

## Welcome to the December 2010 edition of the SRT News

I woke up this morning just before 4.00 am. Thoughts were buzzing around my head like anxious bees - a sure sign for me that SPIRIT is calling and wants to draw my attention to something. The newsletter came into my mind and I questioned what the topic should be. I received a clear message that after a period of intense challenge for most of us it is now time to rest and replenish our energies. Hmm, I wondered, is that why we have had so much snow across the country? Is this SPIRIT's way of telling us to slow down and take a rest from our constant activity?

I also reflected as to why just a few days ago I had been moved to pick up Jim Fannin's set of DVDs ["The 90 Second Rule - 10 days to Simplify and Balance your Life, Family, Relationships and Business"](#). For over 35 years Jim has coached champions: golf, tennis, industrialists, Fortune 500 chairmen and many more. All his tools are given to "empower you to slow your life down whilst being more productive and energized than you've ever been before". Sounded good to me!

Those of you who know me, will testify that I am normally full of energy, enthusiasm and joy for life. However, I admit to feeling a bit jaded of late and a little overwhelmed by the relentless pressure of events - a common cry from almost everyone I speak to! A close friend sent me a funny text message last week and I had a complete sense of humour breakdown. Wow! What a self-realisation. I haven't felt like this in years. Clearly I am utilising my manifestation skills but I am not harnessing them for my highest good, moreover I am creating programmes to challenge myself on all levels.

SPIRIT has been nudging me for some time - Chart 19, How to Change your Life: "Taking a Break"; Chart 2, Themes & Challenges: "Recreation, Play"; Chart 6B, Blocks to Positive Expression: Love of Self. And yes, I have been flippant and responded with, "well, tell me something new ...." I listened, I cleared blocks, but well, I didn't take do anything and now I feel less than at my perfect best (self-punishment.) So ACTION TIME!

In addition to revisiting my Self-Mastery (Leadership 1) folder, I have cleared blocks around the Octaves of Learning and I am now really AWARE of what needs to be done  
I have DESIRE to see change in myself  
I have the FAITH that I can  
I am WILLING TO CHANGE  
I am SETTING GOALS  
I am WORKING ON my GOALS  
and at the end of this process  
I have COMPLETION and REST

I am visualising all this too and I am *seeing* myself achieving COMPLETION and REST.



*Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what! Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful.*

**Mark Victor Hansen**

*Authentic empowerment is the knowing that you are on purpose, doing God's work, peacefully and harmoniously.*

**Wayne Dyer**

*I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."*

**Leonardo da Vinci**

*Begin doing what you want to do now. We have only this moment, sparkling like a star in our hand -- and melting like a snowflake.*

**Marie Beyon Ray**



Jim Fannin says that it has been scientifically proven that what we think in the last half an hour before we go to sleep replays itself about fifteen times during the night. These thoughts serve to reprogramme our subconscious minds and with minimal effort can really help us to achieve the stuff of our dreams. (Be warned - only positive thoughts are allowed - do not go to bed angry, sad, beating yourself up because you're too fat or a failure at something, otherwise you will just reinforce your negativity!)

This scientific fact has a strong foundation supported by the information contained in "The Nature of Personal Reality", a Seth book channelled by Jane Roberts in 1974. At an SRT meeting at my home on 21st November, Mike Hill, a friend and much-loved SRT teacher, shared his thoughts about hypnosis and brought to our attention some passages from that book in which Seth is speaking:

*"Hypnosis again is merely a state of concentrated attention in which you focus upon beliefs. The cutting out of superfluous data and the narrowing of focus are the two most important ingredients.*

*I want to impress upon you the fact that all this follows the natural function of the mind and to dispel any ideas that you have about the 'magical' aspects of hypnosis.*

*For five or ten minutes a day at the most, then, use natural hypnosis as a method of accepting desired new beliefs, eg 'I am a non-smoker', during that time period concentrate your attention as vividly as possible upon one single statement. Repeat it over and over again whilst focusing upon this time period. Try to feel the statement in any way possible - use sound, colour, shapes, using your imagination to visualise the future and the success of this changed belief. If your mind goes walkabout then bring it back to the now and carry on repeating the statement.*

**The repetition, verbally or mentally is important because it activates biological patterns and reflects them. Do not strain. During the period however do remember that you are using the present as a moment of power to insert new beliefs and that these will indeed be materialised. When the exercise is finished do not dwell on it, put it from your mind. You will have utilized natural hypnosis in a concentrated form.**

*You may have to experiment to design the proper wording for your particular change belief but three days at least are necessary before you can tell through results how effective you have been. Do not be concerned about changing the wording or the time frame; we are all gloriously different. When you feel right about the statement then continue it. They say it takes a lunar month to change a habit and you may experience spectacular results straight away. Your attention should be completely relaxed so you can utilise your own experience of putting yourself out of Beta into Alpha and Theta, which is as deep as sleep. Inner Channels must become repatterned. There will be a feel for this that will serve as your own individual guidelines and your Higher Self will be delighted to assist. Do not go longer than ten minutes and enjoy the connection."*

As you can imagine, I will be taking some time out over the Christmas/New Year break for some rest, relaxation, and some play. Amongst the "play" I have listed catching up on some reading, completion of the Jim Fannin programme, some quality meditation time, and the joy of reconnecting with family and friends.

It is my considered intention to be fully replenished and in good shape for whatever comes my way in 2011! I think we may be in for another roller-coaster ride as the year progresses, but let's be seriously positive and consider it as yet another episode in the wonderful adventure of our lives.



With infinite blessings of love, peace, harmony, happiness and abundance for the New Year  
Linda

## Special SRT Meeting

We had an extremely successful meeting on November 21st attended by 23 SRT practitioners, amongst which were seven teachers.

**Bridget Mary-Clare** (Aberdeen) spoke to us about the work she is doing to facilitate birth including mother/father/baby bonding. She has developed some charts - for use post an SRT clearing - which I hope may be available at some stage on the practitioners's website.

**Marja Vraets-Guliker** (Forest Row) shared with us the work she has been doing to help parents with difficult teenagers. She has cleverly linked the Octaves of Learning with the chakra system, sound and colour and is achieving great success with this integrated method.

**Jaime Tanna** (East Dulwich) brought along his didgeridoo and treated us to a wonderful sound meditation.



**Mike Hill** (Stoke Newington) spoke to us about the misconceptions around hypnosis and how using a simple ten minute technique - *see leading article* - can help us break deeply rooted habits by reprogramming the subconscious mind.

**Linda Turner** (Detling) gave us a brief overview of what's happening in the SRA.

There were many good questions, everyone learned a lot and a great time was had by all!

Another get-together is being planned for next year, probably around April, and again all SRT Teachers, Consultants and all serious SRT advance class students will be welcome to attend. Further details will follow in due course.

## Spiritual Response Therapy Classes

[If you are interested in learning Spiritual Response Therapy please visit the website for classes in your area.](#)

## Dictionary of Terms

This is an absolute must for all SRT practitioners. It includes a full alphabetical list of terms clearly and simply described. You will learn much from reading it and it will help clarify many of the items found on all the charts.

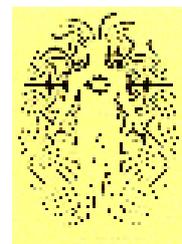
The Dictionary is available direct from [SRA](#) at \$25 + \$16.45 shipping & handling, (\$41.45/£26.20) or from your SRT Teacher.

I have a limited supply available at a discounted price (my students only) - please [email me](#).

## Spiritual Restructuring Classes

Learn Spiritual Restructuring - a way of working with the body to realign the skeletal and muscular systems - and so much more.

Although basic knowledge of the body is useful, you do not need to have a qualification in anatomy and physiology to do this course.



[If you are interested in learning Spiritual Restructuring please visit the website for classes in your area.](#)

## SRA Website

The SRA's new website is continuing to expand and grow and will soon have dedicated log-in areas for students/consultants and teachers.

Discussion is currently under way for items to be included in each section but if you have something particular you would like to see available, [please let me know](#).

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## Ascension

One very important way to ensure that you are up to date with the latest SRT information is to subscribe to the SRA's monthly newsletter, *Ascension*.

Get an application form from:

[a.darkwood@spiritualresponse.com](mailto:a.darkwood@spiritualresponse.com)

Spiritual Response Association  
[www.spiritualresponse.com](http://www.spiritualresponse.com)  
[srtmail@spiritualresponse.com](mailto:srtmail@spiritualresponse.com)  
001 360 412 7881

## SRA Classes 2011

The SRA will be running an Intensive Skills class in June 2011 a Self-Mastery Class (Leadership 1) later in the year.

Please note that this will be an opportunity to receive the new materials included in the December 2010 curriculum update, which includes a revised Chart 3.

All advance class students are welcome to attend.

Attendance of Intensive Skills Class is necessary for those seeking certification or re-certification as a consultant or teacher of SRT/SpR.

Dates have been advertised as 4th-6th June (but may change to 3rd-5th) so please keep both the Friday and the Monday clear in your diaries.

If you wish to register your interest now, please [email me](#).

## SRA Vision, Mission and Values

At its meeting on Friday 17th December the Board of the Spiritual Response Association modified its Vision & Mission and ratified its Value Statements. Please use these freely on your websites and on your literature and seek to encompass the Values in your daily life.



Spiritual Response  
ASSOCIATION

### **Vision**

The Spiritual Response Association envisions a world where anyone can realize their full potential.

### **Mission**

The Spiritual Response Association promotes empowerment through spiritual support, education, and the certification of its consultants and teachers.

### **Values**

The Spiritual Response Association accepts the spiritual nature of everyone and is guided by its values of compassion, support, respect, integrity, freedom, transformation and well being at all levels.

## Association Fees

As from 1st January 2011 the SRA will be introducing Association Fees in three levels, student £35, consultant £100 and teacher £150. Benefits will escalate commensurate with fee payable. Subscription to *Ascension* will be included in each level. See November's *Ascension* for full details.

## Free Meditations

Visit Solara-An-Ra Warrior of the Light's website for channellings with the Pleiadian Council and to download free meditations.

Solara's guided meditations generally last about ten minutes each, are simple but enormously effective.

Try *Connecting with your Higher Self* and *NEW Pleiadian Essential Daily Practices*. The latter grounds you to Mother Earth, connects you to SPIRIT and opens the Heart to Unconditional Love. It is absolutely perfect to use as your daily practice before you Prep. to Work and will ensure you are properly grounded, connected to SPIRIT and centred in the heart before you set your loving and healing intention for working with SRT. I have been using it with my students who all love it; it could have been written specifically for SRT practitioners!

Solara offers these meditations for the greater good of humankind but if you enjoy them then please consider making a donation to her work or support her by purchasing her CDs.

<http://www.solara.org.uk/meditation.aspx>

## Jim Fannin



## Robert & Mary Ann's Visit to London Wednesday 29th April 2010

Sadly, for personal reasons, Robert & Mary Ann Detzler have had to reconsider their proposed European tour and after much heart-searching have decided to cancel their trip.

During December Robert had some health challenges and although he is recovering nicely, his energy - and that of Mary Ann - is not what it should be. For a fuller explanation, Mary Ann writes more about their decision in next month's Ascension.

I apologise for the disappointment that the cancellation will cause, especially to those of you who were looking forward to meeting and listening to Robert for the first time.

Let us hold both them both in our thoughts and prayers and wish them renewed health and vitality in the coming year.



## FREE Website Listing

If you have taken Advance Class from an SRA accredited teacher, live in the UK/Europe or have been taught by a UK/European teacher or by an overseas teacher known in the UK, you can [add your name to the list of practitioners for FREE!](#)

If you would like access to the materials available in the [Practitioners' Area](#), ie updated Preps., Checklists, worksheets, etc. you may wish to consider taking out a subscription to the website. Subscribers need to have been taught by an SRA accredited teacher, as above.

For both, go to [www.spiritualresponsetherapy.org.uk](http://www.spiritualresponsetherapy.org.uk) and follow the links from the Practitioners' Area tab.

**Please note that the papers/information posted on the website are not SRA-authorized material, nor do they form part of the SRA's curriculum.**

**The preps. & checklists are those that I use myself; some materials are teaching aids and are offered to help you use the system; some are for further conscious mind/counselling work post an SRT clearing.**

Linda