

justis

though I walk through the valley of the shadow...

Many of you may be getting concerned about the nature of what is being written on this site and how all of a sudden things seem to have taken a turn into the "Valley of the Shadow".

For many of us, there appears to be no light at the end of the tunnel, and things seem to be getting more and more desperate as time goes on. Not only in our World are we seeing great grievances, but also within our own personal lives.

I don't know whether anyone has noticed, but suddenly we all seem to be lost within the depths of our own hatred, judgement, insecurities and fears. All of a sudden, our best friend becomes our pain, our lives become worthless and everyone despises us on sight. Even if this is not being outwardly shown, there is a definite shift towards it inside of our unconscious nature, subtle enough to be sensed in our conscious world. Inevitably things have gotten progressively worse. Welcome to the Valley of the Shadow; a desolate desert of dark shadows and whispering ghoul-like thoughts that undermine our light and inhibit our progression.

For so long now, I have been talking about preparing for the descent of this place. The Valley of the Shadow (which, incidentally, has always been there, we have just denied it for so long) is finally coming forward into the conscious arena of our everyday lives and thoughts and is demanding attention.

To be able to create the World we all want, a place where we can all live standing side by side as

true brothers and sisters of the Divine, we must all walk through this dark Valley. It is the final step towards actually being able to realise all the dreams and visions we have had. It is a place where we get a chance to disappoint all of the dross that we have held onto and move ahead into the new world with clear hearts and a clean slate. Entrance into this desert-like Valley brings forward everything that we have been taught to deny and reject; that is, the negative. It involves being able to look at the negative in a new light, to actually be able to walk along the path that winds through this desolate place.

The dark, or the negative upside-down Valley of the Shadows, has been viewed for so long as the enemy and has consequently created an "enemy" in this World which manifests itself in a myriad of different forms to get our attention. Having been on a journey into the Valley recently, I'll let you in on a secret... The truth is – there is no Enemy ("There is no spoon"). If you can simply remember that on your journey to know your shadow, then you will be a great way along the path through your own particular dark Valley. Anything that comes into your life, your world or your thoughts that tells you otherwise, is something locked deep inside of you which is asking to be destroyed. Let me tell you, it is confronting when you walk into your proverbial Valley and see lots of enemies, only to realise that all of them are YOU.

Being a dark desolate place changes the dynamic as well. You have the power to destroy in there.

That is, any enemies that you perceive outside of yourself are only the extended parts of your disowned shadow-self that are demanding to be remembered. Once you have faced them in the Valley of Shadows and dealt with them in there, then the result in this world is truly remarkable. All of a sudden it appears that the light floods in and anything that was creating problems in this world has a change of heart. You suddenly remember to love. You remember that there is some good in the World and you are filled with a new strength that gives you hope, faith and whatever else you might need to move further into your life with confidence and clarity.

Once you have walked through this Valley once and can see the magnificence of it, however painful, there is really only one thing to do. Walk into the Desert of the Collective ("Welcome to the desert of the real") and begin to face the global problems from within there. No amount of hating your neighbour in this World is going to solve the problem. It has to be done internally. Perhaps, the reason why everything is going, dare I say it, "pear shaped", is to get you to start going inside now and facing what you need to see.

For many years now I have taught using what I have called "The Spear:it" to destroy inside of the desolate Shadow World that which limits and binds you, using the full power given to you inside of that World as a way through the dark. Even though I have said it so many times that I am mute, I will say it again for those who may have found their light extinguished for a time... Destroying something INSIDE of you means exactly that. If you have tried destroying something and then thought, "HA! I got the bastard, bitch, it, them...", then you have not done it. The whole point is to obliterate it internally, something which, when accomplished, you have no doubt is done. The reason you KNOW you have done it, is you get a horrible taste in your mouth, like drinking coffee with salt instead of sugar. It's that poignantly embarrassing moment, when you realise that what you have just destroyed was a part of you and you get the Homer Simpson "D'oh" feeling. This is truly when you have owned your dark and taken one more step through the desert and towards the oasis

that is your soul - awakened and refreshed by the waters of Divine love. Pure love. Not the "huggy huggy" kind. The real thing. The kind of love that is humble enough to admit its mistakes. The kind of love that realises you were innocent of your darker side. The kind of love that thanks you for making the long, hard journey through the desert and rewards you with gifts of peace, understanding, and harmony.

You might be thinking at this point, "What a load of twee crap, full of adjectives, found in most new age light bookshops". The difference is, without walking through your own Valley of Shadows, you will never know the true, full, brilliant power of the light. Something that has been forgotten in the race to become more God-like. We have scouted around the desert in hope of stumbling upon the oasis, not realising that the only way to find it was to go through it.

The effects are awesome; you may even think you are hallucinating. Walls go soapy, things appear and disappear in front of you and body parts mysteriously vanish. Just keep breathing and keep walking - face your demons and become commander of them. If you are the commander of the troops that attack you, then it makes sense that you can stop them advancing. The only way to step into command is internally. If you try to be a war mongering commander in this world...well just ask President Bush what happens. A lot of accusations, blame and finger pointing, inevitably ending up stuck in the Iraqi desert, trying to prove that the weapons of mass destruction that you were convinced were aiming at your house, simply do not exist. There is no Enemy everybody. Except the one reading this article right now...

Would you like a coffee with that doughnut Homer? Mmmm Tasty!

Psalm 23, 4-5: "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for you are with me; your rod and your staff they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup runs over."