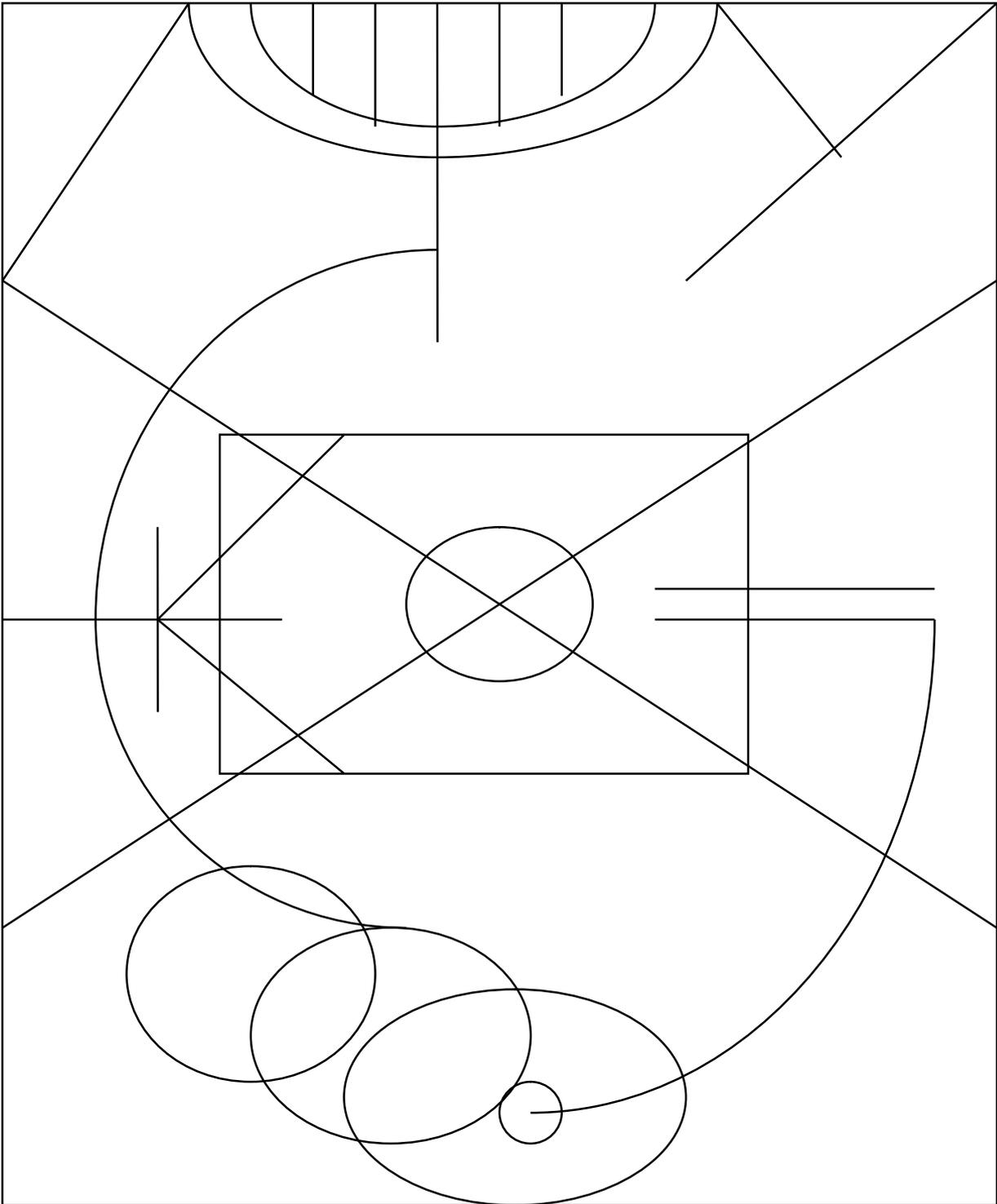


The Golden Thread.



By John E. Holland.



THE GOLDEN THREAD.

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Part One "Stillness"



Introduction... The Idea of Creative Balance.

The idea of life is to keep in contact with what I call, "the golden thread of existence". If we do not do this we end up with death. This may be as simple as depression or not bad to deal with, like a wish going wrong. We've seen those young people with symbols of death whether it be a heavy-metal music or it can be the moment we catch that older person with their minds in a great depression as they stuck in their past memory. They are not really with us in the present which goes for those involved with passing the time of day with mindless pursuits. They are escaping as the social and "higher" personal purposes have fallen on bad times. We have to be careful as we appear to use existence by manipulating our moods. We come to use time and even those timeless moments of love to take an advantage by pushing our animal instincts and so wishing to rule the way in extreme ways. By coming back to the seeds we may remain conscious of life's "Golden Thread". On one side its great mystic powers to see life's horizons and on the other the opening of the enquiring mind to know what we and the world are about because we feel the elements in their inner working.

Let us say, we are not feeling "so good" and so we should start from the basics of understanding how to put the situation "right". This means we should start by finding a personal mental balance where we can inwardly share where there is a sense of a protected mind and body. This is a sense that we go beyond ourselves, so we can sense feelings that peace of the outside world as we start to become aware of a sharing of something that goes beyond our inner self. It is better to start in a personally protected place where we feel "at home" just for us alone. There should be a wish to get to know ourselves again.

The Keys.

There are three keys; the understanding of the art of breathing, the understanding of the horizons of the Earth to sky, of Earth to buildings, and that of our position to the other horizons, nature and buildings. The third one is the seasonal balance of the changing seasons; the balance of the Sun to the Earth and the balance between day and night; Sun and Moon. These seasons are emotionally felt in that we come to know how we use our creative talents. They are based on how we wish or can gain our protection from nature but at the same time sense being and creating with its elements.

The main key to release ourselves and our surroundings is that of knowing how we sense sound and music within each different space, whether an open or enclosed area. This opening and closing of the vibrational energies releases the effects of light and colour. How we do this allows us to find Unity and Balance in ourselves and we make this clear in

the world around in the expression of the textures in how we create and exchange. We have to learn to store information for much longer periods of time than many individuals are used to. We do not struggle blindly but remain more open to find other pieces of a broader dimensional puzzle of what existence really is about. We should be guided to experience space both as a Universal as well as a personal release related to an increase in the mind's openness. We are able to go to higher and deeper planes of experience and inter-relatedness between the elements.

2 Compromise or Duality

We now have to come to terms with Time and Time Values. These form through the Sun giving a sense of movement making a cultural "time" just how we find out in the group. We form rhythms to do things, formed from deeper Vibrations which key in our nature-controlled lives. We should sense where we are and how we are holding a sense of our personal memory. It may start by being trigger happy, or wishing to take flight or even to fight until we are used to dealing with emotional matter. When we push our personal values forward, out into the outer world we have to be aware of the effect on our psyche, something which effects the foundations of our health. First we have to be aware of what nature's vibrational spaces do to us, particularly when we are keeping the same routine each day to a state that runs over into each season. There are places where loneliness or hectic behaviour are pushed to extremes. We have to mentally learn how to deal with them as we move within nature. Personal excesses of aggression or of personal abuse should be tamed by simple bodily therapies like breathing.

The biggest therapeutical help is the understanding of "regression" to find deeper energies. In this case the use of music and sounds should allow us to come to know how the transcendental powers of nature work, particularly within the mind. We should go or release ourselves mentally to sounds and inner psychic energies of nature. It eventually becomes an expansion and is no longer a regression. We should understand how this can naturally make us wish to change our natural and social position. First we should realise that we should not experiment wildly with our wish to change our position but first we come to terms with our emotional boundaries.

>>> Please go into a large room and wander around it. At best it should have some sort of echo. Stand in various places, e.g. the middle or on the edges etc. and sense how these different places effect the way we feel and mentally perceive between our minds and bodies. Then play music and sounds inside and outside the room. Use the middle and the "Altar" position of the room as source of these sounds. First, play sad and then happy music and see the effect on the emotions. Maybe it is of interest for us to note down the effects on mind and body. They can be slow "realisation" processes which reveal how the brain is divided in a **social**, karmic side (left) and an **artistic** and emotional life-evolving side (right). The physical and emotional divisions may become aware by noticing the effect on our higher minds, something which is heightened when in a discussion. When we move from one very different topic to another and we feel the effect of beautiful and violent emotions. I would suggest that after this exercise we meditate so as to quieten the mind and body again. It allows us to feel "forgiveness", a sense that we can give and take again but without guilt, after we have had feelings just where we are very involved with personal situations.

Another important area is the use of lines and curves and basic symbols whether we drawn them or they are in our architectural world or what we buy and sell. To understand this let us watch the movement of light, darkness and colours around us and sense how

individual we are as we handle these changes. The speed with which we change our emotions alters according to how close we are to dreams and sleep on one side and symbols and sounds on the other. If you would like to experiment with this change then alter the light in the room or wait for changing light intensity between day and night. Air pressure and weather conditions create a similar change we appear to have to fight with according to the season personally dealt with by our own creative powers. We can see clearly that each climate region of the Earth is different and affects us profoundly if we would be aware. Temperate peoples are used to slow changes of light whereas Tropical peoples are used to rapid changes. These work profoundly on our inner souls and how we revolve around our sense of emotions. It is the illusion of this change which we should take seriously because it is bound to our animal survival that forms our inner imagination. If we learn to open our senses enough then this liveliness allows us to be able to “transcend and ascend” within the mind. It is as though we can go up and down a musical scale and sense our “body sense” changing. It has the result that we can be mentally buoyant and we sense mental karmic and emotional objects before they take us over. We should learn at the same time how to stabilise the emotional effect of this so-called transcendental level. This is both at the emotional sense level and particularly at the holographic image perspective. This is done by using quiet, slow music, crystals and healing stones, special aromatic oils as well to find that “balancing factor”, or that sense of feel that we tell ourselves quietly, “just to balance”. In this learning process it is good we soften the effects of natural animal-like threat. When we are unsure of ourselves as we move within our transitional behaviour, from one place or movement to the next then we should realise this so-called hyper behaviour where we move rapidly from side to side. This is something found within ape families to check which horizon and space they own. Eventually this evolves into humans wish to create movement and objects showing certain acceptable cultural behaviour where movement perspectives are shown their angle of influence. In this way we can test out space around us just who really will live with us in how we move in our environment. Certain cultural creativity then forms that allows us to clearly identify how we remain aware of the world around us.

3. Hell and Utopia... Duality of Outer Nature.

Introduction..

This chapter describes how to cope with narcissism and depression by working with emotional mental and physical balancing. We have to come to our Altar "7" and work together with the psycho-acoustic “creative source” of any space we wander into. We have to be careful that we shan't swing wildly between being too involved with that “big head” feeling, bound only by mental wish but no environment or on the other side by a deepest depression.

Exercise...

We have to first understand excessive behaviour either involving either love or hate. By becoming mentally clear with how the mind moves to and from “stillness” we come to understand the end of an emotional change mechanism through meditation. First observe in your daily routine over a number of days how people around you bring you up or down using praise or criticism and then personally use a meditation to find how the mind works with this manipulative material. Find a quiet period and space for yourself. First get the breathing right starting with long, firm slow breathing and concentrate on your mind. Then after some minutes lower the breathe pressure and breathe from the diaphragm, at first much faster than before and then stronger. After a while come back to concentrate on

your mind. After a maximum of 20 minutes bring the hands up in front of you, then open the eyes and focus on the horizons around you (sky, earth, buildings, yourself), then centre your mind and close the eyes slowly. Meditate for about 10 minutes Remember, with practice we should learn to take the brakes off our mental processes and use that 6 seconds of a quiet mind to find meaning in our deeper thoughts.

Role Play....

We have to cope as we come out of the meditation with a massive duality of reaction because we bring love-hate reactions to focus in our mental process and as with water and fire when they are very close together within the emotional reaction a physical explosion can take place. This is because normal laws are replaced with the reversed Quantum Laws where opposites can unify. Look, for example, at us laughing or being laughed at, yet when in fact we are social frustrated and not sure what to do but to “react” come what may there is no peace. You might at this stage like to do a role play. For example play the parts of different family members you know, who with their problems appear unclear just what needs to be resolved. The role play helps to see what happens when we use or break a certain stereotyped role. Here it might be a good idea to seriously try and understand your emotions and how their changing colours as we play the parts differently. We may very easily sense how we move from happiness to sadness. Maybe to do this you go and visit a few very different professions and see their particular way of dealing with their customers whether they be long standing ones or those that come very occasionally. The role of the moment is the only one that matters. So we should ask ourselves if there are protective mechanisms for the certainty and uncertainty of having to share according to how the senses pick up their energies, either directly onto the soul of existence (seeing) or hearing which needs those seconds to orientate itself with what works directly on that personally orientated soul of existence. See how hope and belief are dealt with by both customer and business owner or sales staff. It has to do with personal belief and handling what can be described as the or a “truth”.

After doing this it's a worthwhile experiment to play different music from various cultures and traditions. Then with these experiences visit a church where it is built using “sacred geometry”. Here we should be able to sense the different feelings between mind and body within the resonances, which change within the different parts of the building. Now have a nice relaxing drink and start to think about being like a child. It might help here to experiment again within the sacred geometry.

Two questions come to mind... how is it children do not cope with formulating their senses and how do you love children that they can respond but are not smothered that they cannot really react without a strange support?

“Love” has to do with how the senses can respond either by giving them room or by giving them stimulation. Maybe you can sense that we should understand how transformation is correctly balanced by mentally knowing the move how to check internal resonances. Either we need more time and stimuli to gain an understanding of reaction or we can react straight away. If this balance is not keenly tapered as we move between child and adulthood then we end up with hard professionalism and material extravagance. Here, we can only come to terms with this on a very fine level so I suggest finishing this part by concentrating on our breathing, first with eyes open and then eyes closed and slowly become aware of “self” as we mentally exchange emotions with our outer world. Quietly ask yourself to centre “self”. At first this may not appear to bring anything. When a movement of body and hands slowly takes place bring your thoughts again to relax and refine your senses. It can take up to 6 seconds for this process to work because the mind takes time to orientate any accountability of itself.

How to use Unity" in Yourself".

The main protection is the use of finely tuned senses. This has to do with the exercises above. Look at how we magnetise and are magnetised and so release our loves. We know this very well unless we have been encapsulated into a "no reaction" mental stance. We were not allowed to really act for ourselves but told to do what we were told. We wish to reach out but seem to be only able to go so far but we do not meet with a reality that is exchangeable. This may appear social to the time and place we exist in but there is a deeper tag that I call "Prime Quantum Energy" linked to the animal survival. It has to do with deeply held basic forms, designs and movements that have to be released to form a protected intelligent object, either a thought or even a simple material form. If this is not done a fine protective layer is formed which should only be shattered very gently. We can break this when we refine our energies, becoming very finely tuned to a new inner spiritual being. We are able to pass through a gate into an inner Eternity using Universal finer knowledge.

Dowsing....

Here it's a good idea to learn "Pendling or Dowsing". Take a "Pendle" you like and hold it in the left hand between the middle finger and the thumb. Concentrate on it and ask what the movement is for "Yes" and then "No". Remember what the movement is and if you feel any form of transcendence or relaxing ask the pendle again. It can help here to ask yourself that you are "dealing" with yourself. Now ask the pendle certain questions.. they can be personal, like about your diet or about the world around etc.... Always remember it can take up to 6 seconds for results to show. Now put the pendle down and close the eyes and meditate. Again remembering the 6 seconds, ask your personality to reveal what I describe as the "Foundational Consciousnesses"; Transcendental, Cosmic, Unity, God, Christ, Virgin, Jesus. If these appear to be too much for you then go down the list, choosing what is, for you "balancing". Close this practical chapter by choosing one meditation form involving one of the following... music, light (candle), healing stones or just sitting in silence for about 15 minutes.

4 Personality

Introduction...

We have to come to respect and see the different ways each person handles the elements; water, fire, air and earth, singly and together. We should realise this has to do with physical and vibrational spatial concept and this goes together with its shape. Another is our diet, which relates to our gene structure. This pivots on the influence of the weather on culture and so nature. Nature has a behaviour related to our behaviour which allows us to survive. We have to develop a mental spatial memory to know just how we react.

Practical experience should be made to strengthen the refined sensing of the brain and body so take physical examples of each element and sense their effect on our inner and outer mind.... They are: Fire (candle), water (ice + hot water), air (ventilator and complete stillness), earth (sand, clay, glass, crystals). Place each of them where you can relax and really sense them. Now do an exercise to prepare and stimulate the Kundalini energy in your lower body. Tighten the lower back muscles and hold the breath so you feel stable. Relax and do this process again. Take these elements as given above and one by one sense how you react to their various temperaments. Slowly learn how you react to them by coming closer to them but with respect. Observe how you can improve your tolerance

to know them without falling apart mentally or hurting yourself both physically and mentally by not concentrating on external aspects of movement.

Role playing Tasks.

Do miming in a group and guess and discuss what each is acting out..... the tasks can have emotional, spiritual or physical meaning. Within the room or area you are in, try and find your favourite space. In this way you may find it possible to be able to find the deep inner Soul Love that so dogmatically rules our lives when communication goes wrong but brings us to that "Love" feeling when the environment is right.

We have to be very careful of the two areas, mind and body which influence our life very differently. One produces "Sympathy" and the other "Empathy". The values relate to Animal nature producing sympathy within the body, the other is the mind's emotional intellect which plays the role of mental empathy. If we are too animal bodily orientated our sympathy emotions drag us around because we cannot mentally focus. We shall not be able to feel "Time Values" as control for key subtle rhythms which should lead us to be creative in certain places that "belong to us". In this way "A Catch 22" situation will arise where personal space cannot be properly identified yet for us to really survive as humans in society we need to know spatial boundaries. In this way the creative animal in us can survive. **The Time Values** are Point, Relative, Real, Exchange + Source and denote resonance points in an enclosed space where subtle rhythms can begin when mental images can start to be formulated.

Exercise....

Find a large space or church and walk around the building and stand on those key points (See page ?22). Then watch films with a historical and/or social theme. Meditate then in a serene place but before starting be aware of it's inner temperament by standing or sitting in its middle. After a few minutes be aware of any sadness you may have and note how your body can implode on itself. From this point it's important to untangle the mental and physical knots before going on to the next stage of development. Now sense how time moves by being aware of the inner imagination. This is done by becoming quieter and taking that quietness with us. Become aware of an aura around yourself made up of fine colour vibration. There are machines which actually measure these values and produce colour pictures (Kirilian photography). They are fine values given off by the elements which help us to protect our environment, so triggering off the imagination. Here, it helps to dissolve stress by dissolving the "water-level" in yourself. This is the line where Sun + Moon influence the emotional pressure and how time related things become "pure". This is done by raising the breath pressure so the brain refines itself. This has the effect of changing "consciousness" level of the body through the cell structure. We should realise how the brain can be in "its own world" so creating a quantum regulated world. In this way the outer electron level is increased by releasing part of the inner quantum structure to wish to know where we are.. life cannot remain always protected at its source. This is known by most people as the spiritual element of the personality. It should be aware like a flower blooming in summer. We have to be careful of attraction at this point because we have to be aware of our options just like the water level has to be right for the flower to survive.

Separation from Mother.

Play some quiet music and move softly to its rhythm. Relax and so feel the "Transcendental" as the body relaxes. Become aware of any "Love spark" travelling through your spirituality wishes that want to be released within your emotions. When in the group discuss quietly amongst yourselves the "Freedom" of a growing mental room, our spirituality, that is able to follow our emotionality without going to pieces. Then role-play a

certain value that makes you normally break, either that you flee from your present position or you start to fight yourself and the world around. Note how you can quietly sense the mind's reality without reacting. For those who find this exercise too much please go into a quiet corner. Continue to work through the fight-flight mechanism in you because it remains in your deeper consciousness but consider that it may be important for you to have "something" to do. I think it's important to realise that we can release the personal souls by grounding our senses, first to think for ourselves that we are with the "self", but that this is done in such a way we should not work direct with the inner psyche without a material background of finer energy like Aromas, Crystals, Food + drink or even loving Group interaction.

We have to secondly, be careful in our awareness of any Group reaction, sensing if it's real magic and ritual, meet the way the Earth is creative where we stand. There should be no cover up for personal inadequacy at this stage because this openness allows us to understand how we bring the "personality" to be sensitive to pick up the Earth's vibrations. In the past this was the idea of prayer and bowing down in the church. We become aware of these factors by tuning into nature's own spatial Time Value mechanisms within the "sacred geometry". If our human creativity feels ungrounded then we should be very careful of the quality of any work we do or how we observe the world around us. We should increase our sense of material observation and the inner vibrations so there is a difference between how we express the truth and how we react to any incompleteness because it is very easy to create war or massive struggle through allowing others consider something is correct and in fact it is unfinished. We should first observe through our personal transcendental energy, checking the quality of sensing, which enables us to see the insecurity of the foundations. We should take those 6 + seconds to allow the mind to come to terms with itself and the senses. We should ask why the goal is the way? It has to do with observing what happens to the mind in its transcendental position, that there are two facts of life, that the goal is made up of ideas which in the world's underworld are active so in many ways life is already lived unconsciously. This underworld is full of parallel existences to protect itself and extend its boundaries in such a way it eventually supports further stable material experiences and connections.

Now consider role playing..... become quite and consider the deepest role you wish to work with and bring into your material life. Now bring that into your actions and body feelings in such a way you feel comfortable. If you are with others, ask them to combine the play into similar roles by miming the material roles and checking the inner personal images afterwards in a quiet chat. As an alternative to this make some graphic art works using colours and pens. See what is similar and where the differences fall between the works.

Sharing.

Our goal is sharing but in such a way we come to terms with values through exchange. As we travel mentally we have to become aware of matter's values and what are acceptable to us. All too often sharing is denied at a young age either because people we like or love move on or we have got ourselves into trouble and have been punished by being denied. We have to ask if this is manipulation or necessary guidance to allow the society to grow. Because we were too young to understand or it is too dangerous we fall in on ourselves. This leaves the male energy becoming so hyped it looks for making trouble or excessive adventures, whereas the female energy remains within a cocoon, in a deep buried love looking to be rescued by a prince on a white stallion. Both attitudes will pull the body and mind apart and there will be a vacuum in its place because subconscious wishes and conscious possibilities values split the personality. In this way a form of "death-like" behaviour is used to bring recognition, a way to attract attention. Firstly we should be

aware how we are involved with social control mechanisms which can be dangerous to evolving into that freer personality. On the other side some social hierarchical control can evolve into creating survival continuity. In the first instance it can be a good idea that we meet others using little mental touch, with great care we touch the other personality. If it is very extreme then we are left alone to come to terms with ourselves but often with wishes unresolved. This is very extreme is the "cold-blooded" learning methods where facts cannot be translated into practice easily. We should ask if nature is controlling this process as a balance between "Open Cosmos and Enclosed Space". This is where we learn where boundaries and openness change as we move around. Search out a simple game between yourselves (when in a group) and find out how enjoyment takes place with playing. Become aware how you react to every move with others as well as alone in your mental processes.

Balanced Reaction.

What seems so important in our life is to "Balance the books". This can be the mental processes needed to understand personality, not just the material account books. The mental processes within ourselves are so important as to our senses' well-being just how we deal with ourselves as well as with others. We have to learn to balance emotional mental processes so they are not too "loud", then we can sense the reality of existence. We come to understand what is lively and to be trusted and what is deadly for us. This may be because the idea is out of control where we are. When we remain mentally in our balanced processes to check personal mental polarity then we can sense how we "can sense danger of death, of killing and being killed", but in such a way we are not in physical danger. When we are too negative compared to the situational reality then we are easily hurt and wish to run into a hole. We either use money to upholster a physical or personal protection or we remain with others in a protected profession.

Let's show this situation in our money based system by **playing** (if in a group) "money musical chairs". Places different coins or notes on each chair and play the music as in musical chairs. Play again but this time in pairs, with someone you like to play with. Play and discuss the pressures that you sense. We can either play the game or we can play at "dying", a form of giving up, if you believe there is nothing to gain or lose.

Creativeness and Independence.

We are working up to be our own masters but to do this we have to demolish old child-like perspectives so that we do not need help at every end and turn. We have to come up to a point of awareness where we find within our own mental reality a sense that our movement is a personally controlled, timed reaction as our simple horizons are there to be with. We come to note how long our emotions take to physically react and how our environment will accept these reactions. Within the group ask each other how close we feel to each other as a wished for and non-wished for phenomena. By the way we should note that this works on the area and balance between throat (very close) and the stomach (far away). When we are alone ask yourself how close you are to others when you meet others how that feels to the mental physical body. Ask yourself, if you have a goal, and whether you are succeeding? The environmental tensions will be greater if you have to succeed as the horizon presses on the chest Chakra. Personal or work pressure within a tight socially given framework will cut the "I" Chakra to dig deep into the intestine. To counter this, when there is a possibility then take away material pressure and read some words quietly in a corner. This can broaden the reality so we can be better understood. It helps to broaden the personal "time line", the way the waist Chakra moves along, by being aware of any Transcendental creative processes wishing to be activated. Go into a beautiful place or create something beautiful however tiny that might be it can often be a matter of perceiving. Look for the eternal seed in this beauty mirrored in the personality.

5. Deep Symbols of Life

Introduction.

When we wish to understand depth of existence we should come to know the interchangeability of life's levels in as well as around us. I would describe the levels as spirit, emotional reaction, intellect and material found around us in the various finer and harder levels of horizons and nature. Mentally they leave certain communication patterns which we can either find and use as tools or we can leave them their own natural reactive course. Firstly we should come to know what "soul" really is. This we have hinted at, it is that mental sensing between an image of an idea and the physical world. We observe in the lines and points which hold our sensual world together. In this way we should be able to bring the soul to rest by learning these lines, points and curves.

Mental experiment....

I would suggest we walk quietly into a sacred designed space. Our inner selves should be called up in the quietness, something which is always relative to the mental mind and works according to what reaction we have to dispel after contact to individuals and environments which appear not to belong to us. For many this search for sacred places means a sort of pilgrimage is necessary. I am aware of a little chapel and specially designed English-Chinese garden found at Schloss Türnich, Kerpen near Cologne or Kunst Insel Hombroich, Neuss near Düsseldorf as good examples. Even the old classical designed churches of a large city like Köln are another. Here it is important to leave any sense of the authority well alone you may have and come to experience what is personally happening to you by really feeling the effects of those holistic spaces. In it is a Universality that is very special that should be taken in by the personality on a finer level than normal.

Awareness of Reincarnation or knowledge of the Inner Image.

This inner image is personally sought after, found when we come to terms with "our" inner open space experiences creating a form of sacred, "holistic" building. Our minds appear to be built physically on the sacred geometrical principles. We come to understand how the different parts works so they produce better personal inner mental images. A part should be open like a cinema screen in that we become aware just how our "inner wonder" opens up when colour and symbolism is clear. There is an appearance of easily played off social mental trick on our normal mental images either to bring us personally up or even down but this is not the reason for the mind's capacities. This opening of the screen as raising of awareness happens when normality is refined by being brought into our transcendental refining processes. What is also important is that we make ourselves feel at one with an outer world that we know as somewhere we can sit quietly in. That is not easy when so many are cut up with troubles that seem all overwhelming....

It Works through the "Awareness Transcendence"

1. Become peaceful and find love. Become aware of the horizons around you. It could be described as becoming aware of that "Virgin" figure, "the pure female of existence". It should be a part of an Earthly experience through crystals, music or light
2. The Transcendental Energies at first reveal our emotional stress as we mentally pass those symbols which have given stress. These have to be reworked before our minds becomes quiet again.
3. A Godly resonance should form in such a way there is eventual combination between mental and physical worlds. It only works when the environmental spaces are in balance. Sacred geometry plays an important role....

4. We should gain the feeling that the elements fire, water, air and earth are being materially and emotionally exchanged. Try working with colours representing these elements together with symbols and graphics on a paper or board....

5. Simplify your experience and come to sense how the Earth is often simply made. It helps here to exchange something simple and note the thoughts that are revealed. Be aware of environmental cultural symbolism in churches and museums. Draw and discuss your experiences. Please note what basic symbols pass you by note their use as they come to light through points, lines and circles in all complex designs.

6. We should be living in such a way not to get personally hurt when natural or social mud is thrown. Resurrection should work by allowing us to be able to personally stand up again after we have fallen. When we become aware how we create our lives through symbols and their shadows we should be able to feel fully inflated again even if it takes time to refocus the difference between complex and simple design and outcomes. We should meditate by learning to "Let Go".

7. Many have the habit of checking karma by trying to get the environment and the people in it to react too quickly. We appear not to have enough time for "everything". This reactive mechanism has its core deep inside all nature as a natural readiness to find a "way out" to know how exchange works. We wish to know how the exchange will work out and that it will allow us to go to the "next stage". Transcendence to reveal the different stages improves this process although we have to remain within a certain exchange reality to earn our money. While a process is taking place we need to stay in a certain here and how with only finger contact to the next place and "stage". We dare not slow the process down too far or we are soon in social trouble because we end up with needing to "escape".

Role Play...

It may help to role play an argument and then go into small discussion groups. At first come quiet with yourselves. After a few minutes start arguing again until someone starts to notice how reaction really takes place. Explain this together. See if it helps if one small group is meditating, or cheering on the aggression or just doing nothing.

8. Understand how the environment everywhere is stirred. Then sense how transcending mentally creates freedom. We have to gain a sense of space to identify spiritual and emotional levels in this process. Use music to control the emotions then look to see if you have questions and see what the answers might be. **Writing down questions and answers can be a help ...**

9. Here our goal is to master each space we are in. Find its symbolic lines and colours, then its sense of being "at home", "coming to the point", or "giving a sense of horizons". We had better not fight but cooperate to bring things together mentally. We learn for "Life" and not to find death so as what should be mentally open without being destroyed by the dark energy of the unknown. We think about how to share personally with others then we can sense the beauty of life.

Meditation...

Seek a comfortable position and remember how the "Intelligent Space" positions influence us. Come quiet for 15 to 20 minutes and then position yourself where your 1st House is in your Astrological Chart with the base being the Signs. Then consider your Sun with the base position in the Signs and then find the House where your Sagittarius is, the base being the House. Work with these positions for an hour and sense how these positions effect your normal daily tasks. Other people do pick up these values and throw them at us whereas they should be used in the creative and exchange processes.

10. Dreamland use music to come into a state of dreaming: Note how your wishes work out. Do they stay with you to haunt you or do they go to ground? Do you wish to share your experience? Please do so....

11. Sometimes a controlled release in a protected area to let your aggression out works wonders. Try to do some sort of physical exercise however simple now for a few minutes and then suddenly stop! Hold your breath, do not move and be very aware. Now do this again in a very small room and see the difference. Now come quiet and discuss the experience... really "Let Go" and eventually play very quiet music again. This should be done by dividing the time up into 20 minutes Music, 15 minutes Meditation and 10 minutes Rest. Then have a break ... Eat - Walk - Share - Play.

12. Discussion.... think about problems taking place in religion and authoritative areas of life. How do we use time that we appear to have to "fight" others? How do we really use space? Think how incomplete nature can be before it is turned into a Zen Garden which has to be kept trimmed and tidy. Think about our own nature, the area where we live and how we move this perceived energy and put up with existence for social reasons.

13. Consider how we have to balance the emotional elements in us by "Letting Go". In this way we can identify directional, signpost-like experiences. Within the arts and musical worlds there is a way to reveal the relationships of these tensions. On one side there is the symbolic arts using the base, Universal forms but on the other side there is a social level where mass hysteria and fashion create a problem that art is forced, whereas the other symbolic side creates a therapeutic use. By refining the breathing and coming gradually mentally deeper inside our minds we can become finer and eventually mentally brighter. We should start to see similarities in perception between nature, art and scientific knowledge. Sense how the mind stores the different sense stimulation. We have to be very careful how we deal with jobs where we experience images and feelings which are beyond our own world. We seem not to be able to work with them in the outer world because we have an unclear sense of horizons and "quantum springs". We have no real idea of their different meanings so that the personality eventually explodes when put under the slightest pressure. We can regulate this mechanism by closing the eyes, becoming aware of what we've been sensing. This goes particularly for the eyes so we have to gradually open the mind but very gently. Now concentrate on body and feel its resonances. Ownership of feelings and emotions are often more important than physical possessions. Remember that often accidents happen because we completed something that did not belong to us or we were concentrating on feelings that did not belong to us! We must hold very fine perception over other people's words and actions. When in the group please exchange what you believe should be shared because when the emotional time to work out our perceptions has been shorted or lengthened through force then the false impressions are given or gained. We have to be aware that often any sense of attraction is not "Love" but a state of personally "Being comfortable" or a sense we have involved ourselves with finer exchange that belong to the ether. Hate and struggle to gain a social position, taught in many schools destroys this finer order whereas real "Love" allows a natural creative order to take place without us having to haggle over any hierarchical consequences. Please do not show a sort of "Love" until a harmony is clearly found by just being. Just "Be" with the outer world and only make a light sense what can be shared personally for use at a later date. Remember those actions where we walk into a room and feel paralysed and we have to wait a while before we are brought into the group through a contact which makes us react but don't use them as a way to always hide behind our mental curtain for too long.

Meditation....

Shut eyes and note the inner and outer time perception line. It is a sense that you exist in an ever moving world. This is the difference in perception between our narrow outer world and that larger world out there. It is primarily sensed through hearing and smell. The realisation of there being two worlds can trigger off images deep in the mind. Be aware of what these images are and do to our emotional reactive wishes to put them into action. Be very aware of our breathing in such a way we relax and reduce our body activity to a

minimum. With a quite mind be aware lightly of our "Solar Plexus". Now listen very carefully and heighten this process by slowing and holding our breathing rate. We should try and become aware of any duality we might have by feeling emotions as something concrete and knowing the free room they are floating in. Check our inner images and how we fix emotions before reacting. Now see and move in the outer world again and become aware of how we are gathering emotional material, its fixing as a reactive idea, which is our reaction and its release. If you do not wish to find quietness because you feel restless or feel ready to work then just move around slowly in a trusted space and let go again with the help of breathing exercises.

14. We should come to realise that religion is finding unity in these reactions of our senses so there is understanding when we untangle the knots after the chaos but we should be careful that we are not involved in a mass exodus from the material world on the grounds of a certain righteousness that only we know about. We have to be careful of the inner child in us that can be so reactive to holding a pure world of intent. We have to learn how to hold verbal and physical reaction and beware how we are giving and taking even the finest vibes. This is because the inner voice is awake to stop any failure to obey creative rules within nature very quickly. It is the animal which needs to know other personal reactions as to how others have been trained to hold power, either by over- or under-reacting.

6. Division of Life -Time in reality.

Divisions - Levels - Horizons.

These aspects of understanding defined areas, physical lines as well as geo-physical plains and levels, appear to open and close our lives, making us aware of the gigantic perception of our lives where tragic-comic roles take place. There appears to be a fine thread that makes up the defining line between life and death. The thread appears to be given and taken according to a higher will that all too often allows individuals and groups to play with power role-plays. It leads to using highly passionate roles which soon lead others into natural chaos. This makes for accidents and even war as we try and swap roles with those who appear to give and take authority at will. The chaos takes place when our survival emotions go far beyond the boundaries of our known space. Getting too far involved or being too careful of our emotional reaction because we feel threatened soon makes it that we withdraw from reality or even existence itself. This has to do with how we value and share time and the space we have around us that this time is suppose to encompass. How we get involved with any particular space has often to do with its money values or its love and attraction. This is bound by how dogmatically we are held or dramatically changed to need to exchange because we are at the end of our tether. We think that so long as we can move around from space to space all is all right but the faster we move the less we notice the real detail how we are rushed into making decisions through pressure from others. All round insecurity is created as the mind has difficulty to hold on to its real values and we start to handle as if we were all too tight.

Body Posture..

We should note how we change your body posture under pressure or relaxed. This is found by being aware how we move as different images are focused on us and we come to understand their personal meaning. When we are in love then knowledge appears to be attracted but love can easily change to hate when expectations are disappointed so

unconditional love needs protection from all aspects of feeling violence. We fall in on ourselves if we do not check how this knowledge may hold childish passions which take over leading to a fight. We have to check any change of role and how it is placed between body and mind so it is consciously placed in a restless position. Many consider that we just need to remain in mental tight control without seeking to release our natural senses even to sense what is there. Yet we in fact still release massive emotional energies direct into the cultural consciousness. This is because space is intelligent in itself through its basic resonances found in the individual positions. These can eventually destroy our very inner tolerance when others do not believe our way of thinking even in the slightest detail. The way out is to know how to use the "**Universal**" values found within each specially enclosed space. This is also a mental organic process but we should get to know what to trust again by noting exactly now we approach and visit each different building and place. We should check the hardness and softness of the vibration before we enter, something very difficult for many western minds. This check can be done by noting how colour, light and sound dictate our response at a very deep transcendental level....

Now please write notes as you go along about these deeper experiences that are often just ignored. Our "Universal Values" can be clearly sensed when we are comfortable in a certain place or task. This should be carefully brought to other areas, where the same values can be found please note these down immediately as you move along, taking enough time to check out each change thoroughly. One very important aspect is to realise the mental separateness of the female and male of each specie. Try not to "over-react"; blowing up, like a "fire-ball" emotionally. This does not allow the wishes of the female energy to be released. They should be able clearly to be picked up in spatial mental pictures that can be creatively resolved. We should refine them by keeping centred and sensing wishes from others as well as ourselves in a clarity that is intensified the more we carry on into so-called new ground. This is often, in our modern existence, far from easy because we are bombarded by too many undefined problems that a state of chaos and war creates a wish to protect ourselves far too soon.

Situational Judgement...

When we raise immediate mental protection then it makes us wish to criticise every small point that appears not to fit the "Universal" picture. Using this quick mental release makes it we show our wish to control power. This makes it we are unclear of any karmic effects on us, including the world around us. It appears we wish to show we are "right". We have to develop a technique that checks any personal power play which develops when we are suppose to show our "correctness". When it comes to defining this survival mechanism in others when it does not tick then we should look for the harmony between known Universal values in that person's space and then we can show what behaviour is acceptable. When there is a fundamental level of social "correctness", it is a matter of the group and those around, just what etiquette is acceptable and how the emotions are released. If they are not released then it may be they are expected to be released and then comes the first conflicts. We have to realise that many times natural survival energies get in the way of really checking the Universal. We wish to gain a contract or wish a certain attention but we promise something that cannot be kept. As emotions are released they spoil the inner mental picture that a certain way is possible and then we have to decide which way to go. This is either to back out of contact or to find a way through but with compromises that maybe future promises will not be kept. This means we should use our breathing to refine our thoughts and so remind ourselves what to check in us as acceptable. This is done by waiting those few seconds for a refined bodily reaction. We have to be careful about how the body hormones assert themselves because there may be a wish to react immediately. There again, not to react can take the lungs "out" because