

## Excerpt from a letter to a Waveform student - March 2002

“It is rare for anyone to come through the Waveform course without some sort of realisation or personal experience. Moving to another mode of experience creates an opportunity for forward movement, a letting go of old patterns, old beliefs.

To fully experience and accept the subtlety of energetic change, without labels, definitions, intellectual concepts, judgements or explanations requires a letting go of the old intellectual patterns which hold one back.

Energy expands, contracts and transforms, and cares not about its 'quality' or any of the myriad complicated definitions and divisions of conceptual thought which cloud ones awareness and ability to FEEL. It is easier to talk about it than to EXPERIENCE it, debate about it rather than BE it.

'Tools, techniques, give you something to hang on to, a structure, whilst the full experience of energetic change leaves you without personal definition, boundaries or individuality. You become only aware of movement in the energetic sense and realise that you are a part of that movement without the where, how and who; aware of all except where YOU are. One conceptual thought and it is gone, and you are back with hands, the ability to feel and see and also the boundaries of individuality.

My feeling about your experience is that, in Five Element terms, (to use a means of explanation), a part of you is going through the process of letting go (of the old structure) and another part of you is not, (perhaps that is the scary part).

Stepping into the unknown requires courage; it also requires trust and a willingness to move forward.

If it is of any help to you; not too long ago I was faced with a massive realisation in terms of my values, or rather my fundamental value in life. Seen in all its glory; it was a tearful, emotive occasion received with thanks.

The magnitude of that moment is still with me.

What I was not prepared for was a realisation, also in the strongest terms, of my unacceptance of the **opposite** of that value. This manifested itself in sharp relief, filling me with a great anger and resentment at the abuse of spirit, the desecration of the sacredness of life, the violation of the pure and compassionate.

Having been granted a gift of great value, I was at the same time starkly reminded of my humanity, perhaps in case I forgot it!

I realise that any degree of enlightenment is not without it's responsibility; enlightenment is not the same as perfection.

Increasing enlightenment means increasing responsibility because you KNOW, and therefore have no excuse. You then have a choice as to the path you wish to take in the full realisation of the consequences of your actions. That is the responsibility of your degree of enlightenment.

It is healthy, for example to feel emotions, or else how can you even begin to really understand the feelings of others? How can one be compassionate without feeling compassion, Love without feeling love? The darker side of each of us is just as valid and in it's degree serves a purpose.

Enlightenment is about a realisation of the UNITY of heaven and earth. How you deal with your emotions, how you frame them, observing and letting go is where the difference is made. I can't say that I have fully cracked that one yet, and when I think I have, something else will pop up to prove me wrong!

Reading Huang Po, one of the earliest (9th Century) and greatest Chan Masters of all time, I was relieved to see that more than once he demonstrates impatience and anger with a spiritual 'show off' or an entrenched mind. Each of these portrayed a lesson to be learned. Perhaps there is a chance for me yet!

I cannot guarantee a smooth passage for you at our next workshop, nor at any time except to say that the path does become clearer as you tread it, without expectations, without concepts, without judgements and you will realise the significance of the step you have taken. There are also responsibilities to be undertaken, and not lightly.

There is much for us all in turn to leave behind as, now, useless baggage. Only you can choose or not, to take this path. The path for me has been bumpy but, with each realisation, one of joy and increasing gratitude. I would choose no other.

Each class of Waveform raises questions and new experiences. No single one has been a closing of the file, just another class. Ipswich in March 2002 was no different in this.

I hadn't meant to ramble on like this, however your question was an opportunity for me also to evaluate, and to reconsider once again where I am, and for this I thank you.

I hope that it is of use to you.

With best wishes

Mike