



Volume Two: Issue Four

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“Ever since the Tsunami, people have been asking how such a big disaster could occur without an accompanying sign in the sky. We are now hearing, though, about a neutron star, which has just released, in a split second, more energy than the Sun emits in 100,000 years. Astronomers are calling it a starquake. They say they have never seen anything like it. They first detected the explosion within hours of that terrible moment when the seas went wild.”

Courtesy of Jonathan Cainer's website.

F r o m t h e E d i t o r I n t h i s I s s u e P a g e #

There seems to me to be more of a concerted focus on the body or the vehicle as we sometimes call it, in different forms. This newsletter reflects that more or less. It also queries, suggests and recommends that we look at what lies not too far beneath the surface - that driving force that feeds and controls to a certain extent actions and reactions, both physical and physiological. This driving force is thought manifested through the mind.

There may well be another reason for this focus at this point in time. Could it be that we are in the birth canal awaiting new life?

I remember when pregnant I was a health nut. It consumed me throughout my pregnancy and into motherhood until my son left home. Then my mind became my focus and I pursued studies to work out what, how and why I thought through both sociology and women's studies. I later realised I was cultivating the ability to think. This was an exciting time.

Now I find I am combining the two with a renewed focus on dietary needs supported by the way I think.

It is interesting how these two are so closely linked in providing for us the ability to live the life we so desire.

Many things happen in and around us that provides the opportunity for us to pause and reflect without judgement or guilt. Hopefully we are on track to birthing a new reality at the 'end of time'.

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Sliding Doors and Slippery Slopes

by Jan Melanie

The following is a walk through an environment that challenged me to think about and so explore within my own mind, what actual advantage does a metaphysician have access to? It is a humbling experience when the vehicle we call the body has its version of a mechanical problem. Sometimes it seems we can fall apart in order to know how truly worthwhile and together we really are.

Recently, as a visitor, I had cause to visit the emergency department of the Royal Adelaide Hospital and then an area within the intensive care unit. I became conscious of the efficient manner in which focus and attention was given by doctors and nurses when treating a patient unfortunate enough to need their expertise. I was impressed with the ability to focus when in the midst of a crisis and respond effectively in a calm and knowing way. Later it appeared to me to be a demonstration of mobilising the tools of a physician that in this arena could compliment the tools of the metaphysician.

I considered these qualities and the impact on the environment in which they were being expressed. Medical sociology had been my area of research and writing, and it always led me to look at the nature of relationships. Without exception the exploration was one of the space between. With this background of drawing on a sociological imagination, and in being a metaphysician I began to update, rethink and refine my understanding of what it means to be a metaphysician and how that may relate in everyday life. So I decided to explore it in writing by merging these two aspects of myself.

If we look first at the doctor/patient relationship in the environment of a hospital emergency one particular quality stands out. That quality is the ability to focus on the task at hand whilst leaving the domain of everyday life outside. From the doctor's perspective, this space is uncontaminated. In this environment in particular the doctor is a master technician, competently utilising the tools and knowledge learned and putting them into action. The patient on the other hand, brings into this space a body that has been ultimately affected by long and intense confusion within the mind. A metaphysical mind may perceive this body/mind imbalance as a knock of the spirit or even the descent of the spirit. So the doctor is an aid to recovery by giving the problem a name and having the expertise to deal with the symptoms.

The 'patient' also brings to this relationship a particular quality. In pain or distress, in this particular moment the 'patient' demonstrates the quality of willingness to allow. That is, willing to allow the help of the well-trained physician and entourage in identifying the problem and acting upon it. It is not a space one generally chooses to visit, but when the body is in distress, it is the right space. We know that the goddess has returned and the beautiful energy she brings is the energy of allowing. This energy seems to me to have strength in vulnerability and humility. The 'patient' perhaps is accessing this space through needing to find the cause of their symptoms. The cause will be identified and solutions will be found. Perhaps, from a metaphysical perspective, it could be said that what is no longer relevant will be dealt with. In other words, the opportunity presented reveals a willingness to let go of what isn't working for us and allow what will, perhaps contained within a future we aspire to.

*"The future
influences the
present just as much
as the past."
Friedrich Nietzsche*

Allowing then is a critical energy to be accessing. Could it be that a doctor or physician, through their knowledge, ability and competency, unwittingly make it possible for a transition to be made by revealing and sometimes removing old scars from the past?

This can be a new beginning for the 'patient' if it is realised that the request for diagnosis is of the body only. The 'patient' has a mind and a mind always gathers information that it processes and responds to. In metaphysics we are reminded that nothing happens to us without our ability to deal with it. It may not appear that way in this environment, however this statement alerts us to the power we have to change and alter our lives in any given moment. In this critical environment we may also see that the power to change involves relating and utilising appropriate resources we have created in our world to assist us. Could it be that in the space between all relationships, either doctor/patient (in this environment) or universe/self, miracles can be found?

Now the doctor is a physician not a metaphysician. They simply have turned information gained through their professional training into knowledge that can be applied to assist others. That knowledge is acted upon and exists in the area of what is known. Some of the qualities of a physician are similar to those of a metaphysician, although the context is quite different. Both have tools to draw upon and knowledge to access. The context that is different is that the tools of a physician exist and are used in the area of the known to mechanically restore equilibrium, whilst the metaphysician, particularly now, must be willing to operate with their tools of knowledge upon the area of the unknown to allow magic and adventure to unfold. Both have value in the scheme of things.

As previously noted a metaphysician has tools and they are engaged through the mind. Is all that is really required then a shift in resonance? Does a metaphysician have the ability to shift their resonance at will? What are the repercussions if we prevent ourselves through fear and/or false beliefs? I am reminded of what has been said on many occasions – that we are already powerful beings and don't always let ourselves realise this. Sometimes it is only when we hear the rhino thundering towards us, or see it in other selves' lives, that we remember we can change our mind's focus to more of what we want rather than immobilising our bodies with fear. The value then of being a metaphysician is immense. Being perfect is not the goal. Being willing to relate in our world is.

The above doctor/patient relationship is an interesting one. It appears to be one of faith and trust. The space created between the two surely then is a space of clarity. Is this a healing within itself? After all I originally suggested that a patient enters this emergency hospital space with a mind that probably is a little discoloured in that moment. So if the space between the doctor and the patient is clarity, then a healing of the mind has begun.

A metaphysician will one day operate in the knowledge that ultimately we can heal ourselves, however as we journey to that destination we may at times require help along the way. We need to acquire certain qualities in our process of becoming. However we acquire them, we cannot allow the ego to critically adjudge that it is a sign of failure to ask for help when it is required. In a weird and wonderful way we truly have created a world that will serve us well at all times. All we need to have is a willingness to ask.

*"We must not cease
from exploration.
And the end of all
our exploring will be
to arrive where we
began and to know
the place for the
first time."
T. S. Eliot*

So how do we put the tools of metaphysics into action? Some choose to teach metaphysics, others demonstrate it in daily interactions with their world, be it work or play. All make a difference but the impact is not necessarily known or appreciated in any given moment. If we need validation and accolades we fall prey to potentially being servants to others rather than in service to our world. It seems to me that when we are in service many can benefit, whereas when we need validation our life is somewhat restricted. Many times it has been said by Patrick the teacher, that it is far more beneficial to hold out a hand to help lift someone out of a hole rather than to jump into the hole and join them. This seems to sum up the attitude required to be both ruthlessly impeccable and impeccably ruthless in our everyday lives.

At some point in the life I am living I realised that I had shifted into another resonance and everything I thought and did contained within it the qualities of that resonance. I did not learn how to be in that resonance to get there, or so it seemed, rather a decision triggered the shift. I functioned there for some time. This demonstrated to me that the steps of getting there are the qualities of being there. Enough steps had been made and learned sufficiently without having to go through every single aspect of my existence and correct everything that I thought was wrong with me. In this new space every quality of that space is available to access. The road along the way may have had some murky moments, but however painful I had been willing to own my thoughts and feelings. Could this have triggered the shift? I did not know that it had occurred, as change is instant and not clearly identifiable at any particular point in time. I only became aware of this as I experienced living the change and was pleasantly surprised.

The road travelled is always interesting. In this particular hospital environment the workings of fourth dimensional activity can be witnessed. On one occasion I got lost finding my way through the corridors and floors that all look the same and only identify themselves with a number for the floor and a letter to let us know whether we were in the east, west, north or south wing. One of the lifts I thought might take me to where I wanted to go was crowded with workers. I read each nametag I could see and wondered what they might be doing here. All were female workers in uniform, perhaps nurses and occupational therapists. We all got out on the same floor and I watched in amazement as they scattered in various directions obviously knowing where they were going. It had the feeling of a rather large busy beehive and it also reminded me of a colony of ants busily moving about not stopping to think or reflect. Perhaps this is where the Nike advertisement hails from – Just Do It! Is doing and being able to work together effectively the qualities of the fourth dimension? And are these qualities taken to another level when there is the ability to think?

On another occasion as I was leaving I saw security guards walking a handcuffed man to the entrance obviously to receive medical treatment. It reminded me of the picture I had previously seen of security guards sitting in corridors watching particular rooms where prisoners obviously had been admitted under guard. I noticed the prisoners being guarded tended to stare into space as if every move was being watched and nothing was being offered. This is a response to knowing you are under surveillance. I had observed this phenomenon in previous research into the role and mechanisms of prison. There was one exception however to this usual behavioural

“The shell must
break before the
bird can fly.”
Tennyson

“If you can see your
path laid out
in front of you step
by step, you know
it's not your path.
Your own path you
make with every step
you take. That's
why it's your path.”
Joseph Campbell

response. I noticed in the emergency section that guards were standing outside some cubicles. Unlike the prisoner, these patients were not quiet and orderly. I soon realised these were mental patients. Later I found out in many cases these people do not require hospital treatment, however, authorities do not know what to do with them. Was this whole experience a walk through a fourth dimensional structure with all its forms of control of those who do not abide by the same rules?

The Romans built straight streets. Whenever something stood in their way, they went through it, not round it. Life, though, is a long and winding road. It is not about the journey from A to B, for that will happen naturally regardless of the route we take, it is about the way we experience all the twists and turns. This analogy of life I gained from an astrologer's observations. It seems to capture the possible friction that may arise in one's mind when things don't appear to be going the way we have planned. However, it also suggests that controlling the journey is pointless.

It has been suggested that the relationship between doctor and patient is a professional one and that the space this has created is possibly a space of clarity. The doctor provides information, identifies the problem, and makes informed decisions. Up to this point the patient with an ailing body may well have been operating in a space of confusion. Being informed no doubt dissipates this murky space and allows different thoughts, feelings and emotions to emerge. A metaphysician will know that information is desirable to have. It then becomes a point of departure in which to activate new choices and decisions. In this environment they can be activated knowing that problem has or is being attended to by a competent professional master of medical practice. Perhaps this is a demonstration of an act of surrender to something that is more – a demonstration of a third dimensional nature with propelling qualities. Or could it be an opportunity to connect with gratitude for the journey thus far and permit oneself to reconnect with a renewed desire for more – a more that dwells in the unknown.

Also in this space there exists a build up of thoughts, feelings and emotions that also is generated through the patient/visitor relationship. It seems that although love, care, nurturing and support can be brought into this environment, the denser and murkier responses of concern, fear, assumptions and sadness sticks to the walls. It is almost as if it is an invitation to visit or revisit these debilitating constructs for all concerned.

What about concern that lurks beneath the surface of care? Does it have something to do with a sense of obligation, or is its main motivation feeling responsible to make something right? It takes a clear and uncluttered mind to be able to respond with care, for the heart may feel like it could burst open or it could ache with anticipation, because it is an aspect of love, and love just is. When we act then out of care everyone benefits. Honouring the Light and the Life comes to mind when considering the possible impact of care.

Does the ego have any role in this environment? Possibly. It may have been winning the battle. It may well be worth asking the question, which aspect is running our lives right now?

I remember watching the movie Aliens with Signourey Weaver in the lead role. When I saw this movie I watched it in a very specific way.

“The world is so
empty if one thinks
only of mountains,
rivers and cities,
But to know
someone who thinks
and feels with us,
And who, though
distant, is close to
us in spirit,
This makes the
earth for us, an
inhabited garden.”
Goethe

Each character represented for me an aspect of a whole. I wasn't watching separated individual lives, rather I was watching aspects of self being played out in individuals and these aspects represented the whole.

From memory each character on board the spacecraft showed various levels of fear and a lack of trust in relation to the unknown alien invader on board, alias the ego. In their everyday lives this may well have been a hidden aspect of self but in this unknown space it was exposed. One by one the fear annihilated these characters through being destroyed when caught by the alien.

The response the character S.G. portrayed had to the alien was different though. Each time it made itself known to her, her resolve strengthened to be rid of it. She responded with renewed fervour rather than fear. If she had any fear she did not attach herself to it. It appears that when fear is given realness, and in this case in response to an alien invader, it shuts down and closes off the ability of the mind to respond.

Quite a battle eventuated. When forced to confront the persistent predator, a battle of will pursued. Eventually with one almighty shove and a great deal of strength, she was able to push the alien out of the spacecraft through a door she had managed to open.

This seems to represent the strength of will one must have to appropriately deal with the ego messages that present false information in an attempt to force ownership over an evolving self.

This exploration has been of a space that has been created to attend to acute physical need. It demonstrates that a particular kind of space is created through relationship and that this space generates the qualities of healing. In metaphysics we have learned that the energy created in the space between is different in quality to the energy of each person involved in the relationship. In other words we create opportunity in each and every relationship for something different, for something more. So what is the advantage? A metaphysician has knowledge of reality creation. The advantage may be the tools we consciously have at our disposal. However the advantage is missed if not willing to access and use.

In revising this terrain that had previously fascinated me in my studies, particularly because I was interested in researching where power resides and discovered that it exists within each and every body/mind, I wonder now if the key to living in the light is simply humility. Remember the story of the humble man on the Royal Road who asks simple questions, receives simple answers and makes simple decisions - yes or no. I wonder also about the importance of disengagement and engagement. This environment has encouraged me to consider the need sometimes to engage and disengage what we term our past, before we can engage our future self. I am also reminded that what we know is nowhere near as potent as what we think, unless we are willing to put into action what we know in our everyday lives. And lastly, that change can only happen through self. It cannot happen through another. However, we can take advantage of the support in all its various forms that surrounds us at any time.

*“Your vision will
become clear only
when you look into
your heart... Who
looks outside,
dreams. Who looks
inside, awakens.”*

Carl Jung

Self Healing DNA Discoveries

Below are three experiments that were conducted with DNA. It shows that DNA can heal itself according to the “feelings” of the individual as reported recently by Gregg Braden.

In his recent program entitled *Healing Hearts/Healing Nations: The Science of Peace and the Power of Prayer*, Gregg Braden discussed how in the past we lost huge amounts of information from ancient spiritual traditions (when the library at Alexandria burned we lost at least 532,000 documents), and that there may be information in those traditions which could help us understand some of the mysteries of science. To this end he reported on three very interesting experiments. Gregg Braden started off as a scientist and engineer, before he began pursuing these larger questions.

Gregg Braden's Books:
The Isaiah Effect
Awakening to the Zero Point
God Code

EXPERIMENT #1

Dr.Vladimir Poponin, a quantumbiologist, conducted this experiment. To commence the experiment, a container was emptied (i.e. a vacuum was created within it). The only thing left in it were photons (particles of light).

The distribution (i.e. the location) of the photons was measured, and it was found they were completely random inside the container. This was the expected result. Then some DNA was placed inside the container and the distribution (location) of the photons was remeasured. Once this occurred, the photons lined up in an ordered way and aligned with the DNA. In other words the physical DNA had an effect on the non-physical photons.

When next the DNA was removed from the container, and the distribution of the photons was remeasured again, the photons remained ordered and lined up where the DNA had been. What were the light particles connecting to?

Gregg Braden says we are forced to accept the possibility that some new field of energy, a web of energy, is there and the DNA is communicating with the photons through this energy.

EXPERIMENT #2

These were experiments done by the military. Leukocytes (white blood cells) were collected for DNA from donors and placed into chambers so they could measure electrical changes. In this experiment, the donor was placed in one room and subjected to “emotional stimulation” consisting of video clips, which generated different emotions in the donor. The DNA was placed in a different room in the same building. Both the donor and his DNA were monitored and as the donor exhibited emotional peaks or valleys (measured by electrical responses), the DNA exhibited the identical responses at the exact same time. There was no lag time, no transmission time. The DNA peaks and valleys exactly matched the peaks and valleys of the donor in time.

“Great dancers are not great because of their technique; they are great because of their passion.”
Martha Graham

The military wanted to see how far away they could separate the donor from his DNA and still get this effect. They stopped testing after they separated the DNA and the donor by 50 miles and still had the same result. No lag time and no transmission time. The DNA and the donor had the same identical responses in time. What can this mean?

Gregg Braden suggests it means that living cells communicate through a previously unrecognized form of energy. This energy is not affected by time and distance. This is a non-local form of energy, an energy that already exists everywhere, all the time.

EXPERIMENT #3

The third experiment was done by the Institute of Heart Math and the paper that was written about this was entitled: *Local and Non local Effects of Coherent Heart Frequencies on Conformational Changes of DNA*.

In this experiment, some human placenta DNA (the most pristine form of DNA) was placed in a container from which they could measure changes in the DNA. Twenty-eight vials of DNA were given to 28 trained researchers. Each researcher had been trained how to generate and feel feelings. They each could generate strong emotions.

It was discovered that the DNA changed its shape according to the feelings of the researchers in the following manner:

1. When the researchers felt gratitude, love and appreciation, the DNA responded by relaxing and the strands unwound. The length of the DNA became longer.

2. When the researchers felt anger, fear, frustration, or stress, the DNA responded by tightening up. It became shorter and switched off many of our DNA codes. Perhaps this explains what happens when one feels 'shut down' by negative emotions – the body equally shuts down too. The shut down of the DNA codes was reversed and the codes were switched back on again when feelings of love, joy, gratitude and appreciation were felt by the researchers.

This experiment was later followed up and tested on HIV positive patients. They discovered that feelings of love, gratitude and appreciation created 300,000 times the resistance they had without those feelings.

These emotional changes went beyond the effects of electromagnetics. Selected individuals who could feel a certain depth of love were able to change the shape of their DNA. (Gregg Braden suggests this illustrates a new recognized form of energy that connects all of creation. This energy appears to be a tightly woven web that connects all matter. Essentially we're able to influence this web of creation through our vibration.)

Editors note:

Below (and above in brackets), is the summary that was delivered in the context of this research via email. In true reporting of science, it is not directly a summary of the experiments. Rather, the author (Gregg Braden) has presented the 'facts' and drawn conclusions in support of his own work.

The information is of value, but the summary relates to how Gregg Braden has utilised it. So in this context (that of a compromised immune system), his views are interesting.

“Nothing is worth
more than this day.”
Goethe

Please feel free to think and reflect for yourself on what the DNA studies reveal. Perhaps even consider how it relates to what we have been exposed to or learned through metaphysical studies with the World Development of Human Resources.

SUMMARY:

What do the results of these experiments have to do with our present situation? Is this the science behind how we can choose a timeline to stay 'safe', no matter what else is happening? As Gregg explains in *The Isaiah Effect*, time is not just linear (past, present and future), it also has depth. The depth of time consists of all the possible prayers and timelines that could ever be prayed or exist. Essentially, all our prayers have already been answered. We just activate the one we're living through our feelings. This is how we create our reality – by choosing it with our feelings. Our feelings are activating the timeline via the web of creation, which connects all of the energy and matter of the Universe.

Remember that the law of the Universe is that we attract what we focus on. If you are focused on fearing whatever may come, you are sending a strong message to the Universe to send you whatever you fear. Instead if you can shift yourself into feelings of joy, love, appreciation or gratitude, and focus on bringing more of that into your life, you are going to automatically avoid the negative stuff. You will be choosing a different timeline with your feelings.

You can prevent getting anthrax or any other flu, virus, etc, by staying in these positive feelings, which maintains an incredibly strong immune system.

Priceless humour ...

Jack wakes up at home with a huge hangover he can't believe. He forces himself to open his eyes, and the first thing he sees is a couple of aspirins next to a glass of water on the side table. And, next to them a single red rose. Jack sits down and sees his clothing in front of him, all clean and pressed.

Jack looks around the room and sees that it is in perfect order, spotlessly clean. So is the rest of the house. He takes the aspirins, cringes when he sees a huge black eye staring back at him in the bathroom mirror, and notices a note on the table: "Honey, breakfast is on the stove, I left early to go shopping – Love you!"

He stumbles to the kitchen and sure enough, there is hot breakfast and the morning newspaper. His son is also at the table, eating. Jack asks, "son ... what happened last night?"

"Well, you came home after 3 a.m., drunk and out of your mind. You broke some furniture, puked in the hallway, and got that black eye when you ran into the door."

"So, why is everything in such perfect order, so clean, I have a rose, and breakfast is on the table waiting for me?"

His son replies, "Oh THAT!... Mom dragged you to the bedroom, and when she tried to take your pants off, you screamed, "Leave me alone lady, I'm married!"

"The universe is full
of magical things,
patiently waiting for
our wits to grow
sharper."
Eden Phillpotts

Broken furniture - \$85.26
Hot Breakfast - \$4.20
Red Rose bud -\$3.00
Two Aspirins -\$0.38
Saying the right thing, at the right time.....Priceless.

Commentary: Current Events

by Patrick Desplace

Recently a 19-year-old acquaintance hung himself. He sent an sms message to all his friends, telling them how much he loves them and bid them farewell.

Australia is an affluent welfare state. Although a highly controlled society, it is still the land of "Milk and Honey"! However we have the highest rate of adolescent suicide in the world. What is going on?

Over the past few weeks we have experienced riots perpetrated by adolescents against the police where Molotov cocktails were thrown. There is some sort of rebellion brewing. Some decide to simply call it quits. More often many of the Australian youngsters who die, do so spectacularly in high-speed police chases. They first of all steal a car, and then taunt the police who pursue them at break neck speed.

All of us experience a restlessness, a feeling that we want more without knowing what it is we really want. Our adolescents, caught between the world of the adults – a world that does not exist any more, and a new but nascent and ill-defined world, do not know which way to turn. Young Australians cannot find any stability in relationships, occupations or education. We are looking at importing skilled labour in this country as not enough of our youngsters want to go through the process of acquiring skills. There is no motivation.

Life is easy in Australia. Too easy! There are no challenges and few long-term goals set. Employment is easy and well paid. The youngsters want it all now without knowing what it is they want. Despondency turns into despair.

We are also plagued by "Stray Kids". Too many are basically orphans as their parents have their own agendas which does not include their kids. Drugs and crime are rampant among the youngsters. They will do anything for excitement. Sex is easy and has become boring. There is a total avoidance of any commitment from too many together with a feeling of being unwanted, useless and rejected.

Although we have a low birth rate, many are born to those who are ill equipped to bring up children in a new world.

Obesity among our children is also a serious problem, but then food is abundantly available. There is too much that is abundantly and readily available.

It is a bleak picture and it is likely that we will see worse to come before we have a change for the better – perhaps on the other side of "The End of Time".

*"The significant
problems we face
cannot be solved at
the same level of
thinking we were at
when we created
them"*

Albert Einstein

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.

If you would like to share your delight at reading a book that you found inspiring, why not write a book review, or just let us know that you think this is a good book to read.

Also, if you come across a quote or two that inspires you, pass it on with a view to helping the newsletter inspire us all.

Finally, thank you to those who have submitted articles. If it hasn't been included yet, it probably will be, but the timing is yet to be revealed.

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