

"The Teachers OF TODAY save you time"

On moving on, the difference between the new teachers and the old teachers, what it means to take real steps and what's new...

By Xenia Aidonopoulou, interview of Petrene Soames

The healing methods, therapies and techniques developed by Petrene Soames and which we could say come under the umbrella of "Self Healing and Awareness" are totally unique and totally complete and different to anything ever done before. They may seem simple and unassuming, perhaps they remind us of various other things we have read about or tried but I can assure you, they ARE a NEW HEALING, just as she is a NEW MASTER for a new age.

Petrene explains, "of course the whole subject we are talking about is both incredibly simple and also incredibly complex, but this is what a master does, he or she takes it all and finds simple ways to make the complex understandable and work for everyone."

I would say that if "your teacher" or master is not able to do this for YOU, (and the way they will do this for you will be totally unique and totally personal as YOU are totally unique, and that means that you need REAL AND PERSONAL contact with them and that reading books of long dead spiritual teachers is not the way - all teachers throughout time, after all, have said to their students that they needed a LIVING master...) then I would suggest that perhaps they are not really a master for you for NOW at all...

Petrene continues, "of course we should look at the older healing systems and religion in general, be it Buddhism, Christian Orthodoxy or Christianity of any other kind, Hinduism etc... We need to look at different belief systems and ways to open ourselves, different ways to heal our past and our wounds, because these different ways remind us of and reconnect us with the amazing being that we truly already are. Everything has something in it. But beware of anything that tells you that you must study for many many years or that you should follow a strict regime, anything that tells you to beware of "evil" or "bad" things, anything that makes you feel that the world is a scary, unsafe place or that you are bad. Anything that tells you these kinds of things is totally missing the point."

I say that perhaps fear was a great way to motivate and control people in the past and perhaps it still has its uses for some but anyone with any awareness and who is moving towards a new earth and state of being can see how unpleasant it is and how if we are striving to build a paradise on earth then surely fear and scare tactics can no longer play any part...

Petrene continues, "Also be aware that any system that tells you to forgive others because that makes you a good person yet doesn't help you build your awareness of what you are actually dealing with, or any system that doesn't work with you until you can truly see the perfection in how you were supposedly wronged and that actually there is nothing to forgive, is also missing the point."

Forgiveness is a big point. We hear about it over and over and it is often used to lord it over people and give ones-self a false sense of greatness, security and self. If you are not aware of the falsity of this concept, it can break you. It will weigh you down with guilt and remorse and very simply continue on with the cycle of abuse that you were perhaps trying needlessly, unsuccessfully, to "forgive"... Of course you cannot "forgive" any more than you can "just get over" traumatic events. REAL healing and understanding needs to take place. Forgiveness is very simply not an issue. When YOU are well, everything is well. Healing yourself, you heal the world. Then there is no longer anything to forgive.

Petrene says, "Old masters, old saints and old deities have brought us to this point in time, they can give us clues to go forward but they cannot TAKE US forward for they already took a lifetime or more to get to where they got and they have already taken us there anyway. The NEW masters are the ones who will help us to find the amazing in who and what we already are for we are ALREADY all of everything that came before us and all that is to come after us and we need to realize and celebrate the uniqueness of ourselves. Anything less than this may seem and feel at times to be helpful, even life changing and all consuming, but in reality it is missing the point..."

As far as so called "spiritual experiences" are concerned, Petrene has this to say: "I don't think there is an ultimate experience or a highest level or even a lowest level or a best state of being. There are so many different experiences and levels and realities and ways to experience life, reality and the beyond. We give names to these places and points in time and space and many so called teachers urge us to keep striving to

reach them but they make it seem like only after much time or much work or sacrifice can we hope to achieve these experiences or this enlightenment. Yet these are simply old ways of thinking! None of this means that this is so, rather there are many different ways of doing things and in THIS TIME each and every one of us is quite capable of experiencing all of this and more much more...”

So what are you waiting for?! There is nothing to be afraid of! Let yourself go, be ALL THAT YOU CAN BE and open yourself up to HEALING!

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