



World Awareness Trust

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Editorial.

It is quite an extraordinary and largely unexpected development over the past few months that in the UK the subject of the environment and global warming has become top of the political agenda. Politicians have been vying with each other on who has the best green credentials to take the nation into the next few years. The 'offers' range from increased taxation on aeroplane flights to suggestions of subsidies on wind turbines at our homes. Whilst each has attracted criticism from its opponents it is well to bear in mind the not all political rhetoric can be relied upon especially when it comes to taking financial resources from

other demands upon it. Furthermore the popular understanding of the issues behind global warming are not helped by the vociferous lobby proclaiming that the situation has little to do with man made emissions but is primarily due to repeating warm periods in the earth's cycle.

Whilst the majority of scientists do not support this theory it should not be difficult to understand that no matter what the cause we are all in a position to do something about it. In doing so we can at least make some attempt to reduce the melting of the ice caps and the consequent rise in sea levels and go some way toward ameliorating the risk of species extinction. Our Guide and Mentor

Zed has a few words to say on the subject of political rhetoric. This is reproduced on Page 10 TB

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Chairman's Letter.

We are encouraged to learn that our little magazine is beginning to reach a wider readership and is being passed around amongst friends and groups. Of course, the Trust would welcome more subscribers but our main objective is always to simply offer the words out to the best of our ability and resources.

It seems some time ago now, but the second major Earth Healing Day on 11th December proved to be a very powerful event in spite of being less public than the previous year. Readers may recall that in 2005 we received detailed guidance on the urgent need for this united healing effort, as well as specific information on preparation, venue and date. The Trust and local friends responded with a considerable publicity push, sending out hundreds of flyers and emails across the world plus media announcements and so on, and hiring a huge conference centre and college theatre for the meetings. One of the biggest problems we faced afterwards was in trying not to quantify the effect this healing may have had on the planet for, to be honest, both our labours and the response seemed very small in the face of the problem. Fortunately, we were assured that the spiritual goal had been achieved.

We were then thrown into a mild panic when we were asked to make 11th December 2006 another Earth Healing Day until it dawned that its international nature could be achieved by linking in thought with those who had taken part the previous year and 'newcomers'. Once again the Earth received a powerful wave of healing – and once more we had confirmation of Zed's teachings on the nature of thought.

We received only positive comments about the article on Mediumship and Psychic Awareness in Issue 2 and if there were objections then they haven't yet reached our ears. This seems indicative of the massive change in openness that has happened since the mid fifties when it was not unusual to be told by a haughty librarian that 'occult material' was not kept on public display and must be specially ordered. Images sprang to mind of 'The Proceedings of the Society of Psychical Research 1898' rubbing bindings with classified erotic literature in the library basement.

It is not surprising that books on mediumship were fairly sparse until the latter part of the last century when we consider that the 1735 Witchcraft Act was not repealed until 1951. One of the last prosecutions under this Act was that of the famous physical medium Helen Duncan in

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Thank you.

1944, who was actually tried and imprisoned for nine months, which took a terrible toll on her health. She was accused of being 'a witch and spy guilty of revealing wartime secrets' by an Old Bailey jury because of potentially sensitive information that she disclosed, 'allegedly via contacts with the spirit world'. This 'sensitive information' related to messages from recently deceased sailors being given to their loved ones through Helen's mediumship before the Government had released information that the ship on which they were serving had been sunk. It was largely as a consequence of this farcical trial that the Act was repealed and replaced by the Fraudulent Mediums Act. Unfortunately, this new legislation was used to continue to hound poor Helen Duncan, who died in 1956 shortly after a police raid on premises where she was sitting in trance.

Books on all kinds of 'occult' subjects now proliferate, and the starchy librarian has been replaced by the likes of Waterstones and Amazon On-line. Such wide choice can only be positive, but seekers need to be intuitively awake when making their selections, perhaps asking themselves these basic questions: 1) what is the motivation behind this book and 2) does it speak to me of the Truth?

For as Zed once said, "Sensation, unfortunately, is waiting in the wings, hovering like a vulture..."

In this Issue we focus on the understanding of suffering: an aspect of life common to all.

With love

Jane Tinworth.

You see a world that would spend billions on high-technology weapons to destroy each other but would not buy a small bowl of rice for a starving child. (Zed)

UK Defence budget 2007/2008 = £33.4 billion

UK International Development and aid 2007/08 = £5.3 billion

The Pit of Emotions

By Jane Tinworth

Healers come in many guises, for the motivation of love for others is not confined to a few but ranges as wide as humankind itself. The healing energy available to those of us with the label 'spiritual healer' is the same as used by the aid worker, priest, parent, nurse, neighbour or anyone with a genuine motivation to help others. So although we can no more own the healing force of unconditional love than we can own the air we breathe, it is available for everyone to use through their compassionate thoughts and actions.

Few would doubt the sincerity of the majority of healers today. The individuals and groups I meet have a common basis of care and enthusiasm for what they do, often at some cost to themselves in terms of personal time, finances and even relationships. There is also an understanding of the need for self-development and a refreshing openness to different ways of looking at spiritual issues. They will tell you that spiritual healing is not something to be learned, not something to do, but a way of life. What often emerges though, is the unexpected draining effect their healing activities can have on them. This has to be addressed if we are to operate effectively as healers but the subject is just as relevant for anyone, whether they actively care for others or not. The subject is **objectivity**.

To illustrate the point, imagine you are walking along in the sunshine and suddenly you hear a pitiful voice wailing, "Please help me!" You look around to discover the voice is coming from below ground, from a pit to one side of the path. You peer into the depths of this pit

and discover someone huddled right down in the shadows. They look up and see you. What will you do? Well, the first impulse of many people would be to shout, "Hang on, I'm coming to help you!" and jump in with them. Unfortunately, the sides of the pit are wet and slippery and once down there it is difficult for anyone to get out. The rescuer might say to the victim, "Stand on my shoulders and climb up – I'll be OK." but this only has the effect of sinking both of them further into the soft mud. Now there are two people in need of rescue! Needless to say, this is the **pit of emotions**.

Let us now consider the scenario from a more objective angle: You hear the cry and see a figure in the depths of the pit. You feel moved to help but this time you take a deep breath and pause. This is the first step in acting instead of reacting to a situation. You have learned from your own experience of life that all our problems are potential stepping-stones to greater awareness, so this person has not fallen into the pit by sheer accident: somewhere there is learning for them too and maybe (or maybe not) you can help them discover it. You stand on the side of the pit in the sunshine with your feet firmly planted on the ground and call down, "If you stand up and take my hand I'll help pull you out." This is acting from an objective viewpoint.

Objectivity is not being detached or distant from suffering, but being aware and seeing things as they really are. It takes constant practice to achieve but its benefits are beyond count.

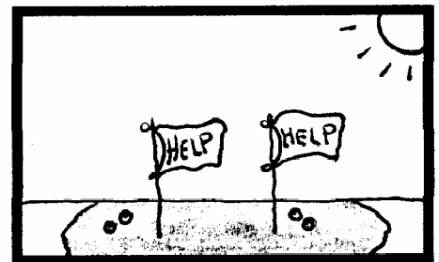
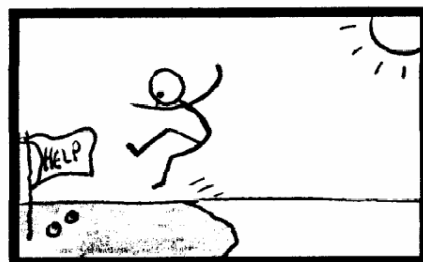
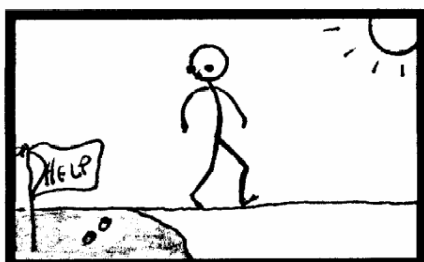
Subjectivity, on the other hand, is remaining within the emotions and seeing things as the conditioned mind imagines or desires them to be.

One of the problems with reacting subjectively is that it is emotionally and physically draining. It is not so uncommon for a healer to try and pull someone out of a pit whilst still half-submerged in their own. The solution is to start by recognising where you are and then looking within intuitively for a ladder. The one with the strongest rungs is the practice of meditation. Of course, we cannot expect to finish dealing with every single emotion in our life before we respond to the needs of others but at least we can try to treat ourselves with the same love and objectivity we show to them.

Whilst our everyday minds struggle to deal with the many faces of suffering we seem to encounter at every turn, that other part of ourselves, the higher self, is truly objective because it stands above the earthly mind and emotions and therefore has no judgement, no desire, no fear: it is simply love and awareness.

By employing the tool of objectivity to deal with our emotions, we raise the awareness of our mind to this higher level and begin to see life in a clearer, steadier way, acknowledging the potential learning in all our experiences, whether we find them pleasant or unpleasant. Then instead of falling into the pit of emotions every time a client, friend or (especially) a member of our family has a problem, we can stand on the firm ground of compassion and allow the heart to open to the infinite flow of universal energy from within.

Of course, whether the object of your compassion takes your hand or not is their choice. Just be on your guard about wanting them to, or you may fall back into that pit!



The High Street of Life

**Many of you walk the High Street of Life.
On each side of you, you see the big shops and stores
brightly
lit in the grey of your lives: the shops of temptation, the
shops of materialism,
the main store of greed; they are important in your lives,
you are envious of those that walk into those stores to fill
their arms with the material things of life.**

**But we say to you, walk past these shops, look not to right or
left, look instead for the little street on the side where the sun
is breaking through the grey and against the wall the name of
this street shines, 'Love and Awareness'.**

**Turn into that little side street and as you do so, be not foiled
by the large churches that appear to block its entrances, but
walk on, and leading off from there you will see the little
bookshop with just simply 'Love' written across the top.
You will have to bend to enter and the doorway will be old for
it has been there since man was conceived.**

**But open the door and walk in, and there on the wall will be
our teachings, there in quietness of meditation on your own
you can consider the words.**

**Then when you return to the main street, the sun will follow
you and you will walk down the middle of that street lit by the
sun's rays of Universal Love. And from the grey surrounding
you others will wish to join that light for it will shine brighter
than the fluorescent lights of the shops around.**

**There will always be those who will try to stop you for they
cannot see the relevance of the little side street you walked
to acquire that knowledge.**

I Could No More Turn Back

*

I could no more turn back
Than I could cease to be
Love placed me on this track
And made me free.

I dwelt within a tower
Locked in a lower room
Love was the motive power
That moved me on.

Pain set me on the stair
And anguish deep inside
Kept me a prisoner there
Held me close-tied.

The eyes of Love looked down
Until I raised my own
It needed only this
To guide me home.

I could no more turn back
Than I could cease to be
Love is this very track
It sets me free.

*

Gillian Freeman

EARTH HEALING DAY

The 11th December 2006 was very powerful and moving for me, as it was for all our assembled group. We met with a common aim, which was to send healing energy to the Earth; the knowledge that others around the world were meeting and directing positive thoughts at the same time focused our attention.

The strength of the energy was apparent as soon as I entered the room, and it built up to such a degree as to be uncomfortable, before balancing itself. While the energy balanced I could feel it rushing in and around the group like a stream. In the centre of the circle there was a huge shimmering, rushing golden column of energy, which must have measured approximately 5ft across. I could see the Earth from above, and a swirling mass spiraled on top of it like a cloud on a satellite picture; this was the healing energy going into the core of the Earth. I was aware of

the group toning together, but this did not become a physical reality until later on, when we were invited to sound the Om.

I could see the planet as tiny, massive and medium-sized, all sizes, all at once, and as we directed healing energy to it we were contained in a circular band of pink, with many other bands of different shades of pink spanning out into the distance all containing beings. The band directly behind us contained white iridescent faceless beings; their skin was smooth and shiny and appeared to be both hard and soft at the same time. They had no features, but exuded a very loving feeling.

I was very moved by the Healing Day, and it showed me just how much we are all capable of when we work together.

Linda



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Through our suffering and pain we focus our minds on the reality of life and if we are wise, then we see such suffering only as a stepping-stone to a better understanding. (Zed)

The Value of Suffering

No reasonable person would deny that suffering is an integral part of life here on earth but what is it and where does it come from?

We do not like to suffer and therefore label it 'bad' and at times of major trauma ask the question 'why does God allow this to happen?' One TV channel sought an answer to this from leaders of different faiths after the Boxing Day tsunami of 2005 and it was interesting to see that only the Buddhist was able to reply with any conviction; the remainder just appeared to 'fudge it'. So if our religious leaders don't fully understand this very basic aspect of life, what help are they in this troubled world?

To begin with an ancient idea, let's propose that suffering is our *reaction* to internal or external happenings, real or imagined. If we accept this concept then we are faced with the elements of personal choice and responsibility. In other words, we are not forced to perpetually react to events in a way that makes us suffer because we have the means to examine and change the way our minds respond. An example of this is given in the article on The Pit of Emotions on page 3.

However, the catalysts for our reactions are almost as wide as human existence: physical or mental pain and impairment, fear of the future, desire, anger – the

list goes on and is not confined to concerns for self but includes family, friends, nations, other life forms and the earth itself. In fact, our love and concern for others is often our greatest source of pain because we feel frustrated at not having control over their situation. When this is applied to the kind of large-scale events that make headline news, such as the violence of war, starvation or 'natural' occurrences, a wave of confusion arises and God is brought into the picture to try to make sense of it all.

Most of the world religions teach that God is an all-powerful God of Love. The problem we have is in trying to equate this with something we view as 'bad'. But this is the fundamental question that has vexed theologians for centuries: can anything exist outside of God or is this 'bad' thing part of God?

Each one of us must come to our own conclusions on the nature of God and suffering but the Zed Teachings provide some profound pointers in simple language, such as the following:

'You take a little animal and you put him in the middle of a room and he loses his way, but if you show him a pathway he will follow it, won't he? Did that mean when you put that little animal on the floor that you wished to hurt it, did you have evil ambitions, did

you wish to destroy it, kill it, or make it experience a violent death? No, because you love it! But the little creature has freedom of choice, doesn't it, and as part of its learning it has to find the pathway across the room and avoid the obstacles, for those obstacles are always there because they are the law of karma. Should the higher self not have put the little animal on the floor because the obstacles were there?

It comes to the value you put on the human form, does it not? Have you thought of that? From the womb to the tomb is a pathway everyone must walk, no one is exempted; all must walk the pathway. The frame in which they walk is a temporary thing, one for experience and learning. Many see the frame as all they have, when we all know it's different.'

Zed's words give us a much broader view on suffering by placing it firmly within a purposeful life of love and growth. In this one excerpt alone are the components of choice, experience and learning, the higher self, reincarnation and the law of karma.

So like the little animal on the floor, we come into each lifetime with a certain pathway to follow for the opportunities for growth it will provide. Those opportunities are dictated by the universal law of karma, which ensures that

'gaps' in our awareness will eventually be filled through successive lifetimes of experience. Our rate of growth depends upon the way we react to the obstacles and the choices we make. Remember too that karma is an interactive law that applies to all kinds of groupings as well as to individuals, so some of our obstacles will have been constructed by others: from genetic family to the family of mankind. (More on this in future Issues.)

As the extract says, it comes down to the value we put on the human form. If we are able to remove the blinkers of self from the mind and truly see the spiritual nature of all life's experiences, then suffering loses its grip and falls into place as part of a larger plan of learning, a tool to be taken and used. As the Teachings say,

'All the trials of life are meaningless unless you learn from them.'

But driven by desire, 'self' is the mind's preoccupation; looking out along the surface of life for the things it wants for its own gratification. These may include

wealth and material possessions, love and sensual pleasure, status, success, perfect health and even revenge. Unfortunately for the self, all these things are in a constant state of change and like the donkey and the carrot, satisfaction will always be just out of reach and suffering will ensue. The Buddhists in particular refer to this as the consequence of attachment.

Attachment of self to things, to people, to ideas and to life itself will ultimately bring painful rewards. Holding on to destructive emotions such as anger and hatred will inevitably surface as disease within the physical body. Attachments to judgements and dogmas will result in mental stress and confusion. And attachment to the past will stunt further growth.

Much of our suffering is caused by the fear of something that hasn't yet happened, e.g. an operation that 'might go wrong'. A positive way to deal with fear is to first begin a process of catching the mind in the act of worrying and then firmly bring it back to the immediate 'now' of whatever you are engaged in, whether it be driving the car or bathing the baby. The worst fear is the fear off the leash. Mind training through meditation will

not only calm the fears but also gently and steadily bring intuitive wisdom into daily life.

Everything that happens throughout each lifetime contains a seed of growth, but suffering has the biggest of all because these are the seeds of challenge. It is because we don't like suffering in any form that we seek to overcome it, avoid it, understand it, and thereby drive the mind into places it would not otherwise go. Suffering offers us the chance to examine the way we live, the way society behaves, and the meaning of life itself. It also provides the fertile soil of compassion.

We are told that the highest form of energy in the universe is pure love. We are also told that awareness is raised through the experience of love. Compassion is the reaction of love to suffering and therefore another indication of the value within adversity, for if we had no suffering in our lives, we would have no motivation for compassion either. So we can see that as the love of compassion rises from within us and reaches out to others on the wings of thought, so the awareness of the world is raised by another small spiritual notch.

"... ye shall learn the lesson that each day giveth thee; and ye shall find that time will unfold the blossom of thy life and bring forth the fragrance of thwarted effort and uncomprehended love, so that all the mute endeavour of what ye thought wasted years will be garnered as graciously as the ripened fruit when summer wanes."

Saint Francis of Assisi

From 'The Shining Brother' by Laurence Temple

Holistic Hospitals – the Way Forward?

Lynne Arcos

A simple question made during the long, tedious and difficult hours spent in hospital with my husband sparked off an amazing sequence of events with far reaching consequences.

The question: “I am a reflexologist: could I help by treating patients other than my husband while I am waiting here in the hospital day after day?” The question was addressed to a registrar and her enquiries went through the hospital chain, from the top.

Several days later I was introduced to the hospital’s resident reflexologist, who turned out to be a former student of the school I had trained at, only the year after myself. It seems that he had been trying for some considerable time to bring more therapists into the hospital, but with little success. Complementary therapies are not at the top of the wish list in the cash strapped NHS.

Eventually two of us started on a voluntary basis one day a week to help the one full time paid therapist.

The hospital is a Centre for Excellence in cancer care and research, which opened in Cardiff in 1956. It has two in-patient wards, a specialist ward for treatments and isolation for immune system compromised patients, a very busy day ward for procedures such as bloods, infusions, pic line and Hickman line fitting, and two chemotherapy outpatient wards, together with a huge radiotherapy area and small theatre. Sadly, the outpatient waiting room is busy and full day after day.

We had little structure, no formal policies and no precedents to base our working practises on and so we learned on the hoof. An advantage was that, because this had never been done before, there were no

rigid rules and few restrictions. Few of the medical staff, I think, initially were aware of what we were doing anyway. The disadvantage perhaps was that we were not taken too seriously - “Oh you’d like your feet tickled wouldn’t you Mrs. Smith/Jones/Evans?” was a commonly heard remark. We knew we had a tremendous amount of very hard work ahead of us to change attitudes and introduce this holistic approach to a largely scientific set of individuals with fixed ideas.

No accommodation was available for us so we began by just being on the wards and in the chemotherapy departments as often as we could, making ourselves known and treating as many patients as possible on a fairly casual basis. We also regularly talked to nurses and staff, trying to show them just what was involved in a treatment and how it could yield fruit. A quick Reiki treatment on heads and shoulders in staff rooms, or a rapid foot treatment soon became popular and nurses especially, began to refer patients themselves. Very gradually referrals came from doctors and we were eventually allowed into formal ward meetings. This ensured that referrals came from doctors, social workers, nurses etc. Now we are called in for pain control and symptom relief as well as relaxation and emotional support. The referral system has become formalised – so more paperwork!

The NHS is a curious and rigid machine with its very own ways of working and soon we had to formalise our position. Policies and Procedures were the order of the day. We might be good with feet but structuring what we did was a necessary but extremely onerous task. There were few precedents so we really were on our own in breaking new ground.

So where are we now, 4½ years down the line? We are now ‘Integrated Health’: paid workers with 2 full time therapists, 5 paid

part timers, a training school for therapists in specialist cancer care and 2 regular clinics for staff and carers. We also attend ward meetings, have referrals from staff nurses, social workers, doctors and consultants. In fact, we are an integral part of the hospital. Apart from our reflexology treatments, aromatherapy and Reiki healing are now offered and there is also a greatly valued but overstretched counsellor on the team. All this means more meetings, more paperwork, auditing, etc. but this is a necessary aspect of becoming part of the NHS system. Patients are treated during chemotherapy and various intrusive procedures such as chest drains and aspiration and bone marrow retrieval.

Well over 2,000 patients have been treated each year, both in the hospital and as outpatients in outreach centres such as local hospices. It is always the patients who are our driving force and our motivation for future progress.

My own journey has been emotionally challenging, as my husband died at the time that I joined the hospital, but I would not be where I am if it had not been for him. My work with cancer patients and their carers and staff has provided me with a focus for each day and a forward goal. I have had little time for sad inward reflection and I consider myself to have been very privileged to be able to do what I have done.

It has been a joyful, frustrating and immensely rewarding journey with many more miles to go. The patients make every bit of it worthwhile. They lift your spirits daily and teach you the true meaning of life.

This has to be the best job in the world and hopefully, in the very near future, every hospital will offer a completely holistic service: the best of conventional medicine backed up with complementary therapies. Patients deserve no less.

The Garden of Happiness

I dreamt that I died and found myself looking through tall gates into a beautiful garden. A Being who stood close by came to me and said, "This is the Garden of Happiness and I am the gatekeeper. Would you like to go in?"

Beyond those gates stretched a land with everything I could ever wish for: blue skies, beautiful trees and bright perfumed flowers, birds and butterflies, celestial music in the air and luxurious loungers with trays of favourite food and drink by a swimming pool. Who would not wish to enter?

I was about to make my eager reply when I noticed the garden was empty of people. I paused and asked the Being why this was. "Well," he answered, 'the garden has been offered to many, and many have tried to live there but none have yet succeeded. 'The fact is' he continued, 'that you can only occupy the garden if you are in a state of complete happiness – that is why it is so called.'

"Is this the only one?" I asked. "The only one like this" said the gatekeeper, 'but there are countless other Gardens of Happiness; some with marble palaces, some with motorbikes and burger bars, some with Harrods and Starbucks, some with a mud hut and two bowls of rice – whatever the human mind can imagine. But they all have the same condition – you have to be completely happy there. "

I turned back to survey this particular paradise through the railings and wondered how anyone could fail to be happy there. "Please" I asked the Being, 'let me try.' "By all means," he said, and began unlocking the gates, 'you may have three attempts.'

Just one foot over the threshold and the warmth of the sun was on my skin and the sights and sounds and perfumes of that magical place came to greet me: this was truly everything I had imagined heaven to be. My heart swelled and a thought popped into my mind: 'I wish the children could be here.'

Suddenly I found myself standing outside the gates again. "You may have two more attempts." said the gatekeeper.

I crossed back into that wondrous place, taking care this time to keep my focus on its immediate delights. I walked over soft green turf to the pool, sank into soft cushions and looked up at the sky as feelings of happiness and satisfaction swept over me. There by my side were the most tempting dishes of foods and pitchers of cool aromatic juices, which did not disappoint as I ate and drank my fill. "This is the life." I thought. "All I need now is a big box of chocolates."

Once more I was on the outside looking in. There was no hint of judgement in the Being's eyes as he told me, "One more try."

This time I hesitated; the garden was without doubt the most amazing and beautiful place but this thing about happiness – what did it really mean? Was I capable of being in a permanent state of happiness and anyway, would I find it boring if I was, and if I was bored then I wouldn't be happy.... I wanted more time to think but the gates were already open and their keeper was signalling me to enter.

Confused and unsure, I moved to the entrance, only to be met by an invisible wall. Several times I stepped back and then forwards but each time

my way was blocked and with a rising sense of disappointment I knew I had failed and the garden was lost to me forever.

The Being closed the gates and embraced me with compassion. "Do not be sad, little one," he said, 'for now you have learned that happiness must always be a passing thing and what the mind desires today can never totally satisfy. Seek instead the joy beyond happiness; the inner peace and contentment that come from accepting and working with all the experiences life brings to your door – happy and unhappy, successful and unsuccessful, healthy and unhealthy – for they are the stepping-stones of awareness. Ultimately, it's all about Love." he added.

I thanked him warmly and awoke to a new day.

Jane Tinworth

Sometimes when we walk the path of life and we look far ahead, we tread on the thorns of uncertainty. But if we know our direction is right, then we can look down and pick our way through the thistles of life. In this way we will overcome much suffering, for life is in the here and now, not in the tomorrow.

Environmental Issues.....

Heads in the *Hot* Sand?

Three hundred delegates from one hundred and thirteen counties attended a meeting earlier this year to discuss climate change and its implications and decided UNANIMOUSLY with that which scientists had been stating for years—that the planet is getting warmer at a rapid rate and that humans are substantially to blame.

The politicians present agreed with everything that the six hundred-plus scientists had declared BUT the IPCC (The International Panel on Climate Change) appointed by the United Nations to review the data was so meticulous that any aspect of the report which was deemed 'contentious, controversial or not fully quantified' or 'not incorporated into climate models' was excluded.

Two years ago a similar conference in Exeter identified potential areas where global warming could be accelerated and thus affect sea levels. These included the shifting of the Gulf Stream, the melting of the polar ice caps and the release of Carbon Dioxide and Methane into the atmosphere from melting permafrost, from the sea bed and from the soil.

Most of the Exeter conference findings were ignored by a more recent meeting and vital issues such as the melting polar ice caps were

virtually ignored. Scientific studies have shown that the ice caps would disintegrate at a much greater rate than previously supposed since the cracking and fracture of the ice during melting would allow warmer water to reach the base of the glaciers and ice sheets through the cracks and fissures thus reaching the bedrock below and lubricating the base. Their estimate was that the sea would rise in metres as opposed to the 3.1cm per decade which the report suggests.

The Potsdam Institute for Climate Impact Research published a paper showing that world sea levels are rising 50% faster today than predicted in the last IPCC report in 2001 (Science, DOI:10.1126/science.1136843)

IPCC recently reduced its estimate of worst case sea level rise in the coming century from 88 to 59 centimetres. Real world evidence was specifically excluded the IPCC said because "it is not yet included in the models"

Further evidence comes from the British Antarctic Survey which declares that the West Antarctic Ice sheet is unstable and that the Antarctic Peninsula is warming faster than anywhere on the planet. The oceanography centre at Southampton has reported that the Gulf Stream which is a key feature of the worlds ocean circulation system slowed by about 30% between 1957 and 2004. This could have major repercussions

for world climate. The IPCC summary however insisted that 'there is insufficient evidence to determine whether trends exist'

(Data Extrapolated from 'New Scientist' Feb 10th 2007)

Then suddenly in early April the IPCC, no doubt through extreme pressure from both scientists and politicians have underlined the extreme situation that the planet is facing. In this apparent role reversal it is attempting to persuade those nations who are reluctant to support the dire statements on global warming, that the poorest people in the poorest countries will come off worst.

The IPCC Chairman Rajendra Pachauri said- *"The poorest of the poor in the world, and this includes poor people in prosperous societies, are going to be the worst hit. People who are poor are least able to adapt to climate change."*

The statement includes a prediction that up to 30% of all animal and plant species assessed are at increased risk of extinction if the global temperature rises by 1.5-2.5° C

The most immediate threat is that by 2020 it is estimated that between 75 and 250 million Africans will be exposed to severe water shortages due directly to climate change.

Tom Brooks

"You have helped directly to contribute to this (environmental conference) by all your efforts. But be aware that as you create thoughts of harmony and love, thoughts of protection for the environment, individuals and groups have thoughts of the reverse, motivated by selfish interest, interests of profit; they seek to undo the good that you do. Be aware of that. Be aware also that politicians frequently say things and do not mean them. ... The determination of the leadership to do something about this will be decided by public opinion.

Correspondence

Thank you for sending on the WA Trust magazine. I felt empathy with Jo Dew's article. Her experience in so many ways similar to my own... And loved the little article about Bernie and Matthew, especially the picture. I think putting in snippets like these add immensely to the importance of the articles that you write (with Zed's help), and Tom's lovely pictures.

Re: The Climate Tragedy. Australia is having its driest weather for 1000 years (I don't know how they know the time) and farmers are committing suicide approximately two per week.

Patricia (New Zealand)

**

Thank you for sending the magazine to me. I wish to compliment the editor of the magazine on the quality of articles and layout of the magazine. (Autumn/Winter 2006) I have been living at Forres, Moray, Scotland which is part of the Findhorn Foundation for the past six months. An international community with ongoing programs and outreach work in many countries. Environmental programs are but part of the education which looks at eco-housing, permaculture, environment, alternative energy etc. in this spiritual community and the world today.

Keith Rowswell

SOMETHING POSITIVE in the ENVIROMMENT

The world's first commercial solar power plant has recently started operating in Sanlucar la Mayor near Seville in Spain. The plant is in the form of a tower which functions by receiving the reflected light and heat from the sun on to tubular panels containing water under pressure. In the process it is heated to 250° C and the resultant steam powers a turbine which produces 23 gigawatt hours per year.

The plant, known as PS10 uses 624 mirrors or 'heliostats' which are movable in order to follow the sun and each occupies 120 square metres—half the size of a tennis court

These giant reflectors which stand on the ground reflect the sun's rays to the top of the tower where the process is completed.

Plans are afoot to build a further eight towers which it is estimated will produce enough power to supply 180,000 homes—enough for Seville itself. This one plant alone prevents almost 16,000 tonnes of Carbon Dioxide entering the atmosphere each year. The project which cost 35million Euros was subsidised by the European Union with a 5 million Euro grant.

ENVIRONMENTAL SNIPPETS

Don't throw it away-
There's no such place!

An appliance on
'Standby' is still on!

Watch your waste!

One persons rubbish is
another's treasure -
RECYCLE IT!

CENTRAL HEATING
Shouldn't you switch it off now?

When you brush your teeth
do you leave the tap running?

Do you inspect the amount
of packaging before you
buy?

Do you boil just enough for
your needs or a kettleful?

Do you shower or bath? Think about
your water bill AND the environment!

PROBATIONER HEALERS IN DEVON

A problem that has been apparent for a considerable time is the lack of facilities for probationer healers to practice and gain experience outside of their training courses and the healing centres which offer training. This problem has been resolved in the Exeter district by Jean Brooks—secretary of the Exeter Healing Centre. who has organised a twice monthly get together for probationer healers where they can practice healing on each other, have a meditation session and keep themselves up to date on the codes of conduct for Healing. These sessions which will also include group discussions and healing for the environment, are taking place on the second and fourth Friday in each month at the Friends Meeting House Exeter from 10.00am to 12.00 noon. There will be a nominal charge of £3.00 per person per session to cover expenses. Further information can be obtained from Jean on 01626 867277 or jeanbrooks305@yahoo.co.uk The probationers attending should be a member of any of the organisations covered by UK HEALERS.

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.

World Awareness Trust

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Additional copies of the magazine can be obtained from the Registered Office - address above.

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EDITION 3
SPRING/SUMMER 2007

The Bridge of Awareness

A weekend of spiritual direction and experience with international teacher and dynamic healer

Jane Tinworth

30th June & 1st July 2007

**The Totnes Natural Healing Centre,
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Early booking is advised.

The workshop is based on the received Zed Teachings and Jane's 35 years experience as a spiritual healer and teacher.

For details and booking ring 01626-772406 or e-mail info@worldawarenesstrust.org

The Teachings are simple to understand but take a lifetime to execute.

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.

