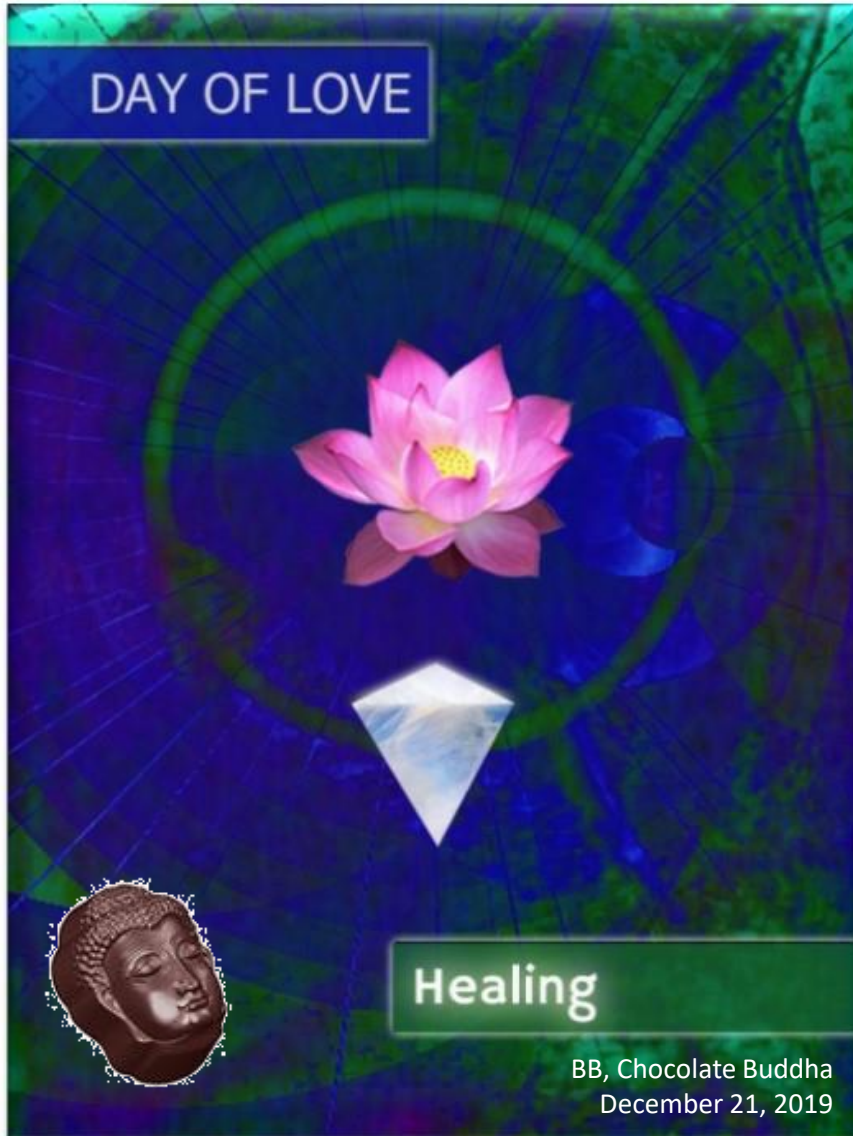


# PowerOnOne; Coming Home, Redemption, Ascension



A book about rebirth, becoming the New Human, turning to Heart with Power on One practice needed for Redemption, Ascension at this time

With deepest gratitude

Angel, Fierce Tygress Mother and Lover, French Nun, Red Indian  
Squaw, Dragon Fly, Medicine Buddha, Fellow Space Traveller,  
Twin ENFJ, Shambhala Warrior, Ethel, God  
and  
Darling Extraordinary Woman

For reaching down to save me when I was reaching up

# Inspiration & in Memory of

Andrew Norton who helped us Turn to Wonder

Robyn Cameron who was never Blinded by the Light

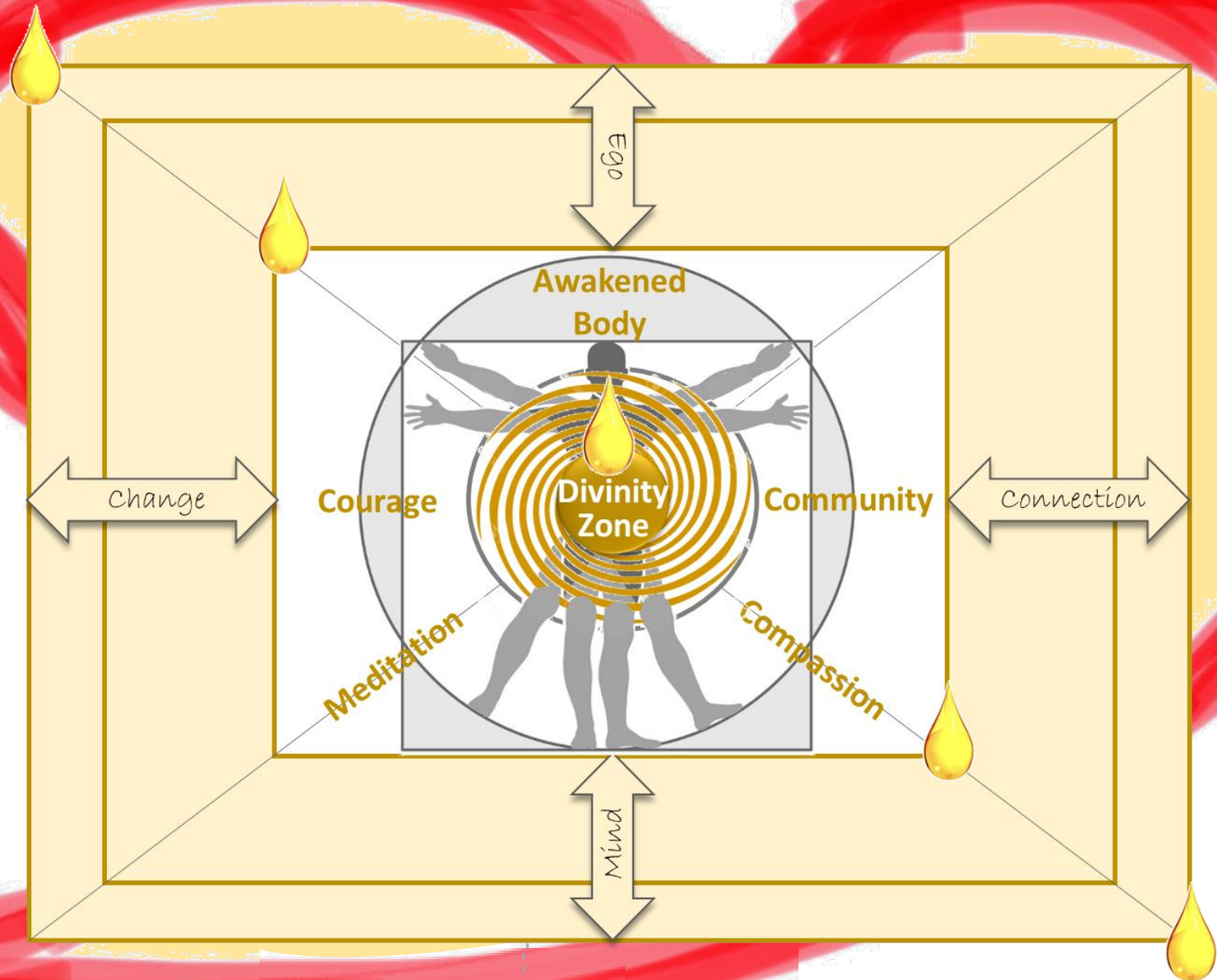
Grant Soosalou who connected us with our Multiple Brains

for which we are all enormously grateful.

# Healing Through Your Heart

## Contents

- A. Introduction
- B. 4 Tensions & 5 Antidotes
- C. References & Thanks
- D. Author's Note



This  
glorious  
journey  
awakens in  
the garden of  
my heart



You will see these icons throughout the book



This icon is for a suggested practice



Click on icon for a link to related content in the eBook

# A. Introduction



# Navigating the Seasons of Life, Choosing Life in a Given Moment

Everything is in slow motion. Is this real? It feels very real. Fear is rising. Lying down on a train station platform the giant steam train is slowly, slowly, oh so slowly falling on me, coming towards me, to crush me. Somehow movement doesn't seem possible, fear keeps me just lying there utterly frozen. I am going to die if I stay here.

NO, NO, you are not ready to die. A voice inside me calls, 'WAKE UP, leave this place'. It is my choice. There is a sense, from deep down, it is not my time yet. There is work still to do.

August 2010. I have been in the hospital for five days with a grumbling appendix. It has all gone wrong and on the afternoon of the fifth-day organs are becoming gangrenous. Things have become pretty serious.

The morning after the surgery, full of drugs, I awake from this vivid dream abruptly and, with a deep intake of breath, sit bolt upright in bed. I am Alive. What just happened?

Talking later to my friend who says hospitals give you health but not wellness there is a sense of significant life change ahead. Many questions need answers.



Liquid Light *suspended* in the vast sky, reminds us that our *experience* here in the womb of Mother Earth is connected with a higher power in Father Heaven

## Set 'Waking Up' as the Intention, Find Courage to Act

The famous chameleon David Bowie said 'Ageing is an extraordinary process where we become the person we always should have been.'

How can we find ourselves, **Wake Up**, learn who we truly are and, in a sense, find our way back Home, reconnecting with the Divine?

Perhaps the ultimate human trauma is when we arrive here on Earth, travel down the birth canal and emerge into the world in human form, all at once separated from the Divine.

Many indigenous peoples and wisdom traditions teach that we are a spiritual being on a human journey. Love and Truth are at the centre of this journey. Some of the hardest times for us are when we feel alone, unloved and powerless.

Coming to know holy ideas such as

- *Truth* - there is no separate self
- *Love* - our soul is always at Home with God

Truth is, we are never alone, unloved or powerless, the Divine is always in us, with us and around us. We are each on our own hero's journey to redemption and ascension.

Like Stories of Old - Archetype of the Magician



Liquid Light energy *flows* in all things, *accepting* life-giving love from the Universe, so that we may keep the love story alive



# Multiple Perspectives in the Vortex Flow Through The Heart

Shakespeare's play Hamlet offers a new perspective to Horatio. 'There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy'.

An invitation to us all; open up and consider the possibility of new perspectives in our lives...

1. Start by connecting with your heart. Imagine you are breathing through your heart, take a few breaths in and out and connect with the centre of you. Know that you are loved, you are love incarnate, surrounded by love, and you are completely safe.
2. Now imagine a vortex, something like this picture, surrounds you with your heart at its nexus.



3. As you feel into this, ask the question, 'What wants to emerge through me in this moment?'

**The Sedona Vortex**

**1000 Goddesses Gather Poem**

**ECETI Ranch – ETs, A Campfire Perspective**



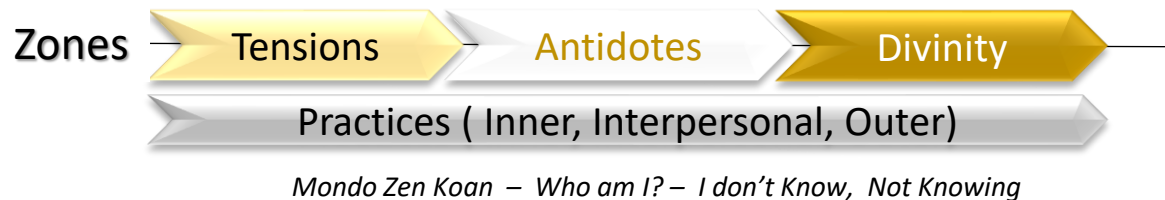
Liquid Light was *hidden* in the darkness carrying *healing* properties. In time magic happens, warmth falls from the heavens cleansing all our wounds



# Introducing the Redemption Ascension Framework, Easing Tensions

Redemption and Ascension are about easing the tensions, developing and strengthening, making conscious our inner *Knowing* that there is something bigger than us, something we are all connected to, something we cannot perceive through our five senses and yet is always present.

This framework is focused on building resilient *Knowing*. Paradoxically, in order to build a resilient Knowing we must learn to Unknow or Not Know who we think we are, let go of our 'false self' as Carl Jung put it and embrace our 'true self', in short **WAKE UP** to our Divine nature.



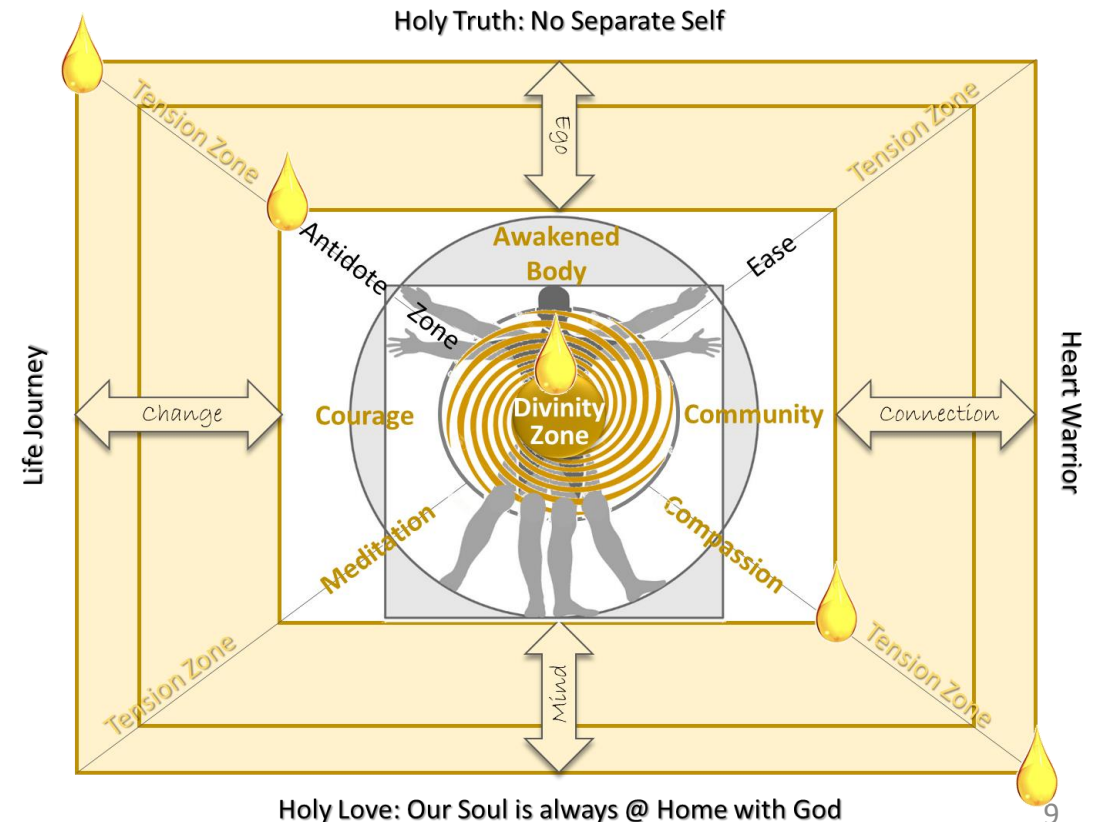
In order for this developmental process to proceed in a healthy manner, it is important to ease tensions that may arise. Four tensions are eased with five antidotes.

Working with these tensions and antidotes as a daily, weekly/monthly and lifetime practice allows resilience to build over time.

Gradually we Grow Up, Wake Up, Clean Up so that we can Show Up as our true selves.

Practice takes place in the three spaces of our Inner, Interpersonal and Outer worlds. New patterns of behaviour evolve & free us to live predominantly in the Divinity Zone.

## Redemption Ascension Framework; Easing Tensions

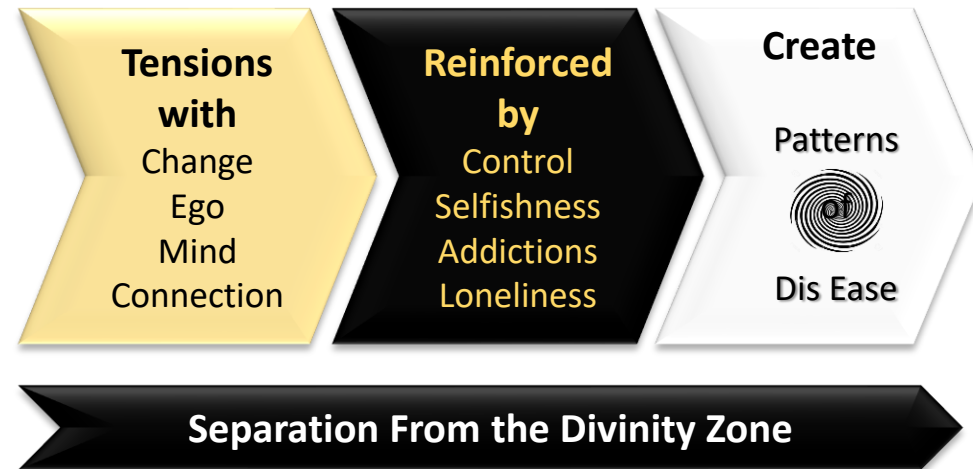


# Exploring Tensions That Reinforce Patterns Of DisEase

From the moment of birth, we begin to feel the tension of separation from the Divine. This is perhaps the one trauma that all Humans share as part of their journey in human form here on Earth.

Journeying back Home, to feeling part of the One involves us making healthy choices regarding the tensions that arise as part of this separation from the Divine.

Common choices we make reinforce patterns; as we repeat them time and time again they embed as habits.

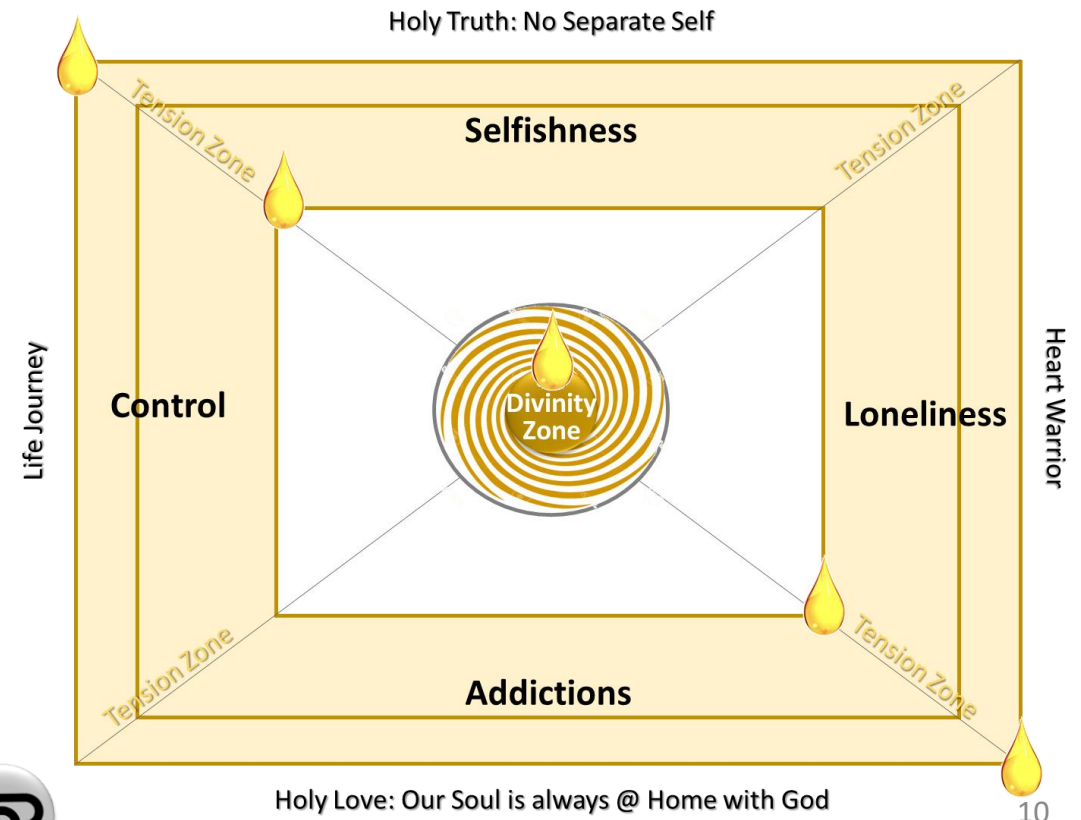


How then to break these patterns/habits, heal ourselves, heal those around us and become healthier? Be present in your thoughts and feelings as you contemplate this opportunity; what would Love do to move from Dis Ease to Ease?

U2 In the Name of Love



We live at an exciting time in human history. Wisdom abounds and some of the most beautiful beings have brought a wealth of resources into the light in order that we may choose to 'Consciously Evolve', claiming our birth right of BEING ONE with All. We invite you to WAKE UP.



# Choosing Antidotes to Release Dis Ease & Create Ease

Billions and billions of stars, so many ways of seeing them. How does one make choices when faced with, what looks like, an infinite set of pathways in life?

Love is that quintessential quality guiding us on the journey of our life.

If you are reading this book then you have already made a choice to be a curious person. Hold onto that Spirit of Inquiry for that's just as you were as a child. That's how you learned to walk, talk, jump, dance, sing and play.

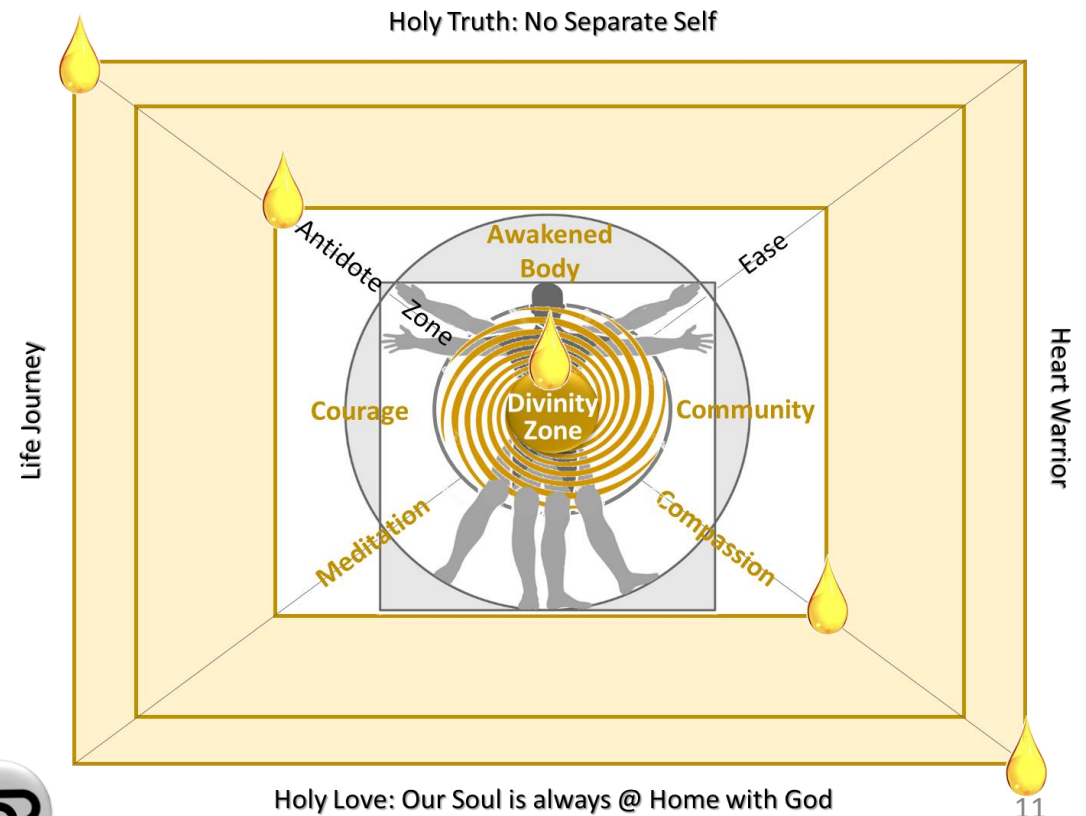


## Healing Pathways to the Divinity Zone

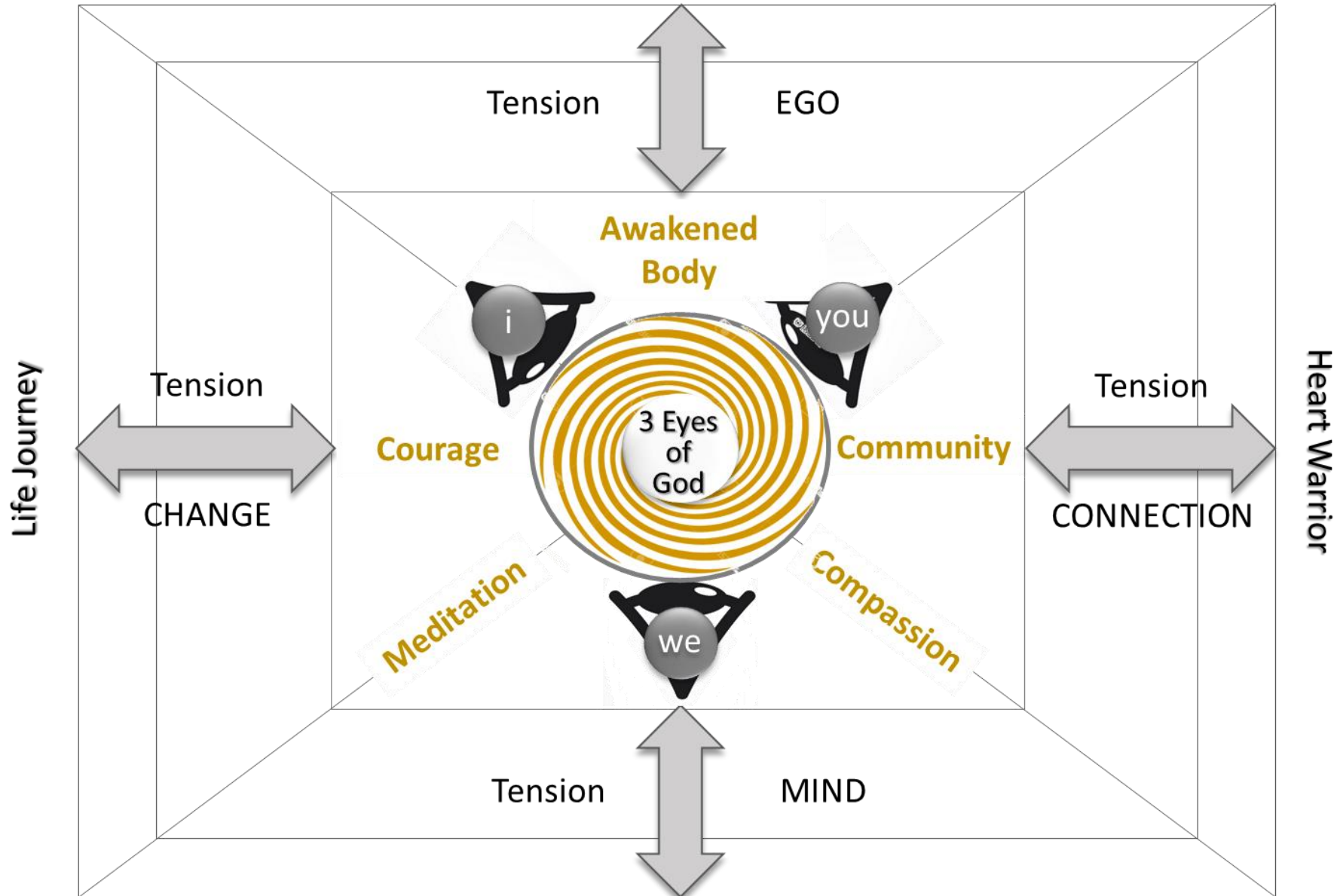
Healing childhood trauma that separates us from our true selves and the Divine allows us to operate more in the Divinity Zone.

Just like the Antidote to the bite of a poisonous spider is carefully created to save your life, so have the Antidotes here been gifted to us, through the Divine, to heal our trauma, bring us Home, into being ONE again.

We invite you on the path of Redemption and Ascension, the path of healing, the path of choosing patterns of Ease. As always, in the end, it is up to you to take the Antidotes.



Holy Truth: No Separate Self



Holy Love: Our Soul is always @ Home with God

PowerOnOne Video



This video will give you a sense of the tensions that are being felt in the world and where/how antidotes assist to shift consciousness contributing to the evolution of the New Human.

It is called PowerOnOne because the Republic of New Humans need to 'know', in a fully embodied way, that they are on the journey of the **OneHeart**.



This is the space of Power *through* our Hearts, Not Power *over* as a result of being solely in our Heads.



# Perspectives ON Power

Our 'third eye', an energy chakra located on our forehead is, according to the Egyptians, intimately linked to the pineal gland deep in our brain. In ancient Egypt the high priests initiated leaders, through sacred ceremonies, into the wisdom of how to connect with the Divine, an ability all humans share.

This process was undertaken with great care in order that the powers gained by the initiate developed in conjunction with a commitment to use this power well, wisely, and with loving responsibility.

Three Transformational Perspectives form the core of this responsibility. We invite you to consider them as an integral part of your journey and Heart Centred practices.

- ✓ **I to I Amness**...Path of Ego deconstruction & reconstruction to ego, understanding Shadow
- ✓ **You to You Healer**...Path of Presence, Attunement, Subtle Capacity, Coherence, Higher Intelligence, Positive States
- ✓ **We to We Space**...Path of Holding Others Safely, Transcending and Including, healthy growth Stages

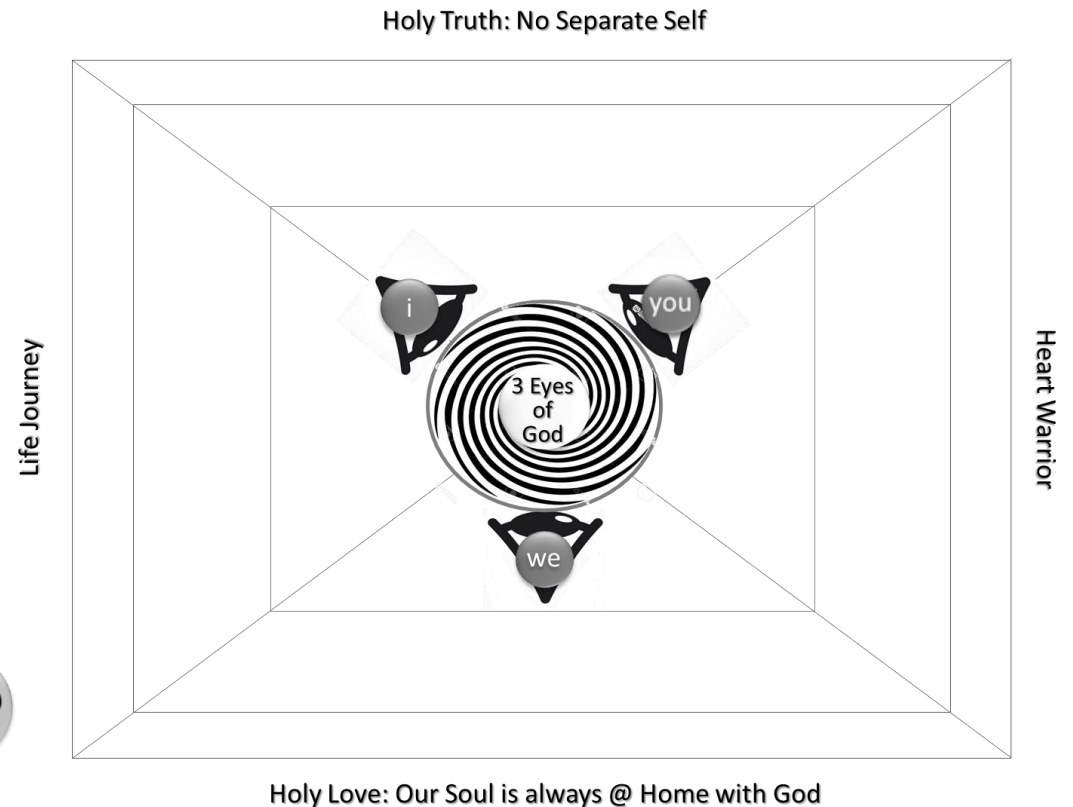
Maps of Adult Human Development, such as the AQAL developed by Ken Wilber, the Founder of **Integral Theory**, show us the evolutionary path of Human Development, towards being able to hold a greater number of perspectives.

'Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us'

*Marianne Williamson*

'The Three Eyes of God Are Always Watching Us'

*Chocolate Buddha*



# The Universal Language of **Knowing** Sacred Space

Listen to the last line in the song **Bohemian Rhapsody** by **Queen**. 'Nothing Really Matters, Nothing Really Matters, Anyone can see, Nothing Really Matters to Me'. Freddie Mercury's parents were **Zoroastrians** who believed in 'Good Thoughts, Good Words, Good Deeds, being the work of the Divine here on Earth'. Like any child, we want to **please our parents**. Could it be that this line is an important message to his parents? Perhaps we should interpret the line as 'No Thing (**the Divine**) **really matters** to me', and, paradoxically, the ultimate step in dissolving our Ego is to touch **Emptiness/Fullness** where we can see the joke of life is that we know nothing. We are simply stardust floating in the Universe. It is this Divine connection that enables Freddie to transcend into a special space, be his authentic self, swim against the tide of mainstream thinking and make the **magic music** we still rejoice in and love today, many years after his death in 1991.

Divinity	Tensions With	Antidotes
Knowing <ul style="list-style-type: none"><li>➤ Core/ONE</li><li>➤ Source</li><li>➤ Abyss</li><li>➤ Sunyata – Emptiness/Fullness</li><li>➤ No Thing, Nothing</li><li>➤ Voidness</li><li>➤ God</li><li>➤ Oneness</li><li>➤ The Edge</li><li>➤ The Force</li><li>➤ The Bright</li><li>➤ Spirit</li></ul>	<ul style="list-style-type: none"><li>➤ Ego</li><li>➤ Change</li><li>➤ Connection</li><li>➤ Mind</li></ul>	<ul style="list-style-type: none"><li>➤ Awakened Body</li><li>➤ Courage</li><li>➤ Meditation</li><li>➤ Compassion</li><li>➤ Community</li></ul>

start



# Example Program; 'Cleaning Up' Redemption Ascension

## Daily

### Inner

- Journal thoughts and feelings particularly noticing what triggers an emotional response in you, i.e. events and/ or words that generate **Sad, Mad, Glad, Scared** feelings.
- Perhaps write a sentence stem like 'I notice that I feel not seen or heard when...' and then allow the answer to flow, e.g. '...they are too busy.'

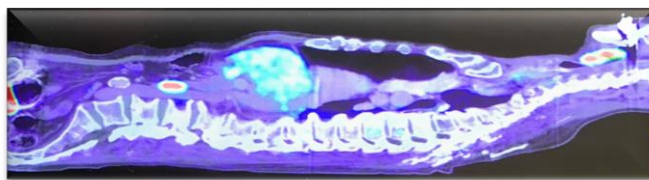


## Weekly/Monthly

### Interpersonal

- Chat with people who know you most intimately about your triggers and what they notice about your response to events and/or words
- Review your journal once a month looking for trigger patterns, e.g. 'when I'm not seen or heard I feel angry'
- Practice **HALT**; take care to notice when you are Hungry, Angry, Lonely, Tired. Stop immediately and address the feeling
  - Hungry – Get appropriate food
  - Angry – Go for a walk outside
  - Lonely – Call a friend for a chat
  - Tired – Take some rest/sleep

Carl Jung said, '**Shadow work** is the **path of the Heart Warrior**. There is no coming to consciousness without pain. ... One does not become enlightened by imagining figures of light, but by making the darkness conscious.'



## Lifetime

### Outer > New Patterns

- Take your journal, the sentences and the patterns related to your triggers (feelings and emotional responses to events and/or words to therapy (Psychotherapy)
- Work with a therapist to
  - Find your inner child that got hurt
  - With the safe guidance of the therapist return to your inner child at the age you were hurt. Talk to your inner child and ask what it was that hurt/traumatised them. Take the child in your arms, hold them, let them cry, and tell them they are safe now. You are never going to let them get hurt again. You will protect them. Say over and over 'I love me, I am safe'
  - NB: for deeper Trauma, journalist Michael Pollan's book, 'How to Change Your Mind', explores the uses of LSD and psilocybin (the key ingredient in magic mushrooms) as part of a highly controlled and supported therapeutic process offering awakening to 'oneness', i.e. feelings that we are all connected /All One and the peacefulness that comes with this. Experienced therapists such as Gabor Mate say that this type of work can generate recovery equivalent of fifteen years of cognitive or 'talk' based therapy.
- As you emerge into being a 'New Human' continue to notice what your evolution is calling you to do in the world.
- Journal your thoughts and feelings to those two great questions of life, 'Who am I?' and 'What is my purpose?', NOW that I am WAKING UP



'Nobody Knows Me'



'I know You'

# Welcome to the Awakening

## We Came to Bring Home Here. No Need to Feel Homesick

Because we are here, we need to learn to play at full capacity. Drink in this Care Package that your *parents* have sent you. There is no longer any need to feel homesick. In the beginning, there is and was the eternal light, the one, the 'I am ness'. It has and is always knowing. 'From this eternal *I am* came an infinite set of forms that are learning to dance and the purpose of this dance is to know oneself/itself.' **Pleiadean Prophecy**



Energetic Transitions	3 <sup>rd</sup> Dimension	4 <sup>th</sup> Dimension	5 <sup>th</sup> Dimension	My New Human
Antidotes	Leaving Behind	Evolving Through	Evolving To	Cosmic Nature
Awakened Body				
Courage				
Meditation				
Compassion				
Community				

In a fun practice, watch the Pleiadean Prophecy, then complete this chart by filling it in with your own personal set of Antidotes

Think of this practice as a type of joyous dance with the Cosmos





# B. Healing Antidotes

Working with Four Tensions and Five Healing Antidotes



# Inner, Interpersonal and Outer Work to Ease Tensions & Create New Patterns

At the Heart of this eBook is a set of practices carefully developed and shared by the best practitioners in the world. They incorporate traditional wisdom, modern psychology, and divine blessings. The table below shares how we have arranged them in order to Ease the Tensions arising in Today's World by practising our Inner, Interpersonal and Outer work to help New Patterns emerge in our lives.

Work	Tension Eased to...	
Inner	Peacefulness, Calm, Smiles	
Inter-personal	Trust in Relationships, Compassion, Mindfulness	
Outer	Abundance, Courage, Authenticity, Laughter	
New Pattern	Heart Centred, Safety, Love, Connection	



Letting a drop of divine light enter our heart the world begins to turn at a different pace. Suddenly we are able to climb the golden staircase, break old patterns, reach new heights, new levels, and do the magic of being a New Human



# Three Calls To Practice






More of an idea. Read quickly and decide, Yes or No, I'm in, I'll give it a go. A small picture is provided for inspiration.

Written on a page or two. You need to download the PDF. These require more reading and contemplation time. Ask yourself, does this feel right for me at this time?

You will need to study the picture. Have a notebook close by and read the words thinking/feeling deeply into your own experiences and what wants to emerge.

A Daily Mantra for Inner Work  
**I Love Everything**



Antidotes	Inner Work
Awakened Body	Massage your feet OR Soak your feet in warm water 
Courage	Ask your burning question about love just before going to sleep 
Meditations	Breath through your heart OR Breath through your toes during meditation 
Compassion	Say thank you & feel kindness for all the work your eyes do each day 
Community	Send love to your six trillion body cells, & the 99% of you that is water 

There but for the Grace of God go I  
**Connect with the Divine**

 Antidote	Practice Link
Awakened Body Somatic Body Work	
Courage Shadow into Light	
Meditation The Equality Effect	
Compassion 6 ?'s About Addiction	
Community Climate & Society	

Most Humans Are Run By Addiction...What's Yours ?

Deep 'Childhood' Healing

Saint

Addict

Deep 'Childhood' Trauma

Increasing Vulnerability

Opening Heart

Choices

Shutdown Heart

Increasing Suffering

'Human Nature is ultimately kind and compassionate. When we are looking at others, we are looking at our self. Love can transform Hate' Gabor Mate

'Love is a state of being. Your love is not outside; it is deep within you. You can never lose it, and it cannot leave you. It is not dependent on some other body, some external form' Eckhart Tolle

'Addiction is an attempt to regulate your internal state, temporary relief from the pain' Gabor Mate

'Addictions begin in pain and end in pain. Change only happens when the pain of staying the same exceeds the pain of change' Eckhart Tolle

'Love as a marrow deep sense of peace'

Being at One With Spirit, Meditation

Activism, Authenticity, Community

In Service of Others, Compassion

Laughter, Courage

Smiles, Body

Consumerism

Pornography/Sex, Coffee

Alcohol, Gambling, Gaming

Soft Drugs; Pain Killers, Marijuana

Hard Drugs; Meth, Cocaine, Acid

'Love as a constructed self, erratic form, noise'

Where is your inner child?

Where is your adult self?

Russell Brand & Gabor Mate | Damaged Leaders Rule The World

Inner	Inter-personal	Outer	Practice
Courageous	Kind & Compassionate	In Service of Other	What words would you add to the chart?
Humble & Vulnerable	Authentic & Present	Happy & Laughing	
Connected to Spirit	Mindful	Equanimous	

World Religions Ranking - Population Growth by Religion (1800-2100)

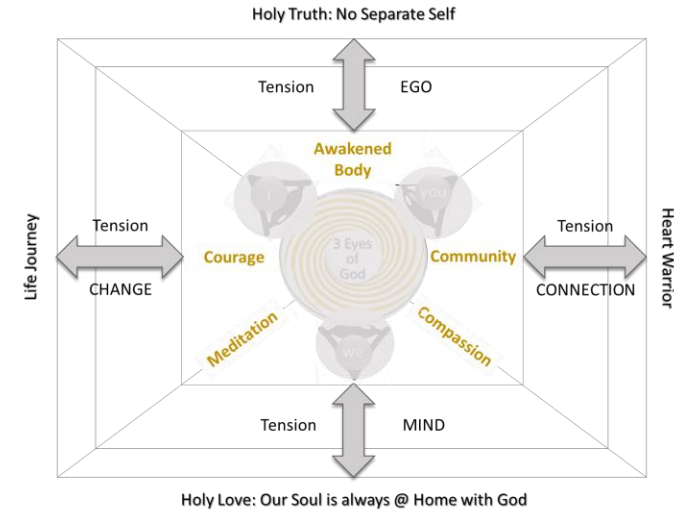
2100

World Religions Ranking - Population Growth by Religion (1800-2100)

Confucius Krishna Jesus Eschm Allah Buddha

Thirteen Churches - Culture View

35



# 1. INNER Antidotes

Addressing Tensions *Through, With, In* Inner Work

*Through the Body, with Courage, in Community and in Meditation with Compassion*








# Love

A Daily Mantra for Inner Work

**I Love Everything**



Antidotes	Inner Work	
Awakened Body	Massage your feet OR Soak your feet in warm water	
Courage	Ask your burning question about love just before going to sleep	
Meditations	Breath through your heart OR Breath through your toes during meditation	
Compassion	Say thank you & feel kindness for all the work your eyes do each day	
Community	Send love to your six trillion body cells, & the 99% of you that is water	

*There but for the Grace of God go I*

**Connect with the  
Divine**








Sharing the space with us all, to play together as children, to touch each others' tender heart and feel love.

# Harmony

A Daily Mantra for Inner Work

I **Fear** Nothing



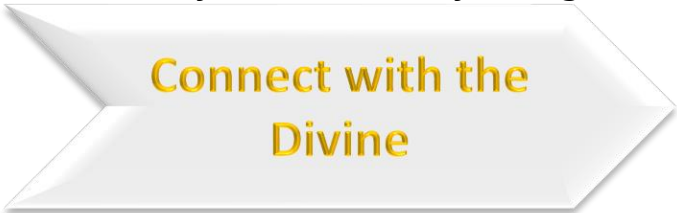
Antidotes	Inner Work	
Awakened Body	Pull your legs up while lying down, contract/relax massaging your belly	
Courage	Ask your burning question about fear just before going to sleep	
Meditations	Come to the edge of a black hole in meditation, one deep breath, jump in	
Compassion	Stand in nature on your own and as loud as you can, Roar like a fierce Tyger	
Community	Release any fears that flow in your body, pass them down into the Earth	



The Universal Equation of Love

Energy is Love, Love is Energy  
Energy is not other than Love  
Love is not other than Energy

*There but for the Grace of God go I*








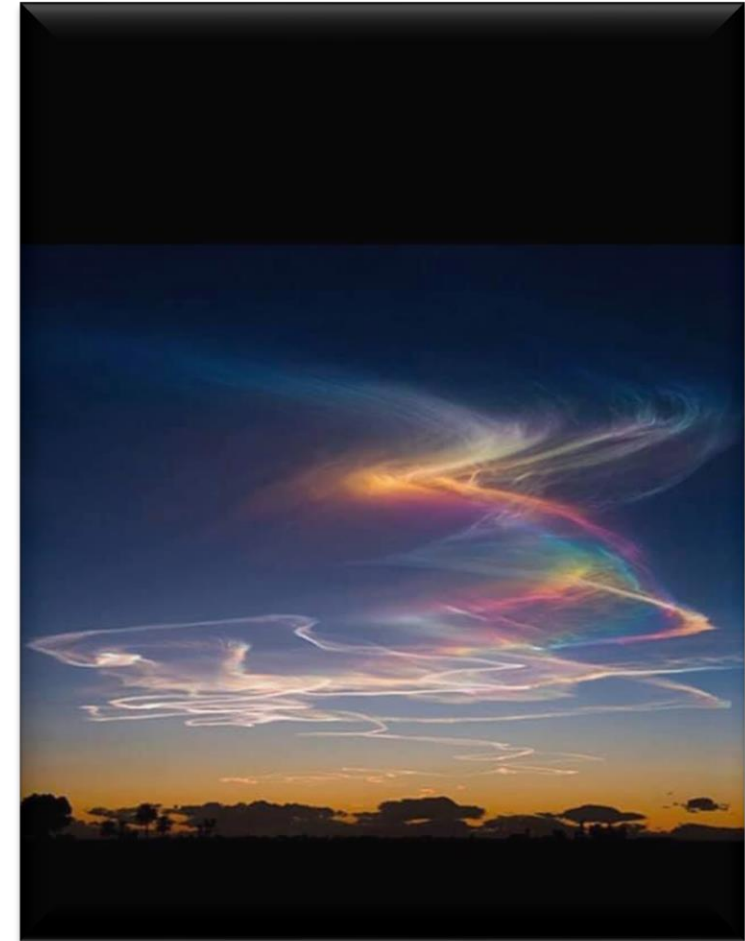
# Peace

A Daily Mantra for Inner Work

I Feel **Peaceful** About It All



Antidotes	Inner Work	
Awakened Body	Massage your temples gently OR Wash your face in warm water with a cloth	
Courage	Ask your burning question about peace just before going to sleep	
Meditations	Breath through your gut OR Breath through your hands during meditation	
Compassion	Cross your arms over your chest, wrap your hands on your torso & hug you	
Community	Send peace to all your inner beings, the child, dancer, singer, lover, God and ...	



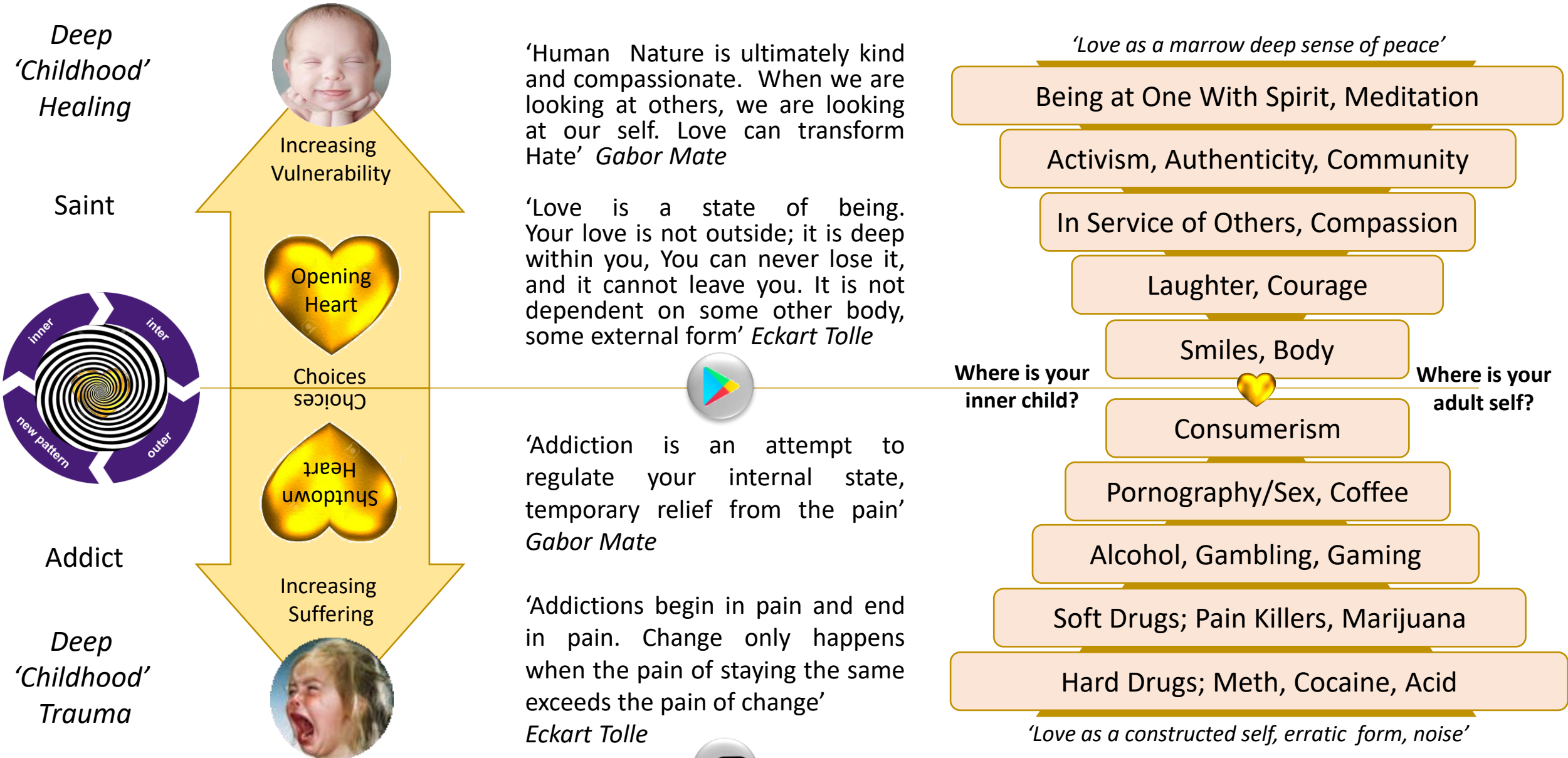
White light is made up of rainbow colours...a truly beautiful sight to behold, produced by the natural world, it is surely an expression of Love

*There but for the Grace of God go I*

**Connect with the  
Divine**



# Most Humans Are Run By Addiction...What's Yours ?





# Selected Inner, ‘Sacred’ Practices

## Developing Intimacy With Trauma










Disclaimer; For reasons of **Safety** deep work in this area must be undertaken with a Registered Psychologist, Psychotherapist or Doctor.

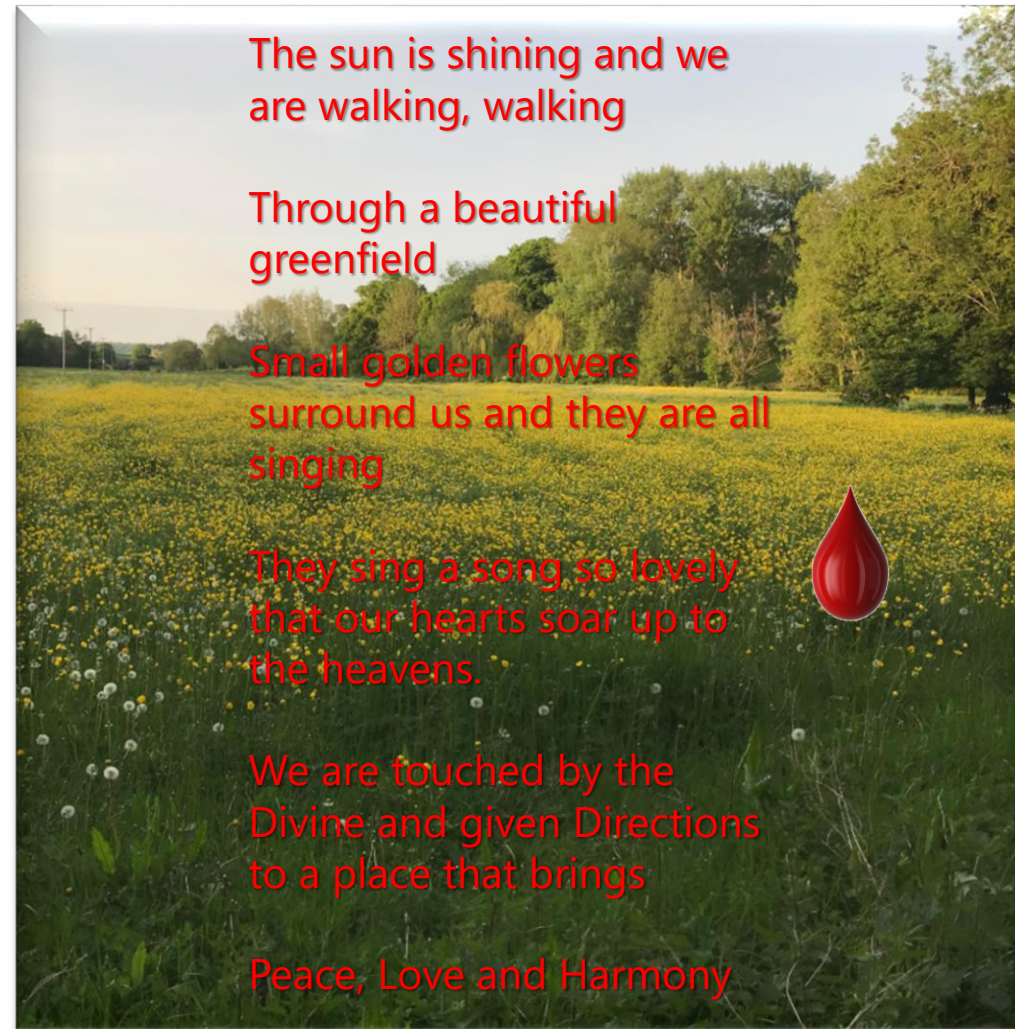
The practice presented here is introductory and invites watching an ‘expert’ talk on the subject, reflecting on the content, and perhaps journalling your thoughts and feelings.



‘Shadow Work is the path of the heart worker’ *Carl Jung*

 Antidote 	Practice Link
Awakened Body Core Form Exercise & Dedication	
Courage Soul Statement & Ritual	
Meditation Core Form, 3 Guided Meditations	
Compassion Lessons from Following the Ox	
Community Daily News	

# Inspirational Poems Pictures Prayers Stories



# Black Hole WoMan



Mary Linda Landauer

## The Fragmented Self Enters into the Black Hole

We drift off into fragments of our greater awareness. This creates a small truth or understanding of the whole. Who does this? This is often referred too as a small ego separated self from the whole soul self.

Is it any wonder in this separation from life and others We become like islands out in the Great Ocean. Can we become more whole or is this the human journey we all are born into? I don't think so. Here is why.

When walking in nature or sitting by the greater expanse of the ocean or towering mountains my inner awareness also becomes greater. Resting in my open heart opens a window out of the back of my heart into the infinite universe where my soul floats into this infinite vast space taking my own inner vast awareness with it.

Are We wired into this Cosmic Intelligence? When our hearts can vibrate Love's higher frequency can we become activated by our Cosmic Intelligence of infinite light to all becoming as co-creators of this Light and love field?

My soul is not wired into my human brain nor fragmented. Perhaps the mind of soul we can also say not separate but is transparent able to move through time and space. A near death or out of body experience had by so many help us to see this. These experiences are now occurring more frequently. We need to pay attention underneath all the so called chaos something powerful and profound is trying to emerge. A higher transformation of Who We Are...perhaps?

Entering back into my body/mind that fills me up again with its emotions/feelings something has shifted. What is it that now can never go back to fragmented awareness?

My soul now has emerged and is unable to live among the fragments of life. It sees through a larger lens, feels through an expanded heart, touches through networks beyond the skin and tastes each banquet in all its ingredients. It Intuits the whole picture to know all the beauty, joys and sorrows while never getting lost in any one fragment. My Soul is Me.

We live within the wholeness of consciousness...aware and awake. The Soul, a higher species of humanity, is emerging. We're entering into the unknown black hole of the Universe.

This Black hole is the dark chaos pulling us with its powerful gravitational field into what now feels unknown. Yet, for those who've travelled beyond the human gravitational field into the vast universe where they've entered into this greater field of awareness and consciousness they enter into a more powerful Light beyond the dark hole only to be transformed emerging a higher self Soul. A higher species of humanity. They enter into the Cosmic Field of Intelligence informing all.

Our Soul brings a new story. We are asked to go beneath our narratives and listen for a newer, more expansive story? The script of patriarchal dominance isn't working anymore for men, women, children or nature. Perhaps our new story is an ecological one where all is embodied; nature, human nature and our soul nature. A triad of collaboration informed by Cosmic Loving Mystery.

We have three voices speaking today. One is a learned thinking voice saying what's acceptable to the social norms, one is our true soul voice that knows deeply the real truth behind norms. The third is the voice of nature's actions showing us all this truth we're too frightened to speak. What becomes so important is when we finally find our courage to speak this real truth to each other, our families and our social groups We promise to tell this truth from a kind and loving soul heart! Our Soul story is Love.



Ben Wolfe

*(to a teacher)*

he was a black hole man,  
an invisible centre  
he was being not-there  
holding things together

said 'you know it takes nothing  
to make things spin'  
and i saw nothing  
when i looked at him

now i'm a black hole man  
'cause i couldn't absorb it  
'til i fell in the centre  
of my own orbit

and there's nothing the matter  
no, nothing at all  
and i'm circling round it  
and i feel the call

and we are black hole men  
in a world of matter  
and we move together  
though we seem to be scattered

and it's up, down, strange, top  
falling in will never stop

but if you can read rumi  
while you think john bell  
better look in a mirror  
while you still can

before gravity fails  
and you're a black hole man

Artworks: Andy Goldsworthy  
(1987, 2013)



# Story; A Miracle and Me - Hari Ramachandran

It's summertime in India. Engineering school is over for the year and I am on a train home to Delhi. The train stops for a few minutes in the middle of nowhere. A boy jumps off for fun.

The train begins to move again and running to jump on again he drops his Coke bottle, it shatters, he slips and falls straight on top of the broken glass. Without thinking I jump from the train, knowing this boy will bleed to death in the middle of nowhere without help.

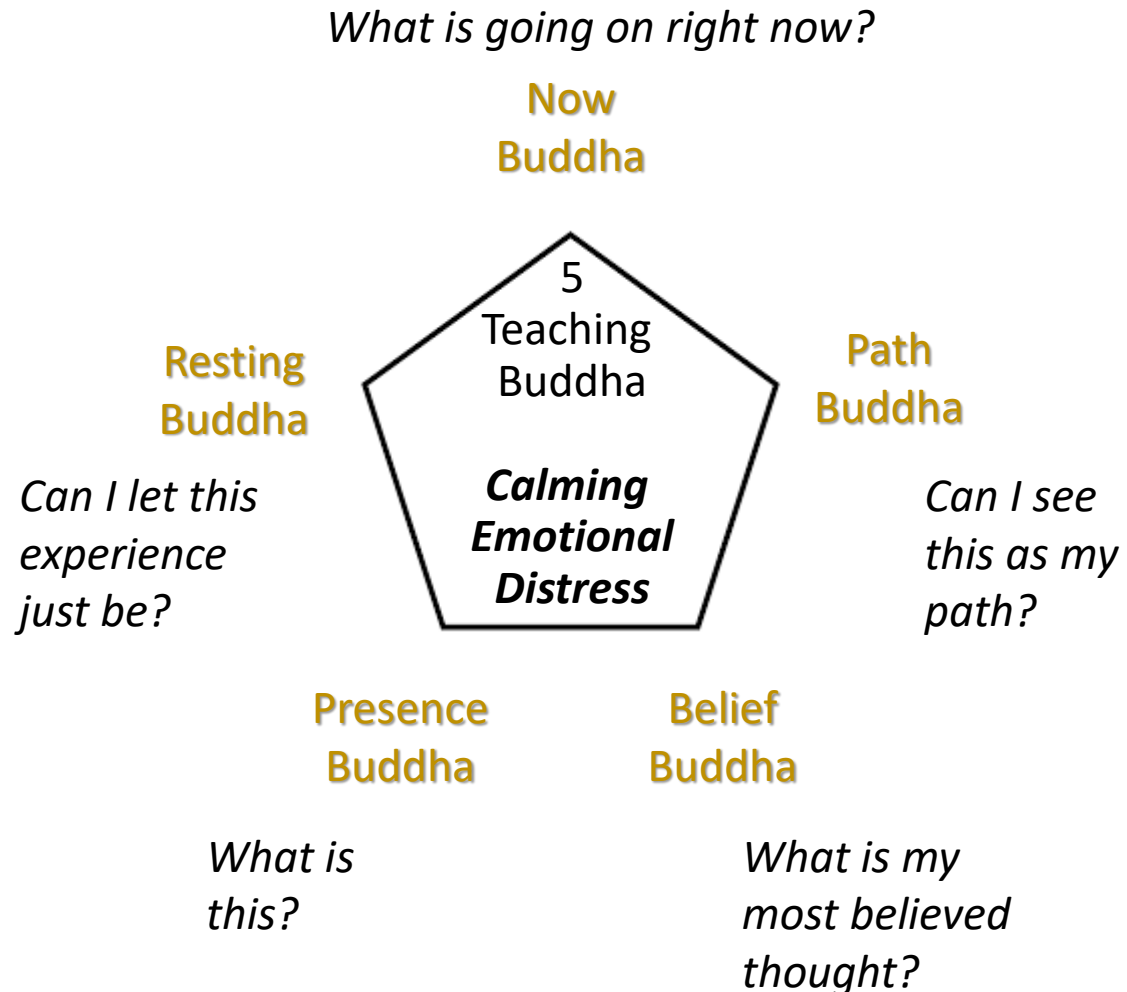
Hours later I am walking in the jungle, the boy in my arms, his chest bleeding and full of glass. After five hours of walking, not knowing where we are and the boy in pain we come across a small hut. I knock on the door.

The miracle happens; A distinguished-looking gentleman opens the door. He is the Surgeon General from Bombay Hospital in this region visiting his mother. Placing the boy on the table he works through the night to remove all the glass and stitch the boy up, saving his life. Next day, we three all walk back through the jungle to the point where the train stops and jump back on. I scarcely believe what has just happened.



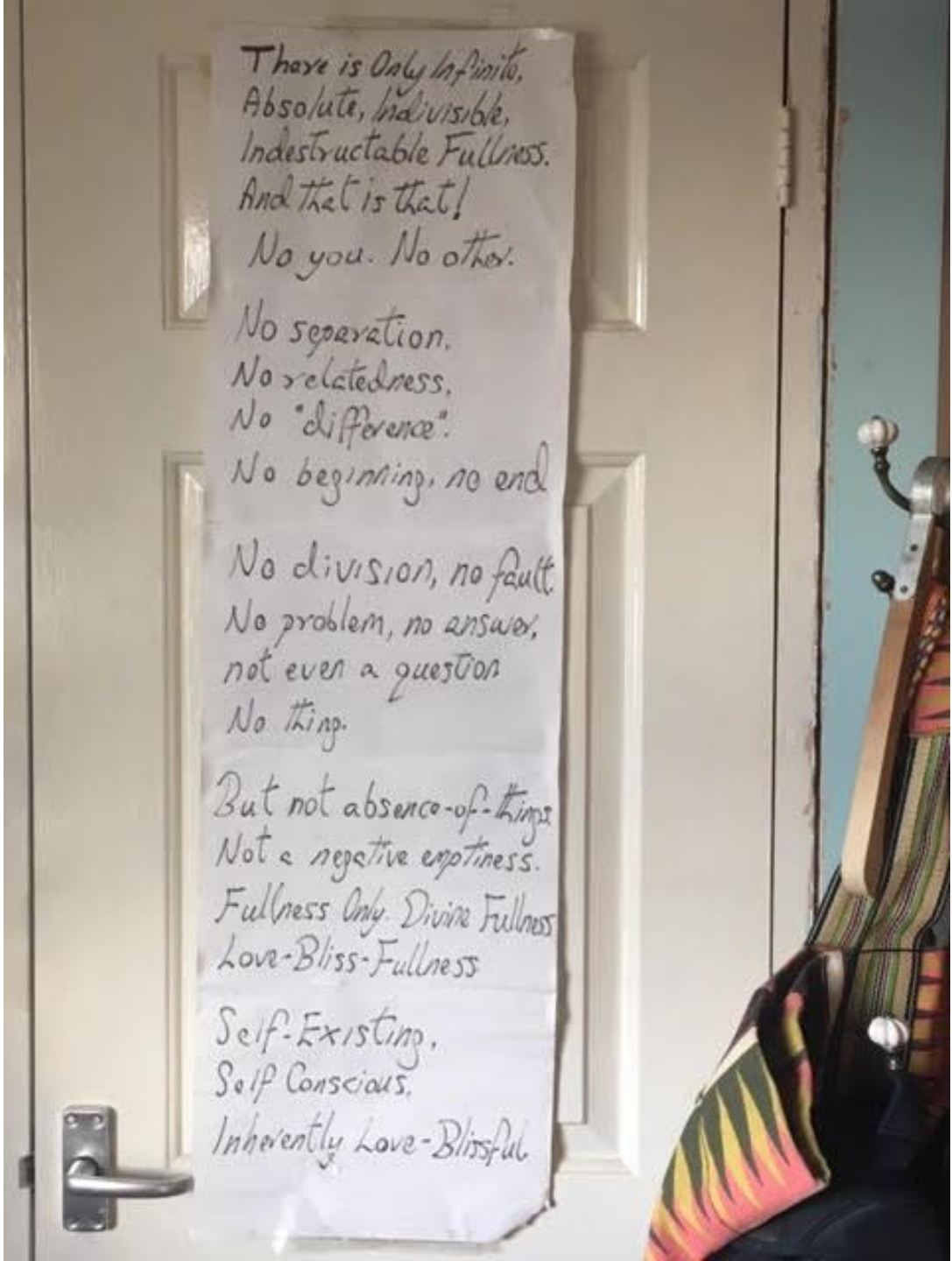


# 5 Questions That Help Us Wake Up



Five Questions the Help US Wake Up





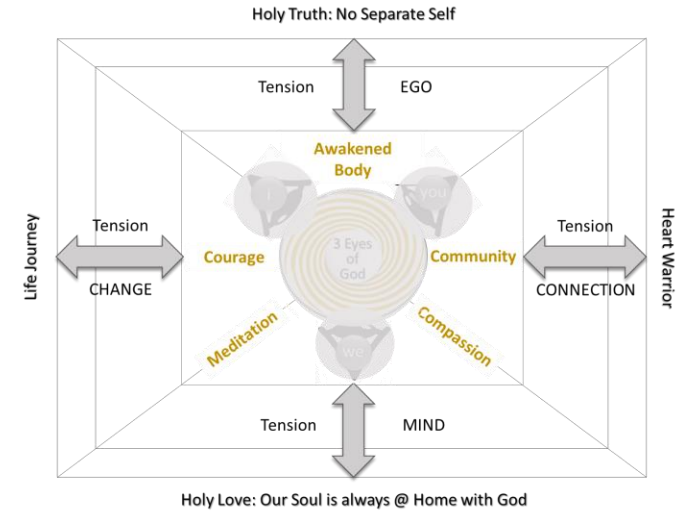
There is Only Infinite.  
Absolute, Indivisible,  
Indestructable Fullness.  
And that is that!  
No you. No other.  
  
No separation.  
No relatedness.  
No "difference".  
No beginning, no end  
  
No division, no fault.  
No problem, no answer,  
not even a question  
No thing.  
  
But not absence-of-things  
Not a negative emptiness.  
Fullness Only. Divine Fullness  
Love-Bliss-Fullness  
  
Self-Existing.  
Self Conscious.  
Inherently Love-Blissful.

Photo courtesy of Eva Millauer

Adi Da, 'Reality Itself  
Is Enormously and  
Boundlessly "Bright"  
— Self-Radiant, for  
no reason  
whatsoever.'



Film; Conscious Light



## 2. INTERPERSONAL Antidotes

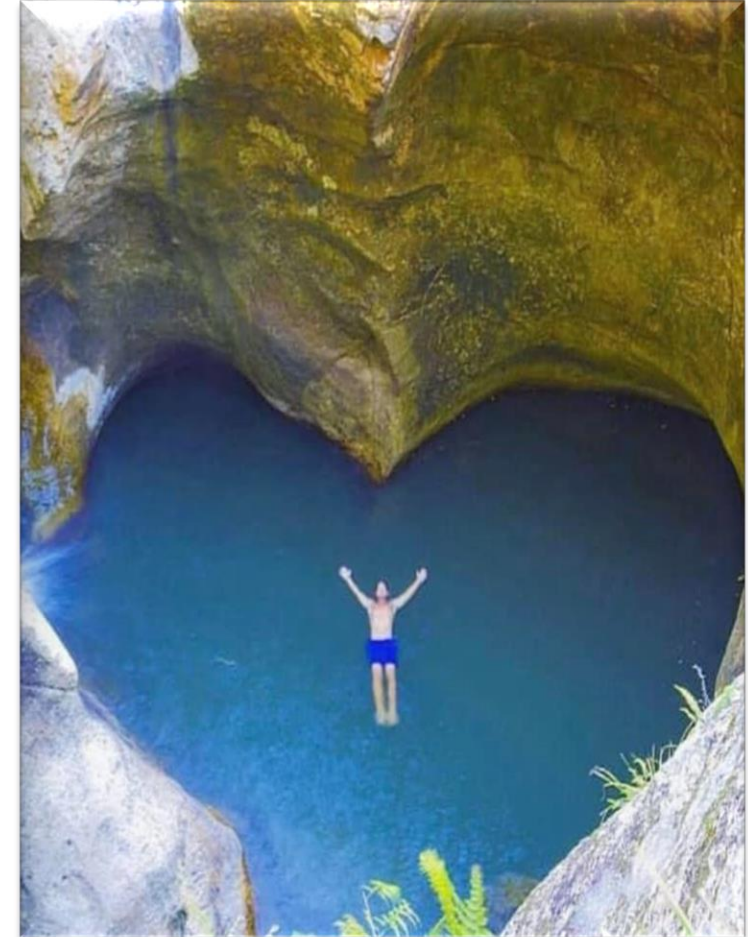
Addressing Tensions *Through, With, In* Interpersonal Work






*Through the Body, with Courage, in Community and in Meditation with Compassion*

# Love

A Weekly/Monthly Mantra for Interpersonal Work

**Love** Everything



Antidotes	Inner Work	
Awakened Body	Massage somebody else's feet OR Soak their feet in warm water & massage	
Courage	Convene a Courageous Conversation with a person or group; 'What is Love?'	
Meditations	Guide a group to breath through their heart OR toes in meditation	
Compassion	Smile at a stranger & feel kindness towards them	
Community	In a group you belong to read a love poem and ask for reflections on it	

*'The next Buddha may very well be a Sangha'*

Thich Nhat Hanh

**Connect with the  
Divine**

Place your hand on your heart and say 'my heart is the centre of me'... whilst thinking thoughts of love








# Harmony

A Weekly/Monthly Mantra for Interpersonal Work

**Fear** Nothing



Antidotes	Inner Work	
Awakened Body	Gently massage somebody else's belly area in circular motions	
Courage	Convene a Courageous Conversation with a person or group; 'What is fear?'	
Meditations	Guide somebody else to jump from the edge of a 'black hole' in meditation	
Compassion	Ask a stranger if it is OK to hug them, give them a hug and say 'you are loved'	
Community	Write a poem or piece and read it to a group you belong to. Ask for feedback	

*'The next Buddha may very well be a Sangha'*

Thich Nhat Hanh

**Connect with the  
Divine**

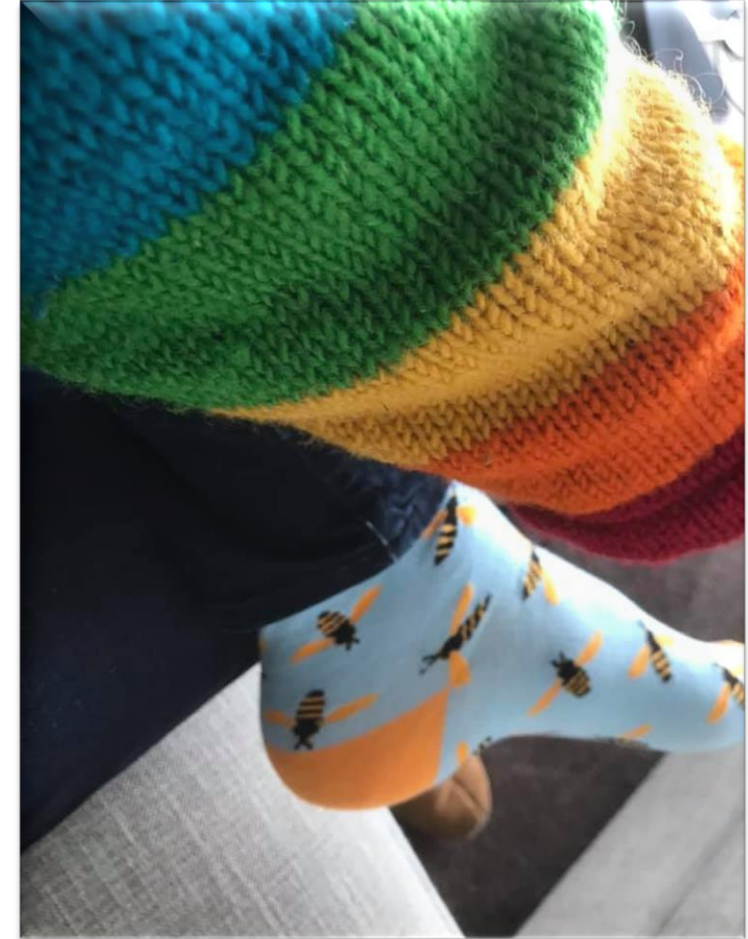
How about....we all stand together as Humans, linked in the energy of Hope, Courage and ultimately Love that our great grandchildren will experience unprecedented Peace, Love and Harmony because we are all heroes doing what we can for ourselves, the world and the

Cosmos 🙏🧘






# Peace

A Weekly/Monthly Mantra for Interpersonal Work

Feel **Peaceful** About it All



Buzzy Bees and Rainbows..., you've gotta love that

Antidotes	Inner Work
Awakened Body	Massage someone else's temples OR their neck, head and earlobes gently 
Courage	Convene a Courageous Conversation with a person or group; 'What is Peace?' 
Meditations	Guide a group to breath through their gut OR hands in meditation 
Compassion	Collect dried bread; share with others at the park to feed the birds 
Community	Record the poem or piece you wrote and post it on a social network 

*'The next Buddha may very well be a Sangha'*

Thich Nhat Hanh

**Connect with the  
Divine**

# Imagine You Are In A Conference Call With The Deities...

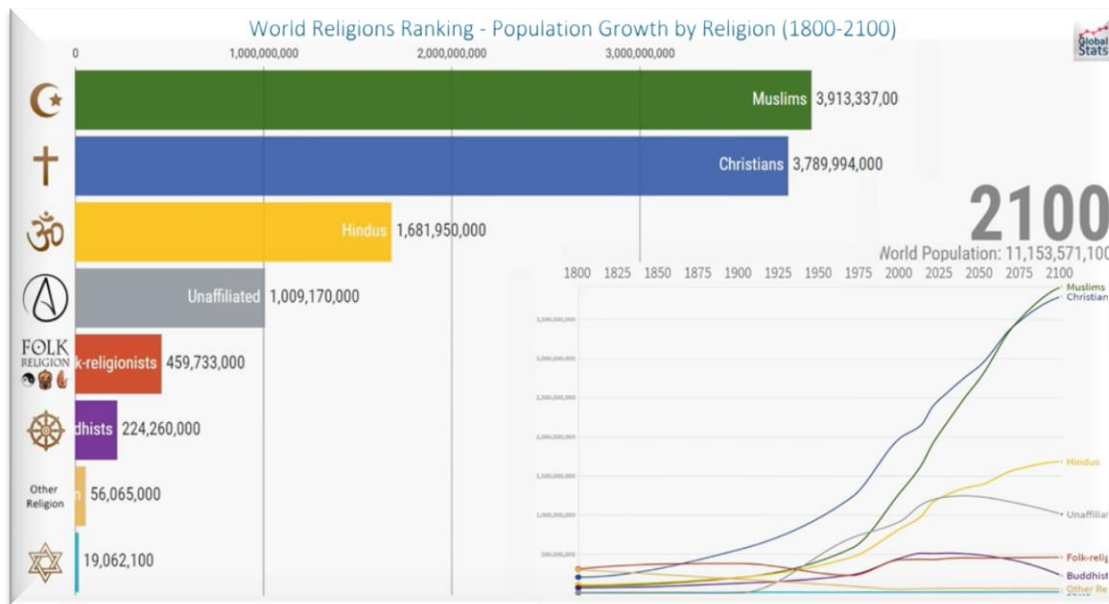
What would the Deities all say to the question, 'What is the New Human's Way of Being?'



Suggested Practice

What words would you add to the chart?

Inner	Interpersonal	Outer
Courageous	Kind & Compassionate	In Service of Other
Humble & Vulnerable	Authentic & Present	Happy & Laughing
Connected to Spirit	Mindful	Equanimous



World Religions Ranking - Population Growth by Religion (1800-2100)





# Selected Inter-Personal, 'We Space' Practices

## Developing Intimacy With Sex



Disclaimer; For reasons of **Safety** deep work in this area must be undertaken with a Registered Psychologist, Psychotherapist or Doctor.

The practice presented here is introductory and invites watching an 'expert' talk on the subject then reflecting on the content, and perhaps journaling your thoughts and feelings.

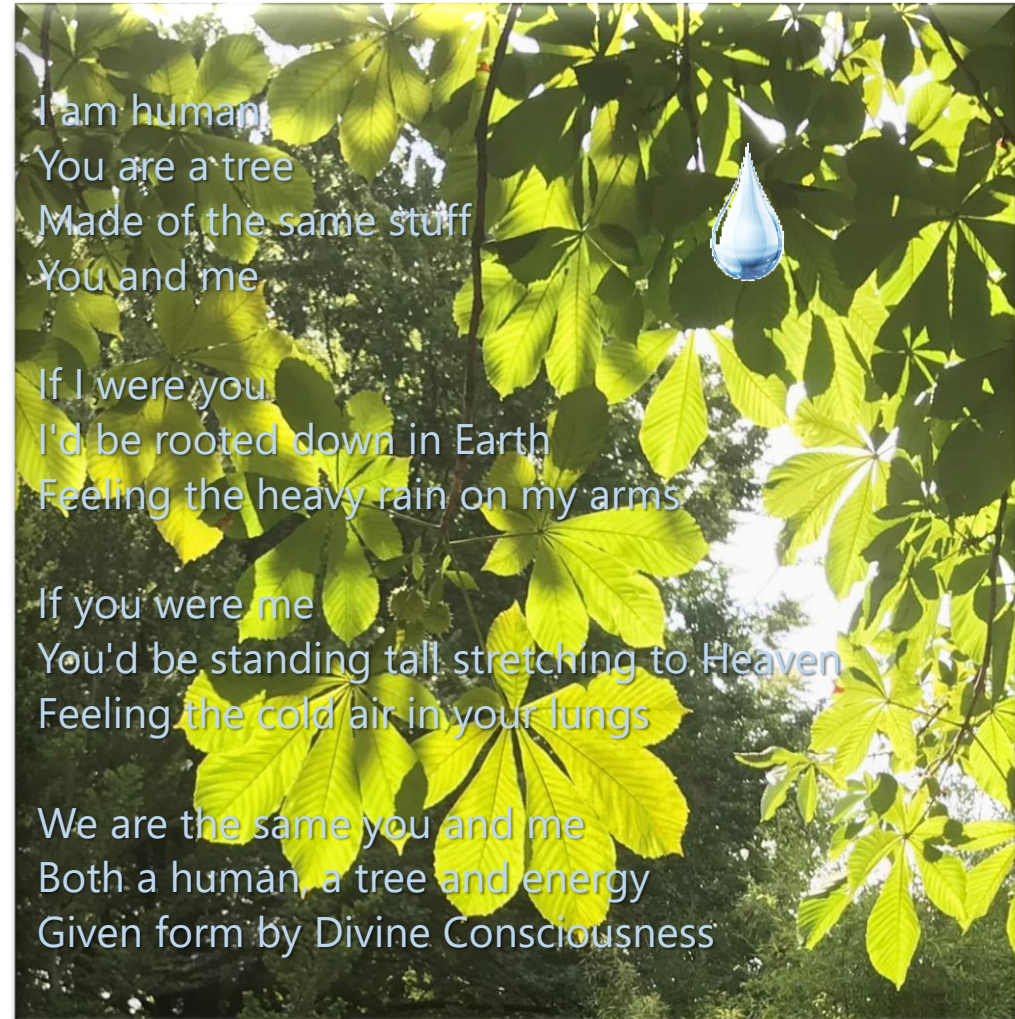


'A violet flame more powerful than anything human' *Hugh Cook*

 <b>Antidote</b> 	<b>Practice Link</b>
<b>Awakened Body</b> We Space Dyads (2 People) & Pods(4-5 People); Golden Eyes & Sohbet	
<b>Courage</b> Complex We Space Dynamics	
<b>Meditation</b> Pick A Poem, Read as a Group. Talk about thoughts & feelings arising	
<b>Compassion</b> Jackal Café; Compassionate, Collaborative, Communication	
<b>Community</b> We Space Pod (3-5 People)	



# Inspirational Poems Pictures Prayers Stories



# Receive To Give – A Contribution to StateofEmergence.org



Oh, play in the field  
Cry my child when you feel lost  
Mummy is close by  
I must receive to give

Oh, sit on the cushion  
Smile my child when you feel happy  
Daddy will fix it  
You must receive to give

Oh, walk down the road  
Run my child when you feel fear  
Brother is holding your hand  
We must receive to give

Oh, float in the Cosmos  
Open my child when you feel the mystery  
Sister is tickling our tummy  
Love is receiving to give

I, you, we love God, do good in service  
and know we are already Home

Dedicated to Living In A New Republic Of The Heart



This poem is an expression of our gratitude for all the gifts we have received 'Living In the New Republic of the Heart' (LNRH) this year, new friends, new tribe, new insights, new levels of connection, all at the Divine Heart level.

The picture of the Sunflower is important because the Sunflower is the most efficient converter of the Sun's energy into growth due to the Fibonacci spiral of small florets or flowers at the centre.

At this centre is placed a heart and a compass of sorts, with the LNRH spiral of consciousness and the wheel of works (inner, inter, outer, new pattern) we must undertake in every moment in order to stay connected with the OneHeart.

Alistair Cran  
31 October 2019





# Story; Our Family Photo Album - Jean de Bruyne

Roland de Bruyne is a 91-year-old Malaysian New Zealander. He's also a survivor of the infamous Changi Prison during the Japanese occupation of Singapore during WW2. Roland was interned along with his whole family, simply for being Eurasian. Lynda Chanwai-Earle meets Roland at home with daughter Jean de Bruyne to hear his incredible story of survival.

'The restored album of Dad's, now resides in his apartment, in Penang. I thought it more fitting for it to be there as that is where it all started and is such a touch-stone for the extended de Bruyne family. Although we all live around the world now, that one place still holds such a corner-stone in our psyche and if anyone wants to view it, they can easily access it.

It was such an honour, with my second brother, to have restored this pivotal piece of family history. So glad that when it was done, dad was still alive to see it, and then we took it back to Kuala Lumpur for his brother and his family to view. Our uncle died within months of this viewing and dad died within 10 weeks of his brother's passing.

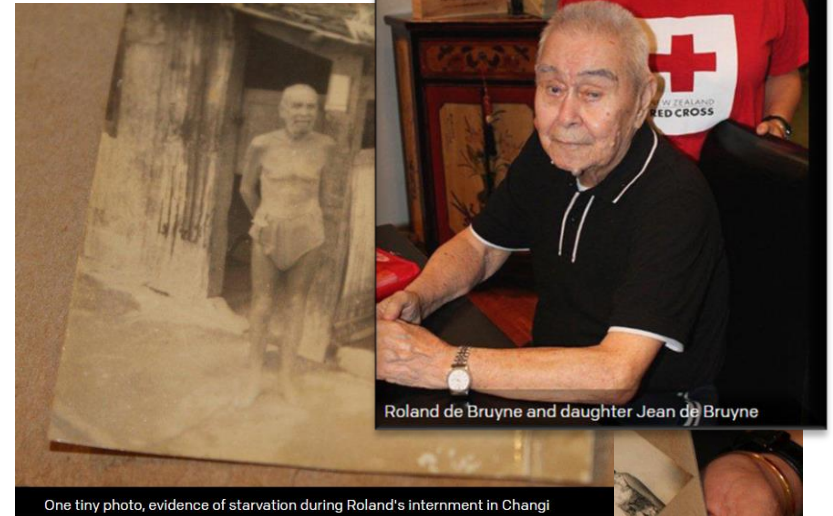
Then.....to see their signatures from the end of WW2 kept in some archive in London ..... that was surreal and special. Yes.... To think that was the same uncle's signature that was at the base of the Trade Missions' documentation around the world for Malaysia, during his time.'



More photos & story website



Story Recording



# From the book – The Choice by Dr Edith Eger

*Pg. 227*

'If I had to name my therapy I'd probably call it Choice Therapy, as freedom is about CHOICE - about choosing

**C**ompassion

**H**umour

**O**ptimism

**I**ntuition

**C**uriosity

**E** self Expression

And to be free is to live in the present.'

*Pg. 314*

'All feelings are derived from a few primary emotions...

Sad, Mad, Glad, Scared'





Photo courtesy of Lindsay Dalziel



Mondo Zen

# Inter Faith Conversations Leading To Real Freedom



LSE Festival 2019 | Populism and Religion in the West [Audio]



Rebel Wisdom | Emerging Wisdom, Terry Patten



Interfaith Relationships | The Path to Truth | Ghazala Hayat



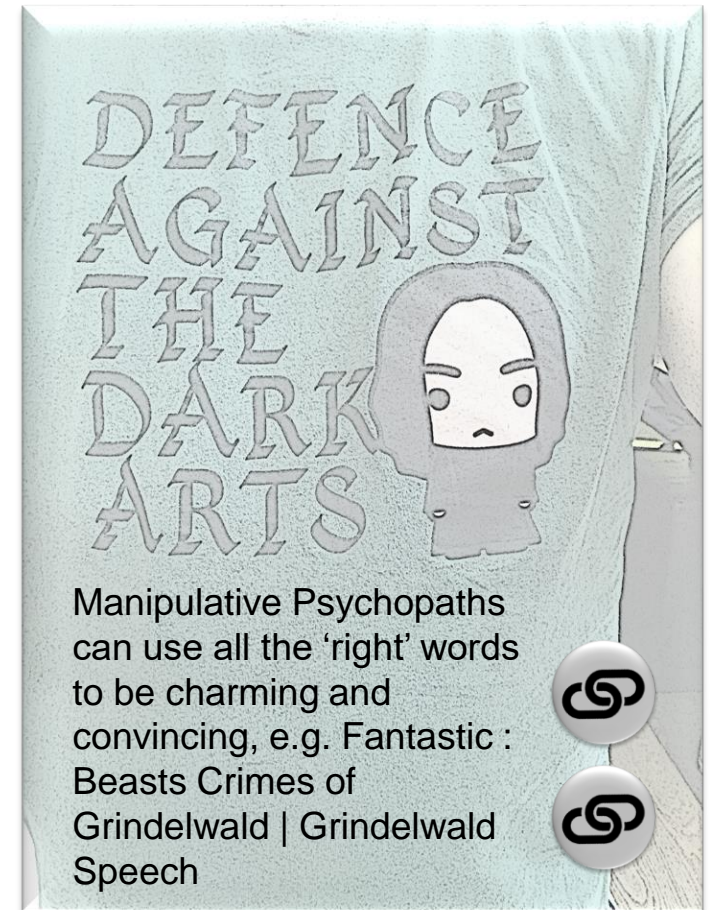
My Wish | The Charter For Compassion | Karen Armstrong

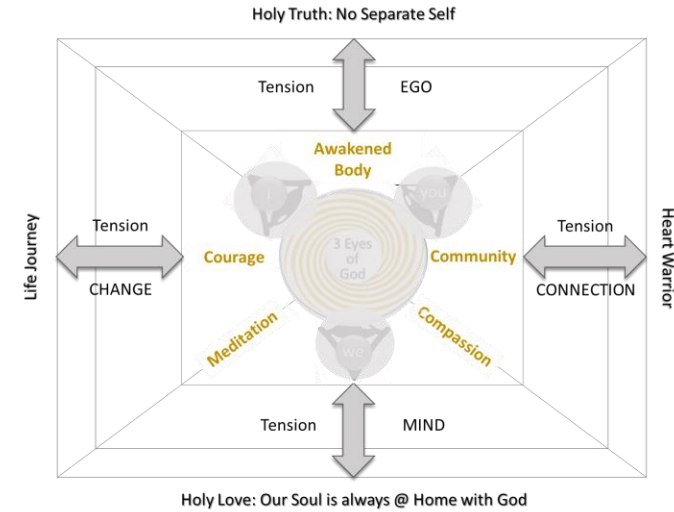


The Interfaith Amigos | Breaking the taboos of interfaith dialogue



The importance of interfaith dialogue in peace-making | Haidar Reda





# 3. OUTER Antidotes

Addressing Tensions *Through, With, In* Outer Work

*Through the Body, with Courage, in Community and in Meditation with Compassion*








# Love

A Lifetime Mantra for Outer Work

**Loving** Kindness



Sharing the Mosaic Tessellations of Love from the 4th Century BC Rotunda in Thessaloniki Greece, that has been both a Mosque and a Church

Antidotes	Inner Work	
Awakened Body	Pick one of 17 UN Sustainability Goals as inspiration for a bodywork project	
Courage	Approach a homeless person in the street, give them some food and chat	
Meditations	Review GLOBALSTEWARDS.org, make 5 household sustainability changes	
Compassion	Join ONE.org, study their website and take action to help those in poverty	
Community	Join AVAAZ.org, study their website and take action to support a just cause	

*We must be the Change we want to see*

**Connect with the  
Divine**








# Harmony

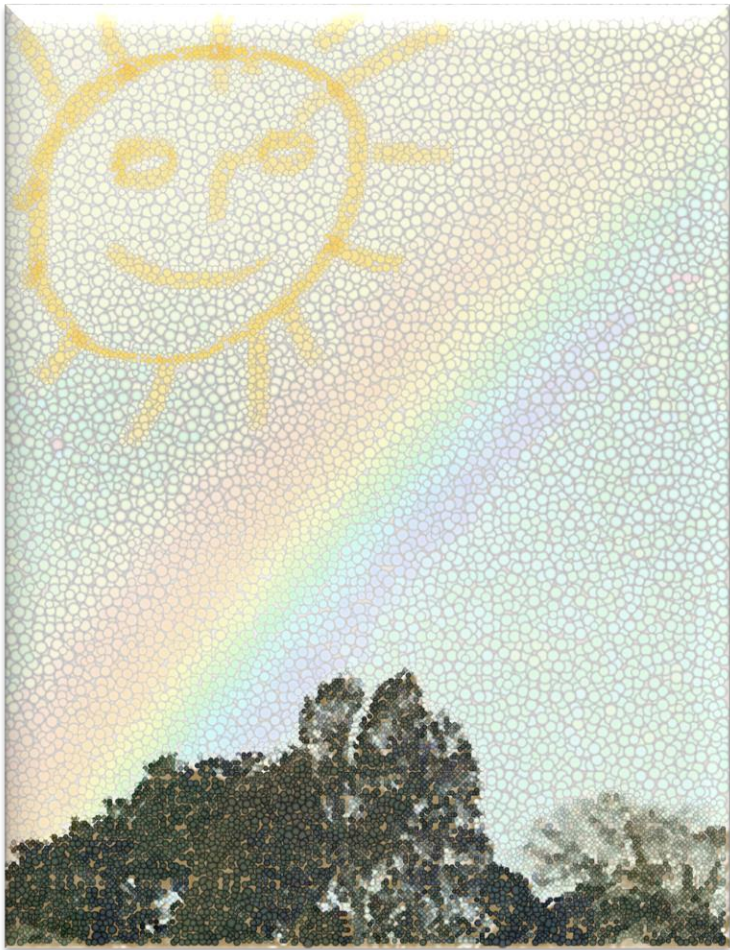
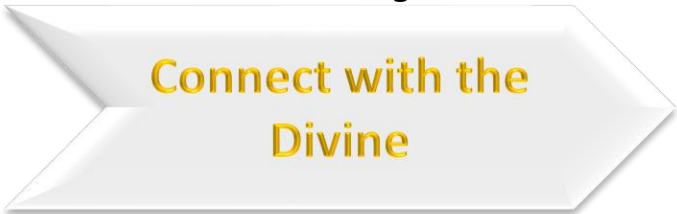
A Lifetime Mantra for Outer Work

**Fearlessness**



Antidotes	Inner Work	
Awakened Body	Pick one of 17 UN Sustainability Goals as inspiration for a groupwork project	
Courage	In a crowd of strangers start spontaneously dancing OR speaking	
Meditations	Tell your neighbour about your five household sustainability changes	
Compassion	Ask a stranger to join ONE.org and take action to help those in poverty	
Community	Ask a stranger to join AVAAZ.org and take action to support a just cause	

*We must be the Change we want to see*








Today I saw a rainbow and where was the pot of gold at the end of it? Well, that was meeting God

# Peace

A Lifetime Mantra for Outer Work

**Peacefulness**



Antidotes	Inner Work	
Awakened Body	Visit a Mosque/Church/Temple daily for a week, join in the events & reflect	
Courage	At HOLACRACY.org, study the website, start a conversation on power at work	
Meditations	Join globalmeditationmovement.org and regularly meditate with them	
Compassion	At CAHMI.org, study the website, pick a project to help children and take action	
Community	Join CROWD.ngo, study their website and take action to support the cause	



*We must be the Change we want to see*

**Connect with the  
Divine**

Today I escaped from my cage and was free, eating the grass as I came across in my pathway...ahh, bliss

# New 5D Energies of KARMA & LOVE

KARMA	In every MOMENT
K indness	Start with an intention of kindness in your Heart, then take action
A mazements	Be alive to the amazement and wonder of 'things', like a child, sing 'Eyes, Teeth, Ears are amazing'
R esponsibility	Adult power is used well, wisely and with loving responsibility, to create harmony (not chaos)
M indfulness	When you get lost in your thoughts, use mindfulness to come back to your Heart
A nointing	We are not alone; know that we are anointed as All ONE by the Divine



Take each letter of KARMA & LOVE and write in your journal a situation when you experienced each of these.

LOVE	In every MOMENT
L oyalty	Know that the Glory of The Servant comes from our loyalty to stay on the path
O penness	There are no secrets in the eyes of the Divine; Our human secrets create sickness
V alues	Living our values means demonstrating and modelling behaviours & actions that we hold to be important & positive
E motion	Connect Thoughts and Emotions to create a new world, this is the power



# Selected Outer, 'Activism' Practices

## Developing Intimacy With Death



Disclaimer; For reasons of **Safety** deep work in this area must be undertaken with a Registered Psychologist, Psychotherapist or Doctor.

The practice presented here is introductory and invites watching an 'expert' talk on the subject and you reflecting on the content, and perhaps journaling your thoughts and feelings.



Life and Death  
are Not Different  
Sadhguru

'Out beyond any ideas of right and wrong is a field, I'll meet you there' *Rumi*

 <b>Antidote</b> 	Practice Link
<b>Awakened Body</b> mBraining Decision Making	
<b>Courage</b> Convene a 'How do you describe God' Group Conversation	
<b>Meditation</b> Working with Pain & Healing, Five Guided Meditations	1.  4.  2.  5.  3. 
<b>Compassion</b> Join Embodiment as the One Heart Community	
<b>Community</b> Convene a World Café Conversation	



# Inspirational Poems Pictures Prayers Stories

I feel most alive when i'm Making Love,  
writing a poem, a book, a post



I feel most alive when i'm Making Love,  
in a conversational we space

I feel most alive when i'm Making Love,  
out walking with a friend seeing the spring flowers burst  
forth

I feel most alive when i'm Making Love,  
helping someone in need

I feel most alive when i'm Making Love,  
with the one who knows me inside and out, who sees  
me all the time and monitors how I am

Dearest God, Thank you for all the Love Making I, you,  
we do

# A Tribute to Hugh, Conscientious Objector 1916-1918

## Crossing the Bar



BY ALFRED, LORD TENNYSON

Sunset and evening star,  
And one clear call for me!  
And may there be no moaning of the bar,  
When I put out to sea,

But such a tide as moving seems asleep,  
Too full for sound and foam,  
When that which drew from out the boundless deep  
Turns again home.

Twilight and evening bell,  
And after that the dark!  
And may there be no sadness of farewell,  
When I embark;

For tho' from out our bourne of Time and Place  
The flood may bear me far,  
I hope to see my Pilot face to face  
When I have crossed the bar.



Grandfather Hugh Radford Gray, age 21,  
and friend. Inset, in his 70's





Eva Millauer



one inexplicable universe  
one starlit endless sky

one green and blue planet amongst countless others  
one profound mystery  
as one you dance  
as one you dance

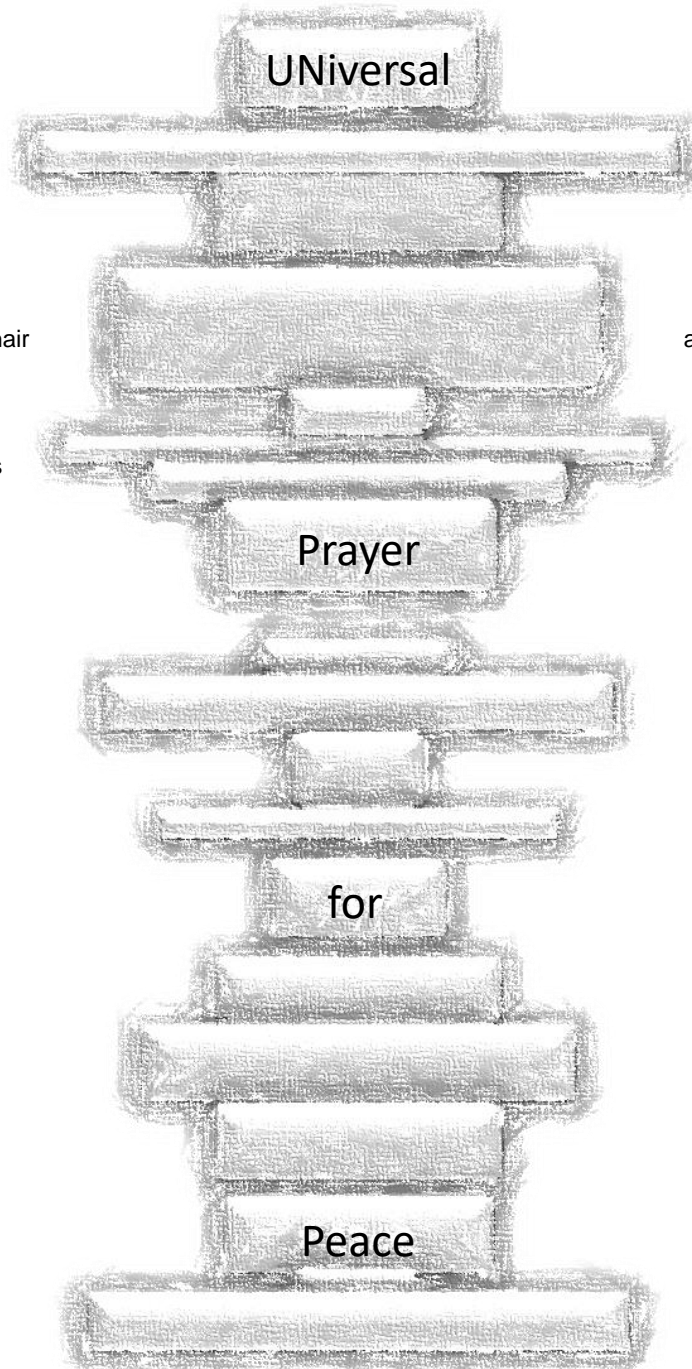
as one deep, vast ocean all around  
as one body of earth and rock and fire and bones and flesh and hair  
one air one water one wind one breath one sun one moon  
one sound  
one silence  
one intricate and incomprehensible web of particles and waves  
and atoms and cells and empty space  
one gravity  
one light  
one day one night

one inexplicable universe  
one magnificent and magical organism of aliveness  
in forever changing forms of wondrousness  
one love  
one heart  
one true happiness shining in all eyes

as one you dance  
as one you dance

the one pain of all the horrors  
the one pain of all the fake divisions  
the one pain of all ideas of "I" and "me" and "mine"  
one pain of all the "I am good" and "you are bad" perceptions  
one pain of all the fears of the so-called other  
one pain of all the love-destructive forces  
one pain of all the unnecessary sufferings

as one you dance as one  
as one responsibility  
as one heart  
as one love one love one love  
as one colorful and bright and shining humanity



one inexplicable universe  
one starlit endless sky

one green and blue planet amongst countless others  
one profound mystery  
as one you dance  
as one you dance

as one deep, vast ocean all around  
as one body of earth and rock and fire and bones and flesh and hair  
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as one love one love one love  
as one colorful and bright and shining humanity

# Citrus Medicine Buddha Healing Prayer

1. Invocation



Medicine Buddha Chant

Bringing Medicine Buddha to presence

2. Creating

Bringing 7 billion-plus Medicine Buddha into being, one for every human on this planet

3. Compassionate Citrus Nectar

Squeezing the compassionate nectar of citrus that will help soften every human heart and for all those that will move to the 5th dimension, into the Medicine Buddha compassion bowl

4. Spreading out across the globe

7 billion-plus Medicine Buddha spread out across the Earth over a 24 hour period, through the internet, through all the address data at the United Nations, into every home and come to rest above each Human whilst sleeping

5. Delivering the compassionate citrus nectar

Resting above every human being whilst they sleep the Medicine Buddha drips the compassionate citrus nectar into every human heart. As each drop enters a human heart blue healing and cleansing light spreads out through their body and prepares the consciousness for moving to the 5th dimension

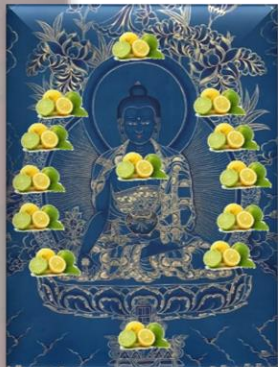
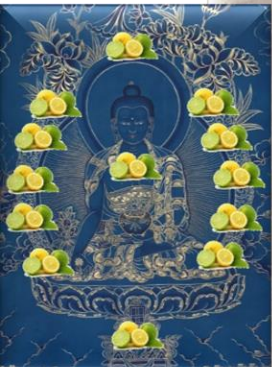
6. A great burst of healing light

Upon the completion of every human heart receiving the softening compassionate citrus nectar, at once a great burst of healing light spreads out across the world touching all hearts and minds bringing them at once to a higher level of consciousness for those that can ascend to the 5th dimension, where Peace, Love and Harmony abound

7. Seven billion-plus Medicine Buddha re-join as One in completion

The job complete, the seeds of healing compassionate citrus placed in every human, all seven billion-plus Medicine Buddha re-join as One and return to a higher realm, remaining connected with the Heaven and Earth all at once.

Tayata Om Bhekandze Bekhandze Maha Bhekandze Bhekandze  
Randza Sumungate Soha ....(Recite Once For Each of The Seven Steps)







Where is here?

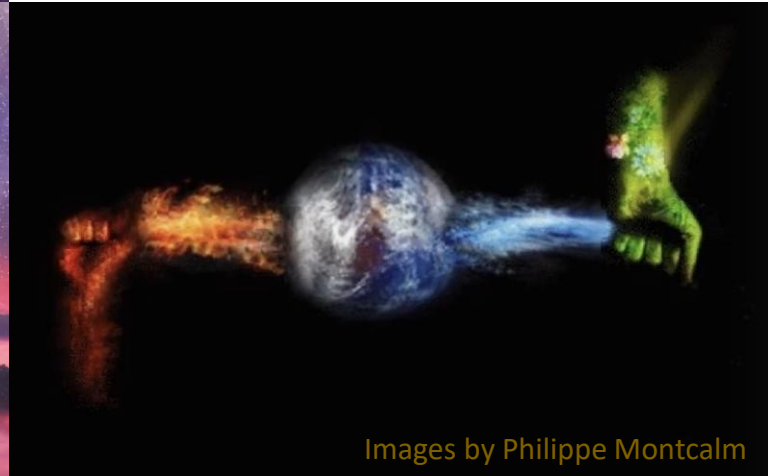


When is time?

Void Visuals



How old is life?



Images by Philippe Montcalm

What do you see?



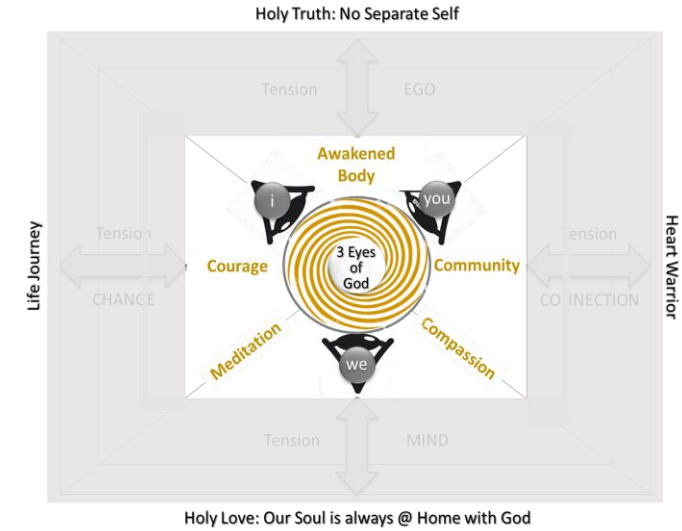
Aretha Franklin sings Amazing Grace



# A Manifesto by Pang Khee Teik – We Are The Rainbow

When the USA legalised equal marriage in 2015, Facebook created the rainbow filter for us to celebrate this law. But is the rainbow only for gays and lesbians in USA who want to get married? Is the rainbow not for all of us all over the world, whose identities and relationships suffer threats of erasure from both official institutions as well as the rainbow communities. This is for us. We are the rainbow.

1. I wear this rainbow for we who believe in marriage, who can now do say 'I do', we who say I do even when our governments say don't, we who say it in bed all day, on kitchen tops, in the driveway, in parking lots, in whispers, in silence, in temples, in parliament, by death beds, beyond the grave, in the presence of friends, of families, of ancestors, of gods, of devils, in defiance of what laws may stand against the anarchy of love. **WE ARE THE RAINBOW.**
2. I wear this rainbow for we the married, but to the opposite, opposite of the one we love, we married for convenience, we hoping that marriage would cure us, hoping not to be found out, we who were found out, asked to leave and never return, we waiting for the right moment to go, who released each other with love, who couldn't because of the kids, we who did and whose kids were taken away, we who did, whose kids loved us anyway. **WE ARE THE RAINBOW.**
3. I wear this rainbow for we the nonbelievers of marriage, we the serial monogamists, the polyamorists, we the divorced, the widowed, the runaway brides, we the loners, the virgins, the celibates, the asexuals, the sluts, the threesomes, the seks bebas, the orgy organisers, the mutual masturbators, the friends with benefits, the friends without, in open relationships, in unrequited relationships, in unnamed relationships, the happy enders, the lovers, the dreamers and me. **WE ARE THE RAINBOW.**
4. I wear this rainbow for we the trans, the passing trans, the binding trans, the pre-op, post-op, non-op, top op, we cannot operate because ustaz says no, cannot operate because doctor says no, cannot operate because money says no, bleeding again -- can't afford this month's testosterone, we the lesbian trans women, the gay trans men, gay now but trans later, we the drag queens and kings, kinky husbands in kinky wives' panties, we the non-binary, genderqueer, we the intersex and happy to be neither sex, we the third sex and more than a trillion different sexes. **WE ARE THE RAINBOW.**
5. I wear this rainbow for we the invisible, the refugee, the immigrants, the diasporic, the indigenous, the coloured, white but not white enough, black but not black enough, the homeless, the ex-convict, the aging, the dying, the jobless, the day job worker, the three jobs worker, the blow job worker, living below minimum wage, living with HIV, living with undetectable virus, living undetectable lives, untouchable, too criminal to fuck, fuck anyway, not sexy enough for flags, make our own flags anyway. **WE ARE THE RAINBOW.**
6. I wear this rainbow for we the bullied, kicked out of homes, grounded in rooms, blackmailed by exes, blackmailed by lovers, blackmailed by colleagues, fired from work, dishonourably discharged, threatened online, threatened offline, forced to run and hide, go west, go east, go north, go south, keep going till we fall off the map, look at rainbows and wonder where is ours, if happy little blue birds fly over the fucking rainbow why oh why can't I. **WE ARE THE RAINBOW.**
7. I wear this rainbow for we the outlaws of love, we in hard labour, in concentration camps, on death rows, we thrown over towers, thrown overboard, thrown at with rocks, we crucified, hung, poisoned, acid splashed, castrated, we impaled by sticks, impaled by swords, impaled by holy penises of holy men, we martyred for family's shame, for tribe's shame, for nation's shame, we beaten beyond recognition, just a nameless body in a nameless morgue, no family to bury us, we whose bodies are cleansed by rainbow tears and laid to rest in rainbow hearts. **WE ARE THE RAINBOW.**
8. I wear this rainbow for we the saints who sin, and we whose sin is love, we grateful to God for this test but, god, please, enough, we performing our penance, counting our pehala, collecting karma, maybe next life we will be free, maybe this life's all we have, we stuck in limbo, stuck in samsara, stuck in this neverending spiral, we broken by your broken promise land, we can't take your tests no more, we gone to hell and back, then we ride into the kingdoms of heaven and raid the vaults and steal all the rainbows and come back and give them all away to the orphans of God, each and every fucking one of us. **WE ARE THE RAINBOW.**
9. I wear this rainbow for we the rulers and we who rule the hearts of rulers, the emperor and his favourite official, the conqueror and his confidant, the first lady and her pen pal, the former deputy prime minister and his former aide, the Republican politician and the guy in the public toilet, we in the toilet waiting, we in our towel waiting, we Judases selling our saviours, we Jonathans let down by Davids, we Jebats pierced by our Hang Tuahs, tak kan pelangi hilang di dunia! **WE ARE THE RAINBOW.**
10. I wear this rainbow for we changing our profiles to rainbow and we afraid to change our profiles to rainbow, we pressured to do it, refused to do it, disagreed with those who do, unfriended those who disagreed, we wearing the rainbow because it is so pretty, we wearing the rainbow as a way to come out, we wearing the rainbow to say we love you, and we who wear the rainbow to say we love you when we are actually dying to come out. **WE ARE THE RAINBOW.**
11. I wear this rainbow for we in the closet, don't be too loud, don't rock the boat, don't be the nail that sticks out, be grateful for their tolerance, she is just a friend, he is just my buddy, you know I know, but nobody knows, nobody sees, nobody hears, we tired of being unseen, tired of being tolerated, tired of being hammered down, can't help being loud, can't help sticking out, we out to friends, out to family, back in the closet when travelling, out to everyone but none of your fucking business, unless your business is fucking. **WE ARE THE RAINBOW.**
12. I wear this rainbow for we the questioning, questioning our sexuality, questioning the ones questioning our sexuality, questioning the ones with the perfect answers, we protesting, standing up, sitting in, we challenging laws, changing laws, watching laws change back, we not giving up, we writing, singing, filming, drawing, curating, conferencing, rallying, marching, fighting for love, fighting for life, fighting for fighters, we sneaking into the room, standing at the back, listening, listening, listening, borrowing the courage to one day be questioning. **WE ARE THE RAINBOW.**
13. I wear this rainbow for we the storytellers, whose books were burned, whose songs were banned, whose names were spat upon, we writing in prison, writing in exile, writing on toilet walls, for a good time, call us, we who answered that call and made good the bad times, our plays now playing again, our songs now your anthems, our stories now your histories, the sunlight shining through our tears giving you your rainbows today. **WE ARE THE RAINBOW.**
14. We wear this rainbow for we who love, we loving in secret, we loving with pride, we swearing never to love again, we loving again, we broken by love, we repaired by love, we unravelled by love, we threaded by love, we loving rainbows, we loving without rainbows, whose love shines a rainbow where we are, where rainbows fear to tread, where only the rainbow knows who we are. **WE ARE THE RAINBOW.**



# Perspectives & New Patterns

The infinite set of pathways to Knowing



# I & Great Humility



'The importance of humility'  
Nelson Mandela



*Humility:* A modest or low view of one's own importance; humbleness

## Sentence Completions

- The greatest moment of humility in my life is...
- As a parent, the gift of humility beset me when...
- I walk the line between humility and shame/self blame by...
- Leaders I notice with humility also exhibit...
- When the power of God looks me in the eye I feel...
- The group of people that could most do with a dose of humility is...
- Humility is to mental health as Love is to...



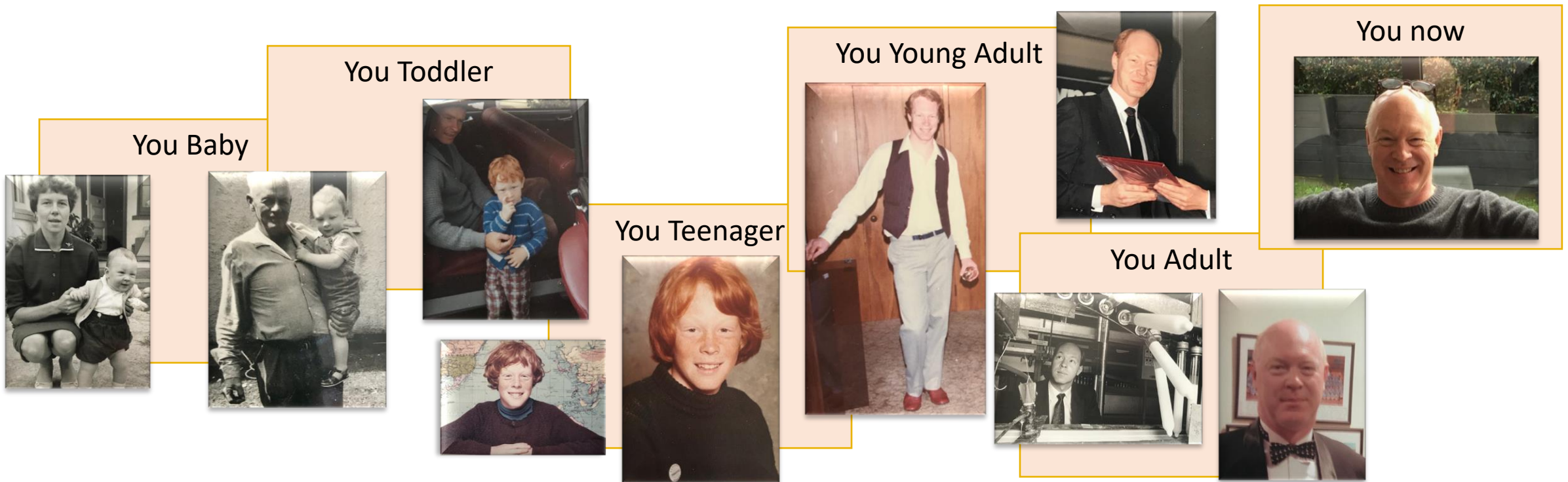
We are the Rainbow; when asked what I am, I say a Human.  
I stand for everyone being their Authentic Loving Self



# Who Am I NOW ?



Who Are You



1. Gather photos of you from throughout your life. Thinking about you at each age and stage and holding the idea that all the cells in our **body change every 3 months on average** for each picture write down your main memories. What insights come to you about aspects of you that have changed and those that are still the same. What did you love doing/being at each age and stage? What was challenging? What life patterns emerge? Perhaps you can say something about that unchanging part of you known as the Soul?
2. Then for the You that is 'Now', in the most recent photo, think about what is next for your Soul's evolution. What life lessons remain unfinished, and how you might prepare for these? These **Typologies** may be helpful.



# You & Deepest Gratitude



Want to be happy? Be grateful  
Brother David Steindl-Rast



*Gratefulness:* Warmly or deeply  
appreciative of kindness or  
benefits received; thankful:

## Sentence Completions

- The greatest moment of gratefulness in my life is...
- As a parent, the gift of gratefulness beset me when...
- I walk the line between gratefulness and ignorance by...
- Leaders I notice with gratefulness also exhibit...
- When the power of God looks me in the eye I feel...
- The group of people that could most do with a dose of gratefulness is...
- Gratefulness is to mental health as Love is to...

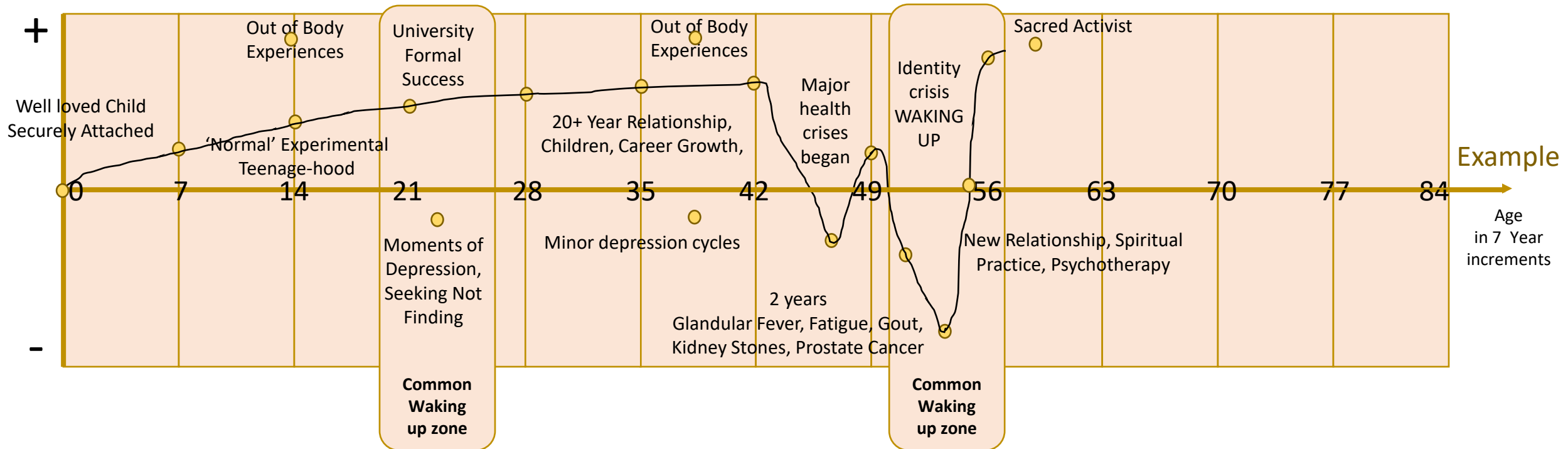
Some days just turn out to be messy. With love by your side  
there is space to stop, listen then go down the right path





# Who Will You Be TOMORROW?

Tomorrowland



1. Draw a timeline with 7 Year increments. Think about significant events and people who have played a role in your life. If events have been positive & people have been good role models, mentors, guides and supporters place them above the line. If they have been challenging, difficult, enemies place them below the line. Connect the dots to draw a line/arc over the time of your life.
2. Looking at this picture, what tensions, antidotes, patterns and ways of being can you observe in yourself? What do you want to let go of and leave behind you in order to emerge as a New Human?
3. If you have transitioned through a Waking Up Zone what did you notice about this? If you have a Waking Up Zone ahead of you, what would you like to bring to consciousness to work on at that time?

# We & Forever Spirit Leadership



Spirit Leadership Story  
Alistair Cran



*Spirit Leadership:* Holds Space for Others,  
and is Mindful, Compassionate,  
Courageous & Authentic in  
Service of the Greater Good

## Sentence Completions

- The greatest moment of Spirit Leadership in my life is...
- As a parent, the gift of Spirit Leadership beset me when...
- I walk the line between Spirit Leadership and power by...
- Leaders I notice with Spirit Leadership also exhibit...
- When the power of God looks me in the eye I feel...
- The group of people that could most do with a dose of Spirit Leadership is...
- Spirit Leadership is to mental health as Love is to...



When spider webs unite they can halt even a lion  
Old African Proverb



# Who Are We ON ONE?

*Practice developed by Hari Ramachandran*

## 1. Inputs

Oneself  
One hour  
One Page  
One Pen/One Pencil

## 2. Activity

Do what you want with these

## 3. Dialogue

Open ended conversation  
Document learning

Power On One

1. This is a group practice for a minimum of two people, in the same room, or on a phone or video call together
2. Each person needs one piece of A4 paper and a pen or a pencil
3. First, spend 2-3 minutes with your eyes closed, notice your breathing, become present and feel connected with each other and all that is. Enter into Sacred or Divine Space
4. Set a timer for an hour and work in silence. (You can end the phone or video call at this point)
5. Draw and/or write on the paper. Imagine the Divine is moving your hand and let whatever wants to come through simply unfold. Trust whatever comes through. Avoid second thoughts or doubt. Everything is welcome.
6. At the end of one hour stop, reconnect (call back) with each other and have a conversation sharing equally about your experience, what you noticed and what came through for you.









# Selected New Pattern Practices

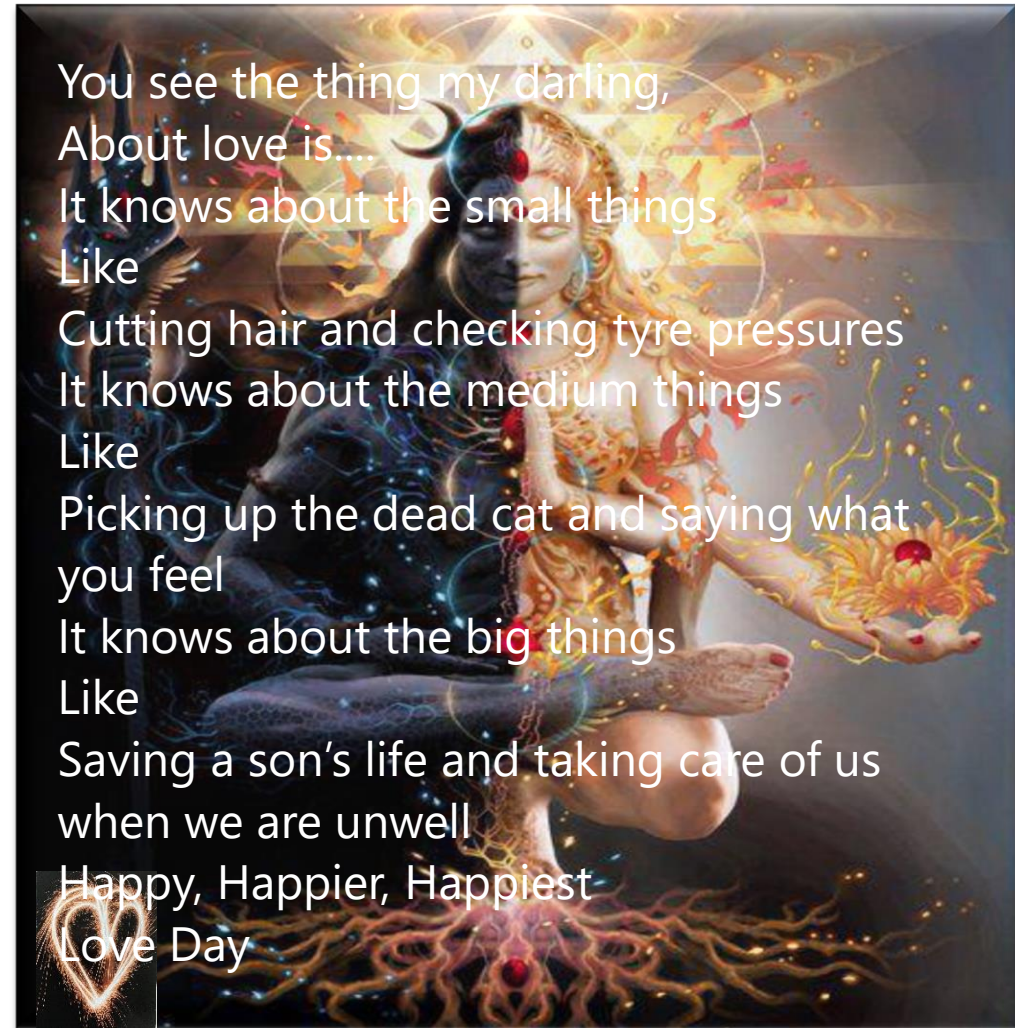
Read an Antidote Article, reflect and write down thoughts and feelings that emerge on the topic, with a specific focus on one or more positive changes that could be made in life, looking at three perspectives;

- Me
- They
- Our



 <b>Antidote</b>	<b>Practice Link</b>
<b>Awakened Body</b> Somatic Body Work	
<b>Courage</b> Shadow into Light	
<b>Meditation</b> The Equality Effect	
<b>Compassion</b> 6 ?'s About Addiction	
<b>Community</b> Climate & Society	

# Inspirational Poems Pictures Prayers Stories



You see the thing my darling,  
About love is....  
It knows about the small things  
Like  
Cutting hair and checking tyre pressures  
It knows about the medium things  
Like  
Picking up the dead cat and saying what  
you feel  
It knows about the big things  
Like  
Saving a son's life and taking care of us  
when we are unwell  
Happy, Happier, Happiest  
Love Day

## William George Cran & Olive Swaddling – A Tribute

Sometimes we see a couple so in love we can just feel it. That love may grow through the stages of love; Eros, Storge, Agape, Philia if we stay curious, open and playful



Grandfather William George Cran  
Grandmother Olive Swaddling



# Short Story – Entitlement To Enlightenment

Three souls are attending their final class with God before dropping through to Earth.

God says, before you go please remember the most important thing; entitlement to enlightenment is nothing, no-thing, know thing.

The first soul becomes a great Dharma practitioner, a Buddha of their time known for this wisdom; 'Fear nothing, Roar like a Tyger'

The second soul develops an up to date version of Abrahamic practices, becoming a Jesus like figure of their time. Their wisdom is expressed as 'Love Everything, Hug for a full 7 seconds, being still, no patting'

The third soul follows a different path, one of a deep philosophical nature and is seen as the modern incarnation of Lao Tzu, sharing a profound wisdom; 'Feel peaceful about it all, Breath down deep into your diaphragm'.

God looks down on Earth, seeing the three souls, whilst having a morning cup of tea and in a reflective moment...smiles with a deep feeling of happiness seeing that one's children have learned their lesson well.

Then moves on thinking, Goodness, this green tea from Earth is refreshing.



'The light of Peace and a fierce boldness manifest in you.

The splendor of compassion and the glory of love shine through you.



The desire to act and work, the passion to create and to restore yourself, the yearning for silence and for the inner shout of joy- these all band together in your spirit, and you become holy.'

A Course in Miracles





# Living the Optimal Life 'in Relationship'

We are both Human

Die Edelle Frau Und Die Schone Mann  
Pictures from the Codex Manesse  
the story of German High Society in the 14C



Psychology  
Today article on  
David Richo's  
5 A's of Mindful  
Loving  
Relationships



NB: Avoid the toxic attraction between the Empath & the Narcissist



# A Loving Intimate Relationship - the Best Crucible For Development

We are both Human

Shared Antidote Activities  
Words by the Chocolate Buddha



Terry Real  
Toxic  
Masculinity  
& Fierce  
Intimacy



Dr Tom Habib's Relationships Integrally Strengthened

# C. References & Thanks



# Gratitude for Contributions

## Mountains of Thanks

- Family and Friends for all your great love and support
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  - Pod#2; Eloy, Elliot, Marjorie, Lou
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  - Grant Hunter
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    - Mary Linda Lindauer
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    - Lindsay Dalziel
    - Pang Khee Teik
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- Auckland Zen Centre for the cushions
- The Trees, The Birds (especially the white Dove and friends), The Clouds, The Wind, The Sky, The Rain, The Moss, The Soil, The Sun, The Land of The Long White Cloud, The Citrus, The Flowers, The Incense, The Candles, The Food, The Medicines, The Teachings, The Internet, The Bank, The Supermarket, The Transport, The Air, The Bed, The Clothes, The Shoes, et al
- Dean Anne, Merle and The HTC Team at The Office



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## References

- Bhargavad Gita, Chistopher Isherwood, Swami Prabhavananda
- Invasion New Zealand 1942, Don E McGregor
- A New Republic of the Heart, Terry Patten
- Donut Economics, Kate Raworth
- Fatherland, Robert Harris
- Noah's Land, John Dudley Aldworth
- The Bible Code, Dr Jeffrey Satinover
- The Inevitable, Kevin Kelly
- Revolutions in Physics, Evolving Economics, Joe Firmage
- The Noise of Time, Julian Barnes
- <https://uplift.tv/>
- <https://www.dailyevolver.com/>



# D. Author's Note

The Warp and the Weft of 13 Healing Energies

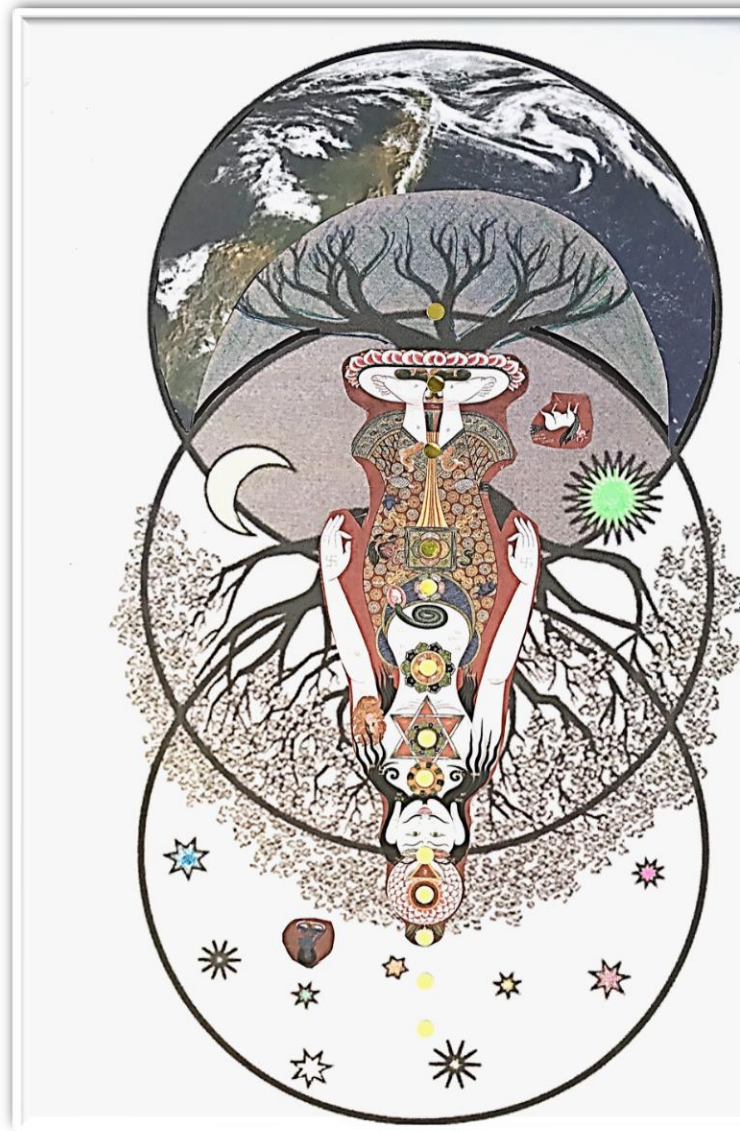


# Embedded **Golden** Healing Code in eBooks is the Number 13

When the first of the eBooks began being received there was a sense that some underlying code, an alignment of healing energies was present, let's call it the Universe.

Sometime later this image was revealed in meditation. The Tree of Life & Humanity linking Heaven and Earth, 13 Energy Centres running down its 'spine'.

The message is clear; when we **Awaken** and integrate each of these energies, we **All** become **One**.



## 13 Energies / Vibrating Frequencies 'Seeing through golden eyes'

Feminine - Mother – Womb - Water

Ground – Core – Identity - Earth

Sun – Moon - Air

Root – Safety – Fire

Base – Violet Flame - Inner

Plexus – Connection - Power

Heart – Love & Light – Union – I/We – Intra

Voice – Truthfulness - Sound

3<sup>rd</sup> Eye – Intuition - Outer

Crown – Consciousness

Awareness – Oneness

Flower – Essence - Purpose - Star

Masculine - Father – Time & Space - Cosmos

# Seeing Through 13 Golden Eyes, Healing for All Beings

Heart Energy is central to life for all beings. Earth is a healing crucible for our soul. On our journey here we may choose to WAKE UP and connect with our Soul through the language of the heart. NOW more than ever, this language, these words are crucial for healing and thriving.

The Power of the One is beyond words, and it is through words that we begin to access the vibrational frequencies of the thirteen energy centres. We call this process 'Seeing Through 13 Golden Eyes'.

Magical properties of three special liquids, Blood, Water and Light provide powerful connection points with each of the 13 energies. Working with these qualities our 'Golden Eyes' begin to open and we 'See' a new world view.

The First step to AWAKENING is to stop, listen and become a *Human Being*. Second, our *Courage Building* allows us to stand strong in the face of increasing VULNERABILITY. Thirdly, KNOW at the core God is always with us on this journey, providing *Soul Balm*, just as a loving parent does to a child in need.

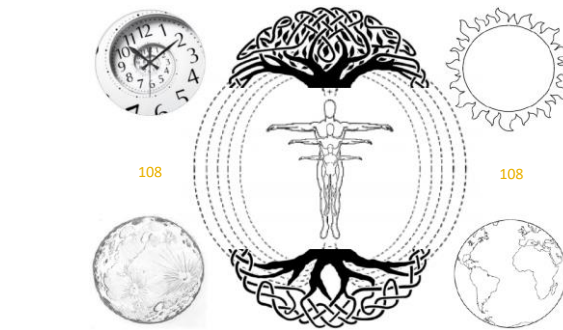


Healing invisible beings working with Dr Joe Dispenza



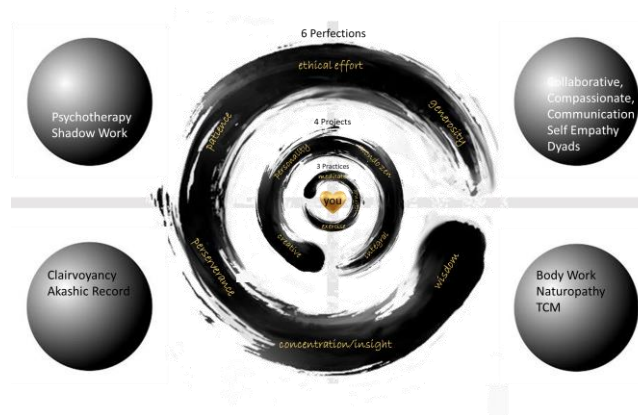
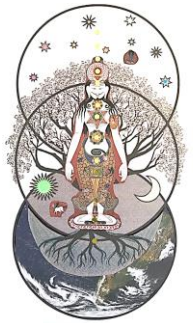


# 3 eBooks, Infinite Pathways, Journeys of Healing, 13 Golden Healing Energies



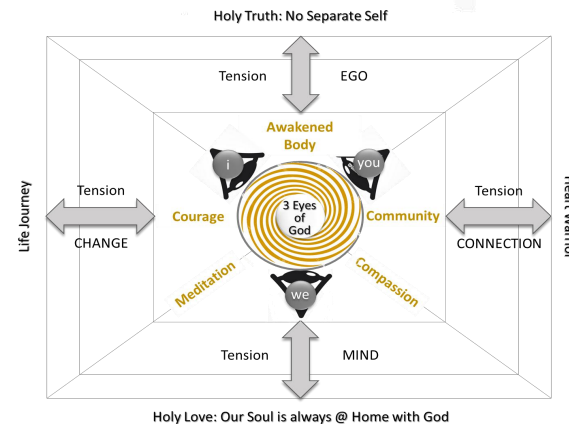
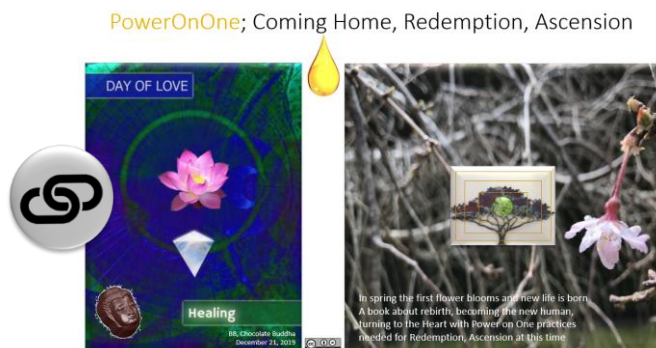
## ➤ Human Being

- *Healing in the Womb of Time & Space*
- 3 bodies of heart
- 4 languages the heart hears
- 6 flowers in the heart's garden
- 13 healing energies



## ➤ Courage Building

- *Healing in the Spiral of Evolution*
- 3 practices of heart
- 4 projects the heart responds to
- 6 perfections in the heart's garden
- 13 healing energies



## ➤ Soul Balm


- *Healing in the PowerOnOne*
- 1 core & 3 divine eyes of heart
- 4 tensions the heart senses
- 5 antidotes in the heart's garden
- 13 healing energies

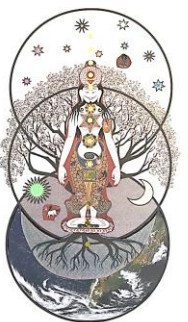


# Bodies, Languages, Flowers, Practices, Projects, Perfections, Divinity, Tensions, Antidotes

 <b>Human Being</b>	13 Healing Energies
Physical	3 Bodies of Heart
Emotional	
Spiritual	
Find	4 Languages the Heart Hears
Practice	
Life Question	
Daily Saying	
Freedom	6 Flowers in the Heart's Garden
Forgiveness	
Fruitfulness	
Fearlessness	
Fulfilment	
Faith	

 <b>Courage Building</b>	13 Healing Energies
Exercise	3 Practices of Heart
Journal	
Meditation	
Integral	4 Projects the Heart Responds To
Mondo Zen	
Creative	
Personality	
Generosity	6 Perfections in the Heart's Garden
Ethical Effort	
Patience	
Perseverance	
Concentration/Insight	
Wisdom	

 <b>Soul Balm</b>	13 Healing Energies
Core	1 core &
I	3 Divine Eyes of Heart
You	
We	4 Tensions the Heart Senses
Change	
Connection	
Ego	
Mind	5 Antidotes in the Heart's Garden
Courage	
Community	
Body	
Meditation	
Compassion	



The Number 13 is a karmic number and is the number of upheaval so that new ground can be broken...

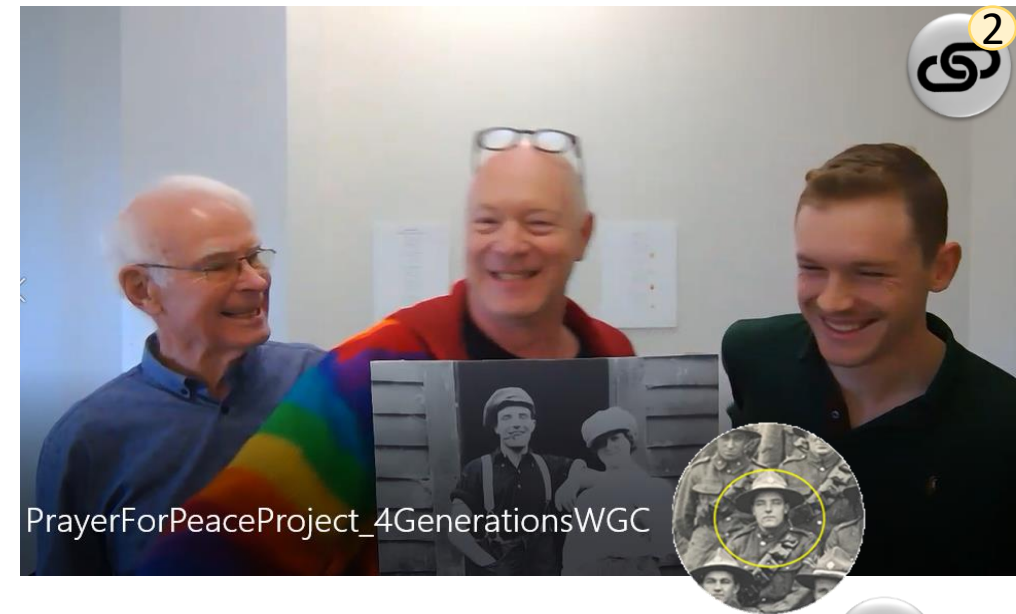
# Four Generations of Healing...Lest We Forget

It is said that Trauma rolls like a forest fire across the generations until one person turns and faces it, then, and only then, can the ancestors and the children of the next generations be free.

To see our family speaking the Universal Prayer For Peace together click on the links in the photos below;

1. (from left to right) Margaret Cran, Alistair Cran, Emily Cran with Hugh Radford Gray & Ida Gray
2. (from left to right) John Cran, Alistair Cran, William Cran with William George Cran & Olive Campbell

This Link is the amazing convocation address of the Canadian Poet Laureate Patrick Lane.



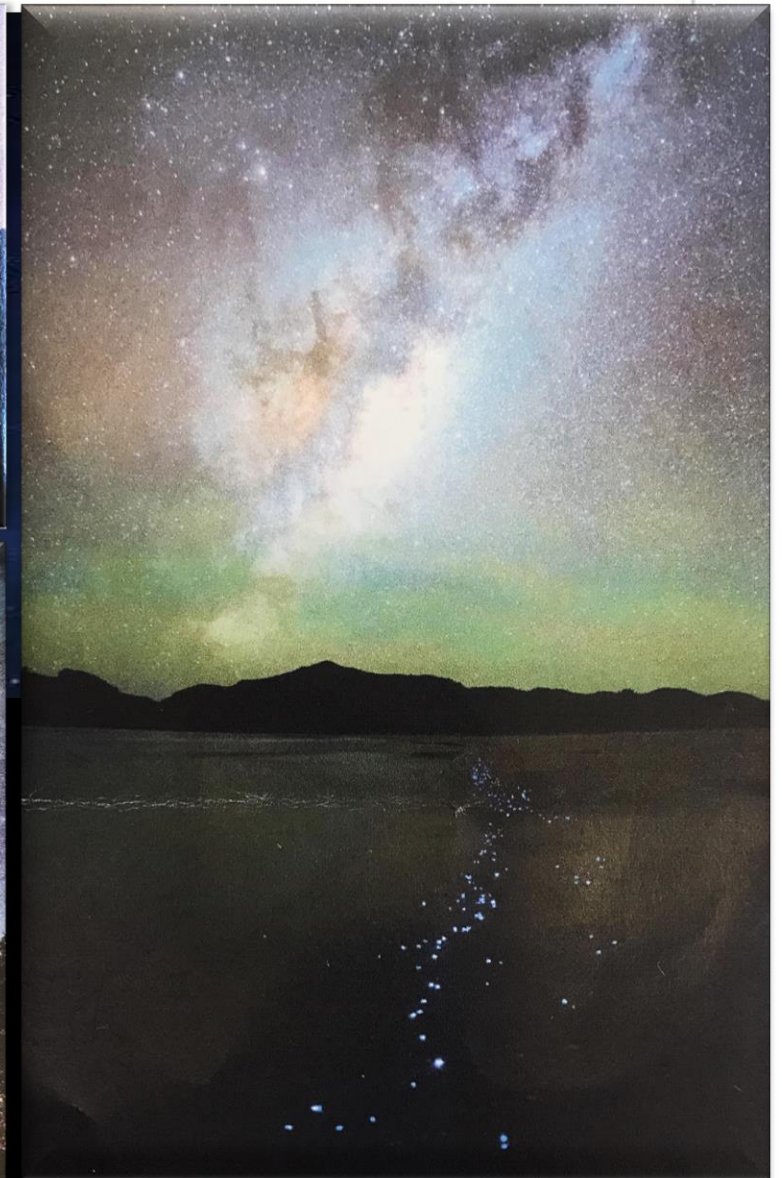
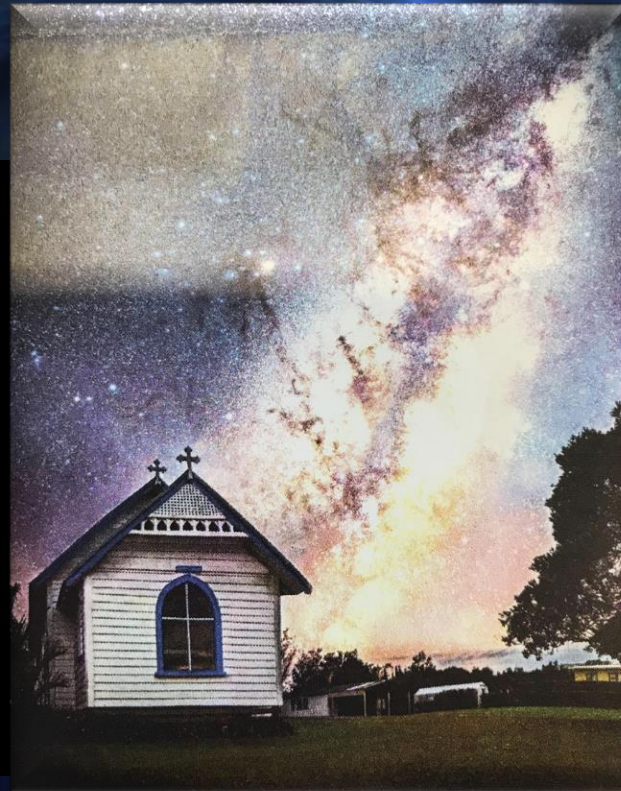
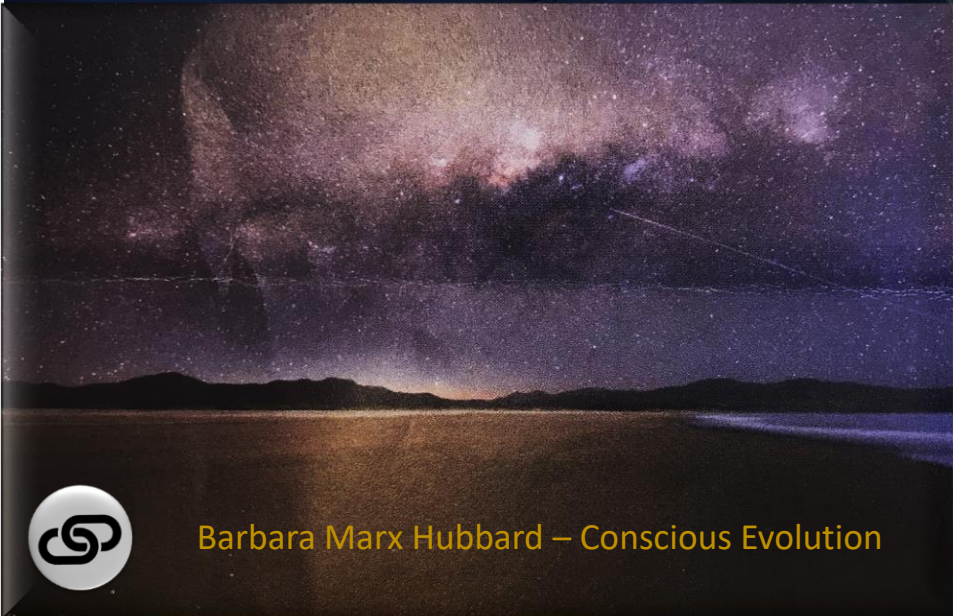


And  
The Final Word  
From  
Divine Direction...





“Ssssh, listen,  
I am giving birth to something new”  
- the Universe



Photos from Gt Barrier Island, New Zealand  
A UN approved Dark Sanctuary



Barbara Marx Hubbard – Conscious Evolution