

Buttercup Connection – Newsheet 10, November 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

Tuesday 4th November

Meditation. Dealing with Thoughts

A practical look at dealing with thoughts in meditation with Brian Ackroyd 7.00 for 7.30

Thursday 13th November

Is Freedom Possible

H-A energy channelled jointly through Tony Neate and David Furlong 7.00 for 7.30

Friday 14th November

Cancer Self Help Group

7.00 till 9.00

Thursday 20th November

Remedial Massage

A talk by Maureen Dadswell 7.00 for 7.30

Tuesday 25th November

Deborah Ackroyd Channels Menat

The first public channelling by Deborah for over 10 years. 7.00 for 7.30

Thursday 4th December

Euthanasia and Suicide

Tony Neate Channels H-A Energy 7.00 for 7.30

Wednesday 10th December

Freeway. A meridian therapy and it's practical use.

A chance for every person to solve a personal problem with Brian Ackroyd 7.00 for 7.30

Friday 12th December

Cancer Self Help Group

7.00 to 9.00

Sunday 21st December

Winter Solstice Celebration

Celebrate the Winter Solstice at the Enigma Suite 6.00 for 6.30

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

We talk a lot about the Path and being on It, below is another, fairly radical, take on that from Krishnamurti

The Path

I maintain that Truth is a pathless land and you cannot approach it by any path whatsoever, by any religion, by any sect. Truth, being limitless, unconditioned, unapproachable by any path whatsoever, cannot be organised; nor should any organisation be formed to lead or to coerce people along any particular path. You must climb towards the Truth. It cannot be 'stepped down' or organised for you. I feel that no one can lead another to truth, because truth is infinite; it is a pathless land, and no one can tell you how to find it. No one can teach you to be an artist; another can only give you the brushes and canvas and show you the colours to use.

You cannot discover the path, because there is no path, Truth is a thing that is living and to a living thing there is no path - it is only to dead things that there can be a path. Truth being pathless, to discover it you must be adventurous, ready for danger; and do you think a guru will help you to be adventurous, to live in danger? To seek a guru obviously indicates that you are not adventurous, that you are merely seeking a path to reality as a means of security. There is no path to reality. Reality is a pathless land, and you must venture out and discover it for yourself. It is because you are frightened inwardly that you depend on something, on the priest, or on a belief and so you get caught in the net of an organised religion. you can't lay down a line, a direction, a path to it and practise it, discipline yourself, learn a technique. It is immovable. There is no technique to truth because if there is any form of conditioning, psychically, inwardly then truth cannot be found. Truth must come to one when there is total freedom from conditioning. So one has to be totally free from all that because truth has no path to it, like a ship that has no rudder. You have to walk out of darkness, out of your own chaos, out of your own confusion, out of the forest of ignorance and come to that by yourself, your own comprehension of perception.

Time Running Out. The Soil Association needs your Support

A Report by Tony Neate

Widespread commercial planting of GM crops in this country may begin as soon as next year, when the UK governments field trial's come to an end. The US government is threatening to use the WTO to ban the labelling of GM products in our shops.

Our Prime Minister appears eager to press ahead with GM crops. But we are facing a future in which farmers in the UK may find it impossible to keep their crops a GM-free and consumers may be denied the right to choose GM-free food.

GM ingredients are banned from organic food, so organic farmers could lose their organic status and face financial ruin if commercial growing of a GM crops contaminates their farms. This in turn could deny us all access to fresh, locally grown organic food at a time when the consumer demand has reached unprecedented levels.

The soil association believes in farming that works with nature, not against it. Please support their demands for a wider debate on GM and support their campaign for organic food and farming -before it is too late.

There are four major points to consider which have happened with commercial GM planting in North America

- ? ? Widespread contamination of non-GM and organic crops.**
- ? ? Development of GM super weeds, resistant to herbicides.**
- ? ? A plethora of complex legal cases involving farmers and biotechnology companies**
- ? ? The loss of export markets for farmers and the need for government subsidies to support an industry in crisis, with those subsidies also leading to the destruction of farming in the third world.**

Jonathan Dimbleby, President of the Soil Association says "I believe organic farming offers the only sustainable future for the countryside. The Soil Association faces huge challenges to try to win the arguments for a safer, healthier, better form of food production"

For more information on how you can help contact the Soil Association, Bristol House, 45-56 Victoria Street, Bristol BS1 6BY.

Clearing the Energy Meridian Pathways

Here is a very useful EFT exercise to clear and balance your Meridians. Done daily this Emotional Freedom and Healing exercise (EF&H) will do wonders in your life. You will see things opening up for you in many mysterious and fulfilling ways.

Start the process by finding your "Tender Spot". The Tender Spot is located above the breast on the left side beneath the collarbone. Press with two or more finger around the area until you find a sensitive spot and rub it firmly in small circles.

1. While rubbing the Tender Spot in small circles, say aloud the three following statements:

"Even though some aspects of my life are source of worries, I deeply and completely accept and value myself." Hold the point and take a slow deep breath.

"Even though I have made decisions in the past that have restricted me, I deeply and completely accept and value myself." Hold the point and take a slow deep breath.

"Even though part of me believes I may never have what I most want in my life, I deeply and completely accept and value myself." Hold the point and take a slow deep breath.

2. Eyebrow (tap or rub the beginning of either eyebrow, nearest to the nose), and say once aloud: "I am releasing all of my unconscious commitments to unhappiness, grief and sorrow." Hold the point and take a slow deep breath.

3. Side of Eye (tap or rub the bony part near the temple), and say once aloud: "I am releasing all of my unconscious commitments to pessimism, hopelessness, and resignation." Hold the point and take a slow deep breath.

4. Under the Eye (tap or rub on the bony part), and say once aloud: "I am releasing all of my unconscious commitments to restricting fears, lack, and limitations." Hold the point and take a slow deep breath.

5. Under the Nose (tap or rub above upper lip), and say once aloud: "I am releasing all of my unconscious commitments to shame, guilt, and regrets." Hold the point and take a slow deep breath.

6. Crease of Chin (tap or rub below lower lip), and say once aloud: "I am releasing all of my unconscious commitments to resentment, anger, and unforgiveness." Hold the point and take a slow deep breath.

7. Collarbone (tap or rub with all fingers on the inside end, either side), and say once aloud: "I am releasing all of my unconscious commitments to self-imposed punishment, condemnation and failure." Hold the point and take a slow deep breath.

8. Crown of Head (rest the palm of your hand on the crown of your head), and say once aloud: "I am releasing all the energy that had been invested into those past subconscious agreements so that I can now use that energy for becoming a prosperous and full expression of who I am." Hold the point and take a slow deep breath.

9. Rubbing or tapping the Occipital protuberance (small bony bump on the base of the skull, centre bottom), say once aloud:

"I am discovering daily how talented and skilful, assertive and determined I really am." "Many good things are happening for me and I am really thankful for all of them." "I feel safe and supported in

wonderful ways." "All aspects of my life are a source of profound satisfaction." "I am fortunate, prosperous, and successful." "And so it is forever more." Hold the point and take a slow deep breath.

Cloud Trust

Cloud's Trust is a charity dedicated to providing access to Rene Caisse's herbal remedies for cancer. They have advertised two events:

Essiac and Electro-Therapies Workshop on Saturday November 8th 2003 which will be run by Bob Haining and Mali Klein in the Village Hall, Elsted, West Sussex. For further information ring 01730 301162.

Cloud's Trust Annual Contact Day on Sunday November 9th 2003, which looks at the Trust's work under the leadership of Mali Klein. For further information ring the telephone number given above.

We hear so much of fundamental Islam but never much of the Sufi Way, a path that Jalaluddin Rumi, and others, followed. We too should attempt to drop the prayer carpet and mosque even though we aren't Muslims

Jalaluddin Rumi

Jalaluddin Rumi lived in Konya, Turkey from 1207 to 1273 CE. Rumi served his community as a religious scholar until a wandering dervish named Shams al-Din of Tabriz came into town. Shams put a theological question to Rumi that caused Rumi to faint dead away. When Rumi regained consciousness, his spiritual life had been transformed. For a year or two, Shams and Rumi were constant companions. Within three years of their meeting, Shams disappears. It has been rumoured that some of Rumi's students may have arranged to have Shams killed because Rumi was neglecting them, but nothing is known for certain. Around this time Rumi leaves off preaching to the general public and devotes the remaining twenty-six years of his life to training his Sufi initiates and writing divinely inspired poetry.

In the passage below, Rumi speaks of his transformation:

Passion for that Beloved took me away from erudition and reciting the Koran until I became as insane and obsessed as I am.

I had followed the way of the prayer carpet and the mosque with all sincerity and effort. I wore the marks of asceticism to increase my good works.

Love came into the mosque and said, "Oh great teacher! Rend the shackles of existence! Why are you tied to prayer carpets?"

Let not your heart tremble before the blows of My sword! Do you want to travel from knowledge to vision? Then lay down your head!

If you are a profligate and a scoundrel, do justice to trouble making! If you are beautiful and fair, why do you remain behind the veil?

The Sufi Path of Love: The Spiritual Teachings of Rumi

Talking of how it all began is impossible that's why we do it so much. Here is another slant on it from Daoism (not Lao Tzu)

UNCREATED

(QUOTATIONS FROM THE HUA HU CHING)

THE NAMED WAS BORN FROM THE UNNAMED ...

ALL BEING FLOWS FROM NON-BEING ...

THE DESCRIBABLE WORLD EMANATES FROM AN INDESCRIBABLE SOURCE.

IF YOU GO SEARCHING FOR THE GREAT CREATOR, YOU WILL COME BACK EMPTY-HANDED. THE SOURCE OF THE UNIVERSE IS ULTIMATELY UNKNOWABLE, A GREAT INVISIBLE RIVER FLOWING FOREVER THROUGH A VAST AND FERTILE VALLEY. SILENT AND UNCREATED, IT CREATES ALL THINGS.

THOUGH THE TAO IS UNCREATED ITSELF, IT CREATES ALL THINGS. BECAUSE IT HAS NO SUBSTANCE, IT CAN ENTER INTO WHERE THERE IS NO SPACE. EXERCISING BY RETURNING TO ITSELF, WINNING VICTORIES BY REMAINING GENTLE AND YIELDING, IT IS SOFTER THAN ANYTHING, AND THEREFORE OVERCOMES EVERYTHING HARD.

THE TAO GIVES BIRTH TO ONE.

ONE GIVES BIRTH TO YIN AND YANG.

YIN AND YANG GIVE BIRTH TO ALL THINGS...

THE COMPLETE WHOLE IS THE COMPLETE WHOLE.

SO ALSO IS ANY PART THE COMPLETE WHOLE...

BUT FORGET ABOUT UNDERSTANDING AND HARMONISING AND MAKING ALL THINGS ONE.

THE UNIVERSE IS ALREADY A HARMONIOUS ONENESS; JUST REALISE IT.

If you find it difficult to get affirmations to stick try this way of doing it.

The Temporal Tap

The “temporal tap” is a centuries-old technique for releasing old limiting patterns and internalising new self-statements and spoken affirmations. This process has recently been rediscovered, and is being used in many forms by various energy

Tapping around the temporal bone (beginning at the temples and travelling above and around the back side of the ear) makes the brain more receptive to re-learning and acceptance while at the same time temporarily eliminating other distracting input. The net result is that the new affirmation can go much deeper into the psyche. The process combines a number of powerful components such as repetition, autosuggestion, and neurological reprogramming, and the message of intention is carried throughout the body.

The three steps of the process follows, but first a clarification on how to use affirmations for this particular process. We need to create and state them in both a negatively worded form and a positively worded form.

Although you can use this exercise for any issue, let's assume, for this example, that we have had past problems in finding or keeping close relationships and we are now seeking the right relationship partner in our life.

The negatively worded version will always have the same intention but will use a word like “no, not, never, don’t, won’t”. So in the relationship example the negatively worded affirmation might sound something like “Finding the right relationship partner is no longer a problem for me”.

The positively worded affirmation in this example might be "The perfect relationship partner is in my life now!".

(Note: for many of you who are familiar with working with affirmations, the negative type of wording may strike you as totally wrong. But for the temporal tap process you “must” use BOTH versions.)

Now that you have your affirmation stated in both forms, here’s the process:

1. Starting at the LEFT temple, and using two or three middle fingers of your LEFT hand, tap around the half circle above your left ear from front to back. You should tap about five or six times moving from the temple above and around the ear and down toward the top of the neck.

Make the NEGATIVELY worded statement out loud on this full pass on the left side. Repeat this four or five times on the left side.

2. Now repeat this technique on the RIGHT temple side, tapping with your RIGHT hand, but this time make your statement in it’s POSITIVELY worded form. Repeat this four or five times on the right side.

3. Repeat the entire process several times each day, until the situation has resolved, or until the energy has shifted and you have a 'knowing' that what you want is on the way. The more you tap in the affirmation, the quicker and stronger the effect on your nervous system and your field of habit. I suggest you use it for at least a week, and notice signs that things are changing.

A Tale from the Hasidim

I love the wicked man who knows he is wicked more than the man who knows he is just, for it is said of the wicked who believe they are just: "Even on the threshold of the Underworld they do not turn back for they are under the illusion that they are being led into Hell so that they can redeem souls"

We often neglect Western traditions but the Christian mystics talk a lot of sense even if it sounds nonsense

Uncreated

(Quotation from Meister Eckhart)

If I say that "God is good", this is not true. I am good, but God is not good! In fact, I would rather say that I am better than God, for what is good can become better and what can become better can become the best! Now God is not good, and so he cannot become better. Since he cannot become better, he cannot become the best. These three are far from God: "good", "better", "best", for he is wholly transcendent. If I say again that "God is wise", then this too is not true. I am wiser than he is! Or if I say that "God exists", this is also not true. He is being beyond being: he is a nothingness beyond being. Therefore St. Augustine says: "The finest thing that we can say of God is to be silent concerning him from the wisdom of inner riches." Be silent therefore, and do not chatter about God, for by chattering about him, you tell lies and commit a sin. If you wish to be perfect and without sin, then do not prattle about God. Also you should not wish to understand anything about God, for God is beyond all understanding. A master says: If I had a God that I could understand, I would not regard him as God. If you understand anything about him, then he is not in it, and by understanding something of him, you fall into ignorance.

A Fervent Plea

We need more people to facilitate Buttercup evenings. We need more people to share their knowledge and wisdom with others. If you know of anyone, or are willing to put yourselves forward, it would be greatly appreciated. If you don't you may find yourselves getting fed up with the same old faces. Also why not let the news sheet know what you would like Buttercup evenings to provide, so we can match what people want to what people can give.

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 Newsletter, you may wish to make an occasional donation to help pay our costs.

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