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BACK TO NEW ZEALAND

I was asked by a reader of my journals the other day “why haven’t you written for a while?”, very valid question. Well I’ve been to London to visit the Queen (I thought to myself). No not really, I’m just been very silly and avoiding the question.

I have been back in New Zealand on a journey. This is a private trip that I will not elaborate on. I would however like to thank the people who have been with me on this trip and their love and help and understanding they have given me.

I would like to thank my guides and the universe for sending the pointers they have and myself for wising up enough to be able to see these pointers and act on them the correct way.

So, anyway, the articles on beliefs give an insight to my journey I have been on. It is not just through reading but also through work with shamans have I been able to ignite the journey of awareness and awakening within me. I will leave the rest up to you, the readers and your imagination.

Now I find myself back in Ecuador and then returning to New Zealand for a short stint to pack it all up again and come back to Ecuador again. Global trotting for a while but this is the way things have unfolded and I accept them and move with them.

SELF PRAISE

I know there is this belief in our world that self praise is no recommendation. But let’s be honest that is bull shit yet again. It directly contradicts the teachings that one should love oneself first and care for oneself first for you are no good to anyone else really if you are not healthy (healthy defined in the full spectrum of the word – physical, mental, spiritual etc) yourself.

It also puts the believer in the ‘self praise is no recommendation’ statement into a state of turmoil as they are constantly seeking praise from outside sources. Praise from our parents growing up, our teachers, our friends, our partner etc etc. What a

lot of stress and anxiety is caused when these people don't give us the praise for whatever the reason.

All of this can be removed by removing this stupid belief and giving yourself the praise and pat on the back. You know when you have excelled yourself and done a good job or learnt a new skill or whatever.

I have been told by loved ones close to me "you always praise yourself. Talk about your achievements. You must be insecure and wanting praise" (no they are). My answer back is 'if I don't praise myself then who is going to? I don't want to wait for praise from someone else. I know I have done a good thing and am happy about myself and I'll praise myself, pat my own back and talk about.'

Now, some will say you don't need to talk about it, that could be seen as bragging, and that people don't necessary what to hear it. You can just praise yourself inside. Which is true you can just praise yourself inside. As for praising yourself being bragging, that again is just a belief. As for other people not wanting to hear your self praise, well that could be because they believe that 'self praise is no recommendation'. If we all talked about the positive things we had achieved in the day then our conversations would become more positive. If we all praised ourselves and talked about it (in a none ego centric way) then we would all be much happier, more self reliant and we would free our friends and family from the burden of having to praise us.

If you are not secure in yourself to give yourself your own praise (whether verbal or quietly internally) you must have a need that is very hard to be meet. So praise yourself every day however you feel is right. Enjoy it!

WE HAVE 3 AGES.

May 2010, where has the physical days of this year gone. I say physical days as I have had insight into age and our western concept of age. This is applicable to our concept of dates, months, years and time in general too. There are multiple units of time, in fact there is really no time, only the NOW (Eckhart Tolle, The Power of Now).

Our physical age. This is the age that is celebrated by birthdays and the most accepted form of 'age' in western society. I can only speak from a western concept at this present point in time as I am not consciously aware of other cultures concepts of age yet. This is the age we are taught to be 'our age' and is the accepted norm for the western world. As we age society has preconceptions about how we should act at a certain ages during our life time and these are drummed into via our parents, religious, social, school systems. And putting it bluntly they are wrong. Evidence of this 'wrongness' is around you everywhere. Especially when you start observing other cultures that haven't been indoctrinated about age the way we have.

Our spiritual age. This is how may 'times', to spite a better word, your soul, essence, spirit, however you wish to identify the energy force that is in you has

'existed'. One could say how many times your vibration has vibrated in the world we identify with and call 'this world or earth'. Some of us are old souls some of us are new souls. The spiritual age is the only age that spans both the physical and the mental ages and many physical existences in this realm. It is what I call your 'true' age. This is best seen in young children who seem to say things or know stuff that is beyond their young physical age. Most adults will fob this off and ignore it or ridicule the child and say "how can you possibly know that". For me and others when we see this in a child we know that it is their spiritual age and that they are a lot older and wiser than their physical age.

I wonder if the essence gets frustrated at having to wait for the physical body to mature so that it can be taken seriously. And if it gets even more frustrated because as the physical body matures 'blockages' are put in place through upbringing, beliefs etc in the mind that after waiting so many years for the physical to mature so it can finally be heard it finds it is blocked by mental blocks and the ego of the mind. And to expand on this that this frustration shows as violence in some beings and addictions and behavioural issues in other beings.

Our mental age: This is the age of the mind. You can have an adult who acts like a little spoilt kid and they have no 'clinical' reason for this i.e. they do not have an impairment that may cause this behaviour. They just haven't grown up. Your mental age is how 'wise' you are, how awake you are. It is NOT how intelligent you are or how grown up you are. The mental age is the mind in this current existence on this realm, the state of the ego, beliefs, and willingness to let the spiritual age through.

RESETTING THE 'BUZZ' BAR

Yesterday I paid our water bill. So big deal you might think. Well it is a big deal. To start with for the area of Vilcabamba we live in (San Jose) you can only pay it on the first Sunday of the month. Second you don't get a bill as such. Third there is no hard fast place to go and pay it.

The payment place moves maybe not every month but it moves often. So one month it will be in a building on one street in town the next it could be in a building on another street in town. The locals know, I guess through word of mouth, where it is. There is no announcement to say "the water payment place for San Jose residents will be located at blaa on the first Sunday of next month" posted anywhere that I am aware of.

So I managed to catch our Ecuadorian neighbour at home who speaks English and asked him if he knew where the payment place for the water was this month and fortunately this month he knew. With my new knowledge of directions and location safely stored in my grey matter I drove down town and VOILA there it was. Also, I had another stroke of luck. There was no queue. I was expecting a wait and no I

walked in and got seen to straight away. A few minutes later a whole crowd of locals walked in to pay their water bills – timing aye.

There is I have been told one lady who keeps the books. Which from my experience yesterday appears to be true. They are literally books. Old fashion ledgers. She is a lovely friendly lady with a very nice energy. Her handwriting is meticulous and so is her book keeping. I'm sitting there watching her fill out the various ledgers and thinking to myself 'what would happen if she lost the ledgers? There is no back up.'

Anyway, the water for the house we are renting hasn't been paid since late 2008, nearly two years (well before our time in the house). Yes, and it is still flowing and hasn't been cut off. She was very very happy to see me. I guessed from the expression on her face of delight in seeing me that we must have been one of her longest outstanding unpaid accounts. Just in case you are wondering. Yes they have water meters here and they read them every month. She produced meticulous hand written records of each months water use for the last two years. She produced this will little fuss. It may be a paper based system in the full sense of the word but it is very organised.

Within minutes I had my total..... \$65. Not bad I thought for nearly 2 years. I paid the bill and went on my way full of buzz.

I got a buzz out of paying the water bill. Why, because it is not straight forward here. I had to figure out through asking several people how you paid it and then where you paid it. I couldn't speak a word to the lady in Spanish all I could do was show her an old account. But it all worked. Took about a year (given a delay while in NZ) to get there but I got there.

When you live in your own country where you were raised and know how it all works it gets harder and harder to get a buzz out of the simple things in life. You have to have higher challenges, new job that is harder or do some extreme sport. Keep having to find bigger challenges to get that feeling of 'Wow I did it'.

When you relocate to a country where you are the fish out of the water (I mean you don't speak the language and are in the minority kind of fish out of the water) you reset this buzz level. And little challenges give you great pride and pleasure when you overcome them.

Like learning how to communicate just that little bit more in the native language of the country you have moved too.

It is a relief to get a buzz out of something simple again. Your days become full of excitement and a sense of achievement. And remember to praise yourself.

POWER

Since I've talked about water let's talk about power. They do things differently here as I've said many times before. Like cut your power if you don't pay your bill. Again you don't get a bill in the mail because you don't have a postal address at least not in Vilcabamba. So it is up to your own steam to go to the power company on a regular bases (MONTHLY) and pay your power bill. They will give you some fat (3 months) however after that they will cut off your power. How do they do it? Well each house has a power meter (more on power meters to follow) and they read them every month and when they want to cut you off they REMOVE the meter. So you have no power and you go to the power company and there under the table is your meter. Then you are charged a nominal fee to get your power meter installed again.

Now back to meters. Here when a house is built for the first time a meter is issued in the name of the person who applied for the meter for the house. The meter and the house are registered together. However, the meter becomes the meter for the person who bought it. If the house is on sold and the meter stays with the house the meters stays in the person's name who bought it in the first place regardless of who owns the house. There is no such thing as an account number and a meter number. If you want the meter in your name you have to buy one. Then if you move houses you can take your meter with you. A different way of doing it but it still works. If the meter is left with the house and you own the house now you can just keep paying the meter in the other person's name. There doesn't appear to be a thing about liability here.

I mean if you buy a house with a meter in another person's name (and that meter is associated to the house on record) and you don't pay the bill they will remove the meter, period.

Well that's my understanding of it so far. Basically you own your power meter.

THINGS THAT BITE AND CRAWL

I was helping friends clean their new rental house that they were about to move into. I have developed the technique of brushing away from me when I sweep floors. So here I am happily sweeping away and I decide to sweep up the dust and debris in the large round, tiled shower basin upstairs.

So I'm standing in the shower basin just in socks, no shoes and I sweep forward (away from me). This tail goes UP in a curl and these pinches start pinching and this creature starts up and crawling. Fortunately by sweeping away from me I had swept it away and added a few more centimetres between me and the scorpion. Enough space for me to exit extremely fast from that shower basin! I can still move when I have too. Amazing what adrenaline does for you. Suddenly you have no pain and your body is subtle and moves freely.

I sat on the couch upstairs heart pounding, phew. I had been told there were scorpions in Ecuador in Vilca for that sake too. Now I know for sure they are here as I've had a close encounter with one.

According to my housekeeper they cause much pain and fever. Needless to say the scorpion didn't meet with a happy ending. When my friends' husband returned he exterminated it with his boot. Which I can understand given they have a 2 year old and I'm sure they don't want him playing with a scorpion. Now some out there may think that we should have collected it up and put it outside. Which is all well and good as long as you are not bitten.

IN CLOSING FOR MAY

I was asked by a reader do I still like Ecuador. My answer is Yes. And am I happy to be back by a friend? My answer is Yes. I was asked by other friends in NZ how do I feel about going back to Ecuador. I didn't have words to describe how I felt coming back as my brain had nothing to connect my feelings to in the form of language. I wasn't like going on holiday and it wasn't like coming home. I was neutral, calm and just peaceful about coming back.

6 weeks later I realise I now have two physical places on this planet I call home. I have friends and whanau all over the planet now. Physically there is a lot of distance between NZ and Ecuador and this will impede how much physical time I can spend with everyone I love in both places. However, I believe this situation of distance only exists because we have not remembered how to move outside the confines of the physical realm. I am talking astro-travel and meeting up with your friends in other realms. I have hope that as I develop and grow I will remember how to do these things and thus my physical location on the planet will not impair my ability to be with the people I love.

In the mean time there is the internet, Skype and video conferencing 😊