

# Buttercup Connections – Newsletter 14

## July/August/September 2004



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

### Editorial

You will notice a different purpose statement at the top of this page to the one we have inserted previously. This is a statement that was decided upon by the group of people who met at an early Buttercup meeting and it has guided the development of Buttercup Connections since that time. The previous statement is still with us, however, as some of you have commented on how good it felt. You will find it on the back page.

### Buttercup Comes of Age - Your Feedback

FIRSTLY, THANK YOU to all the people who replied to the recent questionnaire sent out with the last Newsletter. It is really helpful to get your feedback on how you would like your Buttercup Connections organisation to be. What you collectively said to us had three different components:

1. You would like a day or weekend workshop event
2. You would like certain things included in the regular meetings
3. You would like to organise your own small groups to do specific things

#### 1. Buttercup Connections Day Event – Saturday, 30 October 2004

Responding to your request for a whole day event we are in the process of organising a day event for **Saturday, 30 October 2004, at the Enigma Suite**. It will be based on your collective feedback which showed interest in a whole range of subjects/activities. You will be able to select for discussion the subjects you are particularly interested in. If you would like to attend, please let us know as soon as you can. Please also feel free to invite like-minded friends and family who you think might enjoy the day. There are more details about the day event on the booking form enclosed, that you need to return to us, preferably now while you think of it, but in any case as soon as possible.

#### 2. The Regular Meetings

In your feedback you were very clear that you liked the regular meetings advertised in the Diary of Events in Malvern. There was also interest in Psychic Protection, Astrology, Meditation, Numerology, Different Religions, Creative Art and Personal Success, amongst others. We shall weave sessions on these topics into future events.

#### 3. Your Own Small Groups

The last area of feedback was that some of you would like to set up your own small groups, focused on particular activities and interest areas. These were the main headings that emerged:

- PARTICIPATE in a networking group that reaches out to learn about other like-minded groups
- ESTABLISH a Small Circle Meditation group that meets regularly
- PARTICIPATE in a spiritual and/or self-development group, possibly through creative arts such as music, dance, poetry, clay modelling etc.
- CONTRIBUTE to a healing group

All these groups could be set up and run by yourselves – perhaps in your own home to start with. If you want help to set up a group of your own, just contact the Buttercup Connections Co-ordinator (up to now called ‘administrator’) who will put you in touch with someone for advice. We can also help by providing a description of what a successful group doing a particular activity might look like. In this newsletter we give an example of Running a Circle Meditation Group.

Does anyone want to participate in a Buttercup group in London? If so, contact us and we'll try and put you in touch with one another. A number of London people expressed interest in this.

### How Do You Organise Yourselves for Sustainability?

If we are all to continue to benefit from Buttercup Connections, we need to find a way for it to continue into the future and expand without becoming expensive or burdensome to run. Building sustainability into our Aquarian organisation is key to helping you do this in your own groups and as part of the Buttercup Connections network. Some suggestions:

- **CALL YOURSELVES ASSOCIATES RATHER THAN MEMBERS.** All of us are equal as people in this, we try not to have a hierarchy. We are inclusive rather than exclusive. We are neither more nor less than one another, we are different, that is all.
- **RESPECT PEOPLE'S CONTRIBUTION.** If you have a speaker to your group, think about covering their expenses. They may have travelled a long way or have photocopied materials. This costs them money and they are already giving their time and knowledge. If your voluntary contributions are sufficient, cover their expenses. If you are in somebody's house, reimburse them for drinks, biscuits, etc. These costs soon mount up if your group meets regularly. If you are part of the Buttercup Connections network, think about passing 10% of your voluntary contributions back to Buttercup. No matter how little, your contributions do help and it enables you to show that you respect other people's contribution. It also keeps the energy exchange in balance as we shall advertise it in the Newsletter and on the Website, if you wish.

Lastly, we need a person to be a contact point for the Buttercup Connection network. Somebody who can be its human contact. It's usually a small amount of work, receiving email and post and putting people in touch with one another mainly. It doesn't matter where this activity is located. If you think you would like to do this please contact us – your contribution will be respected 😊.

*Phil Sweet*

### Running A Circle Meditation Group

Our group meets on a Friday at 8pm. There are up to 8 of us that attend, but it's usually 4 to 6 people. We hire a room in a local complementary health clinic in which to meditate. It costs us £12, we each pay £2.50. We arrive, we set up the room with a little table with a candle on it and we put a circle of chairs around it. We get glasses for our water and we sit and chat for a while about our week. Sometimes somebody brings a drum or something and we'll do that for a while or perhaps we'll do some other kind of start up activity.

Eventually somebody will slide off into meditation and gradually everybody joins them. We meditate for anything up to an hour or so. Gradually everybody will come back, sitting quietly reflecting and waiting for the others to re-emerge. Sometimes we'll all be back and sit quietly for a long time. Eventually somebody will speak and we all then usually talk in turn about our meditation, giving messages we have received for others and ourselves if we have them. Sometimes we meditate and we have nothing to report at all; it was just nice to have a quiet time. Sometimes we go to sleep, but nobody minds. Sometimes it's a real laugh! When we have finished talking we decide to blow out the candle – each of us says what or who we'd like to dedicate it to. Then we send the light as we blow it out.

Usually some people have brought things to eat, biscuits cakes or similar. Those are shared and we chat some more about what we've learned. Eventually we put our money in a box to pay for the venue and leave. Often it's quite late by the time we go.

We really like our circle meditation. It helps us end the week nicely, we like and respect one another and value the feedback that we get. It helps us all learn and move on and it's also a great place to get help and ideas.

*Phil Sweet*

We are offering space for lineage ads in the newsletter. Not more than 150 words. It is your choice as to how much you would like to contribute for this and in what way.

Closing date for next issue – August 31<sup>st</sup> 2004

## The Alpha and Omega of History? – The Eagle Foretells

**JAMES TWYMAN, who has taken a concert at least twice to Baghdad in recent years as a goodwill mission, has journeyed there again. This is what he said in April:**

"MY RECENT JOURNEY TO BAGHDAD with leaders from many spiritual and religious traditions, was profound, frightening, and so very valuable. The people we met while we were there embraced us completely, despite the fact that garbage still fills the streets, electricity is a luxury, and the jobless rate is around 90%. Most people have faith that a new country is being created, one where peace will finally be a reality. This, combined with the prophecies shared by the Elder, Chief Arvol Lookinghorse and Jose Arquelles, leads me to believe that they are right, no matter how things have appeared lately. Sometimes it is darkest night before the light is revealed, and we have faith that peace is prevailing all around the world.

"Chief Arvol shared that the Lakota nation, as well as most indigenous people, look to nature to learn about life. There have always been stories about the eagle, one of their most powerful symbols. His people believed that when the eagle leaves its normal place high in the heavens and begins moving closer to Earth, it is a sign that we are entering a new time, one where we will face new challenges and opportunities. Arvol has been observing this trend for sometime now, and said that he had even seen eagles scavenging in garbage dumps near his home, something that never happens. This shows us that nature is out of balance and, since we are all connected with nature, we are out of balance as well. The fact that we are entering a time of great transition where we shall have the opportunity to choose a new world - either one based on the laws of hatred and greed, or one based upon compassion and love - means that it is time for us to pay attention to these signs. . . .

"Compare this with the information that came next from Jose Arguelles, an interpreter of the Mayan Prophecies and calendar . . . He said that that particular day, a prophecy had been fulfilled from that tradition, bringing the ancient teaching of Maya back to the cradle of civilisation. Most people don't realise that Baghdad is only an hour's drive from the ancient city of Babylon where civilisation took root thousands of years ago. As Jose stated, 'From Babylon to Baghdad, from start to finish, lies the alpha and omega of history - a span five thousand years in diameter, where beginning and end are back to back on the wheel of time. The events now occurring in Baghdad are the last act of history which, by Mayan Prophecy, has its final curtain coming down in December 2012, and we have now entered the final stretch. It doesn't necessarily represent the end-times; it could, if we choose, represent a new-time. In other words, we have come full circle, and now it's up to us to decide which path we choose. Put these two prophecies together and we have a glimpse of the world we are creating, as well as the hope of A NEW WORLD TO COME."

**What a challenge! But with all the negativity we hear, we need also to hear the other side of the story. The following is from A SOLDIER IN THE US ARMY:**

**"THE NEWS YOU ARE HEARING stateside is awfully depressing and negative. The reality is we are accomplishing a tremendous amount here, and the Iraqi people are not only benefiting greatly, but are enthusiastically supportive. My job is mostly to be the driver of my platoon's lead Humvee. I see the missions our Army is performing and I interact closely with the Iraqi people. Because of this, I know how successful and important our work is.**

**"My battalion (16<sup>th</sup> Combat Engineer) carries out dozens of missions all over the city - missions that are improving people's lives. We have restored schools and universities, hospitals, power plants and water systems. We have engineered new infrastructure projects and much more. We have also brought security and order to many of Baghdad's worst areas - areas once afflicted with chaos and brutality. Our efforts to train vast numbers of Iraqis to police and secure the city's basic law and order are bearing fruit.**

**“Our mission is vital. We are transforming a once very sick society into a hopeful place. Dozens of newspapers, and the concepts of freedom of religious worship and expression, are flowering here. So, too, are educational improvements.”**

Between now (mid-June) and when you receive this, much more destruction will have ensued, no doubt. But we need to remember that much is being achieved; it is mainly the sporadic dramas that we hear about – serious though they are. The people, the soldiers and the leaders all need our UNCONDITIONAL LOVE, with the intention that the best in them can rise to the surface and prevail. We must keep up our thoughts for them – and, indeed, for those who are perpetrating the terror. Then, as James Twyman says:

**“We will find that we are part of the solution and not adding to the problem by our negativity.**

**Peace is not something that happens to you, but THROUGH you.”**

**. . . and from H-A: Listening to Another’s Point of View** through *Tony Neate*

One of the great opportunities of moving into the age of Aquarius is that it is beginning to present humankind with the understanding that you can listen to another person’s point of view without necessarily becoming part of it.

Everyone on this planet has the right to be heard and when that right is not observed there is what I would call ‘abuse’. This is the cause of much of the violence and anger on the planet today.

As we move closer to the coming new age, the polarities are really going to take the strain, they are really going to confront each other. That is why there is a new culture developing.

There is much talk about what is loosely called ‘new age thinking’ but that thinking is built around this new culture. It is a culture of unconditional love, moving beyond judgement and manipulation and trying to understand and accept that whatever someone else does in their life, there is a reason for it.

That there is anger in everyone, there is the terrorist in everyone; and if you can understand that and accept it, you do not have to live it out. . . .

But you do need to listen and hear each other.

*Peace is not won by those who fiercely guard their differences  
but by those who, with open minds and hearts,  
seek out connections.” Katherine Paterson*

**Have you recently looked at Tony and Ann’s updated website? Offering:**

- Regular updated H-A lectures through Tony Neate and David Furlong – ample archive material
- As ever, plenty of wonderful H-A quotes
- Breaking news on the latest developments of the Spirit Release Foundation
- Helen Lees’ meditations and access to her website
- Access to School of Channelling and College of Healing pages and through to websites
- A product section introducing recommended books of relevant interest, mandalas, details of Cytoplan products, Balens ethical insurance and financial services and a fascinating Links page  
[www.channelling-online.com](http://www.channelling-online.com)

**Instructions for Life in this Millennium from The Dalai Lama**

Take into account that great love and great achievements involve great risk.

When you lose, don't lose the lesson

Follow 3 Rs: Respect for self, Respect for others, Responsibility for all your actions.

Remember that not getting what you want is sometimes a wonderful stroke of luck.

Learn the rules so that you know how to break them properly

Don't let a little dispute injure a great friendship

When you realise you've made a mistake, take immediate steps to correct it

Spend some time alone every day

Open your arms to change, but don't let go of your values

Remember that silence is sometimes the best answer

Live a good, honourable life, then when you get older and think back, you'll be able to enjoy it a second time.

A loving atmosphere in your home is the foundation for your life

In disagreements with loved ones, deal only with the current situation. Don't bring up the past.

Share your knowledge. It's a way to achieve immortality

Be gentle with the Earth

Once a year, go some place you've never been before

Remember that the best relationship is one in which your love for each other exceeds your need for each other

Judge your success by what you had to give up in order to get it

Approach love and cooking with reckless abandon.

*[What homely wisdom!]*

### **M.E. Awareness Week – Letter from Heather Pearson to Daily Mail 13.5.04**

I wish to raise the level of understanding around this illness. My daughter had ME in her teens after a bout of glandular fever. It lasted 6 years. After 15 years the virus has reactivated but this time is much worse. I remember her saying all those years ago “The worst thing is people thinking it's all in my mind – am I going mad?” Unbelievably, to a large extent that attitude is still the same today, even though there are now thousands of people out there suffering in the most cruel way.

I, too, urge the Government to put more resources into research, in order to in some way diminish the suffering, stigma and ignorance around ME, especially to many doctors who still do not

recognise it at all and give out the most incredibly naïve advice. People from all walks of life succumb, not just ‘yuppies’, and they are far from emotionally weak, pathetic, dysfunctional weirdos, which so often they are made to feel.

This week I heard lady say that she had suffered cancer and gone through chemotherapy etc. and now she has ME. She finds coping with ME so much more difficult, feels more ill and can hardly walk most of the time. Whilst I in no way would I wish to negate or demean cancer, it is a hideous disease, cancer is recognised and one does not have to justify the illness as well as cope with it as happens with ME.

If anyone has a friend or member of the family suffering from ME, please do not forget they are there. The odd phone call, email or connection in some way can make a huge difference to the isolation and loneliness which becomes almost unbearable and exacerbates the illness. Do not be quick to judge or listen to the uninformed ‘theories’ of the masses about this insidious illness, it just makes it so much more painful to endure.

*M.E. Another dawn,  
Another day of struggle, the same as all the other yesterdays.  
Disappearing from life, into a black hole of nothingness.  
Silent screams un-noticed.  
Would they hear anyway?  
Was I ever here?*

## **Book Review**

### **BEYOND HANDS—ON HEALING**

#### **A Compendium of Distant Diagnostic and Healing Techniques**

**William R. Ellis**

I found this to be a well-written book, giving clear and concise explanations on how healing works and how to do it. I loved his comment “Visualisation is only a big word for Imagination” – the times students have said to me – “I can’t visualise.” “O.K.” is my reply, “Don’t try – just imagine it!” I include this because, to me, it sums up the book.

William Ellis’ approach is well-grounded, including chapters on the aura, chakras, the dynamics of Energy Field Healing, Colour Healing, the need for protection and how to do it, workable ways of distant healing, etc – and even a chapter on Sahaja Yoga which is a healing yoga.

The author is a chemist by profession and has run his own business together with his wife, since 1969. He describes himself as having past his ‘sell by’ date, according to State Rules. Me too, isn’t it great? Now one can really get down to business! I highly recommend this book to all healers, from the student to the seasonal practitioner. There is much in it for us all . . . [Can be obtained from: 01244 579239](tel:01244579239) or it can be downloaded for £5 from: [Prosperity.com](http://Prosperity.com) and go to ‘Books’.

**Tony Neate**

### *The Sea of Life*

*Pictures are very symbolic,  
They can relate to so many issues in our lives.  
We walk in the sea of life.  
The sea represents all that’s in man -  
A calm sea when we are still, at peace with all things.  
Wildness of the ocean when we are in turmoil,  
The murky waters when we are disrupted.  
Colours of the rainbow that reflect from sky to sea  
Are healing colours for mankind.  
Large and small rocks, like the stepping stones we take in life,  
Can cause us to fall when we rush, but also help us to find our way.  
Cliffs that overhang the edge when, in desperation, we come to the edge -  
Give up, go over, for we feel lost.  
Have courage to seek the answers, have faith, walk with hope,  
The love in your heart will shine forth.*

*The light from the heavens that shines on all things  
Is like the light that penetrates our being when we go within.  
Find calm, peace, be at one with all things.  
These gifts are free for us to accept and learn from.*

Sent in by **Rosie Pugh**

## Obituary.....

Today we mourn the passing of a beloved old friend by the name of Common Sense. Common Sense had been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valued lessons as knowing when to come in out of the rain, why the early bird catches the worm, and that life isn't always fair.

Common Sense lived by simple, sound financial policies (don't spend more than you earn). His health rapidly began to deteriorate when well-intentioned but overbearing regulations were set in place: Reports of a six-year-old boy charged with sexual harassment for kissing a class mate, teens suspended from school for using mouth wash after lunch, and a teacher fired for reprimanding an unruly student, only worsened his condition. It declined even further when schools were required to get parental consent to administer aspirin to a student.

Finally, Common Sense gave up the fight after a woman failed to realise that a steaming cup of coffee was hot, spilled it in her lap, and was awarded a huge settlement. He was preceded in death by his parents Truth and Trust, his wife Discretion, his daughter Responsibility and his son, Reason. He is survived by two stepbrothers - My Rights and Ima Whiner. Not many attended his funeral because so few realised he was gone.

## Tao Te Ching

Why is the sea king of a hundred streams?  
Because it lies below them,  
Therefore it is the king of a hundred streams.  
If the sage would guide the people, he must serve with humility.  
If he would lead them, he must follow behind.  
In this way, when the sage rules, the people will not feel oppressed.  
When he stands before them, they will not be harmed. The whole world will support him  
and will not tire of him.  
Because he does not compete,  
He does not meet competition.

*Lao Tzu*

## 2 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](mailto:Serge@hampnettglos.fsnet.co.uk)

At the end of the applications form for a Government Retirement Pension is the following: "Check you are sending us all the documents we have asked for. These could be your birth Certificate, Marriage Certificate, Decree of Divorce or Death Certificate." H'm, interesting!

## Buttercup Connections Events

Meetings are free, although donations to Buttercup Connections are appreciated.

Please note times carefully

Wednesday 7th July

### Are Religions in the Melting Pot?

H-A energy channelled through Tony Neate

7.30 for 8.00

Thursday 15th July

### Unconditional Love

What does it really mean? Is it achievable and, if so, how can we apply it?  
A discussion facilitated by Tony Roeber

7.30 for 8.00

Friday 30th July

### How do we Cope with Suffering?

Deborah Ackroyd channels Menat *at 13 Dilmore Ave, Fernhill, Worcs. Please ring 01905 455484, if coming.*

7.00 for 7.30

Friday 27th August

### What is Compassion?

Deborah Ackroyd channels Menat *at 13 Dilmore Ave, Fernhill, Worcs. Please ring 01905 455484, if coming.*

7.00 for 7.30

Wednesday 1st September

### An Evening with a Facilitator

Why are you here? Where are you going? How are you going to get there? Bring your creativity, your curiosity and yourself, for an interesting evening of interaction and discussion with Phil Sweet.

7.30 for 8.00

Wednesday 8th September

### How, When and What Next?

Confessions of a guide in which H-A will talk about why his influence is here.  
A joint channelling through Tony Neate and David Furlong

7.30 for 8.00

Wednesday 15th September

### In Search of an Alternative Spiritual Gathering

Some of us, who no longer feel at ease with a religious service, might nevertheless like to join with others spiritually sometimes. A discussion facilitated by Ann Neate

7.30 for 8.00

Thursday 23rd September

### Feng Shui and Dowsing in the Malvern Area

Things you can try at home and things to notice whilst out walking. Talk led by Ced Jackson

7.30 for 8.00

Wednesday 29th September

### The Cycles of Life – How Nature has all the Answers

Talk and discussion led by Peter Wallace

7.30 for 8.00

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

Fridays: 9th July, 13th August, 10th September – all free as the room has been generously donated.

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7.00 til 9.00

**BUTTERCUP CONNECTIONS** is an 'idea in action' – a coming together of free spirits who wish to connect spiritually in a way that is relevant for today, to discover through open hearts the freedom of choice to reawaken our true Self within. We explore further ideas, thoughts of a new paradigm, and freedom of individual expression in relation to health, ecology & deep questions in our minds today.

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

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