

## Profile

### Unconditional Community Consciousness

26 January 2008

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#### SIMPLICITY OF LIFE

*Life is very simple really. It's we, ourselves, who complicate it, for many different reasons and in many different ways.*

Hello again Everyone!

I'm so glad to be writing another *Profile* to you this weekend. Time has passed so quickly and I see that we are at the end of another month. We can be sure that time will go faster, not slower so I feel it's important to stay in the moment and to really enjoy each one as it presents.

There are many reasons why I refresh the Centre's mailing lists so regularly. The main one is that my Work is always a dialogue, it's not just me bleating my opinion at you, however fun it might be for me to hear myself speak. By you reaffirming your willingness to receive the sharing as it comes through me, you are in effect taking your share of the response-ability for your own growth. And of course I enjoy sharing the moment together because I know each and every one of you by name or email if not personally and often connect with your energies as I write.

It's been an exceptionally challenging time for many of us as the energies have been so volatile these past few months. These have been called the energies of 'Ascension', where our World is moving towards a different consciousness and understanding of the unity of Life. I feel so very privileged to be a part of it, as are all of you a part of it if you are reading this.

The recent energetics have for the main part been *internal* which means that they are clearing our inner bodies and there has been nothing we can actually *do* about them. We just have to sit tight within them, to just *be*, and to know that sooner or later (I would wish, sooner), they will transform, or transmute. Quite a few people have been 'sick' or 'ill' within this process, and quite a few too have passed over. Whatever has been, it has been perfect for your own spiritual growth as you have determined for yourselves according to the journey of your own soul. Remember, we are all spiritual beings having a human experience, not the other way around.

You'll remember that energies change - all the time. They either change *around* us,

When I teach Simplicity, I often use the anagram of a flower.

First of all it would be helpful to remind ourselves that all of Life is interconnected. So when I'm talking about a flower, what I'm sharing can also be taken in context about ourselves, about a dew-drop on a leaf and about a picture frame on our piano. Anything, really.

Everything vibrates with Life, because everything is made of energy and is therefore alive. There is not one thing that is not made of energy, all moving and vibrating at different frequencies. Everything has a Life of its own as well as being an aspect of God, and as such is a spiritual being in its own right, of some sort. Today, though, we'll just stick to the physics and harmonic resonance of it otherwise it'll just get too complicated. Another time though if you wish we can go deeper in terms of the mysteries of Life. In any case this is something I would prefer to teach in person, because it needs to be *experienced* in many different dimensions rather than just read in black and white words. For now, though, words will have to suffice.

We've spoken in an earlier *Profile* that every frequency has its own musical note, so each person - every single thing in the universe - is playing its tune in one giant orchestra in terms of vibration. When we train ourselves to sense, feel Life in different ways, we can also train ourselves to tune into this beautiful symphony. I use the term 'train' here loosely of course, because we all know how to do this really. Most of us have just forgotten.

We are literally *touched* by the energies of everything around us, because everything *does* touch us, truly, which is how, when we are still (or when we are practiced, we can be still and very busy at the same time) we can *feel* things. When we are *in touch* with things and feel them in our *beings*, we are *in touch* with our own sensations arising from these vibrations around us. We find then that we are connected with the whole harmony of Life.

All of Life.

Especially and including our own.

It's a beautiful process, because of course all of Life is beautiful, there is not one thing that is not. All we need to do is to shift our perspectives into unity consciousness and the fact that rather than being independent republics we are each of us cells in a mighty larger organism in order to embrace the

or *within* us. Energies are always vibrant, never stagnant, unless we hang onto them to make it so. With our intention, we either allow them to move in and out of our lives, bringing in new experiences (always joyful, we find, when we stop being *victims* of life and allow Life to flow *through* us), or we hold onto them in terms of stuffed emotions or toxic belief systems - and thereby cause them to stagnate (always *within* us that are then reflected in our external worlds).



The most wonderful thing for me though whenever I refresh our lists is that I get to hear from you more than usual. Well, this happens after every *Profile* anyway, but more so I suppose around year-end. Some of you have also shared your own readings with me. On a few occasions you shared your readings on what you felt was going on for *me*, too, and it was delightful to receive these gifts - and for you to know that you were accurate! So take courage and confidence in your own talents and continue! Excellent situation!

"Thank you for sharing your love in the ways that you do," one wrote from the US. "I wanted to be the first to reply to your call to reconfirm, because the Work has made such a huge difference to my life," wrote another from Cyprus.

"When I read your comment about whether I was being Who I Really Am or doing things to please other people, I knew that it was time to make a change," wrote another, also from Cyprus. For you who wrote this, and for anyone else who is in process of making Life changes for yourselves in how you relate with others, please know that it's quite normal for others in your lives to react angrily at first. This is because others *feel* the changes in you, and because they aren't yet open to the sort of Life philosophies we are bringing about for our people, they will react in aggressive ways because of their fear of loss. With understanding of this, you will be able to help them through this part of your process with compassion, giving reasons that they can live with in comfort during the interim period of your relationship changing (for the better, usually) and not give your own knee-jerk reactions in return. Much more harmonious resolution this way, and a much gentler approach too.

"Do we really have a True Self?" another, from the UK, mused. "Does a *'Self'* really exist at all?" This was a great entry into deeper thought and potential discussion, had Doris, my laptop computer not decided to go on



whole.

To return to the Simplicity of Life, we will return to taking a look at the flower, then.

Each flower starts life as a seed. Within this seed is contained everything the flower ever needs in order to grow to full bloom, to reach her full potential.

And so, with humans, the seed contains everything that we need to grow to full bloom, and to reach our full potential too.



As the flower buds, and grows, so do we.

As the flower puts out first one tentative leaf, and bud, so do we. As she grows, she knows that the only purpose of her existence is to bloom and to be the best and most beautiful she can be, for

herself. This celebration of her very *being* is her joy and the expression of her Godself as Love.

Like the potential of our own lives. We are intended to be the best and the most beautiful that we can be, for ourselves. This is our joy and the expression of ourselves as Love. That's all.

The flower is watered by the rain, loved by the sun and cherished by the moon. She is nourished by the earth.

We as well are watered by the rain, loved by the sun and cherished by the moon. We are nourished by our earth, in more ways than we remember - or care to - in today's world.



And so she grows, our beautiful flower, until maturity and beyond. She is not afraid to share her beauty with the entire world because she knows that is what she is in existence to do. She sounds her personal musical note joyfully and with no fear to

the sun, to the moon, to the rain, to the earth. To everything and everyone that will listen and who might in turn join in her expression of Love, beauty and truth of being with their own musical note. In this way, whole gardens sing together, each

strike around the same time. A friend in Australia told me a while ago that when our computers act out, it's because the Mind is overworking, so I took notice.

Doris took 8 days to fix and during this time I took the hint and decided to just *be* and be still. In the stillness, you see, there is greatest potential for creation. It doesn't mean we sit underneath a banana tree smoking pot or anything, it does mean, though, that we *are* our own island within a world that is either confusion, or chaos. Or both. We are very *present* and we become *the observer* of our own lives as well as those of other peoples'.

"I had a wonderful time during Christmas," a friend said to me at the beginning of this month. "I can't be bothered with all this personal peace business. I much prefer running around with the stress, doing loads of things and meeting loads of people."

Oh, I thought to myself, whilst searching for the right words for her to hear *peace* in a different way. It's not like that at all. We can be *at peace*, that is, with ourselves, and still be exceptionally busy. I usually find myself working 14-hour days and most weekends too, because my Work is my joy and my privilege to share, and I am usually at peace within myself. For me this means that I know exactly what I'm doing, why and how, so the energy I use for something is placed, by me, very deliberately into any project. Or thought.

It took me a very long time to come to this place within myself. I do nothing that is not deliberate and for it to be so it must *feel right*. If it doesn't feel right I either just won't do something, or I think very carefully about all outcomes if I intend to proceed.

I know I can't control relationships, the outcome of situations nor joint experiences - but I know that I can manage *myself* in these as long as I stay centred. And whenever I feel something is not working, that I'm not centred or that the energies are starting to free-fall for whatever reason, I make a decision, very deliberately, on how I might wish to engage in that moment and/or beyond. Or not.

Going by how I *feel* about something means that I get a lot more done with a lot less energy. Doors seem to open easier when I'm sensing something out because we are connected with our own universal wisdom. If I find, for whatever reason (usually stress, or fear), that I *don't know*, I then have two choices. I can speak with a friend to gain clarity or to see differently. Or I can do nothing, deliberately, sitting in my own stillness. Our inner wisdom is always there - it's just that sometimes we need to consciously reconnect. Divine Right Order takes care of the rest. In any case, there is

existence holding their own musical note within the harmony of Life and those who pass by to admire also add to this beautiful and harmonious song.

What is fear anyway, in the purity of this existence? Eh?

Then, having fully lived her cycle of Life, singing her song to the fullest she can in any moment, her cells slow down their reproduction of self, and she starts to degenerate. It is intended, because as Life gears up, it must also wind down. This is a natural cycle and a part of Divine Right Order. We sometimes call it 'nature'.

Before 'dying' however (this means changing form in terms of the natural rhythm of Life and not, gasp! shock! the end of life forever as we know it) she throws out a seed, in much the same way as we produce our babies. And so the expression of the Life of the flower, or whatever Life form it is that we are looking at, continues. Each generation might be slightly different, though, because Life is in reality a spiral, not a circle. We never return to the same place from which we started. We cannot, because of experiences or expressions of Life always cause us to grow in some way.

Always. And forever.

If this is *Life*, then, and each flower, leaf, tree, animal etc is living Life in their own ways, ehm, what happened to us then in terms of our humanity?

What has caused us to be in such dis-chord with not only ourselves, but with the whole of Life, wherever in our Universes this might be? Our earth, our universe too? What has caused this within ourselves?

Well there are very many answers to this and most of them relate to a separation of Self from Spirit, or a denial of that which is (had always been found) *within* us all. Our inherent wisdom, our Guidance, our intuition, to name but a few. We can have a few gatherings to explore what this means for you if you wish. It's too big a topic to explore here and of course that would defeat the purpose of the *simplicity* of it all!

I just wanted to start to conversation, though, and perhaps a little pondering on your parts too. Any sort of thinking, pondering, questioning on this type of topic is all a part of our growth - and growth, into our full potentials and ascending into and beyond ourselves, is what Life is really all about. For everything.

nothing that cannot be fixed.

Life is so simple really.

Of course I am also human (ehm, very human, as those of you who know me know very well), and I also get tired and out of centre. And when I'm tired I get cranky. And sometimes there also arise people and situations that I don't like nor enjoy. When these happen, I know what to do to manage myself until that particular moment passes, or that particular energy is resolved. Everyone is different, of course, but I find that generally when we take care of ourselves before we try to take care of others, life becomes more respectful, and more harmonious all round.

And full of love, too, because Love is who we be, not what we do.

Lots and lots of love from me to you for now. Well, for ever, really, because for many of us this is not our first lifetime together, and I don't expect it to be our last.

Anna. Of Cyprus

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[More on Anna click here](#)



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## COMING HOME TO OURSELVES

It was wonderful to see recently how many people have come home to yourselves with new awarenesses together. Just a gradual 'slotting' into place, of deep realisations done simply. It's a beautiful process to watch and to be a part of too.

When this happens our Work together changes, depending on what you wish to explore. It certainly becomes more profound, with many unable to speak for long periods as you resonate to the energies - to Spirit, to the God within us all - taking time and a different rhythm to integrate into the fullness of your beings before rising at the end of a session. The healing is beautiful

## RELATING SPIRIT TO DAILY LIFE

*Remember that*

- All attack is really a cry for help, irrespective of what it appears to be. How would this knowing assist you if you were to live this every moment of every single day of your Lives? I don't have the 'right' answer for you. Only you have this for yourselves.
- Most people don't look each other in the eye. Do you do this at all when you are communing with another? Our eyes are the windows to our soul, it is ourselves looking *out*, not the world looking *in*. When we look at each other when greeting each other or in dialogue, it makes the world of difference to that connection. On the spiritual planes, expressed in our humanity, what we are really doing is acknowledging each other's *Presence* in each other's Lives, at that very moment.
- When we wish to receive something from someone, the Universal Law is that we *give it first*, without expectation of its return to us in any way. It will always return, you see, because it is *our* energy that we are giving out, it belongs to us and will therefore find its way back to us either unchanged or in similar form. So if we require for instance love, understanding or compassion from someone, we must first of all be loving, understanding and compassionate towards them, and so on. The same Universal Law applies when we are giving out the energies of, say anger or hatred. These come back to us, multiplied. There is no change in principle.

*With love from me to you as you ponder.*

too: as we grow in realisation we find that disease, chronic pain and all the rest of it, often disappears from the physical. "Oh boy, a miracle," people say. "Not another one," I think to myself.

Group gatherings are powerful too, with the vibration of Unconditional - or Divine - Love, being held for longer and longer periods of time together because of group dynamics.

The ultimate gift of both is that we take this resonance with us into our families, our communities in whatever way, to share freely, and Life then often flows differently for everyone.

As I mentioned last time, our work together can be looked at in different ways. Well it's two parts of one whole, really, like the whole of Life.

I teach many paths, one of which is "Know Yourself, and the Truth Shall Set You Free."

The first part of this can be called the Journey, or loosely, *'building the personality'*, itself very important to our Life's processes as we get to know ourselves in very human ways. We have to know ourselves in order to accept ourselves, you see, weave this into our everyday lives, and through self-knowledge and self-awareness we come to know others too, with relationships deepening into Joy and Grace and the thread of Unconditional Love running throughout. Very beautiful work.

We have to build the personality before we can go *beyond* it, into the deeper work, that of the mysteries of Life, or the mysteries of the Universe.

Creation. Specifically and deliberately.

If you like, we can call this 'The Journey of the Soul', but both parts are one, really, because I see that every single thing in Life is a part of this very special Journey. There is nothing that is not.

It is all about Life acknowledging, knowing, seeing and understanding itself through experience. This leads to self-expression. Ultimately, we grow within it all. Not a single experience, not a single expression of Life in any way is *'wasted'*, or for *'nothing'*. In this way, as we reach into our full potential - or learn too by *not* so doing - we grow. And as we



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### INTERESTING SAYINGS

***"Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it."***

**-Helen Keller**

This quote by the amazing Helen Keller speaks to that part of ourselves that clings to a false notion of security. By this, we often feel that we 'should' trade freedom and happiness in order to obtain this 'security', or anything else we feel we might need in order to be 'whole'. In the end, though, we get neither freedom nor security.

***"Do not go where the path may lead, go instead where there is no path and leave a trail."***

**-Ralph Waldo Emerson**

How wonderful it is to do things 'our way' - or any way that is outside the box of everyday thinking! When we give ourselves permission to be this way, we never know who is taking permission for themselves to do the same.

***"He who controls others may be powerful, but he who has mastered himself is mightier still."***

are aspects of Spirit or God, Spirit grows, God grows and Life grows too. God expressing God-self, Life expressing Life-self, us expressing our Selves, ongoing and forever.

Very beautiful.

It's not a race, nor is it a competition and everyone does it in their own way and in their own time so we really can't be looking to the right or to the left of us at other people. It's about *you, me, us*, and what it is of our Lives that we might wish to embrace Or not. That's all

My son asked me recently what might be a good profession for him to consider when he finishes university.

"Just do what will make you happy, darling," I said to him. "Then you will be making not just a living, you will be making a Life. Money is an energy anyway, it flows much easier when all channels are open and not stuffed by stress or limiting belief systems. Just do what you Love."

"Come and talk to me about industry sectors and qualifications," said his Dad, ever practical. Such a perfect balance, our family. You have to have a connection to both the spiritual and the practical in order to have a balanced Life. "You two are so *funny* together," smiled a friend who knows us both well.

So I just wanted to acknowledge all of you who have taken the response-ability for coming home to yourselves in the ways that you have. It takes a lot of courage to do this, to express yourselves in your own, very special ways. Sometimes too in a quiet moment we might think it's a lot of effort for perhaps 'nothing'. We all do the best we can and sometimes might feel we are taking one step forward and two steps back. We might sometimes feel we are swimming in treacle but you know, the more we sit in our awareness, the more we experience our own stillness, the easier it becomes to touch ourselves - and to stay there. Rest assured that it's not *what we do*, it's *who we be* that ultimately makes a difference to our world.

### IF YOU LIVE IN AUSTRALIA (OR PLANNING TO HEAD THAT WAY NEXT MONTH)

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*You might wish to consider the following given by two very dear friends of mine*

-Lao Tzu

No explanation needed here for all readers!

*Have a wonderful day!*

*all articles*

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**When Spirit Doesn't Matter** is for everyone on a spiritual path who is ready to realise and release all conscious and unconscious limitations. It is facilitated by Sharon Snir (right) and Helen Barton.

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*Date: Saturday 16 February 2008, Randwick, Sydney. Contact Sharon on +612 418 249739 or via email below.*

**SHARON SNIR** - Gestalt Psychotherapist, energy practitioner, international presenter, group facilitator and author of *The 12 Levels of Being*. [www.sharonsnir.com](http://www.sharonsnir.com) or email [sharonthru12@optusnet.com.au](mailto:sharonthru12@optusnet.com.au).

**HELEN BARTON** - International channel, counselor, teacher, astrologer, group facilitator and author of *For I am John*. [www.johnthebeloved.com](http://www.johnthebeloved.com) or email [insight2@bigpond.net.au](mailto:insight2@bigpond.net.au).

