

Buttercup Connections – Newsheet 13

May /June 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

In the middle pages of this issue you will find a long, deep look at where we're at as a group of interested seekers; and that means all of us which includes yourselves. We would like to invite you to accompany us as we look ahead, by giving your input on a questionnaire that is being sent out separately to our snail-mail Buttercuppers and is to be found on page 9 for emailers. [If you tend to leave the Newsheet on your computer, please run off pages 4,5 and 9.]

In the last Newsheet, we suggested that those of you who appreciate its content might like to respond by contributing £10 - or whatever you wish. Many thanks to a number of you who did respond - a helpful return of energy. . . . **Incidentally, please note that Buttercup Connections now has an 's' on the end - evidently the singular was already taken on the website!**

Perhaps the most common complaint we hear from people is that they do not have enough time to fit everything into their lives. This seems to be especially acute when we are trying to follow a spiritual path, where the need to earn a living and deal with the 'real' world is often at cross purposes to the needs of that path. Often it is not the tension between spiritual and material that is the problem but simply that we have not found the right way (for us) to balance our lives. We hope that our Newsheet will bring you something that is news to you; that it may inspire you and help you on your Journey - and that it may even make you smile. . . .

First let us look at our precious water

Fluoridation Facts – National Pure Water Association information

“ I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crisis. The great point is to bring them the real facts...” Abraham Lincoln

What is the Fluoride used in Water Fluoridation? The fluorides used in water fluoridation schemes are obtained from the chimney stacks of the phosphate fertiliser factories. This extremely toxic waste contains impurities of heavy metals and radionuclides. You retain 50% of the fluorides you consume; it accumulates in your teeth and bones. Silicofluorides are classed as a Part 2 poison along with arsenic and paraquat and registered under the Poisons Act 1972. Their addition to public water supplies constitutes a criminal action.

Have These Fluorides been tested as safe for human consumption? The Medicine Control Agency continues to refuse to classify silicofluorides as a medicinal product, and to use an

unregistered substance for medicinal purposes is illegal under the Codified Pharmaceuticals Directive 2001/83/EEC

Is this Mass Medication Without Our Consent? The fluorides used to fluoridate water were defined as a 'medicinal product' by High Court Judge Lord Jauncey in the Strathclyde case. As the chemical is added to the water to treat people, and not water, it can only be classed as mass medication. This not only violates human rights but contravenes the Convention on Human Rights and is incompatible with the Convention on Human Rights and Biomedicine.

Can I Remove Fluoride From My Drinking Water? To remove fluoride from drinking water is expensive. Jug filters will not be able to do this. Only Reverse Osmosis purifiers have the capacity to remove fluoride and cost from approx. £400 to install. Unfortunately, fluoridated water will still enter the food chain via soft drinks, even beer, and of course we must consider the watering of vegetables.

Will Fluoride Damage My Health? Adverse effects of fluoride on health are scientifically well documented, fluoride acts like lead and lowers IQ's in children. It also displaces iodine causing hypothyroidism. The Government's own commissioned review showed that a massive 48% of people in fluoridated areas contract dental fluorosis.

Why Are Dentists in Favour of Fluoridation? It is amazing that the dental profession can be conned by the false information fed to it. However, many dentists are becoming rapidly aware as they have begun to take the trouble to read the science and overcome their fear of damaging their careers. Dentists tell the NPWA they are shocked at the false information they have received.

Is Europe Fluoridated? European and Scandinavian countries have rejected fluoridation, Holland and Sweden have banned it by law. Last year Belgium even banned the sale of fluoride tablets, drops and chewing gum because of the concerns about the adverse effect on health. A small area in Spain still has fluoridation. It is mandatory in Ireland and 10% of water is fluoridated in England.

What Can I Do? And What if My Water is Already Fluoridated? Form a campaign group in your area and involve your local press. Ask for your name to be put on the National Pure Water Association's register of objectors. **Join the NPWA.** Write to Jane Jones, NPWA, Rose Court, 180 Milton Rd, Hoyland, Barnsley, S74 9BW. jane@npwa.freeseve.co.uk www.npwa.freeseve.co.uk

Now to something more personal

Christopher Fry penned these words in 1985 to describe the task we face and what we must do, now *that changes are taking place.*

The human heart can go to the lengths of God.
Dark and cold we may be, but this
Is no winter now. The frozen misery
Of centuries' cracks, breaks, begins to move,
The thunder is the thunder of the floes,
The thaw, the flood, the upstart Spring.
Thank God our time is now when wrong
Comes up to meet us everywhere,
Never to leave us till we take
The longest stride of soul men ever took.
Affairs are now soul size
The enterprise
Is exploration into God.
Where are you making for? It takes

So many thousand years to wake,
But will you wake for pity's sake?

One way we can tread the Path whilst going about our worldly business is by keeping a journal

A Rationale for Journal Writing

From the moment we are born, we are trapped inside ourselves. We can only escape this personal place if we attempt to write about our life. This central principle of self-discovery hammers ways at our consciousness every day. Sometimes we listen. Other times we are too busy to explore ourselves. In time, we pay the price in various ways: loneliness, confusion, or alienation. When was the last time you talked to yourself or to others about yourself? Last week, yesterday or never? When did you last write down your feelings or circumstances as honestly and as clearly as you could?

From the beginnings of consciousness in man from childhood to approaching death, every man and woman always tries to make sense out of his or her existence. The self is always there, even when we are not. We are too busy about the world and things. We deny our existence. We deny our feelings. We deny our loneliness. Finally, we deny ourselves. Then we are forced to rebuild again.

Rebuilding our lives in the areas of human emotions and goals is difficult. Society, parents, and friends exert unfair pressures on us. At times, they will not let us be. Sometimes, we do not know how to be; but there is always the hope that if we become aware of what our bodies and emotions are telling us, we can begin to deserve the freedom of living that is possible for any person, but taking a stand and asserting who we are and who we will not be.

When we write about the self, we must rewrite and renew our personal contract to live every day. This is quite an effort; but each of us is well worth this path of existence. By journal work, we can learn to cope with our stupidity, our joy, and our confusion about life. The contact with our thoughts and details about our life brings new answers about the self. We can learn by listening to what we write about and discover a new life. Our awareness increases and we listen to our true feelings. We make decisions based on our whole being of emotions and experience. We begin to feel a oneness in most decisions we make about life and people. We begin to rely on our emotions as guides to being. We begin to distrust value systems that have little to do with us. We reject security for exploration in daily life. We accept a new way of defining ourselves until the answer is very clear.

The journal page can provide the breakthrough that allows self-disclosure to become the joy and beauty of self and our strengths, weaknesses and joys that make up the bedrock of the person. Slowly, word by word, paragraph by paragraph, one begins to like oneself and rely on his or her own experience as the valuable index to action and decision. As we read our journals, we hear our lives. We experience the unique beauty in our life. Only then can one finally walk out of the prison of the self a full human being.

TEN RULES FOR SUCCESSFUL JOURNAL WRITING

- 1. Date each entry and note the time and place.**
- 2. Find the right type of pen tip and style for your journal work.**
- 3. Buy a quality journal book that meets your specific standards for use.**
- 4. Always write your journal in a special atmosphere or place for best results.**
- 5. Use visual items to decorate your journal and bring it new ideas.**
- 6. Use the journal as a storehouse for items about your life.**

7. **Do not worry about length rather just write.**
8. **Guard your journal from loss and incursions by others.**
9. **Discipline yourself to make the Joys of Journaling a daily routine.**
10. **Capture the beauty and conflict of your life day by day and year by year.**

Joys of Journaling by Dennis J. Cleary

Buttercup Connections Comes Of Age

"It is amazing how much can be achieved by a small group of like minded individuals working together to achieve a common goal"

At the very first meeting, of what we now know today as, Buttercup Connections, the many friends, colleagues and like-minded individuals who packed the room at the Enigma Suite in Malvern shared their excitement and wish to set up a new kind of organisation. The outcomes they sought were really clear. What they wanted was a group or a network they could tap into to help them and others find a better way of living in whatever way was right for them. There were two main ways that people wanted to work towards this end. Some wanted to grow and develop with others in small groups so that they could explore themselves and their lives. Some wanted to grow and develop by reaching out and building bridges to, and common understandings with, other and different groups in the world. People also thought it would be good if the Buttercup Connections could occasionally host topical workshops that people would enjoy attending. This ultimately was captured in the fundamental purpose statement that has guided the development of Buttercup Connections since that time:

**"To help people explore themselves and their links with others
to find a better way of living."**

The initial group had also discussed various approaches that would enable Buttercup Connections to run in an Aquarian 'non-structured' way, such as:

- Setting up autonomous groups wherever needed that allow people to share views in an open, non-invasive way, encouraging unconditional love and respect, and moving beyond judgement and manipulation.
- Providing a resource manual describing how to set up and run a Buttercup Connections group (which would also be available on the internet). This would provide a start point for groups, giving them the freedom to develop their own character while contributing to the whole.
- There would be a voluntary basis to enable groups and individuals to provide funds to finance support activities and events, including the Newsheet and a Website in due course.

Well, we have put the foundations in place for this now. We've also realised that a number of key values are important in becoming an Aquarian organisation:

Our Core Values

Love, forgiveness, acceptance and respect - is the ground on which we can all build a better life

Offering to contribute - each of us contributing a little where we can allows us all and others to benefit a lot. There are things that need to be done to run meetings, groups, workshops, networks, newsheets and websites and it is important where possible for those who benefit to recognise our effort appropriately so that balance is maintained.

Voluntary payments - or other ways of giving recognises that in receiving from others we respect and honour their contribution and the enjoyment, benefit and value we have derived from it. It also allows us to do this in a way that is right for us.

Self-responsibility and choice - are crucial principles.

Difference is our strength – we are neither more nor less than one another, we are different, that is all; and from that difference we can learn about others and ourselves.

Associates is our word for ourselves, to help us remember to stay away from hierarchies and power structures that could make us unequal in Buttercup Connections

1. Complete our questionnaire enclosed (or see page 9) and add further answers from questions on this page, on its reverse.
2. Think about the regular Buttercup Connections Newsheet. What value does this represent to you? Would you like to make a small monthly or annual financial contribution in return? If so, how much and how often? Please let us know.
3. Would you like to advertise your work as a therapist on our Website? If you had 250 words what would you say? What do you want it to cost? Please let us know.
4. Do you want to advertise in our Newsheet? How would you like that to work? Please tell us.
5. Would you like to link your website to the Buttercup Connections site?
6. Would you like to link other sites to the Buttercup site? If so what are the website details? Please let us know.
7. Would you like to contribute in some other way? If so, how? Please let us know.
8. Would you like to offer to run/facilitate a meeting on a particular subject? Let us know.

Obviously it is not appropriate for Buttercup Connections to become a commercial venture or be inappropriately linked to a commercial or certain other kinds of organisations. So, the Co-ordinating Group (a small number of associates developing Buttercup Connections in line with its founding values) will of course need to approve all links, ideas and suggestions for inclusion in Buttercup Connections.

It is amazing how much can be achieved by a small group of like-minded individuals working together to achieve a common goal! Resources to run and develop Buttercup Connections facilities, meetings, events and workshops can be provided easily too, if we each contribute a little, no matter how small. Now is our chance to gain even more for ourselves and others from what we have all contributed to creating. **We look forward to receiving your replies and ideas as soon as you have thought about it, or at the latest by May 31st.**

[With love, Phil Sweet and the Co-ordinating Group.](#)

What Happens when we Die (Extracts) H-A through Tony Neate & David Furlong 4.2.04

...When we come to face our death we need to make the choice of how we die and how we move on. Death is as much a transformation as when we come into the body at the moment of conception - a whole new experience, for it is not the death of the spirit but, rather, the rebirth of the spirit into new levels of being. As the physical body moves through life and begins to age, other factors come forward. When facing the challenges in your life, have you *really* faced them or have you avoided them? How do you feel about death?

Let me share something with you. If you are fearful of death you will create a great deal of negative karma for yourself. And it can happen at the beginning of life, you know – your spirit can be fearful of birth. That is why sometimes, when a spirit comes into incarnation, it brings with it a whole lot of negativity. It has come in with fear, rather than with joy. . . .

Let us for a moment consider what happens when a person is fearful of death. They will want to continue their life on and on and on, because they are frightened of letting go, frightened of what is going to happen on the other side. If they have been a part of a very strict religious sect, they may be concerned that they are going to be punished in some way for what they have done or failed to have done. That is always very sad because, as you know, God is a God of unconditional love. God on the highest level does not judge, does not punish. There is no revenge or retribution, there is only unconditional love that pours out and it is your choice as to whether you accept it or reject it. And although your spirit has that 100% free will and choice, it is not always easy to express it. . . . So my advice to anybody who is wondering how to face death is to try and treat it as a joy, as an opportunity - because it *is* an opportunity. . . . (See: www.channelling-online.com)

A Stress Centre with a Difference

“Now life became easy instead of a struggle. As her breath released and relaxed, it began to breathe her.”

The Phoenix Centre in Glasgow calls itself a Human Ecological Centre. It is a voluntary major inner city project offering Stress and Fear Management to the community. The aim is to help the individual combat his or her stress in all its manifestations . . . anxiety, phobias, nerves, relationship difficulties, depression, abuse sufferers, those with ME, hyperactive children etc. It includes a College of Childhood – ‘an alternative learning experience for adults and children of all ages,’ and the main basis of the work involves the teaching of relaxation and correct natural breathing to produce feelings of calmness, confidence and emotional positivity, in combination with psychotherapy, healing and other therapies.

Restriction of the correct respiratory function seems to be the single consistent symptom of all who suffer from dis-ease, whether physical, mental or emotional.

Regeneration of the correct breathing process seems to activate the immune system leading to improved physical, mental and emotional health, a process freely available to society to enable it to correct its own ills.

This sounds like a very Aquarian, self-aware, self-help statement, with no costly overlay – only simple application along with the necessary understanding. Anne Sheaner, the inspiration behind the Centre, contacted us recently for books on H-A teachings, sending us literature in return, and has decided to ‘buttercup’ along with us. She says, ‘We do not consider ourselves to be an ‘alternative’ centre because we have not yet discovered an alternative to correct breathing!

If you are interested she has a Basic Training Tape in Relaxation (£6) and has written a book entitled *Love, Drugs, or any City like Glasgow* (£5), both incl. p&p. Of the latter, a reader has said, “*Ideas presented in this book in my opinion represent a change in attitude that, if applied, would revolutionise mankind*” Eddie. Wonderful work, Anne!

The Phoenix Centre, 201 St. James Road, Glasgow, G4 0NT. Tel. 0141 553 2353

Unconditional Love

*“Unconditional love means acknowledging both the light and the shadow.”
It is essential for real spiritual growth for ourselves and for others to receive.*

How can we describe this love? We ask for the love that accepts whatever the deed, but does not condone. We ask for the love that is consistent, constant and real, with no motive or hidden agenda. We ask for the love that is compassionate and comes from the heart soul. It is the love that does not reject or question. It is here and here to stay, however difficult the relationship or the problem.

This is the love of God, the Universal Spirit. We can find that unconditional love if we go to the still small voice within: that inner self, that inner child, that soul/spirit that we all are. There we will find that unconditional love. There we will find our true Self. There we can relate to every being, every thing. 'Living thing' to 'living thing', energy to energy, soul to soul. There we also find unconditional acceptance of others.

Michael J Sheehan

*"Ways of worshipping are not to be ranked as better
or worse than one another . . .*

It's all praise, and it's all right." Rumi, 13th Century Islamic mystic (Sufi)

The Fordhall Project

*"Man must not try to control or change Nature – that only leads to failure –
he must work alongside it and nurture it."*

Charlotte Hollins, daughter of Arthur Hollins of Fordall fame, has recently graduated with a First Class Honours degree in Environmental Management and Mathematics. She and her brother Ben (also currently completing his HND in agriculture) are initiating a bold project to take forward their father's great achievements . . .

1. **140 acres of species-rich Shropshire farmland, untainted by agrochemicals, undamaged by heavy soil processing, and farmed organically for 60 years.**
2. **He rediscovered lost farming techniques to sustain the fertility of the soil and allow animals to self-heal by exposing them to a broad diversity of herbage.**
3. **He eliminated the need for winter housing and costly feedstuffs. Cattle and sheep remain on the organic pastures for 12 months of the year in their most natural habitat.**
4. **He patented the design for a machine that will sow seeds under 10cm of topsoil without damaging the integrity of the eco-system that sustains soil fertility.**
5. **His complementary methods work alongside Nature and use natural mechanisms, balance and cycles to keep crops and animals healthy.**
.and much, much more.

Charlotte and Ben's Project plans to secure the farmland (which their father never actually owned) and which is now under threat of being lost. They plan to continue organic production and healthy living activities; to build an exhibition centre to display their farming practices and a broad variety of Eco-Farming topics, together with an Information Centre for educational purposes; to raise funds to manufacture the machine (see 4 above) for a world-wide market and expand the product range.

*"If you can help with advice, guidance, time, physical help or funding (£2m over 5 years)
please contact them on 01630 638255, or e-mail on fordhallproject@tiscali.co.uk*

**Sustainable Development is about longer term thinking when making decisions
and what we stand to lose if we persist
in going for the short term expedient in a world of finite resources."**

*"There are times in a person's life when you see something so beautiful and inspirational that
you just want to tell everyone you know." "Like learning the Zen of Horses from a real
master."*

A wonderful opportunity to meet **Franklin Levenson, the Maui Horse Whisperer**, horse trainer and originator of WayoftheHorse Seminars, here in the UK for the first time, during May. Gentle horsemanship demonstrations based on the development of trust and respect with horses.
12th May, Swindon; 14th May, Southam, Warwicks; 16th May, Bromyard, Worcs.

Talks on Audio Tapes/CDs

**What's Wrong with the World
and What To Do About It** (SBB8)

**Everything You Wanted to Know about Terrorism,
War and the Shadow, and How to Work with it** (SBB12)

Two enlightening talks by **Serge Beddington-Behrens** M.A. (Oxon), Ph.D, K.S.M.L., a practising psychotherapist, spiritual coach, educator and writer who has been holding sacred retreats and workshops for many years. Double Cassettes £13, Double CDs £15. To order & for further details contact Serge on 01451 860726 email: Serge@hampnettglos.fsnet.co.uk

Synchronicity? You can't be Sirius

In our last issue, Brian Hammond contributed an article about his interest in the stars and, in particular, Sirius. As he points out, Sirius is the brightest star in the night sky and he feels drawn to start a Sirius Foundation for people of like minds. If this touches something in you too, Brian says please contact him on 01522 829125 and he will be pleased to welcome you.

Buttercup Connections Events

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

Wednesday 5th May

Dowsing can help raise your personal energies, expand your aura & your Soul's Light

Use of telepathy in communication with spirit and the power of thought, especially when consciously projected. Also the necessity for protection against invasive spirits and attack by negative energies. Facilitated by John Cuninghame 7.30 for 8.00pm

Wednesday 12th May

Help Yourself with Hand Reflexology

Demonstrated by Trisha Hamilton

7.30 for 8.00pm

Friday 14th May

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

7.00 until 9.00pm

Thursday 20th May

How can we become Enlightened?

H-A energy channelled through Tony Neate

7.30 for 8.00pm

Friday 28th May

What is the Point?

Deborah Ackroyd channels Menat **This meeting will be held at 13 Dilmore Ave, Fernhill, Worcester.**
Please ring 01905 455 484 if you are coming and if you need directions

7.00 for 7.30pm

Wednesday 2nd June

Spirit Release – a discussion on this age-old problem

Led by Ann and Tony Neate

7.30 for 8.00pm

Friday 11th June

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

7.00 until 9.00pm

Wednesday 16th June

The Vibration of Colour – Soothing the Soul

Talk and practical with Jean Danford. How can we use colour to re-establish our Soul connection?

7.30 for 8.00pm

Thursday 24th June

Finding Abundance in Your Life

7.30 for 8.00pm

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

Friday 25th June

Where are we going?

7.00 for 7.30pm

Deborah Ackroyd channels Menat **To be held in Fernhill, Worcester** – details as per 28th May above

Please note that times and places of events may vary

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

BUTTERCUP CONNECTIONS 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 Neate, Brian Ackroyd, Tony Neate**

Administrator: Lynsey Locker, Buttercup Connections c/o Malvern Integrated Health Centre, The Enigma Suite, 78 Wells Road, Malvern Wells, WR14 4PA Tel: 01684 560134

e-mail: buttercupconnection@hotmail.com

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

Please Read and Respond

Questionnaire – What would you like now?

So far we have used people's resources and time to focus on, firstly, organising and running topical workshops and, secondly, putting in place the infrastructure needed for Buttercup Connections to function – meeting places, newsheet, website, associates list, national and international contacts.

Now that this initial work is done we can take another step forward. **What would you like Buttercup Connections to be for you?** For instance, would you like to:

Participate in a small circle/meditation group that meets regularly

Participate in a regular encounter or self-development group

Participate in a spiritual discussion or development group

Practise channelling with one or more others

Establish a self-help group with a particular theme e.g. cancer, IBS, migraine, MS, HIV,

Participate in a networking group that reaches out to learn about and make links with other like-minded groups, such as self-realisation, meditation, healing organisations, religions: Islam, Hindu, Buddhism, Catholicism, etc.

Contribute to some kind of healing group

Attend evening meetings on interesting subjects run by associates – e.g.

H-A Channellings,

Seasonal Celebrations – Equinoxes, Solstices,

Astrology,

Numerology

Meditation

Massage

Aromatherapy

Homoeopathy

Channelling

Psychic Protection

Personal Success

How to help your children grow up happy, healthy and successful

Subjects of your choosing

Take part in a day or weekend Buttercup Connections workshop/event

Start up your own Buttercup Connections group.

Tell us about something you would like to do.

.....
.....

Please tick your answers to the above in the boxes on the left, adding whatever comments you would like (see page 5), and return this page not later than 31 May 2005 to:
[Lynsey Locker](#), Buttercup Connections c/o Malvern Integrated Health Centre, The Enigma Suite, 78 Wells Road, Malvern Wells, WR14 4PA or by e-mail to buttercupconnection@hotmail.com

