

Buttercup Connection

Newsheet 7 – March, 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.

Forthcoming Events.....

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!

Wednesday 19th March

Cancer Choices

A talk and sharing by Peter Wallace 7.00 for 7.30 in The Enigma Suite
This group aims to create a range of different support options or choices for those with cancer in the local area. This next meeting will explore further with the current group how we can offer this service through the newly created Malvern Integrated Health Centre.

Saturday 22nd March

Spring Equinox Celebration

Facilitated by Val Stinton 7.00 for 7.30 in The Enigma Suite
Spring is upon us! We honour Earth's cyclic rhythm at this special time of the year, taking a moment from our busy little lives to celebrate the big picture and help heal the split that has developed between humanity and nature. A simple, enjoyable ceremony.

Tuesday 25th March

Empowered Healing

With Terry Moule and Peter Wallace 7.00 for 7.30 in The Enigma Suite
Releasing people's own healing potential. Based on the experience of Science, Intuition and Nutrition over the past 30 years.

Thursday 10th April

The Symbolic Significance of Cancer

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

Wednesday 23rd April

Introduction to Dowsing

With John Cuninghame 7.00 for 7.30 in The Enigma Suite
With demonstration and an opportunity for all to try. Please bring yourself and your own pendulum if you have one.

Thursday 1st May

Redefining an Understanding of God

Come and join our discussion facilitated by Brian and Deborah Ackroyd
7.00 for 7.30 in The Enigma Suite

Thursday 15th May

What is the Value of the Family Unit?

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

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

Other Events at the Centre:

Sunday 6th April

Open Your Heart – Open your Voice

10.00am – 4pm in The Enigma Suite

A day's event presented by Hilary Canto You don't have to be able to sing!!!!

Cost £40 including buffet lunch. Call 01684 560124 or e-mail hilary@cantospirito.uk.com

Our Buttercup Connection Celebration turned out to be an enjoyable gathering of some 25 people in which we were able to share, express and celebrate our individual viewpoints on current interest and events in an informal way. Tony introduced and looked at BC's journey so far. Philip Sweet looked at how to carry BC forward as a truly Aquarian 'organisation'!

Ann Neate gave some astrological comments on the moment NOW. In particular, for us all an astrological 'biggy' is happening on March 10th. The air planet Uranus (revolutionary, inspirational, scientific, humanitarian) moves into the water sign of Pisces (spiritual, artistic, psychic, deeply meaningful, unbounded) for 7 years. Will the structured, fixed religions of the world survive? Could science make discoveries that really substantiate the energy fields (i.e. psychism and the spirit)? Uranus's inspirational truth says that 'Divine contact has no need for intermediaries'; for many of us, already a realisation.

And what about the world of art?! Will the deep waters of Pisces help it to gain a depth and subtlety in a revolutionary but more spiritual way? This will be a particularly strong astrological aspect because Uranus in Pisces will be in 'mutual reception' to Neptune in Aquarius, strengthening the qualities of both of those aspects. (Uranus rules Aquarius, and Neptune rules Pisces, so they will be in each other's signs).

In the various discussions, there were interesting contributions from a number of people. We would like to thank Trish Hamilton and Jan Ayres for organising the day and the refreshments.

James Twyman, who calls himself 'Peace Troubadour' has twice been to Baghdad (in 1998 and last October) to perform a concert for peace. With all this talk of war hanging over our heads, we felt it would be helpful to include his lovely Prayer for Peace:

We are one global family,
all colours, all races, one world united.
We dance for peace and the healing of our planet Earth.
Peace for all nations
Peace for our communities
Peace within ourselves
Let us connect, heart to heart.
Through our diversity, we recognise our unity
Through our compassion, we recognise peace
Our love is the power to transform the world
Let us send it out
NOW!!

The One Earth Mission

Sensitive individuals needed to form a devotional community based on channelling higher energies, teachings and healing, and concerned with world enlightenment and planetary redemption

*For further details, please forward a large SAE to
Mandel Rheems, Flat2, 43 Shirley Gardens, Hanwell, London, W7 3PT*

The Way Forward

H-A energy through Tony Neate 1.03.03

This is a time of global initiation - a time when the whole planet and all the energies within and without are coming together and reaching a peak in their evolutionary experience. I wish to make it very clear that the future of your planet is not predetermined, not predestined; it is the collective energy in, on and around the planet that determines the way in which it meets this initiation, which is going to take place within the next two weeks.

One of the difficulties that the world is experiencing is the dynamic of polarities, some of which, sadly, are religiously inspired. When it comes to global morality there is no such thing as right and wrong; and there is no standard other than that of unconditional love which needs to be sent out without reservation, without judgement, without manipulation and without any urge for an end result. Because if you are trying to achieve an end result then your unconditional love is no longer unconditional and becomes manipulative.

Obvious polarities at this time exist between Christianity and Islam, and the needs of corporate business and freewill/choice. Many of these polarities are empowered by fear, the threat of insecurity, the threat of losing whatever you feel you might have gained. The only energy that can move beyond that is unconditional love. I understand and appreciate the thought-energy put in by all those who would oppose war but, the stronger it becomes, the more they will polarise those who would support a war and therefore they are empowering them.

The other difficult issue is that of trying to enable world leaders to understand that you will never find world peace by threats, by putting down, by punishment; it can only come about by listening, hearing, understanding and honouring and respecting your neighbour. And it is an interesting time for this to take place because the whole ambience around your planet at the moment is for self-empowerment and the realisation of the individual; on a spiritual level, this means that every individual has access to God, no longer are intermediaries necessary.

Now this in itself is a threat to the tribal systems on which your planet is based. It means that anyone who can accept and understand what I am saying needs to take a lead by moving beyond their own fear. And you can only do this by facing and acknowledging the fear within and understanding that that fear is a part of your makeup and that without it you could not understand love. You cannot have shadow without light, or light without shadow; you cannot have love without fear, or fear without love. It is about bringing the two extremes together and suddenly realising that there is no need for any extreme - only for unconditional love.

You will solve your crime problems, not by longer prison sentences, not with more policemen, but by understanding the crime and why it was committed in the first place: by helping those responsible to find a way through their problems and difficulties. It cannot be done by punishment. Punishment only increases the anger, the resentment, the humiliation within that spirit. So my message to all who listen, read or hear this, is:

**“Go forth in unconditional love,
offering it up freely, openly, without any hidden agenda.”**

If you are interested in reading further articles by H-A, there are a number available, free to access, on our website: www.channelling-online.com Ask a friend to download if you are not on the web.

“Mankind is now too clever to live without wisdom” Schumacher

Boomerang!

Simon Retallack

What mankind does to its natural environment, to the air, water and soil, as well as to other species, it does to itself. The harm we cause almost always catches up with us. Despite our technological prowess, we are as dependent in the 21st century on Earth's key life-giving services as when our species came into being 120,000 years ago. We still need air to breathe, water to drink, soil to grow food and a stable climate to live in. By ignoring this reality, we are plunging ourselves into a crisis of unprecedented proportions. By assaulting every part of the natural world at once we are creating a series of problems which will strike us at once, with consequences that are likely to be overwhelming. Combined, climate change and the pollution or depletion of our supplies of air, water and soil, could jeopardise our species' survival.

Over the 40 years since such warnings were first issued, we have become very good at dismissing them. They're so bad, many of us would prefer not to know or believe them; we bury our heads in the sand or look the other way in the hope that we won't see, or that the problems will just go away. We all say we're environmentalists now but we carry on as if very little is happening at all. Politicians and business leaders in particular paint themselves in green colours because it's good PR, but beneath the glossy surface, they still treat the environment as a marginal concern. It's probably the biggest mistake in our species' history. Hundreds of millions of people alive today will pay the price. Whether you're rich or poor, from the North or the South, it will become increasingly difficult to hide from the consequences or escape the repercussions of the environmental crises we have created. Unless, that is - we change!

Solutions exist to all the environmental problems besetting us today, drawn mostly from the highly efficient systems of the natural world and the ingenious techniques of both traditional and modern man. Each set of solutions has been shown to work in different places around the globe, offering us real, viable alternatives to the destructive methods of living and producing that we engage in today. We know how to do it. The problem is making it happen. Solutions to problem after problem are being resisted and opposed by coalitions of commercial and state interests intent on preserving the status quo. Blinkered by the need to maximise immediate financial returns to their shareholders, corporations' vision is narrow and short-sighted, focused on pursuing and defending activities which make them the most money in the easiest way, regardless of their long-term environmental or social impact.

Corporations have ensured their agenda is also that of most governments worldwide. Playing to politicians' needs to be re-elected every few years, corporations use the carrot and stick of the provision or withdrawal of campaign funding and inward investment, backed up by heavy lobbying, to block change. In the absence of any organised countervailing power to corporations, and scared that some of the measures necessary to solve our environmental problems may alienate the public in the short-term and lose them votes, governments choose the path of least resistance and opt for inaction.

That means that if anything is to change, it is down to us. Cocooned within our comfortable lifestyles, we feel it isn't really our problem; we feel safe from the worst of the consequences that our environmental problems may bring. All of these perceptions are understandable but wrong. No one is immune, we all have a reason to be concerned: it is our future, and that of our families, friends and communities that is at stake. Most importantly, by acting together, the power we have to bring about change is unrivalled. The vested interests count on our indifference and sense of powerlessness to get away with 'business as usual'. So it is vital that we all engage, act and take a stand.

There are many simple changes that we can make in our daily lives that can have a direct and beneficial impact on the problems we face. In many ways, the fight for a healthy planet, the effort to build a sustainable future is the latest episode of the centuries-old fight for democracy. When power is effectively in the hands of investors and corporations pursuing narrow commercial interests, or unaccountable global economic institutions acting for them, it is impossible to build a world that is ecologically sustainable.

The democratisation of power is not enough. The values which guide the ends to which power is used are as important. If financial and industrial values continue to dominate, nothing will change, except for the worse. We will create a future where human life is genetically engineered and cloned, and where human genes are patented and owned by private corporations. We are on that path already. To get off it, we need to reassert other values which we all know are right: those of love and respect for all life, of responsibility and the pursuit of the common good.

Ultimately, we need to find it within ourselves to care, to re-connect to the natural world and rediscover its importance to us and our place within it. We need to know that by respecting the planet, we respect ourselves. But we cannot afford to wait to be shaken into understanding and action by catastrophes: by then it could be too late. We need to wise up *now* and use all our ingenuity and creativity to take preventive action. We need to say 'STOP!' to the mindless destruction of the past and start, instead, to build ourselves a long-term future on this precious planet.

Suggestions:

Switch to a green (renewable) electricity supplier such as Unit Energy Ltd – <http://www.unit-e.co.uk>

. . . ensure that any investments are in environmentally-conscious companies . . .

eat and think organic . . . recycle as much as possible . . .

(Simon is co-director of the Climate Initiatives Fund, a grant-making foundation dedicated to accelerating efforts to mitigate climate change. He is also managing editor of The Ecologist magazine's special issues.)

Why Selenium is Important

Dr Mark Draper BSc. MBBS, DA, DRCOG. MFHom.

This was a fascinating talk on the vital importance of selenium in our diet and the serious consequences of its present-day lack in our soil. Dr. Mark Draper explained that this lack affects our immune system detrimentally; and not only ours, but that of the animals as well, allowing many minor and major ailments to take hold.

Where animals and humans and the soil itself have been supplemented with selenium over a period of months, the improvement in health has been remarkable. Eczema, hay fever, asthma and heart disease improve significantly, cancer is less likely to develop, fertility increases, and the vets' bills decrease dramatically. There are impressive statistics to support these claims, not as an overnight fix but a steady climb to better health. Official research gave only 12 weeks for the experiments; but, Mark explained, it needs 6 – 12 months to really take effect.

Why, then, is our soil and that of many countries so lacking? The main culprit has been the artificial fertilisers liberally sprinkled over the soil for the past 30 years, containing nitrogen and phosphorus. Phosphorus, in particular, takes selenium out of the soil. Temporarily, the effect of these fertilisers is a better yield, but after 1 year this declines as the soil is denuded of selenium and many other minerals.

When selenium is supplemented, plants grow more healthily and are less susceptible to disease, which means the food we eat is more nourishing and strengthens our immune systems – likewise that of the animals which again affects we humans; in other words, the whole chain responds.

PS If you want advice on personal supplementation of selenium, contact Dr. Mark Draper or Tony Neate via Buttercup Connection. (See www.nutrition-matters.co.uk)

NEW INTEGRATED HEALTH CENTRE OPENS IN MALVERN WELLS!

The Malvern Integrated Health Centre (MIHC) is an exciting new venture, launched to empower individuals in their choices for good health. The initiative has been developed by a group of dedicated professionals keen to offer a holistic integrative approach to healthcare.

The philosophy of the centre grounded on natural nutrition principles is to “disseminate knowledge to give people choice for their health decisions and to monitor their response to various therapeutic approaches”. This philosophy will be fulfilled in three ways:

- 1) Guidance from the MIHC receptionists and practitioners with simple questionnaires being used to assess progress.
- 2) Cross referral amongst practitioners at the MIHC.
- 3) Regular seminars, workshops and open evenings at the MIHC with speakers from the centre and invited specialities.

Dr Mark Draper currently runs nutrition courses for Doctors and is developing a Diploma for Integrative Nutritional Medicine in line with the Prince of Wales' Foundation of Integrated Health

guidelines. We are aiming for the centre to follow these and would like local doctors to be able to come to the MIHC, see what we are doing and look more closely at the role of nutrition and complementary medicine for their patients. Dr Draper says:

“The Malvern Integrated Health Centre gives us a unique opportunity to be part of the few integrative health pioneers in the UK, bringing conventional and complementary medicine together under one roof to provide a successful practice and an educational beacon in the field of integrative medicine.”

The core team is Dr Mark Draper MBBS, BSc, DA, DRCOG, MFHom., well known Naturopath & Osteopath Terry Moule NO. DO. Hilary Canto DNN, BFRP, UKSHA, SCOH., Val Stinton MCOH, and is supported by local health food supplement company Nature's Own Ltd.

Additional practitioners include:

- ?? Judy Jewell FCOH – Reflexologist & Healer
- ?? Semira Fardon LHom, DSHom - Homoeopath
- ?? Maureen Dadswell Dip CNS, BABTAC – Remedial Massage & Aromatherapy
- ?? Patricia Moreton – Clinical Aromatherapy
- ?? Penelope B Douglas FCSP, Grad Dip Phys SRP – Musculo-Skeletal Manual Therapy.
- ?? Ann Neate FCOH, MNFSH, ARCM – Counselling, healing, past-life therapy, spirit release.
- ?? Tony Neate FCOH, MNFSH – Healing & counselling, past-life therapy, nutritional advice, spirit release.

Professional Treatments will include:

Nutrition, Homoeopathy, Naturopathy, Osteopathy, Reflexology, Aromatherapy, Bach Flower Therapy, Indian Head Massage, Hopi Ear Candles, Sound Healing, Healing & Counselling, Past-Life Therapy, Spirit Release. Medical Advice available from Dr Draper.

Facilities at the MIHC include:

Two treatment rooms with fully adjustable treatment couches, plus a 30 seat conference room for workshops, seminars and lectures. A buffet lunch can be provided from The Railway Inn next door to the premises.

The Official Open day is Sunday March 16th 10am to 4pm for the general public and practitioners to come and meet the team, have a glass of wine, coffee, tea or herbal tea and experience the treatments on offer at the MIHC!

Please contact: Hilary Canto , Centre Consultant Tel: 01684 560124.

Email: healthcentre@well-being.co.uk

Malvern Integrated Health Centre

The Enigma Suite, 78 Wells Road, Malvern Wells, WR14 4PA

Some people come into our lives and move our souls to dance.

They awaken us to understanding with the passing whisper of their wisdom.....

They make our world more beautiful

...Leave footprints in our hearts,

And we are never, ever the same"

A Little Light Work

Graduates and students of the Ravenscroft Centre in South Bucks (& London) are joining in a monthly healing circle with a core group meeting in Ibstone, Nr High Wycombe, and others linked remotely. RAPS1– The Ravenscroft Approach to Psycho-Spiritual Integration, which is something they all share, have studied and experienced, is a process for finding and releasing fragments of 'Self' into Being. The Centre offers personal sessions, workshops and a 10-month training programme. Call Eileen or Clive on 01491 638767 for more information or e-mail: ravenscroft@easynet.co.uk

New version of the Lord's Prayer

Translated by Mark Hathaway

Apart from being in modern English, this version is unusual in that it is translated directly from the Aramaic as opposed to the traditional method, which was first translated into Greek from Aramaic and then into Latin and then English:

O Cosmic birther of all radiance and vibration! Soften the ground of our being
and carve out a space within us where your presence can abide.
Fill us with your creativity so that we may be empowered
to bear the fruit of your mission. Let each of our actions bear fruit
in accordance with our desire.
Endow us with wisdom to produce and share what each being needs
to grow and flourish.
Untie the tangled threads of destiny that bind us, as we release others
from the entanglement of past mistakes.
Do not let us be seduced by that which would divert us from our true purpose
but illuminate the opportunities of the present moment.
For you are the ground and the fruitful vision, the birth-power and fulfilment,
as all is gathered and made whole once again.

Full steam ahead!

David Barrie

You may be aware of my connection with the Indian Hill town of Darjeeling. If not, please allow me to recap. The story begins many years ago, when, as a small boy, I saw pictures of a wonderful narrow gauge steam railway in a book. The appropriately named Darjeeling Himalayan Mountain Railway (DHR) huffs and puffs upward from the dusty Indian plains, climbing by means of ingenious spirals in its effort to gain over 7000 feet on its 55mile route. Almost unchanged in 100 years, the train trundles along the middle of streets, and the Victorian steam engine can take anything up to 12 hours to complete its journey.

In 1997 a friend told me that the line was closed due to monsoon damage – a yearly event – and its life had expired. He suggested that I “should do something about it”. From this chance remark, I did. I founded a society, the DHRS, and 6 years later we now have several hundred members in over 20 different countries. What you may wonder, did the Indians think about this? It had a profound effect. A very enterprising Indian gentleman started a branch of the DHRS, and that in turn also has hundreds of members. The society is credited with being a primary factor in Indian Railways’ decision not only to keep the railway open, but to regenerate the area economically and ecologically.

The area is comparatively poor and the population suffers from economic hardship. Not only has the train long been the local method of transport but also now it is beginning to attract tourists. The DHRS has been invited by the Indian Government to work with them in creating tourist opportunities and to implement schemes that will regenerate the area economically, mindful of environmental factors.

I had visited India and the Darjeeling area twice, and was astonished at the reception I received on both occasions. Indian hospitality is like no other I know. The warmth and friendliness is beyond anything I have experienced elsewhere. Then last summer, I was invited

to be the keynote speaker at the First National Conference on Steam Heritage Railway Tourism, to be held in Delhi in early December.

From the moment I landed the adventure began. A secretary was appointed to look after me and to ensure that all would be well. I gave my talk to a gathering of 180 delegates, including two Ministers of State, 4 members of the 7-man Railway Board, TV, journalists, and assorted dignitaries. Directly I finished, I was surrounded and overwhelmed by the sheer number of people who wanted to have meetings with me.

At this point you may wonder the relevance of all of this, so let me explain. Steam railway tourism is big business. In the UK alone it is worth £60 million plus another £420 million on support services like meals, hotels, travel, gifts, souvenirs etc. You can imagine the difference that even a small proportion of that would make to the economy of the Darjeeling area

During my stay, a number of decisions were taken. Not only were Indian Railways going to commit to a rebuilding programme, but UK expertise would be involved in the construction of a special medical train to treat the poor of the communities that the line serves. Special attention would be given to an orphanage located by one of the stations. A huge programme of planting would be implemented to regenerate the landscape and ideas for developing the tourist potential were well advanced. I was able to reflect on the way home, that truly a turning point had been reached.

I can't wait to get back. In turn, I urge you to visit India. Leave your preconceptions and mindset at home. Go with an open mind. Go with the flow. You will have an experience that you will never forget!

(Editor's note: Well done, David – a great achievement!)

New kinds of Mystics?

Extract from Swami Beyondanada's 2003 State of the Universe Address

"Now we have the war on terrorism. We're going to terrorise those terrorists into giving up terrorism if it's the last thing we do! And, it just might be. The good news is – and I have it on the Highest Authority – there will indeed be peace on Earth. Whether we humans are around to enjoy it, that is up to us.

"No wonder there is so much fear, uncertainty and confusion on the planet. I'll tell you how bad it's gotten. You've heard of Heisenberg's Uncertainty Principle? Well, they're not even sure about THAT anymore. And so, more and more people are turning to the mystics for answers.

"I have often said there are two kinds of mystics, the optimystics and the pessimystics. Now pessimystics seem to be more in touch with 'reality,' but optimystics are happier and live longer for some reason. The pessimystics have been crying, "The sky is falling, the sky is falling!" The optimystics say, 'No. It just looks that way because we are ascending.' "

Swami Beyondananda is the stage name of Steve Behrman, a humanistic social activist living in N. California.

BUTTERCUP CONNECTION is an 'idea in action' to encourage further ideas, thoughts 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. If you are enjoying our Newsheet, you may wish to make an occasional donation to help pay our costs.

Terry Moule, Ann Neate, Tony Neate and Peter Wallace

Administrator – Lynsey Locker

Buttercup Connection c/o Malvern Integrated Health Centre,

The Enigma Suite, 78 Wells Road, Malvern Wells, WR14 4PA Tel: **01684 560124**

e-mail: buttercupconnection@hotmail.com

(Please note new telephone number)

(The Enigma Suite is situated in the car park of the Railway Inn.

Please park on the road outside)

