

To return to London, to a fragmented island stuck together by high pressure, and where the islanders have forgotten their ancient dance, the pace of life seems less threatening, and my response to it stronger, living with the recollection of that Greek life, and feeling at least strengthened with fresh memories, and some new hopes.

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## Carole Drexel

### Looking-in, seeing out.

A few years ago I began a conscious exploration into myself. I had been unhappy for so long, it seemed. On the occasional day that I felt happy, it occurred because of circumstances that 'seemed' completely out of my control. Everything that I became involved in brought me temporary relief only. I had reached a place within myself of real need. Today I know that it is when I reach this point with any life situation that I am completely open to the answer. The space has finally been made to receive the help.

My help came one day in the early Spring. I was living in the country, on a farm. I received a phone call from a girl who had heard that I had a yoghurt culture and she wanted to know if she might have a starter from me. She was visiting from out of town. I said 'Yes' and we arranged that she would come right over. It was later in the afternoon that we ended up under a tree, with me lying on a blanket, experiencing a foot massage from her. Somehow, in the silence, I started to feel so many things, feelings I had not allowed myself to feel before.

That day was a beginning; a start at becoming aware at deeper levels and thus happier within myself.

This work has become the first priority of my life. To undertake the 'looking-in' process, that leads to total awareness, requires four things:

- i) sincere desire to grow within,
- ii) courage to experience feelings,
- iii) trust that I will be O.K. and
- iv) support from my friends.

Once I 'look' at a particular situation in my life and thus understand my feelings, the 'healing' process is felt. This 'seeing' will involve receiving a deeper understanding of my motivation behind my action. The healing comes with the understanding. Often, when I realise that I have a particular feeling (like jealousy, anger or fear for example), I think 'that's bad' - I think that I shouldn't have that feeling. It's not loving or nice. I then decide to stop feeling that way so that perhaps I won't have that awful feeling. I have found

within myself, that a mere change in behaviour doesn't heal me from within. The feeling, in fact, is still inside me and in essence is being fed with the energy of trying so hard to cover it over. It remains with me with added strength.

I must accept that howsoever I feel is alright. This action of non-resistance will allow me to truly blossom and feel inner peace. Needless to say, the hardest part of this process is acceptance of whatever way I feel to start with. By this I bring myself to understanding, through my awareness, of why I feel that way. It all makes sense. With time the unpleasant feeling will leave me. The growth, the enlightenment - whatever one wants to call it - comes with the **allowing**. I **allow** myself to go ahead and feel over and over again as I experience the same situation that arouses the same feelings. It's as though one part of me watches the other and how the other reacts and feels. The watching 'me' brings understanding to the 'me' that is experiencing and thus, knowledge brings satisfaction. Now I am able to be in the same situation and feel good, feel no anxiety but only peace and well-being.

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## **FESTIVAL FOR MIND-BODY-SPIRIT**

This will be at Olympia from 21st to 29th June. Lecturers will include Sheila Kitzinger (The Sexual Side of Childbirth), Matthew Manning (Our Power to Heal), Arianna Stassinopoulos (Meditation in Action), Leonard Orr (Prosperity Consciousness) and Jill Purce (Cosmic Order and the Mystic Spiral).

There will be a supervised Children's Area. For infants too young to be separated from their parents, Snugli carriers will be provided.

Among the exhibitors will be Ashrams from India, Yoga groups from New York, the General Synod of the Church of England, RSPCA, ARK, Greenpeace, Population Concern and Friends of the Earth. Visitors can test their psychic powers on special monitoring equipment, sample healthy foods from all over the world, buy ethnic jewellery and clothes, get advice on meditation and watch wholefood cooking demonstrations. Many different remedies and nostrums will be on sale and spiritual, psychic and naturopathic healers will be offering their services.

This is a good opportunity for experiencing the two ends of the Humanistic Psychology Continuum - the spiritual and mystic side at one end, and the physical health and ecology and social action at the other end. What may be missing is the middle part of Humanistic Psychology, namely activities to do with pure bodily experience, emotion and awareness. It is nevertheless good to have so much of the other parts offered at the same place and time. Judging from past years, the energy level will again be good and exciting.