

the atmosphere described above, this makes for a very special mix. So much so, that people return again and again, - many facilitators recognizing CAER's ability to act as a magical catalyst for transformative work.

## AWAKENING

by Jo May

Next time you watch TV, notice how many people's left side of the face is sadder or more closed than the right. Organisation of the facial muscles is under the control of the opposite brain hemisphere. For so many people the emotional, creative, holistically perceiving side is shut down.

There is an urgent need for humankind to become awake. People who live close to Mother Earth, like the American Indians, say that she is currently deciding whether she has had enough of us. From the perspective that we are cells in the planetary nervous system, it is obvious we are creating synaptic overload.

The methods developed by the Human Potential Movement in the 60's and 70's have now disseminated to a lot of people many of whom probably do not even know about their origins. The time has come, however, when ways are also needed to help move people from personal to planetary awareness - a move towards expansion of consciousness as it relates not just to ourselves, but to those with whom with whom we share the planet - human and non-human.

### **Earth is in Decision Time**

Evolution entails transcending the boundaries of the self - at least, the self in its current version. For this to happen it is not enough to "get it out", or to bash Mum or Dad on a cushion. That may be appropriate to gain some release. But it's only a first step.

If it is true that the Earth is in "decision time", it is possible that she may also be trying to communicate with us. Part of this communication takes the familiar form of "look at what a mess you're making". The medium for this communication is energy in the form of economic, social, political and ecological stasis. These are manifestations of energy easily recognized because they are material.

Another part of the communication might be "things in yourselves that need attending to". The energy here is harder for most people to perceive because it is psychological and spiritual. Humanistic and Transpersonal Psychologies have begun to show us how to attend to ourselves in these ways. By freeing ourselves from fear, and gaining clarity, we have been able to empower ourselves to make changes in the areas that seemed important. What has "seemed important", however, has been limited by our perception.

The planet may also be saying: "There are other things you need to attend to. Hear me speak to you directly. Open gates in your minds so that I may speak to you more clearly."

But we may not be able to hear, because we may not yet know what we are supposed to be listening to. Why is it Shamans say that "Psychologists are merely dabbling in Shamanism"? Because in attempting to heal people from our current psychological perspectives we are only attending to a fraction of what influences them.

### **Kicked Awake**

Some years ago I was standing in a misty field in Cornwall at dawn with a circle of people on a Vision Quest. A Medicine Man was berating us for our laziness in seeking our visions and called on powers to help us. I sensed that he was aware of realities we couldn't even guess at. In humility I made a silent vow not to do anything phoney to please him but to be real. Instantly something hit me from the ground up, and I was kicked about eight feet backwards through the air, and knocked unconscious.

When I recovered about twenty minutes later, most of the circle of people had gone. I had so much energy I had to run around the field four times. As I lay on the earth getting my breath back, my purpose at this time came to me.

Two years later I asked Harley Swift Deer about this. "It could be one of three things" he said. (Three?!) "The Whipper, a Thunder Being or your Higher Self. I think it was your Higher Self. When you make a vow with intent, it can turn around and kick you awake."

### **Star Soup**

More recently, on the recommendation of visiting Medicine Women from California, I spent a night in the main passage of the fogou. I had a distinct impression that I was not to sleep because a presence in the fogou wanted me to "see the lights", an impression which at the time was meaningless.

Just at the point of dawn, I saw thin spirallike filaments swirling in front of my eyes and around the main capping lintels of the passage. At first I thought this was a retinal image (much like "floaters" or dead cells on the eyeball). But I had never experienced any such spirallike phenomena before and they seemed to be moving independently of my eye movements. They most closely resembled the whorls on fingertips, but lots of them, interlaced and moving gently.

Then, suddenly, they burst into hundreds of tiny pricks of light, like stars, moving gently, with the occasional streak as if some of them were shooting stars. The whole passage appeared to be filled with what can best be described as a "star soup" which flowed in and around the stones. Somehow, I "knew" that what I was seeing was energy, which, although subtle, was clearly "there".

## Loosening Inbuilt Programmes

I have been playing with ways of creating contexts for such experiences for others. The following has consistently proved to be potent: The intention is to create an atmosphere of trust, entering the unknown, rattling of programs, culminating in a brief exposure to Mystery.

The group divides in two, one half blindfold and helping each other into the depths of the fogou. One by one they then feel their way, alone and still blindfold, up the passage of the fogou and into the "creep" - a smaller passage off the main passage through which one has to stoop in order to gain entrance. Their journey is accompanied by rattles and drumming. Once in the creep they are led out on a Blind Walk. Meanwhile the fogou is dressed with crystals, flowers and about one hundred candles. The whole group is then led blindfold into the main passage, and one by one are led up to the dressed portion of the fogou - a part at the end of the main passage where there is usually a pool of water so that candlelight is reflected. As they approach they are given, via an intermediary, messages from the "little people" who usually oblige with enigmatic riddles that are invariably pertinent. Each person is invited to hold an issue or question in mind, and then their blindfold is removed to the accompaniment of soft chimes or bells.

I recount these experiences because they have served as looseners of inbuilt programs. And loosening programs allows other possibilities, other perceptions, a bit more clarity. Maybe even awakening for the right side of the brain.

# TOUCHED BY CAER

by Jan Adamson

*Jan Adamson delivers training in counselling and communication skills to a wide range of people throughout the South-West. She also masters Enlightenment Intensives and is an artist.*

I had heard of Caer on the West Penwith grapevine, but somehow had never managed to actually visit, or do one of the many courses advertised there - a combination of inertia on my part, and a full time involvement with painting.

I enjoyed painting but felt increasingly restricted by the pressure to sell in order to eat. It rather hampered my artistic inspiration and since rich patrons were in short supply (and probably still are) I decided on something completely different - the world of training.

It was a time when Government schemes for training young people were growing fast - Youth Opportunities and the Youth Training Scheme, plus a host of others to follow. I had some experience in the area and as I went through a teacher training