

Buttercup Connection



Newsheet 8 – May, 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 in Malvern

Friday 23rd May

Sharing Different Approaches to Meditation

Discussion and practical led by Brian Ackroyd

7.00 for 7.30 in The Enigma Suite

Thursday 5th June

A Deeper Look at Right and Wrong

H-A energy channelled through Tony Neate

7.00 for 7.30 in The Enigma Suite

Thursday 12th June

Your Path to Fulfilment

Illustrated talk by Philip Sweet

7.00 for 7.30 in The Enigma Suite

Using the numbers and letters in your date of birth and name to find out who you are.

Saturday 21st June

Summer Solstice Celebration

Facilitated by Val Stinton

7.00 for 7.30 in The Enigma Suite

Midsummer's Day! The brightest day for us and the darkest day for friends down-under - a significant turning-point for all! It is a moment to relate to our planet Earth and its kingdoms, and to the Sun, so as to bring us into greater harmony with all of nature and help heal and rebalance our wonderful planet. Come and celebrate with us!

Monday 23rd June

Group Holographic Repatterning Session

Led by Deborah and Brian Ackroyd

7.00 for 7.30 in The Enigma Suite

HR uses muscle checking and a wide variety of healing modalities to identify and transform patterns of incoherence in our energy field. It involves the uncovering of beliefs/conflicts that hold us back from being truly who we are. We shall work with the whole group and benefit from mutual support. We are not so alone in our experiences as we tend to think we are.

Monday 30th June

The Sacred Garden

A talk with slides by Fiona Hopes

7.00 for 7.30 in The Enigma Suite

How to co-create and maintain sacred space in your garden, working in harmony with planet Earth

Monday 7th July

Help Yourself Reflexology

A further talk and demonstration by Trish Hamilton

7.00 for 7.30 in The Enigma Suite

More practical techniques to help yourself and your family at home. All are welcome – plus your feet!

Thursday 17th July

Open Question Time

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

HELP YOURSELF REFLEXOLOGY

On Monday, 10th March, Trish Hamilton gave a talk and demonstration on how reflexology – foot acupressure – works on the body. She included simple techniques that we could each practise on ourselves or our families. Symptoms ranged from the familiar discomforts such as headaches, constipation, sore throats, sinusitis and hayfever, to relaxing the body after a stressful day, the relief of colic and teething in a baby.

Reflexology can be given throughout a life time – to the very young and the very old – as long as the pressure on the reflexes is gentle, the duration of treatment shortened appropriately, and certain contra indications are observed. It was also shown that although practised mainly on the feet, if these are too painful or difficult to hold, there are corresponding reflexes in the hands.

All those present had questions to ask and eagerly practised on themselves and others, producing an evening of interesting activity. Trish will be doing a follow-up in the not too distant future.

DOWSING with the amazing John Cuninghame

A Report by Val Stinton MCOH

Years ago I went to a workshop on Dowsing with John – just out of curiosity. What a surprise I had when he started telling us about the help you can get from this tool. So, all these years later – on 23rd April – it was still a joy to sit and listen to him explaining the uses of dowsing, divining rods, etc. We checked our own energy and then brought in extra energy to support ourselves. We checked our energy readings using the Biometer.

When I was a student healer with the College of Healing, I used the Biometer to check that I was actually channelling healing energy. (*I wanted proof, you see!!*) First, I checked the person's energy with the Biometer as a gauge and then I channelled healing energy. Sure enough, the Biometer registered a considerable increase in energy. So then I knew that healing energy *was* being channelled!

Val Stinton is one of the Malvern Integrated Health Centre's co-ordinators. She is an Integrated Natural Health Promoter, a healer, and has a permanent exhibition of cards she has made for sale at the Enigma Suite. She says, "Making cards has transformed me, I find it so relaxing and therapeutic"

An Evening Re-defining God

It was a very good discussion on the evening of May 1st. Not that we came to a new definition of God, as that has already been done in every conceivable way, but it was a very valuable evening. It allowed a depth of participation not possible in a lecture type format, with everyone able to express themselves, and by the nature of things everyone being right and/or wrong, depending on one's point of view! Very importantly it allowed us to communicate with one another on a more personal level.

OTHER EVENTS AT THE ENIGMA SUITE

Natural Nutrition

Wednesday 28th May 7.30pm A talk by Peter Wallace and Hilary Canto

Open Your Heart, Open your Voice

Sunday 15th June 10.00am to 4.00pm A Day Workshop with Hilary Canto £35
A day of chanting, toning and meditation. You don't have to be able to sing. Please bring your own lunch.

"We have, in the world today, extremes . . . as was forecast even in the Bible. Extremes are attracted to other extremes . . . this is important. What TRUE PEACE is, is standing, sitting, being in the CENTRE. A true leader is one who can be in the centre, balanced, open and who can see all possibilities and perspectives. What is happening now is that extremes are meeting each other. This is what we see from our point of view now, and there are other extremes also going on in the world. Extremes will eventually transform each other. It is alchemical and it will create something quite different. The meeting place is always in the centre, where the union of LOVE occurs."

Golden Flame channelled through Alice Friend 20.03.03

"Others look at the world and ask, Why?
I dream of a world that never was and ask, Why not?"
Robert Kennedy

Is Gaia Angry?

H-A energy through Tony Neate 6.03.03

Question: *I have been listening to discussions about the possible polar shift and reversal and I wonder whether this is a natural progression that would have happened anyway or whether this is Gaia* being angry?*

H-A: There have been polar shifts before, this is not the first time that this kind of intervention has happened. And one of the things I want to be very clear about is that when these predictions are made, whether they are from spiritual/psychic levels or from scientific levels, they are indications of what *could* happen, they are not specific forecasts. In other words, they are saying that there is going to be a tilt of the Earth's axis and indeed I have spoken about through this sensitive for nearly 50 years; but this shifting of the Earth's axis can happen on different levels. It can happen physically, which could have quite disastrous effects for homo sapiens; it can happen on an energetic level, a shift in consciousness, in which new energies will emerge because of the shifting of internal energy within the planet.

Let me explain that, for example, when a person is not well, the answer to help them lies not just in physical medicine or in emotional medicine or in spiritual medicine. It comes in a combination of all three levels, of helping that spirit and body on all its different levels to become self-empowered and either accept or rise above the illness that it has drawn towards it; because you and your spirit create the karma that draws disease towards you. There is nothing right nor wrong about this, it is a reflection of where you are and what your spirit needs at any one time.

So yes, as I see it there is a polar shift about to happen, an axis tilt, if you like, but it can happen on many different levels. Throughout the time that I have spoken through this sensitive, I have always tried to present what can happen as a challenge, a challenge that offers you the choice of going this way or that way. I have never been what you call a prophet of doom, saying that I can only see death, destruction and earthquakes! What I see is an upheaval taking place within the consciousness of every form of evolution on your planet - all the kingdoms; because at this moment in time the Earth is ready for such a transition, for such a transformation.

As far as humankind is concerned, it depends on people like yourselves, because if each one of you were to go out of this building tonight giving out unconditional love, not trying to manipulate any form of evolution therein or thereon, just being a spark, a beacon of unconditional love, synthesising, resonating, harmonising, your planet could move into a level of understanding that it has never been able to achieve before. The one thing that I have always insisted on is the level of involvement of each individual.

People are frightened to acknowledge their power, which is why they become violent and seek power, they are frightened to acknowledge what is within. But each one of you is an energy of God, each one of you is part of God, you are God and you can use that energy, not in a prescriptive sense, but in the sense of radiating wholeness and wonder, beauty and sensitivity. . .

Thank you for your question.

* Gaia is the name given to the spirit of planet Earth.

See www.channelling-online.com for further H-A transcripts - free to download!

"Miracles occur naturally as expressions of love. The real miracle is the love that inspires them. In this sense, everything that comes from love is a miracle." *A Course in Miracles*

MMoRe of the Same

Dr Peter Mansfield

Yet another report has appeared, this time in The Drugs and Therapeutics Bulletin, whitewashing the combined measles, mumps and rubella vaccine – MMR. And the latest figures for MMR uptake continue to be low.

Why “whitewash”? Because the same arguments are simply repeated, with no more substantiation than before. Here are the ten key truths we rely on, and our proposals to remedy the situation. (Ed. We have printed 4 of the 10 key truths. Please contact Peter Mansfield for his full report.)

1 National Data Ignores Single Vaccines

The main reason for insistence by the Department of Health on “MMR or nothing” is that, when programming the computerised national vaccination call/recall scheme during the mid 1990s, they failed to allow for vaccines given singly. Instead of revising the computer programme, in 1998 they tried to suppress the singles route by making access to single vaccines difficult, not only de-licensing them but placing special restrictions on “named-patient” access.

4 Legitimate Clinical Studies Ignored

The studies that establish a plausible link between regressive autism/bowel disorder and MMR vaccination are clinical, which means they compare personal findings in affected individuals with those in non-affected controls. The link these show is now a racing certainty, in our view. They are studiously ignored by defenders of MMR, or hypocritically dismissed as “flawed”.

6 Multiple Virus Vaccines Wrong in principle

Dr David Salisbury, who leads the advocacy of MMR within the Department of Health, maintains (on the basis of a conjecture by an American scientist) that children could theoretically cope with up to 10,000 separate vaccine antigens at a time. He seems to be missing the point. Vaccination should never raise challenges greater than, or even similar to, those already found in natural home life. Vaccination should be easier, safer and more convenient, or there is no point to it. Live, acute, systemic viruses do not allow each other to co-habit the same person – they express themselves one at a time. MMR should have been rejected on elementary, precautionary principles – it is not a matter of science. We should have stuck to single vaccines (mumps and rubella pre-secondary school), or at the latest reverted to them in 1996 when Dr Salisbury tacitly acknowledged his mistake.

10 Mumps Vaccine at Age One is Negligent

Mumps vaccination from 1 year old prevents safe acquisition of life-long protection as a juvenile, only to wear off just at the age when protection is really needed. No booster immunisation is currently offered when it should be, at age 10. Even if it were, the entire mumps vaccination campaign has created a new generation most of whom will be susceptible to mumps as adults. The occurrence of at least 8 significant outbreaks of mumps in secondary schools and colleges around Britain (after mumps protection has worn off) indicates that we have not solved the problem of mumps, only postponed it to age-groups when it can do the most damage. (The most recent mumps outbreaks have been at Clifton College, Bristol around Christmas and currently in the Sheffield Universities.)

We propose that:-

1. **Dr Salisbury should be replaced.** In our opinion, he does not display the balanced judgement required for the position he holds. His intransigence on MMR arises from 3 bad Departmental decisions in 1988, 1996 and 1998 and is directly responsible for a huge (and legitimate) loss of public confidence in Public Health.
2. **The national computer programme should be amended,** allowing for measles, mumps and rubella doses to be recorded separately on different dates.
3. **Single vaccines for rubella, measles and mumps should be relicensed.** If Glaxo Smith Kline decline to make these available for commercial reasons, other companies will gladly fill the breach.
4. **GPs and clinics should be empowered to vaccinate singly** at the request of parents, with individual time-tabling agreed with parents. This should apply to all vaccines, not just the MMR series.
5. **Target-based incentive systems of GP remuneration should be replaced** by set payments for each item of service, with no special bias in favour of any particular timetable or vaccine.
6. **Vaccination against mumps and rubella should be deferred** to age 9 – 10 in any case, to permit natural infection in childhood and therefore better protection.
7. **Young women should be offered regular blood tests for rubella immunity** 10 – yearly, starting at age 20, until their families are complete. This corrects the flaw in antenatal screening (which takes place after the risk is past!).

Dr Peter Mansfield 24.04.03. Tel: 07957 861775 or E-mail: petermansfield@tiscali.co.uk

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Fluoridation Stopped in Swiss Canton, Basel, after 41 Years!

Jane Jones of the Natural Pure Water Association tells us the following good news, especially after Sunday Times' government leak: **Secret Plan for Fluoride in all Water in England & Wales.**

“On April 9 2003, the Great Council of the Swiss Canton Basel-Stadt brought forward a motion by the Commission for Health and Social Issues, totally repealing the “Resolution of the Great Council concerning the introduction of fluoridation of drinking water for the control of caries.” This was originally initiated on May 2, 1962 and was thus stopped after 41 years. The reasons given were:

?? The preventative effect of the fluoridation of drinking water could not be proved by any study.

When specialists do not succeed in producing definite proof in 40 years, the issue has to be abandoned

?? In spite of the fluoridation of drinking water, caries has been on the increase with children

?? The danger of fluorosis is played down, nobody talks about fluorosis of the bones. The fluoridation of drinking water is particularly in the case of young children and babies.

?? Less than 1% of the fluoride in drinking water is actually used for ‘prevention of caries’, more than 99% of the fluoridated water is used for washing, cleaning, industrial production, etc. and thus only pollutes the environment – a very undesirable imbalance.”

Rudolf Ziegelbecker and Konradin Kreuzer:

THE SACRED GARDEN

Fiona Hopes

All gardens are sacred spaces, but often we are not aware of it. We need to learn how to connect to the energy of the Earth, and to the Garden as part of the Earth, to bring out the best in the land where we are, to understand what makes a Garden special and sacred, and to design our Gardens accordingly.

The design process is about intention, visualisation and energy flow, understanding your own needs, the needs of the Garden and the needs of the Earth herself, and balancing all these requirements. Using meditation and visualisation, we can dream our way into the Garden, setting it out using symbolism and dynamic energy patterns as well as traditional aesthetic design principles and practical considerations. We can build the Garden from a wide variety of materials, preferably locally sourced to keep the energy costs down, to enhance the sacredness of the space. Good design is always the combination of good aesthetics, good materials and sound construction, and these rhythms, in harmony with the Earth, express balance, proportion and integration with the universal order.

Understanding the use of plants in the garden is vital, how they grow and give of their best, and how to organise them using the same design principles as before, as well as those of sustainability and Permaculture. Copying the natural systems of the Earth and adapting them into the Garden is the basis of sustainable planting. The healing uses of plants need to be considered, and how the healing qualities of the plants such as colour, scent, herbal healing uses and homoeopathy as well as the aesthetic qualities can be used in relation to the land and the Garden itself, as well as for people.

All sacred spaces need good housekeeping and maintenance, and the Garden is no exception. Natural time is cyclical, not linear, and garden maintenance, including pruning, can be undertaken in relation to the Wheel of Life and the cycle of the seasons. The Garden is an inclusive space, to be shared with thousands of other species, many too small to see but essential for the balance and life of the Garden, and all maintenance should be with consideration for the Earth and all with whom we share the Garden.

There's a part of the sun in an apple,
a part of the moon in a rose,
a part of the flaming Pleiades
in everything that grows.

Fiona Hopes BSc FSGD MIHort, SONG OF THE EARTH Tel: 01684 892533

Fiona will be leading a two-day workshop on 5-6 July 2003 at The Grove, 8 Avenue Road, Malvern, a large 'Gothic Revival' Victorian house with a semi-neglected garden that is ideal for demonstrating the principles of Sacred Gardens. If you have a garden of your own that you wish to discuss, please bring a plan and photographs with you. The cost of this workshop is £85.00, including refreshments and a simple vegetarian lunch each day. e-mail: fiona@song-of-the-earth.com

Nature's a Tough Cookie!

"Farmer John Kepple, in Ohio, had tried unsuccessfully to uproot an old half-dead, sterile peach tree – even attacking it with his bulldozer. Despite his best efforts the tree survived. Imagine his surprise when, next season he was rewarded with a record crop of very large, very healthy peaches.

Many years later, a doctor friend from India told me that when trees in India stop bearing, they get an elephant to 'shake the living daylight out of it.' Next year, the trees produce baskets of fruit!"

Extract from *Dancers in the Field* by Clif Sanderson, originally taken from an article in *Reader's Digest*.

November Blushes

In chaste November,
No Kensington camellia bush may blush.
Ours did!

I'd stripped her out. Now, bedded down beside the compost heap,
She loves us and does not know how to stop.

Alan Sanderson

THE LUCK FACTOR!

David Barrie

British psychologists have spent a decade trying to work out if there is any scientific evidence to show that some people are luckier than others are. Dr. Richard Wiseman, a paranormal investigator, recruited 400 individuals who considered themselves either lucky or unlucky. Each agreed to have their lives surveyed for several years. At the end of the ten-year trial the interviewees believed that both good and bad luck had exerted an influence in their destiny. Each subscribed to the idea that chance ruled their lives.

However, the research showed that those who consider themselves lucky are, without realising it, using basic principles to create their good fortune. Psychological tests revealed that the lucky tended to be optimists. Their expectations about future wealth and happiness became self-fulfilling prophecies. They were quicker than those who considered themselves unlucky to exploit opportunities thrown up by chance. Their intuition often proved highly accurate. They consistently displayed the courage to make important decisions based on gut instinct. Lucky people persevered, did not use bad luck as an excuse, and looked on the bright side of life.

One test put to the participants suggested that: while in a bank, there was a raid, and they were shot in the arm. The unlucky felt it was a case of being in the wrong place at the wrong time. The lucky however, felt a sense of excitement at witnessing at close quarters a bank raid, with one person even saying that, as he was shot in the arm, he could sell his story! Dr. Wiseman concluded that once one understands the secrets of luck, it is possible to create a luckier life. His findings are contained in his book, 'The Luck Factor', published by Century Books. Possibly, dear reader, this will confirm in your mind the same thought that crossed mine; and that is, the power of positive thinking and the notion therefore that there is no such thing as a problem, merely an opportunity.

Talking of this, when I was in my early twenties, I was hit by a motor car, whilst walking across a 'zebra' crossing. Apparently I was pushed some thirty feet before ending up under the car. I saw stars on my way to unconsciousness. When I came round, I remember thinking, "What a fascinating thing to happen..." I thought how lucky I was to have this novel experience. It was as close to death, albeit a life changing one. I liken it to being given a second chance.

Consequently it is easy for me to understand the effect that an Near Death Experience (NDE) has on someone. An NDE is a relatively recent publicised phenomenon. A recent BBC documentary, 'The day I died', sought to unravel the mystery. I have read books about this phenomenon, and truly, it seems that the veil between life and death is switched! This

programme interviewed both those with NDE experiences, and the doctors and researchers involved. Amongst the cases was Pam Reynolds, clinically dead when she had an NDE. The doctors were baffled by the recall of her operation which she relayed to them in minute detail. . . . A patient who was blind, related how she could see whilst in this state, hovering above her body. Doctors concluded that there is a mind/brain separation, because whilst clinically dead, the memory circuits don't work. Therefore, in some way, the information is stored outside the brain. Two researchers, Sir Roger Penrose and Prof. Stuart Hammeroff, concluded that consciousness can exist outside the body. We are on the verge of discovering fields of science we didn't even know existed. Exciting, is it not?

Whilst dealing with the brain, there was a fascinating edition of 'The Food Programme' on Radio 4 concerning young offenders and their behaviour. This mirrors work done in the USA and elsewhere. A trial conducted by Bernard Gesch, a senior research scientist at Oxford University, at Aylesbury Young offenders Institute, demonstrated that the addition of certain nutrients, Zinc in particular, to the diet, reduced violence by 35%. Other minerals also play an important role. For example, lack of Iron leads to irritability and forgetfulness. (A 1989 study by the UK Government found that only 4% of Children under the age of 16 received the Recommended Daily Allowance (RDA) of this mineral.)

Despite his research being classed as 'pure' and a recommendation that a multi-vitamin and mineral be given to all guests of HM the Queen at a cost of £3.5 million – the total bill to run our prisons is £12 billion – the Government is non-committal and awaits the result of further research, which it is not prepared to finance. No luck involved in this, but maybe, good old common sense might prevail one day.

A Way to Fulfilment

Gilly Wilmot

Many people seek a way to bring balance, fulfilment and empowerment to their lives and to fully realise their creative potential. Where can they look for the inspiration to bring this about? The answer lies within. This is where channelling comes in . . .

What is Channelling? Channelling is a method of making a focused connection with different levels of consciousness, using the power of inner imagery to achieve a shift of awareness. It uses our natural abilities to connect consciously with our intuition and awareness and to access realms of enhanced creativity.

What benefits does it bring to daily life? It can help you . . .

- ?? Learn to access your own intuitive wisdom
- ?? Take charge of your life
- ?? Amplify and focus your ability to make life choices
- ?? Increase your self-confidence and sense of well-being
- ?? Achieve positive handling of life's challenges and attain goals
- ?? See how you may care for the world around you and make a real difference to it

To find out more, contact the School of Channelling:

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Water versus Coke – (from the home of Coke!)

Please note: Coke has pretty much the same effects here in the UK!

We all know that water is important but I've never seen it written down like this before:

1. 75% of Americans are chronically dehydrated. (Likely applies to half world population)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
5. Lack of water, the No. 1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. The Question: Are you drinking the amount of water you should every day?

Coke Information

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous China.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

For Your Information

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for Highly corrosive materials
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

NOW THE QUESTION IS, WOULD YOU LIKE A GLASS OF WATER OR COKE?

**“Learn to think from your heart,
Learn to breathe from your spirit.”**

H-A

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



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

Please park on the road outside)