

Buttercup Connection – Newsheet 12

March / April 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.

Editorial

Welcome to Issue 12. We feel that Buttercup Connection has evolved somewhat since its beginning and developments are taking place. For instance, we now have a beautiful website set up: www.buttercupconnections.com. It is there for your use: to advertise your group, be it a healing, discussion, meditation, cancer support, spiritual or ecological group, whatever. It simply needs to be in accordance with the ethos of Buttercup Connection (see above). We are a non-profit making group, but need to make a charge to cover our costs – details on application.

As we grow - and the newsheet is now going out to nearly 300 people, some electronic and some snail mail - we are involving costs that have to be met. We originally set out to be totally 'Aquarian' and to rely on donations. Many of you have kindly sent gifts, but unfortunately, that hasn't given us enough scope.

So in the March/April issue each year, in order to keep it simple, we shall ask for an annual donation of £10, or whatever you feel you can afford, allowing for extra postage if you live abroad. You can give more if you wish, to make up for those who have less. And this is our first annual request.

Please make cheque payable to Buttercup Connection & send to Lynsey Locker, Buttercup Connection, c/o MIHC, The Enigma Suite, 78 Wells Road, Malvern Wells, WR14 4PA

For those of you who live at a distance from Malvern, or abroad, and have a computer, we have started a 'Yahoo' group to enable you to get to know each other better. Maybe you can choose a subject(s) you would like to discuss in the group or you could suggest a topic for the meetings we run in Malvern. Peter Wallace has set this up and is going to write and give some of his ideas. You can join the group by going to:

<http://groups.yahoo.com/group/butterconnection/>

Peter says: "Follow the instructions to join (join group here). You have to join up with Yahoo Groups, which means choosing a unique name for yourself, such as 'peterbc', (ie my first name and then bc for buttercup) and then when you join the Buttercup group in Yahoo, give your normal home e-mail address for e-mails to be sent to/from the group. The rest of it can be left as it is, just fill in the word you see at the bottom and it is all done".....
.....Peter looks forward to meeting you there.

Above all, do send us your ideas and input. Are there any particular subjects you would like us to cover, either in the Newsheet or at our meetings? Send to our e-mail address: (buttercupconnection@hotmail.com) or by snail mail to the address above.

"Friends are quiet angels who lift us to our feet when our wings have trouble remembering how to fly." From Clouds Trust Newsletter

Hour for Peace

H-A through Tony Neate & David Furlong 31.12.03 at noon.

(Given during a simple ceremony to celebrate and radiate peace to the world.)

H-A through Tony

Every year at this time I have traditionally talked about the coming year, with hope, expectation, a look ahead, and with help to cope with the future. But this year I want to talk about the past for, in many ways, never before has the past become so relevant.

The past is everything that each one of you individually has ever been. And in the beautiful expressions of peace that I have heard today in this room, I have to say that finding that peace is not an out-of-body experience, it is not sitting on top of a mountain, it is not kneeling in a church or a mosque or a temple.

Peace is about forgiveness. Peace is about allowing yourself to accept your own past, some issues resolved, some issues unresolved. And in finding a balance between the two, between the 'beauty' and the 'beast' in yourself, there has to be release, letting go, forgiving yourself in order to forgive others.

Blame, whether it is directed towards yourself or towards the world, condemns yourself and those around you. So often I have spoken about right and wrong. What is heaven? What is hell? Each one of you is all of these things and in a world where the tensions are getting much more acute, where we are seeing explosions of the Earth as well as of the bomb, where fear is rampant and people are not listening to each other, I repeat: *There is no such thing as right or wrong, there is only understanding.* There is a reason for every misdeed committed on your planet.

So your future lies, not in 2004, but in 2003, reaching right back, forgiving yourself, releasing, letting go; so that you enter the coming year without prejudice, without anger; yet with feeling and with passion, experiencing yourself as a whole being. That is my message for you today through this sensitive and my unconditional love goes with it to each person in this room; and beyond, to all who receive it.

And now I would like to look at it from a different perspective through my friend, David.

H-A through David

What I would like to add into this feeling of forgiveness, is the quality of joy. Joy allows us to be in a wonderfully expansive creative way on this planet; and when so much around one seems to be clouded, seems to be shrouded with fear, doubt and apprehension, if we can touch that quality of joy within, we can really *be* here in a wonderfully new way.

And I would like all of you to have a sense of the opportunity of being on this planet in this new way, a way which is there and available for all of you. It is, as I have communicated through Tony, very important to acknowledge, to own, to accept the past. And yet the past is just a stepping stone for the now, for the moment when we can release what has held us back and allow new qualities to emerge, new ways of actually being here on this planet.

The very act of coming into a physical body presents challenges, it is not easy; and yet once you can begin to really feel into this amazing vehicle which you all possess, to begin to love it, to appreciate it, then something new, something very wonderful can be born.

So just for a moment, my friends, reflect within to those moments in your life when you have experienced joy. Can you recall this experience, this feeling, this sensation? What was the magic of that moment that allowed something wonderful to bubble up inside you? Maybe some of you have to think really far back. Allow yourself to recapture that feeling and to sense it. Ask yourself, 'Where does it reside within me? Where do I experience this fountain source of joy? And when I reach into that, can I allow it to come forward - now? Can I feel joy here in this room, can I feel this amazing energy? And, as I go forward into 2004, can I carry this quality of energy, this feeling with me?'

It is so easy my friends to lose sight of the incredible wisdom, the beauty, the love that lies within each soul. Each soul on this planet; whether it is incarnate in a human physical

body or the body of an animal, plant or tree, carries those qualities. And if we express those qualities ourselves, if we touch them ourselves, we allow others around us to touch that essence.

So we have a double message, a message which asks us to acknowledge the past, to love the past, to forgive the past, to embrace it; and then to allow, through that experience, a real feeling of release into a joyous state of being - a state in which all that we touch and experience can carry that essence of love and forgiveness with it, even those moments of sadness, of anguish.

There is a wonderful opportunity for each of you in the year ahead. Remember, it is not in the great things of this world that transformation occurs. It is in the individual moments of how you are in yourself, in your relationship to yourself, to your friends, to your family, and even to your enemies. This is how transformation takes place. . .

And on that note I would like to wish you a Peaceful and Joyous New Year. Thank you.

Would You Like To Help The Planet?

Hi All! Have you ever heard of One World Wildlife?

One World Wildlife (OWW) was set up a few years ago as a trust designed to help endangered species and habitats. After starting out as a mainly self-funding organisation, OWW soon began to struggle financially. So in order to further increase our exposure and funding of OWW, we set up a support programme called Adoptwildlife. However, before I tell you about Adoptwildlife, I'd like to describe the ethos and work of OWW.

One World Wildlife mainly focuses on 'forgotten' and 'uninteresting' habitats and species which are in great need of help, but largely ignored. We recently helped a family of 7 species of animal whose plight most people wouldn't think twice about: *Partula affinis*, *Partula clara*, *Partula hyaline*, *Partula otaheitana*, *Samoana attenuata*, *Trochomorphia cressida* and *Trochomorphia pallens*. They are 7 species of tree snail which live in Tahiti and are on the brink of extinction due to predation by an 'introduced' foreign species.

'What!' you may say. 'Snails? Why should it matter whether *they* survive or not?' It matters a great deal, but their appalling lack of 'sex appeal' in comparison with something like a dolphin (for most anyway) means that they are damn hard to fundraise for. This is serious and affects the natural chain of life, ultimately unbalancing the ecosystem in that and other regions. On many other islands in the Pacific region, 100% of the snails are now extinct and the cumulative effect of such scenarios is having an increasingly harmful effect on this planet's environment.

Other work that OWW has been involved with includes funding the construction of weekend activity centres and eco-trails in South Africa. Children from shanty towns visit these places on organised trips and, for possibly the first time in their lives, experience an alternative reality to the often hellish environments they've been brought up in. They play and unwind and are shown the wonder and importance of nature by trained locals. Any sparks of interest are worked on and these kids are offered the chance to train and find employment in eco-tourism - possibly their only chance of a vocation.

Adoptwildlife, the support programme, is essentially an on-line animal adoption website which feeds funding to help OWW continue its projects. In return for making an adoption (£25 for 1 year) you receive an Adoption Pack which includes an Adoption Certificate, a fact sheet about the animal, 4 postcards, a photo of the animal and either a cuddly toy or a book of the animal . . . which all add up to a great gift, don't you think? If you haven't already done so, please check out:

www.adoptwildlife.org and the mother site: www.oneworldwildlife.org

Recently we have become involved with some more orthodox projects to attract more funding, but it is hard . . . Unfortunately, we can't help to protect our threatened wildlife and habitats through practical intervention, education and scientific research, without money . . . And so, without seeming pushy in any way, we think you will agree that animal adoptions do make wonderful gifts!(?!)

You can adopt by going on-line to www.adoptwildlife.org, or by sending a cheque made out to: 'Adoptwildlife', but do remember to state which animal you'd like, who it's for (plus message if it's a gift), the delivery address and if you want a toy or a book. Cheers,

Dominic Neate

E-mails: dominic@oneworldwildlife.org and dominic@adoptwildlife.org,

Park House, 10 Park Street Bristol, Avon, BS1 5HX. UK.

Tel: +44(0)117 907 4717 Fax: +44(0)117 915 4512.

Kinship with all Life by J. Allen Boone

Review

Simple, challenging, real-life experiences showing how animals communicate with each other and with people who understand them.

Having heard from many people about this book, I couldn't wait to read it. It didn't let me down.

Beautifully told, a man's relationship with a very exceptional film-star dog, develops into not only a 2-way real partnership understanding, but also a profound 1-way teaching from a dog to a man on how to communicate with the animal kingdom generally. What a lot we are missing! **Ann Neate**

The Missing Peace by Eileen Watkins Seymour with Clive Digby-Jones & Susan Noran

The advanced seeker's guide to wholeness.

Review

This book describes a clearly structured, very individual approach to the journey towards becoming whole. The authors use transpersonal, visualising techniques to guide clients through a step by step process, including much detail from many cases. It is a depth-counselling technique, running parallel to the Shamanistic approach of soul retrieval and is informative on many allied subjects such as past lives and ancestral healing, spirit attachments, obsessions and addictions, absent healing etc.

The last quarter of the book is a Wholeness Programme, a journey of work on oneself for the reader, which clearly achieves holistic results. Altogether, a valuable and well-expressed book. **Ann Neate**

A Letter to read!

Printed in a local newspaper, it said: " Sir, Despite Meridian TV undertaking two polls and finding that 90% of over 10,000 people were against water fluoridation... despite both Members of Parliament in the Forest voting against fluoridation... despite New Forest District Council previously ruling that they did not want fluoridation... despite the Dorset council previously objecting to fluoridation... and despite the York review into fluoridation calling for further high quality research into congenital defects and lower IQ, the New Forest Primary Care Trust are actively pursuing – FLUORIDATION. Dr Coates presented a written report broadly in favour and quoted the York review in a favourable light.

Are the Primary Care panel aware of the letter from Professor Sheldon of York University on the way the British Dental Association and the British Fluoride Society and other illustrious bodies have interpreted his report? No one in their right mind would promote fluoridation after reading his condemnation of the way pro-fluoride bodies have twisted the York findings.

W Edmunds, Secretary, Dorset and New Forest Safe Water Society, Old Lyndhurst Road, Cadnam.

Editor: We have Professor Sheldon's letter. If you are interested – please let us know.

The Rainbow Valley

A Tale from the Dreamtime

In the Dreamtime there was a place called Rainbow Valley. It was a special place that Baiame, the Great Spirit, had set aside to allow animals threatened with extinction by over-hunting to recover. Therefore it was forbidden to hunt such animals, and most of the tribal elders knew of this and abided by Baiame's law.

However, there were some tribes that had not learned the law. Thus, when they accidentally discovered Rainbow Valley and saw the healthy animals grazing peacefully, They immediately made their separate camps and prepared for a great communal hunt. Although the animals were aware of the hunters, they made no attempt at flight and, apart from a casual glance in their direction, continued to graze peacefully.

This was going to be a great hunt indeed, the hunters thought, but they were unaware that the Great Spirit was watching them.

Baiame knew, of course, that these men hunted through ignorance of the law. However, he was angry that the tribal leaders had either not taught the law, or that the young hunters had not paid

attention. Therefore he would not punish them in a manner that such a manner would normally deserve.

The animals were quite safe because the Great Spirit had arranged it so that nothing could enter the forbidden valley other than that which he himself had allowed. However, the hunters in their ignorance were still bound to make an attempt to hunt them. That being so, Baiame decided to have a little fun and teach them a lesson at the same time.

Stealthily the hunters circled the valley and made an attempt to approach the animals. Then the strangest thing occurred. They found themselves going over the same ground that they had previously occupied. Their tracks criss-crossed several times, always leading to the exact spot from which they had commenced their hunt.

Further failed attempts caused the hunters to come together to discuss the strange situation. After a great deal of discussion, it became apparent that none of them had any idea of what was happening to them, or why they kept returning to the same spot. They were all experienced hunters, so there had to be more to this than their minds could fathom. Finally, it was decided that the animals were being protected by the spirits. In which case, there was nothing for it but to leave that place as quickly as possible and never return.

One of the many Aboriginal stories handed down from ancestors.

Synchronicity? You can't be Sirius!

By Brian Hammond

My earliest interest in the stars goes back to when I was a young schoolboy in Liverpool. We had an old armchair in the back garden and I can remember laying on this and looking at the vast array of stars that filled the night sky. Especially the star group Orion – it seemed always to attract my attention. I smile even now and say to people that my family must have been rich, as we were the only family to have an armchair in the garden.

In 1960 I joined the RAF as a boy entrant at the old age of 15, and whilst writing this article the RAF motto came to mind PER ARDU AD ASTRA (through struggle/hardship to the stars). I had bouts of homesickness, but when this happened I would look for Orion in the night sky, so comforting when I see it. It seems to radiate a power and a presence, especially in a clear frosty night sky.

My postings in the airforce were giving me signs, but I wasn't reading them. I was stationed 5 minutes away from Avebury and later close to Findhorn, although at the time I was not on the spiritual path and hence not aware of their significance. When I was discharged from the RAF I received the usual letter thanking me and wishing me well for the future... I was drawn to where the letter had come from. I looked at the telephone area code, it was "Stonehenge"!

In the early nineties within a space of 5 months, I got divorced, one of my best friends died (my border collie) and I resigned from my job with Commercial Union. Apart from that, it wasn't a bad year. It was about this time that I became interested in Spiritual Healing and joined a Spiritualist Healers meditation circle. I was told not to worry if the lights flickered when we were sitting or if someone in the group started to "bring through a message", or "if you get the same words in your mind 3 times you must say them out loud". I became a little unsure of what I had become involved in.

The first and second weeks I got nothing then on the third week whilst I was sitting I seemed to get the same word 3 times but I decided to ignore it as imagination. At that point I felt as if I was going to be violently sick so I leant forward involuntarily and my mouth opened to be sick, but instead of being sick I started speaking. It was bizarre, the strength of feeling that forced my mouth open to bring the message through.

The following week as we sat silently, I said to the spirit that was wanting to come through, "Go away, I'm trying to meditate!" much to the disgust of the others when I eventually told them what I had done. But I later relented and I started to get messages through me again. At about this time I started to learn about spiritual healing and subsequently became a registered healer with the NFSH and then a NFSH co-ordinator for the Lincolnshire region. Runnings Park came into my life at this point and I enrolled for the College of Healing course. Which led me to the School of Channelling.

The first time I channelled at RP, a consciousness of pure love came through and I could feel the energy. It was so powerful, so energising!

But I could not accept channelling as easily as healing, where everything just flows, I could not easily allow my ego to step aside and the energy to flow through without hindrance, I allowed the analytical engineer in me to rule, which I'm now starting to correct. But I was left with the question of where did this powerful energy emanate from? And why me?

During a Q & A session with H-A, I had asked him about Sirius as I had read a book about Egypt and the Sirius connection. He answered, "If you choose, you could receive communication from a planet of the evolutionary level of Sirius. It will not suddenly change your life, but it would add another dimension. Your awareness of that influence is very deeply hidden in your unconsciousness and is one of the causes of your own feelings of being incomplete, and has at times made it difficult for you to focus and to see where you are going. So an acknowledgement of that impulse could help you considerably to establish an order for which you seek."

His reply left me blank and has for some time. But again there seemed a correspondence that I had started to notice with the number 5. My surname numerologically adds up to 5, my star sign is Leo, which adds up to 5. Leo occupies the 5th house, my house number is 23 (5). Hermes whom I always invoke when giving healing is another 5 and finally, I recently realised that I had not calculated Sirius's number, and on adding the numbers, yep, it added up to 5!

Sirius is the brightest star in the night sky, and on watching a recent Egyptian documentary, I learnt that if you wish to find Sirius, first find Orion as its belt points to Sirius! So all the many times I have been looking at Orion, I now feel it was pointing to Sirius. That's why I felt drawn to putting the Sirius Foundation on the healing cards I recently had printed. It's like throwing a spiritual boomerang out into the Cosmos. I'm waiting to see what it brings back.

Smiling

From the noticeboard at the London Foot Hospital

***Smiling is infectious
You catch it like the 'flu,
When someone smiled at me today –
I started smiling too.***

***I thought about the smile,
And realised what it's worth,
A single smile like mine -
Could travel around the world***

***I passed around the corner
And someone saw my grin –
When he smiled, I realised
I'd passed it on to him!***

***So, if you feel a smile begin,
Don't leave it undetected.
Let's start an epidemic quick
And get the whole world infected.***

Who is Watching?

Meditation by Helen Lees

Focus on the breath, allow it to lead you into the stillness at the centre of your being...And be still. Be prepared to experience yourself in a totally unique way, unhindered by previously held judgements or needs as to how you wish to be perceived, which may not reflect the reality of how you are in the here and now. Become like a blank sheet of paper upon which the different aspects within you manifest.

- ❖ Allow your spirit to make itself known to you...just be aware and observe.
- ❖ Then allow your soul to manifest, notice how it expresses through you.
- ❖ Allow your mental body to present itself to you as it is in reality now.
- ❖ Ask your emotional body to do the same.
- ❖ And finally ask that your physical body show itself to you.

There may also be other dimensions within you that require your attention and awareness, if so allow them to reveal themselves. Suspend all judgement and allow each aspect to show itself as an accurate reflection in the here and now.

Then ask yourself, 'Who is witnessing this inner reality? If I am watching me, who am I? Who is watching?' It may be that you begin to sense that what you are witnessing is a different aspect of pure consciousness...The 'I' that is watching 'me'!
Ground and close.

Cancer Self-Help Group – a report by Trish Hamilton

The Cancer Self Help Group met on Friday 13th February in The Enigma Suite. A talk was given by Peter Wallace on 'The Art of Empowering Ourselves'. He gave us an interesting insight on how we looked at what we believed to be our positive and negative aspects and how they have an effect on our decisions in our life, reminding us that we are the only ones who can change ourselves.

His talk was interspersed by group participation of 'Listening and Talking', we were put into groups of three, one to talk, one to listen and the third to observe. The first subject was one that was difficult to verbalise; the listener would keep an interested silence only helped by an occasional 'why'. The second time we formed our group it was to talk about something that inspired us.

We agreed afterwards that insights and realisations came when we were allowed to speak for an uninterrupted space of time and where the speaker felt no pressure of judgement. These insights came whether we were talking about a difficult subject or an enjoyable one.

The meeting broke up about 9.30 and we went home feeling better for the evening's activities. The Cancer Self Help Group usually meets at The Enigma Suite every second Friday evening in the month between 7.00 and 9.00pm. The next meeting will be held on Friday March 12th. If interested in the meetings, you can call Bee Wells on 01684 891253.

ROLL-ON BREAST CANCER?

That fear culture again – this time cancer-related chemicals in deodorants! We dislike roll-ons anyway for their aluminium content, but the presence of parabens and triclosan in a number of products (including some organics) has been questioned by the US National Cancer Institute. The simplest under-arm deodorant is diluted lemon juice, dabbed on with cotton wool. Products by Tom's of Maine and Green People lack the offenders and are available in some supermarkets; 'Trust' can be had at health shops. Waitrose is a chain to watch – they are committing to major changes towards safety and strong ethics, many of which come on stream this year.

Taken from RETHINK, journal of Good Healthkeeping Ltd, founded by Dr Peter Mansfield. For more info, phone 0845 6443485.

Buttercup Connection Events

For other events held at the Centre, please phone 01684 560124.

Thursday 4th March

What happens when we die?

7.30 for 8.00

A joint channelling by H-A through Tony Neate and David Furlong

Please note this will be held at 10 Hatley Court, 81 Albert Road South, Malvern

(Please leave your cars outside in road)

Wednesday 10th March

Crystal Self-Healing

7.30 for 8.00

Learn how to use crystals to help yourself improve your health and wellbeing

Facilitated by Gail Montague

Friday 12th March

Cancer Self-Help Group (Of interest to all, with or without cancer)

7.00 til 9.00

Thursday 18th March

What is Time?

7.30 for 8.00

Deborah Ackroyd channels Menat

Thursday 1st April

The Relationship between Health and Healing

7.30 for 8.00

A discussion led by Terry Moule and Tony Neate, followed by H-A channelling with further thoughts

Friday 16th April

Cancer Self-Help Group (Of interest to all, with or without cancer)

7.00 til 9.00

Thursday 29th April

Speaking and Listening from the Heart

7.30 for 8.00

A discussion group where people can practise opening towards their vulnerabilities and fears. Facilitated by Tony Roeber.

Please note that times of events vary

All BC meetings above are free, although donations to Buttercup Connection are appreciated. The Cancer Group evening is totally free as the room has been generously donated.

LOOKING BEYOND

Whoever relies on the Tao in governing men

Doesn't try to force issues

Or defeat enemies by force of arms

For every force there is a counterforce

Violence, even well intentioned, always rebounds on itself *Lao Tse*

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.

Editors for this issue: **Ann and Tony Neate**

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