

Leitmotiv

Book 3

Guiding Principal

Leitmotiv is in the Now with it's memory of our Past and its knowing of the Future gently nudging us from within.

A cure for an
ancient Urge

Book 2

Suicide and depression
in the western world.

M.I.T.

Walking your
Road

Book 1

Walking your Road

Book 1

*To every man there opens
A high road and a low.
And everyone decides
The way his soul shall go.
The high soul takes the high way
And the low soul takes the low,
While on the misty flats
The rest drift to and fro.*

Adapted from
The Ways
by John Oxenham 1913

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Poems in this book taken from "My Poems are My Children"

Roslyn Rhodes, May 2019.

5 poems asked to be included and I could not refuse.

You find them at the end of the book.

Founded in 1991 and guided by its Buddhist principles of compassionate care, Karuna Hospice Services offers Specialist Palliative Care, Carer Support Services, and Spiritual Care. Karuna is based in Brisbane North and supports people affected by life-limiting illness, loss, or grief, including patients, carers and families, and the wider community.

Karuna warmly extends its sincere gratitude to Maria for her generosity and support of the organisation. Through the books she has so thoughtfully authored, Maria has shared her knowledge, insights and reflections with the wider community, leaving a meaningful and lasting legacy. Karuna intends to use these books as a guide to bring comfort and support to all, believing death is not an ending, but a natural part of life. Just as the sun sets and rises, hope and renewal follow every ending.

To access copies of Maria's books, please use the following contact details:

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In deep meditation some gain an insight, a more timeless and distantly removed understanding and, in many cases, visionary image of humanity as a stream of beings moved along by time and common impulse.

Since recorded time there have been some men and women who have searched for stillness in mind and have found it alone in the wilderness and nature or learned to control thoughts and give it direction quietly sitting alone.

Some of these seers are now called prophets and people honour their visions and call their insights God-given, leading to the creation of religions.

A stream of humanity moving along by common impulse – Freud saw the unconscious as much more than that part of the brain which looks after mundane domestic physiology. Jung went further by calling it the collective unconscious.

Since evolution began certain principles for continued existence of a species started to develop. This principle can be seen and observed from species to species as the tree of evolution unfolded. The plan let us call it “Mother Nature” – required among many other things that the male at rutting time proved his dominance over other males so ensuring stronger offspring.

The continuation of the species is the all important rule and sets aside the individual interest.

For a long time in our evolution there was no individual consciousness for any species. There was a consciousness of the species, or sense of belonging to a species or tribe and working for its continued existence. Slowly our brains developed and senses became more acute to further our existence.

The senses that we didn't understand we called ESP, or extra-sensory perception. They were very important at the early period of development, we could sense, among other things, danger, intent of another person, presence of water or an intuition that enabled us to have contact with other people over a distance.

All of those abilities served us well before language started to form; when nature was hostile and the species were thinly spread. You probably have seen these abilities in many animals when closely observed.

The brainstem and our early brain was the area and still is, the centre of ESP. Before the development of our analytical mind our waking brainwaves were mainly in alpha 8-13 range. Our young children are mainly in this rhythm; so are our pets, etc. Innate wisdom and knowledge form part of our inheritance stored in the sub-conscious of our species. Look at the animal world what they do when unwell or injured. Not so long ago mankind listened to this inside voice on what to do and every village had a wise woman to interpret. The Inquisition saw this as a threat and murdered thousands.

A lot of research has been undertaken since the late 1950s, mainly in Eastern European countries with quite some success.

The Collective Unconscious, as described by Carl Jung, has the promise of explaining many phenomena that have come to light. Each species seems to have its own subconsciousness of that same species. Since it has been part of our evolution from the beginning, it started with the most primitive beginnings of a brain and slowly developed as the species developed. Many species have had no need to develop further as their needs are fulfilled (for instance sharks).

At the level of our human subconsciousness we are all one and we are interconnected to a degree. When our brain is in the alpha rhythm it is ready to send and receive and act as one part of our collective being. Before our analytical brain developed our brains were on a much slower rhythm and our part of the brain where emotions were created was more important. Thinking was more emotional thinking, not so much reasoning. So much of this can still be observed in animals.

They are living in the “Now”, not so much in the past, and definitely not in the future.

Orang-utans teach locals use of herbal remedies

LONDON: Orang-utans may have knowledge of medicines unknown to humans, a study has revealed.

The great apes have been filmed chewing leaves from a small rainforest tree into a balm, which they then use to soothe their aching limbs.

Scientists said they may have shown local indigenous people how to treat themselves and were investigating whether mankind's closest relatives knew of other medicinal plants that could be used by humans.

The orang-utans were spotted using the herbal medicine in the Sabangau Forest, in Central Kalimantan, Indonesian Borneo.

After chewing the leaves into a green lather, they methodically rubbed it into their upper arms or legs for 15- 45 minutes.

"This is very exciting news. It confirms self-medication in orang-utans, the first report of self-medication in an Asian ape, and for the first time, to our knowledge, the external application of an anti-inflammatory agent in animals," Borneo Nature Foundation co-director Dr Helen Morrogh-Bernard said.

"It is known that indigenous communities obtain knowledge of medicinal plants through observing their use by sick animals," the research team said.

Time seems to be different for different species. Some life-spans last no more than a few minutes, like for some bacteria, others like some trees may last for 5,000 years.

The stream of humanity that has been moved along by time and common impulse –

An old saying goes:

You say “Time passes.”

I say “Time stands still. You pass.”

The river of consciousness stays, the droplets of water pass to the ocean to once again be taken up in the clouds. This common experience of time that we all share we see as seemingly passing events as in a movie. We see one event of a movie at a time but if we could look at the total series of images the past and future would be seen at the same time as the present.

Quantum mechanics has held for a while that passing time is an illusion; past, present and future form a single “in the Now” block. The order of the time of events depends on the vantage point of observation. This is especially true for events on a cosmic scale.

There is an article in the New Scientist that sees retro-causality as a way to explain the randomness seemingly inherent to the quantum world but can even re-make it in a way that finally brings it into line with Einstein's ideas of space and time. If you allow retro-causality it is possible to have a theory of reality where the future influences what we see as the present.

Another issue known as quantum-contextuality would benefit from this line of thinking.

Contextuality says that the outcomes of quantum experiments depend on what other experiments are conducted at the same time. The observer and the observed are connected in some way.

Read for observer – human consciousness

Read for the observed – perceived reality.

***There are two ways to live your life.
One is though nothing is a miracle.
The other is as though every thing is.***

-Albert Einstein

A stream of human beings moved along by time and common impulse has been seen by many seers and meditators.

The stream resembles a mighty river. The example of a river is useful to keep in mind as it has direction – common purpose and common constraints within the banks and has its own identity. It is made up of many, many droplets that make the journey from rain-cloud to eventually the ocean to again be taken up into the clouds, etc. etc.

The common impulse is part of the human sub-consciousness. It gives direction and purpose and exists in the “Now” from moment to moment to form a part of the stream. The stream, or river, has existed for millions of years for our slowly evolving species and changed its banks (direction) many times throughout the ages.

The values that we hold dear and try to follow in our actions and thinking have created the banks that shape the present of total mankind.

***Our thinking of today makes the
mankind of tomorrow.***



Our thinking of today makes the mankind of tomorrow.

Thinking requires intent, energy, direction and focus. Computer science takes our brain and its functions as a blueprint. Experiences are imprinted, even before birth as on a tape. Every event leaves a pattern for future reference and slowly a dossier develops. Past experiences influence decisions of today and a particular character eventually emerges based on the person's reaction or response to particular events over a long time. Most of those past experiences happened before we were 4 years old when we had very limited understanding and thought emotionally much more.

Those impressions, buried in the sub-conscious, are later in life responsible for many of our reactions. How we react to events is a choice we constantly make; we can either look at the tape and just do the same again, or be aware and give attention to our action. Giving attention to our actions requires focused thinking and awareness and, over time, a certain change takes place and you become aware you are more in control of yourself and of your life.

Life doesn't just happen to you any more.
You happen to life more and more.

The awareness of what we do in life and the conscious wanting to be harmonious with our-selves and others and our environment slowly shapes our lives. We are aware of other people and, on a sub-conscious level, we influence each other. Group dynamics have been observed for a long time. The collective unconscious is man-kind's subconsciousness built up over thousands of generations.

Thoughts of thousands of generations are of one energy shared by mankind in our individual sub-conscious brains. When our brains started to develop we lived in the constant "Now". Past and future were not there as such and we had ready access to this shared knowledge by listening to our inner voice and acting out what came up. Watch a dog or a cat just knowing what grasses to eat to ease indigestion. The animal kingdom is full of examples. The inner connection of each species can be observed from plant life to animal species. When a critical number of identities achieve a particular awareness; this awareness may be communicated from mind to mind.

Thoughts are energy and of all the things man-kind can create they are the longest lasting.

A pharaoh decides to build a pyramid 5-6 thousand years ago; slowly it will disintegrate to dust, like all that is created with materials. Mountains rise and are slowly levelled by the forces of nature. There is a coming and a going.

An idea is thought, it is picked up by other people and is constantly renewed in the process. People of all races are interested in the mystery of pyramids across the world and much is known of their creators and their religions. This is one of many examples.

Thoughts of Moses, Buddha, Jesus and Mohammad and many other seers are relevant today, they guide the spiritual life of many people.

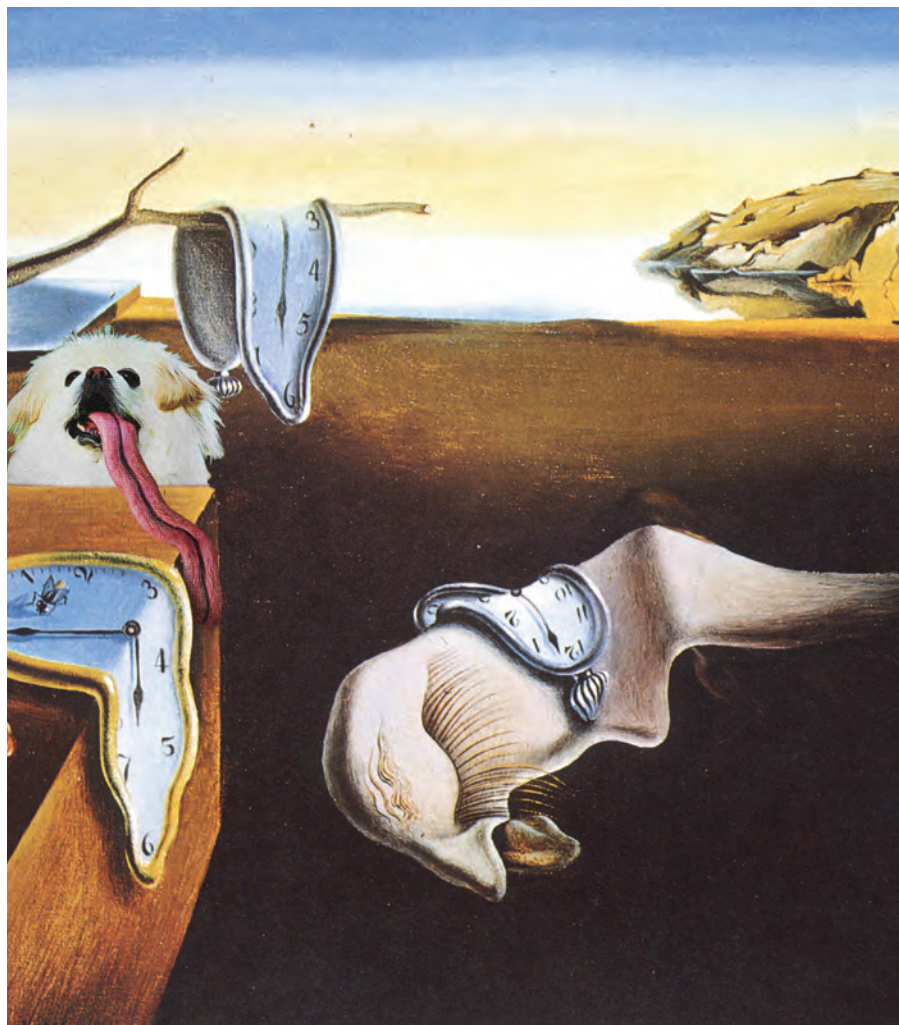
The essence of their thoughts is timeless as they were flowing from their subconscious mind in the constant “Now”. We can receive this essence when we allow ourselves stillness of mind and have the intent to receive from the start. This way we avoid the stuff that men of lesser insight add on and on, thereby spoiling the purity of the concept.



Our subconscious is, since its beginning, in the “constant now” as described by Quantum Mechanics, no future, no past. *Constant now* can be likened to *Eternity*. Our conscious mind has the time frame of our surrounding world with its rising and setting sun and our shared acceptance of time.

Our shared experience of time is of the species or, more accurately, our culture. Culture changed with time and our perception of time with it. Consciousness of the individual observer of our reality differs with what we are involved in and to what extent. We all have experienced the difference of day-dreaming with the movement of clouds, the total involvement in a book, a meditation, a waiting for an airplane that is delayed, to know the difference. Sometimes time seems to slow down and events slow down with it; for instance with extreme stress (a serious car accident, a fire, a bombing, etc). We start realising that our sense of time is influenced by our consciousness and is not static.

We as individuals can choose the rhythm of our lives to be in harmony with nature, each other, and our inner voice as expressed deep in our being.



Our inner voice has been with us for a long time. The tribe that we belonged to has set standards that slowly evolved to make it possible for the tribe to flourish and multiply. “Mother Nature” imprinted many urges that served the group/species, but not necessarily the individual.

Many urges served us well when the population was small and life was dangerous. The human species is fertile every month for some days, far in excess of most other mammals and was well equipped to use it to its advantage. Over-population is the result and now threatens our future and, through us, the future of all species on earth. The urge for the male to fight for dominance in his group led to tribal fighting and aggression on a global scale and threatens our future. Rules of behaviour in the tribe served us well for a long time but conditions changed, and now we have to change to meet a new challenge for survival. In the past changes in behaviour would occur over many generations.

We humans have arrived at the critical point that great changes are required of us to safeguard the well-being of the total world. Our inner voice has the wisdom of our shared subconscious “knowing”. Let it help us to act rightly.

In my mother-tongue (Dutch) the inner choosing between values is called “*geweten*” which translates literally to “what is known”. The unknown was described in the fourteenth century by an English mystic as “the cloud of unknowing”. The cloud has been chosen in the computer world as its storage of information / knowledge. The choosing of values or behaviour is a result of our interior dialogue; we are never alone and we use it to keep our inner and outer selves in harmony.

We can choose values like empathy, sympathy, compassion, unconditional love and many more and think our thoughts infused with these values. When more and more people do this in the world a subtle change takes place. Only eighty years ago when a pod of whales beached, people with long knives helped them selves to meat; now hundreds waded into the cold water and strain to push the animals to deeper water.

There are so many examples of changed behaviour all around us. All of us together can change human consciousness to a higher value and harmony and create a better world for all who live on this planet. Seeing all mankind as one, each of us has the opportunity to think “building thoughts” for ourselves and the total.

This certainly gives us the reason for living.

For many centuries men and women have sought contemplation far removed from the stresses of society and have found stillness to muse and sense the deepest inner essence. By doing so they contributed greatly to all of us.

Each of us is important in this lifting of our human consciousness and we all can contribute in our own way. I am 85 years old and find great solace in this knowledge. You are never useless, too old, not clever enough, etc. etc.

With intent of meditation and focused thinking you can drift into a meditative state, after some instruction by others, or perseverance on your own. It is now seventy years ago when my first wilful meditation took place and I had a vision that made me understand the human condition on a more timeless scale.

Over the years many insights occurred and my life and work started to be lived “in the flow”.

Some insights of more than sixty-five years ago I shared then but clearly they were not acceptable for the times as I was declared “odd”. Now science has caught up more and more and the time is right to share.

When teaching meditation I sometimes meet people who have tried and tried for a long time and then say- I am sorry but I can't do it.

For those people there is a way.

Think of somebody close to you who needs help with a difficult period in his/her life. Visualise their face, if you find this difficult look at a photo. Sit quietly in a chair with your back straight, hands in your lap.

Close your eyes and take 3 deep breaths in slowly through your nose and out through your mouth. Relax your shoulders, arms, legs, body. Feel all the tension leaving you. Take your time. When ready lift your hands with open palms facing each other about 25 cm apart, fingers slightly apart and relaxed and see the person's face with love at just below your shoulder height between your hands. Use all your loving intent of helping her or him. Leave one hand as if to support the face and use the other with slowly caressing movements to give energy and to ensure the desired result. You offer energy and the person can accept it. Both systems are on the same wavelength so that energy can be exchanged to the other.

Unconditional love makes this possible. After a short time open your eyes.

Many people can feel their palms and fingertips tingle after a few tries. Because focusing their thoughts is difficult for some, using a loved one as subject makes it possible to do this. Build on this success and know you are on your way to meditating. We are given this ability to help each other.

Using wilful intent in day to day living can give us an understanding of others and gives sincerity to our own actions.

Wilful intent precedes action and, as it has thought as its content, is not subject to the ravages of time or failure in execution. Its goodness or badness stands on its own. If this content is for goodness then human consciousness gets a nudge and we all benefit.

To have a dream and work towards it for years, only to fail at the last hurdle doesn't mean it didn't have value, it is the intent that gives it value. So with the man or woman alone with their thoughts, musing, meditating or praying - this has value for each of them and the collective pool of thoughts accepts it all.

If a partner has loving intentions but is awkward in showing it in action – or lost a few jobs then starts to feel not good enough to be the provider, the above might help towards understanding.

If we look at science and particularly at what we use every day non-stop “The Smart Phone”, we are very impressed and, without understanding the way it works, we take to it like a duck to water. The parts are getting smaller and smaller, so is our common understanding but, that doesn’t stop us using it. Most of us are satisfied to take it at face value and hopefully, use it to enrich our lives. If only science was as interested to find out what really happens in our heads when we interpret vibrations into a common reality. The power to project thoughts of the individual can influence, alter and shape the thought body and its energy (subconscious).

I hope that you consider what I have written with the same open-mindedness as you consider and accept new inventions.

Research of our minds would benefit all our lives and point the way to a better future. Imagination and dreaming have been the creative force behind our progress during the ages; let us be careful that the compulsion of IT viewing does not put a brake to that creative force. Albert Einstein wrote “Imagination is more important than knowledge”.

All insights – abilities, knowledge, understandings, etc. are a product of people's thinking and endeavour over the ages-past, present and future. All of us contribute to this vast store-house that is in the constant "Now" which is housed in our collective subconscious. We are one humanity.

In Alpha mind rhythm we can get a glance into this timeless store of inspiration. Einstein imagined he saw the equation $E=MC^2$ written on the wall after searching for the answers for a long time. Mozart could hear his music before he wrote it. Leonardo da Vinci saw many of his inventions 400 years before they arrived. (Remember time as a block). Printing and gun-powder were invented in China and Germany - a good example of access to the same idea.

Ideas well up from our sub-conscious and, if the time is right, are acted on.

Investigate inventions in this light and a new understanding will occur.

Bull found on ancient wall

QUEENSLAND researchers have found the oldest known example of an animal drawing: a red silhouette of a bull-like beast in an Indonesian cave.

The sketch is at least 40,000 years old.

Until a few years ago, experts believed Europe was where our ancestors started drawing animals and other fig-

ures. But the age of the drawing, along with previous discoveries in South-East Asia, suggest that figurative drawing appeared in both continents about the same time.

The findings will fuel discussions about whether historical or evolutionary events prompted this near-simultaneous burst of human creativity.

A young child will suddenly sing an aria of an opera on TV as an accomplished artist without formal training and will move many to tears.

The subconscious was for a long time there to help mankind survive but, during man's evolution it has become an alternative to conscious thought processes.

More and more it seems that spontaneous creativity is based on the subconscious and that we can access this pool of all human endeavour of the mind by focused thinking then switching off and putting our brain into the Alpha rhythm.

Goethe wrote many of his best poems in a condition that was like somnambulism. Kublai Khan was received during sleep and then written by Coleridge.

Newton, when stuck with a mathematical problem would say "I sleep on it" and the answer would present itself. The ability of savants (which means 'those who know') ought to be understood in this light. When the subconscious is involved in the creation of an act or work, the ego of the artist is temporarily switched off.

The viewer, when present in mind without ego will be moved by the essence of the work and will experience the work at an emotional level. A few minutes ago I read *The Snow Goose* by Paul Gallico, a short story; it moved me.

Access to shared human sub-consciousness in the eternal “Now” can be a revealing experience.



Jackson Pollock

Our conscious life is mostly lived in our shared realisation of time based on the sun. *Our sub-conscious* life is based on the Eternal Now that embraces Past and Future.

Before we are born we exist in the *Eternal Now*, in the shared human consciousness of all time. When we are born we enter into the reality of ego and can leave our mark with our decisions in life. These decisions have an effect on the values of mankind and they shape the destiny of our evolution. Slowly we age and have more time to reflect and prepare for the reality of our own passing. Our ideas and hopes for the reality after our own passing are our own; these will become our reality at the moment when the “time / clock” of our conscious mind stops and we realise the *Eternal Now*, this moment, without end, is our eternity.

All of us can have different expectations of our “Heaven” and all of us will be our own judge to grant this.

Live well with right intent and be kind to yourself. There is neither birth nor death. One remains only as what one really is. Some will see it as a home coming.



Eternity

Each species has an experienced reality all their own. Our seeing and hearing covers only a small part of the total range of vibrations which constantly bombard us from all around. Only the part of the spectrum that is needed for our survival is received and acted on, thereby safe-guarding us; it has worked well for countless generations. Butterflies see a flower in totally different colours because they see infra-red. A dog's nose even smells information that is particularly important for that species etc. etc.

Our senses provide a framework for our perceived reality; we can largely accept that constraint on us. We are mainly comfortable with shared beliefs, habits, what we like and not like, music and behaviour, etc. etc.

It all fits like a comfortable shoe.

But with our own mind we can step outside this framework and start thinking outside the "square". Knowledge is widening on all fronts. Every discovery is followed with more questions and more answers. The world was our oyster; now the Cosmos beckons.

A Cosmos of millions upon millions of stars and planets spread over an infinite space and still is spreading further at an ever increasing pace. The human mind begins to understand slowly “Space time” and its own smallness in this total.

But our minds have begun to step outside the square and to begin to see a reality that gives us some insight into the Essence that is eternal.

For so long that Essence too was curtailed within the square of established thinking with all its limitations and its human representations.

Perhaps the mystics were right in calling it “the Cloud of unknowing” and not giving it boundaries and limitations.



Sturm und Drang and Zeitgeist are terms in German psychology from the early twentieth century that translate as Storm and Urge and Spirit of the times. The urges have, for a long time, been dictated by “Mother Nature” and have served the tribes on a physical level, but after two world wars and countless smaller ones, conditions have changed and different urges are needed and are starting to manifest themselves.

Empathy, compassion, sympathy and unconditional love are all emotions directed towards others, not the “Me” and we begin to acknowledge the oneness of our human race. This mindset can be translated into action. Knowledge can be attained by the individual to be shared to the benefit of all. Medical research is a good example.

In a healing meditation you can focus on the wellbeing of one person, then another, then another and so forth; suddenly the feeling of being one of the all takes root and the ego (self) has vanished, leaving a feeling of great peace and harmony. When deep sleep will not come at night and the “me” thoughts keep on repeating themselves change them to an altruistic thought, wish for the circumstances to change for him/her and use visualisation. A good sleep will follow.

The practice of awareness can be directed to one's own body in a self healing session. Just before you fall asleep at night (when you are in an Alpha rhythm), focus with full wilful intent of healing on an area of concern, as if you shine an intense spotlight on the area; see it, then let go and let sleep take over. The subconscious will take over and will do its best.

Practise, practise. Regular practice brings results. You might think that only advanced thinkers have some control over ESP gifts; that is far from the truth.

Long ago we all had those gifts and we used them all the time. Through lack of use they have gone to sleep and we have come to rely more on our developing analytical brain. With a real intent to awaken the latent abilities it can all come back.

To learn to guide your thoughts and think what you want to think can be the result of regular meditation. To bring the subconscious to the conscious level will bring personal understanding and harmony.

***Each of us must explore his own unconscious.
The unconscious must not be ignored,
it is as natural, as limitless, and
as powerful as the stars.***

- Carl Jung

Through the ages we have developed the mental skills needed for these times.

Now, more than ever, we have to take responsibility for where we are in our evolution. We might thank the Essence for the first spark of life and for our reality; we are in awe of the totality and beauty of it all; most of all its mystery.

Our mental skills, commonly called gifts are there to be used for the common good, for we are alone and only we, are responsible for our continuing existence and, due to our standing on the evolutionary ladder for so much that lives on Earth.

Use our “dreaming” to create harmony within ourselves, each other, our environment and ultimately, with the “essence”

*Find some time
every day
To spend some time
Alone*



SEEN AND UNSEEN

We live within an unseen world of -
 airy particles
 cells and amoeba
 roots and worms
 plankton
 atoms
 quarks

and yet

I savour the present moment when I -

feel sharp wind
 see a sunrise
 hear the bird call
 smell pink jasmine and
 hold my cat

with grateful awareness

Roslyn Rhodes

A cure for an ancient Urge

Book 2



Foreword to Book 2: A Cure for an Ancient Urge

For many thousands of years God has taken many forms in the mind of mankind. What mankind could not understand, and there was so much that could not be understood, was declared God's work. Lightning and thunder - flooding - earthquakes - volcanic eruptions etc. perhaps could be avoided if the people pleased the Gods by rites and ceremonies.

Thousands of generations passed and people saw a different aspect of their God. All species, including mankind, can only have a subjective view of their reality as will be explained in the following chapters.

Christianity has given us a personal and loving God, and I like you to remember that if that suits you completely, then that is right for you. All faiths when seriously believed in are the right faith for that person, and are a great help to live a good and happier life.

Take a look at your faith, leave the doubting to the young and the strong and let us oldies, who need to hang on to our hard worked for faith in "our God" help us in our hour of need.

An explanation for **the malaise that is spreading through the western world - depression.**

*More soldiers have committed suicide than fell in recent wars.
9 out of 10 young people between the ages 13-24 are affected to
a degree as reported by the Courier Mail.*

Murder of children by parents.

Murder of parents by children.

Loss of hope for the future.

Loss of moral compass.

*TikTok, Snapchat, Facebook etc. and media locking people in a
feed-back loop until there is only one way out.*



Brothers Russell and Ben Smith.

'You were the joys of our lives'

Danielle Gusmaroli

A heartbroken father has farewelled his sons with a poignant eulogy, then stared in silence at the single wooden coffin of siblings Russell and Ben Smith, who were knifed as they slept in their beds.

Their mother, Trish Smith, has been charged with their murders after they were found in their home in the Blue Mountains, west of Sydney.

First to speak at the funeral was their father, Nick Smith, breaking his silence with a long, emotional eulogy.

Voice cracking, Mr Smith talked of Ben and Russell's passions for concerts, sport, their guinea pigs Fluff and Tiger, and their love of fishing, saying: "Russ and Benny, you were the biggest pleasures and joys of our lives. I will make sure you're never forgotten".

"I hold you so deeply in my

heart. You are loved by your family, through your friends, through the community through the school, through your soccer club. You had such beautiful little lives, such beautiful adventures."

As the funeral ended, mourners, many of them children carrying soft toys and dressed in jerseys of the boys' beloved Penrith Panthers, formed a guard of honour as the hearse left the church.

26/9/24 Courier Mail

The years before the Second World War, I was a child in Holland. Life was simpler and had more routine for children who were told what to do and believe.

We were taught about God - Jesus and Mary - and how Jesus looked after us. We had as well a guardian angel for the day to day caring. We prayed at night and collected blue wild flowers for the month of May. Mostly our belief served us well to make sense of the world. Especially during the German occupation, when bombing on the nearby German luftwaffe airport occurred. Then my family huddled under the dining table with four bed mattresses enclosing our “safe shelter” while praying for survival. For many the knowledge that a loving God existed served us well, and gave rise to a great outpouring of devotion and the will to endure.

The two world wars and continuous small wars changed much in our society forever.

For centuries for most people it was farm or village life, with a church to tell what to believe, and with Angelus bells to tell the villagers to start and stop work. It was normal to wed and die within 10-12km of your place of birth.

Until about four hundred years ago our species consciousness was limited by our five senses, as were all other species. Each species developed the sensitivity to a frequency range for each sense as needed for that group.

A bee or an elephant have different needs, so their hearing, seeing, smelling, touch, tasting, and other senses (E.S.P) are not the same. Their experience of reality differs. A whale's experience is right for a whale. A human's experience is right for a human, and is limited to being a human. Each has a subjective view of their reality. This served us well for countless generations.

In the cities life started to change. By putting many pieces of convex and concave glass together, telescopes and microscopes developed. Other senses too were enhanced by science and slowly the dome of limited thinking lifted.

Old thinking was examined and found lacking.

More than a hundred and fifty years ago Charles Darwin had given the world his ideas on evolution. Slowly they were accepted by science, and even more slowly by the population that had believed a different story from the clergy for so long.

This is not to blame the religion. Belief systems develop in step with the culture and needs of a population.

The Egyptian God Ra (the sun God) was prayed to for 4-5 thousand years, as the yearly flood was necessary for the grain crop, and the people wanted to please Ra to make this happen. Ceremonies and rites were attended by large numbers of devotees.

Other smaller Gods assisted Ra to help ease the life of many generations, and a belief in the afterlife made life's passing easier.

Pharaoh Akhenaten wanted to change this to a single God, "Aten". After his death the population rebelled and destroyed his memory, and all went on as long before.

Greek and Roman Gods followed the Norwegian and German Gods. People were perplexed and scared by lightning and thunder, and tried to appease the Gods that caused them. To help in the hunt a God was created to give them courage and strength since time immemorial.

Religion took a turn with the Jewish faith. Moses knew of the Pharaoh Akhenaten and his one God, and his faith concerned itself more with the inner man and its code of sticking close to rules of behaviour and the natural law of mankind as experienced within, and the inner relation to God, whose name was not to be uttered.



Representation of: Ra-Horakhty, 25th Dynasty - Image via the British Museum

In China, Tao Te Ching approximately 2500 years ago was on the same track, so was Buddha, but his was more a philosophy to create harmony within and without, and reflecting on your actions. So as he said -

“be a light on to thyself”

Then 500 years later Christianity started. The world took his coming as a marking of time, so it is now 2024 A.D. Christ had many other Jewish splinter groups concerned with freeing themselves from the Roman yoke around them. The Jesus movement got a massive shot in the arm some centuries later when the Roman Emperor Constantine followed his wife and mother into the faith, and Europe followed on his orders. The festival days were put on identical days long ago, and some of those days like Easter still have the same name and symbols.

Christianity became part of the culture of Europe, and later for much of other parts of the world. It provided a vehicle to enrich the inner life of so many.

**Music - poetry - writing - art - education -
buildings. So much was created by the people.**

Islam started 1500 years ago with its roots in the Middle East, with devotion to the One God and the Koran as its book of faith. They have been a great influence on the world's thinking and art, and algebra can especially be noted.

Proceeding all of the above you find in Northern India the Hindu faith, with surprisingly deep insights and wisdom so early.

The James Webb telescope in space, for which the world paid 10 billion dollars, told us the size of the cosmos and of the billions on billions of stars and planets created, with still more coming on as others die in black holes.

Our world at the centre of creation was shown to be a story.

Our world is so small and of no importance to anyone but us.

It is up to us.

Our religious faith in the west is changing. Apathy is taking its place. There are not enough clergy to go around, too few young men want to be priests, too many churches in Europe are now closed and used for other purposes. Australia imports clergy from former missionary outposts and tries to make it hang together.

Perhaps the following generations will find a suitable replacement or interpretation of a belief that serves us well for two thousand years, and with the right insight that mankind can create, and always has created, a future for us and all who live on this earth.

We can and will do this.

We are one humanity with a purpose.



Mankind can change human consciousness to a higher value and harmony.

We have now to examine how our five senses receive information, or “data” in new speak. Science has moved fast since the early 20th century, and quantum mechanics came on the scene. It was examined non-stop, challenged, and now after more than a century it is accepted as a cornerstone of science.

It is concerned with the very small. Far smaller than most people outside science have an inkling of. But how it relates to our everyday reality is still a puzzle.

The computer world was revolutionised by its concepts. At it's simplest level we once had a “switch,” on or off, or 1 and 0. Now we have an infinite number in between, and this gives scientists many possibilities. Our old way of describing our reality was more dualistic, the boundaries were noted. It was this or that and not the “suchness” in between so much.

All matter at atomic level has a frequency (number of cycles per second) that is unique to that matter. To receive with our senses the full range would overwhelm us, so our brains and five senses have adjusted to a range that is necessary for our existence. All life on earth has a common ancestor, with the first life that divided its cell to continue the next generation; and evolution began. Evidence is coming to light that it happened much earlier than expected.

Evolution of the sensory organs to enable this to happen continues for all species. Variations occur every so many generations, are tried out, and if not useful discarded. When an improvement is found natural selection comes in to play and slowly it becomes the norm.

Our senses are the brain's window to the world around us. The brain selects the data that it is programmed for and changes the vibration frequencies into our perceived seeing - hearing - tasting - smelling and touch sensation.

In some way this happens to all living species since the first beginning of life, first very simply and slowly, into what we see today.

Our brain determines what we experience with our senses, so is thus linked to our level of awareness and our understanding of how things work and relate to each other. A lifetime of curiosity and focus gives a great reward in experiencing a wider and fuller perceived reality.

We, and each one of our fellow beings, together are the creators of our perceived reality. It happens in our own heads and so too for all that lives on earth to different degrees.

A young boy or girl wants to play the violin or piano and practices with full focus for many years. Improvements occur steadily and the joy of playing increases. The part of the brain where the musical centre is situated develops many new circuits, and enriches the young person with greater awareness and knowledge. The focus that you place on what you do in life determines the satisfaction and standard that you achieve.

A dedicated chef - violinist - doctor - brick layer - nurse - carpenter etc. with strong focus has a fuller life.

We have all heard the word *awareness* lately. It implies to give your total attention to what you do at that moment. In other words, live your life with focus and in the “Now”.

Our brains were just right for the input of our senses when life was simpler. Look at the living species around us and they too have achieved a balance of need and fulfilment.

As a child I looked very closely at caterpillars and their change from larva (caterpillar), to pupa, and then butterfly. How each form had different needs, different body parts, number of legs etc. The pupa became a fluid of body parts and recomposed itself to make the change possible. Even the brain had to change to translate the different data that flying required. Eating leaves and avoiding certain predators was not required anymore, so some butterflies who live only to mate and procreate have no stomach, and die after fluttering in the sunshine and leaving their eggs for the next generation.

Each species has it's own reality as their brain translates the data (information) received by their senses.



*Rear end of caterpillar.
Subterfuge to enable species to complete life cycle.*

Then a big explosion of original thinking and ideas occurred. Convex and concave pieces of glass were combined and telescopes and microscopes followed printing. Light was studied and suddenly our senses received a far greater amount of data for the brain to understand and make sense of than ever before. Our structure of explaining something that we didn't understand was usually "God has his way and it is not for us to know." After Darwin, things started to change in earnest and life will never be the same again.

The Industrial Revolution took place on a large scale, and the labour force shifted from the cottage and farm life of small villages, to large cities and dislocated extended family life.

We live and experience our lifespan totally different to our great-grandparents, and start to recognise that our own brain has to accommodate more data at ever more speed. This puts great stress on us, as evolution and its adaptive powers were rarely tested to this degree.

It was needed once before some 8000 years ago, when large towns were built in some parts of the ancient world. The change from living in small family groups which required little interaction with strangers, to a bustling, constantly active mental state with thousands of people to recognise was stressful.

The brain cavity increased to 1500cc. Specialisation of the folds of the brain resulted in a gradual decline in size, and it's now an average of 1350cc. Size of the brain cavity has now little to do with quality of thinking. Einstein's cavity was found to be 1250cc. A large cranium makes for a difficult birth and evolution found another solution.

The discovery that we on earth live on an average small planet, with an average small sun star, to make life possible in a Milky Way that is a small galaxy amid millions on millions of more of the same gave us the realisation that we are alone and if we want happiness we must do something about it. We are at present a closed system with a subjective view of our reality as time began. A cow thinks all of it's life as a cow and experiences life as a cow, a snail as a snail.

This goes for all that lives on this earth.

A cure for an ancient urge

To state in short form

We as a species make sense of a limited range of frequencies that feed into our brain, where it is changed into the reality that we perceive. Each of us is unique in constructing the reality that we receive, and one can not prove that any two person's reality is the same.

So the perceived reality is created by us, we receive only a frequency to suit our living at that time. For a very long time this was simple and static, and we could coast along. All species have a subjective view of the world that is matched by the limited frequencies received.

Life was dictated by body needs, but slowly it broadened out into the creation of weapons, adornments, belief systems, language, and emotions of a deeper kind. The creation of belief systems especially contributed to an outpouring of enriching emotions and creativity, and lead to a richer conscious life.

We all together create our emotions as expressed as joy, love, inner happiness etc., as well the negative ones that plague us.



Henri Matisse, Dance (1909-1910)

The collective unconscious as described by Dr Carl Jung (around 1900) has the promise of explaining that each species seems to have its own shared subconsciousness of that species, that helps that species to know what to do to flourish. Just look at the animal kingdom and observe.

In a relaxed state, with mind in alpha rhythm (8-13 cycles), we are connected to each other to some degree. Watch people at a rock or music festival - they move as one. We can be swept up in protest marches and be destructive. At that moment we are connected to each other as one (Walking your Road).

When a number of things upset us greatly like:

Covid-19, disrupting and ripping families apart, isolating young people into their bedrooms to study. No direct contact with friends, no school, and fear of getting Covid advertised all the time - *Doom Doom*.

Climate change - *Doom Doom*.

Dropping of living standard and lack of housing and renting. *Doom*.

Young ones will never have enough to get their own house. *Doom*.

Fears of World War Three. *Doom*.

We all withdraw to our TVs, mobiles and newspapers full of negative news. Our children are in a feed-back loop with their mobiles - feeding each other's depression via TikTok, Snapchat, Facebook, and non-stop online bullying.

Children withdraw and commit suicide in the western world. Their numbers are alarming. Some parents submit to their inner urge and kill their children in despair and lack of hope. A child will kill his parents and say “now I am free.”

More ex-soldiers have committed suicide than have fallen in recent wars, and yet our defence minister in Canberra wants to strip more ex-soldiers of their medals.

Many people are low in energy and complain of not feeling well. Suddenly it can be all too much for any of us, and via the collective subconscious our mind snaps and starts thinking “I might be better dead, and then I’ll have peace for I am a burden on my family” - as a result our body starts failing us.

Not so long ago, old or sick Eskimos walked into the snow storm, Pacific Islanders paddled their canoes into the sunset never to return, or hunter-gatherers who endangered their group by not being able to keep up for a long time, would walk into the desert and die in the best interest of the tribe.

I have written about the malaise and discussed this with three medical specialist doctors, who have urged me to make this public A.S.A.P.

In August this failing happened to me. I was admitted to the emergency Hospital at 12pm due to lack of oxygen. I have a lung condition (among other things). Many tests later and in meditation, it was suddenly crystal clear to me. I too had succumbed to the prompting of the subconscious release offered.

It always acts in the best interest of the species, not the individual. The animal kingdom has this prompting when stresses are intolerable. Lemmings for a long time are recorded killing themselves en masse; and we are familiar with whale pods stranding themselves again and again.

Explaining the facts goes a long way to counter this inner urge that helped species to survive in the past. However it has no place in our society now, as we as people with our reasoning mind can overcome it.

Some suggestions

Remove bias from all media.

Bring hope back to media.

Use the media in its widest form to inform and uplift.

Stop our children being taught so early our guilty past, so that a sense of pride returns to being Australian.

Return to family and community life, interaction is needed.

We have to be fair to each section of our population and realise that **we are all one humanity with a future that we are all responsible for.**

Make it happen.

On a lighter note, I have a memory to share. As a child I had white mice in a large old aquarium and made all the play things to amuse them. At that time I could not tell male and female apart, and started with two females and one male. Soon there were so many mice that overcrowding and stress started to show, and mothers were killing their offspring. Too small a gene pool was having its affect as well.

I must have been once careless in closing the top because when my mother saw “striped white” grey mice running around, the mice got their order to live elsewhere.

And who can forget Roald Dahl’s story of the little girl and her mother looking and looking at their beloved rabbit and her new born young, till it became all of a sudden too much for mother rabbit and she ate them.

Stop rushing everything you do.

Read *Walking your Road* bottom line page 15.

Read the back cover of this book, especially the last line

and start enjoying your life again.

Maria.

STORM AND URGE

A miniature gust of wind arises
and sibilantly swirls above the ground
lifting posters and papers that sinuously spiral
then snake along the silent streets
among the restlessly shifting crowds
now made uneasy in their time of Peace.

In the darkening sky the looming cloud
shoots its lightning bolt
to illumine the tumultuous crowds.
A thunder drum-roll splits air-waves
as bullet hail panics the scattering people
run amok in the wind-fuelled cannonade.

Exploded shrapnel scatters living flesh.
Torpedoed waters roar and surge to split the dykes.
Screaming hurricane missiles sear towns to ash -
Ongoing forces of the gale carry the raving cries
of shattered citizen-nations soaked in acid-rain
while they take captive warriors as their prize.

Cleansed by blood the people meet to reunite
upon the wasted Earth amid pure ozone air.
They gather beneath a rainbow promise of new life.
Grief and desolation are transmuted by the bright sun
into joyful vision of yet another time of Peace -
Will these live to see this occult cycle rebegun?

Roslyn Rhodes
10.04.2010

A PRAYER

Gifted am I with sunrise on each new day
blessed am I with music of wind and song;
gifted I am in mind, life, vigour and play
yet my heart here does not wholly belong.

Mir, you govern earth, the sea and its waves
Sovereign you are of the cosmos, time and space,
Alpha-Omega, Buddha Nature, Ancient of Days,
together with all life on Earth we give You praise.

As matter withers and fades to grow again
scarred bushland sprouts green in rebirth.
Change our hearts from conquest to reclaim,
to restore, and renew life on our Earth!

Creator unseen, your touch as gentle breeze
moves our soul to see, feel, grow within,
become aware, know, delight in and believe
that we can be renewed in your own Spirit.

Roslyn Rhodes
Mir - her name for God
28.11.1998

Tuesday October 22-2024.

Was published while book 2 was at the printers.

Jail for knifing young sisters

Dylan Nicholson

A mother took a knife she was sharpening and stabbed her two young daughters, who fled for safety, before turning the blade on herself, a Cairns court has heard.

The mother initially faced charges of attempted murder but pleaded guilty to two lesser charges of unlawful wounding.

An assessment in Mental Health Court into whether the mother was of sound mind did not find the stabbing was the result of psychosis or mental illness.

She sat in the dock in a pink suit last week as she was sentenced to four years' imprisonment in the Supreme Court for the horrific attack.

The mother was 39 when she stabbed her two daughters, seven and nine years old, in January, 2022.

The court heard she was sharpening a 15cm knife in her kitchen before she moved behind one of her daughters, telling her "I have to do this" and stabbed the young girl in the back.

The girl was left with a 2cm deep wound to her back and ran to a neighbour's home for safety.

The mother then went to find her other daughter in the bathroom.

She told her daughter "sorry darling I need to do this" as she pushed her to the ground and "came at her with the knife".

The girl received a 10-15 cm deep stab wound to her abdomen at a "shallow trajectory" just under the skin and 2cm deep stab wound to her chest.

The girl ran to a bedroom where she hid.

The mother then stabbed herself in the chest and breast only 3cm deep and cut her neck causing a shallow cut.

The children recovered from their injuries, but a victim impact statement from their father told the court the psychological impact had been severe.

Leitmotiv

Book 3

Leitmotif or Leitmotiv (both correct)

The Oxford Dictionary explains it as a frequently repeated theme in a musical or literary composition. At the end of the 19th and the beginning of the 20th century, Zurich based Dr Carl Jung and other psychiatrists began using the term, but as German-speaking scientists with a more exacting meaning.

“Leit” comes from leiten, which means guiding, but primarily to lead from the front.

“Motiv” forms part of the English word to motivate, as well as meaning a repeated theme.

So “Guiding Principle” comes close, but it is clearer if you read it next to the German meaning.

In “Walking Your Road” the first sentence reads:

“In deep meditation some gain an insight, a more timeless and distantly removed understanding and, in many cases, visionary image of humanity as a stream of beings, moved along by time and common impulse.”

To make this sentence clearer, let us take it section by section. That “common impulse” is what Dr Carl Jung and others called “Leitmotiv” (guiding principle) and is part of the collective unconscious of the species, built up over thousands of generations.

Values that enhanced the survival rate of our human race became embedded in our gene pool and collective unconscious and influenced our actions and thoughts.

For most people, a type of internal dialogue takes place on contentious issues and is usually decided by a “gut feeling.” This is based on experiences in the far past, which is reassuring to most people but can stagnate progress in this fast-changing world.

“In deep meditation”: With the mind in alpha rhythm, a connection can be made with our collective unconscious. When daydreaming this is done without focus, but when the mind is in total focus (in alpha rhythm), so much more is understood. Our inner voice has the wisdom of our shared subconscious “knowing”.

On page 9 (WYR), I wrote “Humanity as a stream or river of beings.” In ordinary life we are all part of this, and for most of us this means very close contact and involvement for a lot of our time. Time to reflect gets less and less due to overpopulation, and tension in life increases.

Changing your vantage point of observation might make a difference. So you imagine yourself getting close to the bank of the river of humanity, then climbing out and looking around, see a mountain close by.

Remembering what so many seers of the past did, you start climbing, and after a long struggle reach the top and observe the stream far below forming the river of life.

Stillness surrounds you and you realise that your high point of view starts to give you an understanding.

You see the beginning of the river far in the past, and right below you the present “Now,” and stretching out in the distance the river of human consciousness continues on its way towards the “Future,” continuously changing its values (banks) that guide our destination.

Humanity, through the ages, is determining its own goal and destiny.

We can focus in life with total attention on so many different facets. When this is done over a long period with awareness, our brain starts to accommodate, and new connections are made.

While in alpha mind rhythm, we get a glance into this timeless store of inspiration when total focus is applied. Many of the great thinkers and seers of the past and present had insights from the future and used them in their time with benefits to all.

Thoughts are energy and once created in the brain, follow the law of physics and can be changed but not destroyed.

All insights, abilities, knowledge, understanding, etc., are a product of people’s thinking and endeavour over the ages — past, present, and future.

All of us contribute to this vast storehouse that is in the Eternal Now, which is housed in our collective subconscious.

We are one humanity.

On page 5 of Walking Your Road, you can read about the collective subconscious as described by Dr Carl Jung. Each species seems to have its own subconsciousness of that same species.

Since it has been part of our evolution from the beginning, it started with the most primitive brain and slowly developed with the species.

At the level of our human subconsciousness, we are all one, and we are interconnected to a degree.

When our brain is in the alpha rhythm, it is ready to send and receive and take part in our collective being.

Before our analytical brain developed, our brains were on a much slower rhythm, and our part of the brain where emotions were created was more important. Thinking was more emotional thinking, not so much reasoning. So much can still be observed in animals.

Thousands of years and generations passed, and when not walking this earth, spent resting in the Eternal Now — the shared human subconsciousness without ego.

This peaceful state is embedded in our subconscious and is felt as a longing.

Our senses and brain function evolution kept pace with our needs of existence and were just right for a long time. But more lies ahead for our species, and our brain was the organ that was going to change and expand.

Brain research has located those parts in the left brain that are important in analytical thinking — logic, order, computation, speech, reading and writing — and the right brain creativity — imagination, intuition, holistic thinking, arts, non-verbal clues, rhythm, daydreaming, emotion.

About 40,000 years ago evolution started to develop an analytical brain function to complement that what we had until then. We started to ask “why”.

In the Bible this is referred to as the reason for the expulsion from paradise for Adam and Eve.

Innocent behaviour of the past had added on the concept of planning for the future, and “guile” entered our lives.

When the Bible was written, the Adam and Eve myth of long ago became the story of our “Original Sin” with its only cure being “Baptism and forgiveness”.

The Christian faith adopted it with gusto and it played a big part in its success.

Guilt was a big load that was placed on church members that were taught as young children and heard that message weekly in church.

Dying became hard for many who could not shed that load of indoctrination. My older sister was a victim and the last of my family to die that way.

In the 1940s, the Germans invaded Holland and were marching through the streets and sang some of the “horst” songs. One I very much remembered was “Gott mit uns” which means God is on our side. Our family prayed for the getting rid of the Germans while huddled under the mattress fortified dining table during raids on the nearby Luftwaffe airport.

Doubts entered my mind and I started to realise that the original message of a faith is not the same as preached from the pulpit. I had found my mountain to climb in life which lead me to “leitmotiv”, and looking within oneself and potentiality.

About 40,000 years ago, there were still Neanderthals in small groups living near us. Most humans at present share their genes to some small extent.

It seems so long ago but, in our generation span of 5 generations per 100 years it works out at about 2,000 generations. Mankind is just starting this part of our evolution. Our future is still to come.

Most people of that time were mainly right brained, but the analytical side became more and more needed and developed. Grain stores and supplies needed counting, and writing was invented, and the future was planned for.

Paul, on the road to Damascus, saw a future for Jesus's philosophy and put order and logic foremost. Dominicans and Jesuits started to prevail in the following centuries, and Christianity was the glue that held Europe together, but it also produced the Crusades and the Inquisition.

The Roman and Byzantine churches developed side by side, but by 1054 their approach to the divinity were at loggerheads and both Popes excommunicated each other.

Logic found its way into the Roman Christian religion, and mystical intuition in spiritual expression in the Eastern Church.

The two spheres left and right in our brain can balance our outlook in life, but for some people it presents disharmony to a great extent.

“It is early days” — a work in progress.

Some Roman Catholic preachers who were educated by their religious orders for many years, following strict left-brain values, when exposed and convinced to right-brain values (for instance Zen Buddhist values), found the daily internal chaos of ideas so disturbing that their body could not handle it anymore, and very early deaths were the result.

Our right brain accepts the mystery, and mystics intuitively feel at home. While our left brain is busy with all the rules and penalties of organised religion.

All ideas regarding God are human ideas and a product of our limited human consciousness. After all, in evolutionary terms, “we have just started”.

Regard it as a mystery and with awe — and get on with life. All thoughts and concepts in our reality are manmade, including our concept of “God.”

If a caring God is required by a needy person, why not create it with your thoughts? Life is easier and warmer (emotionally speaking).

When you feel the need to think independently, be careful that you don't throw out the baby with the bathwater. We are human after all.

The eternal God is beyond concept and form.

Each species has an inner knowing of belonging to the group that they have been born into.

Much of the gene pool memory has been in place and added to over a very long time and helps each individual during their lifetime but more so for the species to survive and expand.

We humans have an inner voice that has been with us for a very long time (WYR page 17). When language developed, our inner knowing changed from a purely intuitive feeling to the inner voice we have today.

A code of behaviour for our socially oriented species developed and is mirrored in our religious teaching. Many seers in their fervour, started to imagine a personal relationship with their God, and their inner voice was heard as God's voice.

That our level of consciousness and senses are subjective and limited to the times was not considered nor understood.

A God beyond form and concept can give us stillness and eventually insight beyond words.

In the Islamic religion, daily prayers are part of their religious observance. The 99 names of Allah are all adjectives and recited, but the 100th one is expressed by "Silence".

Many of the discoveries of the last few years are starting to show that concepts like Dr Carl Jung's "The collective unconscious" from around 1900, to have great merit.

To believe in something that can't be seen but its effect can be witnessed has been with us a long time. The right side of the human brain is subjective in nature, while the left side tries to be objective.

Ulrike Kuchner, as curator at the recent exhibition "Cosmic Titans", said (quote):

"As an audience you complete the artwork with your own memories, your own emotions, and with your own personal context — something science rarely does."

Fundamental physics especially tries to strip away the personal and offer an objective perspective. Yet recent advances into the foundations of quantum physics suggest that reality isn't absolute and objective but rather comes about through negotiating the perspectives of different observers.

Ultimately, as "Cosmic Titans" reminds us there are deeper truths underlying science and art. Not least that objective reality is an illusion.

(Thomas Lewton wrote about this, 15 03 25, *New Scientist*.)

The history of medical science is full of trial and error and concerned itself for most of its time with the body, only lately the realisation that the mind – body - guest bacteria make it work as one and this is still rejected by die-hard old-time doctors. There are far more non-human cells in our body than human ones.

Dr Carl Jung was a breath of fresh air after an era of using leeches and medical practices of the “Middle Ages.”

The cooperation of many kinds of bacteria that facilitate the successful function of animal and human bodies (including the brain) is now recognised and is changing medical thinking.

The evolution of life on this earth has shown that all life has a common ancestor, and that different species had to help each other to make evolution possible.



Mycelium network

Algae developed early and created oxygen that changed the atmosphere over millions of years and made it possible for sea life to go onto dry land. All life until that time was able to use oxygen in water and was strictly water bound.

Lichens were the first to cling onto rocks and were exposed during low tide to the energy of the sun.

Fungi are not classed as plants because they have no chlorophyll to make their food, but they made a partnership with algae, and life on land became possible.

There are now about 50,000 species of fungi, including mushrooms, toadstools, moulds, mildews, and yeasts.

Lichens are tough and, with the help of invited algae, have lived on the poorest soils, trees, and rocks all over the world. Some were found to live an astonishingly long life of 4,000 years. Around 20,000 species have been found so far.

In North America, a mushroom species covers an area of 10km² and after DNA testing it was found that all of it was one living organism, and all parts shared information. Each mushroom above ground was just a manifestation of the total, with the precise job of distributing millions of spores. The mother plant (honey mushroom, *Armillaria solidipes*) lives in the ground.

Another species, this time a tree (Aspen) again in North America, came up with the same idea, has a shared and connected root system and survives for a long time.



Migrating herd of wildebeest

A species of seagrass on the western coast of Australia is the largest of this kind of living specimen and covers an area of 180km² and is around 4,500 years old (*Posidonia australis*).

“Mother Nature” has tried and came up with many successful social orders that helped the species to survive.

Large herds act as one and are interconnected subconsciously. Flocks of birds are interconnected and share information. How the brain does that is still a mystery, but the evidence is mounting.

You have probably experienced the connection to others many times in your life too. The phone rings some little time after you’ve thought of that someone and you know that person is the caller. It is not a surprise for you, somehow you knew.

Another example, thousands go to open air rock and other musical concerts at great expense to feel part of the crowd and enjoy being there without ego. All move as one and are totally into it.

I am now 93 years old and have tried to put what I have learned in life down on paper in small portions that can be read a few pages at a time and, hopefully, thought about at leisure.

As a counsellor in later life, I was taught and firmly believe that you not tell your visitor what to do or believe but give information that he or she can use to live a full and satisfying life.

“Walking your road” is personal for each of us. The focusing of our thoughts gives value to what we personally find important and adds to the consciousness of total mankind.

***Slowly the roughness of long ago is changing, and
the possibility of a future that cares for all
changes from a dream to a possible reality.***

The energy of our thoughts, once created, can be changed but not destroyed, and becomes part of the collective subconscious.

Einstein's equation $E = MC^2$ has been tested and found valid. Energy and matter are facets of the same thing.

We as humans observe nature and try to find “how it works.” Our understanding is linked and limited to our present level of consciousness and our need to understand.

To extend our knowledge and satisfy our curiosity, the media in all its forms can be a great help. Education is not limited to the classroom. All of life can be a learning curve. It is a two-way street: by teaching (or passing on) knowledge, you deepen your own grasp of that matter and bring about a change in our reality as experienced in our brain.

Leitmotiv has been the unseen motivator of the evolution of mankind since consciousness began (W.Y.R. pages 5, 9, 11, 12).

The energy of thinking — but especially focused thinking — has been part of our evolution as mankind.

When our brain is in alpha (8–13 range), and when no ego is present, insights may occur that seem to come from the past or the future.

Science has yet to discover what wavelengths are involved and how it all works, but there is proof that mankind has known about it for a very long time.

In ancient Hindu texts (around 4,000 years ago), the beginning and end of the cosmos were described as an eternal pulsing and waning of energy.

Imagine a necklace of infinite proportion, with each bead the size of our cosmos.

Each bead in turn starts from a “singularity point” and expands in the next fraction of a second with such velocity that now our cosmos is about 92 billion light years across. Expanding and contracting, with its largest diameter somewhere past the center.

Our expansion started approximately 13.6 billion years ago and is still expanding but will reverse the process eventually. The full cycle of waxing and waning might be around 30 billion years.

We have to keep reminding ourselves that all sizes, and times, and observations are always only human and observed with our limited consciousness that determines the scale that we use. Perhaps there is no scale at all.

The ancient Hindu, sitting in deeply focused meditation, could have connected with the collective subconscious of our present time to gain that insight.

The first page of the Bible, called “Genesis,” describes the order of events leading up to the creation of heaven and earth.

Andrew Parker wrote an interesting book, “The Genesis Enigma” (2009).

The order of events as written in the Bible on the first page follows closely our scientific discoveries of the last fifty years.

An Aaronite priest named Ezra came from Babylon in 458 BCE, wrote and read the Pentateuch to the people at a public assembly at the Water Gate of Jerusalem.

The style of the first page is poetic and precise, very different from all other writing in the Bible, and might well have been the result of “deep meditation” insights and expressed with a quality all its own.

The author, Andrew Parker, saw it not quite like that and preferred the orthodox view.

BUDDHA

*Fragrant sandalwood forests waved under a humid sun;
distant snows and streams flowed to where the Lotus bloomed,
there beneath the Bodhi Tree, sat the Enlightened One.*

*Sidhartha, Sakya prince, then arose to teach each day
his message of non-attachment and that All is One;
he was the first to show humankind the Awakened Way.*

*Long after we see him in many tranquil shrines;
he sits in golden stillness with folded hands and downward gaze
Inviting all who search their true life to find.*

*Roslyn Rhodes
13.10.2011*

CHRIST (according to St Mark)

It was resistant vassal State peopled with dissenting tribes
bound beneath a Roman yoke and unforgiving Temple law
when Jesus scorned the burdens placed by priest and scribe.

Everywhere he went he healed the sick that came to him;
talked to them of a coming Kingdom, the fatherhood of God,
and that we must love our enemies and repent our sin.

Three short years he taught until betrayed by priestly guile.
He freely died forgiving all, while bleeding on a Roman cross
that in modern times has become Love's pledge and sign.

*Roslyn Rhodes
19.10.2011*



*We are all visitors
to this time, this place.
We are just passing through.*

*Our purpose here
is to observe, to learn,
to grow, to love... and then
we return home.*

ABORIGINAL PROVERB

An Aboriginal proverb has pride of place in our home:

We are all visitors to this time, this place.

We are just passing through.

Our purpose here is to observe, to learn,
to grow, to love and then, we return home.

A wisdom of the collective subconscious received by so many meditators and dreamers all over the world and over such a long period of time.

It has given a reason for our existence and at the time of our passing “Solace”

“we return home”.

In stillness you might realise that feeling of deep longing for the harmony that your subconscious experienced before you were born and will experience again after death.

THE SOURCE

Laughing I leap over the falls
and swirl from rock to rock
carrying fish and pebbles large and small,
gliding through river reeds and locks.

In briny depths great treasures lie
hid beneath my jewelled and tossing mane.
I hurl great waves upon the shores to vie
with dry land Earth's spoils to gain.

I'm a limpid mirror to trees beside a lake;
still fields and frozen winter rivers lie inert.
Drop by drop I fall and splash to slake
thirst of all living beings and parched Earth.

Pouring, swirling, rippling, tossing, flowing,
I am body of man, beast, snow and ice.
If it be blue and clear, or yellow and foaming,
I am the Sacred River, and waters of Life.

Roslyn Rhodes
24.04.1999

On page 27 (WYR) you can read: our subconscious life is based in the eternal now that embraces past and future.

Before we are born, we exist in the Eternal Now in the shared human consciousness of all time.

When we are born, we enter into the reality of ego and can leave our mark with our decisions in life. These decisions have an effect on the values of mankind and they shape the destiny of our evolution.

Live well with right intent and be kind to yourself. There is neither birth nor death. One remains only as what one really is. Some will see it as a homecoming.

Like the raindrops falling on the earth and then finding their way back to the ocean via rivers — to again and again be lifted up to form clouds to repeat the process — and doing so, over the ages, changing the world's surface through erosion.

We too are part of such a process. Our body is mainly water, so is all that lives on this earth, and all of it is part of this process of change.

**All is interconnected. We are
“one world” and “one humanity”
doing its part.**

The purpose? Ultimate harmony and greater consciousness.



Yes mountains too are part of a general coming and going.

All that happens and exists on this world is of this world and is interconnected.

There is a coming and going for continents, mountains, seafloors, and all that makes up and lives on the outer mantle of this earth. The duration of each cycle differs from billions of years for a continent to a few days for a fly.

The concept of time for a mountain is of that mountain, and the concept of time for the fly is of that fly. The coming and going experience is the only reality there is for that mountain or that fly.

All moves in a cycle of coming, going, and coming again. This understanding has been part of our right-brain thinking for such a long time and has made dying/going easier.

With the expanding of consciousness comes the realisation that there are as many scales of time as there are entities that do the realising. There might be ultimately beyond all realisation, no scale of anything at all. A time to invent a new “Physics” is near.

A physics that does not have rules with dualistic boundaries but is as fluid as quantum mechanics.

Even as no one as yet understands what that stands for. It is dawning!!

In deep meditation you can remove time, then the concept of ego and the duality of the this and that and find suchness pervading then finally ‘Stillness’.



Trilobite fossils

As a 17 year old, I slept and lived in a vast pine forest in the Ardennes in Belgium for a week. It was eerily silent, with the forest floor covered with needles, nothing moving or growing between the trees. The needles on the ground prevent competition from all other plants. My friend and I slept in hammocks, and at night we heard the pine forest sigh.

On that same trip we slept on a bare mountain, and that too was very different for me.

Many seers in the past looked for a lonely mountain plateau where some had insights that had importance for many.

Reflecting back, I now know that the dust under our feet was broken-down rock material mixed with dust from space that falls to Earth at a rate of about 1 mm every 10 years.

As a 40-year-old, I took my family by campervan to the River Murray some days after severe flooding. The mouth of the river was wide, and Murray gums were all you could see standing in the water.

I paddled my canoe between them and came to a place where the water was receding from a bit of higher land. I pulled my canoe on land and, totally alone, experienced the reality of that ancient landscape and its old trees surrounding me as a cathedral.

The feeling of reverence was overwhelming.

With the sensitivity of the observer, you become aware of so many different kinds of reality living simultaneously with us.

I feel a soft glow of understanding and belonging and know it is a sample of future consciousness that will come to so many of us.

Coming back from that 8 week trip we were cycling on a high bike-path carved out of the Ardennes rockface. Far below the river Meuse flowed towards the English Channel. I looked at the rockface and saw in the eroded rock a trilobite. It formed once a part of a very old life form that lived in the ocean when there was no oxygen yet in our atmosphere and all life lived in water. The bottom of that ancient sea was pushed up to form what is now part of my high bike-path. That trilobite became the seed of much thinking.



A visual representation of the Big Bang

On the bottom of the ocean, on fault lines, there wells up very hot water full of chemicals from deep within the Earth's mantle. Lightning might have helped, and it is understood that what was inorganic deposits became organic, and first life came into being. First as a single cell with no outer covering but already imbued with its full potential of all that was to come.

This is one explanation, and there are and will be many more of first life emerging.

Potentiality was there with the Big Bang, beginning a process of expansion many times faster than the speed of light in the first part of a second, and even now is still expanding, but at a slower rate.

Potentiality is in the Eternal Now and pervades all that is and is not. It is beyond time. It is there before the field or the photon decides which way to go (quantum mechanics).

It is there before intent in our thinking and might lead to actuality when the right focus is used.

Our subconscious is in the Eternal Now too — past, present, future — and is during our life on Earth our link to potentiality.



CYCLE OF A LEAF

Summoned by warmth I pierce the bark
to seek and find the sun;
unfold, grow up and out
from damp and hidden dark.

Opening and spreading to other leaves
we dance in summer's green together
in motion, light and shade - one tree
tossing with flower, bird and bees.

My life-blood heals fever and pain,
my breath cleanses the air on earth;
the worn and weary seek our shade;
together we call and greet the rain!

We are red, yellow, brown and green
smooth to rough, sharp or soft,
young and old, large or small
yet, like no other, I am just me.

At summer's end I shrink and fall away -
sere and pale in autumn wind;
falling, settling lightly on the ground
in warm earth to enrich it through decay.

My shape, blot, bruise, stain are like no other
yet am I wholly bark and tree,
bird, flower, rain and colour;
they dwell in me and I in them forever.

Roslyn Rhodes
26.07.1996

Most things and events in nature rotate, as this requires less energy, no waste.

There is a coming and going, and from the falling leaves new growth is formed. Fully understanding this and accepting this fact can bring harmony to our end of life.

I try to feel and experience potentiality without holding onto the word as a concept, and can be deeply moved, for instance, by witnessing the opening of a bud into a new leaf, a butterfly unfurling its wings for the first time, the first few steps of my great-grandson, in the dappled light of a forest, a sunbeam striking a mossy stone.

***Potentiality truly is the power of the cosmos —
macro and micro.***

Einstein's famous equation comes to mind:

$E = MC^2$, with the intuitive flash of thought that the speed of light is measured subjectively by our conscious mind, which is only just starting to develop by evolutionary standards.

I hope that mankind gives itself a fair go to attain a greater and deeper consciousness and create a heaven on Earth — and not leave a world in cinders for our children's offspring.

Until recently mankind has not understood the potential that our minds are capable of, and when used, the results were attributed to “God,” as we thought ourselves incapable of such “miracles.”

Standing in awe at the concept of “potentiality” and taking responsibility for our own actions in life is coming to us. The transition can be compared to a child growing up to successfully become a parent. Most of us try hard and succeed somehow — and in the process fulfil our potential.

Many religions will slowly disappear, with its human-faced representations of gods. Something far deeper and outside our human consciousness is, and always has been, there.

The left brain in our species might be 40,000 years in the making, and that figure looks impressive, but represents only about 2,000 generations of 5 generations a century.

At the age of 93, that timeframe looks so different to when I was a child. My grandfather was a very kind man in his eighties, who bought me a small walking stick matching his own for our many walks together. I was just 4 or 5 years old and love him. The stories that he told me of his younger years have changed from our time and then I realised that his grandfather was born in the 1700s to 1800s period. In 1901 we flew a short distance for the first time. Now we fly to the moon and beyond.

So much education and teaching to be done for all of us to truly be part of the future that we are making together. To take responsibility is the way to make that possible and truly make “one mankind” and fulfil the vision of

heaven on Earth.

SCIENCE AND SPIRITUALITY

In our new millennium we want to know the ultimate in humanity
to probe, dissect and analyse the Id, Ego and Superego.
Mass instinctual violence of the Id has given to its Ego the
 Holocaust, ethnic cleansing, genocide
which the Superego cannot hold back from the Shadow's fall.

We systematically study to neatly arrange a body of facts
that observe and classify the conscious mind while
galvanic skin reflexors, polygraphs, electroencephalograms
strive to measure the Soul of a man when he sits in Samadhi.

Yet none can quantify his inner eye awakened
to the Essence of all beings and events -
right back to the first exploding stars.

Roslyn Rhodes
25.08.2001

Healing came my way in 1991. We were constructing a very large building on 24 acres of land that was originally planned to be a centre of alternative healing and flower farm. Changes in city by-laws prevented the realisation of a long-time dream.

On a Monday morning I noticed the sad face of “A,” a helper on the project. When questioned, he explained that doctors had told his young wife she had ovarian cancer and needed an immediate hysterectomy. On a strong impulse, I told him I could help and to stay onsite after knock-off time. I asked him to sit opposite me on a plastic chair and explain to me his understanding and discussion with the doctor. Then I asked him to close his eyes and listen and feel with total attention the slight breeze that was moving the leaves of the overhead trees. After a while I told him that it was a special breeze that was “magical” and had the power to make him smaller and smaller if he wanted that, so that he could enter and remove the growth in his wife’s ovaries with all the love that was in him. He could nod his head when he was finished, and feeling the breeze would restore his former size once more. After a while I started to speak again and asked if it was all clean. He nodded and I told him that when he got home to ask his wife to sit opposite him and tell her what happened, he would remember what was said and tell her that he had removed all the cancer and would insist on a full pre-operative examination. It was found that there was no cancer anymore.

Within a year they showed me their first-born, and the next year after, their second child.

Early in 2002 this experience was repeated many times, and soon also for people overseas. I consider this healing and my counselling a gift and will never charge for it.

When doing the healing I focus totally on the ailment and the person and feel it coming through when using my full emotion for that person. It feels like right and left brain giving it their all to effect the change. It feels like opening taps to get the full flow coming through. Now, at 93, it drains me — but I feel so blessed to have shared this gift with a long line of people. This healing has a long history in India. I see this gift as part of the potential of us humans.

Focusing with full attention is the entry into potentiality, and that can then be followed by experienced reality for the recipient (WYR 2). The speed of connection between the two identities is immediate — time is not involved, be it 2 or 20,000 km apart.

Quantum entanglement comes to mind.

There is so much to learn.

Find an answer — and there are more questions and questions.

Deeper and deeper we go.



MOTHER INDIA

We travelled to India to admire her jewelled history
within fabulous northern palaces of ruling rajs.
We viewed ancient strands of sacred traditions
'neath many temple domes and in her mythic art.

They are now overshadowed by struggle for change
within a vast human sea that is India. It purges
all chance for sustaining their Vedic heritage,
earliest wellspring of all sacred knowledge
to counter a modern world's progressive surge.

In my mind I saw a veiled Mother India, plagued
and sucked dry by her numberless children.
She had become hollowed, shrivelled and aged
like a forgotten, curled, and empty leaf.

In the green south are mountain forests and falls,
with wilderness and ancient allure of the spices
that drew ships of early traders to waterways
near Kovalam beach, the place of our last night.

On that beach we met a woman, clear eyed and tall;
a fruit seller. She sat with us, as it was hot.
She spoke of her daughter and two children to feed.
A diabetic with an ulcer on her foot, her son gone;
yet she held no complaint about her lot.

By that misty grey Arabian Sea we saw an upright
Mother India having strong intent and pride;
Phoenix that owned her origins, yet can gracefully
adapt to modern ways wherever she resides.

Musings

Musings Feb, '25

Just returned from a medical appointment which has given me new hope and a new insight. At nearly 92, I made a list of my many artificial helpers that make life good for me — starting from the top:

- Glasses since 12 years old
- Eye surgery for Cataracts
- Hearing aids
- Dentures
- New heart valve (2 open heart operations)
- Pacemaker
- 2 × lubrication joint injections
- Stomach ulcer repair

All helped along with a daily assortment of pills and potions. The science that made all this possible is leading us to a future where our given senses that feed our brain with data will be extended to a degree that gives stress to most people, not understanding the processes.

Algorithms can already be inserted into the brain. Artificial Intelligence empties the workshops of workers. Office work by humans will be minimal, and original human input rare. AI writes theses and legal opinions, and music.

It is foreseen that a great part of the world's population will miss out on work satisfaction that has given so much meaning to life.

I wanted other opinions and went to the bookshop.

History can help to give us an overview.

Recommended:

- William Dalrymple — The Golden Road
- Dr Yuval Noah Harari — Homo Deus
- Prof. Martin Wikelski — The Internet of Animals,
Discovering the collective intelligence of life on Earth.

And all books that give us knowledge of the why and how of this world, for instance Why do people queue for lunch? By Felicity Lewis.

A philosophy of living at the concrete level and relating it to the abstract and feeling level within will emerge, first on a personal level and then slowly generally.

Changes in our evolution have taken place in surges, but always over many generations.

The present changes could well be the greatest up till now. People feel the strain.

For instance, you don't expect the role of men and women to change overnight, however necessary. They might change the law, how we should behave, but behaviour deep down takes longer. Because "deep down" we remember a time when ancient customs had value in a different time and enabled that society to expand. Old urges don't care for the individual's interest. The species has to grow stronger and survive.

This insight leads to women's tolerance of young men so that they can make the changes and still be "men" who understand and value women and can be loved by women.

Knowing they are number 1 in their wife's affection sustains many a man during stressful periods of family life. Especially when a few children crowd the family time. Mother Nature's urge for a women to put her children first in her order of love was normal when we were hunter-gatherers, "But the times are a changing".

My advice as a counsellor was for men and women to imagine role reversal and so come closer to understanding and helping each other to succeed in loving each other.

Change used to take generations, as that deep down behaviour was slowly adjusted to a changed lifestyle.

Increasing knowledge of the *how* and *why* of ourselves and all that surrounds us, will lead to a wisdom that early seers saw as “heaven on earth.”

***We humans can get there
together as One.***



Shells on the coast of the Wadden Sea

Musings

A subject for our group, looking into spirituality beyond religion.

A curious mind is a great gift for a full life and can lead to beautiful insights.

All members of this group know that we are in the last part of our life and can look back on so many outstanding memories, but of those there are some experiences of a “different kind” that changed something within us.

Those special happenings in our life are the subject of our 15th March meeting.

I will mention my first one as an example.

I was in my early teens, straight after the war and had joined the newly established World Friendship Association and upon request they arranged for me to join the international seashell association which enabled me to send seashells all over the world and with the help of many language dictionaries describe where they were found, and the name of the species. They would send back to me shells of their region which I would donate to the Frisian Natural History Museum in Leeuwarden, where I was born and lived. Over the years I sent quite a collection there. I visited this museum for the first time in 1991 after migrating in 1953. I asked for the early collection and it was shown in the building loft still neatly in my original boxes and notes in my young handwriting from so long ago.

Late in 1946 a big storm hit the Wadden Sea – Frisian coast and freed pre-historic shellfish from the heavy clay seafloor. The dunes of thousands of years ago are now 90-100 km inland.

Walking all alone along the “dykes” at low tide I came across many shells that reminded me of present species but still different. Suddenly it struck me that they were from a “very-very long time ago” - and then -

-So was I, with not a “dyke” in sight.-

I pedalled home, deep in thought and changed somehow.

After many more “experiences of a different kind” an insight occurred that helped me to understand.

To be in stillness in a mono specied pine forest and hear the forest sigh at night or spend the night in a bare mountain landscape affect me differently – but greatly. Many first nation communities around the world still maintain that connection and live and respect it.

Maria T 20-2-26

Musings

It is 6 January 2026 and I remember my father's death so many years ago on this day.

My father's name is Joh and my mother's Mien, they got married on the 6th Jan 1931. They were lonely that day as they missed their children who migrated, 3 to Australia and one to Singapore. They planned to follow to Australia but were rejected due to age issues.

My mother invited her sister Riet from the south of Holland to come to the north to help celebrate the anniversary. They were huddled around the slow combustion stove and listened to the strong wind outside. Outside it was dark, cold and a very strong wind blew.

Perfect weather my father decided, just right for a "leaning into the weather lonesome walk" He did this regularly. Heavy raincoat-scarf-hat and a cheery "see you later" and he was gone for his battle against the elements. Some time later he was found leaning against a car by 2 young men. They asked him where he lived and drove him home.

He put his heavy clothing on the rack and entered the living room, sat on a straight chair and asked my mother to take the chair next to him. My father put his head on my mothers shoulder and said “Mien, I love you” and died there and then. The 2 women looked at each other and started a dialogue that ran something like:

“He is dead isn’t he – yes he is dead”

“He looks so peaceful – He was a good man”

“Yes he always did his best. But life was not easy for him. Yes he gave his best.”

After sharing some life memories one suggested, “Perhaps we have a brandy now” and after more memories another followed.

It was decided to put father in bed. All the bedrooms were upstairs but the 2 small elderly ladies managed to put father on the double mattress bed.

He should be in pyjamas, have you a pair? No he never wore them but I still have his honeymoon pair. After that the 2 sisters on one mattress and father in his brand new pyjamas on the other, their memories kept flowing. At six o’clock in the morning, it was decided to ring the doctor and life resumed but for my mother a deep depression began with no will to live. She went to her daughter in Singapore for 6 months and after that to her 3 children in Melbourne.

As mother wanted to put her legs under her own table, we obtained a small villa in a Salvation Army retirement village. I visited her every week for a couple of hours for the next ten years. She wanted me to speak English not Dutch and knowing my interest in all that she called “Deep” we had never a dull visit. Deeper and deeper we went and started talking about potentiality and focusing our thoughts. She had plenty of “Stillness” to practice in.

Ten years go by and that Christmas I was leaving Melbourne to visit Brisbane, while she was going to my brothers holiday house by the sea. I went to her small house to say goodbye. I saw her and said “It’s goodbye Mother” and she replied after having looked deep in my eyes, yes it is goodbye and now I fully understand when you said 10 years ago “You haven’t reached your potential yet after I indicated that I wanted to die after father died. Now I feel ready” and 2 days later she died that night. The date was her wedding anniversary. They were 76 and 77, both my parents are the best and did their best for me. They did so much to enable me to grow into the old person of now.

NURSING HOME BUDGIES

In the eventide of their days they sit together waiting;
One hand holding another or distanced with closed eyes
All gone are vigour of life, beauty's pride, love and mating -
over. Now memories are held within silent frailty
of bowed posture, old bones, stiff joints, eyes fading.

Old folk move inside within screened windows and walls,
shuffling to inch across wide carpet, or pushed in chairs
by carers hurrying to set them safely at bed or table;
safe in controlled warm air with walking frames to stop a fall.
Some of them may see the budgies, or may hear their call.

Two small quick green-gold atoms of life flutter; they play
with a feathered wing or claw, or stretch their wings.
They might then hop and turn about to eye the quiet array
of gentle infirm old who repose around their small cage
where they feed, sit, doze and sleep, or call to light of day.

Budgies flew over arid lands, green-blue seas of mulga and grass;
they flocked beneath wide horizons of arching sky descending
to seeded grass or berried bush to find shaded rest and repast.
Dark desert peoples saw these birds as kin, joined to them
through the flowering of all out of a common ancient past.

Those times have gone, as with youth in its potent prime.
Nature now is set apart and bent to serve new white virile gods.
Two budgies held in their small cage bring joy to aged lives
that have no kin with grass, bird or bush outside their walls
of brick, steel and mortar, with two green-gold birds inside.

Roslyn Rhodes
12.06.1999

NOTE: I was working in a nursing home that held the caged budgies and it distressed me to see them in a situation that was comparable with the aged folk who were also in a place where they did not want to be.

Musings

I was always curious as a child, and wanted to know the “why and how.”

After coming home from work my father would listen to my questions and get some books out and start a conversation, explaining it in ever greater detail year by year. They sent me to a Montessori Kindergarten and even now I see volume in numbers.

The older I get the more I appreciate them and love them. When I was fourteen, I was allowed to join the discussion at home after Sunday mass. Six to eight people used to come and it was very lively. One older man was holding forth and swaying the others. I disagreed with him but kept my tongue. During the week I visited the library and worked out what I wanted to say and backed my opinion with facts. I asked for permission to speak freely. I felt my parents approval and it was good.

In deep meditation, time falls away and I believe that in that state I can be in contact with my parents when they were alive. That belief is a good feeling and connection.

Musings

My grandfather on my father's side was the only grandparent alive when I was born. I had Opa for 11 years in my life. How lucky was I!

He was a small publisher and printer of books since 1880, and passed the business over to my father.

At 4 he took me on fine days for walks in our very old town and had many stories to tell.

He was in his early eighties and walked with a silver topped ebony stick and bought me a small imitation one. I can still remember the tock-tock and the tickety tick sound on the pavement.

He left for the South, where he was born, at the beginning of the war when I was 7 and we started to correspond. He had explained to me that to prepare for all printed matter, letters were put in a matrix from right to left and it was a bit like mirror writing. He wrote some lines like that in his first letter and I replied by upside down mirror writing.

Next to my bed stands an electric clock.

7 minutes after 7 is special for me and Opa. It reads 0707. Upside down and reversed — LOLLO. This was the name I used when I started to speak my first words.

At 7 past 7 I am close to my Opa — and he to me.

Musings

I have been walking my road now for a long time and have observed the impulse that Dr Carl Jung aptly called “Leitmotiv”, that storeroom of human endeavour of all ages that can be accessed by focused thinking when our brain is in alpha rhythm (8–13 cycle range).

In deep meditation, when our conscious state is ready for it, an insight might occur that helps us on our road to greater consciousness.

Dr Carl Jung describes a vision that he experienced in his book “Memories, Dreams, Reflections”(page 326-327) He had many insights and wrote over 20 books.

Leitmotiv is in the Now, with its memory of the past and its knowing of the future, gently nudging us from within and helping all species.

All life on this earth has one common ancestor, and all that lives today shares the potential of the All.

On page 32 of WYR I put Carl Jung’s advice, and it is worth repeating here:

**Each of us must explore his
own unconscious.
The unconscious must
not be ignored.
It is as natural, as limitless,
and as powerful as the stars.**



Rembrandt

Musings

Along my road I came across some very impressive ideas that helped me greatly on my way and which I still practice today.

The French Air Force introduced, straight after the war, isometrics for its personnel's fitness.

There are 612 groups of muscles in our body, and the conscious will can be trained to control many of them.

The idea is to tighten a group, hold the tension for 6 seconds (to start with) and then relax and do the same with another group.

Do it for a month and you too might/will practice it for life.

When practicing after becoming tired, it will rejuvenate. Use it when tiredness starts overcoming you, when driving long distances and feel the difference.

Studying for long periods behind a desk: tighten your “glutens” and relax, tighten your thigh muscles and relax.

When I push my shopping basket, I press down on the handle hard for 10 seconds and relax and again and again. I pull on the handle sideways as if to pull it apart for 10 seconds, then relax.

Finding new ways to practice isometrics is fun.

It enables you to get to know your body and relate to it in new ways, and it improves the mind body understanding.

I “talk” to body parts that give me trouble, focus and let go, and trust my subconscious to do the rest. When pain bothers me a lot, I focus on a different and difficult subject that I have trouble with, (like quantum mechanics) and the pain is not there anymore. Slowly I have built a shortcut in my brain to achieve this.

Reports indicate that it is the fastest way to muscle and fitness and needs no equipment. Long term prisoners in America have found release of tension sometimes leading to meditation and inner peace. It strengthens bones and lowers blood pressure.

In intensive care after open-heart operation, I found myself pushing my heels into the hard mattress and after tightening my glutes felt immediately a strong resolve to recover.

A while later I started to have breathing difficulties due to I.L.D. (idiopathic lung disease), but an impulse started me to softly sing:

Da Da, dadida, da da daa, dadi dadi dadí da etc. and my breathing resumed normally.

The many vowels did the trick. To relieve and stop a coughing fit suck some small pieces of Dutch licorice called “Schuine drop” It works!

In the seventies my whole family did “Silva Mind Control” courses. The main instructor was Tom Mahas, who was outstanding, and we all benefited greatly.

I was taught with great enthusiasm and the success rate was impressive. A typical group of 180 people would meet at 5:30 on Friday night to be released at 10 and on Saturday and Sunday 9am - 9.30pm.

What we could do on that Sunday night with our minds was life changing.

It taught me that everyone of mankind can use so much more of their mind/brain, but it requires openness and the will to learn.

Musings

Many years ago Landy (an Australian) ran the mile under 4 minutes. Roger Bannister from England had done it just before. There was great excitement in our country when this milestone event happened but I saw it as a removal of a mental boundary and predicted faster times in the future. When asked why this does not apply to the speed of a horse I replied, "They do not read the Courier Mail".

The rules of Physics are a reflection of human understanding at present. In 1901 we saw after the first short flight, aerodynamics at work, after seeing birds fly for as long as we can remember. Once realised it led in one century to planes so massive that heavy tanks could be taken as cargo and then came Elon Musk. A South African of Dutch/Canadian/Swiss huguenot ancestry born in 1971. He has a complete belief in a different set of boundaries and possibilities and at present has the ability to make others see and accept them.

To reclaim a returning space vehicle with metal arms, as a mother would her returning child, underlie a new reality of seeing the laws of physics shift to suit our new level of understanding that make this dream possible.

*My best friend Eileen A, after reading the proof of the above called out - I found a mistake! - "The British runner's name is Bannister, I was in England when he ran the mile".
Thank you Eileen.*

I use no mobile or computer, so rely on memory and have to write longhand. Somehow it works.

Musings

I like to end this Book 3 as I began Book 2 but will call it End-word.

As a foreword to Book 2 I wrote on page 1:

For many thousands of years God has taken many forms in the mind of mankind. What mankind could not understand, and there was so much that could not be understood, was declared God's work.

Lightning, thunder, flooding, earthquakes, volcanic eruptions etc. perhaps could be avoided if the people pleased the Gods by rites and ceremonies.

Thousands of generations passed and people saw a different aspect of their God. All species, including mankind, can only have a subjective view of their reality, as will be explained in the following chapters.

Christianity has given us a personal and loving God, and I like you to remember that if that suits you completely, then that is right for you.

All faiths, when seriously believed in, are the right faith for that person and are a great help to live a good and happier life. Take a look at your faith, leave the doubting to the young and the strong, and let us oldies who need to hang on to our hard worked for faith in "our God" find support in our hour of need.

In the first version I wrote “help us” in our hour of need.

After reading Leitmotif and thinking about it, you might agree with me changing the wording to “find support.”

I walk with a stick for support for longer distances, and it helps me to get where I want to be. To throw the stick away at this stage of my life would be declared by all to be foolish.

We are all human, we are in this together.

“Our future is our responsibility”

MIT

Let us keep on giving it our best.

A thought:

A bricklayer is best at laying bricks.

A watchmaker is best at repairing watches.

Don't ask a watchmaker to build your house.

Don't ask a bricklayer to repair your watch.

***But give your best at what you do
and think.***

***Ros and I met in Oct 2003 but for many years before that
date we sat at the same table of inspiration called the
collective unconscious.***

EVERYTHING IS BORN OUT OF DARKNESS

*The root lies deeply, folded within clinging soil,
until the moment comes to stretch and raise
slender urgent fingers to prise beyond its prison
and joyously unfold its newly splendid fruit
outward to the bright sun's gaze.*

An obscure pupa pod at a precise moment releases
it's pristine, luminous butterfly ...
From the depths of a labouring woman's pain
her screaming infant struggles into life ...
Mangroves stoically sway in sucking mud,
roots nursing newborn fingerlings ...
An ancient volcanic vibration compresses black rock
into jewels for woman's delight ...
A candle illuminating deep darkness repels gloom
around its glowing heart.
Out of the nubian night is born each new day,
in the pearly rise of a faithful sun.

*For humankind it's a longer birth to wholeness:
from the first fire in our cave to free flight in the skies;
from wasteful warfare to peaceful participation;
from evil energies to gentle goodness.
The journeys from dark dawning to cosmic completion
will always contain this duality.*

Roslyn Rhodes
12.11.2008

DO I KNOW YOU?

I swam in you before I was born
lulled within your heart-beat warmth
that is not even now a memory.
As you and I transmute into other forms
we remain closely bonded
when you hold me within diverse, fluid fingers
and intimately trace the outline of my body
with wave, rain, or fallen snow that lingers...

How do I know your essence? Is it in your moods?
Of fearful depression within a choppy dark sea;
the gently familiar kiss of your soft rain;
your exhilaration within deadly swirling floods?
Your peaceful presence in the limpid depths
of a still lake reflect an image of my face.
As a creek you babble happily under trees;
where I delight in your verve and grace.

Our lives were dedicated to pursuit of wealth
We've mined, drilled and dredged earth for it.
Was it all worth that dead land we left behind,
with you infected and fouled by that stealth?
I've since worked to restore and make you well
through a loving intent in word and deed
and know again your radiant crystalline self.

Roslyn Rhodes
01.03.2012



Spring Hill, Brisbane

BRISBANE

The young girl playing under the backyard mango
stood on spindly legs
supporting a pin-stripe dress that hung about her
with deep verandah pockets.
A moist, green forest with parrots, creeks and mangroves
shaded her golden head.
Her father despised the original dwellers, so raised boundaries
to shield her from harm.
She grew unchanged, alone, forgotten by her elder sisters
who laughed and called her 'hick'.
Sometimes she hid beneath a fig tree from the brilliant sun
or slowly meandered by strawberry farms.
She was a casual, non-conforming, untidy child of no ambition,
indolent in her status quo

Until Matilda the kangaroo winked at her.

Now elegantly tall, coiffured, wearing tight fitting gowns
that fall to manicured feet
she displays a flowing umber sash with
twinkling red-green baubles.
She invites everyone to be entertained, hear the music,
drink her wine and eat
under the brilliant sun while looking across the river
towards her pulsing heart
that holds a nervous anticipation.
Will she follow her sisters into commercial affluence and
middle-aged corpulent spread?
Or can she keep the unique essence of her childhood
as she blossoms beneath the brilliant sun?

Roslyn Rhodes
12.08.2010

MINDSCAPE

I see and move within a seascape
that is me
in my mind, with ceaselessly shifting tides
of emotion - feeling.
It flows in a wide ocean of thought
deeply and alone;
the shifting green - shafted depths of mind
are even lonelier.

Sometimes I'm distracted by popping bubbles
inviting the taste
of succulent seaweed; or attractive anemone
waving to me.
Or I might feel totally at peace within a cradle
of lapping waves.
A sharp, sudden wind comes, surging me into
white and frothing anger;
I'm thrown onto oppressive, unyielding rocks
of blunt denial;
then heavy cloud brings rain with sadness of
dark grey seas
that swell, shift and moan through depths
of my mind -
and through that murk I fear a circling shark
that threatens me;
then happily, teeming silvery pilchards lead
the shark away!

Sunlight breaks through the waving sea
of my mind -
as love comes with two dolphins that dive
together as one;
I feel an ecstasy of energy as they leap up
into sunlight and down,
shafting through tides of immeasurable delight -
a moment in Eternity.
Mind is the sea that never sleeps and is
ever moving; the always changing
tempo within a relentlessly surging sea
that is Life.

Roslyn Rhodes
14.05.2003

NOTE: A description of the many moods or states of mind that we all experience.

GOOD FRIDAY 2003

(The Twelfth Station at Four Winds, Dayboro Queensland)

*On that Friday I was standing
in the sun by a bloodwood tree;
we circled around the Spirit Man
to see him die on that bloodwood tree.*

*Bright red ran the blood of the Teacher
down to the root of the bloodwood tree.
Red tears cried for rape of the poor to nurture greed,
and failure of the King on the bloodwood tree.*

*Red held shadows of famine, oppression, war;
its resin glutton thick on the bloodwood tree.
Sunlight glinting in the blood were living treasures
ripped from Spirit and Earth then nailed
to the bloodwood tree.*

*Terrible it was to see the God Man nailed-
hung bleeding to death on a bloodwood tree
Yet good it was to see bright green hope
of new life at the root of that bloodwood tree.*

*Roslyn Rhodes
April 2003*

NOTE: While I stood by an ironbark (bloodwood tree) in the bush, listening to the prayer, I happened to look down to where an ironbark stood; about half a metre above ground level was a 'bleed' of red resin. To me was a true image of the blood that Christ would have lost from his feet on the cross. It made that event such a moving reality for me that I wrote the poem on arrival at home, within minutes.

PAGE RHODES (My Great Grandniece)

*Page was ten months old when we met;
just standing, soft round arm on mine.
Profile of pink cheek, soft brown curls.
snub nose, and with her eyes a-shine;
her gaze was held directly up at me.*

*I looked down across a bridge of eighty years
then leaned intimately forward, face to face
with my arms reaching out to encircle her;
my hands held her firmly in loving embrace
across four generations in a moment of time.*

*There is a kaleidoscope of motion and emotions
from the moment we are born to when we die;
with every moment there is an association
born between Life's gifts of body and mind.*

*Small fingers hold and feel a first toy;
sunny hopscotch with laughing playmates;
years in classrooms to listen and learn;
then comes a time to love and celebrate
the good memories of life along the way.*

*Between each action and its response
lies the moment,
just as it's seen within the photo frame
of the child who bears my family name.*

Roslyn Rhodes
03.06.2018



“Between each action and its response lies it’s moment”.
Potentiality might in a flash of insight somehow be understood.

In deep focused intent sit down at the table of inspiration, open to all, bring your dreaming forward and know that Leitmotiv will let you conceive what your level of consiousness is ready for.

Leitmotiv is that part of potentiality that is created by us, for us and is our guide, always leading from the front. Our willingness and aspiration that we offer in life drives our way forward.

***Our thinking of today makes the mankind of tomorrow
(page 9. Walking Your Road).***

Explanation of - Bring your dreaming forward

The builders of the Pyramids

Parthenon

Cathedrals of late Middle Ages

Superstructures etc. etc. - of the past and the present.

The painters

Scientists

Poets

The dreamers of medical diagnostic equipment not yet invented,
etc. etc. - of today.

The dreamers we need for our future social structures, are all sitting down at the table, time falls away when focused dreaming at the table of inspiration and potentiality and let us have a glimpse of our future.

Leading to Heaven on Earth.

M.T.



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all who are interested in lifting our human consciousness.

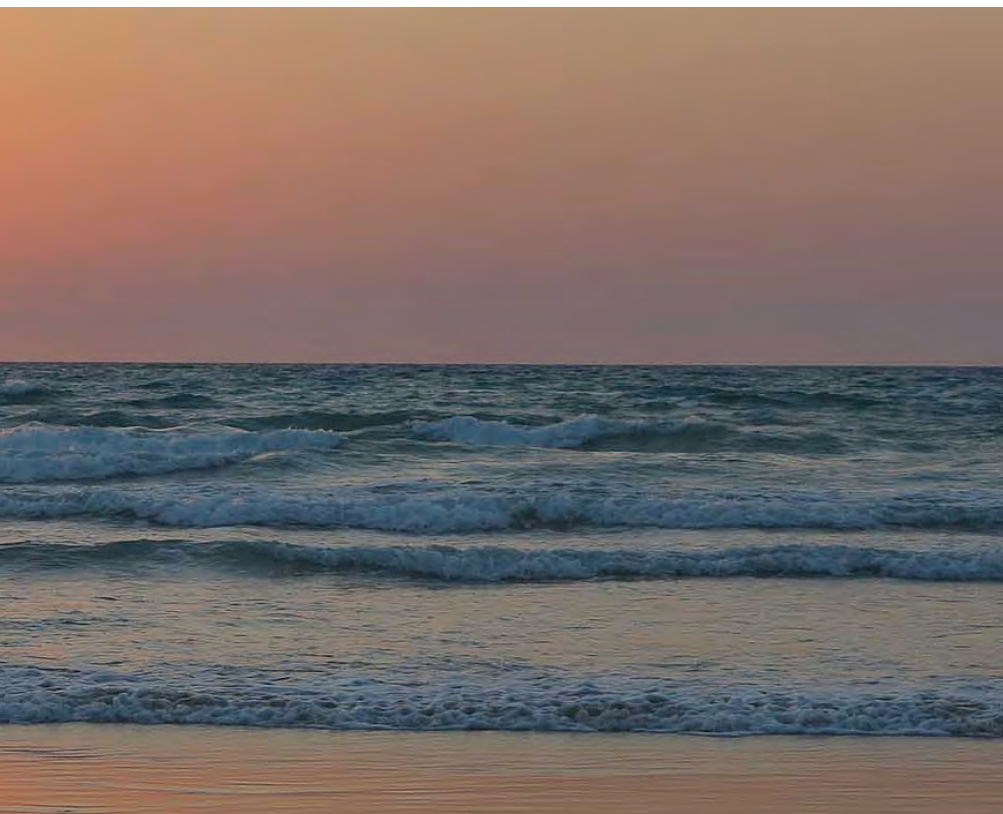
*In the interest of understanding the full meaning of this book I
ask:*

*Please copy all relevant pages and send their message around
the world.*

I'm trying to lessen my ego so I sign off as:

M.T.

August 2026



Leitmotiv (August 2026), A Cure for an Ancient Urge (Oct 2024) and Walking your Road (March 2019) are the result of 77 years of meditation, insights and meeting so many good people on my road.

Thank you.

All of us together can change human consciousness to a higher value and harmony and create a better world for all who live on this planet. Seeing all mankind as one, each of us has the opportunity to think “building thoughts” for ourselves and all beings. This certainly gives us a good reason for living.

The world faces a difficult time ahead.

Each of us can make a difference.

Meditation or prayer is a way.

Find some time

Alone

Find some stillness in your life

-Stillness-

Gateway to Insight - Essence

-Harmony-

Maria

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