



Volume Two: Issue Two

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“In 2003, scientists announced the discovery of a new planet; a small distant object way past Pluto. Astrologers have been watching it carefully ever since, in an attempt to understand the message that it has and the influence it exerts. The planet is called Sedna after the Inuit goddess of the ocean. The ancients believed that when this goddess was hurt or upset, the waves would rise up to create terrible storms. If you cast a chart for December 26, when the dreadful earthquake took place, you'll find Sedna 'live' and 'hot' in the planetary picture.” **Jonathan Cainer**

From the Editor

How we focus our energies is interesting to reflect upon. Quite simply we can either reflect with self pity or self importance, or we can just look in amazement at the tapestry of life we are weaving. It really is a beautiful world if we allow ourselves to see it.

This Newsletter, the first in 2005, seems to have taken on a mind of its own. What started out as a statement that drew my attention and curiosity, evolved into an article exploring and revealing the power in perception.

What we focus on and how we maintain our focus depends upon what and how we perceive our world. At least this could be the conclusion gleaned from the article.

Thanks to all of you who have sent in jokes and quotes from books, etc. It is interesting the variety of ways we can be encouraged to think, truly think for ourselves. Gradually they will find their way into print. Keep it coming in. Some book and film reviews would be good also.

Patrick has safely landed back in Adelaide, the city in which this Newsletter is being produced. In this issue Patrick briefly reflects on the year that was 2004 and considers the possibilities for 2005, the first year of a new era.

Enjoy!

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Authors of our own perceptions

by Jan Melanie

There is always something to think about, something to reflect upon and something to learn whilst experiencing the human condition in this world. So what if one's life is progressing magically and through one's attitude the world really is a different place. We are emotional/mental beings and we do exist within a body/mind and we are here to have a human experience. Perhaps the difference between a metaphysician and an ordinary person in terms of living one's life is perception and response.

In exploring this a little further the journey undertaken is a journey through an experience of the mind. That is, things happen in a life, we respond to certain things we see or do and although those responses may stand alone, they can also be pieces of a puzzle that reveals an evolving mind.

Some time ago in academic pursuits I introduced the concept that we were moving from a society-directed-self to a self-directed-society. What does this mean in the current context? If we look at the self and see everything that we are currently being made aware of in our world, are we looking/seeing events just playing themselves out as if something has been set in motion? If so what is our responsibility? As a metaphysician it is important to know what is going on. How do we respond? If by being informed we are responding then that is what is required. If our work or our culture draws us in then responding may have a more perceptively active component. Both have impact when preference and choice is clear.

What about complacency? I live in Australia and as you know it is a very big island, well protected by its geographical location. There used to be more complacency than there is now. We used to say, "she'll be right mate" which oftentimes silenced the voice of enquiry. The Vietnam War seems to have triggered a change in attitude when it was realised our troops were sent to war, not because the American government asked for our assistance but because the Australian government sent troops under misapprehension and lies to the Australian public. Tragedy followed in the sense of loss of life and for those who came home, the wounding affected their mental state, particularly when they returned to a country that did not welcome them as they would have expected, that is as 'heroes'. The country was in a state of transition. The realization was that it was a war that we should never have interfered in. A nation of people had found their voice in protesting against lies, deceit and war as a means to any solution.

There is something interesting here though. It has to do with the notion of 'heroes'. The state of minds of men and women at war must be challenged by the atrocities they witness and are obliged to carry out. But they are not passive participants and so the instinct to survive is mobilised as survival is challenged. Many were recruited by a compulsory call up system operating at the time. Some became conscientious objectors and ended up in jail. They were being shamed.

Enter the Dragon

"Life is like a finger,
pointing to the Moon. If
you look at the finger...
you will miss all the
heavenly glory."

Bruce Lee

"The illiterate of the 21st
century will not be those
who cannot read and
write, but those who
cannot learn, unlearn, and
relearn."

Alvin Toffler

In a general sense though, why do men and women willingly enlist, knowing they could be sent into war at the whim of the government in office at any time? Does the decision have something to do with a conditioned mind? Does the outcome have something to do with status? Is hero a status worth fighting for?

History repeats itself until there is no need. Borders are merely divisions on a map that allows difference to be played out, atrocities to be committed, loyalties to be upheld and a sense of security or insecurity to be felt. Conversely borders also offer an opportunity for respecting difference, for learning about gratitude and the difference between interference and support.

I remember taking an elective subject on developing countries in my B.A. at university. This was a requirement to fulfil that would challenge the knowledge acquired from one's major and sub-major disciplines. I chose to take a look at something I knew nothing about – development in third world countries. Sitting in the first tutorial group the tutor had asked for everyone to give their views on this topic. I listened to each and everyone give their point of view on what they considered the problems and resolutions for third world countries, and I was struck by an uncomfortable energy that I had not experienced in other disciplines. I didn't react, just listened and when it was my turn to speak I carefully expressed the view that it wasn't my place to entertain the notion that I knew what was best for others, what I could do though was to give some attention to understanding more about the culture, the people and their way of life. This would be my approach in exploring this topic.

Later I explored my own mind to understand my desire to walk out of that tutorial. Each and everyone wanted to help these poorer nations and so had offered solutions according to their mindsets on what the problems were. Many would later be involved in missionary work or become aid workers. These were early days for them however. What I had been hearing though sounded arrogant. The basic premise was that they knew better because they were from a first world country. The premise is flawed because it is an assumption. Now I can see that the overwhelming view was one of the negative ego in full flight.

There is a world that appears to exist outside and a timeless world within. In our metaphysical training we are told the world outside is a mirror, a reflection. It is a reflection informing us what we have agreed to or what we have suppressed. We have been made aware that we are responsible for our world. The query has always been if we have broad enough shoulders to accept that.

The most productive way, it seems to me, to metaphorically build those broad shoulders is to be consciously responsible for self. Yet in our attempt to be responsible we may sometimes become confused, especially if we attempt to make sense out of the chaos, and order out of the disorder. It isn't the role of the observer or the watcher to make sense of, however it can be helpful to explore the roots of a pattern and find a bottom line. Becoming consciously responsible then is like shining a torch in

Within You Without You

"When you've seen
beyond yourself - then
you may find peace of
mind is waiting there -
And the time will come
when you see we're all
one, and life flows on
within you and without
you."

George Harrison

the darkness so that we can see where next to place our foot. So when we have detailed plans, and things don't appear to be going according to plan, could it be that the need to control the outcome has slipped us up? How does this affect our perception?

To reflect on how it happened, what caused it and what are the lessons to be learned, we may dance around the truth if control is not recognised. It is always tempting, when things don't turn out as expected, to conduct a critical investigation. We want to get to the bottom of it all. We want to make sure that mistakes are not repeated. We want to understand all we can. Perhaps we want to control. This though, assumes a logical universe. It implies that there are rights and wrongs running through this world, like railway lines for the trains of our lives. Could the need to control be more of a gut reaction to our own perceptions of what we see and hear? If we perceive through our future rather than our past this would present a different picture.

It may be ideal or necessary in some circumstances to have a detailed plan. Our world then remains orderly and predictable. It is not an either/or situation but rather a matter of experiencing this life beyond what we can imagine. To evolve in our world requires that we allow. That is, once something is set in motion, allow the steps to emerge through cracks in our consciousness and reveal themselves beyond our ability to control. We already experience this concept in our everyday lives when we find ourselves being/acting spontaneously.

Recently a friend received a gift from another friend for Christmas. I happened to be the deliverer of that gift. It was a gift that when planted could produce much colour and beauty if tender love and care were given. Wow, I thought, the universe works in mysterious ways. We had been already applying much tender love and care to transform a neglected garden into a space that gave much pleasure with an abundance of summer foods from the vegetable kingdom and the beauty of watching it all grow. Occasional visitors appeared to be attracted to walk up the hill and take a look. It was quickly becoming a space filled with so much life that human life was being drawn to witness. It appears each life form transacts in an exchange of energy and more life is granted. What had we set it motion?

In observing a simple gift of an assortment of seeds I realized that we, humanity, were responsible for making the effort as guardians of the space we live in, and once that gesture is in motion, the universe provides even more than we ask or plan for in a variety of pleasantly surprising ways.

Are similar repercussions occurring on the world stage? Have decisions been made about our world that are now manifesting in our world beyond our control? Could it be a symphony on the grandest of scales that has each and everyone standing on the conductor's podium? Could it not also be that what is being heard or seen is simply being interpreted in line with our own perceptions of how things should be in our world and we respond to same?

"You must be the change
you wish to see in the
world."

Mahatma Gandhi

"What lies behind us and
what lies before us are
tiny matters, compared to
what lies within us."

Ralph Waldo Emerson

What we see and hear and how we respond may well be influenced by a need to control and fix the 'problem'. There is also another way we may respond. We may respond with amazement for it seems that something, perhaps for example, to live in a world without the need for boundaries, has been set in motion and we are experiencing the impact of that. The how then is beyond our ability to control.

If our perception is aligned with a past based on expectation of how it should be, we may want to do something about it. If on the other hand our perception is aligned with a future that as yet has no form, we probably know that we are in the process of creating a new world. Our perception then is a product of our own individual mind that may operate from a past that has been experienced or a future that is yet to be realized.

A bit of Humour ...

The following has been included in this issue because of its potential to conjure up an interesting and different way of looking at, thinking about, contemplating the impact of attitude on perception ...with humour.

This is an actual radio conversation of an Australian Naval ship with New Zealand authorities off the west coast of the south Island near Milford Sound in October 1975.

Kiwis: Please divert your course 15 degrees south to avoid a collision.

Aussies: Recommend you divert your course 15 degrees north to avoid a collision.

Kiwis: Negative. You will have to divert your course 15 degrees south to avoid a collision.

Aussies: This is the captain of an Australian Naval Warship. I say again, divert your course.

Kiwis: NO I say again, you divert your course.

Aussies: THIS IS THE AIRCRAFT CARRIER HMAS MELBOURNE, THE LARGEST SHIP IN THE AUSTRALIAN NAVY. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE FRIGATES AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH. I SAY AGAIN THAT'S ONE FIVE DEGREES NORTH, OR COUNTER MEASURES WILL BE TAKEN TO ENSURE THE SAFETY OF THIS SHIP.

Kiwis: THIS IS A LIGHTHOUSE YOU AUSSIE F#CK-WIT! YOUR CALL!!!

"Everyone thinks of
changing the world, but no
one thinks of changing
himself."

Leo Tolstoy

What is LOVE?

You may have already seen and read the following as it has been in circulation through the wonder of email. Hope it puts a smile on your face and a sense of joy at being touched by the love in and around the words. It is how we hear the written words that matters ...

"When my grandmother got arthritis, she couldn't bend over and paint toenails anymore. So my grandfather does it all the time for her, even when his hands got arthritis, too. That's love."
- **Rebecca, age 8.**

"When someone loves you, the way they say your name is different. You know that your name is safe in their mouth."
- **Billy, age 4.**

"Love is when a girl puts on perfume and a boy puts on shaving cologne, and they go out and smell each other."
- **Karl, age 5.**

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."
- **Chrissy, age 6.**

"Love is what makes you smile when you are tired."
- **Terri, age 4.**

"Love is when my Mommy makes coffee for my Daddy, and she takes a sip before giving it to him to make sure the taste is OK."
- **Danny, age 7.**

"Love is when you kiss all the time. Then, when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss."
- **Emily, age 8.**

"Love is what's in the room at Christmas if you stop opening presents and listen."
- **Bobby, age 7 (WOW!).**

"If you want to love better, you should start with a friend who you hate."
- **Nikka, age 8.**

"Love is when you tell a guy you like his shirt, and he wears it every day."
- **Noelle, age 7.**

"Love is like a little old woman and a little old man who are still friends even after they know each other so well."
- **Tommy, age 6.**

"During my piano recital, I was on stage and I was scared. I looked at all the people watching me, and I saw my Daddy waving and smiling. I wasn't scared anymore."
- **Cindy, age 8.**

"The future belongs to those who believe in the beauty of their dreams."
Eleanor Roosevelt

"Teach love, for that is what you are."
George Eliot

"My Mommy loves me more than anyone. You don't see anyone else kissing me to sleep at night."

- Claire, age 6.

"Love is when Mommy gives Daddy the best piece of chicken."

- Elaine, age 5.

"Love is when Mom sees Dad smelly and sweaty, and still says he is handsomer than Robert Redford."

- Chris, age 7.

"Love is when your puppy licks your face even after you left him alone all day."

- Mary Ann, age 4.

"I know my older sister loves me because she gives me all her old clothes and has to go out to buy new ones."

- Lauren, age 4.

"When you love somebody, your eyelashes go up and down and little stars come out of you."

- Karen, age 7.

"Love is when Mommy sees Daddy on the toilet and doesn't think its gross."

- Mark, age 6.

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget."

- Jessica, age 8.

And the final one, author and lecturer, Leo Buscaglia, once talked about the contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner of the contest was a 4 year-old child whose next door neighbour was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the elderly gentleman's yard and climbed onto his lap and just sat there. When his mother asked him what he had said to the neighbour, the little boy said, "Nothing, I just helped him cry."

Current Events

by Patrick Desplace

The year 2004 has seen a world in turmoil. Atrocities have been performed by nations we would assume to be civilised. The Grand Finale was the tidal wave over the Indian Ocean.

Perhaps the Earthquake has brought nations and people of the world closer than ever before. At the same time, this disaster is distracting us from other things happening in the world. Other earthquakes in India (6.2) and in Indonesia (4.6) have gone unnoticed. We also have a civil war in Iraq that is not getting much attention.

The lips of wisdom are closed, except to the ears of Understanding.
The Kybalion

"There are no distinctions of any real importance in the affairs of men, ...there is only one time and one place and one person and one truth. ...We are all contained in that time and place and person, and the truth contains us all."

Muhammad Ali

2004 has also brought severe challenges in the lives of most. Our perception of our world and its leaders is changing rapidly. We are losing our naivety and candid innocence. Many of us have had to re-define relationships and re-evaluate freedom.

2005 could be called the year of the "Rite of Passage", when the future beckons strongly and with lots of promises. An era finished in 2004 and we are now into a new era! We are likely to see a major escalation towards World War III. Nature will take its toll - Climate, Pandemics, Earthquakes & Volcanic Eruptions.

However the greatest challenges will be internal: our reluctance to revise our attitudes and paradigms, to re-define relationships and judgements. Those of us who demonstrate insecurities and need for validations are likely to suffer the most. However, there is always an "however"! For many if not most, 2005 is going to be a glorious year of attainments.

My best wishes to you all.

Patrick

What's On

"Become an astrologer in two days."

John Lee is running a course in the vicinity of the Gold Coast, Queensland, Australia, early in the New Year.

The name of the course is *Astrology for Dummies*.

The dates are 15th and 16th January, 2005.

If you are in or near the Gold Coast and would like more detail contact Janine on 0411 604 494.

"Times will change and even reverse many of your present opinions. Refrain, therefore, awhile from setting yourself up as a judge of the highest matters."
Plato

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

Many email addresses on the list updated for the Newsletter were returned. Consequently these were deleted from the mailing list. If you know of anyone who didn't receive the December Newsletter and would like to, please pass on the above email address so they may submit their new email address and be reinstated.