



**Volume Two: Issue Five**

**April, 2005**

**WDHR**  
 "We are committed to assisting  
 individuals in their quest for  
 living a life of greater freedom."  
 (The organization has no political or religious affiliation)

"Everyone is your teacher - but you're the co-ordinator of learning. Often, two important processes are left out of our ideas about learning. First, we become like our teachers - or we use the experience to become unlike them. Big clue: a good teacher is also a good learner. The second is that, often, the teacher is merely awakening something within the learner. More experienced learners know something is there, see potential, or respond to a hunch. Then that something comes to life, with the protection and support of the one who 'knows more'."

*Extract from Jonathan Cainer's website*

## **From the Editor**

I tuned into the radio in my car on the Monday after Pope John Paul II died. Someone who knew the process of electing a new Pontiff was being interviewed. He was asked about the qualities they would be looking for. The qualities, he said, are two-fold – both holy and wise. He was then asked if a person who had been canvassing for the job would be in a better position to be offered it. The answer was interesting – “no”. Anyone canvassing, he explained, would be motivated by ambition and this quality does not fit with either holiness or wisdom. I reached my destination and turned the radio off, but the conversation stayed with me.

Are these not similar qualities for a metaphysician's journey? Perhaps we would say spiritually conscious or awake, and having wisdom!

Neither is maintained or sustained by ambitious type behaviours, e.g. having to prove we are right and others wrong.

It appears to have been a long journey thus far. However, haven't we been encouraged to know our own true selves, both flawed and perfect, and through that process haven't we become enlightened? Then when we put what we know into practice, are we not tapping wisdom?

Patrick now tells us we are in the eye of the storm. Hopefully then, we can reflect upon our journey thus far and appreciate how much more enlightened and wise we have become.

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## The Sorcerer's Death

by Lorraine Davies

I remember the first time the concept of the "Sorcerer's Death" gently tripped off Patrick's lips. It was during an Alchemy & Occult workshop in Cape Town many years ago. He claimed that human beings were faced with three options:

- Physical Death – to shed this mortal coil
- Death of the Spirit – to become a human machine (the lights are on but no one is home)
- The Sorcerer's Death – death to the past

Intellectually, these concepts were easy to grasp and 'understand'.

I had no problem with the reality of physical death. It exists all around us in so many forms, we have become almost immunised to its true import as a transition or initiation.

The death of the spirit was a more subtle and covert concept to wrestle with. At what stage did the soul exit the human form and yet the organism remained alive? Was it a series of choices that slowly eroded the spirit until one day it gave up and left?

I remember an assignment we were once given to visit a shopping mall and observe the three classifications in the eyes of shoppers. Later, as my perception gained in refinement I began to realise just how many human zombies seemingly did walk the streets, being "useful, serviceable and functional". The biggest shock however, was when I looked into the eyes of certain 'world players', only to realise there was no one home there either! I wondered how it was possible to gain such a prominent position on the global stage and be a machine? Do we give permission through our complacency? Are they running the entire circus and is this what we mean by consensus reality? These are questions I still ponder to this day. With each passing year, as the struggle intensifies, and our ultimate destiny becomes tangible, I see that more people are choosing to evacuate, if only by default.

However, it was the third concept, The Sorcerer's Death that completely mystified me. Sure, I had read Carlos Castaneda's take on it. Once again, I understood the *concept* intellectually but I had yet to enjoy first hand experience in a real life situation.

It was in the year 2000 that Patrick offered us *The Magus*, an adventure and retreat into the Amazon jungle. Without hesitation I signed up for the commitment. Little did I know then that it would rock my world and shatter my foundations.

The commitment took place over the entire year. The first assignment was a 'gesture of freedom'. We were to research and select a creature in captivity and then ritually release it back into the wild as a symbol of our own personal quest for freedom. My first choice was a tortoise. Then I discovered they were a protected species in South Africa and didn't really

"To live is the rarest thing  
in the world. Most people  
exist, that is all."

Oscar Wilde

need my interference. I finally opted for a crayfish. On the appointed day, I travelled to Mariner's Wharf in Hout Bay, singled out my quarry and headed for the rocks at Llandudno. My specimen was duly charged with being abundant and released back into the ocean. To this day, I think fondly of that crayfish and like to imagine that he is by now a great, great grandfather, perhaps even the patriarch of a dynasty.

It was several months later when the full impact of the assignments and the *intent* of the Magus started taking its toll. I wrote to Patrick in a desperate state. My world was falling apart. I told him that my shell was cracking (I had drawn the analogy to myself as the crayfish – hard and crusty on the outside, soft and succulent inside) and that I didn't know what to do or how to cope with anything anymore. I felt as if I was going insane and despair was sitting just at the edge of my reality. Nothing made sense and I was fast losing the will to carry on. His response was so direct and full of love that I will never forget it as long as I live. He told me that I needed to go beyond sanity (whatever that meant) and that I was not a crustacean! He said, "it is your duty as a human being to expose your flesh and blood to your destiny".

The time to leave on the journey to Peru was fast approaching. My intention was clear; I was going into the jungle to die. The life that I had created for myself was unsatisfactory and I didn't want it any longer. What would I do with everything – my home, my business, my life, my family and friends?

We are often told to be careful not to "throw out the baby with the bathwater". Is this what I was doing? I thought about it long and hard. In the end I decided that since a total departure from everything familiar was required and that for the most part, my existing life was redundant, radical action was the only course that seemed adequate and appropriate. I could not with any good conscience make a half-hearted attempt. Everything had to go. Besides, I had set the *intent*.

I set about selling up, parting with all things familiar and bidding farewell to those I loved. When it was done, I looked at the little pile of cash that twenty years of industry and hard work had produced. I wobbled. For two weeks I walked around in a daze, wondering what on earth I had been doing all this time. And then it hit me like a wave of relief. I felt incredibly light and fluid. I also had the distinct impression that I had become something of a ghost in my own reality. Did I in fact still exist in that world?

When I looked into the future I perceived an endless ocean of possibilities and opportunities. I realised that I was holding in my hand a blank script, and I could literally re-invent myself! I was unencumbered, I could go anywhere and do anything and it felt amazing! I was not afraid. What had I feared? Why had I resisted letting go for so long? Did the belongings and my career give me such a sense of who I was and what I was worth I couldn't survive without them? Did my relationships with friends and family establish my identity in life and make a statement to the world of my true value? No, it was good and right and now I was free to explore the unknown and to be ready for whatever opportunities came my way.

"According to recognised  
aero technical tests, the  
bumblebee cannot fly  
because of the shape and  
weight of his body in  
relation to the total wing  
area. But the bumblebee  
doesn't know this, so he  
goes ahead and flies  
anyway."

Anon

Without any shadow of a doubt, the person who entered that jungle in Peru was never to be seen or heard from again. The mystery, the extraordinary experience and the beautiful transformation that took place there changed my life forever. The one who sits here now writing this story is someone else. Perhaps somewhere in a different slice of time Lorraine never made it into the jungle because her fears prevented her from doing what it takes to have what she so desperately wanted. Perhaps she still grapples with her sanity in an ordinary world. Maybe she struggles to make ends meet, or to find a sense of meaning for her feeble and mundane existence.

It is now four years since that amazing adventure in Peru. Since then I have undergone extra-ordinary experiences, inconceivable synchronicities and many in-ordinary people have coloured my landscape. I now live in England. I work with a great team of people, producing worthwhile documentaries that have something of value to offer. I have a brand new sister who didn't exist until 3 years ago. My son and I have a good relationship, which grows stronger as the days pass. I have travelled the length and breadth of this planet and enjoyed another wonderful adventure with Patrick and fellow travellers in Egypt (The Quest).

I am delighted to say that I successfully died to my past. With the release of the past, a huge reservoir of energy was freed up that made it possible for me to create a new world for myself. I realise the impossibility of where I once stood over an abyss with one foot on each precipice trying desperately to exist in the old world whilst attempting to craft a new one.

Recently though, I witnessed something that brought the whole concept of the Sorcerer's Death under a graphic and intense spotlight. I was afforded the opportunity to see the consequences of what happens when a human being refuses to let go of the past and die.

My housemate is facing his excess baggage. His negative ego is in a life and death struggle. He just can't seem to move beyond his self-pity, self-importance and pride. On New Year's Eve he over-indulged on alcohol. He was maudlin and desperate. I watched on as he began to vomit up all his troubles and woes. He was looking for sympathy. He thrashed around on the floor like a petulant spoilt child. He is 45 years old – an endorsement to Patrick's comment that so many people prefer to grow old without ever growing up.

I observed him going through agony for hours. My heart went out to him. I felt his pain, I knew his condition and I recognised his resistance. The vision of the crayfish loomed before me. After all, wasn't this a reflection of me sitting there wallowing in the mire of my own creation? As best I could, I offered him the minimal chance for him to drop it, let go, walk away and die to the past. Crouching there with my hand extended towards him, I *knew* from the bottom of my heart that it was easy, even if it seemed impossible, to stand up, leave the husk on the floor and walk into a new reality. He refused the offer. He still had a huge investment in pain and misery.

"Twenty years from now  
you will be more  
disappointed by the  
things that you didn't do  
than by the ones you did  
do. So throw off the  
bowlines. Sail away from  
the safe harbour. Catch  
the trade winds in your  
sails. Explore. Dream.  
Discover."  
Mark Twain

We all carry baggage. The question is, what makes us drag the baggage with us into the future and how can we offload it when it serves no useful purpose? Let's take a moment to scrutinise the baggage. *"Give a dog a name and hang it!"* Shakespeare wrote.

### **Pride ...**

*"Pride comes before a fall"*. Pride is what the ego creates as a poor substitute for dignity. When we are full of pride, we work from the premise that the "other" is always wrong and that we are always right. Pride lives in the past and thrives on re-living the same scenarios over and over again in a never-ending cycle. We remain entrenched in our opinions and refuse to see another point of view. Pride makes it impossible for us to admit our mistakes or to say we were wrong. Dignity on the other hand, allows us to admit we were wrong, to accept the lesson, to learn from it and move on. When we walk with dignity, we live in the present moment and can respond spontaneously to whatever life throws at us because we have nothing to hide. Pride is a mask that vainly tries to hide our insecurities and lack of self-worth.

### **Self-pity ...**

Don Juan called it the *"three-thousand-headed monster"*. Why? It comes in so many disguises, each more subtle and slippery than the last. Self-pity is what the ego gives us to replace self-respect. Self-pity sings only one tune with variations on a theme. *"Poor me, I am so hard done by. No one loves me, I am the scum of the earth, I am such a mess, I will never find love, I should never have been born"*, and so on. With self-pity, the ego indulges and blames us for not getting it right. Instead of the right place, right time, right thing, right person, we pretend we have it all wrong. That way, we don't have to make a stand and show what we are made of. So we wallow in an orgy of self-recrimination. Self-respect is the place from which we tap into humility, instead of humiliating ourselves. With self-respect, we can acknowledge the mistake we made and we are eager to get into the depths and grow from it. Self-respect allows us the humility to say, *"Of myself I can do nothing. It is the One of whom I am engendered that lives and breathes and has His/Her/Its Being through me."* It is the part of us that asks for help from a Higher Power when we need it and humility grants that help will come.

### **Self-importance ...**

Self-importance is the other side of the face of self-pity. It's the same tune only slightly different. It is the ego's way of exonerating us from accountability for our actions. *"I was too good for him/her/it, I am not to blame, I am the best thing since sliced cheese."* Self-importance is replaced with self-esteem. This is when you value yourself enough to know when it is time to walk away and leave an endeavour, even if you feel it is unfinished. Cutting your losses and moving on is part of the Journey. Self-esteem grants us access to new opportunities and allows them to enter our lives, instead of thrashing around in the ashes of dead dreams and old fantasies. Self-esteem ensures that we have the maturity to rise to the challenges presented to us, and the conviction to see them through. These ego constructs are what we are in the process of dumping.

"Do or do not  
there is no try."  
Yoda, *Star Wars*

What then are the qualities we need to nurture?

### **Trust ...**

Patrick claims, *"trust anyone to be capable of absolutely anything"*. The timid man is capable of murder and the murderer is capable of gentleness. Beauty is capable of wickedness and ugliness contains beauty. When we understand this Law fully, we will never be disappointed by another's actions ever again. The trouble is we set up expectations of others. To assume that others will behave according to our expectations or live up to our ideals is a dangerous folly. In a worst case scenario, the 'other' will resent having expectations placed upon him/her and will subconsciously or consciously set out to sabotage the process, simply because it is human nature.

### **Forgiveness ...**

We need to learn to forgive ourselves for our mistakes. We cannot begin to forgive another until we find it in our own heart to forgive ourselves. First there needs to be acknowledgement that you made a mistake. Then forgive the other for their mistake. This is not about another it is about our own healing. For all their faults and imperfections, we need to search for their humanity. This is what the technique *"I honour the life and the light within you"* is helping us to accomplish. Love and hate are the same emotions on a sliding scale and judgement is a psychic bondage. Finding forgiveness is the only way to be free to live and love again.

### **Responsibility ...**

We are all mature adults having reached the Age of Consent. With the privileges of adulthood come responsibilities. The time has now come for all of us to learn that we create our reality 100% with our thoughts. Every day our thoughts perpetuate and maintain our reality. When thoughts recycle on the same judgements, self-pity, self-importance and pride, imagine the nightmare continually recreated. If your life is a nightmare you made it so. This is the Law and no one escapes it. Every day we enter into agreements of all kinds. Every day we give permission for another to continue belittling and manipulating us. We allow it to happen. If nothing else, at least accept responsibility for that, even if we cannot see our own mistakes and the pain we cause.

### **Gratitude ...**

Gratitude is a simple yet all-powerful emotion that cleanses, heals and restores all wounds. It is like a balm that spreads throughout our lives and creates the possibility for amazing opportunities to manifest. Life is a gift we have all received. How grateful are we for this gift of life? What else can we feel gratitude for?

We cannot change the past; it is over, so why dwell on it. We cannot change the judgements others may have of us, but we can change and heal ourselves.

In my experience, we are always in the right time at the right place with the right person doing the right thing. One day in the grand scheme of things, everything will make sense.

"People are often unreasonable, illogical, and self-centered - forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives - be kind anyway.

If you are honest and frank, people may cheat you - be honest and frank anyway.

You see, in the final analysis, it is between you and God, it was never between you and them anyway."

**Mother Theresa**

Patrick once wrote to me “find the love in your heart and you need never look outside yourself”, because you will see it everywhere and in everything. I know that now.

First we need to learn to love ourselves. We will never succeed as long as we cling to our pride that claims the other wrong and us right. We will never find it as long as we indulge in orgies of self-pity feeling sorry for ourselves. We will never find it as long as we sit in judgement of another for their mistakes. We will never find it until our self-importance steps aside and we can admit that we make mistakes. We will never find it until we forgive ourselves for our own mistakes, and the other for theirs. Eventually, we will know that there is nothing to forgive anyway.

We are all aspects of each other in the search for completion, learning how to play the Great Game of Life. Some manage with more grace and ease. Others struggle on until one day a glimmer of light and then a ray proclaims that we are on the right road – The Royal Road.

The difference between ‘alone’ and ‘all one’ is one letter, ‘L’ and L is for Love. It is the key to the Universe and we are nothing without it.

We live in a Free Will zone where anything goes - extremes of pleasure and pain, good and evil, wealth and poverty. The definition of Free Will is “how long the journey will APPEAR to take and how pleasant or unpleasant the journey will APPEAR to be until we wake up and realise we are already there”.

By sharing this adventure with you, I hope to have shed more light on the concept of the Sorcerer’s Death and its importance right now if we are to make the most of this final phase through the End of Time.

“Happiness is a how, not  
a what; a talent, not an  
object.”

Herman Hesse

## A bit more humour

### Potential hazards over cyberspace ...

A Minneapolis couple decided to go to Florida to thaw out during a particularly icy winter. They planned to stay at the same quaint hotel where they spent their honeymoon 20 years earlier.

Because of hectic schedules, it was difficult to coordinate their travel arrangements. So, the husband left Minnesota and flew to Florida on a Thursday leaving his wife to fly down the following day.

The husband checked into the hotel, and since there was a computer in his room, he decided to send an email to his wife.

He accidentally left out one letter in her email address, and without realizing his error, sent the email.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who had passed away following a heart attack.

The widow decided to check her email expecting messages from relatives and friends. After reading the first message, she screamed and fainted.

The widow's son rushed into the room, found his mother on the floor, and saw the computer screen which read:

To: My Loving Wife  
Subject: I've Arrived  
Date: October 16, 2004

I'm sure you're surprised to hear from me, but they actually have computers here now! I've just arrived and have been checked in. I see that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then! Hope your journey is as uneventful as mine was.

P.S. Sure is freaking hot down here!

*"You should treat all disasters as if they were trivialities but never treat a triviality as if it were a disaster."*

*Quentin Crisp*

## Commentary: *by Patrick Desplace*

### *The Eye of the Storm*

Very often, in my classes I have stated that we are running out of time! Well, now we have run out of time. We are in the eye of the cyclone, experiencing a great calm. We can expect now and in a near future a reversal of the winds of change, bringing changes never experienced before and on a magnitude never suspected. We shall ride these winds and waves according to what we have become over the past decade - some making the most of what lay ahead and others being swept away wondering what is happening.

After a short period of rest that should be used for preparation and consolidation, major earth, political and economic reshuffles will be underway. Although we will experience some seismic and volcanic activities during the calm, it will be nothing compared to what is ahead. The weather changes will be mild during the calm... Inflation and the rise of interest rates will also be mild for a short time. Politics will be geared to create confidence and complacency in order to enhance gullibility and submission. Then there will be control in an unprecedented way. Pandemic will be engineered to create panic and gain more control.

It is urgent that willing individuals prepare themselves physically, mentally, psychologically, psychically and spiritually. One "Energy" and "Attitude" will bring solace to Metaphysicians: the ability for "APPRECIATION". Those who can truly appreciate the numerous gifts they have received and are receiving will open floodgates of light in a rather gloomy and dark time. Those who live in discontentment will experience despair and go under in a big way.

On a practical level, whatever you do, avoid financial commitments. Avoid borrowing money or buying property on credit. Accumulate valuables like bullion gold if you can afford - or at least collect some Krugerrands or some bullion silver. If you can, pay off any debts, and avoid making new ones - avoid buying a new car on hire purchase as far as possible. Do the best you can to collect any monies owed to you and invest in gold or silver.

Of course Metaphysicians have the option of stepping in a new dimension of the Planet. However, this course of action may deprive them of a necessary step in their Journey as spiritual beings having a Human Experience.

My Love to you always  
Patrick

"It is good to have an end  
to journey towards, but it  
is the journey that matters  
in the end."

Ursula K. Le Guin

## 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. Also submissions will be checked and edited before publishing.

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

Some people using Hotmail last month, March 2005, would not have received the newsletter. After a couple of attempts at sending it was realised the file was too big for this provider.

Please advise changes of address if you wish to continue to receive the newsletter.

Thank you to those who have submitted book reviews. When considering this, please give an overview in which you perhaps highlight its main value to you, or give a brief introduction to its content. On my part, I will communicate with you if need be.