

BLENDING the DARK with the LIGHT By ELSA MALPAS

INTRODUCTION

In the beginning there was Light!

I have heard Michael Meade, Storyteller and Mythologist, talking about the 'Parade.' This what he says

There are those who are unaware there is a 'Parade' happening, There are those who are watching the 'Parade.' And then there are the ones who are in the 'Parade.'

The 'Parade' can be seen as a metaphor for the next step we as human beings are taking in our evolution, I feel that the next step is the blending of our Dark with our Light.

We are all part of the same journey, and it is our own choice what route we take. For those who consciously want to take part in this evolutionary process, this joining of the 'Parade', will be doing so with an open heart, welcoming the blending. In doing so, the battle within, between the Light and the Dark can abate. And at that point we become aware that it is not just a truce, but a real coming together of those two powerful forces within each of us..

As the battle within ceases, so the outer battles will cease also. If some can only engage in their inner battle by externalising it, so be it. However, as with everything, the more of us that are in the 'Parade,' the more obvious it becomes to even those who are not aware of this process that there is something going on.

What prompted me into this understanding were things that have happened, and are continuing to happen in my own life. A couple of years ago I was send a newsletter from a source I trusted. This had information in it about the Dark coming into this earthly life, many hundreds of thousand years ago, with the intention of blending itself with the Light.

However, Dark's initial effort was a clumsy attempt and the Light became fearful, assuming that the Dark wanted to control it, so the Light outlawed the Dark in an effort to try to control this fearful force.

So the Light fought the Dark - the battle still goes on.....

The newsletter went on to say that we now have another opportunity to blend these two powers in order to bring healing to ourselves and the planet. This idea had a profound impact on me and, as a Shamanic practitioner and teacher, I wanted to explore and work with how I could use this in my own life and work. I've always felt that the shadow side of our nature is the key to our own healing and evolution, so the idea of bringing the Dark and the Light to sit in comfort and harmony together felt so right.

The story I am about to tell you is a small part of this journey, but it is a clue to how we can blend these two powerful forces together.

A LITTLE PERSONAL HISTORY

How my Dark aspect opened the way to my Spirit

When I was a child I had Polio and for three years was paralysed in a wheel chair unable to look after myself. It was the Dark within me that moved me to find ways to encourage my atrophied muscles to react once more. I had become resentful, antagonistic and manipulative. I knew the power of a smile and used that to get what I thought would make me feel better. Of course, nothing did, it must have been awful to be around me.

I became more and more enraged until my Dark opened me to allow the full power of my Spirit in, so that I was inspired how to gently start working those muscles using isometrics. Sometimes the effort was so great I would faint or throw up. But slowly, so slowly, I started to be able to move tiny amounts. What happened was impossible, I am told, but here I am, many years on, still with some weakness in my muscles but walking and living a normal life.

I was unable to see for many, many years how my Dark aspect had helped me, in fact I have to question whether it was my Light aspect that made me feel ashamed and guilty about how I had behaved. It has been whilst going through the Blending process that I have been able to really see

what went on, and be truly grateful for what I was given. I have also been able to see how those around me, at that time, while helping me to move in to that place of total fury that opened the way for me, were also getting what they needed in order to move on in their own journey.

AN INITIATION

The crossroads and the signposts

When Howard and I met, we were both at a crossroads in our lives and ready to move consciously into the world of the Shamanic way.

Shamanism has always been a part of my life, but until I met Howard in 1983, I had no idea that my practices and beliefs fell into this tradition. Shamanism has always felt completely natural to me, and the work I found myself doing with others just naturally happened. We were introduced to many teachers over the next few years, some of whom lived with us for a time, there were many initiations and teachings, and much for us to learn, remember and experience.

It was Easter Monday 2003. We had just finished a four-day residential training, which is a part of one of our longer courses. I felt awful; aching, nauseous, and only able to lie down. I remained in bed for the next seven days, feverish and rambling, not really aware of where I was or who I was, unable to eat or drink. During that first week many positive changes happened to my body, one of which was the total disappearance of psoriasis from my scalp and the nape of my neck, which had been severe and unremitting for the past eleven years. There were also other positive changes to my skin and hair.

After the first week the fevers came less often and I found I was able to eat very small amounts of just two things, either prawns or melon. I could not keep anything else down. After four weeks I was slowly able to introduce other foods into my meals, but it was many weeks before I was able to eat normally. For seven weeks I was very weak and sometimes could only walk with assistance.

(At the time I was feeling too unwell to notice the significance of what I was eating, but I later realised that the only other time in my life when I have only been able to eat two items of food was in 1982, just before a huge transition happened for me. It was at this time that I stepped out of

being caught up in the conventional, of having a lovely home and all that went with a "good life", and chose instead to step out onto a path that has magically taken me up, down and in and out of some very mysterious places and happenings)

So I was aware that something powerful was going on, but it was almost as though it was going on in me, around me and all the time regardless of me.

I was very depressed, and was aware that I was hovering between life and death, until I decided which one I would choose. Although on one level I was occasionally able to live a normal life, I was also aware I was in some kind of limbo. It was a very confusing time.

Then after seven weeks, a dramatic change happened, and I began to really want to live and eat and enjoy life once more! In fact everything seemed different! At this time I was still unaware what this experience had all been about, but knew that at some point it would all be revealed.

(A lot of my learning and evolving has involved things that have happened to my physical body. I have had many life-threatening and debilitating illnesses, which seem to have suddenly become healed, often in spite of my attention to my own healing. Such healing changes have always been the herald of new understandings within myself, some of which are immediately obvious, whilst the meaning of others seem to crop up over time.)

SHEILA'S STORY

One of Healing and Understanding more about blending

Shortly after this I was avidly reminded about the Dark wanting to blend with the Light when we had a message left on our answering machine. The caller was someone who sounded desperate for help and was talking about being taken over by this Dark force. It was maybe a week or so later when we managed to talk on the telephone.

This person, who I will call Sheila, explained to me that she could not do anything she had been able to do before this "thing" arrived. It seemed to

control every aspect of her life. She had been shown a past life where she had had contact with the Dark being who was troubling her in this life. In the previous life she had felt so threatened by him that using various means she actually stole his power.

She was a Therapist before this happened and had therefore tried many different types of complementary healing, but all to no avail. She had also appealed to her local Spiritualist Church for help and was told by a medium there that this entity would never leave her. She then tried a Shamanic healer, who told her that the possession had been cleared, but in fact Sheila was in the same situation. Even the healers' teacher, who lived in America, couldn't help her after many lengthy telephone calls, some lasting for hours. So you can imagine how desperate she was when she finally made contact with us.

When we were finally able to speak to Sheila it was a few days before we were due to meet with one of our training groups. We know from past experience that if something like this arrives just before a course weekend, it is meant to be brought to the weekend to be worked through with the group.

We had several long conversations with Sheila before this and realised that she was indeed ready for change and was desperate to "get her life back again". At this time the disruption to her life had been happening for about a year.

She touched our hearts with her desire to feel comfortable with herself once more so, with her agreement, we took this to our group. Supported by the energy of the group I did a journey to ascertain what sort of absent healing she required. This was one of the most amazing experiences I have ever had.

The Healing begins

I journeyed to the Shamanic Middle World of non-ordinary reality and found Sheila sitting under a tree in a soft mossy glade, looking sad and depressed with her head bowed. I asked my power animal ally what Sheila needed us to do for her and was told to first call in the guide who works with me in the Light and also helps me with rescue work. I thought this was to be a straightforward de-possession.

I was wrong! There was nothing ordinary about this healing.

I felt the huge presence of this Dark force that hovered around and within Sheila - it was almost tangible. I called on that entity to come forth and communicate with me. A gruff, course, male voice came from Sheila's mouth saying "Don't think you can get rid of me. She has stolen my power and I want it back". I explained to this Dark force that although she had once stolen his energy because she felt threatened, she no longer had it. He was angry, swearing and cursing throughout the exchange.

At this point I told him I knew about the Dark coming in to blend with the Light. He suddenly stopped his ranting and, in a fairly normal voice, asked me how I knew that. From then on the words just flowed from my mouth, telling him I knew about the contract he and Sheila had made about coming together to blend the Light and the Dark in this life.

It was at this time that my guide of the Light made his presence felt. He stood forth in all his glory and asked the Dark energy if he would like to work with him to help others with their blending. At first he was very scathing about this proposition, asking why would he want to work with a prissy white light being when he was so much more powerful. However, my guide was not disturbed by this and told this force that it would be an honour if he would work with him.

At that point the Dark energy seemed to have made a decision and left Sheila's body and stood there, actually glorious, dressed from head to toe in black with a black visor across his face. I was completely overwhelmed by the power of these two mighty beings and aware of being present at a very memorable moment.

The Dark Knight as I was now told he was to be called, asked to be taken to where they would be working. The Light guide said that the Dark Knight would need some training before he could start blending others. The Dark Knight was very annoyed about this and was keen to show the Light guide his prowess. The Light guide asked him to show what he could do by helping Sheila to complete her blending process. I then witnessed the most amazing use of energy. Some of it was done using a kind of telepathic communication, and some by using physical movements in a kind of dance that was both beautiful and an awesome experience.

The blending is complete

Afterwards when I communicated this story to Sheila, she told me that she had indeed been in a similar place of nature and had, for the first time in over a year, felt at peace there, not having heard the voice of this Dark force chiding and threatening her. She had stayed in this beautiful place of nature for an hour or so, and then went home and slept peacefully all night, an unusual happening for her at this time..

It was whilst we were communicating with Sheila, who needed a lot of support after her healing, that I knew what my last illness (actually an initiation) had given me. I had been going through my own process of blending my Dark and Light energies. I deliberately use the word "blending" rather than merging, because these two energies lose nothing of their own specific qualities in the process. It is where the Dark and Light sit side by side with equal importance, respect and in total harmony.

We are delighted to tell you that Sheila is fine now, and often helps us to help others going through this process.

DEVELOPING THE BLENDING PROCESS

Finding the questions - seeking the answers

This understanding about what had been happening to me and what had happened to Sheila felt absolutely accurate. However, it left me with an uncomfortable feeling.

Why was Sheila having to do her blending with another spirit, when mine was being done by me, with me, and without the obvious presence of another? Did some people need another?' Or was it possible that everyone can do it alone?

I journeyed into non-ordinary reality to get some guidance on this and was told that everyone did it with themselves, that the Dark energy Sheila had been interacting with was her own Dark energy, and that they had indeed made a contract to meet in this life and blend, although at some point in this process they would need help from guides and teachers in other realities. This is exactly what happened.

So the message Sheila received at the Spiritualist Church, telling her that this energy would never leave her, was accurate information. This was a good lesson for me about making judgements, as I had judged that message as very negative and not coming from a place of love.

I know that there is a part of this process that the Angelic beings help us with, which involves a physical change in us. I believe that a subtle change to our DNA enables us to finally integrate this part of ourselves we have so desperately tried to keep out for so long.

One of the things that has been an eye-opener for me was to see how quickly the course and abusive nature of the Dark Knight changed when he felt heard, understood and respected during Sheila's healing.

Such a simple understanding can help us accept our own Dark aspect, in a very different way, dissipating any fears that stand between us.

WHATS NEXT

Seeking more information on the Whys and Wherefores

I began to feel a huge passionate desire to help others with this blending process, which is not always an easy one to complete. It seems we are not ready to complete the blending until we can accept all aspects of our Dark, which is quite a tall order. And this is also done on the many levels of our being, so consciously we may not know exactly what is happening. It therefore can be very confusing for ourselves and for those around us.

It was becoming very obvious that there were many things I was not seeing, and I was finding it very frustrating, looking for a way forward to be able to help others with this process. It took a Past Life healing to put me on the track to answer this quest.

During this healing I was shown a life when I was totally at one with, and a part of nature. I was a part of everything, a part of all the change and movement that is within nature. I was at one with the animal kingdom – we breathed one breath, and it was a wonderful exciting passionate life. I honoured and respected very change that heralded movement. I was my divine innocent self. I found every part of that life to be amazing.

Suddenly everything changed. I was wrenched out of that life, as though someone or something had twisted and pulled me out of there from the back of my neck. It was very traumatic and I felt totally shocked, nauseous and shaking. This feeling stayed with me and niggled away at me, not wanting me to forget.

During an advanced training we were doing with a group of our students, we were getting in touch with our "Wound of Origin", This is the first wound we received as part of our evolutionary process from innocence to wisdom. I was shown that my wound of origin was when I had been jerked out of that idyllic life, and also shown that it was what you might call a raping by the Dark in a effort to blend.

It was a strange feeling to know that it was my Dark side that had raped me. It was also very interesting for me, as it puts a whole new angle on the concept of blame. In all our knowing, we know so little of the universal energies, and about the reality that much of what we experience is made up of what we are giving ourselves, whether comfortable or uncomfortable.

This seemed to be taking me somewhere and I felt it was important to go.

The next stage in this part of my journey of discovery was during a 'Medicine for the Earth' training. This was created by Sandra Ingerman to transform personal and environmental toxins, part of which involves a process of transfiguring into our own divinity.

In transfiguring into my divinity I realised that my divine self had evolved. Now that I had blended my own Dark and Light, everything was different. I was part of everything and I could move in and out of all that is, communicate with all that is, understand all that is, and enjoy the wonder of all that is. But within that movement I found I was leaving something behind.

That something was a harmony, a harmony which could be used if anyone or anything chose to use it

THE ' BLENDED' EXPERIENCE

What are the benefits?

I have talked a lot about some of the difficulties when this process is taking place but have not said much about the actual process. This is because I feel it is very individual and may be slightly different for everyone. For us all I think it takes place over a number of years. But after having my own experience and seeing it happen to our students and friends it seems there is always a "crisis" time when we have to make a decision to allow it to complete in this life or otherwise when we pass into spirit.

What I have noticed, however, is that there is often a physical dis-ease present. Some seem to get very depressed. Often people will behave in a different way. Some begin to see more clearly the ways they can and have manipulated situations and people to feel good about themselves. They become more and more aware that all we all want is to love and be loved.

For me the results of this experience has been ;like having a 48" screen to observe everything instead of the 12" one I had previously. Everything of the Light is more obviously seen, felt and accepted and everything of the Dark is more obviously seen, felt and accepted.

Apart from this wider vision, there is also an enhanced ability to see things, in any situation, not only from my own perspective, but also from others' involved in the experience; I can more clearly see what is going on for them too. For example, I have found that in seeking guidance from a past life I not only see who I was and what I was doing and why, but can also interact with those around me to better understand their part in what was going on, even when what was happening to me felt cruel and unloving. It has shown me how those around me have given me wonderful opportunities to grow and heal; and this understanding really helps me to put blame on the back burner.

Also, I now have a place inside that is always at peace, and full of wonder. I have found my Joy. I can be sitting in a cauldron of chaos in my life, but inside there is this place of deep understanding, a place of gentle laughter. The paralysing fear that has been a part of my life since a small child, which although I had learned to live with and to manage, was

always there hovering, has now moved into something else. I now perceive it as a survival tool, not a disabling fearsome menace, but a part of me that cares for and nurtures me.

CONCLUSION

The never ending story!

In conclusion, the whole story raises much bigger questions than it answers about aspects of the blending process. There is so much more to explore. For now the journey continues, ever delighting me with the wonder of how everything absolutely everything has its place in our evolving universe.

I am enjoying the 'Parade' and am seeing more and more others join this 'Parade. I am hearing the music of the 'Parade' becoming more and more Joyful. The journey goes on and on

EACH FORCE IS AN ENEMY IF YOU DO NOT LOVE IT YOU CANNOT LOVE IT IF YOU DO NOT KNOW IT IF YOU BECOME ONE WITH IT HERE IS NO MORE ENEMY

For more information on " Blending the Dark with the Light workshops and other Shamanic trainings with Howard & Elsa

Please go to our website www.shamanicwarrior.com

Or telephone 020 8758 9950