



LOOKING FORWARD < > LOOKING BACK

September 07

Edition 6

Hello to all who receive this newsletter. As I finish writing this newsletter, the blossom is pouring forth from the trees and we have just had a record temperature for a Melbourne winters day – 26 Degrees (Celsius). Hooley Dooley! I often get asked when do I find time to write this newsletter because my life is quite hectic. Well, fortunately I catch a train into work when in the city and I have my work laptop. The train trip is about 45 minutes long and I get on at Ferntree Gully station in the mornings so there is always a good chance of a seat. When the mood takes me, I pop the head phones on, tune into my world and let the rest of the world rush by as I tap the newsletter out. There is three months between each one so I write during this period, usually culminating with the first section being written last. Sometimes there is a rush on and I'll write for the better part of the weeks journeys. At other times several weeks may pass & I may not feel inclined to write anything. I hope you continue to enjoy reading them as much as I do writing them!

SPIRIT & THE MEDIA

Have you noticed lately that there seems to have been a shift in the mass media towards a slightly more positive message and recognition of Spirit? No? Okay the nightly news is still the nightly news, the current affairs shows still thrive on sensationalising the latest rip off merchant or wonder drug doing the rounds but that's not the media I am referring to. It's more subtle than that.

On mainstream radio there are now a number of songs on reasonably high rotation that refer to "the light", "living in the light" or "someone being the light" An example is Evermore's "Light around you". Personally I think this is a great achievement both by the band/ record company for releasing material into the mainstream about the topic and the stations for playing it. Some may argue that it's the catchy tune that is why people like it and the lyrics don't mean anything (well plenty of examples doing the rounds past and present to support this theory) but even so the wacky lyrics to. "I'm too sexy for my shirt" by Right said Fred or anything by Crazy Frog still stay in our heads for whatever reason. But this is not the only form of media.

On Channel 31 Community TV in Melbourne has a host of shows that air on a weekly basis (sometimes with a repeat edition) that focus their attention on Spiritually based concepts and related topics such as health and well being ie Yoga. Casting the net further the commercial network are incorporating aspects of this concept into their programming. Shows like "What's Good For You" hosted by Singrid Thornton whilst focusing on a healthy and balanced lifestyle, regularly incorporate features on the benefits of exercise (Thai Chi, Yoga) and relaxation (meditation). The fact that these principles and practises are featured and promoted is a wonderful step in the right direction.

Finally, have you noticed the growth in the “Spiritual Development/ Self Help” sections in the major book retailers? It used to consist of one bay if you were lucky possibly labelled “New Age”, now it is spread over several aisles and incorporates the exercise regimes and more mentioned earlier. Whilst book retailers like to pigeon hole titles and subjects into easily definable categories to suit the ordering, cataloguing and auditing systems, all the things that contribute to a healthy and well balanced lifestyle don’t quite fit the mould! The number of people I see even on the train going in to work, reading books from these “Sections” would easily have quadrupled in the 2.5 years that I have been regularly catching it into the city. And for final confirmation on this form of media and the popularity of these type of books have a look at what book is sitting at No.1 on the best sellers list (at the time of writing (July) and for several months previously) – The Secret, selling everywhere from Dymocks to Big W!

Whilst ultimately the “sellers” of these products (and maybe to a lesser degree Channel 31) are primarily interested in the profits (sales, ratings etc), ultimately we - the “buyer” benefit because aspects that we have been aware of, but perhaps not necessarily considered the norm (especially when its marketed as alternative), are starting to become part of everyday life. When that happens, everyone is a winner!

ME V’s THE UNIVERSE – PART 3 (INTERPRETATION)

I believe that the Universe is constantly communicating with us in many different ways, sometimes simultaneously, sometimes in such a “in your face” manner that you would surely struggle to miss it. But we do, as many of our experiences attest to. Once we do finally get it, sometimes upon reflection we can see the previous times prior to this latest one when we were given a sign or a message and we had just overlooked it. On other occasions we picked up the signal, but the message somehow got misinterpreted. leading us on a wild goose chase until we got back to where we were meant to be many episodes ago.

This has happened to me on many occasions. The retelling of my Echidna experience in Newsletter 3 was a clear cut example for me but there have been many others. This can cause immeasurable frustration when you think you have it finally nussed out, you plunge head long into a new adventure believing “this is the one” only to find its not – then we start all over again. I was to be really narky with the Universe when I believed they had tricked me. Yet as I have grown, I have come to understand that on most occasions that sector of my journey before that particular milestone hadn’t actually been completed – there was something more to learn or experience before clocking in to that particular pitstop. I am richer for the experience and better prepared to move forward on to the next one.

When you are next shunted off in a different direction to the one you believed was the right, one based upon your messages, I encourage you to open your eyes, ears and heart and be open to what is brought your way, because you just never know where that experience may lead you.

HEALING WITH A “ROSS FAULKNER”

Throughout our lives we all carry negative emotions around with us unnecessarily. I’m not talking about the big issues that have a huge impact on us and take a considerable amount of energy, time and space to eventually (hopefully) overcome.

I'm realistic enough to know that some of these may not be healed this lifetime and are different for each and every individual.

The ones I'm talking about are the memories that spark feelings of hurt, unjust, sadness, envy etc that just don't benefit us now in carrying it around with us. An example of this came to me the other day which I thought I had addressed. However when delving a little further, perhaps I had not "finished off the job"

When I was in Year 8, I won a school football competition that determined the "best all round footballer (Australian Rules or AFL) of the year" Several representatives were chosen from each house (we were allocated a house that we represented across all fields sporting and intellectual at the school I attended and competed against one another). I was a naturally gifted school boy footballer but I worked hard on the training track to ensure my skills didn't slip. We were put through a series of exercises that tested all aspects – reading the play, accuracy with both feet and hands, skills etc. At the end of the day I accumulated the most points and was awarded first place. The title was nice (but even then I was realistic enough to know that one competition couldn't judge that). My prize was a brand new Ross Faulkner football and it was my pride and joy - it meant the world to me. It symbolised a whole lot more than anyone every appreciated. I didn't quite fit in at school and was given a tough time because of it but football provided an opportunity to redeem myself and be accepted. So this football to me encapsulated that and I took it everywhere I could.

One place I took it was to each school football match we played and we used it as a warm up ball to practise our skills and drills before a match. I felt chuffed that I could contribute even in this way and was happy to use the ball. After the warm up I would kick it to Dad and it would go in my bag till next time. One particular day when we played out at Bulleen, Dad had a brain snap and when I kicked the ball to Dad he put the ball on the ground and as the match progressed and I swapped ends he moved around the boundary to watch me. Consequently the ball was left behind. I thought naturally enough it was in my bag and in those days we just got in the car mud and all to go home and have a shower so I did not think to check.

Well it all hit the fan when I got home and the ball wasn't there. I was devastated, mortified, riled, shattered, furious and gutted all at once. I think Dad had some understanding of what it meant to me (but naturally not entirely) and was very remorseful about it but as much as he tried to point out there was nothing we could do the more it riled me. I think I snapped when I suggested he should buy me one to replace it (worth about \$70 back then which was a fair whack) and he got defensive saying it was my fault for kicking it out to him. I think I responded that I would look a bit funny running around all game with a footy shoved up my jumper and that was it.

When I recalled this incident the other day it was the details in the memory that made me realise that perhaps I hadn't resolved this issue within myself and what a waste it was holding on to it. 20 something plus years later and how many hundreds of footy matches later that will have taken place and I somehow doubt whether the footy would be on that boundary line if I went back out there now! So I just did a little bit of visualisation (cause I am a visual person) and envisaged myself standing there back home, between my dad and the muddy footballing adolescent and asked for calm. I said to the younger me "I understand your pain and your loss at this point in time but it isn't relevant now and it is time to let it go". In exchange for the red leather I offered up a mixture of white, pink and green light filled with love and forgiveness in

the shape of a footy to replace the hurt that was being let go. To my Dad I offered forgiveness for this particular instance, where he couldn't fully comprehend my reaction and for unintentionally putting down the ball. And do you know what? I just felt a little bit more at peace with myself and just a little bit more connected to the now as opposed to having a part of me live in the past.

So, the purpose of this story? Well as mentioned in the earlier section, we all have our little dramas that we have either been a part of or continue to play a part in. – its only human. However there comes a time when some of these issues of the past no longer serve us now, especially if you are making a concerned effort to be present. Whilst everyone would benefit from some form of healing work, not everyone has the time or the conviction to do so. So what I'm suggesting is that every now and then to just chip away at the little things - on the train, in the shower/ bath, when going for a walk. It doesn't take long. Just ask for some assistance from the Universe to identify what doesn't belong now and gently let the negativity associated with the memory go. Note that does not mean that you have to let the memory or the people go – just the negative aspects associated with it if that's your choice. Remember also to heal that space with love, don't just leave a void. I hope this story and resultant actions I have used as an example assists you with your journey.

ABUNDANCE – BEFORE I KNEW WHAT IT WAS!

Recounting the story of the “Ross Faulkner” also reminded me of another experience when younger that taught me a lesson that until years later I only have come to understand. Like most boys my age I collected football (VFL back then) cards. There was the photo of the player on one side and on the other it formed part of large photo (usually of a player taking a spectacular mark). When you had the whole set you had the whole picture on the reverse side. To increase your stock you either bought a pack of cards with the rock hard stick of bubble gum or your swapped with your mates. (Later I learnt the art of “flicks” – flicking your card towards a wall and whoever's was the closest won all the cards flicked!). Each year I tried very hard to get the full set and most years I succeeded somehow.

One year I laid out all my cards in numeric order on the lounge room floor and compiled a list of the card numbers that I needed and thought about how I would get each one, willingly that they be there when I opened a new pack. Once compiled, I went outside and played out the grand final in the backyard where I represented both teams and got to kick the magical winning goal that saw North Melbourne defeat Collingwood by 1 point. (For some reason the result never differed!). One time when I returned to the lounge room, there was something different about the cards. I checked them over again and there were several new cards that had not been there before. I was stunned – how could this be? I double checked before running out and telling Mum of my discovery. She was very happy for me and shared a secret. Mum had this god awful witch that hung over the TV that she said was magical (Mum wasn't a pagan or anything, she collected a lot of eclectic things and is the reason why I am open to so much in the world today). She believed that the witch had seen me lay out the cards, see what was missing, witness my enthusiasm and hope for the missing cards and help me out. Mum reckoned if times got a bit lean to lay out my cards like I'd done, go kick the footy, wish for the new cards and the witch might help out – but don't abuse it and always give a thank you because the witch would be listening.

Well I heeded her advice and when things got lean, laid them out, wrote out the missing ones, played footy, came back and some would be there. I suppose because I was a child and it worked I never questioned why. I did as was suggested and it worked – why would I question it? A few years ago, something brought this subject up and I asked Mum about it. With a very satisfied smile Mum explained that when I went out Mum knew she had 15 minutes or so in which to go to her wardrobe cupboard, go through the 10 packs or so of cards she kept in the wardrobe and sort through which ones were missing from my set and put a few out. If I'd been good I'd get a few, if I'd been a pain maybe one. Mum said the joy on my face was magical and made the whole process so worthwhile from her point of view – it was a win win situation for both of us! Even when she told me, the magic surrounding these times wasn't diminished as you may expect cause to see her joy in recounting it was a very special moment.

I've recounted this story here for my benefit as much as the readers to remind me that there is magic when you are an adult, as much as there is as a kid. You just have to believe and somehow, the Universe provides. But you have to believe and many times I do fall short. I know others who don't falter and I still scratch my head asking why when things fall their way time after time. That's when I finally remember and put things in place once again. It's a bit of an annoying cycle really but I'm working on it. Life is so much easier and enjoyable when you remember to believe!

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MEDITATIONS

When I completed the third module of six last year in my Meditation Facilitators Course and was told there weren't enough people to continue the course for that year and I was miffed. The Universe and I had a bit of a discussion (well I ranted and the Universe patiently listened as I babbled on). The message I got back at the time, through cards, messages and dreams was to be patient. Not the response I was after but it looked like it would have to do.

Twelve months and a bit later I have completed my six modules, handed in my prac work and am now awaiting my Teachers decision. Whatever the outcome, the Universe was right! It's become apparent in the break and the last three modules that last year a few things weren't quite right. My attitude initially for doing the course was a bit askew. It was coming from a fear base of wanting insurance, not from one of love and learning and being passionate about something that I love doing. The Universe knew that I would be busy when changing careers but also knew I can be pigheaded when I feel I have made commitments to others. I don't really know how I would have fitted Meditation evenings in with 14 hour days but knowing me I would have tried very hard to do both with health and family suffering – not a good mixture. So in a sense it took the meditation aspect away from me to help focus on my career.

The other aspect I have come to understand has been that there has been a great deal to learn – both about facilitating meditations but also about myself. The growth, inner knowing and development that has taken place has really surprised me, especially in the three modules this year. It's hard to explain – I guess it's more of a knowing really but one that I have embraced (well for the most part anyway).

The good news is that I am working up a 6 week (1 night a week for 6 consecutive weeks) short course that will try to encapsulate what I have learned in my course. I envisage that it will be up and running early next year (time and work commitments pending). It will be a different set up to what I have offered in the past (casual meditations on a fortnightly basis) but I feel its the right one to assist with the consolidation of what gets learnt. Attendance will be limited to about 7 (based purely on the physical constraints of the room), however to get the most out of the course, attendance to all 6 nights would be encouraged. It's the direction I have been given by the Universe for the moment so as nervous as I am, I will follow it through. I will send out a flyer to all on the mailing list a little bit closer to the time

To those who have waited patiently I say a very big thank you.

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WHAT MODALITY IS THAT DIRECTORY

A huge thank you to all who have read, enquired, logged on, written for and even registered on the website. At times it has taken on a life of its own and it's very exciting. At other times it has been through its little drought. These are the times when work and family have taken precedence which is completely understandable and I am in a better space to accept that now. Regardless, I am very excited to provide a service that will assist people on their journeys now and in time to come. I am also very appreciative of those Practitioners who have contributed the descriptions of the modalities – without these it would not have the credibility and professionalism it current enjoys. Please feel free to pass it on to friends or bear it in mind if you know of someone who might be able to use it as a reference tool. The website is <http://www.holisticmodalitydirectory.com> Thank you.

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MEDITATION TIPS – OPENING AND CLOSING THE CHAKRAS

Most times when we meditate, it is a conscientious effort to be connected with Spirit. We may experience stillness of the mind or be given some imagery or symbology that we can relate to in our lives at the present time. When meditating with intent, these times are time with Spirit. Given that our chakras are energy points or hubs within our being that resonate fundamental aspects of our lives, it makes sense that if we are communicating with Spirit, these channels should be open. Actually, not just open but cleaned out if you like. Its like the old “lube and grease” when you got your car serviced (now I'm showing my age!). It's one thing to replace your oil, but if the oil filter isn't changed at the same time, the oil will not run as efficiently or effectively through the cars engine. Likewise if you replaced some parts but didn't apply lubricant to certain areas, the car would be stiff and creaky, not a smooth ride as expected.

When we invite spirit into our being, we generally guide it through the chakras, focussing its energy on these areas of our lives and give ourselves an opportunity to rebalance. Think of Spirit as the oil and the chakras as the oil filters. As Spirit comes in and we let go of some of the old, redundant crud that is blocking the chakras, the energy's flow becomes easier and quicker, less inhibited. A skilled Meditation Facilitator has many tools in which to assist this process – some subtle using symbology such as candles, flowers etc, others not so subtle, especially if they feel

you need to be fully aware and cognisant of the transformation. It is a sensation that you can physically feel, even if you are unaware of what a chakra is or does. As the energy flows within, around and outside of you there is a certain lightness about you because generally at that time you are also very connected to Spirit.

At this point, you may be questioning why would I want to close the chakras if I am in this euphoric state? Fair question as some may not have reached this state. Well, whilst we consist of Spirit, it is housed in a physical being (our body) that requires energy as well. Unfortunately for most of us in Western Society, we have not reached that elevated state that our physical, spiritual and emotional are all aligned or could maintain that alignment for a great period of time. Quite simply, the physical and emotionally can't keep up with the energy levels. If the chakras are not "closed" after a session in which they are "opened", the physical body would get run down very quickly and the emotional subject to huge mood swings as it seeks to find some sort of equilibrium.

I have noted "open" and "closed" in inverted commas because it's important to clarify something here. Our chakras are always open or operating for want of a better term. In some they are at a beautiful harmonic state and those people are generally pretty easy to spot. In most they are operating but not on all cylinders as they may be clogged unbalanced in some way. When meditating and being present, we allow Spirit in, thereby "declogging" the chakras. The chakras in turn work more efficiently and with a higher energy. When closing the chakras, we are consciously slowing the speed within which they operate. We don't close them off to Spirit or shut them down cause in effect that would cancel this life's journey (and we certainly don't want that). It's just an acknowledgement that we are still connected but to live and work and play, the chakras don't need to be fully open to work effectively and efficiently.

I hope I have answered more questions than I have raised with this little segment!

BOOK REVIEW – THE ALCHEMIST

Up front, I am an unashamed fan of this little gem by Paul Coelho. It is a simple tale, told so beautifully and eloquently it is not difficult to lose track of time whilst reading it and complete it in one sitting. On the face of it, it's a tale of a shepherd boy, Santiago, who suspects there is more to life than just being a shepherd. Whilst content to tend his friends the sheep and seek out annually the companionship of local Bakers daughter, he has a burning desire to seek a little more and be taken from his comfort zone. After an encounter with a gypsy and a King (Melchizedek dressed as an old man) he is promised riches if he has the courage to follow his dreams. These encounters launch him on a journey of learning and discovery, self discovery for the most part concluding with a journey with "The Alchemist", a desert dweller who understands the Secret of Life, to the Pyramids and back home again a changed person.

This summary sounds a little like I've read a "Boys Own" adventure but its certainly not like that. Suitable for anyone on many levels, Paul Coelho has written the book through the eyes of the boy, with all the wisdom, yearning, tiredness and frustration of an adolescent journeying through life. He learns about symbology and Spirit communicating through his dreams and others messages. The wonderful thing is that despite doubting them at times, he follows through and ultimately rewarded with prizes very few of us would envisage possible. All this throw the eyes of essentially

an “older child”. He also learns that whilst the student he is also the teacher and vice versa. The beauty is that he is open to both and at times isn’t even aware of these dual roles.

The other thing I found fascinating from a personal point of view, was the clarity of some sections of the book and their messages. I have read it on three occasions each with several years intervals in between. This third time (this time) I made it probably $\frac{3}{4}$ of the way through the book with a feeling of understanding and connectedness before the clarity became a little befuddled. The time before that, about half way and the time before that, very little. I hope the next time I read it I comprehend all of its messages as I continue to grow and learn.

QUOTABLE QUOTES

“Oh yeah, life goes on, long after the thrill of living has gone” a line from “Jack and Diane by (back then) John Cougar Mellencamp. Cause sometimes during a period of grind and little fun, life can feel like this!

“But the sheep had taught him something more important: that there was a language in the world that everyone understood, a language the boy had used throughout the time that he was trying to improve things in the shop. It was the language of enthusiasm, of things accomplished with love and purpose, and as a part of a search for something believed in and desired.” from *The Alchemist*, by Paul Coelho.

“But he was able to understand one thing; making a decision was only the beginning of things. When someone is making a decision, he is really diving into a strong current that will carry him to places he never dreamed of when he first made that decision.” From *The Alchemist* again, around the time Santiago comes to a key realisation.

“Money is like manure; it should be spread around” often quoted motto of Brooke Astor, socialite and philanthropist who gave away more than \$200 million to New Yorks cultural institutions, who passed away just recently. Manure suddenly looks very appealing!

CONGRATULATIONS

To Doc E on his retirement effective June 30th. Geelong has lost a wonderful GP but gained a wonderful volunteer who tireless works passionately for his community and fellow beings here and abroad.

To Erica and her engagement to Matt. Whilst part of their journey will soon be taking them overseas for some time, we will no doubt see them very soon!

To Narelle and Michael on the birth of their daughter Roisin. Congratulations to you all. Welcome to the world little rose (Irish translation of Roisin’s name).

FAREWELLS

Adieu, Dr T, a wonderful warm hearted and generous soul who loved life and his family, who in turn loved him and continue to love him just as much. Thank you for

your skills, gifts, generosity and lessons. Our hearts go out to the T's, Linda and Lisa especially. You are in our thoughts.

THANK YOU'S

Thank you to all of those who continue to provide feedback on both the newsletter and the web.

Thanks to all the beautiful souls whom I shared the Meditation Teachers course with, both last year and this year. It was an amazing experience.

IN THE NEXT EDITION

No promises with these because who knows what will come to light in the next 3 months! There could be some discussion about the following topics:

- Me v's The Universe – Part 4 (Drama)!
- As for the rest, I have absolutely no idea at this stage!

Cheers,
Owen Warlond

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