

# Buttercup Connections – Newsletter 16

## January/February 2005



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

### MOTHER EARTH

The great 'Earth Mother' spins silently through space.  
If only they could see the pain written on her face.  
“Pain”, most may ask, “what do you mean?”  
“The Earth looks the same as it has ever been.”  
The Earth is our Mother, both to you and to me  
But there are none so blind, as those who will not see.  
Her children have treated her badly I fear,  
But there are none so deaf as those who will not hear.

Mother has been ravaged by man's eternal greed  
For what he has thought are things that he'll need.  
Her belly has been filled with garbage galore  
Her body is bursting but still they shout “more”  
Her skin has been covered with concrete and clay  
Her breathing is laboured, what more can I say.

Her forests are felled by man's greedy hands,  
And turned into arid desert lands  
Her seas are a boiling toxic broth  
In certain places they foam and froth  
No fish can live in this poisonous foam  
No mammal can call this place its home  
So the dolphins and whales decide to retire  
They return to a plane, much, much higher.

Mother decides, she has had enough  
Watch out children, it's going to get rough.  
Her body violently shudders and shakes  
Devastation is everywhere after the quake.  
Her seas boil up into tidal waves  
Crashing to shore, very few to save.  
Her volcanoes erupt with mighty power  
Her children run, and hide, and cower  
The aftermath is a terrible sight  
“How will we ever put things right?”  
The lesson's a hard one, not easy to ignore  
“We are willing to listen, we cannot take more.”  
The answer is simple to those who can hear  
“Respect your Earth Mother and hold her dear.”

*(An inspired poem sent in some six months ago.)*

**A MONUMENTAL WAKE-UP CALL**

**Rosie Sutton**

We can view the tsunami and the devastation it has wreaked from many different perspectives, for life is many layered and no one perspective is definitive. Firstly, we can appreciate that planet Earth is a being that breathes - as we do; that it maintains homeostasis - just as our bodies do; and that it will eventually die - just as we will. We can also recognise that, as in the past, upheavals happen from time to time.

Secondly, from the human perspective, it has been a colossal disaster and a global emotional shock, causing untold suffering; but it has opened the human heart in an outpouring of grief, love, compassion and generosity and we are all resonating with it.

Thirdly, it is a serious jolt to our awareness of how we are treating our planet – which means, also, how we are treating our own body. For we are not just existing on this great being, *we are part of it, we are it!* And just as every cell in our body is in communication with every other cell, affecting it to a greater or lesser extent, every aspect of our planet affects every other part and, consequently, the whole. If I harm another person, I harm myself; and vice versa, if I help to heal another, I help to heal myself and my greater being, planet Earth.

**H-A** channelled the following words through Tony on January 2<sup>nd</sup>, 2005:

What has happened in South East Asia has created another opportunity to find compassion, to come together, to see the need to work together, not to isolate yourselves through fear. There was the opportunity to use 9/11 to achieve that goal. Sadly, the goal was not achieved. But this time the disaster is on an even greater level of happening, providing an even greater opportunity for compassion, for love, for one person wanting to help another, irrespective of what they believe, how they see, how they speak, what they are.

This is not an instance when thousands have been killed through anger, wanting to kill, wanting to maim, wanting to destroy. This is something that has happened between spirits in human bodies, between some of the Earth energies and energies from other planets and stars in the universe. Can you feel their energy? Many of the spirits of those who died are still traumatised by the suddenness and unexpectedness of the way in which it happened; but they are being loved and nurtured, healed and helped through this catastrophic happening.

My message to all of you who are in this field of enlightenment opening your hearts, opening your minds and your whole being, is: Go forth without fear. Trust, feel through your heart the spirit within your body. You are all beautiful people, you are all beautiful spirits.

And I want to extend this thought to any work process, any action that you are in or undertaking. . . . My two key thoughts for 2005 are:

- Don't be afraid to let go of the old models
- Do not allow fear to influence your decisions

It is going to be a year of tremendous spiritual opportunity and there are a number of surprises to come up. I think you have an expression, 'You haven't seen anything yet!'

(These three paragraphs are taken from the complete transcript which you can find on [www.channelling-online.com](http://www.channelling-online.com))

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**It is a sad reflection** that when blood is shed, feuds usually last for generations. Let us hope that, with the present openness of heart, some of the feuds that have been continuing ad infinitum will be encouraged to subside a little, preferably, a lot. As an Irishman said recently, "The searing hatred is passed down from father to son, so that whichever side you're on, you're imprisoned in walls of hatred." And Kenneth McCall describes the Irish situation as 'Dead men's bones fighting dead men's bones' , another way of saying 'completely stuck in the past'.

Set against this background which, as we know, is reciprocated in many variations around the world, the public dialogue between **Jo Berry** and **Patrick Magee** last October at St. James's Piccadilly on **Reconciliation**, was refreshing, stimulating and hopeful. The following is a short article, written by Tony Neate on that event:

## The Importance of Forgiveness

*"A part of the key to entering into forgiveness is understanding. If one can understand why people behave as they do, then often the road to forgiveness is opened. Not only is forgiveness essential for the health of Society, it is also vital for our personal well-being. Bitterness is like a cancer that enters the soul, It does more harm to those that hold it than to those whom it is held against."* **Terry Waite**

On October 12<sup>th</sup> 1984, the IRA attacked the Tory Party conference in Brighton, killing 5 people, one of whom was Jo's father, Sir Anthony Berry, MP. In 1999, Patrick Magee, the IRA man convicted of planting the bomb, was released under the Good Friday agreement. Subsequently, in November 2002, Jo met up with him.

**Jo Berry's story:** "I wanted to meet Pat, to put a face to the enemy and see him as a real human being. At our first meeting I was terrified, but I wanted to acknowledge the courage it had taken him to meet me. We talked with an extraordinary intensity. I shared a lot about my father, while Pat told some of his story.

"Over the past two and a half years of getting to know Pat, I feel I've been recovering some of the humanity I lost when that bomb went off. Pat is also on a journey to recover his humanity. I know that he sometimes finds it hard to live with the knowledge that he cares for the daughter of someone killed through his terrorist actions . . . .

"Perhaps more than anything, I've realised that no matter which side of the conflict you're on, had we lived each other's lives, we could each have done what the other did. In other words, had I come from a Republican background, I could easily have made the same choices Pat made."

**Patrick Magee's story:** "Some day I may be able to forgive myself. Although I still stand by my actions, I will always carry the burden that I harmed other human beings. But I'm not seeking forgiveness. If Jo could just understand why someone like me could get involved in an armed struggle, then something has been achieved. The point is that Jo set out with that intent in mind – she wanted to know why.

"I decided to meet Jo because, apart from addressing a personal obligation, I felt obligated as a Republican to explain what led me to participate in the action. I told her that I'd got involved in the armed struggle at the age of 19, after witnessing how a small nationalist community was being mistreated by the British. That community had to respond. For 28 years I was active in the Republican movement. Even in jail I was still a volunteer.

"It's rare to meet someone as gracious and open as Jo. She's come a long way on her journey to understanding; in fact, she's come more than halfway to meet me. That's a very humbling experience."

**Jo and Pat** are now working together to help the cause of peace. In 2003, with Jo's help, Pat set up CAUSEWAY, a healing project that helps individuals address unresolved pain caused by The Troubles. [www.buildingbridgesforpeace.org](http://www.buildingbridgesforpeace.org)

Jo had wanted to learn about Love and to find a guru who could teach her. The bomb went off and, as a result, she realises she couldn't have learnt in a better way what Love really means. Life itself and its tragedies have taught her. "When I opened up and shared, it opened up others on the other side."

How can reconciliation be brought about for the young?

**Patrick says:** "It is a process of bringing people together. 'The journey of a thousand miles begins with a single step.' The big lesson is that if you see people as human beings, how

can you possibly hurt them? Then you think of all the barriers to that simple relationship occurring – political, social, economic. When people are marginalised or excluded they are left with only their anger. So, do everything to remove the blocks and let people be human with each other. That's the lesson from my meeting Jo. . . .

“Also, (to Jo) I know I will keep on meeting you as long as you are prepared to meet me. And I thank you, Jo, for being prepared to be as open as you are to me after what I did to you.”

Jo has written a poignant poem entitled, **Bridges Can Be Built** which reveals the depths of her feelings. It can be found on [www.channelling-online.com](http://www.channelling-online.com)

And from Peter Russell:

### Passing Thoughts

Love is not something you do,  
It is not how you behave.  
There's nothing you can do  
That constitutes loving another,  
No action that is of itself loving.  
Love is a way of being.  
And more than that,  
It is simply being.  
Being with another person, however they may be.  
Holding no judgements, having no agendas,  
No need to have them experience your love.  
No intrusion upon their soul.  
Nothing but a total acceptance of their being  
Born of your total acceptance of yours.

Psychiatrist George Ritchie, author of *Return from Tomorrow*, tells this story of 'Wild Bill', one of the death-camp survivors with whom he worked after the liberation:

**'Wild Bill' was one of the inmates of the concentration camp**, but obviously he hadn't been there long. His posture was erect, his eyes bright, his energy indefatigable. Since he was fluent in English, French, German and Russian, as well as Polish, he became a kind of unofficial camp translator. . . .

Though Wild Bill worked fifteen and sixteen hours a day, he showed no sign of weariness. While the rest of us were drooping with fatigue, he seemed to gain strength. . . . I was astonished to learn, when Wild Bill's own papers came before us one day, that he had been in Wuppertal since 1939! For six years he had lived on the same starvation diet, slept in the same airless and disease-ridden barracks as everyone else, but without the least physical or mental deterioration. . . .

Wild Bill was our greatest asset, reasoning with the different groups, counselling forgiveness. "It's not easy for some of them to forgive," I commented to him one day, "So many of them have lost members of their families."

"We lived in the Jewish section of Warsaw," he began slowly, the first words I had heard him speak about himself, "my wife, our two daughters and our three little boys. When the Germans reached our street they lined everyone against a wall and opened up with machine guns. I begged to be allowed to die with my family, but because I spoke German they put me into a work group."

"I had to decide right then," he continued, "whether to let myself hate the soldiers who had done this. It was an easy decision really. I was a lawyer. In my practice I had seen too often what hate could do to people's minds and bodies. Hate had just killed the six people who mattered most to me in the world. I decided then that I would spend the rest

of my life – whether it was a few days or many years – loving every person I came in contact with.”

**“This(loving) was the power that had kept a man well in the face of every privation.”**

So we're not just talking about a philosophical/religious idea. We're realising that the practice of loving, not only those whom we know and love, but those 'out there', is a way of being that helps us find not only spiritual health, but mental, emotional and bodily health as well.

**Pierre Pradervand** has written a book called ***The Gentle Art of Blessing***. As expressed in Cygnus Review Issue 8, he became obsessed at a certain point in his life with an all-consuming resentment that was “draining my energy and robbing me of all peace. I was very literally being poisoned. . . .I felt and behaved like a total victim.”

Then one day he remembered some words of Jesus: 'Bless those that curse you' and he suddenly knew what he had to do. “I had to bless my former 'persecutors'. Right then and there, I started to bless them in every way imaginable: in their health and their joy, their finances and their work, their family relations and their peace, their abundance and their goodness. By *blessing*, I mean wishing from the bottom of my heart, in total sincerity, the very best for that person. . . .I blessed them all day long: when brushing my teeth, jogging, on my way to the supermarket, while washing dishes and before falling asleep. I blessed them individually and silently. . . .I started blessing people in the street, on the bus. . .when I stood in queues.

“This 'gentle art of blessing' became a silent song, the driving power of my spiritual life. . . It became one of the greatest joys of my life. And I have found it to be one of the most efficient ways of freeing my thoughts from negativity, criticism, and judgement. . . Do not take my word for this, try it for yourself! Try to systematically replace every single thought of judgement with a blessing – especially for that fellow at the office who drives you out of your wits! Try blessing. You will be the first to benefit from it.”

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And now, January 2005, in the aftermath of a natural disaster, the world has been jolted into an outpouring of love and compassion of which we are all a part. Let us build on it this time – not with fear – but with a genuine openness to understand and respect all other peoples, religions and beliefs and all other kingdoms comprising our own planet Earth.

## **Understanding Other Perspectives – Buddhism**

**Reports by Trish Hamilton**

This series began on Thursday 21<sup>st</sup> October, given by Brian Ackroyd talking on Buddhism. We learned that Siddartha Gautama became 'Buddha' after a long search, attaining enlightenment, about the time of 540 BC. Buddhism then developed and spread over many eastern countries, the practises may have differed slightly depending on where one lived, but the goal remained the same.

Tibetan Buddhism developed in isolation and little was known about it until the Chinese took over Tibet, which forced it into the public eye. This led to a greater following of Buddhism in western countries.

Brian explained that a Buddhist practises and meditates on the eightfold path:

Right Understanding, Right Thinking, Right Speech, Right Conduct,  
Right Livelihood, Right Effort, Right Mindfulness, Right Concentration.

These paths, when followed diligently, can help you to arrive at solutions that will be of benefit to you and give you a broader understanding as you journey through life. .

## **Judaism**

In the second talk in this series, Derek Sakol and Julian Wolfe gave us a very interesting perspective on what Judaism means to them and how they practise these traditions in their modern day life. They explained that there are different levels of practising the religion: the orthodox, the liberal and the progressive. Although a person may not feel strongly religious, often the traditions are followed and passed on to be experienced by the next generation, so that they can identify and be aware of their roots.

The Torah, their religious book, are the written laws which were given to Moses in the form of five scrolls. He also passed to the people the oral laws, known as the Talmud. This has 613 commandments to follow and 13 principles, and it is these principles that are practised in daily living. A close connection to the family and the identity of race has great meaning to the Jewish people and runs deep in their psyche.

**On Tuesday 11<sup>th</sup> January, 2005, John Barber will speak on The Philosophy of Taoism.**

### **Mobile Phones – Bad Feng Shui on a Train? By Wilma Davidson**

Does your heart sink when you are hoping to enjoy a relaxing train journey and someone proceeds to make a long list of calls on their mobile? Do you realise that, as well as being irritating, this is also risking your health? Every time someone makes a mobile call in a train, they are effectively sending out harmful rays. Research carried out at Japan's Tohoku University by a team of scientists, has shown that using a mobile in the confined space of a train carriage puts the health of other passengers at risk, particularly regular commuters who are at a serious disadvantage, since they spend a lot of time in this unhealthy environment and usually don't have the option of changing seats.

A big difficulty for most of us is accepting that something that is invisible, tasteless and odourless can present a health hazard. How does it happen? Research results have shown that as train windows are usually closed, the microwaves become trapped in the carriage. They have nowhere to go and so bounce on to the metal sides of the carriage and then back on to the unsuspecting passengers.

The Japanese scientists determined that the microwaves build up in the carriages and suggested that their cumulative effect is a new environmental issue which needs to be recognised. The levels measured were above the International Committee of Non-Ionising Radiation's safety Limit, even when only a few passengers were on board. There is even a knock-on effect for subsequent passengers since the microwaves are still present in the train long after their perpetrators have left. . . . Does it all sound a bit far-fetched? This is not just an over-reaction, but a genuine concern expressed in the Journal of the Physician Society of Japan, also reported in the New Scientist. *(Wilma Davidson is a recommended BSD dowser, a member of the Spirit Release Foundation and of the National Federation of Spiritual Healers.)*

**HEALTH, DOWSING and FENG SHUI** If you think that the house you live in might not be supportive to your health or other aspects of your life, you might like to have it looked at from a Feng Shui, Dowsing and Earth Energy perspective.

Ced Jackson is a certified practitioner with the Feng Shui Society and has recently moved to Malvern. Info on his work is at [www.FengShuiFutures.com](http://www.FengShuiFutures.com) or on 01684 560265

### **The Spirit Release Foundation**

The Spirit Release Foundation (SRF) was founded in 1999 by a small group of medical and complementary practitioners, who felt that the time had come both for a new approach to spirit release and for the formation of an organisation that would support those working in the field. The Foundation's objectives are:

- To enhance holistic health through awareness and understanding of spirit attachment and spirit release.
- To introduce this awareness and understanding to health-care practitioners and others

- To provide training and support in this field
- To encourage research into spirit attachment and spirit release

The SRF offers a training course which is largely experiential and practical. It encompasses both intuitive and interactive approaches to spirit release. For more information and details of membership and training, contact the Membership Co-ordinator: Sarah Mumford, 79 Pembroke Rd., Clifton, Bristol BS8 3DW. 0117 973 8574. E-m: [samudirect@hotmail.com](mailto:samudirect@hotmail.com) Web: [www.spiritrelease.com](http://www.spiritrelease.com)

### Those who died in last month's tsunami did not die in vain.

For in their dying they helped to awaken a distracted and slumbering humanity (what symbolism, that the tsunami hit while we were literally on vacation). The only hope for the future of the world is that humanity will experience a change of heart; that we will awaken to the sanctity and fragility of life; and we will dedicate ourselves – as we are dedicating ourselves now to the tsunami's victims – to all who suffer and grieve and need our aid.

And thus the miracle, if we choose it: that death itself can bring forth a greater life.

Marianne Williamson, Jan. 5, 2005

### ... and a smile

A yogi goes into a Pizza Hut and is asked what kind of pizza would he like?

'One with everything', he replies

The yogi gives a \$20 note for the pizza and the manager doesn't give him any change.

'Don't I get any change?' he asks

'Change comes from within' is the reply ..... !!

### Editor's comments:

As we are now entering a new year, we would like to thank you for any contributions you may have made to date, and to remind you all that we do need your generosity on an exchange of energy basis. We send out 200 copies of the Newsletter by e-mail and over 100 by post. We hope you enjoy it and gain something from it each time. Your comments and suggestions are welcome.

For those who live in far away places – and many of you do – please forgive us for including a Diary of Events that does not have any relevance for you. It saves a further mail-out. Our blessings and thanks.

**Reminders: Tony and Ann's updated website [www.channelling-online.com](http://www.channelling-online.com) offers:**

- Updated H-A lectures channelled through Tony Neate and David Furlong – plus archive material
- H-A quotes changed frequently
- Info on the SRF (Spirit Release Foundation)
- Helen Lees' meditations and access to her website
- And much more

### *SPIRITUALITY*

*Is a state of connectedness to life.*

*It is an experience of being, belonging and caring.*

*It is sensitivity and compassion, joy and hope.*

*It is the harmony between the innermost life and the outer life . . .*

U. Thant, Secretary General of the United Nations 1961-1971

## Buttercup Connections Events

Meetings are free, although donations to Buttercup Connections are appreciate

Enigma Suite meetings include Coffees/Teas between 7.30 and 7.50.

Tuesday 11<sup>th</sup> January 2005

**Understanding Other Perspectives 3 – Philosophy of Taoism**

7.30 for 8.00

Our speaker will be John Barber

Thursday 20<sup>th</sup> January

<b>Questions and Answers on the Tsunami Disaster</b> H-A energy channelled through Tony Neate	7.30 for 8.00
<u>Thursday 27<sup>th</sup> January</u> <b>The Truth of our Feelings - 2005</b> Exploring the feelings behind the feelings, in open discussion with Tony Roeber	7.30 for 8.00
<u>Friday 28<sup>th</sup> January</u> <b>Deborah Ackroyd Channels Menat</b> Working with what's on people's minds on a session by session basis, with those present. Venue: 13 Dilmore Ave, Fernhill, Worcs. Please ring 01905 455484, if coming.	7.00 for 7.30
<u>Wednesday 9<sup>th</sup> February</u> <b>Is there such a thing as Justice? How can the world find this elusive quality?</b> H-A energy channelled through Tony Neate	7.30 for 8.00
<u>Wednesday 16<sup>th</sup> February</u> <b>'Reconciliation' – and What it Means</b> Sourcing the origin and power of words can shine light on the cause and effect happening to and around us. Talk and discussion led by Jan Ayers.	7.30 for 8.00
<u>Thursday 24<sup>th</sup> February</u> <b>Understanding Other Perspectives 4 - A Course in Miracles</b> With Nick Davis who runs the Centre for Inner Peace in Worcester.	7.30 for 8.00
<u>Friday 25<sup>th</sup> February</u> <b>Deborah Ackroyd Channels Menat</b> (Same details as on January 28 <sup>th</sup> )	7.00 for 7.30
<u>Wednesday 2<sup>nd</sup> March</u> <b>Finding Fulfilment in a Physical Body</b> H-A energy channelled through Tony Neate and David Furlong	7.30 for 8.00
<b>Cancer Self-Help Group</b> (Of interest to all, with or without cancer) Fridays: 14 <sup>th</sup> January, 11 <sup>th</sup> February. Free as the room has been generously donated.	7.00 till 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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