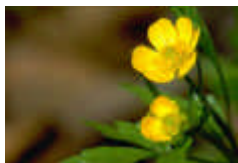


Buttercup Connection – Newsheet 9, August, 2003



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 29th August

How does a Spirit Think?

H-A energy channelled through Tony Neate

7.00 for 7.30

Monday 8th September

Raising your Spiritual Energy through Dowsing

With John Cuninghame

Using dowsing tools to check your progress. Bring dowsing tools if possible.

7.00 for 7.30

Thursday 18th September

Group Holographic Repatterning Session

Deborah and Brian Ackroyd return by popular demand.

7.00 for 7.30

HR uses muscle checking and a wide variety of healing modalities to identify and transform patterns of incoherence in our energy field. We shall work with the whole group and benefit from mutual support.

Wednesday 24th September

Money Energy and Losing the Fear

A talk by Jan Ayers

7.00 for 7.30

"The spiritual substance from which comes all visible wealth is never depleted. It is right with you all the time and responds to your faith in it and your demands upon it" To understand this and feel its truth, let's gather and talk!

Saturday 27th September

Autumn Equinox/Michaelmas Celebration

Facilitated by David Furlong

Please note: **7.30 for 8.00**

An opportunity to help heal the split between Humanity and Nature by honouring this special energy moment in our planet's relation to the sun and to its Devic guidance, Mikael. Includes meditation, music and dance.

Monday 29th September

How to Choose your Vitamins

A talk by Tony Neate (for the Malvern Integrated Health Centre)

7.00 for 7.30

Helping you to find your way through the minefield!

Thursday 2nd October

The Significance of Iraq and the Middle East

H-A energy channelled through Tony Neate

7.00 for 7.30

Wednesday 8th October

World Changes are Now – there is nothing to wait for!

A talk by Peter Wallace

7.00 for 7.30

We are in the times predicted in the Bible, The Vedas & by the Mayans etc. Humanly and spiritually, this is what we have all been heading towards, for the whole of this life. We can resist the new energies, or join with them, in which case it all gets much easier. How can we each, individually, be part of this change in a positive way?

Thursday 16th October

The Equation of Health

A talk by Terry Moule

7.00 for 7.30

How to balance out one's mind and body to achieve health

All BC meetings (at MIHC) are free, but donations to Buttercup Connection are appreciated.

Are You interested to join a Meditation group at The Enigma Suite?

Following the Meditation evening recently, interest was expressed in a regular meditation group, say once a month. If anyone is interested in such a group, would they ring **Brian Ackroyd** on: **01905 455484** or email: bodhisattvas@msn.com and I will try to organise the most appropriate evening. If there is enough demand, it will start sometime in October 2003. Look forward to hearing from you.

Have you seen.....?

the beautiful handmade cards produced by Val Stinton at the MIHC. Next time you visit there, have a look! She sells them to fund her hobby making them - which she really loves. Originally, she started doing it just to make special cards for friends and family – and then people asked her if they could buy them, so that is how it began. She is more than happy to make individual cards for people for special occasions.....so contact Val at the centre.

Things needed by the Centre

From time to time, the Malvern Integrated Health Centre needs extra items to help make the centre more comfortable and welcoming. At the moment, they need two fans and a small portable CD player. If you can help, please contact Val at the centre (01684 560124)

Cancer Self-Help Group

Mission Statement: To open up the possibility for people to realise that they can do much to help themselves through what can be at times a difficult journey. Ultimately, this can create healthier minds and bodies, with a much broader outlook on the power of the human body to heal itself, when allowed.

For those experiencing cancer, their relatives and friends. . . All are welcome!

Afternoon sessions: 2.0 – 4.0 pm on every 4th Friday in the month, **starting 26th September.**

Evening Sessions: 7.0 – 9.0 pm on every 2nd Friday in the month, **starting 10th October.**

All meetings are held at the Enigma Suite (See back page)

To Be or Not To Be a member?

From time to time, there have been discussions as to whether there should be a 'membership'. Until now we have simply had a list of names of people who are interested to receive our Buttercup Connection Newsheet and left it to you to make a donation if you wish. We want to be Aquarian, in the sense of less formal and recognising some people's dislike of being 'a member'. The suggestion has come forward that the term 'associate', although sounding somewhat formal, would be the most appropriate word. *We want to call ourselves something other than just 'a list'!* Any other suggestions?

Please let us know what you think via Brian Ackroyd c/o The Enigma Suite (address at end) Or email: buttercupconnection@hotmail.com

Looking Ahead...

Thursday 13th November

Is Freedom Possible

H-A energy channelled through Tony Neate

7.00 for 7.30

Monday 17th November

Remedial Massage

A talk by Maureen Dadswell

7.00 for 7.30

"In beginning to see, to understand and to love yourself, you are helping the entire planet" H-A

On the War

Clarissa Pinkola Estes

Author of 'Women Who Run With The Wolves'

Do not lose heart. We were made for these times. I have heard from so many recently who are deeply and properly bewildered. They are concerned about the state of affairs in our world right now...Ours is a time of almost daily astonishment and often righteous rage over the latest degradations of what matters most to civilized, visionary people.

You are right in your assessments. The lustre and hubris some have aspired to while endorsing acts so heinous against children, elders, everyday people, the poor, the unguarded, the helpless, is breathtaking.

Yet, I urge you, ask you, gentle you, to please not spend your spirit dry by bewailing these difficult times. Especially do not lose hope. Most particularly because, the fact is we were made for these times. Yes. For years, we have been learning, practicing, been in training for and just waiting to meet on this exact plain of engagement...

I grew up on the Great Lakes and recognize a seaworthy vessel when I see one. Regarding awakened souls, there have never been more able crafts in the waters than there are right now across the world. And they are fully provisioned and able to signal one another as never before in the history of humankind... Look out over the prow; there are millions of boats of righteous souls on the waters with you,. Even though your veneers may shiver from every wave in this stormy roil, I assure you that the long timbers composing your prow and rudder come from a greater forest. Long-grained lumber is known to withstand storms, to hold together, to hold its own, and to advance, regardless.

We have been in training for a dark time such as this, since the day we assented to come to Earth. For many decades, worldwide, souls just like us have been felled and left for dead in so many ways over and over, brought down by naivete, by lack of love, by being ambushed and assaulted by various cultural and personal shocks in the extreme. We have a history of being gutted, and yet remember this especially – we have also, of necessity, perfected the knack of resurrection. Over and over again we have been the living proof that that which has been exiled, lost, or foundered can be restored to life again.

In any dark time, there is a tendency to veer toward fainting over how much is wrong or unmended in the world. Do not focus on that. There is a tendency too to fall into being weakened by perseverating on what is outside your reach, by what cannot yet be. Do not focus there. That is spending the wind without raising the sails. We are needed, that is all we can know. And though we meet resistance, we more so will meet great souls who will hail us, love us and guide us, and we will know them when they appear.

Didn't you say you were a believer? Didn't you say you pledged to listen to a voice greater? Didn't you ask for grace? Don't you remember that to be in grace means to submit to the voice greater?

Understand the paradox: If you study the physics of a waterspout, you will see that the outer vortex whirls far more quickly than the inner one. To calm the storm means to quiet the outer layer, to cause it to swirl much less, to more evenly match the velocity of the inner core 'til whatever has been lifted into such a vicious funnel falls back to Earth, lays down, is peaceable again. One of the most important steps you can take to help calm the storm is to not allow yourself to be taken in a flurry of overwrought emotion or desperation thereby accidentally contributing to the swale and swirl.

Ours is not the task of fixing the entire world all at once, but of stretching our to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good. What is needed for dramatic change is an accumulation of acts, adding, adding to, adding more, continuing. We know that it does not take 'everyone on Earth' to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale.

One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times. The light of

the soul throws sparks, can send up flares, builds signal fires, causes proper matters to catch fire. To display the lantern of soul in shadowy times like these, to be fierce and to show mercy toward others, both are acts of immense bravery and greatest necessity. Struggling souls catch light from other souls who are fully lit and willing to show it. If you would help to calm the tumult, this is one of the strongest things you can do.

There will always be times when you feel discouraged. I too have felt despair many times in my life, but I do not keep a chair for it; I will not entertain it. It is not allowed to eat from my plate. The reason is this: In my uttermost bones I know something, as do you. It is that there can be no despair when you remember why you came to Earth, who you serve, and who sent you here. The good words we say and the good deeds we do are not ours: They are the words and deeds of the One who brought us here. In that spirit, I hope you will write this on your wall: **When a great ship is in harbour and moored, it is safe, there can be no doubt. But that is not what great ships are built for.**

This comes with much love and prayer that you remember who you came from, and why you came to this beautiful, needful Earth. . . .

“We are not human beings having a spiritual experience.
We are spiritual beings having a human experience.”

Teilhard de Chardin

A Galactic Fairy Tale

Michael Lightweaver

A long, long time ago in a galaxy far, far away there were all of these little light beings just hanging out enjoying life in that joyful & timeless dimension. And then one day a very large, magnificent angel came to them. He had a very serious look on his face. He was looking for volunteers for a very important cosmic mission.

“We have this small - but very special - planet out at the edge of the Alcyon galaxy called Gaia. It is quite unique like a beautiful garden and it is teeming with hundreds of thousands of different life forms. It has been something of an experimental station in the galaxy and it has a most interesting humanoid life form that incorporates the very highest and lowest frequencies known in the cosmos. It is in fact the very epitome of dualism. On the one hand it is an incredibly beautiful life form and is capable of carrying the highest frequencies of love, light & joy known throughout the whole Universe. On the other hand it is capable of carrying the densest and darkest frequencies the cosmos has ever experienced - frequencies which the rest of creation evolved beyond eons ago.

Here is the current situation. Within the domain of time, this planet goes through periodic cosmic cycles. It is now coming to the end of two major cycles - a 2,000 year long age of Pisces and the 25,000 year long cosmic year in its journey around Alcyon, the central sun of the milky way galaxy. With the completion of this cycle, many things are coming to an end and many things are about to begin. But most importantly, the planet is experiencing an infusion of light that is dramatically increasing its frequency. As during any major time of transition, there will be a certain amount of turbulence. Some of this will be geological, for Gaia herself is a living planet and is also evolving. But much of it also involves the hominoid species that dominates the planet.

This will not be a particularly easy time for the species - especially for those who are sleeping and those who are vibrating at the lowest frequencies. As the frequency changes it will create insecurity which in turn will create fear. The first era of evolution on this planet was the physical era and the keyword was survival. The second era, which is now ending, was the mental era and the key word was logic. The third era, which is now beginning, is the era of the heart and the key word is love. This is the highest frequency.

Those who currently hold the reign of power on the planet are of the old order of the physical & mental. To the extent that they can make a graceful transition to a heart centered and divinely guided life, it will be an easy transition. To the extent that they are unable to do this, they will experience much turmoil.

So this is the current situation of Gaia. The reason I am here is to seek volunteers who would be willing to incarnate in humanoid form on the planet at this time to help make this an easy and smooth transition. We have sent prophets and teachers in the past. Very often they were brutally persecuted or killed. In other instances they were set up as "gods" to be worshiped and these humanoids built elaborate religions and rituals around them and used these religions to control each other. They did everything except follow the simple teachings that were offered.

This time we are trying a different approach. No more prophets, saviours & avatars that they can use to create religions. This time we are sending in thousands - actually hundreds of thousands - of ordinary light beings with only two assignments:

- 1) **Stay in your heart. Regardless of what happens, stay in your heart.**
- 2) **Remember who you are, why you are here, and what this is all about.**

Now that seems easy enough, right? Unfortunately, No! As I have said, duality has reached its peak on this planet. This species has perfected the illusion of good and evil. The greatest challenge you will experience is to remember Who You Really Are, Why You Are Here and What This Is Really All About. When you remember, you will be able to stay in your heart, regardless of external events.

So how will you know when you are forgetting? It is easy. Watch your judgments. The moment you notice that you are in a place of judgment you will know that you have forgotten Who You Really Are, Why You Are Here and What This Is Really All About. That will be your signal.

Now here is the challenge. Life on this planet will require a great deal of discernment - wise evaluation of what is true, what is appropriate and what is for the highest good, both for yourself and for the planet. In many ways discernment is similar to judgment. However, you will know when you are in judgment and when you have moved out of your heart when you are in a place of blame.

We know how challenging this planet can be. We know how very real the illusions on this planet appear to be. We understand the incredible density of this dimension and the pressure you will face. But if you survive this mission - and it is a voluntary one - you will evolve at hyperspeed.

We also should say that we know that some of you who will go to this planet as starseeds, will never germinate - never awaken to the remembrance of who you really are. Some of you will awaken and begin to shine, only to be choked down by the opinions and prevailing thoughtforms around you. Others will awaken and remain awake and your light will become a source of inspiration and remembrance for many.

You will incarnate all over the planet; in every culture, every race, every country, every religion. But you will be different. You will never quite fit in. As you awaken you will realize that your true family isn't those of your own race, culture, religion, county or even your biological family. It is

your cosmic family - those who have come as you have come - on assignment to assist in ways large and small in the current transition.

True brotherhood and globalization in its highest form will come only in remembering Who You Really Are, Why You Are Here and What This Is Really All About. It will come as you return to the true temple of Divine Presence, your heart, where this remembrance takes place and from which you are called to serve the world.

So, are you ready? Good! Oh, and by the way, there are a couple of other minor things I should mention

Because of the density, you can't operate in that dimension without a space suit. This is a biological suit that actually changes over time. There are many things we could tell you about this but our orientation time is short so I think you can just jump in and experience it. You should be forewarned, however. There will be a danger that if you forget who you really are, you may think you ARE your space suit instead of the fact that it is simply your vehicle in that dimension. Once there, you will notice that there is an infinite variety of space suits and a great deal of attention given to these.

However, in spite of the infinite variety, because this is a planet of duality, they all fall into two basic categories called 'genders.' Again, we really don't have time to go into this now. But you will find your relationship with your own space suit to be most instructive and interesting.

The other little thing is this. In order to operate in that dimension, you will also receive a microchip called a 'personality.' This is like an identity imprint that, along with your space suit, will essentially make you different from everyone else. This will allow you to participate in the hologram there - something they call 'consensus reality.' Once again, there will be a real danger that you will become so engrossed in the holographic personality dramas that you will forget who you really are and actually think that you ARE your personality. I know it sounds rather unbelievable right now, but once you get there

Again, there is so much more we could tell you by way of orientation, but we think you can learn the rest experientially 'on site.' The only thing that is important is to remember **Who You Really Are, Why You Are Here and What This Is Really All About.** If you can do that, everything else will work out fine.

But take note: So few really DO remember this that they stand out as 'different' and others called them 'enlightened' or 'awakened' and similar terms. Strange isn't it?

Well, Good Luck & Bon Voyage!!! PO Box 18909, Asheville, NC. 28814 (USA) email: lightweave@aol.com

Vitamins and Minerals - Government rigs vote **(Press release: 20th August 2003)**

Although this will concern all those who take Food Supplements, the implications are far wider. Despite a petition containing over a million signatures, thousands of letters registering concern to MPs, a march in London, virtually unanimous support from opposition MPs, and the House of Lords defeating a Government on this issue 132 to 79 votes, a Brussels directive has been adopted 8 – 6 votes.

Recently in the House of Commons, the Standing Committee for the Food Supplements Directive met and agreed to adopt and translate the Directive into Law. However I feel that the British public should know how this affront to democracy was achieved. The Government only won because the evening before the defining meeting, the Labour party removed five Labour MPs from the committee and replaced them with others who were more compliant. One of those deposed, Kate Hoey MP (Vauxhall) said, "I was a member of this Committee until I said, very honestly, that I would vote against the regulations. That is probably a lesson that one should not be honest in this place. The regulations sent out the message that the elite in Brussels, backed up by the connivance of the Government, are running our country. The message will go out to millions of ordinary people that the Government care more about the pharmaceutical industry".

The Government claims that this is an issue about the "safety" of supplements, yet when challenged to name just one from the list of 300 banned, the junior health minister, Melanie Johnson, refused to answer the question.

When the public discovers how this vote was rigged, I imagine the electorate will be far from impressed. If we are compelled to adopt this flawed legislation by Brussels, then where does Sovereignty lie? We have an overburdened and costly NHS, and the public is being denied the continuing opportunity to take responsibility for its own health. If, as the Government claims, this is about the safety of supplements, where is their evidence? When did you last hear of someone dying from taking vitamin C?

Another MP, Paul Marsden, present at the meeting, summed up the cynical attitude of the Government very well. He said "Some Committee members, particularly Labour ones, will have to look their constituents in the eyes and say they believe in all this. I do not believe for one second that Labour members believe in the regulations. They know they are potty".

Lord Warner, the Minister for Health, said, "The directive has been agreed and we are obliged to implement it." If we are compelled to adopt it by the EU, as Lord Warner states, then what is the point of having a parliament? What are we voting for?

Very often we feel powerless in the face of such abuse of power, however I do believe that there is something we can do. First, tell everyone you know just what is happening. Show them this letter. Write to your MP registering your concern. You could ask the questions I have posed above. Write to Tony Blair telling him your views of the way the Government we elected to serve us in fact rules us with disregard to democratic principles. . . .

Feel free to contact me (David@well-being.co.uk or telephone 01684 310022) or Louise (Lou@well-being.co.uk or telephone 01684 310022) here at Nature's Own, we will happily make available documents that will give you a deeper understanding.

David Barrie, Sales Manager and Training Officer, Nature's Own Ltd.

A POLYPILL FOR EVERY ILL?

Dr. Peter Mansfield

Drug companies love “blockbusters”, and a recent proposal is their boldest yet. One pill to reduce the risk of heart attacks and strokes by a huge fraction – wonderful! Provided, that is, the whole population over 50 can be persuaded to take them!

Wonderful? No, not at all. The proposed pill would contain Folic Acid to reduce homocysteine, now thought to be more closely associated with coronary risk than cholesterol. Folic acid is a variety of vitamin B, found abundantly in leaves (foliage). So you don't need a pill for folic acid – just eat plenty of greens. And we mean plenty – heart protection requires quite a lot.

That's not all we'll get in the polypill. It will contain good old aspirin, to thin the blood and help prevent the clotting that precipitates coronaries and strokes. That's fine in selected cases, but we're all going to be asked to take this version. People have been made anaemic by taking aspirin to prevent a second coronary – and that is with medical advice. Millions of us taking it every day without supervision would produce thousands more cases like that.

The real give-away is the three blood pressure drugs proposed for the cocktail. Which three? We don't yet know – another five years research will tell us. So why three? Call us cynical, but could it be to keep three rival manufacturers happy?

There are no blood pressure treatments that are free of all side effects, and all tend to lower blood pressure from your existing level whatever that is. So people with normal blood pressure taking this wonder-pill will start fainting because their pressure is too low, or suffering other side effects. And in any case, the notion that reducing blood pressure reduces heart attacks wholesale is entirely presumptive.

This is a bad, bad idea. We don't blame the firms for flying the kite but we are amazed that nobody has yet seen through it. Your heart needs a lot more than one nutrient and four drugs to keep it ticking. All the usual wholefood nourishment – not just breakfast cereal – including lots of anti-oxidants, help to maintain heart muscle in its prime, keep blood naturally “thin” and repair artery damage neatly when needed, which is seldom in these circumstances. An adequate metabolic rate ensures proper repair of the elastic lining of coronary blood vessels. This is promoted by the regular moderate exercise that is also required to keep it fit.

Treat yourself at least as well as you treat your car. Don't rely on a petrol additive to stop the bodywork rusting.

HEALTH OTHERWISE is a loose network of individuals, organisations and media who would like public health done better in this country. For details phone 07957 861775 or email petermansfield@fiscali.co.uk

World Healing Day

Wednesday 10th September, 2003

This annual event, which began in 1996 links up thousands of people across the world in meditation, prayer and mindful activity to help raise world consciousness and further world healing.

World Healing Day seeks to promote greater awareness of our interconnecte dness as a global family and to provide an opportunity for people to move beyond division and to express collectively their vision of a more harmonious and peaceful world.

We believe that sufficient numbers of people sharing the same focussed intent at the same time can have a positive effect on the wider world. Physicists have shown that subatomic particles respond to our intent, and recent experiments conducted by the HeartNath Institute in the United States have shown that dramatic changes are registered in the Earth's magnetic field in response to our experience of planetary love.

On **World Healing Day**, you are invited to join people around the world in two simultaneous global link-ups. The first will take place at 12 noon GMT (1.00 in the UK) and the second will take place at 16.30 GMT (5.30pm in the UK). Each link-up will last for at least 20 minutes. During this time you can meditate, pray, dance, sing, or create something symbolic. Whatever you do and wherever you are, dedicate your intent to the expansion of love and awareness on Earth, and as you contemplate your connection with all things, sense the ripples of what you do spreading outwards to uplift all.

Leigh Tremaine Tel/Fax: +44 (0) 121 742 8575 www.worldhealing.co.uk/whd

Recently, H-A invited an audience to join him in sending out thoughts of unconditional love to the planet – we invite you to join us with these thoughts:

“Let us send out unconditional love -
that is neither right nor wrong and yet a love that is both.
A love that encompasses every problem, every difficulty on your planet.
A love that has complete forgiveness.
A love that empowers millions of spirits, millions of souls incarnate on this planet.
Can you feel it going out, can you feel how as it goes out, more energy comes to you?
Is it not a lovely feeling?
You are helping yourself to help the world – you are helping the world to help you.
You are being all things to all forms of evolution on the planet,
the animal kingdoms, the bird kingdoms, the fish kingdoms,
the vegetable kingdoms, the flower kingdoms, all kingdoms -
because that thought of unconditional love needs to extend to them all.”
H-A energy channelled through Tony Neate

A SHORT GUIDE TO COMPARATIVE RELIGION

TAOISM	Shit happens.
CONFUSIUNISM	Confucius, he say, ‘Shit happens’.
ISLAM	If shit happens, it is the will of Allah.
BUDDHISM	The shit that happens to us is good.
HINDUISM	This shit has happened before.
ZEN	What is the sound of shit happening?
JUDAISM	Why does this shit always happen to us?
CATHOLICISM	Shit happens to you because you deserve it.
PROTESTANTISM	Why doesn’t this shit happen to someone else?
CALVINISM	Shit happens because you don’t work hard enough.
LUTHERANISM	If shit happens, have faith, and it will stop happening.
CHRISTIAN SCIENCE	If shit happens, don’t worry; it will go away on its own
7 th DAY ADVENTISM	Shit happens every day but Saturday
HARA KRISHNA	Shit happens. Rama, ram, ohm, ohm
RASTAFARIANISM	Let us smoke this shit
MORMONISM	This shit has happened before and is going to happen again
AGNOSTICISM	What is this shit?

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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