

Buttercup Connection

Newsheet 3 – July, 2002

A coming together of free spirits who wish to connect spiritually in a way that is relevant for today – to discover through an open heart the freedom of choice to reawaken our God spark within.

- **Thursday 18th July, 2002**

Creating Peace in the Moment

H-A energy channelled through Tony Neate. 7.00 for 7.30 in The Enigma Suite

- **Monday 22nd July, 2002**

Emotional Freedom Technique (EFT)

A talk by Brian Ackroyd.
Enigma Suite

7.00 for 7.30 in The

The evening will be concerned with a short history of EFT, the simple basis on which it works, the areas of problem that it can address and the way to approach a session. Practical demonstrations will be offered to deal with individual issues such as phobia, trauma, pain or whatever.

- **Monday 2nd September 2002**

Group Holographic Repatterning Session

Led by Deborah Ackroyd
Enigma Suite

7.00 for 7.30 in The

Holographic Repatterning uses muscle checking and a wide variety of healing modalities, to identify and transform patterns of incoherence in our energy field. This involves the uncovering of beliefs and conflicts that are holding us back from being truly who we are. It is possible to do this work in groups and benefit from mutual support. We are not so alone in our experiences as we tend to think we are.

- **Thursday 12th September 2002**

What are Miracles?

H-A energy channelled through Tony Neate 7.00 for 7.30 in The Enigma Suite

- **Wednesday 18th September 2002**

Exploring the Creation of a Cancer Help Group

Led by Peter Wallace.
Suite

7.00 for 7.30 in The Enigma

An invitation to all members of the Buttercup Connection to explore how we might set up a Cancer Help Group, and what issues we should consider. We attach separately a file on

The Emotional Content of Cancer that raises some of the research conclusions concerning emotional issues with cancer, especially before people find they have the disease.

2.

We have amongst our group those people who are very involved in the area of cancer; those who have cancer or have had it; those who know people with cancer and may well have views on it; and those who treat cancer patients. All of you are welcome.

All evening meetings are free, but a donation to the Buttercup Connection will be appreciated.

BUTTERCUP CONNECTION DAY CONFERENCE – Report Jan Ayres and Ann Neate

On 26th May nearly thirty people arrived from all over the UK at Runnings Park in Malvern to come together and discuss Aquarian living and spirituality in the 21st Century. The background to this conference was the establishment (this word used in its true sense!) of the Buttercup Connection, early in 2002, by a small group of founder members. Since that time their initial concept has grown into an ever more welcoming and expanding gathering of people and ideas.

The morning began with an introduction from Tony Neate welcoming everyone and sharing the day's proposed programme – changes to this were encouraged, if appropriate for all. No changes were requested. Ann Neate then shared the astrological significance of the day and suggested that we take time later in the morning to honour and meditate during the eclipse of the Moon at 12.51 pm.

Ann's interpretation gave us an opportunity to be aware of the bigger planetary picture and to view it in relation to the day's Conference. For not only was there an exact Saturn- Pluto opposition on May 26th signifying the need to free-up rigid thinking, limited perception and failed communication – an exact description of Buttercup Connection's Aims; but there was also a Full Moon and Lunar Eclipse indicating that until we acknowledge and deal with our shadow side, our light will always be eclipsed. (Remember that 'shadow' is both positive and negative; negative shadow being our unchallenged assumptions and judgements, while positive shadow is the hidden true Self within, which requires inner work in order to be released.)

People were then invited to move into small groups to discuss Aquarian Living and Spirituality in the 21st Century. This offered an opportunity for lively and creative discussion, plus moments to discover the art of listening and respecting other people's points of view! When the groups reconvened, Peter Wallace very boldly volunteered to transfer information onto the flip chart! And what a lot of

information there was! (Copies available on request) Here are some of the ideas

How can we set up an *Aquarian* organisation? Structure doesn't become it.
A process rather than a structure
Respect and value differences
To help people find a better way of living and communicating with each other
How to bring light and love to the world more strongly
To really hear others and really be heard
To help people to recognise their gifts and grow them
3.

Personal empowerment in a group
Recognise, own and transform our own blocks
Shadow – our best friend
Invitation to hear who you are and see who I am
Newsletter 'Notice Board'

People offered many examples of open-minded viewpoints and suggestions, which were discussed and added to, in what can only be described as Aqua Chat! Jan Ayers, one of many Aquarians at the Conference offered this title as a quick description of what Aquarian energy can be about: 'multi-layered thought and speech supported by an air head viewpoint full of continual pictures and thought processes' – well, something like that! The general flow throughout seemed to follow the original Aims statement of the Buttercup Connection. **How to get there and stay there whilst expanding in all directions**, seemed to be an ongoing theme for ideas and discussions!

After an excellent lunch and time to socialise and talk on a "one to one" basis we re-gathered to discuss for a further session in small groups. Philip gallantly facilitated the general discussion which included a number of offers to provide lectures, workshops etc. such as. . . .

Buddhist Meditation
Emotional Freedom Technique
Numerology
Group sharing experiences on a particular subject eg. cancer, stress etc.
Daily quotations, Ci Muades, H-A, Conversations with God, Course in Miracles, Star Seed etc. for individuals, pairs or group discussions.
Astrology – Psychological Chiron
Living with Dying
Healing into Dying – the Tibetan way
Group Holographic Repatterning
Colour Healing
Simple Healing for Beginners
Evening on the Photon Belt

ALSO: Invitations to use one's home for meetings
Rotating focalisation

It was then appropriate for the day to close with a group meditation, thanks and blessings for all.

A Connected Healing Evening held on 13/5/02

Led by Terry Moule

Focus on Cancer

The evening began with a brief introduction to the combined and connected healing concept – or group distant healing – people working together from their individual, connected spaces to create a powerful healing energy that could be available all round the world.

4.

Terry mentioned that he had been given a picture of distant healing as being like a lake full of water and that the water was the healing energy of love. The task of the healer is not to give the water to each individual, but to make sure that the lake – the source - is as big and as deep as it can be. Those who need water will find the lake themselves and drink as much as they feel they need. This process empowers the individual to take the responsibility for finding and drinking the water.

The group agreed to discuss ‘cancer’ as a condition, as it is so prevalent and covers many other basic problems. Everyone offered their own thoughts and techniques on the subject that they had found helpful, either for themselves or for empowering other people with cancer. The thoughts collected on the flip chart were as follows:-

Let go of revenge
Blocked energy
Building biology
Remove fear of the word cancer
The need to look at oneself deeply
Accept having cancer
Put a survivor and patient together
Never lose hope
Nutritional deficiencies
Attend to body, mind and spirit
Past lives and unresolved issues
Colour healing
Cancer is a gift
Positivity
Self-empowerment
Ability to die peacefully
Stop destroying the planet – connect with nature
Post-traumatic stress
See who we really are
Restore the balance of the physical and spiritual bodies
Energy management

Who and why? Emotional triggers: losses, traumas etc.
Parasites, disease mimics
We have choice
Live in the present
We can affect our DNA by working through blocks

Healing

After discussion, the group then connected in thought and love, building the energy and then sending it out first to the world and then to one specific person they each knew who needed help. Everyone felt that the experience was very powerful and should be repeated.

5.

Buttercup Spreads its Shoots?

The Core Group will be meeting in early August. Among items to be discussed is a proposal by one of the members to start Buttercup Connection Groups in Aberdeen and in Norway. Exciting news!

An Appeal to Humankind by H- A

“With all your wars and your policies of punishment, as opposed to policies of enlightenment and education, you are creating more and more negative karma. I cannot say this strongly enough. ***Humankind has to move beyond an eye for an eye and a tooth for a tooth, one life for another, because that is a doctrine that could finish your planet.***

“I would like to make an appeal on every level to the leaders in Israel and the Palestinians and say to you both: I am not here to condemn either of you, I only want to give you love, a love that is so unconditional that it can lift you above the need for retribution, punishment and revenge.

“And I send that thought to both sides because this conflict can only be concluded by your coming together and listening and finding a basis of acceptance between you. It can never be concluded through war and retribution.”

- o 0 o -

Terry Moule, Ann Neate, Tony Neate and Peter Wallace

*Buttercup Connection c/o The Enigma Suite, 78 Wells Road, Malvern
Wells,*

WR14 4PA, Tel: 01684 568800 e-mail: linzlocker@aol.com

It is situated in the car park of the Railway Inn.

*When attending meetings, please park on the road, **not**
in the Railway Inn car park.*