

# Buttercup Connection

Newsheet 5 – November, 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.*

Hello folks! As the season hots up, the firemen's strike is upon us, the weapons inspectors go in, the scandals increase, the threats of terror try to frighten us etc., etc. let us keep our cool and stretch our arms across the planet to embrace and encourage each other in our thoughts of love from the heart, and balance.

There are good things going on, too, you know, around the world! Read about them in 'Positive News' – free in most health shops, or [www.positivenews.org.uk](http://www.positivenews.org.uk)

Our 'Friends' from Runnings Park are joining us on Buttercup Connection as the RP Journal I used to edit has had its last issue. So this is where we are now, broadening our scope but still including extracts from H-A lectures. (You will find many full-length HAs on our Channelling website: [www.channelling-online.com](http://www.channelling-online.com) which you can download free. Please ask a friend to access them for you if you do not have a computer.) On page 2 you will find part of a leaflet that we are in the process of formulating to help you understand something about the Buttercup Connection idea. Below we list a short programme of get-togethers plus other items of interest.

*Ann Neate*

## **Thursday 28<sup>th</sup> November 2002**

### **B S F F – Be set Free fast**

A talk by Brian Ackroyd

7.00 for 7.30 in the Enigma Suite

A dynamic system for eliminating distress and creating a fulfilling life. It is a powerful energy therapy to rapidly achieve behavioural and emotional symptom elimination training for resolving excess emotion: fear, anger, sadness and trauma. The evening will include personal participation.

## **Thursday 5<sup>th</sup> December 2002**

### **Exploring the Creation of a Cancer Help Group**

Led by Peter Wallace

7.00 for 7.30 in The Enigma Suite

A group of us met on 13<sup>th</sup> November to explore how we might set up a Cancer Help Group. Amongst those people who came were some very involved in the area of cancer, some who have it now or have had cancer, some who know people with cancer and some who treat cancer patients. We decide to call ourselves **Cancer Choices Group**. Many skills were offered by those who came: healing, nutritional advice, counselling, reflexology, nursing support, etc. This evening is a second meeting to carry the concept forward – all are welcome.

**Thursday 12 December 2002****Christmas 2002 & The Year Ahead**

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

**Saturday 21<sup>st</sup> December 2002****Winter Solstice Celebration**

6.00 for 6.30 in The Enigma Suite

At this, the darkest weekend of the year, we align ourselves with the cyclic rhythm of Earth at our furthest point from the Sun (in the northern hemisphere). This is a way of helping to bridge and heal the split that has developed between humanity and nature and the planet.

We shall finish by approx. 8.00. The Railway Inn next door serves excellent meals at varying prices but please book.

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

At our big meeting last May, a number of you offered subjects you would be prepared to speak on or facilitate. Please contact us with a title and paragraph if you would like to be included in our future dates.

***Advance notice for your diary!***

**Saturday 1<sup>st</sup> February 2003**

**Celebration of the First Year for Buttercup Connection  
2.00 – 10.00pm**

**Today's event welcomes all in a Celebration of this First Year, offering an opportunity to get together with like-minded people and share thoughts, visions, hopes and dreams**

It will be held at The Enigma Suite and will cost £10, including vegetarian refreshments in the evening.

[\(Full details in our next issue\)](#)

**WHAT IS BUTTERCUP CONNECTION?** It is an 'idea in action' to encourage further ideas, thoughts and feelings of a new paradigm : freedom of individual expression in relation to spiritual ideas, complementary health, ecology etc., deep questions and problems that are in all our minds today.

Our new 21<sup>st</sup> Century happens to coincide not only with a new Millennium, but also with a new Solar age – the Aquarian age. These solar ages were recognised by one no less than Plato, who understood that planet Earth moves into a new zodiacal sign approximately every 2000 years. It is truly a momentous moment!

There is no doubt that there is a new 'feel' over the past few years – a need for individuals to come forward and express themselves. Gone are the days when we, the public, sat quietly with our mouths tight shut, listening to long lectures from leaders in our

society. We want, now, to contribute our viewpoint. Rulers can no longer hold sway over their minions as they did in the past, telling them how to think. Or if they do, they will tumble sooner or later.

ENTER the age of individual expression from the heart, self-responsibility, humanitarian concerns, global empathy and freedom of spirit – the Aquarian age.

**Buttercup Connection** invites us to create groups of individuals who are concerned and needing to express their concerns, sharing with others from their heart, not just to commiserate, but to seek positive outcomes and ideas. A new wave of understanding is sweeping the planet. We can each, individually and in groups, add to the swelling tide, reaching out across ethnic and religious groups to hold hands in our common humanity.

Let us leave confrontational polarities behind and seek to understand and rejoice in our individual differences, beliefs and customs. There is untapped strength and richness in our diversity. "Vive la difference!" as the French say.

When people come together, everyone has something to contribute. We are all interesting and creative beings with a viewpoint. Let's encourage it and hear it, and make sure that everyone has a chance to express their viewpoint and be heard. Above all. . . .

### **Let us Think, Speak and Listen from the Heart!**

If you feel moved to start a Buttercup Connection group in your area, or would like to write to our newsletter, you will find our addresses, e-mail and snailmail, on the back page.

### **A Meditation from H-A**

*Relax yourself . . . allow your breathing to become easy. And say to yourself, 'Overall I love myself, I am glad I have my failings because they enable me to see the good things in my life as well. And the good things in my life enable me to see the not good things in my life.*

*'As I find that point of peace within, I can feel the energies that surround me filling my body, filling my spirit, filling every part of my being. My body is beginning to feel lighter . I am feeling this universal God energy flowing through me. Oh, oh!*

*'As it flows through me, it rises above me and goes out all over the planet, so that I can help guide Mr Bush, Mr Hussein, Mr Trimble, Mr Adams, Mr Sharon, Mr Arafat and all the troubled spots in the world. And I pray that the love that I am sending out may enable each one of them to stop, to listen, and to feel that energy. And to say to themselves, "Am I doing the right thing? Do I need to re-evaluate what I am doing? In what ways can I bring peace to my people and to my enemy's people? What way can I help them to love each other, to hear each other, to try to understand each other?"*

*'They do not have to agree, they have to accept, to acknowledge that standards are different in different cultures.*

*'As I feel these thoughts reaching out through my body, it makes my heart sing.' Feel your heart sing! Know that your thoughts add to the whole.*

*Then gently become aware of your physical body once again, feel your spirit nestling inside you. It feels good, doesn't it? It is there to guide you, let it through, listen to it.*

Channelled inspiration through Tony Neate

### Pause for Thought

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, from which they had been on vacation. And every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and colour of the world outside. The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every colour of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene. One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band – he could see it in his mind's eye and the gentleman by the window portrayed it with descriptive words.

Days and weeks passed. One morning, the nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away. As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch and, after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the world outside. Finally, he would have the joy of seeing it for himself! He strained to turn slowly to look out of the window beside the bed. It faced a blank wall. . . . The man asked the nurse what could have compelled his deceased roommate to describe such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you."

*Epilogue.* . . . There is tremendous happiness in making others happy, despite our own situations. Shared grief halves the sorrow, but happiness, when shared, is doubled. If you want to feel rich, just count all the things you have that money can't buy. "Today is a gift, that's why it is called 'the present.'"

*(Sent in by David Barrie)*

## **CAMPYLOBACTER IN CHICKENS – a comment in ‘Health Otherwise’**

Healthy chickens have more germs than battery hens, so we are told. So what’s wrong with that? Our public health attitude to germs is what’s unhealthy, says Dr Peter Mansfield. Free range chickens carry more germs because they grub around in the dirt for their food. One of those germs is campylobacter, which can cause human infection, and there will be more besides.

So, maybe we have something to learn from chickens then, because they don’t seem to die by the thousand of campylobacter infection. Evidently they not only survive comfortably, but actually thrive with germs on board. And at the end of the line, they taste better.

What applies to the chicken must surely also apply to us. We cannot avoid germs and there is no profit to be had from trying. We should, instead, get on good terms with them. We too can have potentially dangerous germs in our intestines quite harmlessly, just like chickens. What is more, the ruder the health we enjoy, the more safely we can have them.

This is, among other things, the key to a sane public health policy on bacterial meningitis. All the germs that cause this devastating disease are normal, familiar fellow-travellers that many of us have in our throats and intestines for years without any harm at all. We respect them, and they respect us. It’s only when these germs are permitted to get into the blood stream that danger arises.

So, what prevents that? Balanced germ colonies in the intestine, a healthy climate there, strong skin surrounding the intestine, alert white blood cells ready to mass around any threat, and a vigorous immune system standing behind that. The cardinal features of health.

And how do we engineer such good health? By eating food that has grown up healthy itself – like organic chicken, regardless of its germ load. We do not, in any case, have to eat the germs – good food hygiene and cooking deal perfectly well with any threat from them. But some germs we need, just like the chicken, to keep the lining of our own intestines healthy. Full circle!

HEALTH OTHERWISE is a loose alliance of individuals, groups and media personnel who wish to rethink public health along more fruitful lines. For more details contact

[petermansfield@fiscalis.co.uk](mailto:petermansfield@fiscalis.co.uk)

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***“You can’t have a war against terrorism  
without becoming a terrorist yourself.  
All over we see that terrorism is the war of the poor  
And war is the terrorism is the of the rich,  
So really there is no difference between the two.”***

**Sir Peter Ustinov**

## Brief Notes

Lloyd Reynolds, a core group member, has received an e-mail from Norway where they are keen to know more about BC and are in the process of inviting him over to run a workshop. So, we could be buttercup connected to Norway with the possibility to grow and expand over there, probably in the New Year.

Lloyd's son, David, is willing to design a website for us when we are ready to do this. Philip Sweet has offered to help him in the process.

We are hoping to produce two leaflets on BC early next year. Will update you when ready.

Our next BC Newsletter comes out early in the New Year.

*(Members of the Core Group include: Brian Ackroyd, Jan Ayers, Trish Hamilton, Terry Moule, Ann & Tony Neate, Ken Price, Lloyd Reynolds, Peter Wallace and Don Williams)*

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When the body is still and harmonious  
 When the senses are tranquil  
 When the mind is serene and unchanging  
 When the whole being is steady  
 And nothing that is without may avail to disturb  
 When Love has permeated every fibre  
 When Devotion has so illuminated  
 That the whole nature is translucent . . .  
 There is a Silence  
 And in the Silence  
 There is a Change.  
 No words may tell it  
 But the Change is there.

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The spiritual substance from which all visible wealth comes  
 is never depleted. It is right with you all the time  
 and responds to your faith in it and your demands upon it. . . .

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**Terry Moule, Ann Neate, Tony Neate, Peter Wallace**  
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*(It is situated in the car park of The Railway Inn.  
 Please park on the road, not in the Railway Inn car park)*