

Questioner. So you are suggesting that the universal heart lies behind all those forces working for positive change on the planet?

Serge. Yes, and you and I are all being challenged to align ourselves with this heart so we too can be instruments of this change, as it won't happen unless we, the people, work for it. My book suggests we all have a special responsibility to commit to making a difference in those particular areas which call us. No excuses. The survival of our planet is at stake and the spiritual activist is the change maker and we must not leave change to the powers that be, whoever they are (in many instances, they are part of the problem.) Put simply, if we want change in our world - less injustice, more rights for women, less crazy weather patterns, whatever - then we have to put in some effort ourselves. So let us say we want a cleaner environment, it may mean we need to work as an environmental activist. Conversely, if the issue of human rights concerns us, then we may become an activist for human rights. If we are upset at the destruction of our coral reefs or GM crops then we need to put our activism into working to bring about change in these areas.

Questioner. So being a spiritual activist is much more than simply being a good spiritual person and trying to bring good vibes into the world?

Serge. Of course. It includes that, yes, we need the right kind of consciousness, but it needs to be much more than that. To be spiritual today is very much to embrace social and political and ecological and environmental concerns; we also have to face the dark side of ourselves and of our world and not try to escape it. The answer is not to sit on a mountain top in states of bliss all the time, but if we do so, we must be sure to remember to use our bliss as an energy to help bring peace and joy and abundance into the world. Our planet has gradually become de-sacralised. Our role is to bring back a sense of the sacred into the world by working to restore harmony and balance once more, and there are a million different ways that we can do this. If we have the universal heart guiding us, then we can be sure that what we are personally trying to do to make a difference, will be aligned with what other activists working in their respective fields are also doing.

Questioner. None of us can do it all?

Serge. Of course not. It is narcissistic to believe we can on our own 'save the planet'! What we can do is focus on our little piece of the big work. If millions of us do little things, big changes can occur. No excuses!

Questioner. Do you see the many young people around the world who at this time are trying to bring about change, as being spiritual activists?

Serge. Yes I do and that is why I have so much hope. There is tremendous wisdom amongst the young people at this time and they are the voice of our future. They can see what is amiss with our planet so poignantly and every day their voice grows stronger, and this is a wonderful thing. Many of our current world leaders represent the past and they need to move aside and allow a new spirit of leadership to emerge in their place. At this moment a great struggle is going on between those who want to advance life and move forward into the new millennium, and those who want the world to stay rooted in past traditions. Although it is not yet obvious, the former are winning. There is nothing more powerful than an idea whose time has come.

Questioner. And I suppose nothing weaker than one whose time has past?

Serge. Exactly. The old world is rapidly dying. It is doing its best to try not to do so but is not succeeding, and one of our activist roles is to help it do so with minimal pain.

Questioner. So tell me about the structure of your book.

Serge. It is divided into four parts. The first section looks at the importance of the heart and how much of a difference having this mysterious ingredient makes to our lives. I speak from experience as I work closely with Heart energy in all areas of my work. The second section looks at how we can heal our hearts, as to have a full heart we need a healed heart. The third section explores how we may 'grow' our hearts and the last section explores all the many different ways that we can work as an activist. Here, I look at the world situation and what we can all do about it.

Questioner. You also, I presume, talk about many different ways that one may express one's activism?

Serge. Yes. But I see challenging times ahead for us all. This is why it is so important that, as activists, no matter in what area we work, we all learn to live more sustainably, consume less, confront our fear and greed, leave a smaller carbon footprint, and, most important, strive to 'be the change that we want to see happen'.

Questioner. Meaning?

Serge. Meaning, as Gandhi put it, that we make an effort to live our lives according to the values we hold in our heart. So, for example, if we want greater justice in the world, then we need to make sure we treat our fellow human beings honourably, be fair in all our dealings with life, or if we want a more loving world, we need to bring more love into everything we do, or if we want a world without war, then we need to hold peace inside our hearts and make sure that we will have worked through our own bellicosity. This is why the spiritual activist also needs to do a lot of inner work - work on ourselves - as well as outer work. The seminars and courses I will be teaching that accompany this book, focus a lot on this.

Questioner. So being a spiritual activist is quite a responsibility?

Serge. Sure. It is taking responsibility for our own lives and also for the larger life of the society around us. But contrary to what many think, responsibility is actually a freedom and a joy. What all the young people who are protesting in the Arab countries want, is to have more responsibility for their own lives; they are protesting against those who for eons have taken it from them and so robbed them of their freedoms. They are fighting to recapture their souls and though a very painful struggle, it is an immensely noble one. The last thing I'll say is that I aim to start an Institute or a School of Spiritual Activism to train people to be more effective change agents. So if any of you are interested either in doing any of the courses or in some way, perhaps, being part of this institute, please get back to me. See my website www.spiritual-activism.com

Questioner. Thank you Serge, I wish you well with all your ventures.

Serge Beddington-Behrens, PhD, is a spiritual educator, psychotherapist, couples counsellor and life coach who has worked in the area of healing and transformation for most of his life. He takes a deeper approach to life based on recognising the importance of growing our heart life, which in turn enables people more easily to integrate spiritual practice with psychological self-enquiry into a concrete and fundamental transformation of their lives. For further information, see www.spiritual-activism.com



24 February 2014 - 75th Birthday – A Synchronistic Owl

Nick Nicholls

I am attending a 10-day gathering at Frenchman's Cove in Jamaica. On 8 January I met the brother of a friend who was visiting our local area. He showed me a book that he was reading 'Saving the White Lions' by Linda Tucker. I felt that I had to buy the book immediately. When it arrived I put it to one side to take with me to read on the journey to, and during spare moments at the gathering in Jamaica.

On 23 February while reading this book, suddenly I was overcome with fatigue and had to put the book to one side. (Some time ago I had understood this phenomena to indicate that I was being influenced from beyond this physical realm for some reason. In my book, 'Discovering Truth' – free PDF download at <http://bit.ly/RMGceE> - I recount a number of occasions where events occurred that were followed shortly afterwards by a similar event being recounted in a book that I was reading.) Before the gathering I had offered to give an account of some of my experiences associated with communicating with other realms of consciousness. I had said that I would prefer to hear speakers on the first two days before giving my presentation in order to adjust what I would say in line with the theme of the gathering. At the end of the exchanges on the second day (24 February) I was asked if I would be willing to give my presentation that evening. I agreed and duly gave the talk.

We had arranged to dine later that evening a short drive from Frenchman's Cove. A couple of other attendees and I had already taken our seats in the mini-bus and were waiting for the remainder of the group to join us. John, who had a hire car, invited me to join him in the car. (As I had only met John two days previously and did not know him all that well, I felt that this invitation was associated with it being my birthday.) I exited the mini-bus and approached the rear door of John's car. He then suggested that I put my camera in the boot and insisted that I sat in the front passenger seat. I then sensed that something out of the ordinary was taking place as John already had three other passengers in the car.

We set off to the restaurant ahead of the mini-bus, but within less than 100 metres at the side of the track the

headlights picked out a barn owl that had just caught what appeared to be a mouse. John stopped the car about six metres from the owl; everyone was thrilled to see such an event at close range. I realised that my camera was in the boot and wondered if I would be able to retrieve it without disturbing the owl. John explained that in order to open the boot he would have to turn the headlights off. I was rather disappointed that I would not get a photograph of the owl, but then realised that had I been on the mini-bus I would not even have witnessed the event. About 30 seconds later the owl flew off with its prey and we continued on our journey.

John then enquired as to the symbolic esoteric meaning of 'owl' and I had little hesitation in responding 'wisdom'. Only subsequently did I recall that during the gathering we had been invited to focus our attention each day on specific words. The words for that day were 'Wisdom and Truth'. It being my birthday and the titles of my books being on the theme of 'Truth' I began to wonder if the appearance of the owl was a 'birthday gift' from beyond.

We had a wonderful evening and I received a special gift of 'Happy Birthday' sung in Jamaican style by Woody, the owner of the restaurant.

Upon returning to my room I continued reading 'Saving the White Lions'. It is the autobiographical account of how Linda had been saved by a lady who turned out to be Maria Khosa, known as the Lion Queen of Timbavati. Maria was a sangoma, a medicine woman of ancient lineage of lion shamans or high priests, who were initiated in the knowledge and way of the lion. Maria initiated Linda into understanding that everything in nature is connected. Through divination, Maria told Linda that she would eventually have to take on the mantle of 'Keeper of the White Lions'.

By the time I had reached page 213 Maria had died and Linda had engaged a film crew to record her efforts at providing a safe haven for white lions in the Timbavati reserve. The film crew were walking ahead of Linda when she heard screams and shouts.



'When I round the corner I find the film crew standing, looking shocked, all shouting at me simultaneously. Apparently, just ahead of them in the riverbed, a leopard darted straight past and made a kill in the impenetrable riverine bush, meters away. From the squealing in the bushes, the cameraman indicates it must have been a warhog. I can't believe what I'm hearing! Apart from being extremely reticent and actively keeping away from humans, leopards are nocturnal predators, by nature hunting at night. The likelihood of such an event occurring in daylight, and with all the disturbances of loud human noises, is probably a million to one. I can't help laughing out loud, although I don't attempt to explain my exuberance to the others. Maria always had a particular penchant for spectacular drama, with a humorous twist. Without a shadow of doubt, I know she is here with me! ...

'Understandably, the crew didn't see any message in yesterday's leopard drama. They looked shell-shocked that a lethal predator should have made a kill so close to them. And they were also equally disappointed at not being able to capture any aspects of the dramatic leopard incident on film. The fact that they have nothing by way of record of the incident makes me smile. In shamanic circles, Maria's elusive appearance and disappearance would be recognised as the work of a "spirit leopard."

Here was an account of the manifestation of an animal in unusual circumstances, similar to that in which we had seen the owl. I had been invited to travel in the car after having already been seated in the mini-bus; I was disappointed at being unable to take a photograph to record the event, and all occupants of the vehicle would swear that they had seen an owl with its prey. Having previously experienced encountering owls in unusual circumstances on a number of occasions, I had little doubt that the manifestation of this owl, specifically on my birthday and in conjunction with the word 'wisdom' on which we had been invited to focus, was a symbolic communication from beyond this physical realm. The more we become in tune with 'nature' or 'The Universe' the more we are likely to become aware of similar experiences.

Nick Nicholls has been researching metaphysical aspects of consciousness since 1985. He is intermittently contacted by deceased persons, (both known and unknown) who wish to communicate with those left behind or who appear to be lost and require help in some way. Communication is frequently in the form of poems and his personal synchronistic language with other dimensions. In particular, since 1993, he has had frequent contact with deceased military in order to aid their continued journey. His first autobiographical book 'Discovering Truth' is available as a free PDF download at <http://bit.ly/RMGceE>



Sustainable Medicine: the rebirth of wisdom and compassion in healthcare

John Kapp

This is a report of a conference held on 9.11.13 at the University of Westminster, London, attended by about 70 people. It celebrated the joint anniversaries of the Scientific and Medical Network (SMN), which was 40 years old, (founded 1973) and the British Holistic Medical Association (BHMA) which is 30 years old, (founded 1983) whose founders were inspired by the SMN. It was chaired by **Dr Peter Fenwick**, president of the SMN, and **Prof David Peters**, founder member, and former chairman of the BHMA.

The conference expressed concern about the findings published in Pulse magazine last June, of a survey of about 2,000 GPs, which showed that they have low and deteriorating morale, and an increasing proportion intend to leave the profession. 43% said that they were at 'very high risk of burnout', and 97% said that 'they do not think they are positively influencing other people's lives or accomplishing much in their role'.

The bad news is their questionable fitness to heal others, yet each of our 30,000 GPs in England sees an average of 40 patient contacts per working day. This totals a million per working day, and 300 million pa.

The good news is that they are now responsible for £65 bn pa, (2/3rds of the NHS budget) which is an average of £220 per patient contact. GPs can now decide on which treatments each £220 is spent. Under the BHMA's mission of: 'physician heal thyself', the conference heard about the following opportunities on which GPs could spend this money to improve their own, and their patients' health.

Dr Chris Irons, of the Compassionate Mind Foundation (www.compassionatemind.co.uk) has been successfully using Dr Paul Gilbert's Compassion Focussed Therapy (CFT) with psychotic patients. He spoke about the science of compassion, and explored its evolutionary and neurobiological perspectives. He described our mind/brain nervous system, which has evolved over millions of years to survive dangers, and is driven by different hormones released according to our perceived environmental circumstances.

We counter threat with cortisol, the flight/fight response, termed the red system. Our motivational drive and striving comes from dopamine, termed the blue system. Our healing comes from soothing with kindness and appreciation from oxytocin, termed the green system.

To be healthy these 3 systems have to be balanced. However, the stimulation of modern life tends to lure us into stress in the red or blue, with not enough time in the green.

Sickness is caused by ruminating too long in an angry mindset in the red, or striving too hard to do the

