



LOOKING FORWARD < > LOOKING BACK

September 06

Edition 2

INTRODUCTION - DO YOU EVERY WONDER?

Over the last few months things have slowly started to turn for the better for my family & I. Where as we would struggle to make ends meet most fortnights, now its just occasionally when a large bill crops up. Where different people would get us down, we have learnt ways to better cope with their behaviour and how to respond to it. We are going on a holiday for the first time in 3 years and the first as a family of five. Work has its moments but is more manageable for both Kim and I and so each aspect gets a little better. But it feels like its taken forever and that's the frustrating bit.

I've never been very good doing things in the Universes time, preferring to do it in mine, largely to no avail. Many a time I have asked the Universe in despair for an even go when I have felt things are being stacked up against me. Square the odds Universe and I'll do my thing – you don't have to worry a bit, I'll deal with it. Then you get some incidences where you are left shaking your head at the Universe saying "Fair suck of the savaloy guys" when it defies all logic why something has landed in your lap or an issue that is painful arises to be dealt with. My beautiful wife, Kim's favourite saying to me at this point is along the lines of "Why is YOUR Universe doing this to you/ me/ us? Cause of course its my Universe when things go awry, yet its 'ours' or 'everybody's' to enjoy when things are going well. Most times I can't tell her on the spot, having to let things settle down first to get an overall picture of what's going on.

A lot of Spiritual people try to explain these things away as "everything happens for a reason" but when trying to understand why someone has contracted a terminal disease, suffers from medical conditions that restricts an otherwise healthy person from a 'normal & productive life", why a teenager commits suicide or why the bills outweigh the income therefore putting enormous strain on a family unit, the words tend to sound a bit hollow and very token. I was thinking about this whole thing in the train one night and had just commenced reading my new loaned book "Conversations with God Book 3 by Neale Donald Walsch. This exchange takes place on page 3:

God " Everything that has happened in your life has happened in your life perfectly in order for you – and all the souls involved with you - to grow exactly the way you've needed and wanted to grow"

Neale – "That is the perfect get out clause constructed in the New Age who wishes to escape responsibility for their actions and avoid any unpleasant outcomes."

At times when I reflect on certain events in my family I certainly don't recall specifically asking for some of these to occur – who would?

However I have come to realise that provided that you are open to realizing it, on the flip side though there are times when seemingly by chance you come across something, hear something or experience something and its like 5 pieces of jigsaw puzzle come together and its very satisfying and somehow actually makes sense. I was lucky enough to experience one of these just recently and I thought I might share it with you.

IN MEMORY OF A GREAT MATE

For no apparent reason I was thinking of a good friend of mine, again on the train home, that I was lucky enough to grow up with until his life was tragically cut short in his early twenties. His name was Leigh and he lived up the street from me. Leigh was (is) a beautiful soul, a very gentle bloke who was very caring but was still a bloke's bloke. He had a sharp sense of humour and we used to compete for everything especially girls that were in our classes in Primary School.

I left our Primary school at the end of grade 4 and we drifted apart. We still bumped into each other pretty regularly as I walked past his fence on the way home from the station or just walking my dog. It wasn't uncommon for us to stand and chat for an hour or two just catching up. My mum would look up the street if I wasn't home in a reasonable time and see us talking and not worry about where I was. We talked about going to the footy or concerts together but for some reason never got there. It didn't matter though cause he was a good mate.

One day coming home I saw his Dad standing in the yard crying. Something was very wrong and I remember my stomach becoming a tight cold knot as I asked him what was wrong. Through tears he told me Leigh was killed in a car accident the day before on a country road, running up the back of a stationary truck. I was shattered. I hadn't lost anyone close, not even a reasonably close relative so I had no warning or prior experience of what it was like to grieve for someone close. We hugged each other for comfort and wept and wept and wept for each other's loss and for his memory. The funeral was not long after and again I ran the gamete of every emotion known to man. In short I didn't handle it too well. The emotion which stands out in my memory is one of anger and injustice. I went to my special, normally reflective place down the beach after and gave God an earful that afternoon challenging him to provide some meaningful reason as to why he should have taken Leigh, a young gentleman with so many fantastic qualities ahead of several low life such and suches that I was happy to name. Nothing made any sense and I was at a loss to be able to find one reason (didn't even have to be a good one) as to why.

Fast forward a few years and I had over the course of a year had seen two clairvoyants for different reasons. Strangely they had both detected a male energy around me that was looking out for me. They said he had been close to me as a child and saw me almost as a brother. This made no sense to me at the time as I only have two sisters. My Dad's Dad had died when I was quite young but I didn't think we were that close. It provided me comfort but that was about all.

Past forward another year or so and I have just held my Grandpas hand and said to him that he was free to go, to stop hanging on for our sake and watch him take his last breath. He hadn't been ill for very long but we both new and had said openly to each

other that this time he wasn't coming out of the Hospital. He had had a great innings late into his 80's and I'd got to spend a lot of time with him. As things were drawing to a close I thought regularly of Leigh again as Grandpa would be only the second person I had got to really know that was going to pass. When I thought of Leigh at these times it was almost as though I could sense him around me and even hear his laugh. Yes it did freak me out, but I also drew solace from it and because I didn't want to be frightened of Granpa's death I put aside the "spooky aspect" just so I could be near him again. Reliving everyone's loss at the time actually helped so much with Granpa's passing and funeral, whilst sad I was calm this time, almost serene because for some reason, I felt that he really wasn't gone, that I could talk to him and he could hear me, like I had been doing with Leigh. This time was different.

Fast forward a bit further and times at home are tough. I'm working 70-80 hour weeks on the Knox Shopping Centre project & it felt like we were living on the sniff of an oily rag at times. Tabitha was not even 6 months old and Kim was pretty much raising her by herself which was very hard at times and we were both terribly sleep deprived. Not a great combination and probably the lowest point of the whole time we had been together. Whilst I confided in a handful of close friends about the situation I spent some time talking to Leigh and Grandpa about it. It didn't feel weird then because I was that desperate to find some answers to all of our questions I didn't care who gave it to us, alive or dead, it just needed resolution. About that time I would often see white dots about the place and twice I would have sworn on a bible that I had seen Leigh out of the corner of my eye running and hiding. I did think it was getting all too much and I was hallucinating things in my stressed and sleepless state.

In desperation who did I turn to – another clairvoyant in the city that had been recommended to me. At that time I was also trying to get into the ambulance and I went, wanting to hear that all my study and hardwork was going to pay off. Is that what I heard? Nup but what I did hear was even better. About five minutes in to this reading, the guy who has been looking over my shoulder most of the time says the following (and I've paraphrased here cause I don't remember the exact words but these are pretty close)

"I have a male energy here for you. He's telling me his name is Leigh and you went to school together. He died not long ago in a car accident on a country road. He's showing me a truck, then his neck snaps back on impact. He said, don't stress he died instantly, no pain, just freedom. He was careless he says – warm day, big lunch and not enough sleep the night before, not a good combination. He says to tell you that he is fine and has been with you since. He's says you have caught sight of him twice as he has run away and hid, laughing as he did. He says that your wife is a top choice and yes, had he have been there he would have also vied for here attention like you & he did at school. He says now though, you need to let go of him so that he can continue on his journey. Rather than keep him here, say something that allows to him to exercise free will. You have been holding on to him so hard, you have to let go. Please let him move on cause he is getting tired now. He just wants the chance to visit when he wants or feels the need to. This is what you have to do....." The reading went for about another 15minutes or so but I have no recollection of what he said. As the tears just tumbled down my cheek I was absolutely stunned at how much info he had given me that confirmed that Leigh had indeed come through him. He had to be there, this guy could not have possibly known any of this and yet to hear that from him confirmed something I had suspected but had no way of proving enough to know that we do move on but can come back in a different form. I now knew also that I had

to release him to be free to move on and return when he wished. This wasn't easy but it had to be done. Leigh had done so much for me, now I had to give back to him. I did his bidding and man it hurt, like going through all the grief all over again, except this time it was for him and not me.

So why, do I hear you ask, am I sharing this with you now? In the last few weeks I have become aware of several passings of people that friends of mine called friends. It's been particularly hard for them as there seems little around to explain why things happened the way that they have. When I lost Grandpa and then a close Uncle who died of spinal cancer, the grief was alleviated a little by Leigh and his beautiful gift because I knew that somewhere out there both my Grandpa and Uncle would be there as well, free of pain and frail bodies and they would be looking out for me.

I just wished to share that gift with you and hopefully lighten the load that you may be carrying at the moment. They will be there and they will look out for you. If you truly want confirmation they are there just ask and at the right time and when you are receptive to this occurrence, it will happen. Switches will go on and off by themselves, TV's will come on for no reason showing something that is totally related to the departed, the lyrics of a song your deceased found special will be on high rotation and you hear it several times a day. These are but a few examples but hopefully enough to assist the process when you are ready. I suppose therein lies the key, when you are ready in the eyes of the Universe. If it was too early in the process it could be dismissed and then the opportunity may be lost forever. As hard as it is, be open to the Universe doing things in its own time for its own good reasons.

(Note: I wrote this piece above in early August. Since then there have been some sad departures from this earth by people who were renowned for being passionate about their cause. Don Chipp, Peter Brock and Steve Irwin all passed in a very short time and even if you didn't want to know about death it was unescapable as the media had saturation coverage, especially for the last two. I felt sad for Don Cipp. Mixed emotions for Brocky and disbelief then cried buckets for the croc hunter. I then went back to what I wrote above and was able to draw some solace from it. I hope you can to)

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MEDITATIONS

I have had to do some serious soul searching when making this decision but I know it is the right one. Despite good turn outs and great times at the recent meditation evenings I've decided not to run them in October to December. I am starting a new career in October and I need to be focussed and committed to that especially as I start. I am also spending a lot of time and energy (as I should) on creating with Jane's fantastic assistance the Holistic Modality Directory (see section later). Throw in normal family life and there are 3 large components in my life that I would like to get some balance with. Thank you to all of those who have come over the last 2 years. I am going to miss the evenings but its not forever and when the Directory is up and running and I can determine how much time and energy it will take as well as my professional career, then I'll be in a better position to assess how to incorporate regular meditation evenings again, hopefully commencing again in Feb 2007.

In the meantime I will still run on an as required basis Sekhem Natural Healing Sessions (\$65) and One on One Meditation Sessions (now only \$40 as a kind of compensatory thingy) by appointment and they are still conducted at my home address.

WHAT MODALITY IS THAT DIRECTORY

Well how things evolve. I have included a flyer separate to this newsletter so that you can forward this to as many people as possible that you know without having to forward the newsletter as well if you so desire. This little idea has grown wings and has just taken on a whole new life of its own. The feedback so far has blown me away both in terms of concept and the graphical imagery created by the very talented Jane Green (www.everlastingmagicdesign.com) Please feel free to have a good read of the flyer and get your head around what is trying to be achieved. Alternatively you can check out the website in its construction mode at www.holisticmodalitydirectory.com We are looking to officially launch the site 2007 so I hope you keep a regular eye on its development as it evolves.

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MEDITATION COURSE REFLECTIONS

Sometimes its not what's in the course that provokes the questions as much as what is in the content. At our last Meditation Teacher's Course day we learnt about protection and raising the vibration level for ourselves, our Clients and the space that we physically meditate in. Once again it was very informative and I learnt heaps and heaps. We meditated and once again I have no idea where I went during it being able to recall the start and end but the middle is just one big void.

However it was a side discussion that seemed to take my thoughts further down a path regarding Holistic Work as a viable business that really resonated with me at that time. Jenny was explaining some of the work involved in running a centre such as offering courses and attaining minimum numbers in order for it to financially make it viable. I was fascinated by this because for the life of me I can't see how anyone can make a living from doing Holistic Work full time. I hope I haven't offended anyone with this rather sweeping statement because I mean no disrespect (in fact I feel a great deal of respect for those who do do it and do it well they do!). I just don't get it. My numbers to mediation fluctuate on a fortnightly basis and booking for Sekhem even more so. I used to really worry about that but now I don't. I'm not sure when this transition took place but now I live by the adage that whoever comes is their for their own reasons and I just facilitate it. I don't plan for any number or gear any topics that I think will get people to come. I get what I am given to work with and do it to the best of my ability.

Perhaps the Universe is only giving me what I can comfortably handle at the moment as I have got better at getting the family/ professional career & holistic work balance right. Perhaps I need to be in a better space. My accountant after reviewing the figures gave me the 'conventional' method of upping sales figures (as he sees the income generated). Either up the price or gear the product to a more specific catchment. I thanked him but explained to him that I was comfortable with what I charged as I felt it was quid pro pro with what was being offered in exchange and I didn't want to

make it inaccessible financially for people and that I work with what I am given so gearing it up specifically didn't help. He shrugged at a loss to what to say next.

So if you are successfully running a modality business and are happy to share some of your tips I would love to print them up for those just starting out who might benefit from some advise.

MEDITATION TIPS – BREAKING IT DOWN

To many people what gets seen in a meditation generally stays in a meditation. Sometimes what is seen is considered convoluted and having little meaning especially if they just don't get it. If you are struggling with your reaction, try to remember the following bit of advice – try and apply what you visualized to the real world. For example, you keep finding that in a series of meditations somewhere along the line you come across a door that is barring your path and despite all your best efforts in the mediation you cannot open it. If you can't determine why apply it to the real world. If you came up your front path but couldn't get the front door open you would ask a series of questions. "Where are the keys to unlock the door?", "the door won't let me turn the handle, let alone get inside my house", "the door won't budge". Now if you left the word "door" out and replaced it with something or someone's name it changes the hole perspective. Once the issue has been identified in real terms it is so much easier to resolve the issue troubling you. Chances are next time you meditate the door will be open and your journey can continue.

PRIORITIES IN LIEU OF MAKING TIME

I read an interesting article by Dr Wayne Dwer in relation to saying that you don't have time to do a particular thing. He argues that as time is a measurable concept and not particularly useful cause it was identified and "made" by humans. What he suggests is to consciously change the phrasing of the words "I don't have time" to "I 'm not making that a priority". Just one word can make such a difference when put in context.

Say you are reading a book on a Sunday afternoon. The kids have played by themselves well for the last few hours which have enabled you to read your book. One comes up and asks if you could come and play with them. "I haven't got time" you reply not looking up. Now if you were to apply the switch what you are in effect saying to the child. I can't come because I am making reading this book a priority over playing with you kids" Now I'm sure that's not you meant but that's how it might be interpreted. Please 'take the time' to consider how you respond next time.

BOOK REVIEW

This quarter I have 3 books that I would like to briefly review then group them to get a better understanding of their combined message. The books are as follows:

Beckham – David Beckham My World

A revealing insight into the world of David Beckham through his eyes. Takes you through his childhood obsession with soccer and playing for Manchester United up until his move to Spain and playing for Real Madrid.

Kostya My Story – Kostya Tsyu

Written by Kostya this too is a look into his days as a professional boxer. It chronicles his journey through the Russian amateur boxing ranks to the mixed up world of professional boxing and what it is like to being a triple crown World Champion.

Bono on Bono – Conversations with Michka Assayas

A collection of discussions between the Author and Bono over a period of a couple of years. The topics range from Bono's childhood which at times he struggles with, being part of the biggest rock group in the world to hob-nobbing with the world's elite to try and reduce third world debt, especially to first world countries. The discussions are a bit disjointed owing to the time elapsed between each one but a revealing read at the very least.

Now I have to admit way up front I am a big fan of Becks, Kostya, Bono and U2. An unashamedly big fan, probably to the point that it would be very difficult to objectively review these books individually. It's probably also why the Universe said "the common threads within these books are what's worth identifying." So let's give it a whirl.

Champions who are also Human Beings.

The three characters who are the subjects of these books are human beings just like you and I. What perhaps sets them apart is that they discovered gifts within at early ages that they have developed them to a point that makes them the best in their chosen fields. What we sometimes forget which these books highlight but certainly not in a 'whoa is us' mode is that these idols, magicians, rock and sporting gods etc etc are human beings as well, who have feelings, physically and emotionally get tired from their punishing career demands and people within the industries who tire them as well.

Living under a microscope.

I was surprised to note how each of the subjects accepted that they lived their lives in the glare of a camera's lens and light and that they wouldn't change this. Whilst they noted that at times yes it drive them nuts to have cameras and tape recorders thrust in their directions but on the whole they saw that ultimately they could use the media to promote their charities and gain exposure for issues they cared about.

Overcoming difficult situations and the on going consequences.

Reading about these issues I was almost proud of the Authors for making a great deal out of these difficult times, preferring to focus ahead on the positive stuff. Bono had a rough childhood with his mum dying at a very early age and was raised by his Father in a relationship devoid of many (if any) positive or expressed emotions. Bono found solace in his music which provided him with the opportunity to lead a band of like minded and aged kids. However he acknowledges it is very hard for him to form close relationships with people.

Kostya came to Australia as an Amateur world champion – so he had plenty of titles but no money and very little English. Over time that changed however his relationship with his manager and boxing promoter soured and ended up in a court case that cost him over \$4 million dollars. What hurt more was the loss of a friendship because to him Bill Mordy was family. Subsequently Kostya trusts but a few people in his inner sanctum and is always suspicious of people's motives when they express a desire to get to know him and do business with him.

It is often noted that the English believe they have a birthright to hold the World Cup aloft at every tournament however past history indicates that isn't so. David Beckham copped the wrath of an entire country after he was famously red carded in the quarter final against Argentina. England lost the game on penalties however the media and supporters put Beckham's send off as the reason England found themselves out of the 98 world cup. What followed was disgraceful and how Beckham got through it is testimony to his inner belief of his ability as a person and a professional soccer player. Most players get rubbished in the press over their form at some stage in their career, however to have an effigy of a player hanging from a noose outside a local pub is very extreme.

Summary

So what is the point I'm trying to make? Just that here are examples of 3 people, blessed with gifts that have taken them, through diligence and hard work to the top of their chosen careers. Along the way they have overcome hardships in the public eye and come out the other end stronger as compassionate human beings. They donate their time, names and money to charitable causes close to their hearts and dote on their families. In the extremeness of their worlds they too struggle to find a harmonic balance between work, lifestyle, family and fun – just like you and I. Just because your rich and famous doesn't mean they don't go through the same experiences we do cause at the base of it they are still human beings.

QUOTABLE QUOTES

“Wondering why I bother to be a public figure in this field (mediumship), I learned a valuable lesson: to not let hostile non-believers drive me from my path in life. As I say, nobody breaks a glass ceiling without being cut” Allison Dubois from “Don't Kiss Them Goodbye”. Thank goodness she is a strong woman.

“My Mother said if I wanted to be in the army I would become a General and if I wanted to be a priest I would become a Pope. Instead I wanted to be a painter and I became Picasso” Pablo Picasso

“Its funny that if you were to park your car out the front of someones house and sit in it watching their every move, then tail their cars as they went about their business, you would be charged for stalking. But the way the courts have handled prior cases, it appears that they are saying that if you do all those things with a camera in your hands then its okay” David Beckham on how the paparazzi get around the law to 'do what they gotta do'

“Vincit qui se vincit – He conquers who conquers himself” Kostya's life motto.

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 was all very positive and very encouraging. Heres hoping you all like this one (Apologies for the length, there seemed to be a lot to say this time round)!

Thank you also to Andrew & Jenni Cook for allowing me to use their room at Open hands Sherbrooke Health for my Monday night meditations and Tracy for always

opening the front door with a beaming smile, no matter how late I was. Hope to do it all again soon.

IN THE NEXT EDITION

There could be some discussion about the following topics:

- At this stage I honestly have no idea but it will be good - promise
- An update on the Holistic Modality Directory and its evolution
- Further meditation tips
- **Book Review:** 'Billy' & 'Braveheart' (Biographies of Billy Connelly)
- More quotable quotes

If you are still reading having got to here, thank you once again for your interest and I trust that something has put its hand to up obtain the Reader's attention. Hopefully you may have found the information contained here with to be insightful and useful.

I hope to see all of you at some point over the next however long,

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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