

Buttercup Connection – Newsheet 11

Dec 2003 - Jan 2004



*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.*

With Christmas and New Year on our doorsteps – a time of change and emotions, whether they be joyous, sad, celebratory or contemplative - we present an issue with a difference.

It contains a number of contributions from Nina Cooper, resulting from the last newsletter. Thank you, Nina!

They inspired us to create this issue focused on dance and body movement in different expressions.

By living in our head so much, do we neglect the joy of life that our body longs to feel and express physically? Most of us can move at least head, arms and feet!

When we send out thoughts for peace, do we move about peacefully and ‘in peace’ as part of our prayer?

When we long for openness from others, do we express that openness ourselves?

When we send out unconditional love and forgiveness, do we practise it in our lives and hearts?... Do we do unto others as we would have them do unto us?

Sacred Dance

We came whirling out of nothingness

Scattering stars like dust

The stars made a circle

And in the middle

We DANCE

Jalaludin Rumi

Perhaps we talk too much!

Communicating without Words

If one is unable to communicate through words, the body takes over naturally to express what the voice does not.

And there is a difference when the body expresses itself:
it is the direct voice of the Soul.

Dance is the voice of impulses from the heart, without the intervention of words. Dance is a primal, pure, immediate form of communication.

It is in the womb that we first start to express ourselves as we swim and kick about inside our mother's tummy.

After we are born,
our parents guess what our needs are through our facial expressions and bodily movements. Sometimes we simply cannot find words to express how we feel.

When asked the meaning of the dance she had just performed,
the famous Russian ballerina Anna Pavlov replied,
"If I could have said it, I wouldn't have had to dance it!"

As children, we naturally expressed our feelings through, for example, stamping our feet and raising our arms in the air with clenched fists.

Perhaps we can remember times when we may have expressed joy,
by running and leaping about oblivious of the adults around us.

However, as we grow up, we learn to control our emotions and keep them in check, and so the body is kept under control.

When we are able to release inhibitions, we express ourselves freely, abundantly and creatively, with our whole being.

To the ancients, all of life was sacred and dance was a physical expression of the sacredness of Nature.

Perhaps this is the form of communication
we need to acknowledge more today?

Nina Cooper

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"There are no mistakes or accidents; there is only what is and where you are." H-A

"Learn to think from your heart. Learn to breathe from your spirit." H-A

The Butterfly Dance

Here is a dance exercise called "The Dance of the Butterfly". This dance gives you an opportunity to express your journey on Earth, through the life of a butterfly. You may explore this idea in your own home. Clear away an area for this purpose, obviously the more space you have the better for moving about.

Yet it is amazing how much we can move our body, just
on the spot! Please make sure you will not be
disturbed for at least forty-five minutes.

You may dance with or without
music, it is up to you. . .

Before you start
your dance, sit quietly
on the floor in the space
you have created for yourself.
Sitting with your eyes closed, begin
by previewing the life of the
butterfly using your inner
eye and imagination.

Watch as the
butterfly's
life unfolds.

Starting with an
egg. See the larva hatch
out, then see the larva change
into a caterpillar. A larva may shed
as many as four skins before becoming a
fully-grown caterpillar. Watch the caterpillar's
nutritive existence as it lives to eat, devouring one
leaf after another. Now see the caterpillar make a journey
in search of a strong stem or twig with which to attach itself
by a thread of its own weaving. Imagine you can see it transform into
liquidity within the chrysalis. Then see the magical metamorphosis take place
as it hangs there, seemingly motionless from the twig. Watch the chrysalis skin split
open starting again at the head. The butterfly pushes against the insides of the skin, then
swallows air to swell itself up. It pushes more until its legs are free to cling onto the twig.
When the butterfly has freed itself from its encasement, the wings gradually unfold &
expand to full size. See the butterfly in all its glory. Spend a moment to observe its beauty;
the wings may appear to shimmer in a thousand iridescent colours. This delicate creature of
light now lives its short life using its wings to fly from one beautiful flower to another. .

Now, return
to the beginning of the butterfly's life. Begin your dance by forming the round shape of
the egg lying on the floor, curling your body up into a tight ball. . . . YOU are
now the egg. From here, allow the wisdom of your body to guide you into
movements to express the different stages of the transformation all the
way through to the butterfly. Give flight to your feelings! . .

When you have finished your dance, you may wish
to lie or sit down quietly for a moment,
observing your breath and relaxing
all your muscles. You may have experienced
what it is like to "become" the butterfly.

The "becoming" is the beauty

that is within you,
always.

Nina Cooper

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The Cosmic Dance

The Dance of Shiva symbolises not only the cosmic cycles of creation and destruction, but also the daily rhythm of birth and death which is seen in Indian mysticism as the basis of all existence.

At the same time, Shiva reminds us that the manifold forms in the world are Maya - not fundamental, but illusory and ever-changing - as he keeps creating and dissolving them in the ceaseless flow of his dance.

Indian artists of the tenth and twelfth centuries have presented Shiva's cosmic dance in magnificent bronze sculptures of dancing figures with four arms whose superbly balanced and yet dynamic gestures express the rhythm and unity of Life. The various meanings of the dance are conveyed by the details of these figures in a complex pictorial allegory.

The upper right hand of the god holds a drum to symbolise the primal sound of creation, the upper left bears a tongue of flame, the element of destruction. The balance of the two hands represents the dynamic balance of creation and destruction in the world, accentuated further by the Dancer's calm and detached face in the centre of the two hands, in which the polarity of creation and destruction is dissolved and transcended.

The second right hand is raised in the sign of 'do not fear', symbolising maintenance, protection and peace, while the remaining left hand points down to the uplifted foot which symbolises release from the spell of Maya. The god is pictured as dancing on the body of a demon, the symbol of human ignorance which has to be conquered before liberation can be attained. The dance of Shiva is the dancing universe: the ceaseless flow of energy going through an infinite variety of patterns that merge into one another.

Modern physics has shown that the rhythm of creation and destruction is not only manifest in the turn of the seasons and in the birth and death of all living creatures, but is also the very essence of inorganic matter. According to quantum field theory, all interactions between the constituents of matter take place through the emission and absorption of virtual particles. More than that, the dance of creation and destruction is the basis of the very existence of matter, since all material particles 'self-interact' by emitting and reabsorbing the virtual particles. Modern physics has thus revealed that every subatomic particle not only performs an energy dance, but also *is* an energy dance; a pulsating process of creation and destruction patterns without end.

For the modern physicists then, Shiva's dance is the dance of subatomic matter. As in Hindu mythology, it is a continual dance of creation and destruction involving the whole cosmos, the basis of all existence and of all natural phenomena. Physicists have used the most advanced technology to portray the patterns of the

cosmic dance. The bubble-chamber photographs of interacting particles, which bear testimony to the continual rhythm of creation and destruction in the universe, are visual images of the dance of Shiva. The metaphor of the cosmic dance thus unifies ancient mythology, religious art, and modern physics. It is indeed, as Coomarswamy has said, 'poetry, but none the less science'.

Fritzo Capra “ *The Tao of Physics.* ”

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In a very different vein, here is a book to ponder on:

Radical Prince

The Practical Vision of the Prince of Wales

By David Lorimer

- Eccentric or wise man - what does Prince Charles really believe?
- This book covers the Prince's views on agriculture, ecology, holistic health, religion, architecture, education and business.

This is the first book to provide an explanatory overview of the Prince of Wales' philosophy, revealing the coherence of his ideas on ecology, organic agriculture, holistic health, religion, architecture and education.

In this eye-opening book, David Lorimer outlines the radical thinking that underpins the Prince's vision and the ways in which he has translated this into practical projects with The Prince's Trust, the Prince's Foundation, The Duchy of Cornwall, the Prince's Foundation for Integrated Health and the Prince of Wales' International Business Leaders Forum.

Prince Charles is frequently criticised in the media for his outspokenness. In this book the reader will discover the truth of the Prince's vision.

David Lorimer, the author, is Programme Director of the Scientific and Medical Network, an international group of academics and professionals dedicated to an open-minded exploration of the boundaries of science.

Radical Prince - Review by Tony Neate

This is an important book, presenting a picture of Prince Charles which hitherto the media has chosen either to ignore, or to present as an object of ridicule. This shows a man of the highest moral integrity, who is living out a vision of bringing our current way of life back into some kind of sanity.

“I believe that we need to restore the balance between the heartfelt reason of instinctive wisdom and the rational insights of scientific analysis. Neither, I

believe, is much use on its own. So it is only by employing both the intuitive and the rational halves of our own nature – our hearts and our minds – that we will live up to the sacred trust that has been placed in us by our Creator – or our 'Sustainer', as ancient wisdom referred to the Creator." Prince Charles

Let us list some of his achievements:

- Making his estate at Highgrove into a famous organic garden.
- Converting the Duchy of Cornwall home farm to organic production and founding **Duchy Originals** to market the produce. The company, which turns over £30m, gave away more than £2.4m of the profits, up to the end of 2002, to charity.
- Working tirelessly through the **Prince's Trust** to give young people better opportunities to fulfil their potential.
- Supporting the regeneration of local communities.
- Using the **Phoenix Trust** and **Regeneration through Heritage** for the preservation or restoration of many historic buildings.
- Setting up his own **Institute of Architecture** – which inspired the building of Poundbury in Dorset. (I hope to visit it early in the New Year.)
- He is President of the **Temenos Academy** to encourage arts and the imagination.
- At the **Prince's Foundation**, he has set up a drawing studio and a degree course in Visual Islamic and Traditional Arts.
- He has established the **Prince's Foundation for Integrated Health** to encourage research in complementary medicine, forging a coherent future for healthcare as a whole. For example, he supports and is Patron of the now world-famous **Bristol Cancer Help Centre**.
- The list goes on

David investigates fully all of these areas, showing how this exceptional man has not only voiced his vision, but is successfully manifesting it on the planet at a time when we desperately need a balance between the extremes that threaten to tear us apart.

I would like to think that every household has a copy of this book.

RADICAL PRINCE – The Practical Vision of the Prince of Wales by David Lorimer, published by Floris Books ISBN 0 – 86315 – 431 – X Hardback £20 obtainable from all good bookshops or direct from Booksource, 32 Finlas Street, Cowlairst Estate, Glasgow, G22 5DU – tel.08702 402182

"It now seems . . . that the 'seat of consciousness' will never be found. Neurophysiologists will not likely find what they are looking for outside their own consciousness, for that which they are looking for is that which is looking."

Keith Floyd

Update of Runnings Park Watch this Space!

Some of you have been asking about Runnings Park. It is at present difficult to provide any details, but we are confident that something will emerge early in the New Year that will move the situation forward very positively.

We love you, John

Those of you who have known RP for some years will no doubt remember Tricia Thomas' father, John Regan, who passed into spirit on 5th December aged 92. He first came to live

with Henley and Tricia in 1985 and became the oldest 'inmate'! In the early years, he mowed the lawns, looked after the gardens and helped with maintenance, his smiling friendly way and bubbling sense of humour quickly reached the hearts of ourselves and our visitors. Loved by all, his energy will be missed. We wish you well, John – you gave us so much – may we return it in one huge loving thought to help you on your way.

The following was sent by a Jewish friend, written by children, untouched/uncorrected

1. The Jews were a proud people and throughout history they had trouble with the unsympathetic Genitals. 2.The Egyptians were all drowned in the dessert. Afterwards, Moses went up on Mount Cyanide to get the 10 amendments. 3.The first command-ment was when Adam told Eve to eat the apple. 4.The seventh commandment is thou shalt not admit adultery. 5.Moses died before he ever reached Canada. 6.Then Joshua led the Hebrews in the battle of Geritol. 7.David was a Hebrew king skilled at playing the liar. He fought with the Finklesteins, a race of people who lived in Biblical times. 8.Soloman, one of David's sons, had 300 wives and 700 porcupines. 9.Jesus was born because Mary had an immaculate contraption. 10.Jesus enunciated the Golden Rule, which says to do one to others before they do one to you. 11.It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance. 12.The epistles were the wives of the apostles. 13.St.Paul cavorted to Christianity. He preached holy acrimony, which is another name for marriage. 14.Most religions teach us to have only one spouse. This is called monotony.

The Significance of Iraq and the Middle East

Considerable interest has been shown in this important H-A channelling through Tony Neate and David Furlong, which gives a different slant on the problem and work for us. If you would like a transcript copy, please send £3.50 (made payable to Buttercup Connection) to Lynsey c/o Buttercup Connection at the Malvern Integrated Health Centre.

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)

Forthcoming Events at the MIHC

Sunday 21st December

Winter Solstice Celebration

6.00 for 6.30

Connecting with this special moment, enjoying where we are 'right now' in meditation, song and dance. (Afterwards in Railway Inn next door if you're able, 01684 572168, 8.00 pm. Please book, mentioning MIHC) _____

Wednesday 31st December 2003

An Hour for Peace in the Barn at Runnings Park (Please note!)

11.30 for 12 noon

Join us in our annual thoughts for peace throughout the world including H-A channelled through Tony Neate and David Furlong on 'The Year Ahead'. (Ends 1.00) Followed by a **Bring & Share Lunch**.

Thursday 8th January 2004

Reiki Sharing

With Gale as Facilitator

7.00 for 7.30

Friday 9th January
Cancer Self-Help Group (Of interest to all, with or without cancer) from 7.00 till 9.00

Thursday 15th January
Myth or Reality - which are you living? 7.00 for 7.30
Deborah Ackroyd channels Menat

Wednesday 21st January
Using Mantra for Meditation 7.00 for 7.30
A practical look at Mantric Meditation with Brian Ackroyd

Thursday 22nd January
Nikken - Magnetic therapy gives you more energy and less stress. 7.00 for 7.30

Thursday 29th January
Finding your Soul Purpose 7.00 for 7.30
H-A energy channelled through Tony Neate and David Furlong

Thursday 5th February
Reiki Sharing With Gale as Facilitator 7.00 for 7.30

Thursday 12th February
Nikken - Magnetic Therapy gives you more energy & less stress. 7.00 for 7.30

Friday 13th February 2004
Cancer Self-Help Group (Of interest to all, with or without cancer) from 7.00 till 9.00

Wednesday 18th February
Meridian therapy and its Practical Use. 7.00 for 7.30
A look at dealing with phobia and trauma with Brian Ackroyd

Thursday 26th February 2004
The Grand Illusion 7.00 for 7.30
Deborah Ackroyd channels Menat

All BC meetings (at MIHC) are free, but donations to Buttercup Connection are appreciated. It may be wise to confirm the evening just in case there has been some unforeseen circumstance