

Buttercup Connection

Newsheet 6 – January, 2003

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.

A GET-TOGETHER & CELEBRATION OF OUR 1st YEAR

Sunday 23rd February 2003, 2pm – 10pm

Buttercup Connection was launched a year ago. This 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.

1.30 for 2pm – Welcome! Introductions and update by Tony Neate

2.30pm – Astrological implications of the Aquarian Age, the month that we are in and the year to come. Ann Neate

2.50pm – Viewpoint by Terry Moule

3.15pm – Moving into groups to discuss and exchange ideas

4.15pm – Tea

4.45pm – We re-group to bring together our discussions and ideas

5.30pm – Peter Wallace closes the afternoon with time for a meditation

6.00pm – Evening refreshments served plus an extended opportunity to continue to talk and socialise in an unstructured way. Much mingling can be done!

Dress Code: Informal – come as you will!

Venue: The Barn, Runnings Park, Croft Bank, West Malvern WR14 4DU

Tickets: £10.00(incl. re freshments) – please feel free to bring a bottle

Enquiries & tickets: Trisha (01905) 821587 or Jan (01989) 563403 (evenings)

Or e-mail: buttercupconnection@hotmail.com

Thursday 23rd January

The Challenge of Forgiveness

7.00 for 7.30 in The Enigma Suite

An open discussion on this sensitive subject led by Christine Turner

Tuesday 4th February

Why Hopi Ear Candles?

A talk and demonstration by Val Stinton

7.00 for 7.30 in The Enigma Suite

An Indian Relaxation technique which draws out toxins and can improve hearing, balance and sinus problems, also helping a person to discover pure wellness! *Relax, Let Go, Revitalise*

Thursday 20th February

Breaking the Bible Code – its significance

H-A energy channelled through Tony Neate.

7.00 for 7.30 in The Enigma Suite

Sunday 23rd February**A Get-together & Celebration (see front page)****Wednesday 26th February****How Selenium, an essential protector, can work for you**

A talk by Dr Mark Draper

7.00 for 7.30 in The Enigma Suite

Most people in this country are seriously deficient in this important mineral. This lecture will explain why, how it can be overcome, its role in enhancing our immune system and what we can do about it.

Thursday 6th March**Is Gaia Angry?**

H-A energy channelled through Tony Neate

7.00 for 7.30 in The Enigma Suite

Monday 10th March**Help Yourself Reflexology**

A talk and demonstration by Trish Hamilton

7.00 for 7.30 in The Enigma Suite

Simple techniques to help yourself and your family at home. Please bring your feet!

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

A Meridian Therapy Workshop in early March?*Brian Ackroyd*

A number of people have asked if it is possible to deal with meridian therapies in a deeper way than one can get from a two hour slot. I am perfectly happy to give a weekend workshop, to take place over a Saturday and Sunday. Initial thoughts are that it would be held at the Enigma suite in early March allowing for about 12-14 people. I see the workshop running from about 9.30 am - 5.00 p.m. and I would arrange some sort of buffet lunch both days, with coffee, tea, water etc. as necessary, or it may be possible to eat in the Railway Inn. I am not sure yet about the cost, which will depend on the cost of accommodation etc. and the number of people attending.

The workshop will cover the basics of a variety of meridian therapies, with demonstrations of the technique in a practical setting and will also allow the participants to use meridian therapies as well as being a client/observer. The practical sessions would be overseen by myself and Deborah, who is also very experienced in the use of EFT and energy therapies. The workshop would be structured similarly to my own training, which was approved by the Meridian Therapies Association. A certificate of attendance would be given.

If anyone would be interested in such a workshop could they please let me know asap on bodhisattvas@msn.com or 01905 455484 so that I can see if it is feasible.

Cancer Choices*Peter Wallace*

A group has formed called Cancer Choices around the concept of offering various choices to cancer sufferers based on personal experience. The group consists of those who have had cancer and survived, those who think they may have it and understand the fear, those who have nursed people with cancer, those who have friends they have supported through cancer, those who have worked in cancer charities and those who use various types of energy medicine, complementary techniques and counselling to support cancer sufferers.

Behind this offering is the intent to enable people with cancer to hear different options and viewpoints, as well as find people who will be able to listen to their story with an understanding and sympathetic ear. This listening part, we feel, is probably one of the most important aspects of cancer support, enabling people to come to their own conclusions about what is best for them. This, of course, would be in addition to their medical advice.

We believe that choosing "what intuitively feels right for *you*" is a vital aspect of the healing process; and that valuing each individual's ability to make their own choice lies at the heart of Cancer Choices. We will be in touch with you as soon as the date of the next meeting is decided.

PEACE HEALING

H-A energy through Tony Neate

At this moment in time the world is moving towards another confrontation and it is of paramount importance that all like-minded spirits who are incarnate now for a reason, with a purpose, should bond together to try to help the planet forward through this very difficult time. . . .

I would like to introduce you to a concept I shall call Peace Healing, which I consider to be one of the most significant healing concepts I have yet introduced because of what is going on on the planet at this very moment. Prevention is always better than cure.

This type of healing will not compel the receiver, but it will offer them the opportunity to look beyond the Piscean age strictures of 'right and wrong' and to realise that if there is such a thing as right and wrong, it exists within all people. On one level there is no such thing as right and wrong; but there is action and reaction. ***Forgiveness is about moving beyond the need to react***, realising that the way forward is through listening and understanding, appreciating that everyone has a point of view even though it may differ from your own.

I see Peace Healing as a dedicated form of unconditional love, offering a unique opportunity to both the giver and the receiver. It can only be *offered* to them and they might reject it; they have the right to reject it. But the very nature of Peace Healing is that it will go to such a fine depth, to such a delicate frequency, that it will create movement inside one's being that other forms of healing will not touch. It can be sent either to a person or to a situation.

Relax yourself and become conscious of your auric space surrounding you. Feel a sense of balance within, using the equidistant cross if you wish . . . Now become aware of the energy around you getting lighter and finer and, as you begin to channel healing energy reaching to the God Source, see it divide to meet the light and the shadow within the receiver. So you are healing both the light *and* the shadow of that person or that spirit . . . It would be easier to use both hands in the process so that you can feel the energy coming from the palms of your hands. Place them quite near the healee.

Feel both the negative and the positive energies: the shadow and the light, the despair and the joy, the fear and the love, the rejection, the forgiveness . . . and lift those energies within your patient or patients, lift them right up above them . . . and then gently and slowly bring them together to form an additional chakra above the body. I am going to call it the Peace chakra. A chakra is a spinning orb of energy and as those two types of energy come together, they start to spin round together . . . Then gently move your hands apart and allow that integrated energy to come right down through the four levels of your patient: the body, the mind, the emotions and the spirit, at the same time feeling the link between those levels and that vortex of energy, the Peace chakra.

Then, conforming to the cosmic law of three requests, three challenges, bring that energy together again in the Peace chakra and down through the body, mind, emotions and spirit . . . And then a third time, so as to fulfil the karma of that healing.

As your hands come up a fourth time to the Peace chakra, feel the light and shadow energies again going round and round and round . . . and then, as you come down this time, connect the Peace chakra with the crown chakra, which will then connect with the other six major chakras and will create a feeling of liberation within your patient. And that feeling of liberation will free them at a very deep spiritual level from their fear: the fear of doing the 'wrong' thing, the fear of having to do the 'right' thing. It will open them out to want to start to listen to what the other person or persons have to say.

Complete your healing in the usual way, strengthening the receiver's aura and returning in consciousness to your own body and your own auric field. Centre and ground yourself. . . .

There will be many new forms of healing coming up around the planet over the next ten years. Most of them will represent what the planet is ready for, ready to use and apply. This concept of Peace healing is very relevant for today. Thank you

PHYTOX – AN AMAZING ANTIOXIDANT!

A few weeks ago Cytoplan launched **Phytox**, devised and formulated by Dr Mark Draper, a plant-based antioxidant designed to be a powerful free-radical scavenger and to complement our existing antioxidant nutrient range. We knew the ingredients we were using were some of the most powerful antioxidant nutrients in existence. Only now can we demonstrate just how powerful this formula is.

Most of us have an understanding of the terms "free radicals" and "antioxidants." We are aware that free radicals are harmful substances which can cause damage to our body cells. Unfortunately free radicals cannot be avoided because they are natural by-products of our metabolic process, but we should be aware that certain activities and environments significantly increase the number of free radicals in our bodies i.e. smoking, pollution, exposure to radiation, extreme exercise, excessive exposure to sunlight. So it is important to know that if we want to stay healthy we must ensure a good supply of free radical scavengers which are only available from our diets.

There are a group of substances collectively known as antioxidants which are these essential free radical scavengers and are found in abundance in brightly coloured fruit and vegetables. Fruit and vegetables also contain other components which are valuable for health, but in the main the Governments recommendations for us to eat at least 5 servings of fruit and vegetables daily is to ensure we get the necessary level of antioxidant nutrients.

ORAC

The US Government's Human Research Centre on Ageing at Tufts University has recently developed a new test to evaluate the antioxidant capacity of foods and food supplements. This test which measures antioxidant capacity is called ORAC (Oxygen Radical Absorbance Capacity) and results are shown in ORAC units.

To give you an idea of the relevance of ORAC units - on average 5 servings of fresh fruit and vegetables daily will give you 1,200 - 1,400 ORAC units. This is the minimum amount our Government considers good for health. Most people do not get anywhere near this figure.

Cytoplan used the ORAC test to measure the antioxidant capacity of Phytox and were astounded at the results.....Each capsule of Phytox gives 2,615 ORAC units!!! (5,640 units per gram). Each capsule hence gives you the same antioxidant capacity as 10 servings of fruit and vegetables!!!

Other companies who have used this test on their antioxidant nutrient products have had results averaging 187 ORAC units per gram of product. Our own Food State Vitamin C yields 1,200 units per 250mg tablet.

What this really demonstrates is the amazing antioxidant capacity of plant-based phyto-nutrients. But for best results, one needs both the regular vitamin and mineral antioxidants (i.e. primarily: selenium, zinc, beta carotene, vitamins C and E and manganese) and ALSO the plant-based phyto-nutrients. They work together in synergy and one group cannot do the work of the other.

For further information, please contact Amanda on:
info@well-being.co.uk or Cytoplan on 01684 310099.

TTRAK – Towards Right Relations with the Animal Kingdoms – is the name of a group setting out to aid healing in this area in as many aspects as possible. One is to form a data base linking healers, resources and needs; and another is to work towards the relationship as a balanced and loving one, avoiding polarities. Our motto is **honouring instinctual wisdom** and we seek to link with and learn from those contributing to this between the animal kingdom, ourselves and the whole of humanity.

You are invited to focus healing and building connections in this area, whether or not you get in touch with us, by joining in 10 minutes of meditation between 8pm and 9pm, if possible on a Tuesday, but if not on an evening that suits you. For more info contact www.ttrak.org.uk
 or Jill Wells, Brimbles, Northchurch Common, Berkhamsted, HP4 1LR

"We need a model that allows manifestations of both separateness and oneness, at one and the same time, and in the same space" Brian Broom bcbroom@caverock.net.nz

Animals' answer to illnesses we also suffer from

In a recent university lecture, **Dr Cindy Engel PhD** stated: "Wild animals have evolved over a range of behavioural strategies to maintain health; avoidance, preventive and curative strategies. Some of these strategies are related to diet and are worthy of our attention. I would like to give you 2 examples:

"In captivity, gorillas suffer from serious bacterial gut infections that can also lead to reactive arthritis, IBS and Crohn's disease. In the wild, the lowland gorillas take 90% of their diet from the fruits of *Aframomum*, a relative of the ginger plant, that is a potent antimicrobial. Scientists were intrigued as to why such a strong antimicrobial diet did not disrupt gut bacteria as it does in humans taking antibiotics. What they found was that this fruit actively keeps the 'bad' bacteria in check without harming the 'good' bacteria. In other words, *Aframomum keeps* gorillas healthy as a preventive.

"When it comes to curative strategies, animals use some potentially dangerous medicines. At the beginning of the rainy season chimpanzees in the Mahale mountains of Tanzania suffer from nodule worm infestations. When this gets too heavy, chimps resort to sucking on one of the most toxic plants in their environment, a small shrub, *Vernonia amygdalina*. This plant is commonly known as 'bitter-leaf', but it is so poisonous that it is called 'goat-killer' by the Temme people of Sierra Leone. The extreme bitterness successfully warns most animals to stay away, but not sick chimpanzees. The plant is very strong medicine/Dawa for local people, used to treat malarial fever, stomach aches, amoebic dysentery and other intestinal parasites.

"On one occasion scientists watched while a female sucked bitter-pith while other healthy chimps ate far more nutritious and palatable plants. Her son, Chopin, begged as usual for some of what she was eating, but she ignored him. Eventually though, he got hold of a piece she had dropped and eagerly put it to his mouth. He quickly spat it out in obvious disgust!

"Bitter-pith chewing appears to be rare – only chimps with diarrhoea, malaise and nematode infection have been seen chewing it. Bitterness in foods denotes toxicity and is a feeding deterrent (a plant defence against animal herbivores and infectious disease). But bitterness **also** denotes powerful bioactivity – potential medicines (it is not a co-incidence that your medicine is bitter). Interestingly a primate's taste for bitters seems to change with health in that when sick they tolerate more bitter tastes and even seek them out (they have the same tastes as humans).

"Jane Goodall accidentally discovered this in Gombe. In the early days of her research she tried to help sick chimps by giving them antibiotics; she felt responsible as the human observers had brought new illnesses to the group. To get the antibiotics into the chimps she laced bananas with the medicines, but they made the bananas taste bitter. She then worried that healthy chimps might take the medicine-laced bananas and get ill from the antibiotics. She needn't have worried for only the sick chimps ate the bitter bananas! The healthy ones stuck to non-bitter non-antibiotic-laced bananas. Furthermore, normally the bitter-pith mentioned above is avoided by chimps; it is only used by sick chimps."

(Ann Neate) Much is being learnt by animal self-medication research and observing animals' superior natural instinct. We humans, with our distorted taste mechanisms and the tempting flavours and goodies we see all around us from an early age, have much to learn from animals. But the more we listen to the wisdom of our body, the more it will guide us and reward us. Just stop – ask the question, eg: Have I had enough? Would my body prefer dairy food today? No dairy food? Fish? Meat? Shall I have that extra chocolate? A cigarette? Then listen to your body's answer – not your ego's preference – and obey it. You'll be surprised how it can help and the communication gets better the more you obey it!

Dr. Engel continues: "Interestingly, laboratory animal feeding trials show that mammals prefer organic foods over non-organic. The assumption has been that this is because the organic feedstuffs have a higher **nutritional** value. I propose it is more likely to be because the organic foodstuffs retain more of their natural protective 'toxins' that are preferred by animals because of the health-enhancing properties; just like the mice that preferred to take 20% of their water from bitter solutions (and this was beneficial to them) even when clear water was available. Let us not be misled. **These natural defensive toxins in organic plants are what make s organic food potentially so beneficial.**"

Abridged from a lecture given in June 2002 at Otley College. For further info read Dr. Engel's book, "*Wild Health: How animals keep themselves well and what we can learn from them.*" www.animalselfmedication.com

MAGNETIC POLE SHIFT From a recent article in the UK Sunday Times

"The North Pole is on the move. Scientists have found large holes in the Earth's magnetic field, suggesting that the north and south poles are preparing to REVERSE POSITIONS. A period of chaos could be approaching, when compasses no longer point north, migrating animals take the wrong direction and satellites are burnt up by solar radiation. The holes lie over the South Atlantic and the Arctic. The changes were revealed after detailed data from the Orsted satellite was analysed. Results were compared with data from earlier satellites.

"The speed of the change has surprised scientists. Nils Olsen, of the Centre of Planetary Science in Denmark, one of several centres analysing the data, said the Earth's core appeared to be undergoing dramatic changes. He added: '*This could be the state in which the Earth's geodynamo operates before reversing.*'

"The geodynamo is the way the magnetic field is generated by currents of molten iron flowing around a solid core. Sometimes giant vortices form in the liquid metal and they can change or even reverse the magnetic fields above them. Olsen's team believes vortices have formed beneath the north pole and south Atlantic. If they become powerful enough they could reverse all the currents, causing the north and south poles to switch places. Dr Andy Jackson, a specialist in geomagnetism at Leeds University, UK, said a change was long overdue: 'Such flips normally happen every 500,000 years, but it has now been 750,000 years since the last one'.

"The change could affect both humans and wildlife. The magnetosphere gives vital protection against searing solar radiation that would otherwise sterilise Earth. Although the magnetic field would not disappear altogether, it might weaken while the poles switched, resulting in a surge of radiations that could cause cancers, reduce crops and confuse migrating animals, from whales to pigeons. For scientists the big question is not whether but when the changeover will happen. Some say it could be soon, others say it could be anytime in the next 1,000 years." *Does GWBush have an answer for this?!*

(Interestingly, H-A spoke of a tilt in the Earth's axis over 40 years ago!)

**The Healer's Prayer "Not expecting, and not rejecting
Neither wishing nor hoping
Not grasping for, nor pushing away
Just simply residing
In a quiet, calm, centred space"**

Clif Sanderson – www.broadviews.com

*"It may be infinitely worse to refuse to forgive than to murder,
Because the latter maybe an impulse of a moment of heat,
Whereas the former is a cold and deliberate choice of the heart."*
George Macdonald

We would like to take this opportunity to thank those of you who have started to make regular contributions towards the cost of producing this newsletter. If you have not already done so and feel that you would like to (it can be on a monthly, quarterly or annual basis), please send to the address below.

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, below:

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(It is situated in the car park of The Railway Inn. Please park on the road outside)

