



*I wish you a Merry Christmas  
& a wonderful 2008!*



## Our Power to Participate

Many of you may know of Gregg Braden, the scientist whose interest in ancient wisdom is helping to bring together the wisdom of both ways of understanding life. Well I was looking at his website and found the following to be a useful reminder of our power and role in life. I thought it may help you too: *"..we are part of, rather than separate from, the world around us. As part of everything we see, we have the power to participate — not control or manipulate — but to consciously chart the course of our lives and our world. Please don't be deceived by the simplicity of contemporary philosopher Neville Goddard's words when he suggests that all we need to do is to "assume the feeling of our wish fulfilled." In a participatory universe of our own making, why would we expect that peace, healing, and a long and healthy life should be any more difficult?... The key is our ability to feel as if our dreams have already come to life, our prayers already answered, and live from that feeling. There is a subtle, and yet powerful difference between working toward a result, and feeling from that result. When we work toward something, we embark upon an open-ended and never-ending journey. While we may identify milestones, and set goals to get us closer to our accomplishment, in our mind we are always "on our way" to the goal, rather than in the experience of accomplishing our goal. This is precisely why Neville's invitation to "enter the image" of our heart's desire and "think from it" is so powerful in our lives.*

## The 84th Problem

A farmer asked the Buddha for help with his problems. To all of them the Buddha said "I have no advice for you about this problem". The farmer retorted "Well, what good are you if you can't help me with any of my problems?". The Buddha said "I can help you with your 84th problem". "What problem is that?" asked the farmer. Buddha responded "Your 84th problem is wanting release from the other 83 problems."  
If we can defuse our inner triggers to our problems we can more easily handle them with calm equanimity. A challenging but worthy New Year's Resolution perhaps?

## Cosmic Quip

"What the caterpillar calls the end of the world  
the master calls a butterfly"

*Richard Bach—Illusions*

## Positive Youth

We hear so much about all the dreadful things that young adults and teenagers are doing and when I read about these two students I was struck by the amazing work they're doing. When I was their age I was a long, long way from their dedication and success! There's so much hope here for our world.  
*24-year-old Hugh Evans, who has a Bachelor of Science degree from Monash University is completing his Law degree. The humanitarian career of Hugh Evans began at the age of fourteen, when he spent a night at a World Vision project based in a rubbish dump in Manila, Philippines. The 2004 Young Australian of the Year is the founder and Director of the Oaktree Foundation, a youth-run aid and development organisation. He also produced the 'Make poverty history' concert in 2006, Australia's largest ever youth-run charity event. Also contributing to society is 22-year-old Monash University graduate Dilani Kahawala for her work in the area of Theoretical Physics -- Quantum Gravity. Dilani will study the foundations of quantum mechanics and general relativity, and test the fundamental assumptions on which they are based. She will aim to find a unified physics theory that can describe atoms to galaxies. She is also keen to reinvigorate pure scientific research in Australia, building bridges between the researchers, engineering applications and wider community.*

## Sessions & Workshops

I'm available at  
The Omshanti Centre, 24 Terang Avenue  
East Burwood  
Call me on **0413.313.440** for an appointment or workshop.