



Volume Two: Issue Nine

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The following question was recently asked on Jonathan Cainer's website:

"How does one go about making a wish come true? Does the universe simply know what is in one's heart, or is there something one must do?"

This was the astrologer's response:

"The universe' is within you... every bit as much as you are within it! So it always knows what is in your heart... and it never stops offering you opportunities. All you have to do is recognise this, respect it... and be willing to expend enough effort to seize your chance."

Picture supplied from above named's website.

From the Editor

Welcome to this ninth issue of the newsletter. Its birth has been a little strange in that its process through the birth canal has been somewhat different to the last eight!

Usually through allowing, it evolves and all the pieces eventually fit into place to reveal a theme of sorts. Of course there is some 'doing' involved. The file has to be opened, and thoughts have to be responded to and written down.

It is similar to when one takes on any project or task, the senses are 'tuned in' to see, to think, to act accordingly and appropriately, in the activity of living one's daily life. Then without any expectations born from the past, something new emerges.

At one point this issue pencilled in a promise of a few independently submitted book reviews. Alas this did not eventuate.

One emerged however and the opportunity has been taken to briefly look at the role written words may play in our lives – from perspective of both writer and reader.

Patrick's commentary will be sent as an addendum very soon, upon his return to Australia, where upon he will have full access to information he requires through the world wide web.

Enjoy!

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The art of reading and writing ...

by Jan Melanie

How do we read? How do we write? Is there an art involved? A lecturer at College once told me when I had just started out on a journey of writing essays that being articulate verbally and being articulate in written format were not necessarily related. If speaking and writing are not necessarily related, then what about reading and writing. Is it possible that these two silent but engaging activities, undertaken alone, actually draw us into our own true world, the world within, and through this world we then relate to the world mirrored outside of self? Anyone can read and anyone can write, so what is artful about it?

Firstly, the art of reading, what influences us for this impacts on what we glean. For the metaphysician who has committed him or herself to their esoteric training, many subtle changes have taken place within the body/mind, changes that have awoken an aspect of self. This new self, much like looking through a third eye has the ability to see more than was ever possible before. This subtly influences all and anything we choose to read. Some have referred to this as being able to read between the lines. Perhaps though what we are really doing is drawing this uncontaminated aspect to the surface, and we more or less 'see' as we read.

We read for many varied reasons, but what is particularly interesting when pondering the art of reading is when we are attracted to read a particular book and don't really know why. Something may have been sitting on the edge of our awareness and we have this 'ah' experience. Clarity is revealed. Even though there is no right with its oppressive wrong way to read, what we may extract from reading will be affected by how we read.

Many years ago, before my involvement with metaphysics, I learned something about different ways of reading. The environment was university study and I was writing my Honours thesis. At this particular juncture I was focussing on reading a variety of research articles closely related to the topic at hand. The chapter was a literature review and my task was to read what had been researched to date. I had chosen articles to review that were somehow related to what I was doing. As time was precious I moved stealthily through this task, but when it came to actually writing something about what I had read I found it difficult. I telephoned my Supervisor who asked me how I was approaching it. I gave her a response that shed some valuable light on how I was reading the research papers.

I was told to more or less mimic the articles, that is, put in my own words what the research was attempting to do and how it proceeded before drawing any of my own conclusions. I went back to the articles. In the columns of these photocopied articles I noticed I had written meaningless comments. That is, they were now meaningless because I was reading them to actually read what they were saying rather than analysing and criticising. This would have been appropriate in some other context but not in this one.

"Real joy comes not from
ease or riches or from the
praise of others, but from
doing something
worthwhile."
Wilfred Grenfell

With this correction the results were amazing. I was able to coherently state what each of the research papers was about and when drawing a conclusion to this literature review exercise, I was able to comment on their value as well as their shortfalls in relation to what I was researching. It became a magical experience once my focus and purpose was clear.

To make this point even clearer, I am reminded of an incident in the same context as above that opened my eyes further to different ways of reading. I had completed the writing and handed it over to my Supervisor to read. Of course she had read chapter by chapter but had not read through beginning to end in one sitting.

When she handed it back three days later she told me the first time she read it she adopted the attitude of someone who had not read it before, for this is what was about to happen. Then she read it a second time, on this occasion from the perspective of an academic marker who would be looking to find flaws and faults with research design as well as content. Of course she was one of the markers but there were two others.

Apart from being an exceptionally talented Supervisor, in telling me this she drew sharply to my attention that not only do individuals read differently but also an individual can read differently according to their purpose. We can read then with a mindset to match our purpose. Then knowing why we are reading will greatly influence our relationship to what we are reading.

I have noticed over the years that when Patrick has given us a book or two to read in preparation for a course, my reading has been more purposeful than if I had merely picked the book up outside of this context.

What else is interesting to take into account when querying the art of reading is the notion of flexibility within the words that on the surface appear to be fixed in meaning. This phenomenon takes place amongst different readers as well as within one's own reading. That is, what one person may perceive in the same works another will perceive differently. And, within the realm of self, our perception grows from one reading to another. For example, if we read the same book several months later we will no doubt discover something not previously seen. Most will have had this experience in reading Carlos Castaneda's *The Power of Silence*.

So why we read has great impact on how we read and what we glean is totally our personal responsibility to own. Also, it is a huge advantage to have studied and applied esoteric training, for with this advantage our reading can have more depth, width and height, and we can be transported more easily into previously uncharted territory. We do not always realise this because change cannot be seen. We just one day realise that for example, our views have changed or we see something that is unique to us.

"Creativity is seeing what everyone sees and thinking what no one else has thought of before."

Anon

It may be that the way we read will affect the way we write. Perhaps this is too bold a statement, but if they are related much more closely than speaking and writing, then maybe reading makes it possible for the imagination to be stimulated. Sometimes there is a depth to thought that is difficult to express verbally. Perhaps then in engaging through the written word we can more easily allow a multi-dimensional self to reflect, ponder and play with words until more or less satisfied.

The art of writing is like building. The foundation is firstly laid when there is a purpose, a desire or a passion to explore or create in this way. Thought is the raw material. The framework or supports attached to the foundation that will hold up the roof and define the boundaries more or less represent in writing the license or freedom to roam within clearly defined self-created boundaries. Then when a building is completed, the builder stands back and looks at what has been created. In writing this represents a conclusion. What have I done? How did I achieve it? Has it turned out better than I imagined, or is it how I expected the outcome to be? This is all the structure and external guidance anyone needs. Content is the responsibility of the author. In writing it is the words expressed that link uniquely to the original curiosity or desire.

So what is artful about reading and writing? It seems that it has much to do with the purpose one sets. It cannot be learned as in following instructions from a 'how to' manual. The art of reading and writing surfaces through self, perhaps we could say orchestrated much like a symphony that brings into play different aspects until its conclusion. A part of the art form also revolves around the writer being accountable in the moment of writing for what they write and the reader being responsible in that moment of reading for how they read it.

What matters is not
the idea a man holds,
but the depth at which
he holds it.
Ezra Pound

"...the moment one
definitely commits oneself,
then Providence moves
too."
W.H. Murray,
The Scottish Himalayan
Expedition

BOOK REVIEW

by Carita D'Souza

Carita has reviewed two books: **“Talking with Nature”** and **“Journey Into Nature”**. The author is **Michael J. Roads** and the publisher is **H.J. Kramer**.

As Carita explains, the books focus on the teaching/learning from the kingdoms of animals and nature. As spiritual beings having a human experience we are reminded of the connections we have with all living things be they animal, vegetable or mineral.

(Editor).

The books are the synthesis of Michael Roads personal explorations and experiences communicating and connecting with nature in a way much deeper than most people would dare to connect. It is basically a story of his inner journey from fragmentation to wholeness.

In *Talking With Nature* he begins simply by communicating with the spirit of the river, the birds, trees etc. and learns that he can actually communicate with nature in such a way, they can work out a harmonious balance. An example he gives is one where he is having trouble with an over population of kangaroos on his property. They are eating the grass he wants his cattle to feed on. Suddenly one day he came to the realisation that he knows exactly when his cattle need to be moved because he is connected with them telepathically. Realising this he consciously sends them a message telling them he will move them the next day. Sure enough the next day all his cattle are waiting near the gate ready to be moved to the next paddock.

This experience gave him the clue to resolving his problem with the kangaroos. That is, if he can communicate so easily with his cattle then he can communicate with the kangaroos. So he stood in the middle of the paddock and sets out the thought that he is willing to share the grass with the kangaroos if they will eat only around the perimeter of the paddock and leave the grass in the middle for his cattle. He promises to refrain from killing them if they do this. There is a moment of doubt, but sure enough, as time passes, he becomes aware that the kangaroos have in fact respected his wishes and they continue to coexist in harmony, without any bloodshed.

Journey Into Nature is a progression on the inner journey the author undertook in *Talking with Nature*. Here, he also communicates with the spirit of the rivers, trees etc. However, he achieves a new level of communication. Within his own conscious mind he experiences the consciousness of the river, the consciousness of the trees, dogs, dolphins and even a storm and the connection of humanity within that bigger picture. With Pan as his guide, these experiences are preparing him to step through the doors within “the guide stone”.

“Nature does not hurry,
yet everything is
accomplished.”
So said the wise ancient
philosopher, **Lao Tzu**

Whilst reading both books I could feel the fire of passion come alive and to believe in the dreams of the heart. It inspired me to listen to those whispers of inspiration and insight that guide one to experience the magic and mystery of life in the mundane. It spurred me to experiment again in my own small way, to connect with the nature around me, talking with the possums and birds, appreciating the beauty of the trees and plants, to love the rain, clouds and wind. It inspired me to continue being aware of nature in this intimate, magical way, so that I could experience that deeper mystery which surrounds me.

"Far away there in the
sunshine are my highest
aspirations. I may not
reach them, but I can look
up and see their beauty,
believe in them, and try to
follow where they lead."
Louisa May Alcott

Some humour....

Lessons in Management

Lesson One

An eagle was sitting on a tree resting, doing nothing. A small rabbit saw the eagle and asked him, "Can I also sit like you and do nothing?"

The eagle answered: "Sure, why not." So, the rabbit sat on the ground below the eagle and rested.

All of a sudden, a fox appeared, jumped on the rabbit and ate it.

Management Lesson

To be sitting and doing nothing, you must be sitting very, very high up.

Lesson Two

A turkey was chatting with a bull. "I would love to be able to get to the top of that tree," sighed the turkey, "but I haven't got the energy."

"Well, why don't you nibble on some of my droppings?" replied the bull. "They're packed with nutrients."

The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree. The next day, after eating some more dung, he reached the second branch.

Finally after a fourth night, the turkey was proudly perched at the top of the tree. He was spotted by a farmer who promptly shot him out of the tree.

Management Lesson

Bullshit might get you to the top, but it won't keep you there.

Lesson Three

A little bird was flying south for the winter. It was so cold the bird froze and fell to the ground into a large field.

While he was lying there, a cow came by and dropped some dung on him.

As the frozen bird lay there in the pile of cow dung, he began to realize how warm he was. The dung was actually thawing him out! He lay there all warm and happy, and soon began to sing for joy

A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him.

Management Lesson

- (1) Not everyone who shits on you is your enemy.
- (2) Not everyone who gets you out of shit is your friend.
- (3) And when you're in deep shit, it's best to keep your mouth shut!

"Experience is the toughest teacher because she gives the test first, and then the lesson."

Anon.

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.

The article this month was written with a view to assisting, encouraging, inspiring submissions of articles or book reviews. Within the unfolding story as it has been written, there are guidelines to assist in undertaking such a task. Guidelines are there to guide by creating a framework within which your article or book review can be written.

Occasionally the editor receives material with a notation that this would be interesting for the newsletter. What motivated sending it? Why did you think it would be interesting? In answering these questions you will have identified the spark within that can best work on a submission.

So, bearing that in mind.....

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

Your input is appreciated. Hopefully more readers will put pen to paper. If you would like some guidelines, in particular for writing book reviews, please ask. These are merely boundaries in which you can paint your own landscape.

As is customary in the art of writing for a newsletter, all material will be subject to editing.

“It's all about creation of forms... it doesn't matter what you're using to do it – wood, clay, steel, whatever – it's about a form that fills a space and how you are able to get them to interact and produce an expression of their own.”