Cofidis team. Assorted members of the organisation stood around, the men who I felt left me for dead in the hospital room. “that was for you” I said, as I moved past them. Lance Armstrong after he won his first ever stage in the Tour de France. Compelling stuff. In “Its Not About the Bike”.

“I remember something Buddhists teach: fear is usually just the imagination left to wander undisciplined, and that if you concentrate on the fact that you are safe right now, then you will realise peace and joy in the moment.” Seamus Anthony (the Contemporary Taoist) Living Now, November 2006 issue.

CONGRATULATIONS

To Ida Lyall on the creation of her wonderful new website in conjunction with Jane Green. Ida’s website is www.idalyall.com

THANK YOU’S

Thank you to all of those who took the time and made the effort to provide feedback on the last newsletter. Thank you to all who continue to assist with descriptions and feedback with the modality directory website. The feedback will be posted on the site when I get a chance to collate it and forward it to Jane.

IN THE NEXT EDITION

Absolutely no idea – haven’t had a heads up as yet. Guess I’ll start to worry about it come Feb if I find myself in the same predicament!

Have a truly joyful Christmas period and may you embrace the Christmas Spirit and meter it out over the whole of the new year.

Cheeri O

Owen Warlond

Disclaimer: The intent of the Author in writing and circulating the above material is to offer this information in a general nature to help you in your quest for intellectual, emotional & spiritual well being. In the event that you use any of the information contained in this newsletter for yourself, the Author takes no responsibility for your actions

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