

REAL BLOKES



Grey Wolf, officially initiated Trevor & Sue as Keepers of the Lodge.

The Tepee stands tall as preparations begin.



Talk of Soul... Discuss Depression... Meditate and Live Consciously

Trevor Sullivan is a man's man on his spiritual journey. For many years, life was about running a team of builders, hunting, drinking and brawling. But life has changed dramatically for this inspirational man. He has awakened the depths of his compassion and begun his journey to Spirit. Trevor now runs Sweat Lodges as part of his tithing to Spirit and has been initiated by Grey Wolf, a full blood Inuit Healer from the Barren Straight in Alaska.

TS: We've all had many lives and experienced many cultures, Grey Wolf came into my life when I needed him. I had bought a block of land and I found myself walking upon the hills instinctively singing Indian chants. If anyone had witnessed it they would have thought I was crazy. While he was visiting Australia I was introduced to him and he came to my property to do drum making workshops and Sweat Lodges. When he left to go back to America he gave me the deer antlers that he used in The Lodge to shift the rocks and asked that we carry on the tradition. He initiated us into being The Keepers of the Lodge.

MW: Tell me about Grey Wolf.

TS: He was chosen to be the Healer of his tribe. In the ancient tradition the matriarch braided his hair and lifted him off the

ground and immersed him in boiling water. This had no effect on him and he was proven to be the Healer of the Tribe. He talked often about the wolf clan that lived near his village. He said as children they would go into the wolf den and look after the cubs while the parent wolves went out to hunt.

MW: What are some of the lessons he taught you?

TS: There are only two things, love and fear. When you operate out of love you will always have everything you need. It is only fear that blocks. When you operate in fear you manifest situations in order to learn to become conscious. Once we've learned those lessons those buttons won't keep being pushed and we won't be put in those situations anymore.

HAVE A HEART

by Maggie Wilde

MW: Where is Grey Wolf now?

TS: He's in New Mexico. He has a healing centre and is getting to be quite a Grandfather now. He taught me that the greatest goal in life is to be totally non-reactive. Every time we react to a situation we block a positive outcome. The more we buck and kick, the less chance we have of a speedy positive outcome. If we can hand it over to Spirit the problem seems to dissolve almost immediately.

MW: Tell me about your personal spiritual journey?

TS: My journey started when I was 30. In a matter of a few months everything I had ever worked for was lost. My life was a mess. I was depressed, angry and hurting. I knew there had to be more to life than the crap that I had created for myself. I had a spiritual reading. I'd never done anything like that before. At 30 if you'd asked me about spirits or god, I would have told you it was a crock of...**##**. I used to say when you die you go down a 6ft black hole and that's it.

MW: What changed for you?

TS: After having three separate readings with three separate people at three separate times, all three readers gave me the same information. They each told me the exact names of my guides and described them exactly as the person before. I began going to

workshops and started a counselling course. I learned to trust my feelings rather than shutting them off. I believe it is my duty to share those things now.

MW: How can you help men who feel torn between expressing their masculinity and understanding how to awaken to their path?

TS: There's an ancient quote: 'Change will only occur when the pain of change is less than the pain of staying the same way.' When life becomes unbearable doing things you've always done you need to look for a different way. My life became unbearable so I looked at what I could change about myself, my behaviour and my beliefs to make it more positive.

MW: What had become unbearable?

TS: I grew up in a male dominated environment. I was a builder and a very heavy drinker. We would put the roof on a house and someone would show up with a carton of beer. It was normal to be plastered three or four times a week. In the end, it didn't matter how much I drank, I couldn't get that high anymore. I couldn't make a decision about anything for at least a week after I had had a big session because it affected how I thought and my moods.

MW: Was there a catalyst for change?

continued



Earlier preparations of song & drumming set the scene for a momentous healing experience.



Trevor & Sue Sullivan at their property. The energy of Drum Workshops & Sweat Lodges will again grace these magnificent hills.

TS: Yes, there were a few. My father died at 45 with a heart attack so I chose to create a different path by acting consciously. When we act unconsciously we tend to repeat negative cycles. If we grew up with abusive or alcoholic parents we tend to put those people back in our lives as partners or spouses. In an unconscious way we are addicted to the drama of abuse. But when we are aware of the patterns we can take power back and begin to create change.

MW: What else caused the shift for you?

TS: My life was in ruins and I saw the need to make it better. I lost nearly everything by attracting the wrong people in to my life. I was ruined financially. I was brought up that a man's word is his bond. I'd sooner be dead than have the shame of not keeping my word or paying my bills. I was so depressed, I took out extra insurance and I was going to end it all. That's how close it was before I saw the path to change.

MW: How did you instigate change and find help?

TS: I didn't have any real social skills. I'd grown up in a very masculine, rural environment. I found the strength to become conscious of my actions and the outcomes. I discovered there is no right or wrong - just actions and consequences. I believe alcohol caused lots of problems for me with negative entities. Entities can connect when your vibration becomes very low and drinking large quantities of alcohol or taking drugs are prime examples. Negative entities had a field day in my low vibration. This was my lesson in actions and consequences. I found someone to work with who cleared negative entities and I stopped drinking. I started meditating and kept my energy body strong. That's when I felt a sense of balance. The spiritual path has to be a way of life. You need to keep yourself strong on all levels: mentally, physically, spiritually and emotionally. It is important to keep focused on your protection measures and bring it all back to self.

MW: Can you give an example of taking it back to the self?

TS: When you have a disagreement with someone, when you feel upset, come back to the self. Give thanks to that person for bringing the issue to your awareness and letting you know

that there is something you need to heal within yourself. When you look at other people, see their faults as the grain of sand and yours as the mountain and climb your mountain first. Focus on being the best possible person you can be and don't worry about anybody else.
MW: That's advice you live by?

TS: Absolutely. You can't change other people and they can't change you. You can only change yourself. To always work tirelessly and joyously on the self. Keep the balance between the need to make a living and the need to stay balanced, to meditate, to eliminate all the things that no longer work for you. As the Indians say 'If it isn't growing corn for you, get rid of it.' If something isn't sustaining you in the positive direction you wish to go - remove it from your life.

MW: There are many men that experience this sense of hopelessness or depression after family breakups or loss of long-term careers. Can you suggest ways to deal with this?

TS: It is so important to seek help. It's hard to do, but you must ask for help. I initially went on anti-depressants but eventually I was able to find a little balance in my life with help from spiritual light workers. I was able to get help to remove negative entities and find inner peace. Our ancestors were in touch with spirit, with the All-Knowing, but we've disconnected through external forces such as drugs, alcohol, stress, work, ill-intent with a negative material focus. When you are open to receive help, Spirit responds and the teacher appears, so be open to ask for help and receive the messages.

MW: How do we begin to change this focus and be open?

TS: We all have the negative and positive aspects of the feminine and masculine energies within. It depends on which aspects we nurture. The positive masculine aspect is to provide, to invent and create for the good of all. To protect the family and build a better way of life. But the negative aspect of the masculine energy is fear. This is control, jealousy, envy, revenge, fear-based factors. Wars fought around the world are focused on fear-based control. We need to move back into the positive masculine energy to enforce change all over the world by integrating it with the positive feminine in us all. When the group consciousness changes, the world changes.

MW: So how do we start?

TS: With ourselves. It us up to each of us to consciously change ourselves for the good of the world around us. The most important work that anyone can do is work on the self. Together the positive masculine and feminine can stand in their individual power, supporting each other in their individual roles.

MW: It's wonderful to have a spokesperson for the Aussie bloke on the spiritual path.

TS: Sometimes I go to spiritual gatherings or workshops and I am the only bloke there. That's part of the reason we're starting the Sweat Lodges again. Spirit has shown me that I am to begin to gather the men. I suspect there are many men who need this sort of encouragement and understanding. We do the Lodges for men and women, but it is my role to encourage men to awaken to the journey.

For information on upcoming Sweat Lodges or drum making workshops contact Trevor or Sue Sullivan, 0417 730 313 or email: direct@spiderweb.com.au



The Sweat Lodge – In the darkness of night 14 people crawled into the Lodge around the central pit where the glowing red stones were placed.