



A Gift For This Time

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The WDHR Newsletter was last circulated in May 2003. Thanks to everyone involved who made Volume One possible.

Change has occurred in the life of this newsletter. It now has a new editor who hopes that this life she has accepted to manage will encourage its readers, through its content and context, to keep updating and challenging own thoughts and think, truly think for oneself.

From the Editor In this Issue Page

Welcome ... to a new beginning. The theme for this first edition is *change*. Perhaps it should be said that in welcoming the new a good place to start is with looking at the concept of change, knowing that it is at the basis of every evolving life. It is recognised from without but its source comes from within.

My name is Jan Melanie, and I have taken over the role of editor. My passion for writing and my procrastination for doing so perhaps has been the inspiration.

I take this opportunity to invite input in the form of articles, stories, snippets of insight, book reviews, film reviews and information from teachers regarding courses being offered. This newsletter can only evolve with your assistance. It is hoped that what emerges is a variety of viewing points, particularly in relation to reviews and stories. There is a truth that just is and an individual truth to be acknowledged along the journey. The latter involves a unique process, which has everything to do with the steps of getting there, which as we know contains the qualities of being there.

The quotes chosen in this newsletter come from a variety of sources that are accessible to all, with perhaps the exception of the Kybalion. What is important here is not so much who said what but what was said.

Finally, unfortunately Patrick is unavailable for comment on current events at the moment.

Hope you enjoy!

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The Nature of Change by Jan Melanie

In the context of being a metaphysician in the now age it is probable that change relates to stepping beyond the known and the familiar into the unknown. The elegant way is to be willing to accept the unordinary, the extraordinary and the unconceivable much like the child does before being educated and socialised. But what is the nature of change?

The following is a simple story that shed some light for me

Recently my computer failed to deliver with excellence. Many tasks I could not do. It was temperamental and I felt at the mercy of its limitations. It soon became obvious to me that my desire for some months to purchase a new computer was being offered. Still I attempted to try all avenues I could think of to make what I had work.

Change can be scary and the familiar was inviting me to stick with what I had. But what was the fear of change? There were many strings attached to this innate object called a computer. For instance, it had been given to me although not ultimately owned by me. However, I had been grateful and perhaps also somewhat obliged. Obligated for what though? I realised these obligations really had nothing to do with the person who had gifted this computer to me. The obligations related to past patterns. These patterns contained elements of a sense of security and love and represented the kind of dependence a child needs from her/his parents. I had felt obligated to not offend or hurt the feelings of the person who had given me something I needed and I had interpreted this gift as an act that distorted our relationship somewhat. These were the conditions I had set around the act of giving and receiving, probably in my childhood.

Paradoxically there were other characters in this scenario. Characters who unwittingly inspired my current preferences unrelated to the past to be activated.

With the pattern revealed and the lesson exposed I sat in the middle of it all for a short while. Whilst sitting there, contemplating what to do, "will I give this one last chance by taking the computer once again to a technician?" a knock at the door was heard. In the hand of the visitor was a newspaper clipping. It was an advertisement for a new computer at a very good price.

In that moment my mind was made up. I would purchase a new computer. So I made a telephone call to the company offering the special deal and asked all the relevant questions to be sure it was exactly what I wanted and needed.

Armed with this information the transition from the old to the new was elegantly performed. I informed the person who had given me the old computer that I had decided to purchase a new one. They had known of the difficulties I had been having. From that moment on I was in charge and responsible for my own means of communication. It still felt a little scary yet simultaneously freeing.

With this newfound freedom there was one more obstacle to overcome. There were documents and files on the old computer I wanted to transfer to the new and I could not burn them to a CD with the old computer.

"Not everything that
is faced can be
changed. But nothing
can be changed until it
is faced."
James Baldwin

"The intuitive mind is
a sacred gift and the
rational mind is a
faithful servant. We
have created a society
that honours the
servant and has
forgotten the gift."
Albert Einstein

After settling in to my new computer a solution came. Once again I seemed to ask the right questions at the right time. Without any fuss staff at the local computer shop made it possible for me to take what I wanted from the old. Once accomplished, they burned the files to a CD and I was in business.

Take what you will out of this story. There is much to reflect upon. For instance, change is inevitable as we all know, but how do we embrace change? If fear and anxiety is a barrier, what specifically is the nature of that fear and anxiety?

As I was writing this article I remembered the story told in many a metaphysical training workshop. That is, 'you can't pour new wine into an old skin, but you can pour old wine into new skin'. It is a concept. We can struggle if we doggedly hold on to our old patterns and attitudes, but if we are willing to let go of redundancy and shift our thinking, then some of the old files can be transferred to the new in an effortless and elegant fashion.

In keeping the ones valuable to me, new light has been shed upon them and I have been inspired to write this story about change as an introduction to this newsletter.

Taking time to reflect upon this moment of insight, I considered the value of having done several times the 'Icebergs' meditation from Esoteric Training 1. With the use of the Observer in the meditation the obstacles in the distance were considerably reduced. In the future they would be much easier to overcome or even non-existent.

Then I considered what has been made possible through attending this foundational course several times including recently in Adelaide. I remembered a passionate yearning that had inspired a thesis prior to discovering metaphysical training. The desire to be, to do and to have all that one aspires to, appeared to come out of nowhere but was deeply felt and expressed to my supervisor when asked what passion was underlying my approach to the chosen topic. ET1 has and does offer the opportunity to be, to do and to have all and more than one can imagine and desire. Of course there is a process and as life unfolds the seed that is planted in the ploughed terrain will assist us in changing our attitudes and beliefs which will affect our thoughts and feelings, and we are better prepared to make informed choices and decisions.

It could be said that when a seemingly immovable object meets an irresistible force passion, desire and yearning for this kind of freedom can only inspire a solution. Could not then the immovable object be just the glue that holds on to the past and the irresistible force the intent held in the present moment?

Finally, I contemplated the consequences of my actions. No-one was hurt. To the contrary it seems the connections I have had with individuals helping me to play out this script have been cleaned up a little and the reception is clearer, at least from my perspective. All that was required it seems was a shift in attitude – my attitude, not theirs! In order to do this effectively I had first to understand the old pattern.

This is not intended to be a fixed or rigid recipe on the nature of change. It is not possible to condense the nature of something to form. However, in looking at the content and context of our own

"He who controls
others may be
powerful, but he who
has mastered himself
is mightier still"
Lao-Tzu

"The moment the
slave resolves that he
will no longer be a
slave, his fetters fall.
Freedom and slavery
are mental states."
Mahatma Gandhi

changing lives it is possible to get a glimpse of the flow associated with the nature of change. It is always associated with the self in relationship to its perceived world. We know also from Lazaris' tape *Changing Anything in your Life Instantly* that we influence outcome with our thoughts. So perhaps the nature of change is contained within the willingness of the self to experience a world that cannot exist when holding on to fixed and rigid attitudes and beliefs.

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### **Extract from *The Power of Silence* by Carlos Castenada**

*In the introduction don Juan is attempting to explain to Carlos Castenada what the knowledge he is passing on is. He named it sorcery in attempting to appease the intellect and explained that his teachings have more to do with wanting to convince him that there is a cluster of energy fields and that only through accessing them can one see the world sorcerers perceive. Most people cannot perceive this world because their energy is wrapped up in the modalities of the time. Finally, he explains, rather than learning sorcery it is more that he is learning to save energy.*

*The answer, or a piece of the puzzle to the question of how do we evoke REAL change in our lives, may be contained in the following extract.*

*..... Don Juan has performed the act of shifting the assemblage point of Carlos Castenada into a state of heightened awareness before proceeding with a clearer explanation ....*

"Then don Juan began a most remarkable explanation. Clearly and concisely, he gave me a different and more precise definition of sorcery.

I had entered into a wondrous state of awareness! I had such clarity of mind that I was able to comprehend and assimilate everything don Juan was saying. He said that in the universe there is an unmeasurable, indescribable force which sorcerers call *intent*, and that absolutely everything that exists in the entire cosmos is attached to *intent* by a connecting link. Sorcerers, or warriors, as he called them, were concerned with discussing, understanding, and employing that connecting link. They were especially concerned with cleaning it of the numbing effects brought about by the ordinary concerns of their everyday lives. Sorcery at this level could be defined as the procedure of cleaning one's connecting link to *intent*. Don Juan stressed that this 'cleaning procedure' was extremely difficult to understand, or to learn to perform. Sorcerers, therefore, divided their instruction into two categories. One was instruction for the everyday-life state of awareness, in which the cleaning process was presented in a disguised fashion. The other was instruction for the states of heightened awareness, such as the one I was presently experiencing, in which sorcerers obtained knowledge directly from *intent*, without the distracting intervention of spoken language.

Don Juan explained that by using heightened awareness over thousands of years of painful struggle, sorcerers had gained specific insights into *intent*; and that they had passed these nuggets

The Divine Paradox

*"The half-wise,  
regarding the  
comparative unreality  
of the Universe,  
imagine that they may  
defy its Laws – such  
are vain and  
presumptuous fools,  
and they are broken  
against the rocks and  
torn asunder by the  
elements by reason of  
their folly. The truly  
wise, knowing the  
nature of the  
Universe, use Law  
against laws; the  
higher against the  
lower; and by the Art  
of Alchemy transmute  
that which is  
undesirable into that  
which is worthy, and  
thus triumph.  
Mastery consists not  
in abnormal dreams,  
visions and fantastic  
imaginings or living,  
but in using the higher  
forces against the  
lower – escaping the  
pains of the lower  
planes by vibrating on  
the higher.  
Transmutation, not  
presumptuous denial,  
is the weapon of the  
Master".  
The Kybalion*

of direct knowledge on from generation to generation to the present. He said that the task of sorcery is to take this seemingly incomprehensible knowledge and make it understandable by the standards of awareness of everyday life.

Then he explained the role of the guide in the lives of sorcerers. He said that a guide is called 'the nagual', and that the nagual is a man or a woman with extraordinary energy, a teacher who has sobriety, endurance, stability; someone seers see as a luminous sphere having four compartments, as if four luminous balls have been compressed together. Because of their extraordinary energy, naguals are intermediaries. Their energy allows them to channel peace, harmony, laughter, and knowledge directly from the source, from *intent*, and transmit them to their companions. Naguals are responsible for supplying what sorcerers call 'the minimal chance': the awareness of one's connection with *intent*.

I told him that my mind was grasping everything he was telling me, that the only part of his explanation still unclear to me was why two sets of teachings were needed. I could understand everything he was saying about his world easily, and yet he had described the process of understanding as very difficult.

'You will need a lifetime to remember the insights you've had today', he said, 'because most of them were silent knowledge. A few moments from now you will have forgotten them. That's one of the unfathomable mysteries of awareness.'

*What is REAL change then? Does it involve a movement rather than a shift of the assemblage point? If so, then is a shift not an opportunity to make real change by maintaining it?*

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The following is an extract of answers provided by young children in a religious studies test and was forwarded to me by Tamarinda Schreuder. It may tickle your soul ...

Catholic Elementary School Test

In the first book of the bible, Guinnessis, God got tired of creating the world so he took the sabbath off.

Adam and Eve were created from an Apple tree. Noah's wife was called Joan of Ark. Noah built an ark and the animals came on in pears.

Lots wife was a pillar of salt during the day, but a ball of fire during the night.

The Jews were a proud people and throughout history they had trouble with unsympathetic Genitals.

Sampson was a strongman who let himself be led astray by a Jezebel like Delilah.

"A mind that has been stretched will never return to its original dimension."

Albert E instein

"E ducation is not the filling of a pail, but the lighting of a fire."

W. B. Yeats

Samson slayed the Philistines with the axe of the Apostles.

Moses led the Jews to the Red sea where they made unleavened bread which is bread without any ingredients.

The Egyptians were all drowned in the dessert, Afterwards, Moses went up to Mount Cyanide to get the ten ammendments.

The first commandment was when Eve told Adam to eat the apple.

The seventh Commandment is thou shalt not admit adultery.

Moses died before he ever reached Canada. Then Joshua led the Hebrews in the battle of Geritol.

The greates miricle in the bible is when Joshua told his son to stand still and he obeyed him.

David was a Hebrew king who was skilled at playing the liar. He fought the Finkelsteins, a race of people who lived in bibical times.

Solomon, one of David's sons, had 300 wives and 700 porcupines.

When Mary heard she was the mother of Jesus, she sang the Magna Carta.

When the three wise guys from the east side arrived, they found Jesus in the manager.

Jesus was born because Mary had an immaculate contraption.

St. John the blacksmith dumped water on his head.

Jesus enunciated the Golden Rule, which says to do unto others before they do one to you. He also explained, a man doth not live by sweat alone.

It was a miricle when Jesus rose from the dead and managed to get the tombstone off the entrance.

The people who followed the lord were called the 12 decibels.

The epistels were the wives of the apostals.

One of the oppossums was St. Matthew who was also a taximan.

St. Paul cavorted to Christianity, he preached holy acrimony, which is another name for marraige.

Christians have only one spouse. This is called monotony.

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"The only thing I  
know, is that I know  
nothing."  
Socrates

"Start by doing what  
is necessary, then do  
what is possible, and  
suddenly you are  
doing the impossible."  
Saint Francis of  
Assisi

## Concluding Observations....

Most people, looking at a newly ploughed field, simply see a barren landscape. To a farmer though, this is a sight full of promise. An artist feels the same way about a blank canvas. A musician gets inspiration by the silence of an empty hall. In effect what you see, is the perfect space in which to create something. You have the tools and the resources. You require the permission and perhaps, co-operation to act. All that the newly ploughed field, or the blank canvas or the empty hall needs is to be utilised and filled by an idea.

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Our starting point is what we already know or what we have learned. This is followed by either inspiration or desire to have or do something. It is then within the process of beginning to act, which is fired by a willingness to have something we do not already have, that new pathways can reveal themselves. If our beliefs and attitudes around how to achieve what we want are fixed and rigid we may attempt to force the form to reach our goal. However, if our beliefs and attitudes are not fixed and rigid, but flexible or bendable and allowing, we will have what we want in ways that may well surprise.

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## Commentary

*As mentioned on the first page, Patrick Desplace is incommunicado at the moment and so his insightful commentary is not available for this issue. Some 18 months have passed since his last contribution and whilst the world hasn't stood still in this passage of time, it may be appropriate to re-cap and reflect.*

Back in May '03 newsletter, Patrick talked about a new kind of fear - a fear born of the actions of the American nation's lust for conquest. He referred to the invasion of Afghanistan as the first, and as we know, Iraq was next. This lust to conquer was based on a new premise, that is, you are guilty of having weapons of mass destruction if we say so, even if proven innocent!

The fear striking nations such as Syria, Libya, Iran, Korea, and perhaps China as a result of American's decision to by-pass the United Nations, is to "arm ...." just in case. However, these weapons would need to be unconventional in order to be effective against conventional warfare.

Patrick pointed out that the Russians, Chinese, French, Japanese, Arabs/Muslims and others, were indeed having their weaponry "just in case". These weapons, he pointed out, would be 'high-tech' with cyberspace and communication being targeted first.

"Whenever you find yourself on the side of the majority, it's time to pause and reflect."  
Mark Twain

"Never underestimate the power of a few committed people to change the world. Indeed, it is the only thing that ever has."  
Margaret Mead

Now, some 18 months on, Americans have re-elected their Warlord, George W. Bush, and incidentally the Australians also re-elected their yes-man to Bush, John Howard, and Yasser Arafat died and was buried in his compound rather than in his preferred Jerusalem.

Are the re-elected leaders being held accountable for their actions whilst still holding office, are the “high-tech” arms crippling or about to cripple the world’s economy and communications, and what is happening to the Middle East conflict now Arafat has died? What does all this mean in relation to the self?

Perhaps many will cast their eyes to the sky as if to ask for divine intervention. Interestingly, it appears the cosmic just may be making a contribution. Jonathan Cainer, U.K. Astrologer, has been looking at the link between the three recent pentagram patterns appearing in the planetary arrangements and the deserted city of Fatehpur Sikri.



This place was founded in India by the Moghul Emperor Akbar under the last pentagram, in 1571. It was dedicated to a vision of harmony between all the different religions of the world. The city of Fatehpur Sikri in Northern India lasted less than a couple of decades.

Interestingly, the last time five planets formed a perfect pentagram was in 1941, just before the Japanese attacked Pearl Harbour.

Some astrologers view the return of the Grand Quintile as an indication, that despite the current tension in the world, the moment has availed itself to the potential for the people of all faiths to co-exist in peace and prosperity.

If we follow this line of thought, then what is so different about now? Could it really be saying that as more people are exposed either directly or indirectly to the state of our world and become conscious of the futility of war-mongering, that we are now in a better position to make a difference through our choices and decisions?

Incidentally, both Einstein and Hitler has ‘Quintiles’ in their charts.

## Contact Us

My general aim for the newsletter is that it is eclectic in its style. Everyone's life is interesting in some way and everyone has a voice that needs to be heard. This is an open invitation for you to think and act on what, how and when you may have something to say that you are willing to put forward and perhaps have published in the newsletter. If you are uncertain of how to proceed with written material, guidelines will be made available upon request.

Please send correspondence and submissions to me, Jan Melanie, at the following email address: [jan@accessit.net.au](mailto:jan@accessit.net.au)