

Athena International E-journal

SOPHIA

Success Story

Issue #1

Q&A

with Tony

Andrews

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Athena International

Realize your potential

*Academy of Behavioral Sciences
& Evolutionary Human Skills
for professionals, leaders and diplomats.*

VISIONARY PRACTICE IN CORPORATE LIFE

For Professional Consultants and Managers

2013

Dr. Rafael G. Locke

Meaning

- Human beings strive to discover and create meaning, intelligibility. Meaning, the desire to make sense out of life and life situations is a fundamental drive and need.
- Life direction, purpose and identity as well as sociality are primary areas of expression of the drive for meaning.
- Identity is a continuously formed process, not a fixed, static entity. It is dynamic. It is about an unfolding and significantly self-generated process.
- Loss or diminishment of meaning is stressful and opens the door to dysfunction, disease and illness.
- Meaning, health and self-realization are integrated processes, not static and separate entities.
- The drive for meaning covers all aspects of work and the broader spheres of social life.

Integration

- Drawing together identity in all of its forms, life story, purpose and direction and action into a coherent whole.
- Drawing together embodiment, mind and passion into a coherent whole.
- Drawing together the worlds of work and social life into a form which sustains dynamic, growth-oriented possibilities.
- Self-consistency but not inertia; self-consistency with awareness and adaptive dynamism.
- As in growth, integration involves the creation of wholes which pull together wholes at a lower level of complexity and functioning: self-realization in this sense supervenes over other levels of organization of mind, body and sociality.

Power

- Power is the art of making things possible and actual.
- Power involves the exercise of will.
- Power in the constructive mode is not about control, domination or force.
- It involves the aggregation, differentiation and focusing of energy.
- Power in individuals can be expressed as self-realization: the power to realize oneself.
- Self-realization facilitates effective relationships with others.
- Self-realization enhances work and social life experience as well as self-healing.

Growth

- Growth concerns creative adaptation: the ability to generate cognitive, emotional, behavioural responses rather than reactions to complex and changing situations. It is the opposite of negative adaptation where we may tolerate or ignore stressful factors and 'push through' despite the costs.
- Growth may involve flexibility in thinking, feeling, valuing and acting so that rules which have defined situations may be transcended or changed so that a climate of mutual support, development of competence in life and optimism is created.
- It is the opposite of stasis or stagnation: It applies across the entire life-cycle. The implication is that growth can be continuous and not restricted to one part of the life-cycle.
- It is about life-enrichment and the gaining of wisdom rather than mere information or technical knowledge.
- Growth is about self-direction rather than other-direction; the cultivation of the true (authentic) self rather than the false (owned by others) self.

From the Editor

Welcome to our magazine!



Dear Readers,

Welcome to our first issue of Athena International E- journal called Sophia. This journal is an attempt to compile vital information that is extremely beneficial to your business, personal growth and career development and we are so excited to finally share it with you !

As you will see, this issue is 10 pages, however we will be growing it over time. We want to listen to your feedback and add in features that you want to see. We know that this magazine is going to become something “you must” every four months. It is our mission to pack it full of informative articles, development in field of transpersonal psychology, science behind healing, inspiring stories and links to information that we believe will propel your expansion of consciousness and help you lead successful life at every level.

This issue is invitation to an unprecedented Global town meeting. The birth of 2012 and one heart - one mind celebration. Rite of Passage the emergence of Global Democracy. It is definitely time to step up and identify your beliefs and value system and liberate the power of language. We are pleased to invite you to celebrate with us this new beginning.

We would love your feedback, so if you have something to say, please e-mail us at editor@athenainternational.net. And I look forward to hearing from you.

Until next issue have a wonderful time.

Renu Fotedar.

Contact Us

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SUCCESS STORY

Q&A with Tony Andrews

Q As we all know you are one of those Australian legends, who went through an extra-ordinary experience in terms of health and well being. You survived through cancer, tell us more about your journey as you have come a long way?

Tony Andrews – First of all I must say, I do not consider myself a legend. Many people have faced the same demon as me and lived on to have a full life. Besides, my prognosis was good and my chances of survival were very positive.

Yet I would say it was a wake up call for me. My first reaction to my diagnosis was somewhat surreal, a numbness and disbelief that I had cancer. But I also felt at the same time that I would beat this disease and I was resolved to fight it.

It started with a lump about the size of an egg on the front side of my neck just under my right ear. Later I learned that it was what the Doctors call a secondary growth and there was another one growing on my tonsils.

Needless to say they both had to be removed by surgery.

Both operations were serious ones and the lump on my neck was the first to be removed. My surgeon told me after this operation that if he had not removed this growth when he did, I would have most likely had a massive stroke and died! The tumor on my neck had attached itself to my carotid artery and was about to sever the artery. The second surgery was to remove my cancerous tonsils. This is not much fun especially during the recovery period. My throat was extremely painful and the migraine headaches were agony.

After recovering from my two operations I had to attend a meeting with an oncologist at the world renowned Peter Mac cancer centre in Melbourne. She was a no nonsense, get to the point type of Woman, who looked me straight in the eye and said “this is serious mate and if we don’t treat you with a course of chemo and radiation therapy you will die”.

I think that was the very moment I started to take this disease very seriously! And was willing to do whatever it takes to survive.

She went on to tell me that I had some positive things in my favor, like the fact that I was in great shape for my age and that my attitude seemed good and if treated properly, this particular type of cancer has a good survival rate.

She also told me that the treatment was going to knock me for six! And I would get to a point in my treatment where I would not be able to work, look after myself and would be very sick indeed. She went on to say that my chemo and radiation treatment would not begin for three months so I had a window of opportunity to prepare myself physically, mentally and spiritually for what was about to happen to me.

I did not waste a second of these three months. I began to train my body with a full on cardio exercise program combined with some weight training, loads of



meditation and a healthy diet and I also started to read loads of information about cancer so as to arm myself with knowledge.

I also got treatment with a top naturopath who prescribed the best vitamins, minerals and herbs to build my immune system. At the end of three months I felt amazing. The funny thing was it was the best I'd felt in years physically except I had cancer. "Go figure".

Q • **What impact did it have on your daily routine of life, mainly your work and your relationships?**

Tony Andrews – Well the first weeks I was going okay and getting myself into the city for treatment by train and still seeing a few clients a week. But once

I got 3 weeks into the chemo and radiation treatment I started to feel the effects and began feeling drained of energy and tired easily. My complexion was turning a very pale colour and the radiation had burned the skin around my throat.

Gradually everything became more difficult due to the side effects of the chemo and radiation. The impact took a huge toll on me physically, emotionally and mentally. I was vomiting most of the time and was on all different types of drugs to help with nausea, constipation and pain. When I wasn't at the cancer centre having treatment or travelling to and from there and home, I was in bed trying to sleep. The truth was I was feeling like death warmed up and my spirit

was at its lowest point. I was in complete crisis. It was at this point that I began to look deep within and ask why I had brought this disease upon myself? I had worked for years on my personal issues and thought that I had resolved the pain. I also was a trained therapist with 20 plus years of experience helping other people connect with their emotions and trauma. I understood the connection between emotional pain and physical disease. I realized that I was obviously not too happy with my life and this disease was going to make me face whatever that was?

I must say that it was a humbling journey into cancer and one I could not have faced without the love and care from my wife and family.

Q How did you finally manage to overcome this overwhelming, terrifying situation?

Tony Andrews – Well firstly I totally embraced the treatment and believed without any doubt it would bring me back to complete health. The combination of conventional medical treatment, natural herbs, minerals and vitamins, meditation, prayer, love and support from friends and family, a positive attitude and to be humble in the face of my suffering.

Q As a qualified therapist, knowing full well what was happening within your body, how did you deal with such a huge health crisis?

Tony Andrews – It was humbling, most of my life I have been fit, healthy and active. I had studied Martial Arts for many years and was in great shape physically. As part of my work as a therapist I taught physical exercises to my clients and taught them the importance of releasing painful emotions which one might carry that could create imbalance and ultimately disease. I can say that I am thankful for this experience today. It made me have to face some painful issues in my own life. Deep down I

wasn't really happy and needed to make some big decisions and make some changes to how I was living. I realized though that nothing outside of myself could really make me happy. It didn't matter how much money I had or relationships I had. I had to go within to heal myself.



I needed to be honest with myself about the people in my life I needed to forgive and ask for forgiveness. I also re-connected with my spirituality and spent some time with a Tibetan Buddhist monk.

Q What was it that kept you going and believing in life rather than anything else?

Tony Andrews – That's a good question. Honestly I was not ready to just lay down a die! I still had too much to do, too many people to help and more goals to achieve. I realized that life is so precise and a wonderful gift. It is a funny thing when you face your mortality you start to

look at things or see things differently. Like when you see a beautiful blue sky or a forest or hear children laughing or listen to great music. You realize how really beautiful these things are. And you stop sweating the small stuff that people get court up in. And I guess some healthy fear of death kept me going.

Q Besides allopathic medicine, what other modalities did you chose to help yourself?

Tony Andrews – My wonderful naturopath Anne Vlass gave me great advice on diet, vitamins and minerals. Also daily sessions of meditation, prayer and hypnosis for promoting a positive frame of mind and a strong will. Also knowledge, I read loads of information on cancer and cancer treatments I wanted to know what was what, so I could make informed decisions.

Q What would you like to say about health crisis situations in life? What are the different approaches one can take as prevention strategy?

Tony Andrews – A health crisis is potentially a gift to re-examine your life priorities. It's an opportunity to become clearer about who and what is really important in your life. It can also show you your true self. I discovered a strength in myself that I didn't know I had. As far as measures one can take to minimize or prevent getting cancer, I think regular meditation can help, along with dealing

with your emotional issues, and maintaining a healthy diet and exercise.

Q What is your message regarding health and well being in daily life?

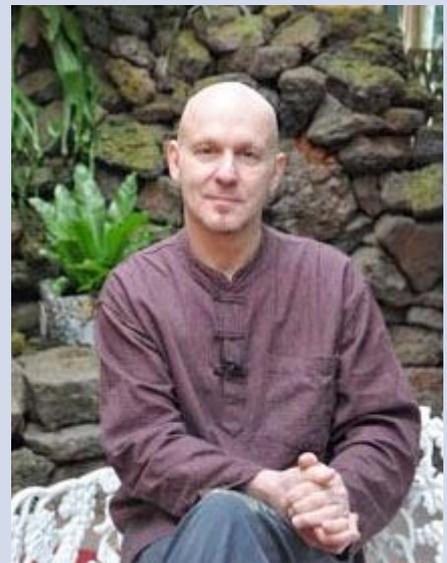
Tony Andrews – My simple message would be to focus on being grateful every day. Also to forgive people who have hurt you and to ask for forgiveness if needed. And stop sweating the small stuff also find something you love to do, and do it. And get happy, if you're not happy? Get happy.

Q In your work you help adults and children to overcome dyslexia. To what extent did this concept of health and wellbeing helped you in your own life?

Tony Andrews – My philosophy with dyslexia is that you can overcome it, so I took this attitude in dealing with cancer. That is, to believe that I could overcome the cancer.

ANTHONY ANDREWS

founder of the En-Orgone method, has 20 years combined experience as a counsellor, primal therapist, deep tissue massage, reikian bodyworker, bioenergetics, re-birthing, breath therapy, exercise, martial arts and teacher. Some of his career highlights include: teaching at the acclaimed Reidman centre for Massage & Holistic Bodywork in Tel-Aviv, Israel, affiliated with the International Professional School of Bodywork in San Diego, USA; conducting successful programs for children with learning disabilities and behavioural problems at the Elbaum Intelligence Integration Centre in Israel; and developing and conducting unique exercise programs for special needs children at the Travencore centre within the Royal Children's Hospital Melbourne (Aust). Anthony also possesses extensive experience in primal Therapy and Re-birthing from the Pimal Institute, founded by the late Dr Graham farrent. He holds a level 6 qualification in Wing Chun kung Fu. Anthony has been operating as a successful therapist and bodyworker for the past 18 years in Melbourne. He is an accredited member with the International Institute for Complementary Therapists.



Learn more about him here: http://www.naturaltherapypages.com.au/connect/the_en_orgone_method/service/7561#ixzz25MA6zRNo

ARTICLE

A Global Declaration of Interdependence

*Drafted by Ashok Gangadean
November 22, 2012*

In the Course of Events, as our ongoing Evolutionary Drama unfolds, it has become clear the **We the People** have entered an unprecedented Global Age.

With the intensified encounters and growing awareness of the living realities of our diverse cultures, worldviews, religions, ideologies and diverse forms of life on a planetary scale and in the marketplace of our Global Village we are to open ourselves as never before and listen deeply to our Other, and tap the enormous endowment of our Global Wisdom through the ages.

It is clearer now that our diverse Wisdom and Spiritual Traditions concur that the heart of our Human Reason is global, ecumenical and lights up beyond local ideologies and dogmas. It is clearer now in our evolving Global Age that this Global Light of Reason is the funding source of your diverse cultures,

worldviews and forms of life, and is the original source of our diverse global self evident truths.

Further, in this Global light of Reason it is self evident that we humans co-originate from a Common Source which is the ground of our individual dignity, the sanctity of our person space, our inalienable right to Life, Freedom and Well Being.

This Light of Reason shining through our Collective Wisdom reveals that in our boundless scared diversity we are nevertheless woven together in a Primal Unity which is the self evident truth of **E Pluribus Unum**. Thus our Personal Space and Shared Commons, our Polis, are both primary and co-constituted.

Our Planetary Wisdom further reveals the **We are as we Mind**, that we co-create our living realities through the conduct of our mind, our level of literacy, our mental patterns of making

our selves, cultures, worlds and our experience.

And in the evolutionary course of events it has become unmistakably clear that when we humans are lodged or entrenched in monocentric or egomental patterns of self making and culture making this level of literacy and development produces fragmentation, polarization, alienation, de-humanization and boundless forms of person and cultural dysfunctions. Our Personal, Cultural and Ecological crises trace to such mental practices.

In this Light it is self evident that we Humans mature beyond this monocentric “I===It” pattern of life to a more evolved Dialogic “I===Thou” form of life, literacy and culture making we shift from monologue to Dialogue, from “I==It” to “I==Thou” Ethos which lifts us to our higher Human Form and opens sacred space for **We the People**.

Furthermore, it is now evident in the Global Light that our entrance into our evolved Global Age urgently call on us, Individually and Collectively, to declare our **Independence** from all personal, inter-personal, and cultural patterns of self governance that eclipse, suppress, repress, compromise or violate our Sacred Right to Life, Dignity, Freedom and Well being, at the Personal and Collective sanctified spaces.

Finally, the Ecumenical Light of Reason teaches that Diversity-in-Unity is scared, and that all Persons are Equal across Gender, Ethnic, Racial, Religious, Ideological, Political, Economic and Generational lines, and, as such, are entitled to the highest degree of Life, Freedom and Well being.

According, We the People, rising now together into our Global Age, beyond all artificial borders, leaving behind Personal and Collective dysfunctions, now **acknowledge and affirm** that our Democracy is Ecumenical and Global in original, scope and power, beyond ideology, dogma and egomental patterns of life.

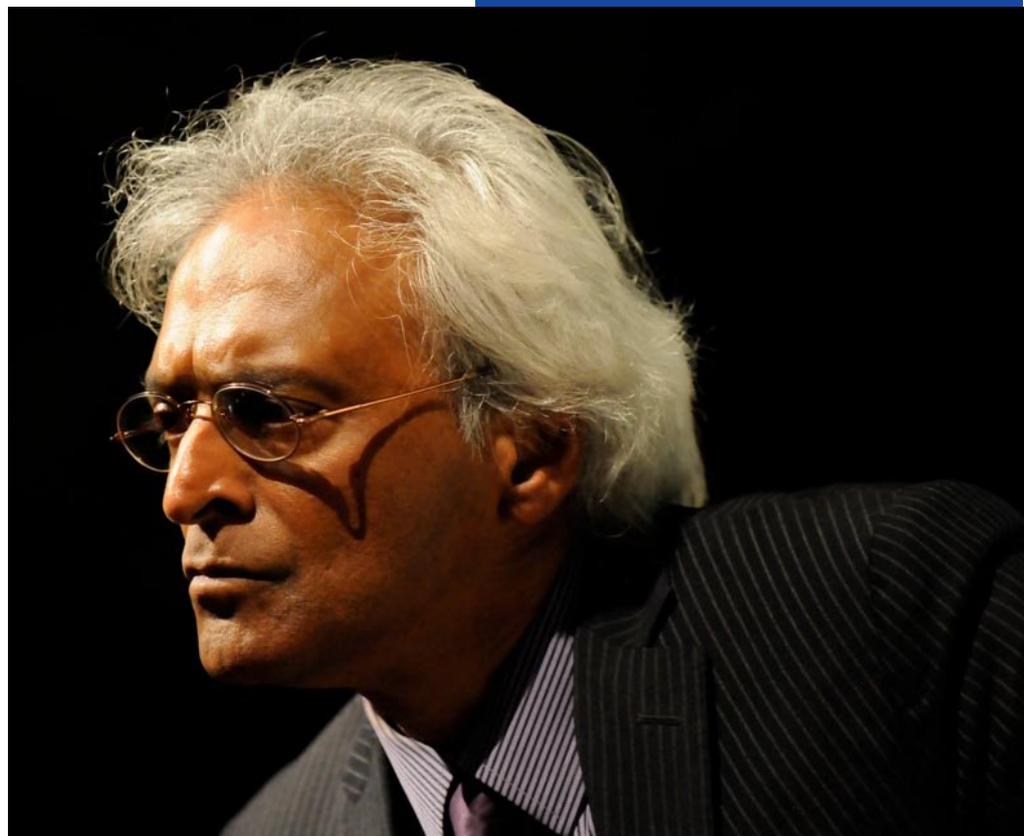
We hereby recognize that We Humans are and always have been intricately interwoven together in the Fabric of Life,

in the Dialogic “I==Thou” Commons of Personal and Civic Space, **Interdependent** with each other, with all life and with Sacred Nature and Earth.

Thus, in Light of the above, and in the Presence of the Light of Global Reason, **we hereby acknowledge and Declare our Sacred Interdependence** and **hereby resolve** to do all in our power, and with highest urgency, to collaborate across all border, to co-create mindfully, nurture and bring forth our more evolved Sacred Form of Life wherein our planetary Human Family may flourish together, individually and collectively, with our Scared Earth.

“

We co-create our living realities through the conduct of our mind...

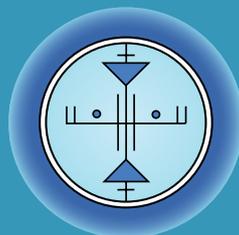


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Until next issue
have a wonderful time.



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