

Rudely Awakened: Two Participants Reflect

As summer rolls around again, it's time for the one and only Rude Awakening – two unforgettable weeks of moving towards a new definition and experience of what true leadership means to you. *The Ripple* decided to interview two Rude participants: one from last year, and one who is halfway through as we go to print!

Nicola Gray is a graduate of the Rude, and we were thrilled to speak to her about her experience – all the way from the Canary Islands!

When did you do the Rude Awakening workshop, and what prompted you to sign up for it?

I went to the Rude in August 2010. Quite simply, I wanted more after my Awakening: more of what I was feeling, opening up to, connecting with and learning, and I value how much and how well Duane teaches. The very idea of going to Canada for two whole weeks – what's not appealing about that?! On completing the Awakening, I knew at that moment I wanted to take the Rude and just kept hold of that feeling inside the idea. Just the thought of how on

earth I'd afford to make the trip made me doubt it, and I'd never planned anything so far ahead in my life either. I did my Awakening in November '09 and to me the sound of August the following year felt a lifetime away. I don't do much 'going into the future' in my mind and even that in itself was a learning for me!

What is one of your standout moments from the workshop?

One of my standout moments was claiming my future and ceremoniously announcing my Rude name, and experiencing a reborn love of this beautiful earth - trees especially. There are a few standout moments there, I know! It's hard to narrow it down just to one - by the river, maybe, and I'll leave it at that!

Could you give an example of how participating in the Rude Awakening has impacted your life?

By doing it! Like anything, you can only know by doing. For me, the Rude Awakening is an unforgettable, amazing, wonderful experience from start to finish - everything from the food to the people

to the place itself. As for the work you get to do on yourself, well I felt proud of myself - which felt good - for actually making it happen. As an added bonus, it felt good saying "I'm off to Canada next week"... wow... my first time! I've made such amazing friends for life, and I feel now I'm much more connected outside and within. None of this happened overnight; I have to say it's a process, with our paths and our journeys. Being shown how to, and given helpful steps, I find I'm getting there faster and much more easily. In fact, finally I have some direction!

What do you love most about Clearmind work?

I guess that would have to be being given permission and encouragement to FEEL everything! We are entitled to ALL of our feelings. To keep moving and keep feeling and keep hearing and keep seeing with your own eyes in 3D.

I love that everything - the exercises, all the tools we're shown how to use - really does work and I love the LOVE behind it all as well. If I think about it, really, I'd go as far as to say this work is quite genius. "I hear you" - those three simple words have made such a

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Canada - Vancouver
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Canada - Vancouver
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Canada - Vancouver
The Awakening
Sept 30 - October 2, 2011

Ireland - Dublin
The Awakening
November 11 - 13, 2011

UK - Liverpool
The Awakening
November 18 - 20, 2011

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difference to me. "I'm different" just about sums it up for me. I've changed how I FEEL!

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Around the Clearmind World

Rudely Awakened (continued)

When we interviewed him, John Dee was about to embark on a 9,000 mile round trip from Liverpool, UK, to Vancouver, to be a participant at 2011's Rude Awakening. The Ripple jumped at the chance to find out more about how it feels to be just three weeks away from the workshop of a lifetime.

How long have you been involved with Clearmind then, John?

I've been around Clearmind – going to taster events – for about two years, but took my first step into Clearmind properly when I took The Awakening last November.

So, you're off to the Rude! I hear that you packed half your suitcase three weeks before your departure date! It sounds like you are excited about this?

I am so, so excited. Scared. Terrified actually. Because I know some of the things that happened in the Awakening, and I'm expecting this to be more intense than that – I found the Awakening quite intense and difficult at times. So, there is excitement, but fear too: what's going to happen, come out of it? Am I going to be able to cope? (I can't just get the bus home!) My ego is screaming.

I'm looking forward to meeting new people – people are coming to the workshop from all over the world. The closer it gets (laughs), the more my

nerves are starting to go. *What brought you to the decision to travel halfway around the world to take the workshop?*

I knew from the moment the Awakening finished that I wanted to do the Rude. It's a once in a lifetime experience. It was just a question of getting the money together.

From the place I come from four years ago, to the way I'm feeling now - that feeling's priceless. I know that things like Clearmind and recovery and my lifestyle have facilitated me becoming the person that I am today. Becoming the person I am.

I think also one thing that's made me want to do the Rude massively is seeing others who've done it. It's like something's turned in them, they've gone that little bit further, they've got that something extra, and that's what I wanted for myself.

What are you hoping to gain – or let go of – by attending the Rude? Have you set an intention for the workshop?

I still have a lot of problems with - how can I put it - feeling... I always take on the negatives of people's behaviour. I take it personally and react accordingly. That's always been a massive, massive problem in my life, and it's affected my life. I'd like to address that. There are a lot of other deep-rooted issues that I'd like to address

too, other tensions. I've made an open agreement with myself: it's no holds barred. I'm going there to work through what I need to, with no restrictions. I think you've got to come to this kind of workshop with that kind of open mind and open heart. I'm sort of expecting stuff to come up that I didn't realize was a problem – stuff I'm not aware of yet.

No one who's done the Rude really wants to divulge what happens there – they just say that you'll find out when you get there. It's exciting, and adds to that element of fear. I've just received the itinerary and I'm

I've made an open agreement with myself: it's no holds barred. I'm going there to work through what I need to, with no restrictions. I think you've got to come to this kind of workshop with that kind of open mind and open heart.



thinking, what's that all about?! *What does the term "Rude Awakening" mean to you?*

I think it's about seeing things in a different way; awakening from the mist. That's the way I've tried to look at it or interpret it. Coming out of the clouds and seeing things as they really are.

Thank you so much for talking to us. Wishing you all the best for this once in a lifetime experience!

To book a place on the 2012 Rude Awakening, email Satu at workshops@clearmind.com.

"Love is not an illusion. It is a fact."

A Course in Miracles, Chapter 16, Section IV

Around the Clearmind World

A Huge Hello from the New Editor of The Ripple!

The first Awakening workshop I attended, in March 2004, utterly knocked my socks off. I had been instantly drawn to take the workshop the minute I read about 'moving from a thought system based on fear to one based on love'. "Yes!" I remember thinking, "That's exactly what I need!"

For once, I was right. It was exactly what I needed. That weekend opened doors that had been wedged firmly shut for many years, and I had a defining moment of experiencing true love that to this day is a powerful anchor for me. Even all these thousands of days later, I can reflect on that moment, and on the immersion in a new way of thinking and living that I was introduced to that weekend, and remember that love is real.

Fast forward seven years, and the work I was introduced to in Clearmind – the delicate, tender work of tending to my wounds, applying liberal amounts of honesty, and lashings of vulnerability – is as relevant and

perhaps even more important now than it was then.

I am deeply honoured to have been given the opportunity to be the editor of *The Ripple*. My hope is that this issue of the Clearmind community's newsletter will inspire you to keep changing the world one thought at a time, will give you an opportunity to pause and reflect, and will encourage you to extend love.

With gratitude,
Elloa



What a Feeling! Clearmind Liverpool does it again! Hugfest 2011



It seems that a hug can go a long way; scientists have found that a 20 second long hug can help reduce blood pressure, and release oxytocin, the "bonding" hormone. As Clearmind Liverpool saw on Saturday 18th June, hugs can also be the conduit of miracles. Clad in bright red or black t-shirts bearing a Clearmind label on the back, a group of 'huggers' took to the streets of Liverpool, once again asking the general public one question: "Wanna Hug?"

The answer, it seems, was a resounding "Yes!" Dozens of hugs were dished out, connections were established, miracles abounded. Word spread to Scotland that

the Clearminders had been "doing hugs again," and a man experiencing a recent bereavement was embraced with arms wide open – and later on, so was his wife. Over in Canada, Duane even received an email from someone later in the day to say thank you for the hugs.

What really stands out is the expression on people's faces as they gave and received hugs; words like joy, delight and happy don't do justice to it - see for yourself by clicking through to [the photographs taken on the day](#) or [this amazing short film](#). And never underestimate the power of a hug.

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Clearmind News and Views

Duane Unplugged

Duane Unplugged is a new column where Duane speaks about how education meets experience; it is a heart to heart glimpse that captures how our lives are our curriculum and how we can all transform the world... one thought at a time.

“Unplugged” in the music biz means going acoustic instead of electric... intimacy instead of mass, purity over power.

Here’s Duane, as interviewed by Karen Goodfellow.

Music has been inseparable from life since the beginning of time. Was there ever a line or lyrics in a song that stopped you dead in your tracks, or changed your life?

Yes. Eleanor Rigby by the Beatles. 1966. I was a teenager. The Beatles had suddenly stepped out of being a boy band and dared to pen a top 40 song about someone dying, rather than just another song about wanting to hold someone’s hand.

*“Eleanor Rigby picks up the rice in the church where a wedding has been
Lives in a dream
Waits at the window, wearing the face that she keeps in a jar by the door
Who is it for?”*

“Wearing a face that she keeps in a jar by the door”!!! This was the story of my life. How did they know that? How can they sing about that? ... and what a tremendously poetic way of unveiling the poignant and

tragic drama of the human condition. Mine.

This lyric gave me permission to think, reflect and reveal. This was the magic and the miracle of the Beatles. As much as the world was their audience, in a strange way I also had an audience in them. Someone understood.

It inspired me to become a musician, a poet and eventually, I believe, a spokesperson. I will never forget that moment.

You have leveraged music in a way that takes it beyond a song in the car. Like Band Aid, Live Aid and others, you have organized musical events that provide financial aid to those that need it most. To what do you attribute this purposeful leadership... what philosophy or thought drives you when you go one step further? What is one step we could take to be more purposeful?

Sometimes I think it’s almost selfishness that motivates me. As I consider the plight of particularly the third world and its abject poverty and violation of human rights, I am propelled into a state of compassion where I feel absolutely no separation from another human being’s pain. In that compassion, I move out of my own self-obsessed egocentric state. The immediate expansiveness of self, embracing those in need across oceans, has profound results personally in every aspect of my life. The act of adopting more

of a global humanitarian and altruistic perspective results in a shift in how I view myself.

A few years ago, I went from reading the morning news about the tsunami in Indonesia to picking up the phone and informing Oxfam Canada that I was going to organize an evening of some of Canada’s best known musicians in Vancouver’s Commodore Ballroom in a week’s time. A response like this is taking a step not only towards saving some lives, but also towards God in a way, isn’t it? Helping another is the expression of Love itself, whether it is saving lives in Indonesia or letting someone in during rush hour traffic. Being willing to be a conduit of love and caring means becoming that expression and losing yourself in it... which is not such a bad or scary endeavour. In fact losing ourselves is actually finding ourselves.

Duane, I’m always floored that bands can merge their talents into something that is relevant to listeners over the long term. This is even more inspiring when they take their music further and use their power to lead significant change in the world. Based on your experience of being in bands, what do you attribute this to?

Virtue in any endeavour does not come with the territory, it becomes a choice in the middle of that territory. Certainly in the music world,



being given that power affords you many relationships that you have major influence over. So there sits a successful musician/artist staring at this power. How will they use it? How will you and I use it? We all have to decide how this power will be used. You and I have a smaller sphere of influence but stare at the same dilemma... will we use it for helping those around us or taking advantage of those around us?

For those musicians that have made the choice of helping the world, they have normally gone through a difficult life passage that changed how they would relate to their own talent and fame. Male musicians (particularly in Pop music), often claim to enter the world of recording and performing for altruistic reasons, but, for the most part, are not quite telling the truth. Girls, power

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Clearmind News and Views

A Riot of Passage

The Stanley Cup is the Holy Grail of hockey. Everyone who has grown up in Canada has been a part of hockey on the ice, in the gym, or in the street. Whether city or farm, we have played it, watched it or knew people who did.

1915 was the last time the Cup has been in Vancouver.

As a city, Vancouver came of age during the Olympics last year. Generally humble and understated, we stepped up and displayed our patriotism, friendliness, politeness, diversity, class, cleanliness and consciousness. It was a world class rite of passage... we felt like a family.

On Game Night, stores closed early, pizzas were ordered, jerseys were donned... it was the Olympic Dream all over again. USA versus Canada (Boston versus Vancouver) and we were hungry for history. Over 100,000 fans lined the streets to watch the big screens so that, like a family, we could celebrate (or commiserate) together. The city was electric, there was fire in our bellies, and we had a tribal desire for victory. We were 60 minutes away from owning the Cup and we could all taste it.

We were tied 3-3 going into the final 7th game and the undercurrent was feverish and palpable. The puck dropped, but after a great start, our worst fears were realized. Boston scored and scored again and

again and yet again. It was a crushing defeat despite Vancouver's valiant playing.

The collective undercurrent ricocheted around the city and followed the path of least resistance. Carnage and chaos erupted - portable johns and cars were overturned, firebombs went off and stores smashed and looted. Rioters, primarily young men, expressed the weeks, years or decades of defeat and loss... whether about hockey or life in general. Judging by the expression of ecstasy on their faces it was cathartic if not a healthy resolution of grief and anger.

I felt horror, shock, hatred, anger, revulsion, betrayal, judgment, shame, hurt and confusion. I cried for a half an hour straight. What just happened? How did we go from world class hockey to a world class riot?

This was a riot for all reasons. In hindsight, it was a pot waiting to boil over. In order to make sense of a senseless riot, I took a step back to look at the whole picture.

In addition to being a fan of the Canucks, I am a fan of systems theory (in families, organizations and society).

As a Clearmind-trained therapist, I use systems theory as a way to help people view their struggle, see their part in it, then make different choices. Murray Bowen, the grand dad

of family systems theory says that every system has anxiety and we handle it in different ways when it escalates (i.e. conflict, cut off, etc.). Both our connectedness and reactivity make the functioning of members interdependent. When family members' anxiety escalates, it spreads and the emotional connectedness becomes more stressful and less comforting. Eventually, one or more members feel overwhelmed, isolated, or out of control. These are the people who accommodate to reduce tension in others. They 'absorb' everyone's anxiety and are the most vulnerable to depression, alcoholism, affairs, or illness.

On a societal level, Bowen says "The critical factor for the emotional process to have a negative impact on society is the degree of anxiety in society. A higher level of anxiety results in societal regression marked by an erosion of individuation in large groups of people, the increase in togetherness forces in society, and scapegoating. Examples of societal regression are extreme political movements, fundamentalism, riots and cults."

When viewed from a systems theory perspective, the 'appearance' of Vancouver seems to be polite, conscious and good. During the Olympics, we showed the world this aspect. We even removed our homeless people for a few weeks and tucked them away

so the world wouldn't see them. We squashed protesters and hid stories in the press... in essence sweeping our underbelly under the rug, collectively overloaded with stored anxiety yet constrained by a reputation and appearances to uphold. Whether in cities, families or individuals, we have a tendency to hide our anxiety, but it leaks out anyway. Most of us were not taught how to process grief or its cover up (anger), in a healthy way. Living in a somewhat conscious city, we tend to leapfrog over our emotions which came out in spades that night.

The first step to be a healthy part of the system is to recognize one's own part in it. Even though I was miles from the riot, I took part in my mind. As a friend says "although our reaction can easily be viewed as 'righteous indignation', it is no less an act of violence and the response of a fear-based mind." Another counsellor friend Richard Hahn said, "...more and more people are looking for some relief for their own anxieties and some people are all too eager to sell the cure. But the Canucks can't cure what ails us. It's been a shallow attempt to find depth and connection."

Here are some guidelines to move forward and use the riot as a passage to your healing: stay curious about who you were in the middle of it, ask

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A Riot of Passage (continued)

how your own inner rioter and mob mentality shows up in life or showed up that night or the days that followed. Where are you destructive? How is this like your family dynamics? Where can you take accountability so that your anxiety and blame isn't passing to another (the kids, the parents, the goalie, the government, the police, and the price of tea in China)?

To process the losses (of the Cup and our city's reputation), allow yourself to grieve if you haven't done so already, reach out for support, ask what is really going on underneath the anger to identify its root emotion i.e. sadness. Make up your own 'healing board' if you didn't get to sign the ones downtown. What other dreams have you lost? What is the truth of you even though you have 'rioted' in your heart? What do you want to be known for

going forward? What can we count on you for?

Personally, I wanted to hang on to the notion that they were anarchists. Perhaps a few were but this is less about them than the thousands of youth who jumped on the rioting bandwagon. They weren't hardened criminals... they were my next door neighbours, or sons of people I know. By having scapegoats, it allowed me to distance myself from my pain. I felt better when I heard some were from outside of BC so I didn't have to own that my city riots. Not just once but twice.

If you were like me, you might have been in denial ('this isn't Vancouver'); I had the urge to show the world 'who we really are' before I realized that that was my anxiety trying to restore appearances. It was

my family and societal system trying to put on a good face again. And we don't have to... we are a big city and have big city guts and glory, riches and riots, magic and mayhem. This is our humanity.

We cleaned up probably to restore appearances, but also transformed it into a healing process, shared with strangers and friends, and expressed our grief on plywood makeshift boards on damaged store fronts. My European friend said, "Vancouver is the only city in the world where citizens clean up after their riots".

Martin Luther King said that "a riot is the language of the unheard". So this wasn't about hockey... it was about my own and Vancouver's collective unresolved grief, undigested life experiences, and unfinished business. It was a cry for us to be heard and

seen as a city in its entirety and loved anyway: clean, dirty, fun, sad, grief-stricken, shamed, competitive, nasty, polite, misguided, disoriented, sparkling, conscious, diverse, drunk, hungry, dreaming, and friendly. This is who we really are... the good, the bad, the ugly and the indifferent. And it is all lovable. It's a cry for love and to be heard - the kids, the police, the anarchists, the blamers, and of course our beloved Canucks.

Karen Goodfellow RPC, RCST

Karen Goodfellow is a Counsellor and a professional facilitator for individuals, couples, groups, and organizations. She is a support group leader for Clearmind Vancouver. She welcomes questions and comments at karengoodfellow@telus.net. Her website is www.magicore.ca.

Assisted Awakenings: A Journey of Trust

Do you remember your first Awakening? Three days of delving deep into a fear-based thought system, and the dawning awareness of choice in the middle of the struggle. For many, attending an Awakening is a life-altering moment, so much so that at a certain point in time, they choose to push the boundaries and get involved on an entirely different level – by assisting.

Becoming an assistant is undoubtedly, for the majority

of us, a daunting step to say the least. While it takes huge courage to attend an Awakening as a participant, surely the defining principle that underlies the journey of assisting is trust.

Stepping up to assist presents a whole new set of parameters in which to meet and experience yourself. Being 'on the other side' of an Awakening, on the outer edge of the circle, holding the space, moving from a focus on self towards focus on

another is the hallmark of what assisting is all about – service.

Being an assistant isn't about being healed, perfect and detached from your own process or emotions. As *A Course in Miracles* teaches, our vulnerability is our strength: it is our ability to empathize, the fact that we have touched and known our own void, and crucially, that we have come out the other side, that makes us perfectly and uniquely qualified to assist.



We remember that we are here "only to be truly helpful"; surrender the workshop and our participants' journeys, and stay clear and connected in ourselves.

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Assisted Awakenings (continued)

There is no doubt that assisting is quite an adventure in itself.

The Ripple spoke to two participants from last year's Assistant's Training weekend, who generously took the time to reflect on the what drew them to do the training and what their first experience of assisting was like.

David Ryan's Experience

"I was one of 28 grandchildren, born and brought up in an Irish Catholic household with an abusive/alcoholic father who was unfaithful to my mother and a terrible role model to his children. We were taught how to fend for ourselves from as young as three or four, and to depend on nobody. My life growing up consisted of moving from one house to another, one school to another, usually to avoid the men my mum got herself involved with; watching her being beaten up by all but one man she got involved with was a regular occurrence for me.

In later years, my life pretty much revolved around the streets/drugs/crime/violence and prison and it was basically about survival. That's how my life went on for the next 27 years - in and out of prison/hospital and institutions of one kind or another. I have spent a total of 11 years in prison and a lifetime in and out of unhealthy relationships.

I found recovery from my addiction in 1999 when I went into rehab and since getting clean life has been one continuous lesson.

At the point of being introduced to Clearmind, I had been in recovery from addiction for 7 years and I had reached a point in my recovery where I felt completely blocked from my emotions and absolutely stuck. I had heard Clearmind and the Awakening being mentioned and there was something about it that really appealed to me. I went to an introductory evening in October '08 over in Liverpool. At the end of the night, we did an eye gazing exercise: in all my life that was the first ever real experience of true connection. I loved it and I loved Chase, who I did the exercise with, and now today Chase is one of the men in my life that I truly love, adore and respect, and he has taught me so much about life/love/fatherhood and connection that I will be eternally grateful to him. Thank you, Chase. Needless to say, by the end of the evening my deposit was paid and I was sold.

I went on to do the November '08 Awakening in Liverpool and I have been hook line and sinker with this work ever since.

I feel a calling and I want to be involved in this work to the extent where I want to be available to be of service to those who are coming after

me. I want to be available in whatever capacity, be that just mentioning Clearmind to people, which I do, or on top of that, wanting to be part of the workshop, being available there, to assist in that capacity. Also, and quite selfishly to a degree, for my own development. Taking Assistant's Training Level One felt like a refresher for me. Shadowing felt like more training, helping me develop. There is also a feeling that this is how it's meant to be, to be honest: I feel like assisting is what God wants me to do, otherwise I wouldn't feel so strongly to do it.

Even after the life I've lived and everything I'd been through and come through, I never thought I would have a normal life where I could be happy with what I have. Here I am, sincerely able to say that my life, and life in general, is absolutely wonderful. I sometimes feel like I have to pinch myself to believe how much my life has turned around. I am doing my Assistant's Training Level Two in September 2011 and, God willing, I will be assisting again in the next workshop in November.

I am also getting married in August. I am marrying Jolene who is the single most beautiful woman in the world and who has truly captured my heart. God surely blessed me with my very own angel the day I met Jo. I have invited all my

Clearmind brothers and sisters to our wedding and if any of you plan on travelling to the UK around August 20th you are welcome to come along too.

I wish you all a happy life filled with love, connection and God."



Amanda Clayson's Experience

"Me?" "Now?"
"No!?" "D'ya think so?"
"Maybe?"
"Go on then...I'm in!"

Just a glimpse of my inner chatter before eventually signing on the dotted line. I'd done my Assistant's Training six months earlier and had been inspired and excited by the experience... but this was the real thing, with real people... a different kettle of fish!!

I managed to 'swerve' taking the final decision, putting myself forward to serve in whatever capacity was needed at the next Awakening

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Clearmind News and Views

Assisted Awakenings (continued)

workshop and was struck with a heady mix of pride and terror when I saw my name on the Shadow Assistant list; something my ego used to great effect to question my suitability for the role. So, here I was, less than a year after my own Awakening experience 'stepping up' to support others on their journey. I'd heard the phrase used a few times and sort of got it on one level, but like with so many of the ideas I was trying to integrate into my life since my own 'awakening', I knew there was a massive difference between 'getting it' and 'getting it'.

I still find it a little tricky to fully articulate the richness

of the experience; the range of emotions, what I learnt about me, about others, about Clearmind principles and my place in it all. The most profound and impactful lessons continue to amaze and touch me. A big one for me was the uncompromising commitment to creating a safe space for participants and how I, as a member of the team contributed to that. It wasn't about 'not feeling' or not being touched by different processes and experiences shared by people, but about being totally honest with myself, containing those feelings when necessary and taking responsibility to reach out to my teammates when I needed to work them through.

A trickier one to accept was - and is - that it isn't about how long I've served as a Clearmind 'apprentice', learning the 'manual' or being 'tooled up' with the Clearmind processes, but about beginning to trust that my 'flaws' and painful icky bits, my openness to draw on that and share that with others are what qualifies me to take up this role.

We've just had the invitation to take part in the next stage of Assistant's Training.

"Me?" "Now?"
"No!?" "Do I think so?"
"Maybe!"



Clearmind Liverpool is running Assistant's Training, September 23rd - 25th. 2011. For further information, see the [training brochure](#) or email Jacquie.johnston-lynch@clearmind.com

Ripples of Recognition



Paying tribute to the generosity of our community members, this column is a way of giving thanks and sharing gratitude, and we're inviting you to participate! If there is someone you would like to acknowledge or say thank you to, send an email with your thanks to newseditor@clearmind.com.

From Elloa, a huge thank you to **Kelly** for making the handover of the role of editor so effortless. I hope you've enjoyed this issue! A massive thank you also to **Karen, Satu, Catherine and the rest of the team** for welcoming me so warmly - this has felt more like play than work!

To **Herman Commandeur, Wendy Noel, Marion Baker, Marie Hess, Liz Coleman**: Thank you so much for coming out and volunteering at our June Prac Intro night. Even with the Canucks in the Stanley Cup Finals - we could count on YOU!! We truly appreciate it and

please know it strengthens our community with commitment like yours. You are role models for the title of our talk - Evolution Revolution!

Marion Baker: Thank you Marion for being our 'tweeter'! For the last year, you have been taking our tweets from Marketing, and posting them out to the community on Twitter. This is new territory for us and we really appreciate you taking this on with your usual heart and soul!"

A HUGE thank you for all of our Clearmind Wings, those kind souls in our community

who volunteer to distribute our Vancouver lecture tickets each month at their place of business or to other businesses in their neighbourhood:
Dr. Malcolm Rondeau, Dr. Martin Grootendorst, Dr. Kevin Ehl, Café of Life, Dr. Brenda Akerley, Carole at Reflections Books in Coquitlam, Banyen Books, Andrew Rezmer at Rooted on the Drive Café, Trevor Warren, CoreQuest, Karen Goodfellow, Jan Hagedorn, Wendy Noel for Unity, Michele Carr, Suzy Thomas, Terri Taylor, Edward Murray, Ashley Rose, Lana Gowler, Tasha Simms, Steadfast Counselling.

Transpersonally Speaking

with Catherine O'Kane



You are invited to submit questions for Catherine's next column, in the autumn edition of *The Ripple*. Do you have a burning question for Catherine to answer? Send your question to newseditor@clearmind.com.

I am in a relationship with someone who I feel really connected to - most of the time. Sometimes however, I become intensely jealous when my partner invests time and energy into other (male or female) friendships. We check in with each other, and do regular four steps, but it seems all-consuming when I get triggered. I understand that underneath it, there is a belief about myself that I am using the situation to perpetuate, but that doesn't lessen the intense physicality of the emotion. What can I do to help myself - and my partner - when this starts to occur?

I imagine if you're doing regular four-steps and understand that there is a suspicion about yourself being triggered in these situations, you've identified what that belief is... that you're not good enough,

for example. I presume you also have an awareness of where this originates from, in your past. That understanding is important, because in triggering circumstances such as these, we most often believe our own fears, and then kick into defended action of some kind. It is that reaction that then ends up reinforcing the underlying negative belief... we actually create the very experience we're defending against! Understanding that what you fear is happening *isn't* allows you to disrupt that cycle, and contain (not act) rather than react.

Even though it no doubt feels uncomfortable, it is good that you're feeling intensely. The next time you experience this feeling, I want you to invite it rather than try to get rid of it. This is really important, I find that sometimes people are too quick to try and get rid of the emotional discomfort, which doesn't complete the cycle of correction. Remind yourself gently and with compassion that you're just trying to prove your fear that you're not good enough (or whatever it is for you), but don't try to cut off the intense jealousy. Again, with compassion, remind yourself that there is a reason for this feeling, based on your PAST (not your present). Now, can you picture the girl that you were in that past scene? Can you see the innocence in that young being? What is true, about her (that she is good enough, no matter what)?

Hold onto that in the midst of the feeling, and your experience should change... the jealousy should transform into a different emotional experience. Keep with it until that happens. This is how we re-wire our emotional network, because it doesn't work to try and get rid of negative feelings; when you do that you get rid of all feeling, period. Emotions

use the same network. If you want to feel joy, you have to allow yourself to feel sadness (think how close crying can be to laughing!). If you want to feel excitement, you have to allow yourself to feel fear, if you want to feel passion you have to allow yourself to feel anger. I'd like you to tell me what jealousy turns into, from experience!

Employment Opportunity

Teachers for Practitioners Training Level 1

Clearmind is seeking teachers to train for our Practitioners Training Program. Candidates must have completed our diploma program, be registered and insured with a Counselling Association, and have a minimum of 2 years experience counselling. BC provincial instructors diploma or equivalent an asset. Candidates must be available to work in the Vancouver, BC, area.

Accepted applicants will train under experienced teachers for one year at a reduced level of pay. Please send resumes to: Catherine O'Kane, Senior Educational Administrator, at catherine@clearmind.com. Deadline for applications is August 15.

Congratulations Prac Students!

Congratulations to Cori who won \$1,000 towards taking her Prac 1 Online.

Well done also to all those Prac students who have just completed their first, second or third year of study – may you enjoy a well-earned rest from studying over the summer.

To all the third year Prac Graduates: congratulations on your immense achievements, courage and commitment.



Cori - Winner of \$1000 Prac Tuition Grant

Clearmind News and Views

Community Cheer



This is a brand new column to celebrate and acknowledge our community members' achievements, breakthroughs and simply who they are. Use this opportunity to shine your light and the light of those around you. Send any congratulations or celebrations to newseditor@clearmind.com.

We have not one but two new marriages within the Vancouver community this quarter!

Huge congratulations to **Chris Brown and Carmen Alves**, and **Craig and Candace**, on your marriages.

May you always offer each other a soft place to land.

Duane Unplugged (continued)

(continued from page 4)
and fame are often the catalyst for such determination to be successful.

However, we all know that the ego's plight only delivers the opposite of what it promises. Inevitably and predictably, all of that comes crashing down into some sort of personal crisis. The crisis produces the conditions

for re-examination - what is all of this for and how should it all be used?

Those musicians that become part of the "solution" in the world have gone through rewriting their own relationship with themselves first and then their relationship with the world in front of them. Just like you and I.

Clearmind Workshop Schedule

2011

VANCOUVER

The Awakening,
August 12 to 14, 2011

Drawing Down the Moon
September 16 to 18, 2011

Men and Miracles
September 16 to 18, 2011

The Awakening
Sept 30 to October 2, 2011

The Awakening
October 28 to 30, 2011

The Awakening
November 18 to 20, 2011

LIVERPOOL

The Awakening
November 18 to 20, 2011

DUBLIN

The Awakening,
November 11 to 13, 2011

2012

VANCOUVER

Next Steps Workshop
(for Prac for Life graduates only)
January 6 to 8, 2012

Relationship Awakening
January 20 to 22, 2012

Relationship Alive
February 3 to 5, 2012

The Awakening
February 17 to 19, 2012

The Edge
March 2 to 4, 2012

The Awakening
March 16 to 18, 2012

The Awakening
April 13 to 15, 2012

OTHER LOCATIONS

To be announced

To register in a workshop, or make an enquiry, please email Satu at workshops@clearmind.com.

The logo for Clearmind, featuring the word "Clearmind" in a blue, sans-serif font. Above the text are three curved, overlapping lines that suggest a rising sun or a wave.