



Volume Two: Issue Eleven

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The Immutable Triangle...

To be free is to love and to live.
 To love is to be free and to live.
 To live is to love and to be free.

Therefore...

Love as if You have never been hurt.
 Work as if you do not need the money.
 Dance as if no one is watching.
 And above all ...
 Sing your Song as if no one is Listening!

From the Editor

You will have determined from the above that the next issue of the Newsletter will not be circulated until December. That is because we are off on a Journey around the world. Metaphysicians' work for humanity and one of the most fun ways of doing this is through this kind of adventure.

In this newsletter we have focussed on the self in relation to truth. What is truth? No doubt everyone has heard the saying, "you get what you want and need which may not necessarily be what you asked for". Why is this so? We have also heard, "be careful what you ask for, for you will get exactly that". Perhaps these two quotes are saying the same thing. The article indirectly addresses why this may be so.

Whilst the article focuses on the internal Patrick's commentary addresses the external, in particular the earth changes that have recently taken place and the manufactured means to cull Humanity.

It was felt that Nelson Mandela's speech, situated between these two, could remind us that we have a purpose and that no matter who we are or what we do it is our birthright to be.

Finally, for those who may be sitting on something they would like to share with all of us – why not take advantage of the break to put pen to paper. It would be much appreciated.

Enjoy your journey!

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Perceptions of Self...

by Jan Melanie

What is truth? What is its relevance? In the context of self amongst selves we could say that there are many truths and that truth is relevant to an individual's interpretation based on their subjective experience of objective reality. What may allow shifting viewing points then is a willingness to own one's opinions of personal perceptions of reality.

I recently attended a workshop of Patrick's called Yes...Yes...Yes. The program was created to open up the possibilities to have it all. For those attending this particular workshop before reaching the climax one could say, we took a look at this interesting juxtaposition of self to truth.

That was yesterday. Today I was looking through my files and discovered a previously written paper that grabbed my attention. I thought I would revisit this past given the above recent address. Maybe there will be some updates to make, maybe some clarity to be gained. What is interesting is that it was written in a context, that is, looking at a particular issue or situation. You could consider it an applied concept when addressed in this way, for there is depth, purpose and reflection. However, for the purposes here I'll attempt to write about this topic without referring to any particular issue. If it all works out it could well be applied to any and all situations one may choose to consider.

We should all be familiar with Lazaris' explanation on the role the cerebral cortex plays in forming our truth about something. As well, the film "What the Bleep ..." shows the viewer how and why we read situations differently. Further both give us the key to changing limiting beliefs and both are based on the premise that we create our own reality. Consider both of these in the way this is written. The following construction of what is truth and what is its relevance may be considered as a metaphysical and social science approach.

Let's consider then that one perceives a particular situation. This can be regarded as content. To make sense of this content we then slot the information into form. Form relates to our particular viewing point. This gives the content of what we see clarity and understanding. Form and content constitutes given meaning of one's perceptions.

There are many truths it is often claimed. Given that then it is clear that people are not entirely influenced by what is considered socially acceptable or right. We do form our own opinions, with or without the influence of others. Yet we have been in a past sense, and are being in a present sense, impacted upon. Of course we also impact upon others. Impact is a two-way process. If impact is a two-way process then power exists in each and every body-mind. There are no victims. We know from our studies that for others to have impact on us we have to give permission. When discomfort prevails within us, we ought to consider permission to have been an unconscious event.

"A man may perform
astonishing feats and
comprehend a vast
amount of knowledge, and
yet have no understanding
of himself."

Soren Kierkegaard

We talk about being the authors in our own lives. What does this require that we do? I would suggest it requires that we own, that is own what we may think or believe to be our truth, and own what it is we want – respect, happiness, adventure ... whatever.

I remember many years ago when married I experienced an interesting example of this. My marriage was a bit of a paradox. One aspect was unspeakably glorious. I thought at the time this was normal, this is just the way it is. The everyday living aspect had many unpleasant moments that try as hard as I could to rectify I could not make lasting inroads. I was a mess at the time. The conflict within me had to be revealed in order to be resolved.

One morning, when my son had gone to school and my husband was at work I resorted to pacing backwards and forwards in the front garden. We had a beautiful garden. My husband was a nurseryman and landscaper and together we had transformed our claim on security – our house and garden – into a wonderful space to be. As I paced up and down in my tracksuit with a flower pinned to the jacket (a rather strange concept to behold), and with my head in a spin, something happened.

Suddenly something within me came to life. I heard myself ask myself, “What are my options?” Within a nanosecond an option presented – suicide. It seemed a valid option under these circumstances and I approached it as if I was choosing which cheese to buy. Instantly my mind scanned this possibility. I recall considering the consequences. What I came up with was that I didn’t want to come back and go through childhood again, so suicide was not an option for me. As soon as I thought this, this option left me. Then, without any thinking going on in my mind I heard a strong resolve, “I want to be happy”. In that moment everything changed. Doors opened for me in my life and I walked through each one as if they were steps in a journey.

I won’t go into what those doors were, however each one I would like to suggest was a necessary step in helping me to see and to own the reality I had created thus far as I journeyed to find what happiness was for me. I met some amazing people along the way. I suspect they were just visitors in my life, visitors who had particular skills, visitors who were making what I had decided I wanted, possible for me. I kept going, I took a risk if we can gauge a risk as being something not previously considered possible. I learned more and more about myself, and as I owned each aspect previously unclaimed new options presented. Each time I acted through making a choice and then experienced the next adventure. This cascaded through me for several years. Later there was to be even more! For this episode though, the self that I thought I was in the beginning, was not the self that I was years later. The author can change the script at any time.

What then may trip us up from growing and changing? How can we deconstruct what appears to us to be our truth?

“We are running the
holodeck.”

“What the Bleep...”

“There is no “out there”
out there, independent of
what’s going on inside.”

“What the Bleep...”

I discovered what I consider to be a pretty good explanation for this in writing my Masters thesis. Quite simply, it is the need to be right. We know it takes two to argue and that arguments can be a healthy exchange in any relationship. After all we are two different and unique people. But lets for a moment consider those arguments where one or more are being righteous. What is that argument really about? The need to be right, let's call it "rightness", envelops the notion of desire. Perhaps then desire is at the core of the need to be right. One of the pits we fall into when we try to convince someone that we are right is struggle. Often it would seem this struggle translates into seeking permission – to do, to be, to have. All of these qualities contain the notion of desire, yet one's desire cannot be obtained through another. It emerges in and through self. We need to give ourselves permission, no one else.

So what would happen if one had the fortitude and dignity to realize that yes, you are right! The only reason we know what is right is because we have defined what is wrong and vice versa. That is the nature of dualism. Really, the truth is that everyone is right when it is realised that right relates to the self with all its opinions, attitudes and beliefs. It doesn't mean though that that truth is helping us to evolve.

What is interesting to remember in all of this is that we are here to have a human experience and when we decided to do this we entered the plane of demonstration with things we wanted to learn. It was the only way we could purchase a ticket for this journey. Our thoughts, our perceptions of truth then are indeed ours to own. What would happen if we were to detach ourselves and observe?

I'll conclude this brief overview concocted with as much detachment as I could muster with a quote from "What the Bleep ..."

Is reality what we are seeing with our brain, or is reality what we are seeing with our eyes? Truth is the brain doesn't know the difference between what it sees in its environment and what it remembers, because the same specific neural nets are then firing. Then it asks the body, what is reality?

Is life a journey through self specifically undertaken to crack our own personal codes and wake up? Then is what we experience or see outside of self just an opportunity for us to do one of two things – release the baggage to find our true self?

"According to Mark Twain, his two greatest disappointments were not getting what he wanted, and getting what he wanted."

"So how can you continue to see the world as real if the self that is determining it to be real is intangible."
"What the Bleep..."

Nelson Mandela's 1994 inaugural speech..

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 frightens us.

We ask ourselves:
Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be?
You are a child of God.

Your playing small does not serve the world.
There's nothing enlightened about shrinking, so that other
people won't feel insecure around you.

We are born to make manifest the glory of God that is within
us.

It is not just in some of us: it's in everyone.
And, as we let our own light shine, we unconsciously give
other people permission to do the same.

As we are liberated from our fear, our presence automatically
liberates others.

We are all one...
There's enough...
There's nothing we have
to do...
Ours is not a better way,
ours is merely another
way.
Messages from
"Conversations with
God"

Current Events

by Patrick Desplace

Where are we at? Since my last commentary we have had the Bombing in Bali, The Earthquake in India/Pakistan, various incidents of flooding/hurricanes here and there, a downfall on the financial market, the Israeli/Palestinian situation is deteriorating and above all the forecast of a Bird Flue Pandemic...

However, we are still in the Eye of the Storm. What we are witnessing are only a few "Stray Gusts of Wind". The Americans have reproduced a bird flue type virus that killed 50 millions earlier this century. For good measure they have posted the procedure to reproduce the virus on the web!!! Is the culling of Humanity coming sooner than anticipated? Both the USA and Indonesia have admitted they are not prepared for a Pandemic. Australia is flat out preparing antidotes for the Pandemic!

The Real Estate escalating prices is taking a severe downturn and it is predicted that when Greenspan retires early next year the US \$ will devaluate by at least 30%.

The earth needs to go through a reshuffle of her Crust and Atmosphere. So far the elements of Air and Water and Earth have been most active. Fire will come later with major Volcanoes.

For now the Hurricanes will abate and the weather will give us a break. The next Earthquake should not be until March 2006 and is most likely to be in Iran. The Civil war in Iraq is intensifying. The new breed of Terrorists, operating in small groups will increase worldwide. We are likely to have attacks in Australia and the USA by Christmas this year. If you are planning an overseas trip, do so now... If you want to start a family, wait until 2007.

I have set a pattern to ensure that those who have worked with me and other teachers doing my work may contract "Bird Flue" but will not die from it!

Love you all
Patrick

"We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% of what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes."

Charles Swindoll

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.

- Poetry
- Quotes
- Movie review
- Book review
- Article

All submissions will be welcome.

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

Please note however that my email address will not be available from 22nd October to 20th November 2005.

Please also remember to update the office of the newsletter with your new email address. Many come back each run and sadly each month some subscribers just have to be deleted out of the system as their email address is no longer active.