

A new reading pleasure !

# ANCIENT GREEK EMPOWERMENT SCRIPT

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A NEW READING PLEASURE !

A READING TECHNIQUE THAT HELPS YOU RELAX,

HELPS YOU FREE YOUR BRAIN,

IS USEFUL IN DEALING WITH TRAUMA,

AND AIDS CREATIVITY AND SKILLS LEARNING.

Rediscovered and Adapted by Lowen Clarke, the Ancient Greek Empowerment Script will let you enjoy and experience the same script that helped the Ancient Greeks encounter consciousness, create civilisation and liberate art.

And, while you're doing that, maybe you'll do a little archaeology on your own mind.

WARNING : Patents have been applied for for Forwards and Backwards Script. Although individual readers are welcome to use the script for personal use, any commercial use will need to be negotiated.

WARNING : This is for Adults Only. Education is concerned to get students learning in one direction only. Loosening up on this for children may slow their spelling skills for a while. Adults may experience the need to watch what their spelling a bit more carefully for a while. This is part of the process of gradually taking charge of the whole brain.

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## Getting Started

What's the very strong and stable thing that underlies our culture ? We can lose religion, and our old ways and yet we still function within a society dominated by a manipulative advertising and media combine. Lots of groups are trying to pull the strings. Ironically, it may be that the advertiser values the individual better than many of the older value systems, and is working on a deeper level.

Where did this strong and stable underpinning come from ? It's called Civilisation, and is based on clear thinking, individual freedom, respect for others, and a disdain for showy unnecessary wealth. The 'fairgo for all' ideal restrains unchecked wealth and ostentation.

Where did it first develop ? Is there anything that the people of the past did differently that we can rediscover ?

Consciousness arrives a long way ahead of civilisation. But both emerged quickly in Ancient Greece. They emerged elsewhere as well, but our society derives from the Greek experience.

The brains of the Ancient Greeks met and encountered nature and the gods and then encountered consciousness within. Keeping their brains free of ideology, they developed a demand for creative individuality within community, and called that civilisation.

We still live in that framework, but as individuals we sometimes get lost in the mass of it all it has produced.

The Ancient Greeks created writing, reading and stories to express and enhance consciousness and civilisation.

The Ancient Greeks read and wrote in a different physical way on the paper to us .... and this may have kept their brains supple, creative and able to spot false ideology.

Well, the point of this book is to introduce you to how they wrote, and show you their Ancient Greek Script as an Empowerment Script.

You will learn how to read forwards and backwards.

>So, this is the last page written left to right,  
>left to right.

When you turn this page, you will be reading  
>>>left to right,  
<<<right to left,  
>>>forwards,  
<<<backwards.....

Goodluck !!



Welcome !

-> -> -> -> -> -> -> -> -> -> -> -> -> ->

This is the first exercise in reading in

<- <- <- <- <- <- <-  
.directions both

-> -> -> -> -> -> -> -> -> -> -> -> -> ->

You will soon learn to read forwards

<- <- <- <- <- <- <-  
.backwards and

-> -> -> -> -> -> ->

From left to right

<- <- <- <- <- <- <- <- <-  
.left to right from and

-> -> -> -> -> -> -> -> -> -> ->

Try reading this page again,

<- <- <- <- <- <- <- <-  
.go you how see and

-> -> -> -> -> -> -> -> -> -> -> -> -> ->  
The Ancient Greeks began writing in

<- <- <- <- <- <- <-  
.style-mirror full

-> -> -> -> -> -> ->  
Breathe deeply

<- <- <- <- <-  
read you as

-> -> -> -> -> -> ->  
this and breathe

<- <- <- <- <- <-  
you as again deeply

-> -> -> -> -> ->  
read it again.

<- <- <- <- <-  
to seems It

-> -> -> -> -> -> -> ->  
happen automatically.

## Where did all this come from ?

> When the Ancient Greeks started writing sometime

.write to way new a developed they ,1000 BC after <

> They looked at how they plowed their fields

.that like write to decided and ,plows and oxen with<

> But, they turned all the letters around as well.

tend readers ,But .that like read can people Few <

> to recognise words as blocks and know the word from

words read easily all can we so ,letters last and first the <

> written both ways.

> Easy  
read  
> forward  
Easy  
> ways  
back  
> and  
and  
> enjoy  
old  
> set  
.enjoy

things  
forward  
deeply  
new  
overcome  
ways.  
and

ways  
to <  
and  
.back <  
to  
read <  
and  
breathe <  
possibilities  
which <  
Breathe  
deeply <

> When I was counselling and practising hypnotherapy,  
Killing Are Advertising and Media How” writing and <  
> You”, I felt there was something more dynamic needed.

> Some years later, I began on another project. I wanted  
the of frieze the of version animated an create to <  
> Parthenon, that great symbol of the individual and community.

seems It .works frieze the how see to ,though ,hard It’s <  
> inside out - do you read it this way, or that ?

runs it that obvious of kind it’s ,scroll a in it put you If <  
> past your eyes, but this is not exactly as we today see  
.film or animation

> A little deeply embedded memory from my days as a  
with cope could they ,’Remember’ up spoke Classicist <  
> reading both ways. They read forwards and backwards.’

Eureka. <  
> Of course, that was it !!

Eureka ! <

> The frieze makes sense. And once you realise that,  
by letter backwards and forwards wrote they although <  
> letter, we recognise words as whole words, you've got  
.brain the of sides both spark to way easy an <

> The Ancient Greeks were as great users of hypnosis  
.are we as suggestion and <

> The forwards and backwards movement can also  
.relaxing and lulling be can activities some why explain <  
> This, from driving a car to being on a train, or watching  
.tennis or soccer <

> But, relaxing, however beneficial it may be, is not  
.problems fix not will and ,empowering <

> You need words to convey information, solutions or  
.mind the into story<

> And reading forwards and backwards just seems to get  
sufficiently brain the of sides both into information the <  
> better to make a difference.

## A Tale of Two Cities

Charles Dickens

>It was the best of times, it was the worst of times,  
,foolishness of age the was it ,wisdom of age the was it<  
>it was the epoch of belief, it was the epoch of incredulity,  
,Darkness of season the was it ,Light of season the was it<  
>it was the spring of hope, it was the winter of despair,  
,us before nothing had we ,us before everything had we<  
>we were all going direct to Heaven, we were all going direct  
present the like far so was period the ,short in -- way other the<  
>period, that some of its noisiest authorities insisted on its  
degree superlative the in ,evil for or good for ,received being<  
>of comparison only.

,face plain a with queen a and jaw large a with king a were There<  
>on the throne of England; there were a king with a large jaw and  
both In .France of throne the on ,face fair a with queen a<  
>countries it was clearer than crystal to the lords of the State  
were general in things that ,fishes and loaves of preserves<  
>settle for ever.

Greek Ancient in authors favorite your of more many enjoy will you ,time In  
Empowerment Script.

## Empowerment

>Over the years, most of my work has been directed  
methods most ;people empowering of goal the towards <  
> however rely on people actually doing some disciplined  
watch a keeping or ,skill a learning as such ,work brain <  
> on what gets into their heads. Few people can keep up  
.later come rewards the when work the <

> It's OK for some, but for most, it just won't happen.  
if but ,brain the for good is approach that ,Ultimately <  
> learning a language or a skill requires too much hard  
.happen won't it ,work <

> The new method of this book is easy and gets you past  
rewarded are you - empowerment of stages first the <  
> early and the growth of satisfaction and contentment  
then can You .continue will you that means within <  
> choose to put a bit more self-discipline or pressure on  
your or ,skill or talent of exercise your ,learning your <  
> desire to create.

genius The<  
>and genesis of this approach is probably



and ideas the with up came Greece Ancient why <  
> rebellious thinking that it did,  
.times modern till again seen hardly<

> They managed to use all their brain, not hampering any  
self-negativity adverse ,structures belief poor with it of <  
>or poor reading and writing.

## Find Gods who will support You

You.

?need you do empowerment much How <

> If the process of learning and life means that you maximum a there's ,trauma been has there discover <  
> need. If it's just about you relaxing and enjoying life, as mean might empowerment ,blessed already are you <  
> learning to relax and learning to spot unnecessary more bit a want probably You'd .issues confusing <  
> purpose, and might want to self-develop. If you want to by or position social your bettering by , change <  
> becoming creative, a middle amount of empowerment .charge in one the are You .needed be might <

> Not that anyone is fully in charge : we've all got weird your out find to is goal the ,But !!chemicals wild and <  
> interests, extend them, and gain knowledge. The more .better the ,you multifaceted the work you <

> But to do any of that, you need support - right ?

Would ?you support they Do .heroes your of Think <  
> they ?

.not Probably ?you support he does -, God your of Think <  
>Your religion probably tells you that you are here to  
.religion your and ,God your support <

> Change the God.

,change for daring a had They .did Greeks The <  
> probably born of necessity, and they dared to defy nature.

Greeks the so ,supportive not were gods early Their <  
> envisaged the Battle of the Gods, and came up with a  
were These .Olympians the ,Gods supportive of group <  
> not saviours, but supporters. And, as long as there  
If .other any than 'righter' was none ,gods many were <  
>you came along with another god who was useful, he'd  
.team the in put be <

>Though monotheism - and even in the ancient world  
is it ,logical seems - paganism monotheist a was there <  
> not as logical as just moving on. Sadly, monotheism  
.great too is cost the that troubles such brings also<

>It seems to come to this : Your God always has to be the only God.

the of expression an as created ,God your ,soon And<  
> depth of life, becomes more important than your life or  
.can you best as people other with living<

>There are many Gods in Monotheism anyway.  
.another of God the to different very is country one in people of God The <  
>The God of one might be one of continual bounty.  
.times other at taking and sometimes giving ,capricious be can God Another<  
>People of all nations have to challenge the old presentations and beliefs.  
.God people's another against war to them take God their let not And<

>The Judaic/Christian/Islam Gods tend not to be not supportive.  
their of lot a for accounts which ,saviours be can They <  
>appeal, but that just means we are seen as screw-ups.  
very not ,really : spying ,watching ,judgemental are They <  
> nice at all. 'Love' as such is just a tag-on.

.us to closer Heroes of set a find to want to tend we ,So <  
> What Hero stories do you have ? The Hero saves the

a solve people help to way a find Hero the does or ,day <  
> problem ? The big Christian hero, Jesus Christ, leaves  
in all it done he's : problem a solve to us for room no <  
>the past for some time in the future. Hollywood  
be to tend they - truckload the by heroes makes <  
>saviours.

ordinary of representations the are fewer and Fewer <  
>people who manage to get up and fix something.

also he's ,days These .sportsman a be might Hero Your <  
> meant to be perfect.

were heroes their that ensured Greeks Ancient the ,Well <  
>human, either flawed by an outside agency, or from  
bad a with coping ,change of capable always but : within <  
>lot, or helping others. Many a great hero without flaws falls,  
.fails and

>Who are these Heroes ? Does your  
?you with pleased be he Would ?you support hero <

>So, what happens when you finally get Gods who love  
?you support and love who Heroes and you support and <

>You feel part of a continuum in time, and you can  
.Heroes and Gods the to individuality own your claim <  
> Then you might even just move on.

.process long a It's <

> What if you can't get past first base, because your ego  
the Find ?circles in round and round go you makes <  
> blockage, the pain, the possible trauma, and get rid of it.  
Script Empowerment Greek Ancient the reading If <  
> uncovers any deeper issues, you must go a  
the to back then come You .help get and counsellor <  
> script and find it more and more useful.

.values life of standards your lose to have don't You<  
>It is useful to people to have such measurement systems,  
.cultural or social or political or religious they be<  
>They are needed to balance and temper the world of Consumerism,  
,all swamp to seems sometimes which<  
>and even destroy the clear thinking that made it possible.

.value has everyone that loudly claims consumerism even Yet<  
>All minority groups and types are potential customers.  
,systems measuring external have who People<

>be they religious or those of our civilised consciousness,  
.advertiser and media the of systems consumerist pushed the temper can<  
>Religion is a good value system as long as it is about  
.life of awe the of face the in co-operation and ,diversity ,tolerance

>However, all the main remaining 'thinking' systems are being attacked by  
,Education ,Culture High as much as ,Islam and Christianity .'heresies'<  
>Science and Law are being attacked from within by apocalyptic dramatisations,  
Catastrophising and Apocalyptic .advertising and media in copied also are which<  
>thinking is normal for media and advertising. Dramatic presentation can soon  
.catastrophising and apocalyptic external to colorful from go<

>All measurement systems need help and clarity to free themselves from  
to ideals democratic from ,normatives All .thinking closed and intolerance<  
>tolerant and positive Christianity, are under pressure, with so many disparate  
.them of control get to trying ideologies<

>And, we need to keep an eye on the role of the drama of sport, in creating a  
is event sports A .nexus 'loser and winner' its from distinction 'lost and saved'<  
>almost like mediaeval death or morality play. The 'winners are grinners' concept  
.achievement and striving ,competition real destroys and ,there in slips easily<

>People need to support themselves, and be their own best fans.

## **Script Exercise**

The following is a mind and reading exercise, in two different formats :



**This reads this way**

**.way this and**

**The premise is that if the eyes go forwards and backwards,  
mind the calm and relax will and brain the of parts both use will they  
and body. This would be very useful**

**will breathing the, now by even, works this If .  
be deeper, and slower.**

**,interference negative any by off put be not will mind the And  
or from thoughts within.**

**.centre you helps it if see and ,again this read Just  
You could now think a positive thought, and know it will be heard.**

**.breath deep a Take  
Whenever you get a chance, read this, unless you are**

**.eyes and mind your reawaken to ready  
This page tells you how you need to breathe deeply, which seems to  
you tells also page This .this read you when automatically happen  
how to treat your body and your brain.**

**?today feel you do How ? today yourself see you do how So  
Like a favorite character in a story - and who would you think of  
and audience supportive a by watched being are you - ?today  
you will perform without interference from anyone or even from  
your expect can You. skills your of control in is brain Your .yourself  
brain to organise the thoughts, as long as you give it all the information**

.needs it room the brain the give to situation the from back stand and  
Direct the thinking, speak the vocabulary of the mind  
.job the do brain your let then And .definitely, decisively, clearly  
And you stay in charge of your brain, which is both like a pet  
audience the be you, itself enjoy brain your let And .god pet a and dog  
for the brain, supporting and loving the show, and rewarding it. And  
.achieve you what for, too rewards the accept you  
And as you prepare to do your best, be happy, let the brain be  
rewards the and develop will skills Other .fun have and ,happy  
will grow and grow.

.brain own your own you ,Afterall

And a lot of life is at most a game of BLUFF

!now for all That's .good thinking increases happiness and

**BRAIN COACHING :**

**TEACH THE SKILL,**

**LEARN THE SKILL,**

**GET THE BRAIN ENJOYING THE SKILL,**

**REWARD THE BRAIN,**

**MAKE THE BRAIN CONFIDENT,**

**COMMUNICATE PROPERLY WITH THE BRAIN.**

**GIVE THE BRAIN ALL THE INFORMATION**

**LEAVE THE BRAIN ALONE.**

**LET THE BRAIN FEEL PLEASURE.**

This reads this way  
 .way and  
 The premise is that if the eyes go forward and backwards,  
 mind the calm and relax will and brain the of parts both use will they  
 and body. This would be very useful.  
 will breathing the , now by even, works this If  
 be deeper , and slower.  
 ,interference negative any by off put be not will mind the And  
 or from thoughts within.  
 .centre you helps it if see and ,again this read Just  
 You could now think a positive thought, and know it will  
 breath deep a Take .heard be  
 Whenever you get a chance, read this, unless you are  
 .eyes and mind your reawaken to ready  
 This page tells you how you need to breathe deeply, which seems to  
 you tells also page This .this read you when automatically happen  
 how to treat your body and your brain.  
 ? today feel you do How ? today yourself see you do how So  
 Like a favorite character in a story - and who would you think of  
 and audience supportive a by watched being are you - ?today  
 you will perform without interference from anyone or even from  
 your expect can You. skills your of control in is brain Your .yourself  
 brain to organise the thoughts, as long as you give it all the information.

.needs it room the brain the give to situation the from back Stand  
 Direct the thinking, speak the vocabulary of the mind  
 .job the do brain your let then And .definitely, decisively, clearly  
 And you stay in charge of your brain, which is both like a pet  
 audience the be you, itself enjoy brain your let And .god pet a and dog  
 for the brain, supporting and loving the show, and rewarding it. And  
 .achieve you what for , too rewards the accept you  
 And as you prepare to do your best , be happy, let the brain be  
 rewards the and develop will skills Other .fun have and ,happy  
 will grow and grow.  
 .brain own your own you ,Afterall  
 And a lot of life is at most a game of BLUFF  
 !now for all That's .good thinking increases happiness and

**TEACH THE SKILL,**  
**LEARN THE SKILL,**  
**GET THE BRAIN ENJOYING THE SKILL,**  
**REWARD THE BRAIN,**  
**MAKE THE BRAIN CONFIDENT,**  
**COMMUNICATE PROPERLY WITH THE BRAIN.**  
**GIVE THE BRAIN ALL THE INFORMATION**  
**LEAVE THE BRAIN ALONE. LET THE BRAIN FEEL PLEASURE.**

## Are we thinking clearly ?

> The first small rays of clear thinking and of intuitive  
go things two The .Greece Ancient from came creativity <  
> hand in hand.

being of capable and ,frail been always they've ,But <  
> upset, if not wiped out. I think you could finally say that  
thinking clear years past the in as ,unlikely now is that <  
> has had one hell of a battle against the extensions of  
a with coupled ,areas other into 'rationalism economic' <  
> backup of other fundamentalist thinking systems, which  
of strengths The .thinking clear be to pretend to tend all <  
> democracy, science and law all now work against the  
has world Western the and ,failure a such of chance <  
> now had hundreds of years of the presence of good  
between Clashes .continue to it encourage to thinking <  
> new and old will continue where the old can survive,  
things the in But .coexist both where, religion as such <  
> that matter, the battle is over. Not even the Christian  
faiths' other with combining nearly fundamentalism <  
> fundamentalisms has got very far, because at base, not  
Western the lose to want Christians fundamentalist even <  
> World.

his wants he says fundamentalist rabid a moment The <  
> aged parents to have access to a drug that will ease  
.nonsense his modifying is he, pain <

> The point is, we can't go back now. And science will  
to able be and belief and faith of questions more answer <  
> repair and direct mental synapses.

our on us keep to though there always is threat The <  
> toes. Christian thinking can fall prey to a very  
it if believing ,apocalyptic of misconstruction sad <  
> makes enough of a mess of the world, it can force the hand of God  
underpinning sad the is This .days last the on bring and <  
> of its attitude to the Middle East and to the Environment.

## **The Lord's Prayer**

Our Father, you who are in the culmination of life,  
power your hope we ,you praise we,  
of fullness will come to us, we hope your will will be carried  
.heaven in is it imagine we as earth on out

Support us in our human ways, and help us support  
the from us save and ,us transgress who those  
extremes of existence.

## **‘Winners Are Grinners’**

? LOSERS AND WINNERS ABOUT READ YOU HAVE BOOKS MANY HOW  
HOW MUCH MOTIVATIONAL STUFF IS WRITTEN ALONG THESE LINES?

.down feel often people where area an at look let's So

Are you a winner or a loser ?

don't we , Sometimes .don't often but : winners like feel to want we , Generally  
really know what the winning and losing was about. It might seem to be about  
you brings losing only Sometimes .else something about really is but ,thing one  
to this sort of realisation.

concept whole The .nexus lose/win the on perspective further a get you'll , Later  
may be irrelevant, and may be holding you back. But, as it is something we feel,  
enjoy and understand to need do we , winners like feel to deserve all we and  
where it takes us.

appropriate is it where out work to and , perspective need really you , Ultimately  
and where not. In many political and cultural arenas, we are being involved in  
or win to nothing and , battles no are there where , win must we told are we battles  
lose.



## Script Exercise

Now, we intend to deepen the reading a bit.

,great is backwards and forwards Reading  
but try it with only eye.

.often it to return and ,exercise this read Now

This is for the right hemisphere,

You are valuable and needed. There is no need to get  
.anything over panic or fret or upset

You are part of the team, and have a valuable  
of part are You .cool keep ,Cool Be .make to contribution  
it. This is for the the right hemisphere to read  
eye right my close will I so  
and the left eye will read this.  
.needed and valuable are You  
There is no need to get upset, or fret  
.anything over panic or  
You are part of the team and have a  
.make to contribution valuable  
Be cool, keep cool, and you are part of it.

This is for the left hemisphere,

You are valuable and needed. There is no need to get  
.anything over panic or fret or upset

You are part of the team, and have a valuable  
of part are You .cool keep ,Cool Be .make to contribution  
it. This is for the the left hemisphere to read  
eye left my close will I so  
and the right eye will read this.  
.needed and valuable are You  
There is no need to get upset, or fret  
.anything over panic or  
You are part of the team and have a  
.make to contribution valuable  
Be cool, keep cool, and you are part of it.

This reads this way

.way this and

The premise is that if the eyes go forwards and backwards,  
mind the calm and relax will and brain the of parts both use will they  
and body. This would be very useful in life, where stress is  
will breathing the ,now by even ,works this If .unproductive  
be deeper ,and slower.

either ,interference negative any by off put be not will mind the And  
from another person, or from thoughts within.

.centre you helps it if see and ,again this read Just  
You could now think a positive thought, and know it will be heard.

.breath deep a Take

This is for the right hemisphere to read

eye right my close will I So

and the left eye will read this.

.needed and valuable are You

There is no need to get upset, or fret

.anything over panic or

You are part of the team and have a

.make to contribute valuable

The skills you are learning will come to you gradually.

.everything understand won't you course Of

Be cool, keep cool, and you are part of it.

LEAVE THE BRAIN ALONE.  
LET THE BRAIN FEEL PLEASURE.

This reads this way

.way this and

The premise is that if the eyes go forwards and backwards,  
mind the calm and relax will and brain the of parts both use will they  
and body. This would be very useful in life, where stress is  
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.centre you helps it if see and ,again this read Just  
You could now think a positive thought, and know it will be heard.

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This is for the left hemisphere to read

eye left my close will I So

and the right eye will read this.

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There is no need to get upset, or fret

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You are part of the team and have a

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The skills you are learning will come to you gradually.

.everything understand won't you course Of

Be cool, keep cool, and you are part of it.

LEAVE THE BRAIN ALONE.

LET THE BRAIN FEEL PLEASURE.

## Confusion and Trauma

We're all made up of all sorts of parts. There is 'us', and our and personality likely and attractiveness likely our abilities. If these get trained, disciplined, educated and is 'us' the Then .further us lead can they ,knowledgeable changed and we move on. It's a long process, and we as from enjoyed best is Life .leads it where know don't many vantage points and activities as is possible. Early open to aimed be should training family and education the person and mind up to as many ways of seeing as ,person the for fit perfect a be will Some .possible others will have no instant appeal. Some may gain appeal, ,trauma If .blocks building are there But .never some (either real trauma or poor training with the same effect), in around rattle will person the ,potential any up blocks life, maybe seemingly doing well even, but not able to and place their to connected or ,satisfied be time. For many traumas, big and small, learning to use and part emotional the unlocks brain the of sides both they disappear, and the mind can see what's really .clearly more happened

The brain is an organ of pleasure, and needs as much

the like feel can it Although .organs sexual the as care  
only time that the brain is quiet is during sex, the brain  
.person the of part just and ,onside be and tamed be can

It needs training - training to be quiet when you want it to.

It's like travel, when we are the wait for a tram or train  
for wait to how learn we Eventually .awful be can plane or  
hours if we need to. Or like flying, once the trips were  
busy mind the keep to film of array an there's now ,awful  
with. You should be able to generate from within, the  
.generate and ,create ,ponder to ability

So you are all sorts of things. But under that, a probably  
,something accomplish to want you If .you stable very  
you need to knuckle under a bit and learn to get tools:  
then can You .talent trained or skill ,knowledge  
accomplish what you want to do: You cannot  
you worships or you loves it that so world the construct  
more than it does for anyone. Accomplishing a family is  
.work of lot a is career a accomplishing ,work of lot a  
Accomplishing success in sports or art is a lot of work  
force can't You .you notice to world the require may and  
this. Most of this activity occurs at a difficult time: the  
the plus ,house for need the plus ,company for need  
need to raise kids plus the need to work hard all come  
a people give really should Society .time same the about  
house when they start of family and let it be paid off  
.left have kids the after

It's a colossal task, especially when so much desire and  
sex having and getting in up going probably is energy  
and fun.

So, no wonder people get baffled: and then get led by  
and advertiser ,media : helping be should who people  
often, politicians, nationalism, and religion. They're



on you get to trying are they ;do to what you telling  
their side, yet often they're not helping you at all. It's a big  
old old on through muddle people and muddle  
ideas.

your need can and difficult things find easily can you So  
mind to process crap quickly, and to only know what you  
carried get don't you ensure to and ,know to need  
away. Ancient Greek Empowerment Script can help you  
emotional the of some away clearing quickly by that do  
crap that builds up.

bully or you help to going either is structure a Basically <  
> you. The structures can be created so as to reduce the  
help to meant usually are Schools .bullying of likelihood <  
> you. Occasionally still they house bullies. Any  
were structures the even Previously .can organisation <  
> bullying.

but ,way either affected been have may people So <  
>probably now there is less likelihood of bullying. So you  
Education .you protects that relationship a form to have <  
>helps, thinking helps. But, advertising and media can get  
come people then and now Every .filters those through <

into an organisation that has become structure based  
revert to tendency the But .up it shake to try they and  
is relentless. And organisations can be two-faced: what  
Ads .same the not is company a about you tells ad an  
should be contracts but they are not.

is obey or ,buy to you induce to is that behaviour The  
the same behaviour that you encounter in even a  
running is bully a if charity a or organisation community  
it. So learning to protect yourself by learning the tricks  
.fields many across works methods and

And learning about it can reveal to you what happened  
maybe ;sport for coaching or education Take .you to  
years ago it for you amounted to bullying. A new  
how and ,now education and coaching of understanding  
good people have changed it, may give you the way to  
So .within person the retrain and damage the undo  
dealing with trauma needs recognition, which learning  
.bring may yourself for 'Archaeology Mental'

People bury things deep, but always know what's under  
time less the discovered it's sooner the ,So .there  
of life is lost. Later we'll look closer at this. Remember

or council ,team sports local your be might structure that  
church. You have to work out what's what.

## **Oedipus : Heroes and Gods, the Written Story of the Growth of Consciousness**

Oedipus, perennial boomer generation rebel, proclaimed: 'Damn you all the way to hell.

was I .tricked being not I'm .are you who care don't I'  
tricked by nasty bullying Gods, and I worked it out.

'it for falling not I'm ,you Damn'

So, for ourselves we create heroes and gods. We also look can We .advertising ,religion ,media watch to start at government and politics but we need to keep an open Some .coaching sports and education at look We .mind of these contain powerful subcultures such as masculinity.

People who don't get good opportunities are bullied by The .exclusion by bullied are groups some But .society greatest nastiest bullying technique is not to even let they denying or them recognising not by ,exist people exist. They possibly will not even recognize themselves .up wake they day one Till .rights their and

So, there are parts inside us all, roles, talents, attributes, a am I' say to able be to need We .up waking need that strong stable person. I know what I want, and what I sure but ,arrogantly Not .out things sort can I and need of tolerance, interested in diversity, and always willing to The .me changes that information new to led be underlying "me" will cope well.'

The ancient Greeks who first came up with a workable set  
'Mycenaeans' the called are gods of

They were a people whose range of activities went from  
to problems had also They .war to ,trade to art high  
solve : there is not much arable land in Greece, and on  
long The .enough be not soon would it ,basis local a  
term solution was to learn to find it elsewhere and trade  
more was trading that learned they Soon .it for  
profitable, and they could buy the wheat in. But those  
was attitude different A .time took accomplishments  
needed. At Thebes, the plains were planted up, but soon  
people daring These .food enough provided have not would  
saw the lake near them, and decided to drain yet. That  
.nature change to decided they ,is

And, the argument would have been put: we can't do that, the gods wouldn't allow it. If .water under it put have not would they land that have to us wanted had Gods the

But they went ahead, and instead of the Gods punishing man, man changed the Gods. .remained ,Gaia ,back way from God The .old the replaced Gods of team supportive A But Cronos and Titan all went, replaced by sophisticated active gods, who loved work .be need if war to go would and art and

Then Thebes prospered, trading right through to the Middle East, and taking part in the A Linear .trade for useful mainly was writing This .B Linear ,writing new a of creation was mainly for administrative and running workshops and came from the Minoan Era. .inscriptions and ,trade ,records of capable was B Linear

Stories as yet were not written down. They were composed, told, and solidified orally, when happens what out finding and boundaries the pushing men about were they ,and they go past them.

?there and then down you strike and come God a does ,happen things worst the If No. Well, then, perhaps the society has to work out the boundaries. What if it's a the to things pushing just but ,punishable exactly not ,happens that thing strange boundary ?

the just be might person a ,it of part be might Gods the ,imagine to have we'd ,Well  
part of a greater story; some things might be too big for us to decide. And the results ?  
.hard life make just they ,someone kill and come don't Gods the still ,Well  
But life is life and it is valuable, whether hard or easy.

over stepped who person the Or .service community is want might Gods the What  
might be transformed into a community server: there are lots of these heroes.  
.redemption of issues major the raise stories and questions These

But, what if the person was wronged and unwittingly did real evil. Not punishable  
The .service community done already has who ,guy good a really is he And .us by  
worst he gets is that he punishes himself in a stupid way, then lives a lesser life of  
.alive still is he but ,self-exclusion ,exclusion

There are many Oedipuses. Many groups who also do good, but to our way  
say can they and Oedipus like are ,sinners or ,handicapped are thinking of  
'get stuffed' and leave. They lose no nobility just because our society is stupid.

of coming the in event deep a was This .originated Oedipus of story the ,Thebes At  
consciousness. This wasn't just about someone who errs, realizes and transforms.  
honoured then was ,revenge got and wronged was who someone about was This  
for his persistence in life, and his refusal to be conned again. This was at the  
up ends ,deeply wounded ,who guy good really a : possibility human of extreme



doing things he would never do. What happens? He punishes himself, and leaves later if what ,that into fate by tricked been having But .wander to Kingdom the someone wants him again, for their plans, in his last days ? Oedipus tells them to ‘,mine is life my ,No’ says He .today generation boomer the of many like ‘Stuffed Get’ ‘and is precious to me, no matter what it has become.’

And in this story man lays claim to his own identity, his own world. He doesn’t wait out metes He ‘.come will saviour a’ ‘made be will sacrifice a’ ‘bad are things’ say and a punishment, unnecessarily, and then moves on. But, pushed yet again, the .in give not does and sons his curses He .itself proclaims life deeper

And, so significant is this, that he gets taken to heaven, to be amongst the gods. he consciousness in step giant the for valued utterly be just ,God a become Not has taken us all on : no matter what, life is good, and that bears proclaiming : it God ,anyone by again tricked getting not and ,are you who and yourself about is or man.

## **The Significance of Oedipus.**

Some say Oedipus kept ruling in Thebes, and then died. Afterwards, the city Thebes Perhaps .knows one No ?Why .Argolid the from a group a by taken was wasn't going to fight against Troy ? Perhaps its connexions with Phoenician trade the produced it Nevertheless .skills language had it perhaps ,rich too it made Oedipus stories, which we see have a deep significance in the history of the rise of consciousness.

curse a laying of action Oedipus's ,Oh' say to wanted culture our in people ,years For was wrong.' Well, what he was doing was what we all need to: keep strong, calm all that story a It's .die you day the till 'Stuffed Get' say to willing be yet ,quiet and individuals need, in relation to the people around them and their society.

**FROM 'OEDIPUS AT COLONUS' BY SOPHOCLES.  
TRANSLATION BY LOWEN CLARKE**

Oedipus, we're bursting to tell you about this new home of yours,  
.guest our as in you settle we as, Colonus our

Our sun-drenched Colonus is the loveliest place on earth.  
horses finest the breed We  
and our valleys are full of nightingales.  
You'll hear them singing sweetly,  
,groves leafy in deep hidden  
where the ivy is as dark as the wine  
.vines the of boughs the on clusters in grapes just still is that

And don't those grapes, now made into wine,  
,love and ,fun and dancing bring  
into our dark avenues and our wide estates ?

Colonus in here ,Oedipus !Ah  
is that most beautiful flower of all -  
.narcissus the  
It spreads in plenty,  
.dew morning the in sparkle blooms its and

And, you'll see the golden crocus  
.streams meandering slow the alongside blazes it as

Streams whose waters never fail us.  
,day after Day  
the rivers flow to quench and nurture all the fruits of earth.

love nurture to flow so And  
and the arts,  
.here flourishes life of pleasure every that ensuring  
Where else could Sophocles have been born ?

-that all underpinning also And  
we have more olive groves than Doric Peloponnesus or Asia.  
;foster-mother our almost are they ,here ,Yes  
they're our native crop,  
.endless ,unceasing  
Our olive groves are protected by God from vandals or old foes,  
.them attack dare invaders even Not

Now, Oedipus, this last of all the glories we want to praise for you is our homeland's  
:pride greatest  
It's something Poseidon gave us :  
:sea the and horses both of mistress the land our makes that something It's  
It's that here, in our lanes,  
,bridle and bit the to horses wild tame to first the were we  
and that here, on our waves,  
,waves the through skips it that slimly so oar the refined we  
as fast as the sea maidens of fables.

.Colonus to Welcome ,Oedipus

**FROM 'OEDIPUS AT COLONUS' BY SOPHOCLES.  
(TRANSLATION BY LOWEN CLARKE)**

CHORUS :

Show me anyone who asks too long of life,  
,gets he what with unsatisfied and more coveting  
and I'll show you a fool.  
,rarity a is joy and abounds pain ,life long any In  
especially when life goes on too long.  
,release a as comes death ,Finally  
bringing peace,  
,music of notes last any even without  
words of song  
.dancing of jigs or

You can argue as much as you want,  
;exist to never is gift greatest the but  
and if you do, to see the light of day.  
,again dark the for look to is best Next  
and return to nothing quickly.

,over is youth of fun easy the Once  
there's only sadness and fierce agony.

strength of trials and strife ,life through All  
erode us like trash in a sea of envy and hatred,  
,age old is left that's all till  
where we are unloved, friendless, and ill.

.this on agreement in stand all We  
And we have that much troubled Oedipus standing with us !

!not Maybe ! Wait  
Could the stormy seas of such a life have transformed him into a rock ?

,winds bitterest the against Even  
in the bleakest times,  
,still stands Oedipus  
and defies the furies and the waves of all life's contests  
,sides all from him upon break they as  
endlessly,  
,nightfall at  
at dawn,  
,noon of heat the in  
and the dark of night.

## The Innermost Oedipus

Don't tell me that  
,exist to never Gift Greatest The  
And if you see the light of day, look for the dark again.  
.true be to sees This  
MY life tells me it's true. I can feel it's true.  
.again flow may love But

Chorus :  
.father his killed He  
He slept with his mother.  
,Fate by tricked was he say can He  
but he'll always be an outcast.  
.being never off better you're ,proof the There's

Don't tell me that  
,exist to never Gift Greatest The  
But if you see the light of day, look for the dark again.  
,so was this me told life My  
But now love flows,  
.grows life my ,deeper ,deeper And



## Chorus

:you tell I

The Greatest Gift is to exist.

.end the till it fill ,begins Life If

I know this, AND, I feel it,

,again and again ,flows love And

Even as my life grows dim.

**Do not go gentle into that good night:  
by Dylan Thomas**

Do not go gentle into that good night,  
;day of close at rave and burn age Old

Rage, rage against the dying of the light.

,right is dark know end their at men wise Though  
Because their words had forked no lightning they  
.night good that into gentle go not Do

Good men, the last wave by, crying how bright  
,bay green a in danced have might deeds frail Their

Rage, rage against the dying of the light.

,flight in sun the sang and caught who men Wild  
And learn, too late, they grieved it on its way,  
.night good that into gentle go not Do

Grave men, near death, who see with blinding sight  
,gay be meteors like blaze could eyes Blind

Rage, rage against the dying of the light.

,height sad the on there ,father my ,you And  
Curse, bless, me now with your fierce tears, I pray.  
.night good that into gentle go not Do

Rage, rage against the dying of the light.

## Our Oedipus Within - Being Bullied ?

In this section I have to deal with an issue that underlies most of the by pathways the about It's .self and mind our to make can we improvements which we lose ourselves in belief systems, cons, and structures. We lose our opinions accepting by discovering and puzzling and mulling keep to abilities as facts, and imposed needs as true. We can believe church, a cult, political or it ,actually ,when (Club sports local our to even) loyalty a ,idealism economic may be irrelevant, untrue or hold us back.

of system a length at described I 'You Killing Are Advertising and Media How' In analysis of media and advertising manipulation. I showed that we see and are manipulators But .ourselves on this replicate we that often so this to exposed other than media and the advertiser use the same tricks.

This .principles basic few a to down come methods the ,these all across ,And could be not only institutions and groups wanting your vote or money or loyalty, .sibling older an to teacher abusive an from ,individuals be also can it

Do you need to read this section?

if And .bullying by traumatised to been haven't you if ,vaccine a really it's ,Well you have, if it helps you to seek professional and individual help, it succeeds.

emotion between nexus the break to ,traumas all for similar are fixes The and the event. Also, though, it's important in some cases to bring back parts a needs usually but ,happen just can This .identity whole the into self the of counsellor. Traumas can be in strange places. They can be in sport grounds or good really a doing actor an ,affected be can case a pleading lawyer A .courts job, a politician who really goes all out on issue.

where areas two to relate to tend though bullying by caused traumas The bullying manipulation excels:

'team the of out you're' 'us of one not you're' :**exclusion and inclusion of Issues** 'If you don't .... you're out of the company'. It feeds of people's natural isolation a is team sports The .something of part be to need their and alienation and great example : they are hard to be part of, and it's a lifetime thing. Of course and need that But .them in be to talents their develop and hard work people desire is easily manipulated.

the and ,advertiser the of task the is in be to teams or groups false up Setting cultist. The need for inclusion can be also found in the need for community. ?us of the one you Are

**The other main bullying strategy** is a vast, intertwined, entangled mass of

experience huge need you and ,dichotomisation and dramatisation, confusion and strategy to uncover them all. A really good journalist or psychologist can do it.

.confusion on based are they mainly But .people trick to ways the are Myriad That confusion can seem natural: if education has not cleared the fog.

things to end no is There .types its and trickery of layers the to end no There's that can confuse us. Put us in a strange place, a strange climate, and we have to .confusion for setting the have we and ,beliefs and language strange A .concentrate

But, education in knowledge and skills can overcome confusion. Knowledge of of likelihood the reduce and situations through cut can language or weather ,place confusion. Media advertising and those who seek your loyalty, vote or money and dichotomies false of creation ,Manipulation ?Tricks .it at best the be will dualisms are the stock in trade of the bully. The brain is abused, or even kept .developed under

Of course, sometimes, people go further than these types and use violence, of .fix to care great needs and trauma cause will bullying This .physicality or emotion But, it can be fixed. There is always another day.

later its and 'How' both in But .along go we as methods these of more cover We'll

editions, there are clear systems of classification of what's going on. Unveiling the free a away walk you but ,job tough is a bully serial long-term a of machinations person.

?ourselves within got has bully that if what ,is problem biggest Our

## More on Winning and Losing

We are all surrounded by the win/lose world. A politician will tell you he is answer to inability his important more is that that also and ,polls the in winning reasonable questions. The sports pages cry out 'win, lose.' Everyone is seen as .loser or winner

And winners get to heaven, in many religious thoughts.

Most .much that lives inner real into come doesn't losing and winning ,really, But of us get on, most of us improve, succeed by being better at a talent today than .yesterday than today more know we or ,yesterday were we

Did winning and losing matter much in history ? Is Evolution really about the ?species winner

Could it be that the win/lose nexus is in fact a debasement of what competition and winning about becomes everything if that And ?are really striving and losing, we are kept in a flight/fight nervous state of stress and confusion ?

.manipulators many suit would stress that And

You can be a winner by driving a certain car, wearing certain clothes , living in a .area certain



If you expend your energy not in win or lose, but in competition or even can fight or flight of source a ;away falls concept the ,co-operation competitive disappear.

.days these rapidly spreading is loser or Winner

## **COMPETITION IS NOT THE SAME AS WIN/LOSE**

in grounding little very with ,concept alien an be well may losing and Winning any part of our consciousness.

because event sports a at tears into who woman old an of heard recently I she did not win. And of a middle aged professional who burst into tears because .win not did in was he team the

It is good to be emotionally open, and involved and expressive in your talents .that with do to nothing have may losing and winning ,But .sport and

How many writers and painters have believed that they have failed, are losers, ?it at money made not have they because

The imposition of a false set of judgements can cause pain.

to relationship a get to players their educate not do which Sports those And competition and success beyond winning and losing may be failing them.

The surest way to stop yourself enjoying anything you do is to add or let to have you' or, 'game the at, win to have you' : of layer the add else someone make money' at something to be a winner.

fundamental a were it if as losing and winning of concept the accept we ,yet And part of our culture. It is not. It is an added thrill, which is fast becoming an .system belief overwhelming

Sure, sometimes, cultures, people, persons have to win. But, the battles of that .other or way some in winning up end do we life in usually and ,few are nature

Sport is a realm of activity that we do to add a thrill, and dramatise an activity. ,well it doing then ,it doing from pleasure get you if activity an at succeed You then learning how you could translate that ability to other talents.

compete can You .all at competition a be not need concept 'loser winner' The hard, strive hard, and not have to win or lose. It is not central to sport or activity. be can they : situation 'lose/win' a in ourselves put really will us of few ,often And traumatic if the perspective is wrong.

doing then ,right is perspective the where to one gets activity 'lose/win' a doing If it well can be worthwhile.

as more and more paraded is 'sport' as spreading is 'loser winner' of concept The part of everything. And only in that narrow interpretation.

You'll .fans get also leaders church and advertisers ,politicians that is result The be a winner if you drive this, agree with this, or believe this.

and ,ourselves about feel we how to fundamental pretty seems loser Winner letting that get measured externally is only dragging you down.

that define carefully to need we but : winners like feel to deserve and want all We for ourselves.

.lady old the for 'win' right the been have may game the play to able being Just

Winner is an accolade we all deserve, and most of us get it : even if your life is .won you've : happiness find can you and ,failure of full

Advertiser, media, politician and educators and some religious leaders love the only really was it if all at strive would Who . it in up wrap us easily and ,concept about winning ?

keep can that fight and flight and losing and winning between connection the It's us in tension for long periods of time.

.view balanced a stops it that be can problem the ,winners constant for ,And Winning can become a drug, which also shuts down part of our brain.

lock both can ,win to need constant the as much as 'fight or flight' Constant down hemispheres, and alter the balance we need for life and consciousness.

,safe getting and ,surviving just Or ?mind in winning with designed man Was and then striving voluntarily ? Is Life really all about winning and losing, as .say will many

Probably balance of both sides was needed, just as perspective and greater .satisfaction and contentment bring can overviews

Survival is not like winning either. Survival needs fitness, not winning.

feel to need do People .distraction a and irrelevant be might concept whole The accomplished, capable, in charge, and happy, and many sports and talents lead .that to

The final conclusion of this section is that : winning or losing as an imposed in Even .hemispheres unbalanced to lead and ,dangerous be may concept

seemingly small doses, we can become manipulated.

.irrelevant completely be may concept whole The

The 'win/lose' nexus is used by many as a way to alter people's world view from and 'loser winner' into competition through striving in satisfaction humanity's so activate primitive systems of flight or fight. It all ends up in disempowered .confusion

## **RULES FOR CONSCIOUSNESS IN LIFE**

**RULE NO 1  
THE THOUGHT IS ONLY AS GOOD AS THE INFORMATION THE BRAIN  
RECEIVES**

**RULE NO 2  
IT'S EASIER TO REACT THAN THINK**

**RULE NO 3  
GOOD PRACTICE IS A FUNCTION OF BEING HAPPY**

**RULE NO 4  
THE ART OF LIFE IS KEEPING HAPPY IN YOURSELF**

**RULE NO 5  
BRAVE THINKING, RIGHT THINKING AND PANIC ARE ALL EQUALLY CLOUDY  
FOR CLEAR THINKING.**

## **Skills, Sports, Ancient Greek Empowerment Script And Brain Hemispheres.** **.Transformation for Event Metaphoric a as Sport**

I have spoken of winning and losing, as a separate concept. But it is worth asking  
.skills other or sport in useful be can Script Empowerment Greek Ancient the whether

Yes, it will help you balance the mind so you can develop your talent and the execution  
.way relaxed more a in talent that of

In different aspects of your sport, different hemispheres or moods or types of thinking,  
increased bring gradually can You .best be might reaction or observation  
self-knowledge to bear.

skills those test to tends Sport .sport for needed ones just not ,skills all applies This  
under pressure.

.balanced better then and ,down shut be to needs hemisphere a if sense can You

If you can find the calm balanced place in the mind, with just that right combination of  
what seeing and clarity to key the as that use can you ,hemisphere left and right  
happens under pressure.

be to want I' say people Often .skill a at good getting about is competition And

competitive' and it really means I want to attain a certain skill, and be able to play at  
.skills your about good feeling about be should sport in Competition. level that

The Ancient Greek Empowerment Script can help you increase self-understanding and  
.skill any for useful is this

What goals do we want for ourselves within a sport or skills activity ?  
?obtain us help to sport a want we do goals What

What is the relationship of a sport to our lives ? An ultimate goal would be to make  
in dipping while ,progress own your see to fun is it that so sports of useful something  
and out of 'competitive' play and ultimately to form a perspective about winning and  
.losing

It needs to contribute to the development of a balanced life, with a balanced brain that  
.success and intuition ,innovation ,creativity enjoy and ,skills learn can

I conclude that sports can be useful to us as :  
,system bio-feedback a  
as a way to improve and monitor brain health,  
.uplifter an as and  
But only if you are very clear about the journey.



have still I and ,all at use any having it to as pessimism of period a after this to come I many reservations about its dangers. Recently, I have come to see that sport may be and capacity mental improved to lead that use hemisphere brain of levels involving flexibility.

,athletes best or quickest the but any abandoning of and ,coaching of ways Old may have in fact shut down part of the brain, and left the person prone to either depending ,syndromes stress traumatic post to through right ,states victim or arrogance on whether they generally won, or generally lost. I don't think it was helpful to winner or .loser

It is not acceptable that most people might muddle their way through those extremes, .all it of out much that getting really never

If sports psychology is employed at all, such current sports psychology comprises only again yet a into degraded gets actually often and ,visualisation and thinking positive repeated set of old mores of persistence and going through the pain.

.nexus loser winner the to subjected are people ,is That

This means the real value of the techniques of self-hypnosis and visualisation and .lost getting is performance individual for relaxation

In some sports, there are deeper psychological issues involved: such as why the nature Stress a cause can itself sport why and ,person of type certain a attracts sport of Syndrome, or revivify old Post Traumatic Stress Syndromes. A much deeper of problems the of because ,solutions The .for called is psychology of application inclusion/exclusion, crime and punishment, and rote learning leading to inflexibility of be to needs Research .game the of playing the in automatic be to need ,brain the done on recent studies into Exclusion as a source of pain.

and attitude of problems the ,area skill high a to gets really player a When temperament are isolated as the ones to deal with. The 'bullying' of changing goals .point this at abated be to begin should

How do we progress through a sport ?  
.oriented win is sport the if especially - fits and jumps in happen to seems It

More typically, raw talent and daring (nervous energy) will propel you a bit, and give to has also Knowledge .you get can mind and skills the training where of glimpse a you increase. Gradually, a win that showed a daredevil talent becomes a calm likelihood.

:be might play complex to path The  
gradually learning the play and the thinking behind it,  
,adaptive or accurate sufficiently skills getting then  
then one day daring to have a go in a contest, and actually achieving it,  
,do to what of knowledge more and better skills getting then

then trying it out and not succeeding and losing a game,  
,game a winning still and succeeding not then  
then having gradual stress free success.

And .sport their of nature the about deeply think to needs ,coaches including ,Everyone  
ask lots of questions about its effects on the individual, the whole range of individuals  
,win to need and aggression big a have who those -  
those who need to beat opponents,  
,others toward feelings their in ordinary are who those -  
-those who are just not aggressive, and  
work ,boss ,coach ,teacher ,system a by) trauma a by affected been have who those -  
mate etc.)

do What ?think others do what And ?people for good generally is that game a this Is  
other sports players think of a particular game?

subject people that know I - people on systems of effects the observe I ,theologian a As  
to a bad system get depressed, angry, disillusioned: they also replicate that thinking in  
!losers are us of most then ,winning about always is sport If .heads their

Good is never good enough, and perfect is only good if you win. This is not a good  
.head your in replicate to system

Some sports mean that win or lose, you have had a game, been involved, got some

never may they : tennis play to decide suddenly could person a life in Late .exercise  
win, but enjoy playing, running around, hitting the odd ball. For such a person, it would  
.rounds few a win and ,better hit well may they ,gradually ,And .enhancer life a be

In coaching, I have found many methods are also confusing, bullying and ineffective.  
as such Concepts .systems submission are they - sessions education not are Drills  
honour, tradition, accuracy, precision, blind repetition are rife. Players get imbued with  
.years for these

And on your own coaching level, if you are not engaged in a war on yourself, to beat  
suspected sport of world old The . trouble as ,serious not as seen you're ,will own your  
everyone. This may be where the stories of Prometheus Bound and Atlas came from.  
anger, energy of lot a waste can they but ,themselves break really cannot person A  
and time.

Players seem to replicate the most awful coaching in their practice.  
.used been have pain of infliction and themselves insulting ,themselves Berating

## **CAN WHICH ISSUE BIOMECHANICAL AND PSYCHOLOGICAL IMPORTANT AN< >TAKE US TO THE SOLUTION : FREEING UP THE BRAIN**

7 by that assumed generally is It : AIMING .sports many of core the to goes This  
years old, you can aim, and that's the end of that. But, though some players might

who someone than anymore doing were they what know wouldn't they ,can they show doesn't get that skill till later in life,and then presumes they don't have it.

A common instruction in sport is 'Now aim'. It says nothing and means nothing. The all We' : states then knowledge psychological and bio-mechanical of application have dominant eyes.' And that's about all.

?do I do what ,away metres 20 target a hit to ,So

There is no information - as it is assumed you know - not only how to aim, but what is .you for best

Now apply knowledge of left and right hemispheres. For a well balanced human, you would That .balanced them have to strive We .brain left or right dominant want don't mean, then, that a well balanced two hemispheres person, cannot aim.

shut you : ago time long a it knew people sports some and ,simple is answer the ,No down one system, and train both to do the job and both to also co-operate when you .to them need

It is not that one eye is dominant, it is that in most balanced people, there is a degree of .distance judge to used ,eyes the in co-operation

So the well balanced person who uses both sides of their brain, shuts one eye and

.left the or right the with just aims

Could it not be that those who can naturally win at some sports because they are so  
?unbalanced fact in are ,shots targets at good

BRAIN HEMISPHERES : applied to Sport :

This discussion leads to brain hemispheres, and use of them in sport. It could be that hemisphere brain right the and ,shots target for ,say ,great is hemisphere brain left the great for calm sustained play, or that having them in balance is the best.

.contest the in calm keeping to help great a is this of monitoring Self

It is possible that in fact some 'healing' 'nurturing' or education/training may need to be Ancient the reading eye either of less or more Using .hemisphere other or one to given Greek Empowerment Script may be useful.

.health mental good towards tool a as useful be actually can sport the Then

The solutions are to get real knowledge of yourself in relation to competition, winning visualisation ,self-coaching good apply and self-bullying ,bullying ,losing and brain training, anti-trauma methods, and the benefits of Ancient Greek Empowerment

balanced keep also and ,think ,trauma with cope ,switch to able brain the keep to Script when success comes, or is delayed.

become can hemispheres left and right if accomplished be can journey the of rest The observable. If you can identify your skills level, and take that out of confusion, you can .sport your in react you how observe

Establishing a measurement system is vital. Then, knowing your brain and how activity or game your affect and respond ,feel you make can hemispheres different means you can identify this under stress as well, and take action.

Ancient the use : balancing brain and relaxation do to ,skills learning and ,sport for So Greek Empowerment Script, and use it for each eye.

,left Use .using are you eye which know you ensure game a in also and ,book the Use right or both, but know what you are doing.

and, measurement own your than important less become will losing and Winning accuracy can improve.

really might what and ,upset you gets what measure to state calm a use also can You be the basis of self-bullying.

you suits hemisphere which and eye which see to able being and ,mind of clarity ,But best for any skill or situation will take stress out of sport under pressure.

of charge in more much little that just are you ,Script Empowerment Greek Ancient With your mind and how you feel. And that can affect everything you do.

basis the be can it but ,pleasure added an be than more anything do to have doesn't It for plenty to happen in your life.



## **RULES FOR CONSCIOUSNESS IN SPORT AND SKILLS**

### **RULE NO 1**

**THE SHOT IS ONLY AS GOOD AS THE INFORMATION THE BRAIN RECEIVES**

### **RULE NO 2**

**IT'S EASIER TO ACT THAN THINK**

### **RULE NO 3**

**ACCURACY IS A FUNCTION OF BEING HAPPY**

### **RULE NO 4**

**THE ART OF SPORT IS KEEPING HAPPY ON THE PLAYING FIELD**

### **RULE NO 5**

**BRAVE THINKING, RIGHT THINKING AND PANIC ARE ALL EQUALLY CLOUDY  
FOR CLEAR THINKING.**

## Script Exercise

circles

then  
and  
this

> breathe >

< read <

deeply  
as  
you

this  
and  
then

< read <

> breathe >

you  
as  
deeply

## Script Exercise

> try >  
then            reading  
happens            this  
what            and  
< see <

< see <  
what            and  
happens            this  
then            reading  
> try >

## Enjoy this Reading Relaxation Often

One  
four  
One  
four

two  
three  
two  
three

How do I feel ?

? fine feeling I Am

I'm going to enter  
with ease and comfort.

consciousness altered of experience the into

they take a long time to occur,  
in one go. I am going to ensure  
and without hurry

: problems me caused have that things the Now  
- them undo just can I that think won't I so  
sessions several over that  
.effect with problem the approach I

Firstly, I am ensuring I am in a comfortable, relaxed position,  
perhaps sitting in a comfortable chair.

position and place comfortable a in this reading

and if any noises or disturbances come, they won't worry me.

,me disturb or me worry to nothing There's

## Breathing -

going I am a moment a In  
to do a few breathing exercises,  
I'll be doing this - to get used to feeling comfortable and relaxed.  
and after I've held them for a while -  
letting myself relax.

Good.  
? comfortable feel to myself allowing I am Now

Breathe in, in, in.  
Note the tension in the body.

Breathe in, in, in.  
Note the tension in the body.

.first the start I'll Now  
.breath the Hold  
.out ,out ,out breathe Now

.breath the Hold

.out ,out ,out breathe Now

Letting myself go.

Now the last time,

.fine doing I'm

Breathe in, in, in.

.breath the Hold

Note the tension in the body.

.out ,out ,out breathe Now

All the way out. Completely relaxing.

.great that's ,Fine

And now I would like to look at the jumble of feelings that is me.

,stress of sources separate and, stress from desire separate to

and find all sorts of ways to rid myself of them.

, goal a achieving by, sometimes

sometimes, by realising it wasn't a goal I really created.

,situation a from coming is stress ,Sometimes

or from a person,

,people of group a or

or an organisation.

things those about think just I'll ,Well

and in the meantime, make myself stronger, and find a place of respite, where I can regain my composure.

.heavy so and calm so ,good so feel to try myself let will I ,now So

And now it goes deeper and deeper, all through me, with every breath  
And I am always in charge as I go deeper and deeper.

And I begin to hear the waves of the sea,  
as it commences to set.  
I become more and more, more and more relaxed, calm, and free.

smoothing, soothing,  
and the neck, and my face, and my forehead, and I'm relaxing more and more, as it goes all through me  
Calmer and deeper.  
and able to see what is in me.

## **The Therapy**

with my conscious mind standing aside, (though watching, of course),  
And

holidays about things good the all remember and see to going am I  
and how nice it is to have those experiences, and be able to re-experience them in my day to day Life.

,holidays of feelings lovely the lose to have don't I  
I can have them all the time, no matter what I do, more and more,  
.freedoms and thoughts pleasant those release and remember to me for easier and easier be will it and

And right now, I can begin to recall and see and feel some of the scenes and feelings of some of the lovely  
holidays

.in good felt I've scene or instance particular a recall even might I .had I've  
I'm beginning to see something that was special for me.

.spot special ,that mountains the or beach beautiful the see gradually can I  
And I can hear the sounds of waves folding and unfolding, and in the distance booming and then lapping into the  
shore.

feel me make all colours and sounds the and uncurl waves the as Sunset the of colours the feel and see I And  
relaxed, peaceful and really right in the here and now.

so is here everything I think I because I away myself drag to have almost I sometimes away go I When  
important, or I'm afraid things will be different when I get back.

almost enjoy I know I and energy of full I'm ,different I'm because I'm different usually are things And  
everything, without any strain, without stress.

,while a back been I've after back come to seem only stresses and strains the And  
as the things I was afraid would be different show that they aren't different.

.break the made I before ,was I how being to back go me make They



And as soon as I go away, even for just a day trip, I'm so glad and refreshed already.  
I'm sure I could make everything around me back here at home, in the city,  
.me refreshes it about thinking just and  
.away go I when as alive and interesting as seem

And it is getting more and more interesting, so much to see and do, and think and feel,  
But if I narrow down a bit, I get over that feeling, and then I can broaden out again.  
.think sometimes I ,much too ,movement much so and

and I see peace and beauty; and even though I don't own the countryside,  
.too go distractions and worries the all ,away go I when And  
.enjoy to everyone for there it's ,mine it's know I

And, even though I don't own the city, goodness who does, it's as though it's all dressed up just for me,  
.it enjoy do I more and More .enjoy do I ,more and more so and enjoy to

And when I go away, I see the trees, and the houses, and the fields, and the sea, and the skies, and colors, so  
it all, and the trees and the earth and the sky are glad I'm enjoying it all.  
enjoy to here I'm because valuable as myself see I ,important as myself of think I and colours many  
.me like quite else no-one there's : individual real a like feel I

And I feel the rhythm of waves, the rhythm of movement.

And even now, back at home, I feel more and more valued, and more important in the city way of things.

.city in the important more and valued more and more feel I ,home at back ,now even And

But really, now that I'm more and more "on Holiday" back in the city, I've also all the advantages of home too.

.all into enjoying and ,awed ,amazed ,city foreign a in being like It's

And as well I've got my own sweet home to return to.

,feelings pleasant those recalling positive more ,confident more and more feel I as now As  
and re-experiencing those pleasant feelings, I am feeling more and more relaxed.

.more notice and more see can I somehow ,now and right here holiday my into further and further go I as And  
At first I thought there was nothing going on.

,skies the see and fields the and beaches the around walk I as soon But  
I see there's loads of movement, loads of interest, always plenty to see.

.myself with peace at feel I and do and see I all of up made time ,time real own my to come I that know I so And

And time from the clock matters less and less.

,time clock with is it how not ,is time fuller the ,do and see I more the and rhythm own my on I'm  
which sometimes propels me, sometimes drags me on.

.motion only my of source the I am I that feeling good the getting I'm Now

When I'm in my own time, my real time, I control the pace by making the content.

.myself for value and use a see I because ,less myself about worried I'm find I, holiday my in further go I As

I'm not swamped. I've got nice things to say about myself, and my mind is all for me, not nagging at all.

to chance the me give errors and improve to happy I'm because errors accept also I and commend I ,praise I  
improve.

.improving I'm prove They

And as I improve each day, getting more and more confident, and happy with myself, I'm seeing the world  
.more places and people enjoy and done more get also I .city in the in too here ,good as  
I've got plenty of time, and I don't listen to the radio and TV constantly for the turn of the hour.  
.want I whatever with fill and order I time the ,now time of plenty got I've  
And Public time matters less and less to me, as I'm not taken away from the here and now.

papers the reading about less and less worry I ,now and here in the comfortable more and more feel I as And  
and hearing the radio, and watching the TV. And when I do watch, I watch with my eyes open, seeing all that's  
.year last ,month last ,week last and before day the and ,yesterday said they what remembering and on going

In fact, I realise that I am sort of being bullied by the confusion of all that is presented to me, and that my world is  
.shrunk being

From now on, less and less gets into my mind unless it's been carefully checked for truth and to see if it'll have a  
.powers my and mood my on effect desirable

As my filtering systems get better and better, I can see more and more, and I don't have to rely on my eyes  
.that do to able be more and more will ,conscious and subconscious ,mind My .me for blocking the do to

So I'll see more and more that previously I was blocking because I wanted to avoid the advertiser's message.  
,holiday my on further and further go I as And  
and as I experience the lovely feelings, and the sights and sounds  
they realize I and ,it source can I do they if And .me on effect an have messages outside less and less the  
were just trying to worry me and keep me in consumer mode, while now I'm moving into producer mode.

.more myself on rely can I ,spirit holiday my with back and media the from away further and further get I as And  
I can do more, and I can be more confident. I can smile and be pleasant to everyone, and enjoy them, accepting  
.more and more, do I as much as life enjoy to them help can I ,smile my with and confused are they if them

And now that I can see so well, I can also see with feeling, I can see as a part of all that I see, I'm a participant.  
.see I what from me excludes that me around bubble plastic or me of front in screen glass no There's

And since I can see with feeling, I can easily let my mind participate in painting all I see, or writing about it,  
.use to like I means whatever by it expressing or ,people with talking or  
I link with my own intuition, and now more and more trust myself and my experience much more and more,  
.life through progressing and ,more feeling and seeing and ,better myself expressing I'm that see I as

And my creative life blossoms. I can read better, paint better, write better, communicate better, with more  
.follow to meant was I thought I pattern some impose to trying not ,mind my all using and understanding  
And by letting the content be itself more, instead of trying to impose myself on it, I get more and more out of it,  
. it in more ,value more ,content more and more see I as

And the greater the content, the fuller the time, and the fuller my happiness.

,too physically and ,feeling in more and more holidays my on go I as And  
my mind and body gets healthier and healthier, and I am able, more and more to accept people as they are,  
,me to acceptable become people All .be should they think I as not  
even those people or types of people I didn't accept before, or thought I didn't.  
.accept now I ,disliked once I people Even

And I don't listen to what the media say about people or groups of people, any people.  
.fine are know I people dislike me make often They  
We're all human, and that means being capable of error, and improvement.

there be might stress of sources other what see also I ,life in holiday my in further go I as And  
from other persons, or groups of people, or organisations. I will look at them, and see what is wrong,

,with up put to have I something just it's know just or away walk or ,them fix help can I if and while I am achieving on other fronts.

people by bullied have might I that realize I ,life my of parts at looking is mind my and ,this reading am I While or organisations or procedures, and I can see there might be answers to it, by being up front about it. limiting or ,up it opening by ,situation the change can I ,realize I after And .bullying of sorts all are there ,Maybe it and moving on.

.much very you thank ,life my in participant main the I'm

But I have to be aware, too, I may have been bullying myself.

.place into fall they till things at keeping and learning into effort the putting is life of Part

And as I go further on my holiday in life and my holiday here within myself,  
past the by bound be not and eyes adult my with thoughts and events past see and things recall to happy I'm anymore, and, being in the here and now, the never used before, I am happier, and freer all the time.

,damage some me done have might past the in something that me to occur to begin it let also will I  
and I will begin to separate the hurt from the facts, and if it doesn't fade, or let me move on, I will seek more  
elsewhere guidance

And as I begin to see life as my holiday,  
.things good the all carry I

And any time I want, just for a few minutes, each day, I can re-experience this feeling of deep relaxation.  
.relaxation deep of feeling this re-experience and remember can I ,want I anytime And

This feeling of being on holiday in myself, and of being deep in touch with life on holiday, becomes

and busier and home at yet and holiday on feeling not ever hardly I'm until ,easier and easier better than ever before.

.now and here the in I'm

And now I go deeper and deeper into this lovely refreshing state of altered consciousness,  
.now on I'm holiday the of moods good and feelings in the keep I ,myself in holiday my into deeper

And as it becomes realer and realer for me in my body and in my health as well as my mind,  
.drink I what about careful be I'll and oils and fats and sugars eating about wary more and more become I

And I'll eat more and more of the things that will help me to enjoy and extend my feelings and my life,  
fats less and less and sugars less and less eat I'll ,So .down me slow will which things than rather and less and less oils, and I'll drink less coffee, and alcohol.

.exercises some doing and jogging ,running ,strolling ,walking ,more exercise also I'll And  
And gradually, my blood circulation will improve, and my blood pressure will become beautifully normal, and my  
my through all goodness and oxygen more carries blood the as improve will skin my and better be will breathing body. And my health in general will improve.

### **Optional Extra :**

my general health too improves, ,day each positive more and more become I as And  
. stress suffering not I'm as

And I become more confident,  
doing like I what only not do to confident more much  
but also the things that I have to do and

.do to like didn't I once that

Those things I always wanted to do, I can do,  
That all changes now. .reasons various for impossible been have could they previously though even

### **End Optional**

And, indeed, day by day in every way my mind gets sharper and sharper.  
and day by day my life gets better and better. ,sharper and sharper gets mind my way every in day-by-day indeed And

,now experiencing I'm consciousness of state altered this to return confidently and easily I'll ,this read I time Next  
and I'll look forward to it, knowing that it's a lovely relaxing state, and one where I'm able to work through  
difficulties.

### **The Wake up /or Snooze**

.day the with on the get or ,snooze a have either will I and ,myself within alert yet ,relaxed fairly am I Now  
If I am going to have a snooze, I'll just leave off reading right now.  
.on read I'll ,else something do to going am I If

In a moment I am going to read One to Five, in  
and in my own good time, calmly and gradually I'll do I as and  
Feeling fine, relaxed and refreshed, .it with on get and stretch  
,vitality and energy of full  
looking forward toward the remainder of the day.

.now counting start to going am I

One - Feeling fine and relaxed, I can feel the energy coming back into my feet and legs.  
.legs and feet my into back coming energy the feel can I, relaxed and fine Feeling

Two- I can feel the natural muscle tone returning to my legs and my body as I come closer to the surface.

.goes it as revitalizing , body the through all flowing oxygen the get to deeper become to starts breathing My

Three - Energy and vitality returning now.  
.vigor and vitality fresh of surging a body the through all hands and feet the From

Four - Feeling good, feeling good.  
My mind starts to wake right up, fully conscious, getting alert, and refreshed, there's no hurry.  
.hurry no there's ,refreshed and alert getting ,conscious fully ,up right wake to starts mind My

Five - Mind alert, muscles toned, blood pressure back to normal, breathing deep and relaxed.  
.activity planned next my onto I'm

**END+**



## THE REVELATION AND SALVATION COMMITTEES

My sale fell through.  
.in come didn't cheque The  
It rained when the crop was ready.

.them by on driven not are but, crises our have all We

We rise, we fail, but on we go.  
.time the all Apocalypses have We  
And out of them, we reveal what we will do next.

Apocalyptic of sort another There's  
Another Revelation.  
.Salvation Another

Revealed : The Threat of Nuclear Holocaust  
.Holocaust Environmental of Threat The : Revealed

And up they spring, these Revelation and Apocalyptic Committees,  
.industries scare new create to

Join this Cult. Join this Salvation Committee.  
.Committee Salvation this into Buy . Buy Buy Buy

Most people are trying hard, to view the future as a friend.

,things greater to on urge to Apocalypses using is who out sort to is Apocalypse biggest  
Our  
and who is doing it for gain, to keep us trapped and helpless.

,Fulfilment of Days most like ,And  
it's an ongoing joy,  
,freer little a be to ,day Each  
and a little wiser.  
.passes Apocalypse Each

Despair consumes, and comes from the past,  
,alone hope in difficulties innumerable through on go we but  
and continue to risk our all.

,Faith to turn can Hope But  
whenever a sign comes, whenever we sense the future may be ours to create,  
Courage the comes realisation that with and  
to turn despair into success.

change ,pasts our of stories old our all make can success And  
change, from ruing the day, to being glad of the way.

: say may we And  
"Well, if that was what I had to endure to make me ME,  
'it worth was it

If I can say that, if I can feel that,  
.it worth been has it then

When our goal is to make our pasts worthwhile,  
,through go we challenges the dare can we  
and leave behind, all bitterness and anger.

,ourselves through pass to have We  
and all the -isms and confusions  
:us trap can which  
all "authorities", all laws, goods, the media and the church,  
,within strength our find to  
and find our total freedom,  
,please we as do to freedom the  
for surely, that is to be happy,  
.usefulness of visions own our fulfil and

Let me have Faith in Life,  
.none have I if as act to strength the me give and

# **ANTHOLOGY**

## **READINGS FROM LITERATURE**

## The Love Song of J. Alfred Prufrock

Let us go then, you and I,  
sky the against out spread is evening the When  
Like a patient etherized upon a table;  
,streets deserted-half certain through ,go us Let  
The muttering retreats  
hotels cheap night-one in nights restless Of  
And sawdust restaurants with oyster-shells:  
argument tedious a like follow that Streets  
Of insidious intent  
question overwhelming an to you lead To  
Oh, do not ask, "What is it?"  
.visit our make and go us Let

In the room the women come and go  
.Michelangelo of Talking

The yellow fog that rubs its back upon the window-panes,  
,panes-window the on muzzle its rubs that smoke yellow The  
Licked its tongue into the corners of the evening,  
,drains in stand pools the upon Lingered  
Let fall upon its back the soot that falls from chimneys,  
,leap sudden a made ,terrace the by Slipped

And seeing that it was a soft October night,  
.asleep fell and ,house the about once Curled

And indeed there will be time  
,street the along slides that smoke yellow the For  
Rubbing its back upon the window-panes;  
time be will there ,time be will There  
To prepare a face to meet the faces that you meet;  
,create and murder to time be will There  
And time for all the works and days of hands  
;plate your on question a drop and lift That  
Time for you and time for me,  
,indecisions hundred a for yet time And  
And for a hundred visions and revisions,  
.tea and toast a of taking the Before

In the room the women come and go  
.Michelangelo of Talking

And indeed there will be time  
“?dare I Do” ,and “?dare I Do” ,wonder To  
Time to turn back and descend the stair,  
- - hair my middle the in spot bald a With  
(They will say: "How his hair is growing thin!")  
,chin the to firmly mounting collar my ,coat morning My  
My necktie rich and modest, but asserted by a simple pin--  
(!thin are legs and arms his how But” :say will They)  
Do I dare  
?universe the Disturb

In a minute there is time  
.reverse will minute a which revisions and decisions For

For I have known them all already, known them all:  
,afternoons ,mornings ,evenings the known Have  
I have measured out my life with coffee spoons;  
fall dying a with dying voices the know I  
Beneath the music from a farther room.  
?presume I should how So  
And I have known the eyes already, known them all--  
,phrase formulated a in you fix that eyes The  
And when I am formulated, sprawling on a pin,  
,wall the on wriggling and pinned am I When  
Then how should I begin  
?ways and days my ends-but the all out spit To  
And how should I presume?

- - all them known ,already arms the known have I And  
Arms that are braceleted and white and bare  
(!hair brown light with downed ,lamplight the in But)  
Is it perfume from a dress  
?digress so me makes That  
Arms that lie along a table, or wrap about a shawl.  
?presume then I should And  
And how should I begin?

\* \* \* \*

streets narrow through dusk at gone have I ,say I Shall  
And watched the smoke that rises from the pipes  
... ?windows of out leaning ,sleeves-shirt in men lonely Of

I should have been a pair of ragged claws  
seas silent of floors the across Scuttling

\* \* \* \*

And the afternoon, the evening, sleeps so peacefully!  
fingers long by Smoothed  
Asleep ... tired ... or it malingers,  
me and you beside here, floor the on Stretched  
Should I, after tea and cakes and ices,  
?crisis its to moment the force to strength the Have  
But though I have wept and fasted, wept and prayed,  
platter a upon in brought (bald slightly grown) head my seen have I Though  
I am no prophet--and here is no great matter;  
flicker greatness my of moment the seen have I  
And I have seen the eternal Footman hold my coat, and snicker,  
afraid was I, short in And

And would it have been worth it, after all,  
tea the, marmalade the, cups the After  
Among the porcelain, among some talk of you and me,  
while worth been have it Would  
To have bitten off the matter with a smile,  
ball a into universe the squeezed have To  
To roll it toward some overwhelming question,  
dead the from come, Lazarus am I": say To  
Come back to tell you all, I shall tell you all"--  
head her by pillow a settling, one If  
Should say: "That is not what I meant at all;  
all at, it not is That



And would it have been worth it, after all,  
Would it have been worth while,  
After the sunsets and the dooryards and the sprinkled streets,  
After the novels, after the teacups, after the skirts that trail along  
the floor--

And this, and so much more?--

It is impossible to say just what I mean!

But as if a magic lantern threw the nerves in patterns on a screen:  
Would it have been worth while

If one, settling a pillow or throwing off a shawl,  
And turning toward the window, should say:

"That is not it at all,

That is not what I meant, at all."

\* \* \* \*

;be to meant was nor ,Hamlet Prince not am I !No  
Am an attendant lord, one that will do  
,two or scene a start ,progress a swell To  
Advise the prince; no doubt, an easy tool,  
,use of be glad ,Deferential  
Politic, cautious, and meticulous;  
,obtuse bit a but ,sentence high of Full  
At times, indeed, almost ridiculous--  
.Fool the ,times at ,Almost

I grow old ... I grow old ...  
.rolled trousers my of bottoms the wear shall I

Shall I part my hair behind? Do I dare to eat a peach?  
.beach the upon walk and ,trousers flannel white wear shall I

I have heard the mermaids singing, each to each.  
.me to sing will they that think not do I

I have seen them riding seaward on the waves  
back blown waves the of hair white the Combing  
When the wind blows the water white and black.  
sea the chambers the in lingered have We  
By sea-girls wreathed with seaweed red and brown