



World Awareness Trust

VOLUME 1 ISSUE 1 SPRING/SUMMER 2006



Welcome to the first edition of the World Awareness Trust Magazine. Its objective is to not only inform those interested and concerned about the planet and mankind's relationship to it, but also to develop our individual spiritual awareness. In this context it explores the pathways that each of us can follow in this process and thus to become conscious of our responsibilities, not only to ourselves but to our fellow man, the planet and the flora and fauna upon it. This issue focuses mainly on the need to learn about and to practice meditation, together with a few tips for those who are new to the practice and articles on Environmental Issues and the background to the World Awareness Trust.

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Dear Friends

One great privilege that has been given to me in this lifetime is that of receiving and recording communications from what one might call non-physical dimensions of human existence. As with my role as a spiritual healer, the work of scribe was not something I looked for and yet it has filled – is filling – my life with wonder. The words of universal truth and love that have come through the high mediumistic abilities of a small line of special colleagues are without doubt from a deep source and intended to help humankind at a critical time in its evolution. It is therefore of prime importance that these words are made widely available, and this new publication is one small but significant part of that process.

In an age when our minds can become obese through trying to gobble up the amount of knowledge available at every turn, perhaps the Trust should ask what makes the words it offers any different. We might say that they are simple words, not intended to be clever. We might say that they are offered without strings and will have different meanings to each individual. We might say they are from a high spiritual level. We might be tempted to say many things but the truth is that the words themselves carry an energy that will resonate with readers – or not. What we know from experience is that this energy can take the mind from the realms of knowledge to deeper levels of understanding and growth if we are open and willing to work with it.

Little is said about the source of these communications this time due to limited space and because we would like the words to stand on their own merit. So for now we will just say that there are some words from the Teachings of Zed, which many readers are already familiar with, and from a spiritual group particularly concerned with environmental issues, although there are also others not mentioned at the moment. Who our communicators are and how their guidance is received will hopefully make interesting reading as the magazine progresses.

In this first Issue you will find two main themes: (1) the state of the living planet and (2) the necessity of dealing with the mind in our spiritual development. The urgency of both cannot be over-emphasised and we shall make no excuses for continuing these themes in future Issues. However, we have also included other articles and snippets to produce a varied diet of reading.

So we hope you will digest this ‘starter’ at a leisurely pace and enjoy each mouthful. If you find some bits hard to swallow or if you are unsure of the ingredients then we hope you will write and tell us so because we would like the magazine to be as interactive as possible.

Please tell us too if you may be interested in coming to one of the retreats or workshops that the World Awareness Trust will be running later on.

We look forward to hearing from you.

Jane Tinworth (Chairman)

The Golden Line

[Julie Bayliss in meditation]

I found myself standing at the start of a racecourse. There was a line across the track and I was told, “*This is the golden line.*” People were around, some of whom I knew, and each had their own individual starting gate and the choice of whether or not to come up to the golden line. I knew this was not actually a race.

Then I was told that one side of the line was of the mind but stepping over the line was making a choice on a level higher than the mind. Once over the line, the earthly mind was then either following rather than leading, or it was moving parallel to the higher self.

I knew that some people were not even aware that this golden line existed. Some knew it existed but chose just to stand and look. Others say they already walk the path but have really just put a toe over the line. Truly to walk this path you have to step firmly over the line with both feet, otherwise you are always looking back. Once on this path though, there is no looking back because there would be no point – you are always in the moment.

For those who choose to walk the golden path, there is no point in complaining or seeking to blame others when problems arise: all you can do is to cast your mind back to why you made that choice to cross the line, for the choice was yours alone.

Finally I was told that those who have made this choice are no better than those who have not yet done so, for it is a matter of awareness. Therefore those who walk the path have greater accountability as a consequence of their awareness and a duty to those who have not yet crossed the line.

March 2006.



Jane Tinworth,
speaking at The World
Awareness Day in December
2005.

A simple method of Meditation

We need to begin by making a decision to meditate every day – and *sticking to it*. Meditation requires discipline and dedication. Without these we will opt out whenever the mind becomes bored or doesn't get its own way. But always remember that it's *our* choice whether we do it or not.

If possible, meditate at the same time every day. If we try to fit meditation in when we have a spare half-hour or so, it won't happen! There never will be a convenient time and we will reach the end of the day saying, "I'll meditate tomorrow for sure." Then tomorrow will be the same. *Give it priority.*

Find a time when you will be relatively undisturbed. Early mornings are best because the mind is quieter. It's worth getting up a bit earlier. Meditating first thing also helps us to go into the day's routine in a more balanced state. Trying to meditate in the middle of the day can be difficult because the mind is already busy. Trying to meditate late in the day when the mind is tired is a sure way of falling asleep.

You need at least 20 minutes but 30 would be better.

You might have to explain to others that what you're doing is important to you, whether they understand it or not. You are allowed to unplug the telephone and switch off the mobile!

Find a comfortable position where your body can be relaxed without becoming drowsy. A good position is to sit on a chair with your back supported and your feet flat on the floor. The spine needs to be relaxed but straight and the hands either with the back of one resting in the palm of the other on the lap, or resting on the knees.

Always remember that in meditation the aim is to relax the body whilst bringing the mind to a state where it is awake but still, focussed and alert.

Now take a deep breath, close your eyes, and let go.

Imagine you are sitting in your own space, your own energy capsule.

Mentally check around your body to see if it's comfortable and relaxed. If you need to adjust your position, do it now. If you find an area that's tense or painful then imagine you're wrapping it up in a bandage of light and it will feel easier.

Take a few more deep breaths, and imagine you're drawing your breath in from across the Universe and filling every part of your body. As you breathe out, imagine you're breathing out tension and anxiety. Then let your breathing settle to a natural rhythm.

Now bring your attention gently to the breath moving in and out of your body. Notice how, when you breathe in, your abdomen rises, and when you breathe out, it falls. Lightly observe this rise and fall of the abdomen.

When you realise that your mind has wandered off, don't get cross, don't indulge the thought and follow it, and don't try and suppress it either. Instead, put a screen up in front of your closed eyes, put the thought on the screen and see how it arose – how it got there. Then let it slide off the screen and go back to the gentle awareness of the breath and the rise and fall of the abdomen. Do this again and again. Eventually the mind will become quieter – but it doesn't happen to order!

If colours or images come up on your screen, simply observe them as if you were at the cinema and don't indulge

them. Be the observer, not the projectionist. Let them pass. Some people get these images and others don't. They're not an indication of achievement.

Meditation is a *process*. Each time you sit it's likely to be different. Having an expectation of what you want from it will most likely lead to disappointment. Just sitting and dealing with the mind is the most important thing of all.

You will probably find that you come out of your meditation at exactly the time you planned. Have a good stretch, plant your feet firmly on the floor and take a deep breath, then get on with your day with the intention of being as mindful as you can.

Why Meditate?

To relax the body.

To quieten the mind

To become aware of your thoughts

To master your thoughts

To move beyond the conditioned mind

To access your intuition

To give yourself greater choice

To become aware of who you really are

To lead a happier and more fulfilling life.

To find God.

J T



We all know how wayward the mind can be at times, bouncing and leaping around when you would like it to be quiet. Once in a while it is all right to let it have free rein, as long as you are aware it is happening.

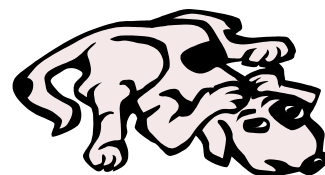
One useful way to manage the mind is to liken it to a pet dog:

a dog needs exercising,

it needs feeding,

it needs rest and

it needs training in order for it to become obedient!



Julie Bayliss

SPIRITUAL HEALING

How Does it Really Work.?

Many people seeking and experiencing spiritual healing are confused about the role of spiritual healing in a society which depends largely on allopathic medicine to cure its ills. Unfortunately the majority of clients seeking healing and sadly many healers do not realise or understand the processes involved. The healer is simply a channel for the energies to flow, and the process through which the patient goes is largely independent of the healer. A basic understanding of why we are here is the first requirement. We are

difficulty is that as a consequence of our conditioning (see article opposite), our vision and our objective in a lifetime is frequently lost and a reminder becomes necessary. This is created by our spiritual dimension—also known as our higher self – which creates an event in our lifetime designed to bring us back onto the spiritual pathway. This event can be almost anything, from problems with our work, our social position, our domestic life, our finances and our health. It is in this final area where the ‘victim’ seeks the help of a therapist of some description in the



here to experience! To the uninitiated this is perhaps a little confusing and an understanding of reincarnation is desirable. This we will endeavour to explore in future editions of the magazine. Suffice to say that through each incarnation we attempt to raise our spiritual awareness through our actions, our attitudes and our thoughts. The

hope that they can effect a cure for the problem. This sadly misses the point since the motivation of the higher self is for the individual to reflect upon the situation in which it finds itself and hopefully to re-establish itself on the spiritual pathway. It is in this area that the spiritual healer carries out his or her true function.

The client is frequently taken into a space whereby he or she experiences on a different plane of existence in which many, perhaps consciously but occasionally subconsciously, become aware of the pathway they should be following. This is the true function of spiritual healing. Although the client may not appear to be any different, apart from being very relaxed immediately after the session, something will have happened. This would seem to indicate that there need be no improvement in the physical condition. However there is usually a change in the client because the very act of receiving healing has often made changes in their attitude, and their stress levels are usually substantially reduced. A simple definition of the process might be:-

Spiritual Healing is a process during which the Spiritual awareness of an individual is raised. During and as a consequence of this process physical and emotional problems may become resolved and an individual may find that their attitude to life alters and that their quality of life improves.

This is in sharp contrast to the understanding that spiritual healing is a therapy. Its primary object is not only simply to restore good health but to affect the spiritual consciousness of the seeker. The raising of their consciousness however does have a profound effect on their health and wellbeing. This healing effect is manifested in all aspects of a person; body, mind and emotions, and is effective irrespective of their religious beliefs. Healing induces a beneficial effect on the patient's life force.

Tom Brooks

The Spiritual Path

Look not around for your spiritual path,
for you are already on it:
you always have been.

Nor try to walk on anyone else's path,
however straight it may seem
and however much they beckon.

Do not fix your sights on the end of
your path,
for your vision is hazy
and you cannot see round corners.

Look instead to your feet this very instant,
and see the next pebble on your path,
for this is your growth.

That pebble, large or small,
and the next and the next
were carefully placed with your agreement
before you came.

Bend down low and take each stone in turn
and study it objectively to reveal
the awareness of yourself within.

With each new discovery the mind
opens more
and the heart expands to join
with the love in all things.

One step at a time,
One stone at a time,
One life at a time:
Gently we clear the pathway
to God.

Jane Tinworth 2004

Starting with a Blank Sheet of Paper...

"When you look at our Teachings, start with a blank sheet of paper - you'll find it much easier. If you have written many thoughts before you start, you then have to justify those thoughts with the teachings. Try it the other way round - it's much easier."
Zed 1991

Do you ever stop to think why you think as you do or act as you do? How often have you taken time to consider where your thoughts actually come from and whether you even agree with them at times? And isn't it true that patterns of thought can go around and around on a seemingly never-ending loop in spite of your efforts to make them stop or at least change tack? Perhaps we should ask why we spend most - if not all - of our lives as victims of our minds instead of using them as the tools they really are.

When we incarnate into this world as a newborn babe, our minds are new and clear like a bowl of fresh water, filling from the flow of love and awareness from within. At this point, the child has little division between its higher self and mind and therefore enjoys a greater level of spiritual clarity than it will probably know in the remainder of its lifetime!

Gradually however, the influences of life make their impression, colouring the once-transparent waters of the mind with drop after drop of conditioning. Parents, siblings, society, religion, partners, work, politics, and so on, all add their dyes until eventually the intuitive awareness of purpose can be almost obscured by a barrage of conditioned thoughts and reactions fed into the mind by the conditioned thoughts and reactions of others.

For a very simple example of conditioning, ask yourself why, as a child, you spoke the language you did. It was, of course, because that was the language of those who brought you up. You may say, "That's obvious - they were hardly likely to get someone else in to teach me a language foreign to them!" Quite true - but the fact is that there are many languages in the world, just as there are many skin colours, many customs, religions, attitudes and historic backgrounds. Unless we are born into an exceptional environment, we grow up with a very narrow view on life because we have no option but to absorb what is impressed upon our minds.

So how can we get off this merry-go-round of conditioning? Well, the Zed Teachings are quite clear about this when they say: **Objectivity is the key to Awareness.**

Objectivity is the process of seeing life as it really is without all the 'baggage' we have accumulated through life. It's the ability to mentally take a step back from a situation, to suspend our usual judgemental reactions and view it from the sidelines like an observer rather than a player. Needless to say, this takes practice but will reap enormous rewards.

To carry on reacting subjectively to situations is like trying to play the match with one foot stuck in the mud. To become increasingly aware of our reactions as they arise, instead of falling straight into old patterns again and again ensures that we learn and move on.

The other step in dealing with conditioning is the regular practice of **meditation** (see article on Page 3) that gradually brings understanding of our mind's reactions and opens us to greater clarity, self-awareness and balance.

JT

**“Long ago, before man, Earth’s energies were at one with the universe.
 The animals that walked the planet did no harm.
 As man and his awareness grew, he became greedy.
 This greed has had a devastating effect on the planet that you know as
 Earth.**

But the Earth is also part of the solar system.”

When we think of the planet’s changing environment, we tend to relate such dangers to the comfort and survival of mankind, which is a natural animal instinct. But man has the tools of awareness and choice on a scale denied to other inhabitants of the planet and therefore carries the awesome responsibility for their life or death and for the survival of the Earth itself.

If we are willing to remove the blinkers of self-interest we see a much larger picture: a world in dire need of balance, where every thought and action has a consequence for the whole. And if we draw our vision out still further we become aware of our place in a solar system that also exists in a state of inter-dependence with the universe. Just as the sun and moon affect the oceans’ rise and fall, so all of creation moves and breathes within the same supreme energy. This applies also to those dimensions of existence unseen by the human eye: the vibrational levels occupied by souls according to awareness gained so far. Is it therefore any wonder that Forces of the Universe are concerned at the downward spiral and have drawn close to guide mankind at this time?

Warnings about the environment started to be received by members of the Trust in 1988. The following are just a few extracts:

*“The urgent Message for the world is on ecology. The dispersal of the ozone layers, the evaporation of the rain forests and the consequences of the so-called ‘greenhouse effect’ are the greatest dangers the world has ever faced. Within a decade, if it is not stopped, vast areas of the planet will be dry. You are already seeing reduced grain harvests as a consequence of the higher rise in this planet? The sad thing is that man can clearly see the precipice of his own making and with eyes wide open he walks towards the edge. Many argue that God would not allow such a situation to occur, but God has given you choice - how else are you going to learn? But it seems sad consequences will be disastrous. Urge you should seek to destroy a planet in the pursuance of choice. Forces of the Universe are concerned at the developments. **Heed the warning.**”*

[Oxfam report April 2006: Between 10 and 12 million people in southern Africa are facing severe food shortages. Around 11 million people across East Africa are facing a serious food crisis. With the poor and failed rains of the last three seasons there are now serious water shortages in much of northern Kenya.]

“There is nothing new in what we have said, nothing that is not apparent to all sane thinkers, but perhaps among some of you, the fact we have said it makes it a little more pertinent in your ears. We hope so. For those of you on the Earthplane and us at all levels of awareness, part of your responsibility is to think of us as well - and that is something you seldom do, for all we can do is help give you choice, but it is you that choose.”

“Never in your history on this planet have you been so capable of destroying your own environment and that of all those who share the planet with you, and yet still you have choice.

As in many other parts of the world, the main focus of our group was to send healing to the planet and all the life it supports. For some years it was guided in how this may be achieved; working to still the mind and open the heart to the flow of

love, directing that force outwards from the centre of the living Earth and using the vibrations of sound and colour. We were shown how the thoughts of all mankind are held within a latticework of energy around the planet, creating fine and dense areas, which like the atmosphere, is unconsciously absorbed by all living things. And we learned how the force of love can penetrate and resolve negative energy. We were told, and we experienced, how legions of beings from other dimensions joined with us in this task, for however great their love for us is, they are powerless without the cooperation of those in the material world.

Central to the work were many beings who had lived as Native American Indians for, as we were told, *"...their prayers, their chanting are truly, truly of a holy nature, for truly they spoke to the spirits of the earth, the spirits of the trees and of the water. They will show us how to bring these spirits back to life, to help them flourish. They will teach us their ways for it is their ways that will help heal what man has done. To truly know that each thing we love responds accordingly is pure magic: for truly they all do, and all will. With a little help we will have them flourishing again. It will start off small but it will grow; then people will see the beauty again and will not wish to lose it. For man has an opportunity to truly learn to value what he has had all the time but has forgotten. That is why we have started with the centre of the Earth, the heart of the Earth, for truly it beats. The healing will be spread through the body of the Earth, as you could say. A strong heart will help no end, for the Earth is tired, as we are tired when we are misused, so we help give the Earth its heart back."*

The usual focus for the healing was to

visualise the planet suspended and turning in the centre of the group. At this time members would often see individual Native Indian Warriors on rocky outcrops around the Earth or standing on a wonderful rainbow that circled it horizontally like a halo of colour. Guidance for the healing would then be given according to the most pressing needs at that time; building grids of golden energy, sending beams of colour into different locations, frequently focussing on oceans and rivers, directing love to the decision-makers of the world, and so on. It is impossible to put into words all the experiences shared by this group or to convey the breadth of the work except to say that it is strongly connected to the changes taking place at the start of this new age of mankind.

A new phase of the process then began 2005 with an additional group of communicators who came for the specific purpose of guiding development towards a major worldwide healing event at the end of that year – a seemingly overwhelming prospect for us at the time.

"For now we will come and sit with you, we will work with you, if you will allow us. And with you and through you, we will work with others, building, building, building columns of energy and when the time is right and the columns of energy are strong, we will join forces and link together. The timing will be crucial and it is for this purpose we are together now."

"The damage that has been done cannot be reversed but in time healing will take place."

"Scientists focus on atoms, they see these as energy, but it is the energy that

is unseen that has the most power. We connect with this power, as do you, and we join together to use it for the good of mankind. One may wonder why we need to do so, but not to do so creates an uncertain future."

"Love' is but a word that the human mind will use but it is the closest word that comes to understanding energy in the universe. Love is the purest form of energy - but it must be untainted by the human mind."

"Let love surround the planet, every individual, every animal, every insect, every molecule: this thought alone carries such energy. The thought of love is simple but the energy it carries is profound."

There is so much more in all these communications that we would like to share with readers in future issues. For now we will simply say that two meetings were held, and some of the reports from participants, some present and some tuning in from a distance, are printed on other pages. It was interesting to note that many initial impressions were of the darkness and pain of the Earth but then the great Column of Light was seen, independently recognised by some as the Christ energy.

As to those who had guided us from other dimensions, this is what Julie Bayliss was shown in meditation at the group meeting following the final Earth Awareness event: *"...there were lines and lines of Indians who bent down on one knee as an acknowledgement of what had occurred. Between them and us was a stream of brown water but as I watched this changed and became clear blue: it felt like a purification."* **JT.**

The Tree of Meditation

When you see our words on paper, seek their meaning, seek to understand their true nature, seek to understand the experience of life in relation to those words. When you experience such knowledge, you then have mind-wisdom.

See the mind as a wood. In that wood you have undergrowth. This is the undergrowth of emotion.

Also in the wood you have brushwood. This is the brushwood of sensation. With the wise mind you cut away the undergrowth and the brushwood and then when you have cleared the ground of the mind you will see in the centre a lonely little tree. It is the tree of meditation. With all the cover

cleared from around it, with nothing to impede or stunt its growth, the tree will grow.

Seek not to force its growth, but allow it its freedom. For forced growth will cause the tree to be spindly and it will bend. Slow growth ensures that it is thick at the base and stout and strong. And as it grows, this tree of meditation, it becomes the Tree of the Essence of Life itself.

We have talked of its branches before, so you know them well, the branches of psychic sensations. We



have told you not to look along them, but to climb to the top. This you can all do.

At the top is the higher self, so as you climb you come nearer to your reality and inner nature.

And while this process is happening within you, the mind becomes steadier and wiser and freer. Sometimes you may see circulating clouds of fear around the base of the tree, but climb with trust and you can leave the clouds behind.

If you perceive others who appear less aware and you look at their wood of the mind and their little tree is suffocated, you can give them compassion and love and understanding. And if others misunderstand your motives do not blame them, for they have been educated in a material way and they see only the material pathways. But in time, by example, they may see your motivations and may understand.

From the Teachings of Zed

Conflict & Tolerance

The right to free speech is inviolable in a democratic society. However that right can offend others to such an extent that they feel obliged to respond in some way or another, occasionally with violence. How then can those who defend their right to 'free speech' be persuaded that those rights bring responsibilities. They need to be aware that the exercise of free speech can, if not well considered, cause great harm. Sadly this awareness is slow to develop in some and until they become conscious of the potential harm they can do they will not change. The answer can only lie within themselves.

When I was a boy our street had a gang and so had the street round the corner and so had every street with a crowd of young teenage boys. Each had to prove its superiority over the

others usually in the form of pitched battles with fists, sticks, stones and dustbin lids until such time as the police or an aggrieved parent arrived. The basic scenario for racism and intolerance is here! Anyone who is different from you can trigger your inbuilt racism (or prejudice – whichever you choose to call it). Different street, different school, different way of speaking, different culture, different colour, different nationality, different philosophy.

How many of us can put our hands on our hearts and say:- 'I accept everyone as they are without conditions, expectations or judgment'

If we can not then we should beware the racist within!

Tom Brooks.

*

**There is good
in everyone**

*

**Do not let your
conditioning
blind you to
that fact.**

*

Prophecy

"Warriors of the Rainbow"

There was an old lady, from the 'Cree' tribe, named 'Eyes of Fire', who prophesied that one day, because of the white man's or Yo-ne-gi's greed, there would come a time, when the fish would die in the streams, the birds would fall from the air, the waters would be blackened, and the trees would no longer be, mankind as we would know it would all but cease to exist. There would come a time when the 'keepers of the legend, stories, culture rituals, and myths, and all the Ancient Tribal Customs' would be needed to restore us to health. They would be mankind's key to survival, they were the 'Warriors of the Rainbow'. There would come a day of awakening when all the peoples of all the tribes would form a New World of Justice, Peace, Freedom and recognition of the Great Spirit.

The 'Warriors of the Rainbow' would spread these messages and teach all peoples of the Earth or 'Elohi'. They would teach them how to live the 'Way of the Great Spirit'. They would tell them of how the world today has turned away from the Great Spirit and that is why our Earth is 'Sick'.

The 'Warriors of the Rainbow' would show the peoples that this 'Ancient Being' (the Great Spirit), is full of love and understanding, and teach them how to make the Earth or 'Elohi' beautiful again. These Warriors would give the people principles or rules to follow to make their path right with the world. These principles would be those of the Ancient Tribes. The Warriors of the Rainbow would teach the people of the ancient practices of Unity, Love and Understanding. They would teach of Harmony among people in all four corners of the Earth.

Like the Ancient Tribes, they would teach the peoples how to pray to the

Great Spirit with love that flows like the beautiful mountain stream, and flows along the path to the ocean of life. Once again, they would be able to feel joy in solitude and in councils. They would be free of petty jealousies and love all mankind as their brothers, regardless of color, race or religion. They would feel happiness enter their hearts, and become as one with the entire human race. Their hearts would be pure and radiate warmth, understanding and respect for all mankind, Nature, and the Great Spirit. They would once again fill their minds, hearts, souls, and deeds with the purest of thoughts. They would seek the beauty of the Master of Life - the Great Spirit! They would find strength and beauty in prayer and the solitudes of life.

Their children would once again be able to run free and enjoy the treasures of Nature and Mother Earth. Free from the fears of toxins and destruction, wrought by the Yo-ne-gi and his practices of greed. The rivers would again run clear, the forests be abundant and beautiful, the animals and birds would be replenished. The powers of the plants and animals would again be respected and conservation of all that is beautiful would become a way of life.

The poor, sick and needy would be cared for by their brothers and sisters of the Earth. These practices would again become a part of their daily lives.

The leaders of the people would be chosen in the old way - not by their political party, or who could speak the loudest, boast the most, or by name calling or mud slinging, but by those whose actions spoke the loudest. Those who demonstrated their love, wisdom, and courage and those who showed that they could and did work for the good of all, would be chosen as the leaders or Chiefs. They would be chosen by their 'quality' and not the amount of money they had obtained. Like the thoughtful

and devoted 'Ancient Chiefs', they would understand the people with love, and see that their young were educated with the love and wisdom of their surroundings. They would show them that miracles can be accomplished to heal this world of its ills, and restore it to health and beauty.

The tasks of these 'Warriors of the Rainbow' are many and great. There will be terrifying mountains of ignorance to conquer and they shall find prejudice and hatred. They must be dedicated, unwavering in their strength, and strong of heart. They will find willing hearts and minds that will follow them on this road of returning 'Mother Earth' to beauty and plenty - once more.

The day will come, it is not far away. The day that we shall see how we owe our very existence to the people of all tribes that have maintained their culture and heritage. Those that have kept the rituals, stories, legends, and myths alive. It will be with this knowledge, the knowledge that they have preserved, that we shall once again return to 'harmony' with Nature, Mother Earth, and mankind. It will be with this knowledge that we shall find our 'Key to our Survival'.

This is the story of the 'Warriors of the Rainbow' and this is my reason for protecting the culture, heritage, and knowledge of my ancestors. I know that the day 'Eyes of Fire' spoke of - will come! I want my children and grandchildren to be prepared to accept this task. The task of being one of the 'Warriors of the Rainbow'.

Reproduced by kind permission of Lelane Anderson 'The Cherokee Lady'

*Ms Anderson's publications can be viewed and purchased through her website:-
www.powersource.com/ebt/stone.html*



Cree Prophecy:-

Only after the last tree has been cut down, Only after the last river has been poisoned, only after the last fish has been caught, only then will you find that money cannot be eaten.

Photograph by courtesy of North-western University

With all the dire warnings from climatologists about the current and impending

damage to the planet from global warming, we are often left with the feeling that it is industry and big business and foresters and major polluters who must do something about it, not individuals. Therefore before we 'sound off' it is important to remember who we are and why we are here. It is our spiritual choice that has placed us on the planet at this special time in its history in order to experience that which is happening. Therefore if we apply our minds and our meditations we will find that there is an enormous amount we can do — and in so doing we might incidentally save ourselves some money!

When you make a cup of tea or coffee do you fill the kettle or boil only sufficient for your needs? When you put the central heating on do you heat your entire house or just the rooms you use? Is your loft properly insulated? Why not reduce the ambient temperature of your house by a degree or two—If you need you can always put on more clothes! Is your television or radio on in the background with nobody listening? Are your various bits of electrical apparatus including your computer on 'standby' all the time or do you switch off when not in use? Do you have double glazing? Is your water heating system appropriate for your usage? Do you shower or bath? Showering uses substantially less water. Do you recycle as much of your rubbish as you possibly can? What do you do with your plastic bags from the supermarket? Have you thought of taking more substantial and re-usable bags with you? Do you attempt to buy only those items which have re-cyclable wrappings? When you shop do you purchase locally produced produce—remembering that imported goods of every category are responsible for pollution by the very act of their transportation? Do you walk short distances or take the car? Walking has enormous health benefits. As well as keeping your heart in order it is a first class way of reducing weight!

Is your vehicle a 'gas guzzler'? Would you consider purchasing a low carbon emission car when you next change? Those with sufficient financial resources can also consider installing solar heating panels or wind turbines. Unfortunately the cost of these can be prohibitive and since it takes many years to recoup on the initial investment few are convinced of its environmental value. In fact in some instances the possession of such facilities can be perceived as a status symbol especially if a 4WD vehicle stands in the drive! But there are many other things that

What can we do for the Planet?



we can consider when doing our bit for the environment, like using energy efficient light bulbs, arranging to work at home, using public transport, avoiding flying. It is widely accepted that the total amount of domestic pollution exceeds that of industry. So even if our own little bit of environmental activity seems very small, if we all thought a little more about what we COULD do then did it—the Planet would be a safer place to live in. Much could be done by the Government in assisting the move toward a more environmentally aware society. By subsidising the installation of domestic solar and wind energy units, by banning the use of 4 x 4 vehicles in cities, by a pollution tax on aircraft. It might be a possibility to have products labelled with their 'Pollution Index' showing the extent to which a product has contributed toward global warming and pollution during its manufacturing process, through packaging and its transport from manufacture to point of sale.

We can all do something so please —

Don't Forget:-

Energy follows Thought!

For a list of hints to assist in reducing pollution why not visit the websites like Greenpeace, Friends of the Earth and The Soil Association!

'Many little people doing many little things can change the face of the world.'

Keep the momentum going!

"If thought is directed to the planet then energy changes will take place.

Let love surround the planet - every individual, every animal, every insect, every molecule: this thought alone carries such energy.

The thought of love is simple but the energy it carries is profound.

If you have a computer with Windows 2000 or XP, a Pentium 2 Processor or above and you are on Broadband and if you have at least 512Mb of RAM . You can help with Planet Weather Research.

The BBC using software designed by University of California at Berkeley, has developed a programme enabling it to extrapolate the expected weather conditions for the planet over the next 80 years from data recorded over the last 80 years. The programme is so enormous that the largest supercomputers are unable to handle the data. However the organisers of the project have come up with the idea that if enough home computer users volunteer to allow the programme to run in the background of their equipment then there will be no need to use a massive computer. At the time of printing there were 166510 participants worldwide including your editor and it is anticipated that many more will become involved. If you would like further information or are considering becoming involved contact www.bbc.co.uk/climatechange where an enormous amount of information can be obtained. Scientists at Oxford University will co-ordinate the data at the end of the experiment.

The process it is using come under the name of "distributed computing" where each individual computer is processing a separate set of data from everyone else.

Letters, Communications & Observations Page

Here is some of the feedback we have received about the Earth Healing Event held on December 12th 2005.

from participants at the event:-

"At the start I felt quite emotional and all through Jane's introduction I could see a huge column of energy with her at the centre. It was approximately 15 foot wide and was 'alive'- it was colourless but visible, and had occasional ripples of silver at the outer edges. VERY vibrant.

"As our energies started to merge together I could feel and see rushing energy whooshing all around us like a fast breeze, joining us all together. I was aware that we were links with many other like-minded people at that time, and a circle of beings and people emerged around the column. We were a very small part of it, and it seemed almost infinite. There was an inner circle of beings around the column. These beings were pure white, and gave off light from their bodies.

"The main colours that I experienced were silvery, white and blue, and, as Jane said that the Earth was ready to accept the healing, it immediately changed to a very deep dark blue, and became lighter as the healing was accepted. At one point an image of Christ was projected onto the healing energy from above.

"The feeling that I had of the healing was very strong, very focused, very much down-to-business. It felt as if we had done our work; done what we had intended, and even though at Teignmouth we were thin on the ground physically, we were strong and mighty spiritually."

*

"As we were coming towards the end of the meditation I was so, so conscious of the Christ energy and the love that he had for the planet. It was just so overwhelming. It was almost like tears: there were flower petals: roses and violets, fluttering down onto the Earth, and it was just spirit – absolutely lovely."

Contribution from the immediate neighbour of the above : *"Yes. The flower petals actually were something that I also saw. Rose petals coming down like*

confetti. Absolutely beautiful."

*

Here is the main part of a report made immediately after the event by a colleague who tuned in from her home in Spain:

[After a morning spent in preparation]

"I lay down for half an hour and then did some yoga, had a shower and prepared my room by lighting candles in a triangle with the orange and leaves (picked earlier). I sat and said a little prayer of welcome and almost immediately with such force came the male energy with a very strong, extremely loud and clear call. Then I would say for maybe 25 minutes it went back and forwards between this and the female crystal voice. Her voice was like driving rods of energy light into the earth while his was grounding and spreading that energy. Then I changed position and took to sitting on my knees and whole energy changed to a much stronger quieter energy. My breathing became timeless and I became aware of the circle of Beings who are always there. All of us were focussing our breath to the centre. Then I became aware of hundreds and hundreds of Beings, a huge gathering, all breathing and sending breath to the centre in which the world came into focus. Small: the land, dark blue and the sea a luminous blue. As the focus continued it seemed as though the earth slowed. Everyone was working with the breath and I thought 'I don't know what will happen next'. Then I became aware of an amazing sound, tinkling and shimmering and heard it descend on the earth like a curtain. This intensified and was beautiful.

"Then suddenly I had the impression of the crust of the earth - black and with massive force, as from inside rods of light burst forth with laser force, puncturing it all over. I cant explain how magnificent this felt (one of most extraordinary feelings in my life). Then alarmingly the whole crust imploded on itself and burst into fire. I was very confused and alarmed at what I was seeing. Then a huge, radiating light emerged and it felt as if the earth was

being reborn: that the old accumulated dirt, hurt etc had been broken away. I felt massive concern for this new earth. Then these words come into my awareness: "This is just the beginning of all your work, for now the keepers of the earth have to work - have to work to protect the earth - to teach people how to love and care for it. To raise the awareness of love."

"The energy of love was beautiful. I sat in it for a while and opened my eyes about 3.45 your time. I feel this is truly just the beginning. Everything has changed I know I have changed."

*

From another participant in Devon:

"My daughter drove up to a stone circle on Dartmoor to do her meditation for the planet but I was at home on my own. I sat at 3 o'clock and visualised the world attached to the clouds by a cord and spinning on its axis. I concentrated on that picture and asked if I could link with Jane and the others. Then I saw shafts of light coming from the sky and then the heads of many people and they were whispering. I have seen faces coming in close before during healing but never heard them say anything, before or since. It was difficult to hear what they were saying at first but I concentrated hard on the whispering and found they were reassuring me, telling me not to worry, it would be all right, the Earth would not be destroyed, because it's true that I had been worried. It was beautiful - the sky was blue and it was sunny and the Earth was so beautiful. Afterwards, I was amazed to find that I had been sitting for an hour - and I know I hadn't been asleep."

World Awareness Trust

A Day of Inner Work

May 14th 2006

Woodlands Hotel, Teignmouth

10.00am to 4.30pm

Cost £20 (Friends £15)

Tel:- 01626 772406

STATEMENT OF POLICY

The World Awareness Trust is a non-profit-making organisation with the central objective of raising mankind's awareness to the spiritual nature of life and death. To this end, it encourages the knowledge and practice of meditation, spiritual healing, retreats, group meetings and self-development workshops.

Group healing for the earth and awareness of the interconnectedness of all life are important aspects of its work.

Whilst basing its work on a foundation of received spiritual philosophy, the Trust is keen to avoid dogmatic practices. The guidance given is therefore in line with its belief that Truth lies within every individual and all teaching must therefore be aimed in this direction.

MESSAGE FROM THE EDITOR

We hope you have enjoyed this, the first issue of the World Awareness Trust Magazine. If you have, or even if you have not, please let us know and your comments may well find themselves in the next issue. In that edition we hope to include articles on Psychism and Reincarnation in addition to further teachings from Zed and of course updates and articles on environmental issues. Should you wish to support us by becoming a Friend of the World Awareness Trust please contact us through our website or the Registered Office. If you would like further copies of the magazine please contact the Registered Office sending the appropriate remittance plus postage.

Looking forward to hearing from you.

Tom Brooks

The Trust wishes to thank Patricia Fitzwater for the generous support that has helped to make the earth awareness events possible. Patricia has followed her spiritual pathway through the Study Society and the Teachings of Zed for many years and now lives at the tip of North Island in New Zealand with her husband Morgan and their cat 'Little Rascal'. We send her our love and healing thoughts.

Men need a pattern for their lives; they love to follow, not to lead.

The man who stands upon the corner of the path and points the way, but does not go, is just a pointer, and a block of wood can do the same.

The teacher treads the way; on every span of ground he leaves his footprints clearly cut, which all can see and be assured that he, their master, went that way.

From the Aquarian Gospel of Jesus the Christ

By Levi (SBN 8524 3037 X)

Advertisement

THE NATIONAL FEDERATION OF SPIRITUAL HEALERS

Drop in centre at Exeter, Devon, Central Library Music Room

Healing every Friday 1.00 to 3.00pm (last sessions 2.30)

Receive a warm welcome from our trained and insured healers at the centre.

Donations to cover expenses

There are normally between 10 and 15 volunteer healers each week.

If you need a healer and are unable to visit, contact the NFSH referral service on 0845 1232767 for a healer near you.

World Awareness Trust

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VOLUME 1 ISSUE 1
SPRING/SUMMER 2006

