



A Gift For This Time

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[Photography by Carita D'Souza](#)

Her gallery can be viewed by clicking on
[The Harmony of Earth & Water](#)

Carita has become an extraordinary photographer of nature. The images she captures locally - in her part of the world.

From the Editor

Hello Everyone,

In this month's issue [Nell Whiteside](#) provides her insights into her exploration of religious and spiritual beliefs. More of less it is a journey into possible and probable impacts on self, that when awakened to, can lay down a formidable path for others to follow.

[Deidre Le Patourel](#) in her poem *The Roaming Soul*, invites us to see the beauty and expression of joy in nature and wonder at the creatures who live in harmony with it all. In that moment of being, I am at one with it all, could well be the message here.

[Patrick](#) has provided a commentary. He looks at what we are experiencing right now in our world. What would serve us better if it were allowed to run its course, and what needs clarifying first in our minds in order to make an informed preferred choice/decision?

[Carita D'Souza](#) is most definitely inspired by nature. Her gift unveiling to herself and to our readers is through the eye of her camera. We begin this newsletter with a gallery of photographs with the theme of earth and water and end with a sojourn down a river exploring its inhabitants.

Finally, Patrick is advertising his upcoming on going, once a week encounter... [You, Me and the space between](#).

Hope you enjoy the read...

The Editor

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WOT, NO 'ME'?

by Nell Whiteside

After almost a 'lifetime' spent exploring religious/spiritual belief systems, it would seem that there are two broad categories of teachings: 'Teachings' of Oneness and Teachings of Separation.

'Teachings' of Pointers of Oneness/Unity

Throughout the ages a small number of rare 'beings' have had the extraordinary experience or perhaps more correctly, the non-experience of 'no self'/Oneness. These realisations are conjoint or axiomatic. With the understanding that we are all interconnected, that we are all One; one with All-that-is, the Whole, 'God', the Self is the concomitant realisation that there is nothing personal, that the ego, the 'me', the self is an illusion; an illusion of separation; a mental image; a concept. Thereafter, these beings lived different lives – lives of equanimity and peace – and they tried to convey in words that which is beyond words. For want of appropriate terminology we could call them 'teachings' of Oneness, or Unity but they are better referred to as 'pointers'.

Teachers of Oneness include the historical teachers such as Buddha, Jesus, Lao Tzu and many others. Anata or 'no self' is the core of the original Buddhist teachings [1]. Jesus said, *"I and the Father are One"* - meaning that he was one with the Whole. He also said that we should lose the self (ego, 'me') in order to find the Self (the Whole).

Some modern 'teachers' of Oneness are Krishnamurti, Osho, Eckhart Tolle. The modern teachers draw attention to the role of thought. Krishnamurti maintained that the 'me', the ego is the product of thought and that gods, saviours, personal soul/higher self, angels, heavens, reincarnation, etc. are all the product of thought. Thought operates in the known and projects the past into the future. He equated time and thought. Eckhart Tolle says that Krishnamurti's teaching may be summarised in two words, *"Don't think"*. Although Tolle stresses the importance of living in the present (Now) and the transcendence of the mind/thought, his core message is that of 'no self' and of Oneness. Most people do not 'get it'!

Teachings of Separation

Unable or unwilling to understand 'no self' or to 'catch the great cosmic joke', 'teachings' of Oneness were misinterpreted and replaced with mind structures or systems, which may collectively be known as Teachings of Separation. (Notice how angry, defensive, even violent many people become at the mere suggestion of 'no self' or worse, of no personal immortality - or they find it utterly incomprehensible!) Teachings of Separation became wonderfully lucrative enterprises and an expedient way to control and exploit the masses. Krishnamurti maintained that if we really believed the common perception of hell, reincarnation and so on we would live utterly different lives [2].

Teachings of Separation may further be divided into two broad categories. Firstly, those of the old organised religions such as Christianity, Buddhism, etc. - the Old-Age and secondly, those collectively known as 'New-Age'. The New-Age is a polyglot of beliefs thought to have their origins mainly in Theosophy, itself a conjoining of Spiritualism and Hinduism. Both Old and New usually include beliefs in life-after-death, personal soul/higher self, reincarnation, heavens/soul worlds and so on. Beliefs are simply bundles of thoughts. The New-Age talks of Oneness but focuses on the personal.

"Do not go where the path may lead, go instead where there is no path and leave a trail."

Ralph Waldo Emerson

The pivot or crux of the difference between Paths of Oneness and Paths of Separation is the ego. The former pertain to ego-diminishment, the latter to ego-enhancement. So...

What is the ego?

The ego is the self, the 'me', the person, the personality, the 'I', who I think I am.

In common parlance, someone who is selfish, self-centred and is always 'me deep' in conversation is a strong ego. Western society and psychology endeavour to strengthen the sense of self, the ego – known as 'deification of the ego'.

Some 'spiritual' perspectives on the ego are:

Krishnamurti [2] said that our whole activity is self-centred or egocentric. He said that the self, the 'me', the person, the ego is the product of thought and also the result of our **conditioning**. Conditioning is the result of our education, religious propaganda, culture, relationships, experiences, what we read, eat and so on. The ego is the centre of disorder and conflict, because it is a divisive, separative factor. Disorder in the world is not due to the devil, evil, bad karma, the environment or society but to the ego. He maintained that it is only with the ending of the 'me' and in which the mind is free of all prejudices, opinions, judgements, beliefs, all conditioning as well as reliance on any authority (that of Jesus, Buddha, XYZ and including his own authority) that it is possible to see '**what is**'. He said that goodness implies total abnegation of or transformation of the self. This transformation is achieved by observing, watching, investigating oneself – without judgement, condemnation, correction – that is by reading the book of oneself. Krishnamurti stressed that this process of observation is real meditation and he claimed that most methods or systems of meditation make the mind dull and mechanical and are a form of self-hypnosis and self-deception. If there is an 'I' in 'meditation' it is not meditation at all. He was appalled that people actually charged to teach so-called meditation.

Osho said that with the ego you are a wound; to get out of ego is to get out of sleep; that the ego arises in the gap or tension between '**what is**' and '**what should be**' and that all moral systems which rely on '**should**' are nourishment for the ego. He explained that the ego is a by-product - like the tick of a clock and if you dismantle the clock, there is no tick. He likened the ego to darkness; the absence of light, the absence of the present and by bringing light into a darkened room - the darkness simply disappears. He also said, "*You have no personal existence whatsoever*" and "*You cannot die, you don't exist.*"

Eckhart Tolle describes the ego with great clarity in all his publications, particularly in [1]. He describes it variously as 'a mental image', the 'phantom self', the 'fiction of me', the 'conceptual self', 'the illusion of the self', a 'fictitious entity', an 'illusory identity', the 'little me in the head', 'that mentally constructed image', a 'bundle of thoughts', 'me and my story – the most fascinating story on the planet'. The ego is resistance to '**what is**', the Now and all mental activity is a result of this resistance. There is an inverse relationship between ego and consciousness – the more ego, the less conscious an individual actually is. The ego is unconsciousness. Of course, since the 'me' is an illusion, what of the 'personal' could possibly survive death and reincarnate?

"The crisis is not out there in the world, it is within our own consciousness."

J. Krishnamurti

Eckhart Tolle has a very different 'take' on the meaning of reincarnation – every time we think, feel, perceive, experience, consciousness incarnates or reincarnates or is reborn into form [1]. Concepts such as personal soul, personal higher self, reincarnation and so on are seen to be just more ego. To quote Tolle [1], “*What is spiritual realisation? The realisation that you are a spirit? No, that's a thought.*”

One of **Eckhart Tolle's** definitions of the ego is: ‘a conglomeration of unconscious, **conditioned** mental-emotional patterns’ [1] These dysfunctional patterns include defensiveness, comparison/judgement, control and manipulation, conformity, complaining, the craving for attention, demanding recognition, giving unsolicited opinions, needing to be right, taking things personally, needing external validation, acquisitiveness, resentment, anger, anxiety, making assumptions, irritation, impatience, lust, grasping, clinging, gossip and so on. Constant observing or watching is the only way to free the mind of or transcend these conditioned reactions or the ego.

Deepak Chopra in [3] says that ego or personality is just an illusion, an image. There is no other “*I am*” than the one Being, the entire universe. Everything – animate and inanimate - is the whole universe in a particular pattern of behaviour. You are not the behaviour of the ocean, a wave, but the ‘wateriness’ of the ocean. ‘**What is**’ is the activity of the entire universe and to resist is to resist the whole universe. To heal is to return to the memory of wholeness or holiness where you see the whole universe in every part of the universe. Behind the mask of mortality is the field of immortality. The real you is immortal; it is beyond birth and death.

All the above teachers’ stress that we need to actually see the conditioning in ourselves and also to actually see that the ego is a mental image – to see the fact of it. Observation, in the present, is not an egocentric activity because by observing or witnessing the ego, one is outside of it. Observation is transcendence. So, if I know what the ego is and understand that I am not the ego, then I know who I am not. What remains then, is who I am, although it cannot be described or defined because it is beyond the mind/thought. Being is non-conceptualisable [3]. All ‘spiritual’ methods entail time; they are about **becoming** but not about being; they are about doing and they lead you away from who you already and really are. All that we really need to ‘do’ is to be present and stop thinking.

It is the ego that fears death. Death is simply the dissolution of form; the wave returns to the ocean, the Whole. If you know yourself as the ocean, the Whole, how can you die? So, the fear of death dissolves.

Separation vs. Oneness

‘Teachings’ of Oneness pertain to the eternal Now, to formlessness and transcendence of the mind/thought. Teachings of Separation pertain to space-time, to form and involve mind/thought. ‘Teachings’ of Oneness point to a transcendence or dissolution of the ego. Paths of Separation endeavour to strengthen the ego, the ‘me’. They endeavour to make an illusion, the ego, real and this requires both form and future. They may be referred to as egoic paths.

If we could use a simple analogy of a cross or perhaps the waft and woof of a weaving loom, we could regard ‘reality’ as consisting of two ‘dimensions’ - firstly, the **horizontal** or manifest or relative dimension of form, matter, space-time and secondly, the **vertical** or unmanifest or absolute dimension of the formless, the Now, the present moment or ‘**what is**’.

“What am I then...?
Everything that I have
seen, heard, and observed
I have collected and
exploited. My works have
been nourished by
countless different
individuals, by innocent
and wise ones, people of
intelligence and dunces.
Childhood, maturity and
old age all have brought
me their thoughts... their
perspectives on life. I have
often reaped what others
have sowed. My work is
the work of a collective
being that bears the name
Goethe.”
Goethe



The unmanifest gives rise to the manifest; the dreamer dreams the dream – one dreamer and billions of characters, one being in a multitude of different disguises. Paths of separation belong to the horizontal dimension whereas paths to Unity pertain to the vertical dimension. The horizontal dimension includes thought and **'mind stuff'** and is the only dimension of which the majority of people are aware. The vertical dimension is about **'life'**, presence, and unconditioned consciousness and is beyond the mind.

The horizontal paths involve will, which could include ritual, supplicative prayer, visualisation and other endeavours to resist or change **'what is'** – they are the antithesis of **'what is'**. The vertical paths involve surrender to and acceptance of **'what is'**. Jesus said, *"Thy will be done."*

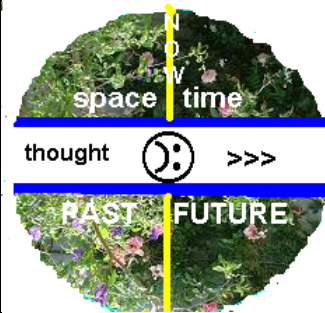
Transcendence of the ego and its conditioned patterns could be regarded as equivalent to transcendence from the reptilian brain or old brain with its greed, judgementalism, vindictiveness and **reactive**, conditioned patterns to the new brain or impersonal 'intelligence' with its more compassionate behaviours such as non-attachment, delayed rational **responses**, etc. It could be likened to the shift from selfishness to selflessness, from self to Self, from the Old Testament to the New Testament, from fear and emotionalism to innate states of being - love, joy and peace. The myth of St. George's slaying of the Dragon may be appropriate here – this is about each of us slaying our 'inner dragon', our inner 'reptile', the ego – hence Armageddon and the ending of time.

Tolle defines true love as *"the recognition of the formless in the other; the recognition of yourself in the other"* - in effect, **your neighbour is yourself**. If this were deeply internalised, we would live in a different world.

Jesus said, *"Only the meek shall inherit the earth"* - meek means **egoless** [1].

Bibliography

- [1] Tolle, Eckhart, **A New Earth**. Michael Joseph, an imprint of Penguin Books, 2005.
- [2] Krishnamurti, J., **The Awakening of Intelligence**. Harper, San Francisco, 1987 (1973).
- [3] Chopra, Deepak, **Power, Freedom and Grace**. Amber-Allen Publishing, San Rafael. 2006.



A bit of Humour ...

When Insults Had Class

There was a time when words were used beautifully. These glorious insults are from an era when cleverness with words was still valued, before a great portion the English language was boiled down to four-letter words!

This exchange between [Winston Churchill and Lady Astor](#):

She said, *"If you were my husband, I'd give you poison"*,
and he said, *"If you were my wife, I'd take it"*.

[Gladstone](#), a member of Parliament, addressing [Benjamin Disraeli](#): *"Sir, you will either die on the gallows or of some unspeakable disease"*.

"That depends, sir", said [Disraeli](#), *"On whether I embrace your politics or your mistress"*.

"He had delusions of adequacy." [Walter Kerr](#)

"He has all the virtues I dislike and none of the vices I admire."
[Winston Churchill](#)

"A modest little person, with much to be modest about." [Winston Churchill](#)

"I have never killed a man, but I have read many obituaries with great pleasure." [Clarence Darrow](#)

"He has never been known to use a word that may require the reader to look for a dictionary." [William Faulkner](#) (about [Ernest Hemingway](#)).

"Thank you for sending me a copy of your book; I'll waste no time reading it." [Moses Hadas](#)

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." [Mark Twain](#)

"He has no enemies, but is intensely disliked by his friends." [Oscar Wilde](#)

"I am enclosing two tickets to the first night of my new play; bring a friend.... if you have one." [George Bernard Shaw to Winston Churchill](#).
"Cannot possibly attend first night, will attend second... if there is one!"
[Winston Churchill](#), in response.

"I feel so miserable without you; it's almost like having you here."
[Stephen Bishop](#)

"I've just learned about his illness. Let's hope it's nothing trivial." [Irvin S. Cobb](#)

"Dissent without action is
consent."

Henry David Thoreau

"He is not only dull himself, he is the cause of dullness in others."
Samuel Johnson

"There's nothing wrong with you that reincarnation would not cure."
Jack E. Leonard

"He never opens his mouth without subtracting from human knowledge." Thomas Brackett Reed

"Why do you sit there looking like an envelope without any address on it?" Mark Twain

"He uses statistics like a drunken man uses lamp-posts... for support, rather than illumination." Andrew Lang

Snippets ...

Carita sent this snippet in. WOW – real or imagined, that's co-operation...

Thousands of dolphins block Somali pirates



THOUSANDS of dolphins blocked the suspected Somali pirate ships when they were trying to attack Chinese merchant ships passing the Gulf of Aden.

China Radio International reported the Chinese merchant ships escorted by a China's fleet sailed on the Gulf of Aden when they met some suspected pirate ships. Thousands of dolphins suddenly leaped out of water between pirates and merchants when the pirate ships headed for the fleet.

The suspected pirates ships stopped and then turned away. The pirates could only lament their littleness before the vast number of dolphins. The spectacular scene continued for a while.

"Perhaps the only limits to the human mind are those we believe in."
Willis Harman

Poet's Corner ...

by Deidre Le Patourel

The Roaming Soul

'The gentle heart awakens as the wind holds it in its firm touch
The waves raise their stake as the foamy tips caress the sands and bounce
off the pebbles
The volcano erupts at first lightly, and then violently pours its essence
over the still land
The moon becomes a crescent, shining poignantly, inviting us as it reaches
out with its hand...
The sea horse bounces smiling, through colours of luminosity and
of sounds of the sleeping sea beds
The dolphins playing in synchronicity, laughing beyond the hungry
shark who wants them eaten, soon to be dead...
The children running through the playground, soft beautiful hair falling on
young backs
The swings reaching the skies and fast descending, friends uniting; no room
for sorrow, nor attack...
The powerful lavender touches the mountain with its scent
The peaceful clouds whisper to the gliding eagle as the eagle takes
the message, and returns to the land from which it was sent...
The little fish rising to the water's surface as the Fish Eagle dives and
picks one up
The fire burns the oak generously, the sun becomes less intense as it
drifts into the darkness of night, for one day it has had enough...
The lush forests glisten with dew and the mushroom grows as large
as my two hands
The sound in silence carries me, through desert planes, through icy
seas and through the arid land...
Sparkles of rain glisten as diamond pieces shattering on hard grounds
The storms of nature now churning, as rumbles of thunder now become
prouder sounds...
The sandy white beaches as soft and gentle as a petal off a rose
The far out yacht sailing smoothly ~ it's not the captain steering,
but nature's choice - the elements taking the people where it
chose...
The silent echo above a mountain top, yet not empty, but so still
The large but light in and out breath as I gaze over the city and world at
that, over every tree, over every hill...
And in this silence my thoughts subside and there I am
No fear but only love of all, feeling complete with every crevice in
each mountain, feeling whole with each far away ripple occurring in
each dam...
The little hairs on my arms rise but with warmth not with cold
I am one with nature, with it all right now; I am neither male, female,
neither young nor old...
A grounded womb embracing all within and embracing all around
The winds whisper, the air talks to me; I am the silence and I am
the sound
The roaming soul awakening to all it ever was and will be
The roaming soul alive, soaring, setting me free...
Free from mental constraints and free from all my own fears
The roaming soul touches me, it embraces my laughter; it holds my running
tears...
The roaming soul...'



Current Events ...

by Patrick Desplace

Hello there,

Been a while since I supplied a commentary for the Newsletter – then so much is happening so fast; it is difficult to choose where to start.

As most of you know I have had a rather intensive and extensive first half of 2009... there was my visit to RSA, followed by “**Eleven**” followed by an encounter with Ciril in Canberra!

We are experiencing a “pandemic” with Swine Flu and are enjoying a reprieve on world finance! The latter will be of short duration - until September at the most.

World Finance

The Global Financial Meltdown never significantly affected Australia and South Africa; we are likely to feel the pinch more after September. Many of us however, are working towards making Australia and South Africa ‘**financial sanctuaries**’ from now on until the other side of ‘**Time**’ (*refer to the Mayan Calendar*).

Swine Flu

Regarding Swine Flu, the disease is rather mild at this stage... all the precautions being initiated are most likely to prompt a more severe and resilient strain of the virus. I have experienced and many people close to me are experiencing the flu. I hope it is the Swine strain, as this will give us immunity against the more serious strain likely to come about! Sometimes, it is preferable to let “nature” follow its course; then this course of action does not make good box office for the pharmaceuticals.

Another plague

We are having another ‘Islamic Challenge’ in Australia at the moment... the Lebanese are tormenting and at times assaulting our Indian guest students. Why is it that whenever there is violence there is Islam? Who said that Islam was a peaceful ontology? Perhaps the respectable Muslims should set their house in order before praising Islam... then the various factions could consider not killing each other. It reminds me of the tribal war in Ireland between Catholics and Anglicans! Could it be that “Religion” is the “plague” of civilisation?

God Bless You (*please not Allah or Yahweh*)
Patrick

"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and then go do that. Because what the world needs are people who have come alive."

Howard Thurman, civil rights activist, theologian

Feedback / Responses ...

It is wonderful to receive feedback/responses to content in the newsletter. [Ella Braverman](#), who lives in Israel but studied with Patrick in South Africa, sent the following link in response to her reading of the article, *The Extraordinary Gifts in Experience*, in last month's issue...

Under the caption... "We are the ones we have been waiting for", Ella has provided a link to a website: <http://junejordan.com/byjune.html>

Contact Us

Hope you are enjoying this issue.

To complete the package of talents shared, here is another journey into nature through Carita's camera eye. Flow and freedom are two words that came to mind when I entered the slideshow version:

[A New Section of the River](#)

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



Link to the A LI website:

adventure-learning-initiatives.com

From the Weekend
A ustralian newspaper
May 16-17, 2009

Bud's approach to acting:
*"T hink. Really think.
Listen. Really listen."*

Charles 'Bud' T ingwell
A ctor
{1923 – 2009}



YOU - Me And The Space Between



You are invited to participate in an On-Going,
Once a week – Wednesday evening – encounter...

Once a week we shall create a "Teaching"
in the space between "You and Me" and
then we shall discover and explore what
we have become by creating and being
exposed to the teaching!

We shall meet at 7.00 pm in Dernancourt - After the first stage of the encounter at 7.45, we shall share a light but significant supper... Created by Nina & Me! Then we shall endeavour to discover what we have become and introduce our New Self to each other.

This undertaking is conducted professionally and the fee of
\$50.00 covers the supper, a glass of wine and the experience,
which shall be unique at each encounter...

Starting soon...

Enquiries to Nina: nina@worlddevelopment.com or Patrick: pdspd11@gmail.com