

# Soul Purpose

## NEWSLETTER

### *Directors News*

#### **Freda Lacey pursues other paths of self-discovery.**

It is with some sadness that I have tendered my resignation, from the Board, to the other Directors of Soul Purpose. In balancing my life and the time commitment that is needed in pursuing my continued course of studies in Counselling and Psychotherapy, the amount of people I'm seeing for personal support and focusing on developing my private practise, I felt very strongly that I could not continue to support (officially) Soul Purpose as a Director of the Board with the requirements and energy inherent with this position.

I have learned so much in being on the Board and the love I have for the other Directors, the various people I have met through Turning Point and our other courses, have enriched my life beyond measure. I will continue to support and be an active part of the Soul Purpose community and indeed, in some ways, my resignation conversely allows me the freedom to offer my support in a different way. The last five years or so, since we began meeting in Graham's home, have blessed me in developing my self-awareness and I'm very grateful for this. It is time for me to pursue other paths in self-discovery, they are not alone and are inter-dependent with what I have learned from focusing on my Soul Purpose. May we, in common unity, continue to blossom and show the light for others who seek the same path.

Thank you, Freda

PS For those of you who would like to be in contact via email, my personal email address will now change from [freda@soulpurpose.org.uk](mailto:freda@soulpurpose.org.uk) to [fredericalacey@fsmail.net](mailto:fredericalacey@fsmail.net).

### **Exciting development for Soul Purpose**

As you may be aware we have started holding courses at the Queen Elizabeth's Foundation Resource Centre in Dartford. This has proved to be such a blessing. The building lends itself nicely to our courses; we have plenty of space and it feels very special to be using a building where such amazing work is done with people with disabilities. Due to the incredible nature of both the Facilities Manager and the Caretaker we too have felt looked after when we have been on Service Teams. They are both happy to do anything to help us achieve what we want, including humping equipment and helping to clear up at the end. We are now able to store all the equipment needed for our courses at the Centre so no more collecting it before the course or late night trips returning everything to different homes – hurrah I hear some of you say!! (me too!)

### **Thank You**

A very big thank you to Margaret Dudley-Parker and Tim Ridge for allowing us to store all the equipment in their sheds, garages and homes for the past months and years. We have really appreciated the way that you both opened your homes to us and although we'll miss coming to you we hope that you enjoy having your space returned to you.

## BEING LEADERSHIP IN SERVICE Course Number 8 2006 -'BLIS' 8

The commencement of BLIS has been delayed until the Spring. BLIS 8 now commences at the end of April 2006 so contact Soul Purpose now for further information. Enrolments have already begun.

### The Administrator for BLIS

I am delighted to say that **GREG SMITH** has agreed to take on the task of Administrator for this BLIS which will resonate to the vibration of the **number 8**.

Greg has been on many Service Teams over the years since his Being Of Service Number 2 in 1986, which, by quick calculation, takes us to exactly twenty years ago. I want to say that Greg is the embodiment of Service and has demonstrated recently his quiet and constant commitment to the teaching and living the example of this in his day-to-day life. Being witness to Greg's increasing confidence and authority in the role of Group Leader has been a privilege, especially since the sad death of his wife only a few years ago. Greg's latent alter ego emerges surprisingly on the Point of Choice in the roles he chooses to play, which have brought so much fun and enjoyment to everyone. Greg intends to use his role of Administrator to accelerate his own path of personal development and his attention to detail with such a big heart is going to reap a rich harvest for all those participating in the course. Thank you Greg !

### COST

The cost of the BLIS Course is £2,000 / person all inclusive

### VENUES

The Tuesday evenings are to be held at The Holiday Inn, Buckhurst Hill from 7:30 -11:30 pm

The Weekends are to be held at the QEFD Resource Centre, Dartford and the times are

Friday	7:30-11:30 pm
Saturday	10:00am -8:00 pm
Sunday	10:00am -6:30 pm

### COURSE PURPOSE

The **PURPOSE** of the Being Leadership In Service Course is to achieve an 'accurate self image' for the Course Participants as one of the hallmarks of the Witnessing State of Consciousness.

### Our OBJECTIVE in everyday terms

Effectively, this means that, during the six-month term of the programme, Course Participants will reveal and become aware of all the subtleties and nuances of the defences and illusions within their personality at a personal and a transpersonal level, i.e. in relation to our individual lives through to our beliefs and ideas about the planet as a whole. This will be undertaken through intensive experience of service to one another and therefore achieve the elusive and rare ability to 'know thyself' in a conscious and mature manner. In doing so, Course Participants develop a vision and plan for their lives in the context of their soul's journey in this lifetime.

The **COURSE DATES**, (to be confirmed), are as follows :-

Evening 1	-25 <sup>th</sup> April	
<b>First Weekend</b>	<b>-28, 29, 30 APRIL</b>	- Who are we?
<b>Initiation of the Vision</b>		Choosing our partners Defining our pathway What gets in our way?
Evening 2	-16 <sup>th</sup> May	
<b>Second Weekend</b>	<b>-26, 27, 28 MAY</b>	Our self as a woman Our self as a man How we see ourselves How we see others How others see us
<b>Relationships</b>		
Evening 3	-6 <sup>th</sup> June	
Evening 4	-27 <sup>th</sup> June	
Evening 5	-11 <sup>th</sup> July	

<b>Third Weekend</b> <b>Service, Love, Support</b>	<b>-21, 22, 23<sup>rd</sup> JULY</b>	What is Service? Service as a way of life Service as love Love as Support Support in Service
Evening 6 <b>Fourth Weekend</b> <b>Sexuality</b>	<b>-25<sup>th</sup> July</b> <b>-1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> September</b>	Sexuality and love Sexuality as self-expression Choice and desire in sexuality Fears and Doubts in sexuality Spirituality of sexuality
Evening 7 (optional) Evening 8 <b>Fifth Weekend</b> <b>Owning Organisation</b>	<b>-22<sup>nd</sup> August</b> <b>-12<sup>th</sup> September</b> <b>-22, 23, 24<sup>th</sup> September</b>	Being parts of a bigger whole Humanity as organization Fears in organization Limitation in organization Potential of organization Owning our self as the whole
Evening 9 Evening 10 <b>Sixth Weekend</b> <b>Completion of the Vision</b>	<b>-3<sup>rd</sup> October</b> <b>-24<sup>th</sup> October</b> <b>-27, 28, 29<sup>th</sup> October</b>	Presentation of our self A vision of our self A plan for our life Moving forward with others Daring to be ourselves Completion

---

**Raising the Profile**  
Yoga Show and Mind Body Soul Show

Following our attendance at the Yoga Show 2004 we have been fortunate enough to have two further opportunities to raise the profile of Soul Purpose this year at the Yoga Show in September and the Mind Body Soul exhibition in November. Both shows were at Olympia and were well attended.

Visitors to our stand were greeted by willing volunteers who were on hand to draw people in and engage them in discussion about Turning Point.

We also secured a speaking slot for Graham on the Saturday. This was attended by about 80 show visitors and became a lively discussion. Graham was questioned and challenged and audience participation was great- Graham loved it!

There are many different products being promoted at these shows but as far as I could see nothing else like Turning Point. It would be fantastic not only to be raising our profile but taking these valuable opportunities to make it absolutely clear to show visitors the unique nature of what we are providing.

If you have any ideas about how we can optimise these opportunities let us know.

Meanwhile may I thank all those people who volunteered to support the shows. If you want to help at a future event let us know and your name will be added to the list.

## Reflections on recent Turning Point Courses

We have received the following contributions from course participants. Firstly two from TP222

Turning Point certainly lived up to its name for me. I started it mainly with my therapists hat on (I'm a hypno-therapist), taking notes and thinking how I could apply what was being said to clients. By the Sunday of the first weekend I was in withdrawn, hurt child mode, and by sharing this with the rest of the group, it freed me up to make changes.

The following week I was in a state of upheaval, barely able to concentrate on work, occupied with contacting the group, meditation etc.

We were amazed the next Friday that returning to sunny Dartford felt in a way like coming home, and were eager to meet up with the rest of the group as old friends - and yet they were people we had only met a week before! So much had we gone through together in such a short time.

The final 'weekend' went too quickly. The guest evening seemed like going on show; and the next morning too brief before our Greek lunch out.

We were fortunate to have a follow on session when I was privileged to undergo a re-birthing - something I had a strong feeling was very important to me. After an enthusiastic start there was a long lull with no feelings to push (the story of my life!). Should I push anyway (everyone sitting around was 'wasting' precious minutes) or remain true to my feelings? I waited and then, with Graham's guidance, pushed myself free. The feeling of pushing with my feet and bursting free, and the need to either motive myself or ask for the help of others has stayed with me powerfully.

The duration of the course attracted a lot of death for me including a much loved cousin-in-law, a friend's father and I suppose too the death of the old me.

What are my lasting memories? The group, how much we went through together and how close we grew. The re-birthing experience; listening to and looking after myself; trusting in the universe to provide infinitely better opportunities than I could ever imagine. Our group, or parts of it, have got together several times since mainly thanks to Dorothy's efforts and although some of our group have not continued, we have adopted some of our support team! So hopefully we will all have a nucleus of support in our future endeavours.

What were my main lessons? And these came as a shock to me! That being a therapist stops us from having to look at our own deep, uncomfortable needs. The questions we were asked on the course are those I make my clients answer each session, but sounded and felt quite different when they were addressed to me and I had to answer them there and then. And that I had been just as bad a parent to myself as I felt my parents had been to me - I didn't listen to what I really needed, or give myself the time and emotional support that I needed.

What have I taken from the course? I now take pleasure in doing Tai Chi and meditation each morning as something for me - something I miss and feel worse for omitting. The visualisations are really working and providing innovative solutions to problems. My friend gave me Angel cards for Christmas and these are acting as a great focus. It has strengthened my feeling of destiny and provided practical ways of getting there. And although I am taking responsibility for myself, it is wonderful to have friends to support and encourage me. (*Diana - TP222*)

I had been waiting to complete a course for a few months having taken some time to pluck up the courage and to feel that I was ready to commit myself to undertaking the course such that I got the most from it. I attended course 222. Graham Browne facilitated the course with the support of a service team. There is no doubt that Graham is challenging, but in a nice way. He is there for you and for me, to help us get as much out of the course as we would wish to put in. I wanted to get as much from it as possible. To do that I had to put myself forward, to get involved, to be challenged. I had to be honest, to respond to questions and situations without thinking, such that my actions and responses were not considered or contrived but were honest and reflected how I truly felt.

After a long but exhilarating first weekend I left to go back to normal life. This was hard and personally I couldn't

wait for the following Friday to come so that I could continue with the course, and I felt the same after the second weekend. The course itself took me through my entire repertoire of emotions, great highs, real lows. I loved seeing complete strangers to me only days before, reach their breakthrough, to be held by them, to cry and to laugh with them, to support them and to be supported by them. It's tiring and yet energising. It challenged my beliefs and my understanding of life and death. You don't have to believe it all, but it's there for your consideration.

At the end of the course I felt wonderful, transformed. During the 3 weekends of the course I had been taught many skills and learnt a great deal about my true self. I felt a completely different person, and most importantly to everyone around me and close to me I appeared to be close to becoming that person I had hoped to become, I felt great. My relationships with those closest to me had changed, and in such a positive way, in a way I had only imagined.

However, it isn't that easy, and here for me is the greatest piece of learning. I very quickly learnt that I have to walk the walk and talk the talk and apply the learning to real life, I have to look after myself, use the skills and techniques taught and to use those around me and on the course to support me. Although immediately after the course I felt euphoric, feeling for the first time in my life, very safe and with an acceptance and understanding of myself and others, I have at times struggled since the course to stay in touch with these feelings. There have been times when I have found myself slipping back into old habits, with the old familiar doubts and insecurities creeping back in. I have experienced some low points and challenging times since those great weekends, I have tasted great happiness but at times feel it is out of reach. But I know through lessons learnt with Turning Point, that this is just part of my learning experience.

Turning Point, for me, has not been easy at all, but its been so worthwhile and I can honestly say, one of the best experiences of my life. I feel positive about the future. I know that I am only part way through my journey and cannot wait to live the rest of it as my true self.

I would like to take this opportunity to thank Graham, the service team, all the participants of course 222 and Gilly and Nigel for introducing me to the course and being so supportive over the last few years. (*Roy - TP222*)

#### **And from TP223**

On the 23<sup>rd</sup> of January 2004, I wrote this poem,

I can feel it now  
Quite cool, yet hot, nestling against my flesh  
There it is falling  
As it does, scoring  
This permanent wound which lies inside my chest

I can feel it now  
Quite slowly, gracefully, tearing me apart  
There it is so small  
Continuing its fall  
This tear drop which trickles down my heart

For a very long time, for as long as I can remember actually I had always felt, somehow different from everybody else. I've always felt this tear drop inside, this pain, actually a numbness if you will. A numbness of feelings, a detachment from others an incompetence to fully engage, to fully love. Of course I had my own theories as to the cause of this, my dad left the family home, my mum's as mad as a hatter! And although I never considered myself a victim of my circumstances, in hindsight and through the gift of the TP course, I now understand that I was in fact a victim of my own anger and silence towards my childhood experiences. And thanks to the anger processes, soon got that sorted out!!! Nothing like a good bashing of a few mats to sort ones self out!

But on a serious note, I just finished reading Virginia Woolf's "Orlando" and in the introduction Woolf said this great thing about what writing was for her, I underlined the quote and wrote TP in the margin with a smiley face. The quote summed up what TP meant for me: "I suppose that I did for myself what psychoanalysts do for their patients. I expressed some very long felt and deeply felt emotion. And in expressing it I explained it and then laid it out to rest." The key words here being *expressing*, *explained* and most importantly *myself*.

## TP223 (continued)

I've begun a very interesting and exciting journey, I no longer consider myself separate from others, I am not alone in this world, even though at times it may feel that way (but in those cases I just give my new sister and anchor partner a bell and she tells me to "sort it out"). I understand now that I can get my needs met, if only I ask for them openly and honestly. And finally I understand that I may not be "fixed" but I am certainly more alive and in love with the world and the people in it than I have ever been before. So thank you firstly to me for making a choice and choosing this magical experience, and secondly to all the people who took a risk and stepped on to the knife-edge and contributed to the magic. You are me, and I am you. *(Rachel - TP223)*

---

### Turning Point Fine Tuning

#### The On-going Debate

During the past year, there has been on-going discussion about the best format for Turning Point so that we can offer the best product to prospective Course Participants (CPs).

#### **STRENGTH:**

One of the greatest strengths of Turning Point is the on-going nature of our follow-up, the purpose of which is to ensure CPs have the opportunity to integrate the content of the course weekends into their busy day-to-day lives (by contrast with a one- or two-weekend 'flash-in-the-pan' experience leaving people 'high-and-dry'). This has been the reason for having weekly evening follow-up sessions.

#### **WEAKNESS:**

A weakness of the evening sessions is that CPs frequently are asked to travel for long periods in both time and distance to attend these sessions, which is not desirable. Once CPs have arrived, it takes people time within an evening session to begin to feel 'the safe place not to feel safe' and open up to each other as on the weekends followed by a period of preparing to close up again in the conclusion of the session followed by the same journey home. In the 'old days', this seemed less problematical, perhaps; however, current times seem to ask other questions.

#### **RESULT:**

How beneficial are the follow-up evening sessions to CPs? At its worst, this has been brought to our attention by people having to make flights or ridiculously complex journeys to attend an evening session. Sometimes this has resulted in non-attendance and this has a distinct impact on the course. All this is being spoken of without reference to the Service Team commitments, which are even more challenging and arduous, although that is for discussion in another forum.

#### **DEBATE:**

Discussion has explored a return to the former 'one-weekend' model of Turning Point with evenings before and after. This has some things in its favour, although overall it does not seem the best design. The current two weekend model and then a third weekend comprising Friday evening and Saturday morning two weeks later has been criticized for the difficulty of taking up three weekends in four particularly for families etc.

#### **OUTCOME:**

In an endeavour to serve you, the prospective CP, we are presenting the 2006 design of the Turning Point sessions incorporating the two-weekend model, a Guest Session evening a couple of weeks after the second weekend and then a final Saturday morning session coming some weeks later to give people more time and space to see how the course is working in their lives.

#### **WATCH THIS SPACE !**

We know that this is not going to answer all the questions, so this remains an on-going consideration and is not 'set in concrete' by any means. The recurring discussion about a one-week residential Turning Point at a delightful venue with one or two follow-up sessions 'back home' becomes attractive once again.

**POINT OF MASTERY**  
**(From Graham's point of view)**

In October-November 2005, another Point of Mastery has come and gone. What was it like?

I am sure that there are many mixed views on the experience of POM from the Course Participants. Some of these may be included in the review I include here.

The 'weekend' –three days and nights in residence together at Fawley Hall near Henley was magnificent. We, the course, became a family, it seems. We felt safe enough to 'let everything hang out' and this courage and commitment inevitably took us to places where it is rare to go and necessary if we are to embrace all the dimensions of our lives. Thank you everyone for your involvement. There are moments and images which will remain with me always and I'm sure with most of us.

Using the metaphor of a meal, the appetizer was 'spicy' and the main course was unforgettable, but the pudding was disappointing. This may be apt according to some of the feedback received about the three evening sessions after the weekend.

Perhaps not enough was made of the theoretical content of the material on those follow-up sessions and I take full responsibility for this. I mention something of this dilemma in the Turning Point Fine Tuning article included in this Newsletter.

I would welcome your emails and views about your experience of Point Of Mastery.

Please be sure to forward your Evaluation sheets if you have not already done so.

I want to thank you, the Course Participants, and a special thank you to the service team for the creation of something very special to us all. May we all flourish and thrive with the experience of what we have learned together.

---

**A Personal Word From Graham**

As we embark upon 2006, I am aware that my experience of being a full-time resident of the UK is drawing to a close. As many of you know, it is our intention as a family to return to live in Australia in 2007. Amongst other things, one of the main reasons for this is to reunite with our Aussie family again and to give our two boys, Oscar and Milo, the opportunity to go to school and grow up in the more temperate climate of Sydney. It is also our intention to make an annual pilgrimage and return to the UK and run courses as part of Soul Purpose.

There are many feelings associated with this move, different for Sammee and myself, not to mention I dare say our two little 'Aussie-Poms'. Nothing can take away the rich heritage they have chosen as their birth nationality and undoubtedly that will play itself out in years to come as the world grows smaller and smaller.

For me, being resident here for twenty-one years has been an invaluable part of my life and an experience which I didn't consciously anticipate or even imagine would happen all those years ago. I have received so much in these years from so many people and from the country as a whole. I am very grateful. I have appreciated being part of a developing Europe, with all the differing views for and against.

In many ways, I have grown-up here and my shortcomings and limitations have been tolerated and, I would like to think, forgiven by those who have known me - for better or for worse. Many of you have expressed acknowledgement for the contribution I have made in your lives and I am privileged to have been able to do so. Thank you. I have been extended such warm friendship and hospitality that I will carry with me always, which I trust will endure and develop in other ways when we return in the future.

I am conscious that in these past few years, I have withdrawn into my shell and not maintained the level of contact that I have either wanted to or been familiar with in earlier years. I trust that during these next twelve months I have the opportunity to be complete with many of these connections so that another cycle of contact can be generated for the years to come. This has already started happening. The other part of the 'boomerang' is that we are already planning visits and connections with family and friends intending to visit us as well as live in Australia so there are all sorts of possibilities. For the moment, this is what I have wanted to say from our family and in future Newsletters I'm sure there'll be more of future plans.

I look forward to an unforgettable BLIS 8 course this year and exciting Turning Points, a Point Of Choice and a Mysteries of Life and Death. May 2006 prove to be a launch pad for our futures.

## Dates For Your Diary

Free Introductory Evenings

**1st Wednesday of every month at 7.30pm**

Enfield Civic Centre, Silver Street, Enfield, EN1 3ES

July Turning Point – Enfield

Friday 7th to Sunday 9th

Friday 14th to Sunday 16th

Friday 28th & Saturday 29th

March - Nature of Service – Dartford

Saturday 25th & Sunday 26th March

May – Turning Point – Wiltshire

Friday 12th to Sunday 14th

Friday 19th to Sunday 21st

Friday 2nd and Saturday 10th June

June - Point of Choice – Dartford

Friday 16th to Sunday 18th

Friday 23rd to Sunday 25th

Family Picnic – Trent Park, Enfield

Saturday July 1st

September – Turning Point – Dartford

Friday 8th to Sunday 10th

Friday 15th to Sunday 17th

Friday 29th

Saturday 21st October

October – Mysteries of Life & Death – Dartford

Friday 13th to Sunday 15th

Friday 20th

November – Turning Point – Dartford

Friday 3rd to Sunday 5th

Friday 10th to Sunday 12th

Friday 24th

Saturday 9th December

This newsletter was published by  
Soul Purpose (UK) Ltd, 72 Church Street, Coggeshall, Colchester, CO6 1TY  
Registered in England No 5562945

Visit us on the web at [www.SoulPurpose.org.uk](http://www.SoulPurpose.org.uk)

For further information about our forthcoming activities

e-mail us at [info@SoulPurpose.org.uk](mailto:info@SoulPurpose.org.uk)

or telephone 08702 405591

To e-mail individual Directors use the format

firstname@SoulPurpose.org.uk

( e.g. Sally@SoulPurpose.org.uk)

If you would like to contribute articles for forthcoming newsletters  
please forward them to Burston View, Lower Road, Hardwick, Aylesbury, HP22 4DZ  
or e-mail us at

[editors@SoulPurpose.org.uk](mailto:editors@SoulPurpose.org.uk)

*Editors Gill & Richard Kebble*

