

TIME FOR CHANGE

An Audio Programme with Clive Tempest

CONTENTS

Time for Change was recorded over 12 days during three separate events - a weekend workshop and two residential retreats. The programme reproduces these events in three parts.

1. No Going Back
2. The Coming of the New
3. The Value of Your Life

The contents are presented in 50 episodes.

Episode 1: Introduction

What must change / Structure of the programme / How to make best use of it / How I work / The change from being psychological to living more consciously / The value of chigung practice as the embodiment of certain principles / Changing the brain / Disruption and disturbance / How to handle psychological and psychophysical reactions / Listening without monitoring / There's no going back. (48 mins)

NO GOING BACK : Day One

Pitsku Culture Church, Helsinki, Finland

Friday evening 25 November 2016

Episode 2: Burning Out the Past

Facing the crisis of the Psychological Life in society and in you / The difference between advancing and progressing / The post-truth world / Our civilisation in crisis / The emergence of the True Individual from the Psychological Self / The seeds of the new / What the situation requires. (56 mins)

Episode 3: Strategies for Change

Three ways of managing your transition from a psychological to a more conscious life / The art of listening / Seeing space / Monitoring the monitor / The difference between progress and evolution / The principle of advancing by retreating / The change wrought by truth, by love and by death. (47 mins)

Episode 4: Seeing Space

Questions from the audience / Exercises to stop thinking / It's an existence of beauty and violence. (65 mins)

NO GOING BACK : Day Two

Saturday 26 November 2016

Episode 5: The Passing Scene

Introduction to Day Two / Standing posture - 1 / The Primary Conscious Connection / Chigung and change / The monitor in the brain / The difference between thinking about something and making it conscious / Living consciously in one state of being. (42 mins)

Episode 6: Follow the Riff

Living consciously is improvisation / Making the monitor in the brain more conscious / Decoupling your intelligence from the monitor / Monitoring the monitor / The trap of 'the spiritual life' / Remedies and wellbeing / How not to make problems out of difficulties. (54 mins)

Episode 7: Disrupting the Thinker

The struggle between order and chaos / The absence of a future / Solar Intelligence and the Earth Body / The Diamond Point of Consciousness / Harnessing the power of chaos / The new comes through a crack in the old / Your contribution to love. (60 mins)

NO GOING BACK : Day Three

Sunday 27 November 2016

Episode 8: Reviewing What We're Doing

Chigung practice / Standing posture - 2 / Thinking / Not thinking / The purpose of imagination / Reviewing the Psychological Life / Three chigung practices and their application in daily living: Going vertical - advancing by retreating - sinking your chi / Three strategies to stop thinking: Monitoring your thinking for cause and effect - seeing space - listening with the body. (36 mins)

Episode 9: Intelligent Connection

The collapse of the current paradigm / Passing through hell / What is the value of thinking? / What is the use of the intellect? / Your connection to intelligence / Gnosis. (49 mins)

Episode 10: It's a Circus!

The circle of reactions that block change / Holding on to 'the good old days' / The familiar security of 'the family business' / Everyone's self-centredness / Confronting the trinity of truth, love, and death / Love is unthinkable / Seeing space - in practice / What perception is. (52 mins)

Episode 11: Into The Listening Zone

The search for peace is delusion / Progress / No turning back / Non-duality / Our evolution in sight and sound / The energy of the ocean / The fluidity of consciousness / Listening with the body / The coming of the new. (42 mins)

THE COMING OF THE NEW : Day One

Dunford House, Midhurst, West Sussex, UK

Saturday 22 April 2017

Episode 12: This Place, This Space

Introduction to the retreat / Dunford House / Returning to nature / Conscious

connection to the Earth / The past without its history / What I am in every body / Becoming conscious in the psyche / Wave motion in chigung / Gravitational fields / Spaciousness / Intelligence and space / Your contribution to the evolution of consciousness. (56 mins)

Episode 13: The Tides of Chi

Waves of motion in chigung movement / The kwa / The place and the ground / Energy in the head / The train of thought and getting off at the station / Having an empty head / Managing the tides of chi / What the situation requires / Presence, earth-time, the past and the timeless. (35 mins)

Episode 14: The Polarities of Existence

The principles of expansion and contraction / Presence, life and death / Release from karma / Times for giving, times for receiving / What stress is / The self-centred antithesis / The dream of impossible futures / Fulfilment and purpose. (44 mins)

Episode 15: Alignment with Change

Concentration, trying hard, desiring results / Appropriate action / Staying aligned to change / Gravitational waves, fluctuations in the field of chi / Staying aligned with what's changing. (15 mins)

THE COMING OF THE NEW : Day Two

Sunday 23 April 2017

Episode 16: Becoming a Space Being

The morning chigung practice / Wave-shaped motion / Signalling what I am to the brain / One body, one action / Where I am / When I am / The doodling mind / No mind / No self / Selfishness / Self-interest / Corruption in our civilisation / Justice and harmony. (62 mins)

Episode 17: I Am Not My Identity

To be self-centred is not what I am / While the monitor in the brain compares, it is not listening / Digestion of experience / Assimilation of knowledge / The Buddhist way / Enlightenment / The Christ / The Second Coming / Spacetime / I come and I go / The coin of self-centredness / The value of being what I am in the body in the situation as it is here now. (48 mins)

Episode 18: The Magical World

Landscape, sense of place, the earth / The bigger picture / The scientist in our brains / Knowledge of the irrational / The end of doubt is the end of belief / The collapse of time into spacetime. (37 mins)

Episode 19: All About the Psyche

What the psyche is / The irrational / Psychic communication / Gravitational fields and wave-like motion / The psyche and love / Impending mutation of our species / Our fall from grace. (32 mins)

Episode 20: Psychic Distortion

The relevance of chigung practice / The pull of the psyche / The Mirror Effect / The pull to the past / The need to get attention / The need to get acknowledgement / Purification of the psyche / Real love. (16 mins)

THE COMING OF THE NEW : Day Three

Monday 24 April 2017

Episode 21: This Is All There Is

Introduction to Day Three / Chigung practice notes / Tension and relaxation / The circle and the ring / Sacred space / The tree / Sitting meditation / Nothing more than this / Spaciousness / Discard the 'shoulds' / How weakness becomes strength / It all comes together in being what I am here now / Being in silence. (40 mins)

Episode 22: The Inner Cosmos

Nothing, emptiness, black holes / Why we can't resist the pull of the psyche / Accommodating change / The plasma of real love / Unified fields / The coming of the new. (30 mins)

Episode 23: Answering Questions

What is the difference between the psyche and the field of chi? / How can we face global unrest and possibly catastrophic change? / The tides in the psyche / Stand your ground / Catching the wave of change / I am Change. (26 mins)

Episode 24: Sacred Space

Working with the chi of trees / The Five-Point Posture / The power of the presence of place / Rooting / Radiance and the intelligence in light / Our connection to earth energy / How consciousness increases. (58 mins)

Episode 25: Principles and Positions

Taking positions / Education and instruction - I am not a teacher / Mindfulness and no mind / To drop anxiety, quit thinking / How consciousness evolves / The time it takes to change / The Ripple Effect / Corrupted teachings of truth / Go to the principle of the thing / Real love / Love in evolution / The battlefield at home / Disgrace / The Second Coming / The number five / A Finnish Song. (65 mins)

THE COMING OF THE NEW : Day Four

Tuesday 25 April 2017

Episode 26: Being Where We Are Here

Summary of the chigung practices and their principles / The conscious connection to nature / The claiming of the place by being in the space / What it means to be here now / The 'formula' for being what I am / Standing your ground against the pull of the psyche / The Bright and the Black / Access to Gnosis / The mystic realisation of being what I am here. (29 mins)

Episode 27: The Old and the New

Your transition to the new that is coming / Transcending self-centredness / It can only happen 'here' / Using 'the formula' / The New / The new is not known until it is no longer new / Enchanting the land / The Listening Body / Questions and answers / The difference between relevance and significance / The new is not the future / Infinity and the deep old / The mark of the cross / Ritual acts and mythic symbols (Finnish reindeer story) / The truth of the old / Death and immortality / The word 'fate' / Right action. (52 mins)

Episode 28: What Is Right?

Friends in truth / Social compromises / Do what's right for you / Making ourselves special / Reservations and dread / Our psychological profiles / Right and wrong / Right alignment / Real justice / Right - right now. (31 mins)

Episode 29: Being True to the Situation

What does it mean to be true to the situation? / The female-male polarity in relationships / Doubt and self-importance / Female power and male drives / The partnership of True Individuals / Doing what is right for you / Learning to trust the irrational / The right use of the intellect. (36 mins)

THE COMING OF THE NEW : Day Five Wednesday 26 April 2017

Episode 30: The Past That Is Now

Notes on an excursion into the landscape and the past / The end of the story / Living in the situation as it is, here, now / Everything happens to fulfil a purpose / Unseating our 'shoulds' / As I am is how it is. (38mins)

Episode 31: Is Love Enough?

A question about love in a demanding relationship / The sacrifices made for love / Where is the self-interest in love? / The relationship is not the love / Familiar love and real love / How is it that love comes and goes? / Do you love enough? / How much is enough? / What real love loves most. (22 mins)

Episode 32: Closing Questions

How do things work out right? / As a woman, what must I do to connect to my personal power? / What is virtue? / Realisations and insights / The many become one / I in everyone am the one centre of it all / Everything has its value / I am my ground and that is not mystifying. (56 mins)

THE VALUE OF YOUR LIFE : Day One

Labbnas Semesterhem, Dragsfjard, Finland

Friday 30 June 2017

Episode 33: Introducing This Retreat

Setting the scene / Acknowledgment and gratitude / What do you value? / The balance of outputs and inputs / Why less is more. (35 mins)

Episode 34: More From Less

Chigung practice for this retreat / Standing against the pull of the psyche / The interest in ourselves / Action and intention / The three 'formations' of the universe. (27 mins)

Episode 35: Going Deeper

Questions / The bigger the picture, the finer the truth / Effortlessness / Conflict / Change and cosmic convulsion / Acting on the situation as it is. (23mins)

Episode 36: Chi Breathing -1

Introduction / The basic chigung posture / Being what I am in the body / Chi breathing - Upper Burner. (48 mins)

Episode 37: Chi Breathing -2

Unification of intention and action / Breathing consciously / Trigram: Wind energy / Discharging stress. (33 mins)

Episode 38: Dropping the Stick

Emotional reactions and manipulations / Blame / Responsibility / Bullies / Worthy opponents / Waving the stick / The vile in the human condition / Not playing the game. (51 mins)

Episode 39: The Ghost in the Mirror

Qualities of value / Virtue / Passion and compassion / Getting lost on the way / When you think you're going mad / Sauna. (23 mins)

THE VALUE OF YOUR LIFE : Day Two

Saturday 1 July 2017

Episode 40: Your Interest in Yourself

Introduction to Day Two / Integration of the physical and the psychic / Merging action and intention in chigung / Melding purpose and passion / Sex and love / Self-centredness / Psychic pulls / What you value about yourself / The last redoubt of the psychological life / Self-reference / Value and interest / The need for more. (41 mins)

Episode 41: Detecting the Attitude

The interest in ourselves / Our attitudes / Self-love / Love's value / Self-doubt / The angles of attitude / The facts of the situation / The common good / Finding the exit. (47 mins)

Episode 42: Nothing Going On

Sitting listening to space / No thing in nothing / Making being happen / How things work out / Intelligence of space / The implicit and the explicit future / Reincarnation / Destiny / Recurrence / The Guiding Intelligence / The belief in the future / Pressure. (53 mins)

THE VALUE OF YOUR LIFE : Day Three

Sunday 2 July 2017

Episode 43: Complications

Introduction to Day Three / Discombobulation / Family life / Getting control / Timely action / Keeping it simple / Creative lives / Standing firm / Knowing your value / The validation of love. (45 mins)

Episode 44: Resistance

How to break through any blockage / Blocking the advance / Cleverness and cunning / Inner demons and mischief-makers / The integration of all that I am / The value of self-interest / The corrupting interest in self / Self-referral and tactics to negate it / Dropping attitudes / Recognising real value. (32 mins)

Episode 45: Chi Breathing -3

Breathing chi into the Three Burners / The pulse of life / Descent into inner space. (58 mins)

Episode 46: Quality and Value

The distinction of quality / The psychic in the physical / The reality of love / The history of love / Sexuality and passion / Dealing with tension. (32 mins)

Episode 47: The Value of the Bigger Picture

The primary conscious connection / The formula for being (what I am) / The gravitational field / Change / The three cosmic formations / The breath of life / The experience of spaciousness. (55 mins)

THE VALUE OF YOUR LIFE : Day Four

Monday 3 July 2017

Episode 48: Wrapping up the Retreat

Wind energy / Main themes summarised / Cosmic formations / The production of

knowledge / The highest values we know / The production of consciousness / The way to love and justice / Standing against the tide / Asserting values / Checking attitudes / Curbing self-reflection / Doing what we do for the love of it. (45 mins)

Episode 49: For the Love of It

The purpose of relationships / Impossible loves / The quality and value of real love / The love of life / To love enough. (29 mins)

Episode 50: Time for Change - in Love

Questions about difficulties in relationship / Making space for individuality / Being alone together / Couple discussions / Conscious partnership / Critical times for love / How love changes us / Gratitude and acknowledgement / Concluding statement. (39 mins)

This Contents List accompanies the audio programme 'Time for Change'

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TIME FOR CHANGE

Delivery Schedule

Part One : No Going Back

Week	Episodes
Zero	Contents PDF, Episodes 1 - 4
Two	Episodes 5 - 7
Four	Episodes 8 - 11

Part Two : The Coming of the New

Week	Episodes
Six	Episodes 12 - 15
Eight	Episodes 16 - 20
Ten	Episodes 21 - 25
Twelve	Episodes 26 - 29
Fourteen	Episodes 30 - 32

Part Three : The Value of Your Life

Week	Episodes
Sixteen	Episodes 33 - 39
Eighteen	Episodes 40 - 42
Twenty	Episodes 43 - 47
Twenty-Two	Episodes 48 - 50

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