



## LOOKING FORWARD < > LOOKING BACK

March 07

Edition 4

### ME V's THE UNIVERSE – PART 1 (FAITH)

Well, I'm writing this section on a train following a meeting that pretty much sums up my life for the last 3 months. As I do occasionally, I sat down between Xmas and New Year and identified my goal, hopes and aspiration for the next 3, 6 and 12 months with all good intentions. Some things flowed into the next period, others were independent. Some would be labour intensive, some a breeze but still worth noting. Things started well with lots of communication from above and within and all was going well. The project whose meeting I attended today was similar. After lots of procrastinations, baby steps and reviews it appeared we were on target with a brief, scope of work, timeframe and cost.

Then the decision that changed everything around and up became down, left, right and trying to get anything that made sense just wasn't on the menu. The same happened in my life. Things went a little frazzled. The info was coming in as clear and as regular as it has ever been. The website whose timeline was looking spot on suddenly wasn't going to happen because my computer died. Our finances were the best they had been, then we had to decide whether our 1 yr old dog was worth the \$1500 and 13 week recovery and rehab to have his completely stuffed knees fixed up. We did so, but his subsequent acrobatics and disregard for his injury is not endearing him to us and he has only just started to settle down.

“Little” things like this were happening on an all too regular basis for my liking. A first I tried to be patient, weather the storm and try to be patient; but when nothing seemed to change, I just got totally frustrated with the Universe! Why was this happening? What have I done to deserve this kind of treatment? I had changed so many things in the 3 months preceding this and the Universe had cheered me on, but I felt like I was in the stockade getting rotten fruit thrown at me. Could someone upstairs please plug me back in so things could continue on there merry way? Near the end of January I had had it. My youngest had a birthday which is meant to be a happy occasion and on the outside I was there with everyone but inside I was seething and after the party I lost it for a weekend. I was such a complete mongrel to everyone cause I was in such a foul mood with the world and the Universe that I just wanted to walk away from me because even I couldn't stand me. I had hit a low point that I had not experienced before.

Now, I don't have a miracle story for you – no epiphanies or visit from an enchanted master or wise being passing on a message of such perfection that the sky turned blue and the sun shone. The one thing that I continued to do was to believe that I wasn't alone, that even in this incredibly hard time there was something always good around me – I just had to remain open to the messages cause all that info hadn't stopped. One

thing I was really proud of was that I didn't make mistakes-of-old which I think on reflection was the real test and the turning point. Normally I would have said "stuff ya, why send me messages and leave me in this mess" or "I can't listen to you now I have too much going on in my head" and the messages would stop because I had abandoned them (note that it's not the other way round).

This time I kept inviting them in and thanking them for it because I knew things would have to change sooner or later. I often thought of the "footprints in the sand" prose – probably my favourite of all time and I knew I was seriously being carried at that time. Thank goodness I didn't have to cover their cost for chiropractic rehab – those angels sure got a work out. And slowly, very slowly at times, things started to turn around. I was writing an email one day and made some acknowledgment that things would pick up when a white feather floated past my window. "Not unusual", I hear you say! It is when you are 17 floors up with only plant equipment above you and you have never seen one go past before. Given the context of the email, I took it as a definite sign that my faith was being heard and acknowledged.

The other thing that I noticed that was beginning to change was that I was becoming inventive in my responses to things. I was actively working my way around things, checking out all the possible options. Sounds simple right, down right normal for some. Well for this little fella that was a huge step in his evolution! I was looking round corners and really working through some stuff and things got a little easier. As it did so my mood and attitude returned back to it's (mostly) positive self. The bills were still there but they weren't insurmountable, the balance of family, work and holistic work was still an issue but a work in progress instead of a stumbling block. My mood lightened and my kids laughed, whilst my wife loved me again (she hadn't stopped but was waiting to see where all this would lead). Life continues to evolve, lessons are learnt, but the important lesson is not to make the same mistakes over and over again.

As mentioned at the start, I'm coming home from the meeting where once there was hostility, there is now a sense of working together. Where once no one was willing to make a decision, now there is decisiveness based on sound reason and peer consent. Where there was ambivalence towards finalising the scope and the direction this projected was headed, today the Client made the call on the brief, the time line and the expectations to be met. Most times I don't see my reflection in others until after the fact and today's realisation was no different. The difference was I was able to recognise it this time.

Thank you Angels for the great space I am in, for the lessons learnt and the actions, thoughts and words that now need to be put into practise. Thank you for also never leaving my side, regardless of how many times I refute your assistance. Thank you for coming to me in my dream and wiping away the tears on my cheeks as I lay there silently weeping, spent and exhausted from fighting so hard against changing my ways. Thank you.

### **HEROES AND MEDIUMS**

Now for something completely different! Whilst completing our summer ritual in our house of having the tennis on high rotation in the Family Room, I actually became excited by one of the promos Channel 7 were playing. The show was called "Heroes" and it was apparently a story of everyday people discovering they had extraordinary

gifts. How good was this going to be! Was someone in Hollywood gutsy enough to break the stereotypic mould of people with “gifts” being treated as freaks? Were they going to go against the paranoia and hysteria people seem to become involved in at various levels when they discover that their friend/ neighbour/ work mate has the ability to do something not perceived as normal by the masses? Finally I thought mainstream television might actually send a positive message for a change that might help to debug the masses perception of people being weird or unapproachable or worse – untrustworthy if they discover that they can do what others seemingly can’t.

I watched the first episode with an open mind and a sense of anticipation. After an hour my wife, Kim, and I discussed what we had witnessed and the disappointment we shared that a golden opportunity had been wasted. Nothing had changed – the gifted were considered freaks, not accepting of their gifts in some cases because of how they would be perceived, others joyous - only to be crushed when they weren’t believed. Then there was the perennial baddy, the bloke who was going to track them all down. What a waste.

I thought maybe I’m being judgemental, maybe I should give the second episode a try. So I did and this only confirmed my initial instincts. A cop with a bionic eye “hears” a girl whose parents have been killed and discovers her under the stair. Is he thanked, applauded, congratulated on his skill? Nup – arrested by an authoritarian senior cop on suspicion of setting up the whole thing because he had flunked his detective exam three times and saw this as his ticket in. Please, why serve up this rubbish and why do people buy it? No wonder people who have discovered their gifts and skills keep it to themselves when mainstream society, who get all excited by garbage like this, are almost being told by TV how to respond to these freaks. I feel for those who haven’t reached a level of self confidence and struggle to rise above others judgements and opinions, I really do.

The good news is that there is hope. On the same night on Channel 10, “Medium” commenced its new season. Whilst I have read her books, I haven’t watched many of the shows so I wondered how Allison DuBois was portrayed. Now I’m not sure how many seasons they are into and how she was portrayed or accepted in the earlier seasons but what I saw was refreshing. Allison was portrayed as she is – a mum of three daughters, a wife to her husband, Sam, and a psychic medium who pieces together information she receives from the other side, often to help the police in solving murder cases. What really interested me was the writing of the show. The family acted like a family – moments of love and tenderness, moments of the usual sibling bickering, some wicked one liners and “family” humour, Allison responding in an appropriate manner of one whose sleep is often disturbed – i.e. tired and cranky - all feelings and scenarios most people can relate to on some level.

Then there were the police. Even though Allison has obviously worked with them previously and has a healthy rapport with them, they are still what I call ‘healthily sceptical’. They work in a world where proof is absolute and totally required if they can proceed in a courtroom. So whilst Allison reporting a dream is diametrically opposed to producing a gun in court as evidence what I liked was that they were willing to trust her instinct and work with what she was giving them rather than just dismissing it.

Thank goodness Allison is not on “Heroes” because she would be carted off to a psychiatric hospital for sure. The open-mindedness of the writers of “Medium” and

their willingness to blend her skills into her normal family life is a joy to watch and I hope there are others out there, who if they wish to explore this area of everyday life for those with certain gifts take a leaf out of this productions book.

## **LOOKING FORWARD <**

### **MEDITATIONS**

The good news, for me anyway, is that my meditation teachers course is back on and I am looking forward to completing my three remaining modules. At this stage that looks to be August when I will become a fully accredited Meditation Teacher! On the flip side, work is still taking some time to settle in to a “regular” rhythm so I am taking the approach that “this is for a reason” (ugh) and I will look to recommencing the meditation evenings after my course is completed. I miss it terribly but was lucky enough to squeeze one in just before Christmas with a few friends and it reminded me of how nice it was to be back in that space. Definitely something to keep working towards.

### **WHAT MODALITY IS THAT DIRECTORY**

I am very excited to be able to inform you, Australia and the rest of the world that Holistic Modality Directory is now officially open as of the 19<sup>th</sup> March 2007. The website - [www.holisticmodalitydirectory.com](http://www.holisticmodalitydirectory.com) now has over 60 modalities listed and has been refined over its 6 month construction period. There is a formal invitation if you follow the attached link that gives a brief explanation of the site and I hope that other than visiting it for yourself, you might pass this around to friends and fellow students/ peers.

A new feature is a Private Health Insurance section where Private Health Funds can list details of their policies which include cover of holistic treatments (thank you Karen for the suggestion). Another inclusion is a useful links page which has website links to organisations, people etc. who are working hard to empower people and the planet via the publications or work they do. I’ve been a bit cheeky (but I am the author so I just had to check in with myself) and have included a link to a webpage that will have all my newsletters on it. I will continue to mail these out (because it’s good fun and keeps me in touch) however if you miss it or talk to people about something I have written they can check it out for themselves.

I really hope this website becomes a wonderful reference tool and that it assists many many people. Thank you for your support and feedback throughout its incubation!

## **LOOKING BACK >**

### **MEDITATION TIPS – REFERENCE BOOKS**

There are a lot of books out in the market that have guidelines as to how to meditate and various styles to try. Likewise there are equally as many Dream interpretation and Dream Dictionary’s available that give you various descriptions of elements, animals situations etc. that might crop up in your meditation. Whilst these are very useful tool to help dissect “what it was all about” try not to limit yourself to these text. For instance I have a book called the “Australian Medicine Wheel” which essentially gets

you to focus on a chart with numbers on it that relate to native and global animals in to encompassing circles. As you meditate you call the animal spirit in you are most drawn to and later you would reference what it particularly focuses on.

Whilst I'm sure plenty of people have successfully used it in this fashion, I haven't, but have got as much out of it by referencing a particular animal that might come across my way at a particular point in time. To give you an example I used to drive to Bairnsdale for a project on a fortnightly basis leaving early morning and getting home early evening in one day. It was a very satisfying project however the firm that I was with was not living up to my expectations. At the time I was going through a "personal growth spurt" and beginning to expand my parameters in many aspects of my life. On a particular stretch of the highway about 20km out of Bairnsdale, without fail I would see an echidna waddling along the side of the road. From what I understand this is certainly not a normal experience for an echidna. Seeing this little fellow use to make my drive and at times I used to look forward to seeing him more than the Client!

Towards the end of the project I was seriously contemplating leaving my firm and was trying to work out when best to look further afield. Upon referencing this book during a sekhem session I found that there was an echidna in the index. Once the session was over I hurriedly referred back to the book and looked up the symbology of the echidna. It referred to the echidna bringing "determination and the protection of ideas and new beginnings" which was quite reflective of the patch I was going through. "As a lone achiever, this great animal friend symbolises the need for your own pace for achievements and to protect the vulnerability of a journey newly started". I felt lots of things all at once – amazed at the synchronicity, grateful that I had been led to this explanation and yup – annoyed at myself for not reading the book more thoroughly when I first got it (not that I think it would have mattered).

On the next two trips to Bairnsdale, I was so excited to see "my little guide" and, sure enough, there he was! I was making progress in many areas of my life and I was seriously questioning my involvement in Architecture and starting to think outside the bubble. Just prior to what would be my last trip, I resigned from my firm, determined not to get bogged down again by the same issues at my next work place even though it was another Architectural firm. I wanted to make sure that I had covered all my bases and hoped to finally crack a good firm that met with all my expectations and ideals. The project had about 3 weeks left to run so I did not feel too bad about the timing. Driving down I was a little sad that I wouldn't see my mate anymore but as I got to the stretch and looked out for him I felt a chill in my stomach. Unfortunately that feeling was on the mark cause there was my little mate on the side of the road, dead after being hit by a car. I was very upset at the turn of events that things turned out this way for him. I said a little prayer and drove on in silence.

I didn't write this to get the reader upset ((apologies if I did) but to give you an example of everyday occurrences that are signposts right under our noses. In hindsight I can see that I went to the last firm out of fear of moving outside what I had known as my life for the last 17 years – the life of an Architect and I wasn't quite ready to leave despite the fact that in a lot of ways I had already outgrown those ideals. I guess even if I could have really understood the little fellas significance I'm not sure I could have followed through to stick to my intuition and look out beyond the Architectural field but he didn't play his role in vain. My role has changed, I eventually did leave

Architecture and I am genuinely happy again where I am, doing things that I love and looking forward to going to work each day.

Thank you my little spiky friend.

### **BOOK REVIEW – SPIRIT MESSENGER**

This quarter I would like to review the book “Spirit Messenger” It is the life story of Gordon Smith a Glaswegian barber. Oh and he’s also a world renowned medium but he spends half the book down-playing this skill. Seriously, that was the only bit that drove me nuts in this otherwise highly entertaining autobiography. He chronicles his development and some of the very strange experiences he has witnessed, all with some rye Glaswegian humour which I am partial to.

One thing Gordon does emphasise in this book is the need to practice and, in this field, not just with anyone but with likeminded people working in the light and not from ego – and he has some fun with those characters who come from ego. He accepts that he has a gift but he has also worked hard and carefully under some wonderful guidance to be in the space he is in today. Very different in style to John Edward, but just as effective in communicating his message, this was a very entertaining read.

### **QUOTABLE QUOTES**

Think deeply,  
Speak gently,  
Love much,  
Laugh often,  
Work hard,  
Give freely,  
Pay promptly,  
Pray earnestly  
And be kind

Anon

“Happiness is having a large, loving, caring, close-knit family in another city”  
George Burns

“The wool of a black sheep is just as warm”  
The nuns discussing Maria in The Sound of Music

### **CONGRATULATIONS**

To Ida Lyall on being asked to give her talk by the Theosophical society.  
Narelle Collins for having the courage to follow her dreams and open St Brigid International Centre for Healing in Bundoora and announce her pregnancy at the same time!

To Monica for running meditation classes again and filling a void in the Rowville area with her unique gifts.

To the Dixie Chicks for having the courage and resolve to not let death threats being levelled at them for their views on the occupation of Iraq by American armed forces, prevent them from expressing their views in the public arena. On the contrary - they

wrote a song about it “Not ready to make nice”. The words and music are truly inspirational.

### **THANK YOU’S**

Thank you to all of those who took the time and made the effort to provide feedback on the last newsletter. It still continues to be very positive and very encouraging. Heres hoping you all like this one.

A big Thank you to Narelle for offering to edit and proof read the newsletter whilst trying to meet a similar deadline for her own newsletter.

### **IN THE NEXT EDITION**

There could be some discussion about the following topics:

- Me v’s The Universe – Part 2 (Timing)!
- Everyday Angels
- If I had a dollar for everytime I was asked.....
- An update on the Holistic Modality Directory and its evolution
- Meditation tips – The Art of Silence
- **Book Review:** Umm – I’ll fit a book in somewhere
- More quotable quotes

Whew, that was an effort – no wonder I only do these things every three months Scary thing is I could have easily written more but that can be saved over till the next time. I feel very privileged to be able to provide all of this above and I hope there is a gem in there somewhere that provides the “oh that makes sense” factor. Thank you for reading this and your support of the Holistic Modality Directory Website.

Cheers,

**Owen Warlond**

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