



World Awareness Trust

ISSUE 2

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The Planet Earth has great beauty: this beauty is apparent to all but noticed by few

Welcome to the second edition of the World Awareness Trust magazine. After the enthusiastic acceptance of our first edition we are delighted to continue with our stated objectives to inform those concerned about the planet's welfare and also to pursue our spiritual self development. In this issue we expand our exploration into mediumship and psychic awareness. In our section on environmental issues there is information about 'Peak Oil' - the point at which there is less crude oil in the ground than we have collectively already burnt, how you can calculate your own transport pollution on your regular journeys and what you can do to eliminate junk mail. A thoughtful article on the Lord's Prayer may encourage you to assess the prayer from a different perspective. Editor

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CHAIRMAN'S LETTER

Dear Friends,

We have been asked for the second year running to make 11th December 2006 a special day of Earth Awareness, a day when thoughts are harnessed from around the world to create a powerful energy of love and healing. We can be assured that this request is absolutely specific in terms of timing and current need so please make a diary note now and, if possible, invite others to join you, whether in body or spirit.

Our other main theme this time is a basic explanation of psychic awareness and mediumship – natural abilities that are largely misunderstood and, unfortunately, sometimes misused. It is important in this age of sensationalism and celebrity to know that psychic attributes are given to humankind as tools of spiritual growth and should therefore be used with humility and wisdom. Do please send us your views and questions.

We are pleased to have new contributors for this edition and are particularly grateful to Jo Dew for sharing her personal experience of transformation from pharmacist to homoeopath with us. Our esteemed editor, Tom, also used to maintain his spiritual ethic whilst practising as a pharmacist by putting healing into prescribed medications before sending them out! (I hope this revelation won't cause him any repercussions!)

The Trust itself continues to grow slowly and steadily with the help of those Friends who support our endeavours in helping to bring regeneration to the Earth and humankind and therefore all life. We shall do our best to follow our guidance and to share both the knowledge and the energy as widely as we are able.

With love,

Jane Tinworth,



The Climate Tragedy

1988

The urgent message for the world is on ecology. The dispersal of the ozone layers, the destruction 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 temperatures. This situation will get worse. The effect will be a shortage of grain on a world basis.

The richer countries can survive due to their purchasing power but the third world countries will be unable to do this. The consequences will be disastrous. Urge the world to do something about it. [The Zed Teachings]

SUPPORT THE WORLD AWARENESS TRUST BY BECOMING A FRIEND

Friends of the Trust make a valuable contribution to our work, particularly in making the received teachings more widely available by way of publication and courses. In return for a fee of just £10 per annum (£15 per couple and overseas),

Friends also receive the magazine and notification of events at reduced rates.

If you are interested in supporting the Trust as a Friend, please contact the membership secretary by post, email or telephone (details on back page).

Thank you.

**We are having a sharing day on
SUNDAY
28 JANUARY 2007**

**To review the past year and
consider the new one.**

There will be 2 meditation periods, a presentation, a small discussion group and a healing for the Earth.

The venue will depend on the numbers attending but will be in the South Devon area.

Please telephone or e-mail us if you are interested.

2006

Arid or semi-arid areas in northern, western, eastern and parts of southern Africa are becoming drier while equatorial Africa and other parts of southern Africa are getting wetter. The continent is, on average, 0.5C warmer than it was 100 years ago but temperatures have risen much higher in some areas, such as a part of Kenya which has become 3.5C hotter in the past 20 years. Global warming is set to make many of the problems which Africa already deals with much, much worse. In the last year alone, 25 million people in Sub-Saharan Africa have faced food crisis.

The 'great tragedy' is that Africa has played virtually no role in global warming - a problem that is caused by the economic activity of the rich industrial countries.

[New Economics Foundation]

The work you do is immeasurable – though some may find this hard to accept, have no doubt that what you do is valued and has an effect.”

Love is the Healer

Every thinking person now knows that the environmental balance has been seriously damaged and all life will be increasingly affected in a myriad of ways to the end of earth time. We know this, and yet the consequences of humankind's greed and lethargy continue to spread like a poisonous tide across the planet. We salute the many dedicated individuals who are working to halt its flow, and although we cannot all ride the Greenpeace boats or face the perpetrators of deforestation, we can certainly support those who do.

If, however, we accept and truly understand that our planet is not merely a lump of inert matter but a living entity, we cannot help but have a wider view on the current crisis and so each and every one of us is able to take powerful action on another level – spiritual action. This is how it works:

The same energy that gives us life flows through everything: through humankind, the animal, plant and mineral kingdoms and the planet herself. In fact, everything in the universe and beyond is part of that same creative energy, for nothing can exist outside it. It therefore follows that all life is interactive and co-dependant. The Earth really is our mother: our physical bodies are made from her maternal substance, as is everything else that constitutes our material life. What we often forget though is that our *thought* is also interactive.

Our spiritual sources tell us that thought is a transitional force that transcends time and space and therefore what we think, in terms of energy, exists forever. And, as we

explained in Issue 1 of the magazine, thought forms a lattice of energy around the planet to which everything, including the Earth, responds as surely as we share the air we breathe.

Within this lattice are areas of darkness and light, vibrating at differing frequencies according to the nature of the human thought-energy that created them. And whilst harmful thoughts might never 'die', they can be counter-balanced by good and helpful thoughts. Perhaps this is why some psychics have reported the appearance of laser-like beams of light around the earth, breaking through the darkness and penetrating deep into her core. We have seen how energy from other dimensions has been able to focus in specific ways due to the grounding provided by those in earthly form: an example of interaction on a truly universal scale. And reports from physical and non-physical sources have spoken of the great column of light that has been built and which many experience as the Christ energy.

We may therefore feel that we have turned a small corner but the road ahead is still long and uncertain and again and again we are urged to continue healing for the Earth. The healing we are asked for is the energy of Love, the creative force in the universe, carried on the wings of thought. Here again is an extract from last year's guidance:

“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.”

See now that the words we have shared on thought and meditation have a direct bearing on healing the planet, for we cannot be totally effective unless we can still the anxieties and desires that lower the vibrations of pure love. To link with and offer the force of pure love without emotion or expectation may seem like a tall order at first, but it can be achieved with just a little practice. Here are some simple suggestions for those who do not already have an established practice of healing:

Sit quietly as you would for meditation, allowing the body to relax and the mind to quieten.

Acknowledge that your intention is to direct a healing flow of love to the Earth. This is the thought that makes the connection.

Place your mind to one side, where it may observe without expectation or reaction.

Imagine, or visualise, the Earth suspended in front of you. Imagine that your heart is opening and a flow of love is reaching out from you to the Earth.

Now allow the healing to take its own course in its own time.

Please do this as often as you can and particularly join the worldwide event on Monday, 11th December 2006.

“We ask only that you work with Love and an open heart”.

Isn't it incredible that man has been on this planet for so long and yet has difficulty diagnosing his reason for being here? He rushes blindly around seeking to consolidate his worldly issues and yet spares little thought for the meaning of his existence.

The Unique and Inward Journey

Extracts from the Zed Teachings

It is good for everyone to reflect on the central issue of life for many go from birth to death and rarely consider it and each religion differs slightly in the way that it is interpreted. Materialism, particularly in the western world, is the predominant feature of your life and you see little purpose in following a spiritual path, yet this is the reason you came. So the vast majority of you live through each life completely blind to the reason you are here. Mankind is now coming to the level and time when if civilisation is to mean anything, profound questions need to be asked.

Many conclude that the reason for man's presence here is to learn from the experiences of each lifetime, and in terms of learning that is correct, but there must also be an objective for such learning. That is what we mean by the central issue of life.

The path we advocate you follow in pursuit of spiritual understanding is a simple one and open to all, for it would be wrong if the way were shrouded in secrecy, complicated rituals or a reliance on other individuals. The route we suggest is dependent only on you, your efforts and your discipline because it is a unique and inward journey that leads to the higher self. There is no quick access and no religion can automatically qualify you if the life you lead is alien to it. But when you discover the gate to the higher self, you discover the gate

to God – however or whatever you conceive God to be.

What is the higher self? It is the soul. It is that portion of you that never leaves you, which journeys through lifetimes with you, that never dies. It determines who you are, which parents you are born to, where you are born, the kind of mind and body you inhabit and your direction in life. Over the many lifetimes you share, the higher self is your common link to the Universe and to God. Through this link you may access not only the solutions to your problems and the awareness of who you truly are, but the knowledge and experience of Life itself. Always remember too, that with the higher self you are part of God: that a portion within you is within the heart of God at all times. So it may appear that you have a strange anomaly arising, because even though it is separate it is still part of the whole; not divorced from Universal power, not on its own in the wilderness, but surrounded by total Universal Love.

The world today could learn a lot from our teachings on the benefits of meditation for this is the only key to a person's inner awareness, to their higher self. Unfortunately, few take the subject seriously for they fail to understand its real potential. It is important to understand that apart from meditation, unity with the higher self is possible only in three other states:

1. the child in the womb
2. at certain times in deep sleep and
3. in the full trance state of mediumship.-

Of these alternatives you clearly cannot return to your mother's womb or rely upon occasional and unpredictable times during sleep, and the full-trance state is available only to those with certain psychic abilities. As we have said, the pathway is open to all, so the only sure and direct route is through meditation.

These are not new revelations, they have been known for thousands of years, yet man ignores them and ridicules them, thus cutting himself off from higher spiritual knowledge. Now is the time to redress this imbalance and seize the opportunity for a new awareness that for thousands of years has lain dormant and not been used to its fullest potential.

In the past millennia, man has sought such answers outside himself and within organisations, the majority of which have tended merely to reflect the aspirations of the seekers in looking at themselves in relation to the planet and its past. Man still continuously strives to relate his higher self to his body and the planet when in reality he should be looking within to his higher self to the Universe, to understand the true purpose of life. ●

An Appreciation of the Lord's Prayer

By Patrick Taylor

Use of analogies in religious writings

Because of the difficulty of communicating the nature of spiritual existence and its relationship to our life in this world, many religious teachings are couched in terms of analogies (e.g. parables) that draw parallels between activities in this life and equivalent experiences in a spiritual dimension. One type of analogy which is used repeatedly in the New Testament is what we might term a horticultural one, concerned with the processes of sowing, growth and harvesting. In this type of analogy our minds are 'earth' or 'vineyards' into which are 'sown' the various aspects of our personalities as well as spiritual influences.

The Lord's Prayer

The key purpose of spiritual teachings is to guide us towards the possibility of another level of existence, a level distinct from what we experience in our day-to-day lives. The distinction may be expressed through contrasting terms such as 'above & below', 'inner & outer' and 'heaven & earth'. All of these are handles to facilitate a necessary shift in our understanding if we are to become open to the higher level of the spirit that is not normally accessible to us. Truly spiritual experiences transcend the ordinary mind and puts us in touch with 'mind' from another level.

The Lord's Prayer provides a good example of the horticultural metaphor, describing the possible interplay between a spiritual existence (in 'heaven') and our existence in this world (on 'earth'). By working with the Prayer we are led to a deeper understanding of the relationship between the two levels and what steps we can take to facilitate spiritual growth. After a suitably reverent introduction the Prayer asks that the Will

of God, from the level of 'heaven', should prevail on 'earth' – indicating thereby that we need to be open to heavenly or spiritual influences should they choose to manifest, but that we cannot rely on this taking place. The Prayer continues with the request that we be given 'our daily bread' – better understood in line with the Greek text of the Prayer as 'spiritual nourishment' rather than physical food – leading to the possibility that the 'earth' of our ordinary selves be 'fed' or 'fertilised' from the level of 'heaven'.

The next section of the Prayer, concerned with 'trespasses' that we and others commit, asks for God's compassion towards us equivalent to ours towards others. It encourages us to review how we habitually react internally to life and in particular our tendency to perceive others as treating us unfairly. This inner work enables us, with God's help, thoroughly to 'dig over' the 'soil' of our ordinary self, freeing ourselves from conditioning that stifles our development, and neutralising the poisonous sense of hurt and injustice that we so often harbour. This can be real 'rotovating' work!

The Prayer then deals with avoidance of temptation and evil. Evil is that (both within us and outside us) which diverts us from our true purpose, and one of the ways it does this is by tempting us through our desires to deviate from or actively avoid our higher potential. This section encourages us to be aware of how worldly influences operate, and leads us to become aware of how the 'soil' of our personalities can so easily be tainted unless we turn towards God for help.

The final section is about God's 'Kingdom, Power and Glory', which continue 'for ever and ever' (better translated as 'throughout our whole

being'). By contemplating that our whole existence is held within God's Power and contributes to His Glory, we come closer to a sense of the 'Kingdom of Heaven' and of His Love for us.

The Prayer can be a useful meditative tool, as it provides a succinct synopsis of how to bring one's mind to the best possible state for the 'growth' of spiritual 'seeds'. (Although the Prayer does not explicitly mention 'seeds', we can see that this is implicitly referred to because of other well known passages in the New Testament that explore the fates of 'seeds' placed in various qualities of 'soil' and the nature of the eventual 'harvest'.)

What can we do to aid our spiritual development?

Taking our cue from the Lord's Prayer, we can see that we are heavily dependent on the powers of 'heaven' to facilitate our spiritual growth, but that we can put our energies into preparing the 'ground' of our ordinary selves. As we engage with life, whether through external activity or internal contemplation, we can observe our own reactions and learn about ourselves. By becoming more aware of what gives rise to positive and negative responses inside us, we gradually work on the 'soil' of our being so that it becomes a fit place for the 'seed' to grow. Many find the development of a regular meditative practice helps greatly towards this end.

But ordinary life today can become so overwhelmingly difficult and distracting that spiritual practice may seem irrelevant. We can perhaps take heart from the sense that some people have that our present crisis ridden era is a time when spiritually 'fertilising' energies are being made more available; and moreover the added stress nowadays provides even more challenges of the right type for breaking up and improving our 'soil'. To live in this period of history can therefore be seen as a privilege and an opportunity. By responding positively, but with awareness, to the difficulties we encounter, we bring ourselves to a state where we can more readily experience the nourishing flow of 'heavenly' Love from deep within us.

Mediumship & Psychic Awareness

A brief explanation by Jane Tinworth

"A new age is emerging. Mediumship as has existed has tended to draw from the past to point to the future. What we need now is to forge direct contact between psychically aware people and the entire universe - whole worlds - infinite. There has been a failing on earth of only looking at itself in isolation: there now needs to be a universal concept.." (Zed)

It is a fact that after thousands of years and across the range of cultures and religions, the phenomenon of mediumship is little understood, even by those who practice or witness it at first hand. The reasons for this lack are not the subject of this article because they are fairly obvious to any objective researcher, so the aim here is to try and bring the reality of mediumship into its place in the 21st century. Whilst this explanation is not totally comprehensive, it will hopefully offer a basic framework of understanding.

The word 'mediumship' applies to communication between dimensions of existence and a medium is the physical end of the exchange. Unfortunately, mediumship is frequently confused with a whole range of activities such as dowsing, telepathy, prediction and tarot reading and whilst it is important to state what it is not, it is also essential to realise that mediumship is more than just one thing and mediums are on different levels of competence and awareness.

To materialists rooted in the belief that there is nothing beyond the material life, the following will make no sense. For the more open-minded, what is proposed here is that life itself is a continuous spiritual experience, even though our everyday perception of it is physical because we experience the world through our earthly mind and senses.

However, a surprisingly large number of people find their perception extends beyond the normal material world to an awareness of non-physical phenomena

through parallel senses of sight, sound, smell, taste and touch. The term 'psychic' or 'sensitive' is therefore applied to a person who has a developed facility of non-physical perception. This ability is sometimes apparent from early childhood and sometimes something that develops later in life, but how it is expressed is unique to each individual.

Many people (if not most) have at least one spontaneous psychic experience in their life, even if they are reluctant to speak of it. Some may see a kaleidoscope of colours when they close their eyes, see or sense the presence of a loved one, smell an old familiar perfume, hear their name called, know the moment a friend has died or be suddenly aware of a warning of a future event; the list is long. In simple terms, these occasional experiences may be likened to a window opening to reveal a scene for the first time even though it has always been there: the scene is a different dimension of energy and time. Pursuing a greater understanding of such experiences requires the practice of meditation.

Meditation is available to everyone: it is a process, an on-going practice through which it is possible to still our thoughts, examine our personalities and to pass beyond the mind into states of tranquillity, intuitive knowledge, healing and higher perception. Every experience is different. For many people, meditation produces psychic observations of colours, people, places and so on, which simply means they are able to see beyond the physical senses and to perceive energy with psychic vision. It must be said that this in itself does not necessarily denote great spiritual awareness but it can be a very useful tool in gaining it. People who do not have amazing visual experiences are sometimes judged as spiritually lacking but this is far from the truth, for we all bring the precise abilities needed for this lifetime.

Mediums usually have excellent psychic perception but their ability goes a step further to work at their soul-level with souls in non-physical dimensions. Here the word 'soul' means that non-physical element of each human being that existed before the present lifetime and which continues to exist after death. All dimensions (of which it is said there are broadly seven) are dimensions of energy vibrating at differing frequencies and every soul progresses to finer and finer levels through the process of experience and awareness. Although evolved entities are able to 'step down' to communicate if necessary, a medium is able to reach dimensions only up to the level of awareness that his/her own soul has gained, for they would not be able to bear frequencies above that. For this reason it is possible to see that a person may be an excellent medium in terms of contact and yet what is conveyed through that channel may or may not be of great spiritual value. It must be said that the same principal applies to spiritual healing.

Mediumship is an inherent spiritual ability within certain individuals that may be developed, but not acquired. It is frequently observed running through a particular family line so it is possible that a genetic factor is also involved. Again, the same is true for spiritual healers.

The purpose of spirit communication is all-important for it can bring guidance to the lost, comfort and hope to the bereaved, healing to the sick, wisdom to the seeker and revelation to humankind. All this is possible through the spiritual energy of love.

Beings from higher dimensions seek contact only when appropriate and necessary, as happened here last year with the guidance for the planet healing events. In this particular case, a group of beings communicating via a 'spokesman' through Julie Bayliss and recorded by myself, delivered guidance over a number of months and then withdrew when all was in place. They came, they said, because the danger was great and the timing was crucial.

There are basically two types of mediumship: semi-trance and full-trance.

In the semi-trance state, the medium is able to attune their psychic energy to a non-physical source so that information can be received and channelled through to their mind. The information may come clearly as spoken words or as symbols or impressions to be interpreted. It therefore follows that the more active and conditioned the mind is, the more likely it is to put its own unconscious interpretation on the communication. An aware medium will adopt a dedicated training to avoid this pitfall, often taking years of regular meditative practice to quieten the mind and deal with aspects of their personality that might cause a hindrance to keeping a clear channel. They will know that natural ability is not enough on its own and that an undisciplined mind will quickly lead them astray.

Many semi-trance mediums work within the Spiritualist Movement in the U.K., which aims to provide good training and practice. Here the emphasis is on gaining evidence of the survival of the personality beyond death, which mediums provide through messages for individuals in the congregation or on a one-to-one basis, mostly from deceased family and friends. The mediums are usually clairaudient – hearing the messages spoken and passing them on, or clairvoyant – seeing the discarnate person, or both. It is not unusual for semi-trance mediums to also be impressed by the communicator's energy so that they briefly experience particular feelings that are relevant in terms of 'evidence'.

The mind of an advanced semi-trance medium could be likened to a spectator who watches the action whilst remaining silent and objective and this is especially likely when the medium works in partnership with an active spirit personality, or 'guide'. The familiarity of such a relationship helps the medium to relax and trust the process and sometimes allows a set of teachings to be built up over a number of years. The state of full-trance is far less common than semi-trance and requires greater spiritual effort.

A medium in the full-trance state has moved beyond their conscious mind and is at one with their soul. It therefore follows that their mind is not conscious during the ensuing experience and will have no memory of it. In other words, they are working on their highest frequency level to blend with and allow selected spirit personalities to use their physical body as a vehicle for communication. This may manifest in a variety of ways.

The medium entering the full-trance state will probably appear to relax and fall asleep, although often there will also be changes in breathing and posture as the 'communicator' takes over. More difficult to describe is the change in energy and 'presence' in the room when this occurs. The communication may simply be through speech – the use of the medium's vocal equipment – and the voice or voices of the personalities will usually be their own, so the novice observer may be startled to hear a male voice speaking through a female medium and so on. Communicators may occasionally speak in a language foreign to the medium, sometimes one of ancient origin that requires lengthy research to decipher, and one assumes this is to provide some veracity of the channel.

It may be the chosen path of some mediums to channel several spirit personalities during one trance sitting, e.g. when bringing messages for the bereaved, and for others it may be just one or two 'regulars'.

Communicators may utilise the body as well as the voice of the medium (remember, this is with prior consent on

the higher level) and make their physical appearance apparent. This kind of mediumship is called 'transfiguration' and, to state the obvious, has to be seen to be believed. This usually happens with the medium's normal appearance gradually assuming that of the incoming personality, rather like the computer technology of 'morphing.' So complete may this change be that in the full view of observers, a short ruddy-faced young man may become a tall and craggy elder or a grey-haired lady become a studious young monk, moving and speaking in normal human fashion.

A rare manifestation of full trance that has been documented, investigated and frequently derided though not disproved, is that of physical mediumship where the medium appears to exude a kind of dense energy that independently adopts a recognisable human form. These energy forms may be fairly insubstantial or may progress to flesh-and-blood appearance and converse with people in the room before returning to their spirit dimension. Cases of trickery at the turn of the 19th century do not account for the rigorously tested mediumship of Helen Duncan and other physical mediums, any more than the disbelief of those who have not experienced the phenomenon makes it an unreality.

One message received here through mediumship stated, "Science is that part of mysticism that can be measured." So as mankind moves into this age of quantum physics perhaps it will allow itself to be more open to those experiences which, although as yet unmeasured, are honest, valid and potentially life changing.

"Imagine an ant: its world is its nest and all it can see. You are the same on this planet: you strive to relate only to what you see and not in reality to what exists, so you seek thoughts and feelings of a spiritual nature only within the parameters of your visual experience. Do not relate solely to the planet, for it is a tiny

Flying, not falling

Jo Dew, M.R.Pharm.S.

It seems very strange to write about an experience that I had nearly 30 years ago and which is now so much a part of me that it is hard to remember how I was before.

It all began after 6 years of a difficult relationship that had gone from bad to worse. We were a mismatched pair and both unhappy. I was sick of hurting and being hurt but felt if I just walked out I would be a mess, feel a failure and probably be back in no time. Unhappiness had made me neurotic and fearful of my own shadow but I realised I had to reconcile myself with what had happened and honestly face my part in it in order to move on.

I considered what had held me there for so long and concluded that we had a conditioned response to each other, like Pavlov's dogs! I was the victim, he was the tyrant and we played our roles perfectly. I saw that I would always respond to him in the same way because of my own 'stuff' - but how could I possibly give up my dream that it would get better? Other concerns came in like - what would people think and how could I leave my home and belongings behind? This was an agonising process but I came to see that attachments - pleasant and unpleasant - imprisoned me. This was a complete revelation but I was at a point when I just would not, could not, be compromised any longer. There was one more row which somehow released me and I realised I must make a move before I lost my resolve. A friend had lent me Kahlil Gibran's 'The Prophet' - not my kind of book at all then - but I spent the night reading it and a passage in it, which says that 'love asks nothing for itself', helped me to find the courage to put into practice what I had come to know. The morning after my sleepless night I packed a couple of suitcases, wished my (soon to be ex-) husband all the best for the future and drove away from life as I had always known it. I did not want a destination, I just wanted to leave and go where my instincts took me. To be honest, I thought I would die. All that I had identified with and strived for, I had seen as a sham. What could the future possibly hold? And yet I felt more

clear-headed and calmer than I had for a long time.

I meandered through green lanes into Cornwall and when exhaustion hit, I found a room for the night in a country pub. It was later that evening I realised something was different. I had gone down into the bar for something to eat and a young man came over to my table - unbidden - and started to tell me all about his troubles with his girl friend. I was able to listen, which was surprising considering my day, and offer some words that seemed to help him - something about expectations. Not so surprising in itself maybe, but the next day, when I had wandered over Bodmin and down to a B&B in St Trudy, the owner greeted me with "There is no need to tell me your name - you'll be safe here." I'll never know who she thought I was but over the few days there she talked and wept much about her family troubles and I seemed to be able to help by passing on some of the insights that had come to me. There were other people too - complete strangers - who were drawn to me and told me about their problems. It was all very bizarre!

There were many things in this time that were quite remarkable and I realised this was a different reality and a different way of being. In fact, I felt I was in a different world. It is impossible to convey exactly how it felt: perhaps 'bliss' would come near it, a total inner peace, and a real feeling of belonging, as though I was in touch with all things and yet more truly myself than I had ever been. Even moving about was a different experience: it was effortless and unhampered and there was a lightness. It felt as though all my life had been spent under a thick heavy blanket that had burdened me and blocked my view. Now I had put it off and stepped into the light. I realised that my whole life had led to this time of awareness and I was grateful for all the pain because it had been part of the process that had led me here. I saw the interconnectedness of everything, both the mundane and the ethereal, and how instead of dying, I had been gently led to this wondrousness.

I had had no ambitions when I began the process of questioning - I had just wanted to end the pain and get to the truth. I was therefore truly amazed at what had happened and felt very blessed. This realisation is there for everyone, not just me, if only we can see through the illusions. Now, nearly 30 years on, the experience is still with me. I now know that the true reality is Love. It is all around and all accepting: there is no judgement - just gentle guidance.

Of course, after a short time I had to engage with the practical issues of life again. I had to find somewhere to live and earn a living, but my life has been greatly helped by the most amazing coincidences and I see the gentle hand of God in all of it. I am accepting of all that happens and see everything as having a beneficial outcome - although maybe not what I expected or hoped for! Now, I feel difficulties are just an opportunity to find the pearl that lays within them and the greater the difficulty, the bigger the pearl. I know that sounds trite but it's true! Of course, life is full of suffering but we make it so much harder with our expectations and attachments. It is wonderful to know that whatever I need will come to me. NB: need - not want!

This is not benign navel-gazing but joy and trust in the process of existence as well as a lack of "bother"! I feel there is a great benevolence out there if only we could stop struggling on our own and realise far greater [and more efficient] forces are at work and there to help us. Never again will I be limited by what I can imagine will happen.

It would be untrue to say that I never get reattached to the mundane from time to time but this experience remains in the background of my life and if things get really tough I just let go and trust and it always comes right - but, as I said, not always in the way I thought it would!

This is a happy life. I went over the precipice and instead of falling, I found I was flying.

[Having left her career in pharmacy, Jo now has an established homoeopathic practice from her home in Newton Abbot, Devon.]

I would not exchange the laughter of my heart for the fortunes of the multitudes; nor would I be content with converting my tears, invited by my agonised self, into calm. It is my fervent hope that my whole life on this earth will ever be tears and laughter.

Tears that purify my heart and reveal to me the secret of life and its mystery.

Laughter that brings me closer to my fellowmen.

Tears with which I join the broken-hearted.

Laughter that symbolises joy over my very existence.

I prefer death through happiness a thousandfold to life in vain and in despair. Kahlil Gibran

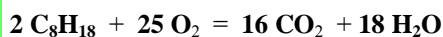
Car Journeys and Carbon Dioxide Pollution.

Bernie lives in Bransgore in the New Forest. His 10 year old son goes to the primary school in the nearby village of Burley 4.6 miles away. This means that with two return journeys per day he covers a distance of 18.4 miles per day or 92 miles per week. With 40 weeks in the school year he travels 3680miles. His car petrol consumption is 6.17 miles per litre. Therefore he burns **597** litres of petrol per year for this journey alone.

The chemical formula for petrol (octane) is C_8H_{18} Molecular weight 114 Carbon Dioxide is CO_2 Molecular weight 44.

2 molecules of Octane requires 25 molecules of Oxygen to fully combust and this produces 16 molecules of Carbon Dioxide and 18 molecules of water.

Atomic weights -- Carbon (C). = 12, Hydrogen (H) = 1, Oxygen (O). = 16



(Octane) (Oxygen) (Carbon Dioxide) (Water)

114grammes of octane produces

352grammes carbon dioxide

Octane is 0.9 Kilogram per litre

approximately

0.9 of 597.6litres = 537.8Kilogram (Kg)

Therefore 537.8Kg octane produces

$537.84 \times 352 / 114 = 166 \text{ Kg } CO_2$

or approximately **1.66 tonnes!!**

Being conscious of their social responsibilities they now cycle and are both fitter and healthier.

Calculate your own regular journeys and see if it would be more appropriate to walk, cycle or use public transport. For example if your journey to work is 15 miles and your car does 32miles to the gallon then your annual CO_2 pollution is **2.84 tonnes** for this journey. This invites the question – would it be better to go by train or bus? If you are the only passenger – then no!, but the **average** pollution per occupant is substantially less than by car

BT & TB Brooks

(Photo:- Bernie and Matthew on the way home from school through the New Forest)



SOMETHING WE CAN ALL DO TO COMBAT OUR OWN CARBON POLLUTION.

For further information on annual carbon pollution from your own vehicle and how you can offset your personal pollution index go to:-

www.targetneutral.com

This website created by British Petroleum
PROVIDES AN ACCURATE MODEL BY MODEL
CALCULATION OF CARBON POLLUTION

Environmental Issues.....

Peak Oil and its Consequences

In the last issue of the W.A.T. magazine we offered suggestions on how we might individually help to reduce pollution, particularly greenhouse gases which are responsible for global warming. In this issue we draw your attention the concept of 'Peak Oil'

This expression refers to the year when the annual maximum extraction of crude oil in global terms occurs. After this particular year the amount of oil available for extraction will reduce year on year as the cost of locating, drilling, extraction and distillation of this finite resource increases. This also applies to the extraction of natural gas. The outcome will be the continuous increase in oil prices resulting in more expensive imports, food and energy prices and travel. When this situation will occur is currently a matter of conjecture. Estimates would suggest possibly as early as 2008 but almost certainly within five to seven years. We have all taken cheap oil for granted, either consciously or unconsciously but when we stop to consider the implications of its scarcity or expense it becomes necessary to put into practice activities which will reduce our dependence. The public's perception of the oil debate is largely dependent upon the price of petrol at the pump. This is unfortunate since that particular price depends more on current political and commercial considerations than on environmental and anticipated future supply considerations. It is acknowledged that the price of crude oil could well reach \$100 a barrel within the foreseeable future. The anxiety of business however would tend to lower this price in order that sales of other commodities – cars, electrical goods, etc, do not suffer. This lack of foresight will certainly bring forward the day when 'Peak Oil' is reached.

It becomes an urgent necessity to have a serious appraisal of alternative renewable energy sources. These would include solar and wind energy. It is well within the bounds of possibility to imagine every house in the country with solar panels on the roof and a wind generator attached to the wall. Installation costs are the current deterrent against its popular use. It is conceivable however that once an environmentally friendly government is

lected, grants, tax breaks and other incentives would be available to offset installation costs. Currently the savings on fuel use with the average solar panel installation can take between 8-10 years to recoup.

Serious consideration is also being given to the use of *Biofuels*. These are combustible materials obtained from *Biomass* – that being the metabolic waste or by-products of living organisms. This would include the harvesting of methane from decomposing material, the anaerobic digestion of manure from cattle and fermenting biodegradable waste producing *Biogas*. This also includes the use of vegetable oils like rape seed and waste cooking oils and fats. The efficient burning of dried manure, wood, waste chaff and grain stalks in specially designed stoves may well become a necessity in future for domestic cooking and heating. However modern houses may well need to be redesigned since many of them are not equipped with fireplace and flues. But we should not lose sight of the fact that whenever and whatever we burn – we pollute!

In the meantime each of us will in our own small way do our utmost to reduce our own personal energy consumption. Many of the suggestions in our previous edition will certainly assist especially those concerned with reducing domestic fuel consumption. Loft insulation, cavity wall insulation, reducing the ambient temperature and wearing adequate clothing to begin with. 'Peak Oil' and its consequences will also affect the availability of our food. No longer will we be able to purchase cheap fruit and vegetables out of season. These are currently imported from countries in which the products are 'in season'. Of course they will probably still be available but at a price reflecting their transport costs. Again we will have to say farewell to the annual holiday in the sun – (the Costa Brava and Tenerife) - unless we can afford to do so. But then our consciences will no doubt prevent us from adding to the already excessive pollution of aircraft travel. There is perhaps a perverse crumb of comfort knowing that our continental holiday is not quite the attraction it was since our own climate is gradually getting warmer as a consequence of global warming!
Tom Brooks

**We should never lose sight of the fact that
whatever we burn produces**

Carbon Dioxide.

**The fact that the 'Peak Oil' problem
will eventually reduce the use of**

fossil fuels

**may encourage research into
renewable energy sources.**

Junk Mail and Wasted Resources

It is estimated that 3.3 million trees are used to produce the half million tons of junk mail that land through our UK letter boxes each year. It is claimed by the Post Office that the contracts to deliver these are an essential part of keeping the postage rates low. However, those of us who are concerned about wasting resources and the problems of using landfill sites will wish to take some action. Most of the unsolicited mail shots are addressed to the recipient and 95% of it can be eliminated by contacting the Direct Marketing Association's Mailing Preference Service on 0845 7034599 or the website mpsonline.org.uk

The problem of unaddressed mail can be resolved by contacting the website royalmail.com and clicking on 'door to door' opt out. Alternatively telephone 08457 740740 or write to Royal Mail.

Letters and Feedback

What's It All About?

I read an article by Michael Frayn, the playwright, about dreams. He assumed that he was both author and producer of his own dreams, as the material all came from his sleeping mind. He had enough control over the content that he could stop the dream by waking up if it got too complicated or difficult. But some bits of dreams seemed to come from somewhere else. He remembered conversations in his dreams that included factual information that, in his waking life, he could not possibly have known and which later proved to be true. History is full of dreamers, e.g. Joan of Arc, who have acted on their dreamed "visions" to great effect.

Frayn found parallels in writing. An author will normally painstakingly develop plot and characters. Sometimes, though, the characters seem to take on a life of their own and the plot will rocket towards an ending never imagined by the author. Many other authors have confirmed these happenings. All this led me to ponder the processes of meditation. There are similarities. Often as we settle down to still our minds, thoughts will come flashing in, providing instant answers to problems that have been troubling us for some time. This may well be explained simply: clearing our minds of our usual cluttered thinking allows clearer thoughts to penetrate. Many people report other, more significant messages as coming through in meditation. These may be directions from elsewhere or present in pictorial form. Such messages can be clear and instructive or may need rather a lot of interpretation. Healers often report similar "insights" being received about those they are working with.

And what about group meditations? Here members of the group will describe sensations felt by other members e.g. tingling feet. People in the group will receive similar messages, see the same colours and often similar shapes, symbols and pictures. Invariably people will comment on perceiving a flow of energy in the group. Is this where the messages come from? Is it to do with manifestations of different parts of ourselves not normally accessible? Or are we being helped and directed by higher beings? What do you think?

MT (Contributed)

Dear M.T.,

Thank you for raising important issues that most of us encounter and puzzle over.

On the subject of dreams, these appear to come from one of two sources: either the earthly mind (of which imagination and the subconscious are parts) or from the higher self.

Higher self dreams are usually strikingly vivid and remain etched on the memory long after the event and they should always be taken note of, even if their presentation is symbolic or unclear at first. Mind dreams, on the other hand, are often the workings of subconscious anxieties although they may also be stored information rising to the surface in response to a problem. Either way, they provide interesting insights into the current state of our mind and so can be useful tools in our process of self-awareness.

I find these two excerpts from the Zed Teachings very helpful:

'In certain parts of sleep the mind is no longer an obstacle in accessing the ability of your higher self, so at times the no-mind concept is achieved. Therefore what you seek to do in meditation happens in sleep, if you like, by accident (this is putting it very simply). So in certain stages of sleep, what you are trying to train yourself to do in meditation happens, and the door of the mind is opened. This is why it is important to listen to your dreams, but always there is that uncertainty as to whether it is a higher self dream or an ordinary one. That is why you need meditation.'

'It is not possible to train oneself to access knowledge from the higher self in the sleep state. That is not to say it doesn't happen spontaneously, but access has to be an aware process - aware of everything to a state of no-mind - and that process by its very nature requires a great deal of learning.'

This view of dreams also applies to the origin of different kinds of thoughts, i.e. whether they are from the conscious/

subconscious mind or from the higher self. To take your example of instant answers arriving when we still our minds, these may come from either source - so clearly the important thing is to provide the stillness for them to emerge. Even so, the imagination has to be taken into account, for this can provide extremely powerful and persuasive experiences, as in your example of an author's characters taking on a life of their own. Only through the fruits of regular meditation can we learn to distinguish between imagination and intuition, for the first is of the mind and the second from beyond the mind and, as Zed says, there is a delicate balance between the two.

Intuition ('in-tuition') can be described as the mind becoming aware of a piece of experienced wisdom from our higher self. We are told that each one of us has a great reservoir of wisdom and love within us that is ready and willing to enter our life when the time is right and the mind allows it. Although the higher self may determine the time element, we can all train our minds to be open and receptive through meditation.

To shed some light on your final question regarding shared sensations and perceptions, we move into the area of psychic awareness, which is covered more fully on pages 6 & 7. Groups that meet to share spiritually, whether in meditation, healing, prayer, singing or discussion, cannot fail to generate a powerful spiritual energy. Some individuals within that shared group energy may have the psychic ability to perceive the experience in various ways, and this is why there is likely to be similarities in their accounts - especially if the members have trained their minds well! Always remember though, that each person is unique and will experience uniquely, so we need to value the diversity as well.

Again, thank you for your questions: I hope these brief suggestions are helpful.

Jane.

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 and spiritual healing through retreats, group meetings, self-development workshops and publications.

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.

Once again we are guided that

11th December 2006

is the exact date to focus thoughts from around the world to

Heal the Earth

Link with us between 7.30 & 8.30 pm local time
or whenever you can on this day,
whether sitting alone or in a group.

Relax and visualise the Earth, open your heart and send her
love, healing, colour or sound. Know that you are also
anchoring the universal energy of love from those in spirit,
who cannot fully participate with you.

Let this be our Christmas present to the planet:
That we unite on this day to send thoughts of healing
and to acknowledge our responsibility
for the damage already done.

Let our New Year's resolution be a willingness to change
to meet the urgent needs of the Earth, mankind
and all living things

*'The thought of love is simple
But the energy it carries is profound'*

Attune you healing thoughts with us at this time on the 2nd Monday of every
month, before and after this event, and share your experiences
through our website: www.worldawarenesstrust.org

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THE NATIONAL FEDERATION OF SPIRITUAL HEALERS

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World Awareness Trust

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