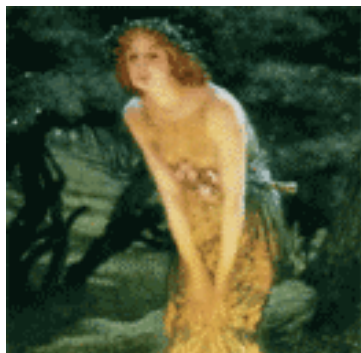




**Volume Two: Issue Forty Three**

**March, 2009**



Heard that a comet named Lulin was coming close to earth.

What is interesting is the reading of this comet's appearance with 'old orders' crashing.

What fascinated me was a thought it triggered about the role of the mind in keeping orderliness and reasonableness and just how useful it is as a tool bringing order from disorder and clarity from chaos (at least to the interpreter). It is and has been valuable, but how limiting is it now when it comes to allowing the unconceivable?

Has the 'mind' created the 'old orders' that no longer serve humanity? Is mind not crashing?

## From the Editor

Welcome to this March 2009 issue. It's all about the journey...

*Time to allow* is about the ease of becoming more conscious inspired by the experience of being a participant in Patrick's course *The Time is Now*.

'Remembering' features an extract from Paulo Coelho's, *The Pilgrimage*, reminding us that our journey is one of power. No matter what appears on our path it is important to never let go of our dreams and be open to the extraordinary. This article is a timely reminder to never give up.

We ought to laugh often, particularly at ourselves. Given that the mind is losing its grip, we thought these jokes quite befitting the 'mind blanks' most experience at times.

Even though science is playing with illusion in the next article, they do so with rationale, which is quite a feat.

The two poems have a common thread – that of being still. The first explores an eternal now and the second explores finding and relating to one's true self.

*Here and Now* is a celebration of celebrating each moment. This first one is by Carita written in the early hours of this morning (Sunday) awaiting a Cyclone category 5 to hit Townsville.

Patrick's commentary is not available as he and Nina are right now flying to South Africa.

This edition is all about life (the journey)... enjoy.

The Editor

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## ADVERTISEMENTS

## Time to allow... *being in-consciousness*

by Janet Melanie

If a metaphysician can, throw off the shackles and do what you can to either attend or ask if you can purchase a recording of the course, *The Time is Now...* (either from the recent Australian course or the South African version soon to be run) because it probably is just what that part of you that knows and wants you to know, has been waiting for in the hope that you do too!

My personal understanding of my ego, my objective mind and my fear body has grown to the point that I feel more able to take ownership of consciously creating my reality. Denial will not extinguish their power and hold but bringing in light will.

Life changes without always being consciously recognized by us as altering who we now are. Perhaps there has been a tendency to look for what can be labelled, 'big' changes. Yet in the midst of engaging in our own worlds, if growth is the path one is on, there will be many 'little' changes to be witnessed and owned. Lets take a personal look at right now... here I sit at my computer writing something for the newsletter. I was (the past) feeling a bit anxious about it as the end of February went by without pen touching paper. I prefer to be 'on time'. Ian Xel Lungold suggests in *The Evolution Continues*, that people believe that time has sped up, when in fact creation has and this is opening the doors to miracles. So I accepted I was feeling a bit anxious. Once I had, I knew this was all I needed to do - acknowledge this feeling.

The words are easy to say... '*we are having a human experience*'. Sometimes it has been confusing to accept the lows as well as the highs whilst assuming the label of being a metaphysician. How interesting the internal battle can be. How chameleon-like the ego has been. How interesting to observe being in and out of consciousness. But as Tolle might say, the lucid intervals increase.

Bypassing confusion is possible. To have dignity in all experiences is easy when present. This is something I glimpsed in my own life shortly after. How? I went to the shops the following day to get a couple of items I had run out of. I had some change in my purse but didn't top it up before leaving home, as I intended to use my debit card. Whilst in the shop, I decided to stock up on one of the items as it was at a very special price. I went through the check out, gave the attendant my card and was told it didn't work. After the second attempt failed also I resigned myself to having to go home, get more cash and return. Just as I was about to leave the counter I checked my wallet again and realized I had enough cash for the items I went there to purchase in the first instance. I communicated this to the attendant and she put through the scanner the items I requested. Now there was a woman waiting in queue to be served after me. I had given my total attention to my experience but I had noticed her. Once my transaction was complete, I turned to the lady waiting and apologised to her for holding her up. She seemed to come to life as I acknowledged her. I realized when I walked away that I had been in my own dignity the whole time and that it felt... well dignified and wonderful to be so!

The steps of getting  
there are the  
qualities of being  
there.  
Lazaris

I'm also currently amazed at the endlessly revealing and stimulating exercise of becoming more conscious. The teaching was directed at allowing us to create the space for what we already know to come through each unique self for each unique self... sometime. We weren't there to learn, we were there to energetically keep pace with the simplicity of our evolutionary growth and not to continue to restrict ourselves by thinking we need to learn more in order to grow. It was not an intellectual pursuit, however there is a paradox somewhere here – overvaluing it holds us back.

Our worlds are exploding around us with opportunities, ideas and with our questions being answered in both usual and unusual domains. Recently I had a fall – how was this an opportunity? I could do nothing but allow and attend to the necessities. It happened when everything was 'going superbly well' and I was happy. I don't really know why it happened, but I was soon presented with a new opportunity. This particular journey took two weeks from beginning to end. Somewhere in the middle there, when I had too much to choose from I felt overwhelmed and stopped celebrating the little steps. Now I realize that when I don't trust my first response and question myself, I trip myself up – literally one might say!!!

Above I've said something about my individual experience of being a participant in this course. What came to mind was revealed through me as I sat down to write an article for the newsletter. If I were to write something at any other time it would probably be different. The title came first to give me some focus. Then I sat at the keyboard not necessarily knowing what I might write. *Time to allow...* is **trust** in partnership here with **allowing**? The course as experienced, has helped and is helping me be more in-consciousness, and this is not measured as good experiences versus bad experiences... simply experiences we have through our journey of life.

Here is a video clip  
of *Time* spoken by  
Sir Laurence Olivier.

[http://www.youtube.com/  
watch?v=38qJLMkvBIE](http://www.youtube.com/watch?v=38qJLMkvBIE)

## Remembering...

### The Pilgrimage... {EXTRACT}

by Paulo Coelho

"The Road you are travelling is the Road of power, and only the exercises having to do with power will be taught to you. The journey, which prior to this was torture because all you wanted to do was get there, is now beginning to become a pleasure. It is the pleasure of searching and the pleasure of an adventure. You are nourishing something that's very important – your dreams."

"We must never stop dreaming. Dreams provide nourishment for the soul, just as a meal does for the body. Many times in our lives we see our dreams shattered and our desires frustrated, but we have to continue dreaming. If we don't, our soul dies, and the life force cannot reach it. A lot of blood has been shed in those fields out there, some of the cruellest battles of Spain's war to expel the Moors were fought on them. Who was in the right or who knew the truth does not matter, what's important is knowing that both sides were fighting the good fight."

“The good fight is the one we fight because our heart asks it of us. In the heroic ages – at the time of the knights in armour – this was easy. There were lands to conquer and much to do. Today, though, the world has changed a lot and the good fight has shifted from the battlefields to the fields within ourselves.”

“The good fight is the one that’s fought in the name of our dreams. When we’re young and our dreams first explode inside us with all of their force, we are very courageous, but we haven’t yet learned how to fight. With great effort, we learn how to fight, but by then we no longer have the courage to go into combat. So we turn against ourselves and do battle within. We become our own worst enemy. We say that our dreams were childish, or too difficult to realise, or the result of our not having known enough about life. We kill our dreams because we are afraid to fight the good fight.”

“The first symptom of the process of our killing our dreams is the lack of time”, Petrus continued. “The busiest people I have known in my life always have time enough to do everything. Those who do nothing are always tired and pay no attention to the little amount of work they are required to do. They complain constantly that the day is too short. The truth is, they are afraid to fight the good fight.”

“The second symptom of the death of our dreams lies in our certainties. Because we don’t want to see life as a grand adventure, we begin to think of ourselves as wise and fair and correct in asking so little of life. We look beyond the walls of our day-to-day existence, and we hear the sound of lances breaking, we smell the dust and the sweat, and we see the great defeats and the fire in the eyes of the warriors. But we never see the delight, the immense delight in the hearts of those who are engaged in the battle. For them, neither victory nor defeat is important; what’s important is only that they are fighting the good fight.”

“And, finally, the third symptom of the passing of our dreams is peace. Life becomes a Sunday afternoon; we ask for nothing grand, and we cease to demand anything more than we are willing to give. In that state, we think of ourselves as being mature; we put aside the fantasies of our youth, and we seek personal and professional achievement. We are surprised when people our age say that they still want this or that out of life. But really, deep in our hearts, we know that what has happened is that we have renounced the battle for our dreams – we have refused to fight the good fight.”

“When we renounce our dreams and find peace”, he said after a while, “we go through a short period of tranquillity. But the dead dreams begin to rot within us and to infect our entire being. We become cruel to those around us, and then we begin to direct this cruelty against ourselves. That’s when illnesses and psychoses arise. What we sought to avoid in combat – disappointment and defeat – come upon us because of our cowardice. And one day, the dead, spoiled dreams make it difficult to breathe, and we actually seek death. It’s death that frees us from our certainties, from our work, and from that terrible peace of our Sunday afternoons”...

“You, too, have to learn how to fight the good fight. You have already learned to accept the adventures and challenges that life provides, but you still want to deny anything that is extraordinary.”

**The birth of a man  
is the birth of his  
sorrow. The longer  
he lives, the more  
stupid he becomes,  
because his anxiety  
to avoid unavoidable  
death becomes more  
and more acute.  
What bitterness! He  
lives for what is  
always out of reach!  
His thirst for  
survival in the  
future makes him  
incapable of living in  
the present.**

**Chang-Tzu**

## A bit of Humour ...

Thanks to **Kathleen Blanks** for sending this joke in. Rather timely don't you think as we become even more conscious of just how much confusion our minds present to distract us... Anyway, lets just have a laugh... at ourselves...

### MENTAL HOSPITAL PHONE MENU...

*Hello and thank you for calling The State Mental Hospital.*

*Please select from the following options menu:*

If you are **obsessive-compulsive**, press 1 repeatedly.

If you are **co-dependent**, please ask someone to press 2 for you.

If you have **multiple personalities**, press 3, 4, 5 and 6.

If you are **paranoid**, we know who you are and what you want, stay on the line so we can trace your call.

If you are **delusional**, press 7 and your call will be forwarded to the Mother Ship.

If you are **schizophrenic**, listen carefully and a little voice will tell you which number to press.

If you are **manic-depressive**, hang up. It doesn't matter which number you press, nothing will make you happy anyway.

If you are **dyslexic**, press 9-6-9-6.

If you are **bipolar**, please leave a message after the beep or before the beep or after the beep. But please wait for the beep.

If you have short-term memory loss, press 9.

If you have short-term memory loss, press 9.

If you have short-term memory loss, press 9.

If you have **low self-esteem**, please hang up. Our operators are too busy to talk with you.

If you are **menopausal**, put the gun down, hang up, turn on the fan, lie down and cry. You won't be crazy forever.

If you are **blonde**, don't press any buttons. You'll just mess it up.

### The Metaphysics

#### Exam

I was thrown out of  
NYU. On my  
metaphysics final,  
they caught me  
cheating. I looked  
within the soul of  
the boy sitting next  
to me.

Woody Allen

## Science playing with illusion...

**Mette Hansen** sent this article to the Editor saying she found it interesting that it was said that the self was 'fooled'. It may also be viewed with fascination when we realize we just might be privy to at least one of the steps being taken into producing technology for the future... WOW!!!

The research, published online Wednesday December 3, 2008 in the journal *PloS One*, could prove useful in virtual reality applications and in robot technology, the team said. (*HealthDay News, December 2008*)

### Amazing body swap experiment.

Swedish neuroscientists, making people perceive the bodies of mannequins and other people as their own, have achieved the illusion of body swapping.

In one experiment, the team fitted the head of a mannequin with two cameras connected to two small screens placed in front of volunteers' eyes, so that they had the same view as the mannequin.

When the mannequin's camera eyes and a participant's head were directed downwards, the participant saw the mannequin's body where the person would normally have seen their own body.

The researchers created the illusion of body swapping by touching the stomach of both the mannequin and the volunteer with sticks. The person saw the stomach of the mannequin being touched while feeling (but not seeing) a similar sensation on his or her own stomach. As a result, the person developed a strong belief that the mannequin's body was actually their own.

### Scientists fool the self out of its body.

"This shows how easy it is to change the brain's perception of the physical self. By manipulating sensory impressions, it's possible to fool the self not only out of its body, but into other bodies, too," project leader Henrik Ehrsson, of the Karolinska Institute in Stockholm, said in a news release.

In another experiment, a camera was mounted on one person's head and screens were mounted in front of another person's eyes. When the person with the camera and the person with the screens turned towards each other to shake hands, the person with the screens perceived the camera-wearer's body as their own.

"The subjects see themselves shaking hands from the outside, but experience it as another person. The sensory impression from the handshake is perceived as though coming from the new body, rather than the subject's own," study co-author Valeria Petkova said in the news release.

This illusion worked even when two people looked different or were of different sexes. It did not work when a non-humanoid object – such as a chair or large block – was used.

**"Without a global revolution in the sphere of human consciousness, nothing will change for the better in the sphere of our being as humans, and the catastrophe toward which this world is headed - be it ecological, social, demographic or a general breakdown - will be unavoidable."**

Vaclav Havel,  
President,  
Czech Republic

## Poet's Corner...

### THIS ETERNAL NOW

by Michael Corcoran

Written on the curve  
Of every sparkling wave  
And etched on every golden grain  
Upon the shifting shore  
And scribed within the wind  
That wafts warm perfumes here  
Is the story of this eternal now.

This moment that is  
Where and what and who I am  
This ever shifting  
Kaleidoscope of sounds  
And sights and smells  
That only part of me  
Perceives  
And only part of it  
I sense.

But as I stand  
Within it all  
The story that unfolds  
Becomes much wider.  
As I'm still  
And as I open up  
Like a flower just unfurled  
It grows and grows  
Until I glow  
With all it is to me  
And then I slip  
Into its soft embrace  
And am engulfed  
In its forever flow.

**Past and future  
form an  
uninterrupted  
continuum, unless  
the redeeming power  
of the Now is  
activated through  
your conscious  
presence.  
Eckhart Tolle**

## Through The Waves...I see you...

by Deldre Le Patourel



'Another tide is coming in  
And another wave is foaming at its teeth  
Another sea is breaking its birth  
And another moon is in my reach

Other waters are turning white whilst others are turning blue  
Through the waves I see you  
I see you...

And with deep breaths I dive under and surface to hear your voice  
Out of the city life of chaos, out of the madness, out of the noise  
And with deep breaths I return to the waters pillow  
Laughing as I do so – I am truly in the blue, in the deep not the shallow

Oh and are these thoughts imagining you  
You know by now I don't need to be saved  
Trying to find clarity as within these waves I rave...

I see you....I see you  
Through each crashing wave, through each caress of wind which strikes me down  
Through each human laugh calling me a clown  
Through natures breeze holding me warm  
I see you  
I am centered, not torn...

Through the waves I feel you  
A memory, yet close to me right now  
I know you yet you are not mine  
Let the moon tell me, let it dim or let it shine  
I feel you, you whisper  
You hold me, within the crisp air  
And you go but you don't, because you can't and because you won't  
You are here always with me  
Through the waves I set you free

Through the waves...crashing or calm....  
Through the waves...dusk or dawn...  
Through the waves I see you  
I see you...'

**One's first step in  
wisdom is to  
question everything  
and One's last is to  
come to terms with  
everything.**

Georg  
Christoph  
Lichtenberg  
(1742 - 1799)

## Here and now...

A new addition to our newsletter, *Here and Now* is about the life we are living and celebrating NOW in all its glorious manifestations. It could be said the content here is a celebration of celebrating whatever life throws our way.

Please enjoy and thank you Carita for the inspiration and trust to allow me to publish it here.

*The Editor*

### ***Video posted 2.30am, Sunday March 8, 2009***

*What better thing to do when you are on cyclone alert - than create a video celebrating the things about the world you love...*

*Carita D'Souza*

It is 2am, we are on cyclone alert and just to add to the drama of it all - it is a category 5. A friend rang "concerned" to see how I was. A thoughtful, loving gesture but I was in a totally different head space - Sufi Dervishes - dances of Ecstasy in celebration of the Essence of my BEING more like the truth.

This song inspired me to create this video in celebration of nature "wild, free" just like the Essence of "me". You can view the video by clicking the link at the bottom or try this link:  
<http://www.youtube.com/watch?v=CyexbJyUDFY&url=http://aliveinbliss.blogspot.com/>

It has been utterly strange, no rain, no wind all the things one expects with cyclones is just not happening - maybe it was the 4 yellow butterfly sentries (I encountered the other morning) who created the change?

It is very possible the cyclone will totally bypass us and it is also possible it will bring only rain, which normally everyone would be jumping up and down going - "yeah!!! More rain". But because we have had flooding and three weeks of continual rain only two weeks ago - the thought of a low setting in for another few weeks is a bit 'ho hum'.

What is AUM though is the stillness, right now everything is soooooo soooooo very still and for the first time in a little while the crickets have started singing again - tis a soft sound, soothing almost.

## **BOOKS FOR SALE**

As advertised in previous issues there are copies still available for two books:

*Walking on Air An Exploration of the Tarot through poetry*, by Michael Corcoran AUD\$16.00 plus postage

*The Spontaneous Healing of Belief*, by Gregg Braden AUD\$25.00 plus postage.

Life is the only real  
counselor; wisdom  
unfiltered through  
personal experience  
does not become a  
part of the moral  
tissue.

Edith Wharton

## Contact Us

Our aim for the newsletter is that it is eclectic in its style. Everyone has a voice and we would love to hear from you. 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 submit for the newsletter.

Please send correspondence and submissions to me, Janet, at the following email address: [editor@worlddevelopment.com](mailto:editor@worlddevelopment.com)



Photographed during the recent heatwave and firestorms in the parched southern states of an Australian summer.

Link to A LI website:

[www.adventure-learning-initiatives.com](http://www.adventure-learning-initiatives.com)

The transmission of a signal sent through your nerve cells from your brain to your big toe takes 1/50th of a second. It takes less time for signals to reach every other part of your body.

That means in one second of conscious thought, the signal could be received more than 50 times by your most distant cells. In one minute, 3000 times!

The health of your body is the result of your thoughts. Try this: Spend one full minute today concentrating on an image of yourself in perfect health, and imagine sending that image over and over again to all the cells in your body. Then imagine your cells receiving the image again and again and responding joyfully each time.

*The Science of Being Rich  
network*

# *Postcards from Earth*

*by Ruby de Vere*

"Postcards from Earth" follows the personal journey of a woman through addiction, misery and restlessness, to empowerment and adventure. It is also a detailed account of the unique and provocative teachings of Patrick Desplace, according to the author's own perceptions.

Inviting you to map out your own path to Love, Life and Freedom, "Postcards from Earth" challenges you to loosen your chains and claim your power. For those who dare, stepping into your power leads the way to changing your world! Filled with practical exercises, techniques and meditations, "Postcards from Earth" is a manual for the Now Millennium!

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