

Buttercup Connections – Newsletter 17

March/April 2005



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

Highly conscious Elephants became Heroes

From the unbelievable chaos of the Tsunami disaster comes an incredible tale

At a resort on Phuket, one of the most popular attractions was elephant rides. As many as eight people on one elephant were taken into the surrounding forest, then down to the beach to lunch at a fresh water lagoon, then back to the hotel.

The nine elephants were kept chained to in-ground posts, not because they needed to be, but because it made the mothers feel better and their children safe from trampling when feeding the beasts.

About twenty minutes before the first wave hit, the elephants became extremely agitated and unruly. Four had just returned from a trip and their handlers had not yet chained them.

They helped the other five tear free from their chains.

Then they all climbed a hill and started bellowing. Many people followed them up the hill. Then the waves hit.

After the waves subsided, the elephants charged down from the hill and started picking up children with their trunks and running them back up the hill.

When all the children were taken care of, they started helping the adults. They rescued forty-two people. Then they returned to the beach and carried up four dead bodies, one of a child.

Not until their task was done would they allow their handlers to mount them. Then, with handlers atop, they began moving wreckage.

Many super-human and super-sentient capacities were being exhibited by these wonderful elephant beings, including divine love for one another and for their fellow humans, through the disaster they were experiencing.

For me, this is another sign that we will eventually awaken to recognising the animals as our companions and conscious co-creators of life on Earth, instead of beasts of burden, food and clothing.

Aloha Walker

Did you know that “In the Central Peloponnese (in Greece) residents on December 25 noted with alarm that the waters of the Ladonas River had run dry, a sign which in 1929 and 1955 was linked to earthquakes in the area, Eleftherotypia Daily reported” Athens News 31.12.04.

Also, according to Euro News, Earth shifted on its axis by 20 centimetres.

Our Sincere Apologies. The inspired poem *Mother Earth* on the front page of our last issue was written by Linda Watson, not by Rosie Sutton as stated. (Is my face red! Ed.)

Editorial. Here we are at the end of another year of Buttercup Connections. We

have had some very stimulating meetings at the Enigma Suite, Malvern Integrated Health Centre, (MIHC) giving rise to other groups in their own right, elsewhere.

We originally wanted to run Buttercup in an Aquarian way, ie not asking for a fee for either the Newsletter or the meetings, but relying on donations as a free choice by those who receive what we offer – and many thanks to those of you who responded. However, having seen the Year End accounts, it is clear that as the group has expanded so have the administration costs, ie web page and web maintenance, emails, administration, hire of centre, newsletter and related costs.

So let's get our feet on the ground and be practical as well as spiritual!

Many groups pay an annual fee (It costs £22 to belong to the Women's Institute). So we feel that £10 is a realistic target to cover costs. Obviously, no one will be excluded if they have a lack of funds and all it needs is a phone call to Helen, our new Administrator (01684 563565) to sort it discretely. So if we haven't heard from you by April 1st, we shall take your name off the mailing list. (We appreciate that this is modified from the letter we sent to snailmailers with previous issue, giving another month's grace!)

We have already mentioned a fee for attending the meetings held at the Enigma Suite of £5 (or what you can afford.) No one needs to be excluded. All our speakers give their time freely (they will be asked if they require expenses as from now) and there are few places you can go to for less than £5!

Any of you who have recently gained a computer, please let us know your email address so that we can send you the Newsletter **in glorious technicolour**(!) 'at the click of a button'. Alternatively, you may have a friend who has a computer and would be pleased to download it for you, and maybe even read it for themselves!

Your Core Group meet regularly to try and improve Buttercup and hopefully will continue to do so for a long time. **Val Stinton, Manager of MIHC, and Ann Neate.**

More on the Tsunami...

Ghosts Stalk Tsunami Survivors *Tony Cheng (BBC News, Phuket)*

Looking nervously at the Patong sea shore, Lek spoke about the passengers who climbed into his tuk tuk minivan late at night on 6 January. "Go to Kata Beach", the seven foreign tourists told him, after agreeing on a 200 baht fee.

He drove a while, but then began to feel a numbness creeping all over his body. Looking round he saw the cab was empty. He had had what he thinks was an encounter with the ghosts that many say are haunting the beaches and resorts on Thailand's Andaman coast. And the religious charms he wears around his neck are not helping him overcome his fears. "I can't get over this. I'm going to have to get a new job. I have a daughter to support, but I'm too scared to go out driving at night," he said.

Lek's experiences are by no means unique. Other apparitions which have been reported include a foreign woman, whose screams echo through the night from the wreckage of a hotel that was particularly badly hit. A security guard on the site has already left his job because he could not bear it anymore. . . . In Khao Lak, a local family say their telephone constantly rings through the day and night. When answered, the voices of friends and relatives cry out to be rescued from the flames of the crematorium.

Such reports, according to psychologist Dr. Wanlop pointed to the fact that many stoies started to appear about 10 days after the wave struck. "That was when the real horror of the loss and devastation hit people," he says. Now it is spreading beyond those immediately affected. "With all of the pictures on the television and everyone talking about the disaster, it affected many more people who have reported seeing ghosts and smelling corpses," he said. And Dr Wanlop has an explanation for why such a large number of 'foreign' ghosts have been seen.

Foreigners make a big impression on Thais," he said. "They're physically imposing and often seem rich and powerful. If people like that die in terrible circumstances, it's not surprising they should come back in people's minds as ghosts, especially when they are far from home."

Peace of Mind. That might provide a 'logical' explanation, but it does not provide much comfort. For that, many Thais have turned to Buddhism, the majority religion in the country. Although superstitious beliefs are common in Thailand, with many villages incorporating a

spirit house to appease local ghosts, Buddhist scripture has guidance on dealing with the animist religious practices which pre-date the arrival of Buddhism.

Local folk beliefs have given monks the power to dispel troubled spirits, and many are prepared to provide 'protection' if it is needed. "We can do nothing to ward off the spirits", says the venerable Bhikku Sugandha, "But if it helps make people feel more comfortable, we can be around to comfort them." He believes that in a period of crisis, monks can provide a very useful counselling service. . .

Other religions are offering more direct help, and Patong beach has seen several 'exorcisms' performed by Chinese spiritualists in the last few weeks. In one, white robed monks from the Pu Ta Gong sect chanted prayers and offered sacrifices of food to the spirits. Special offerings of pizza were included for foreign spirits, and paper clothes and money were burned to help in the passage to the after world.(!)

As clouds of incense drifted down the white sand and over the calm blue waters, the troubled spirits of the dead and missing were urged to return home, for the sake of the peace of mind of the living.

What mixed beliefs and assumptions! For those who work in Rescue Circles and Spirit Release, there is clearly much work to be done after such a disaster, despite local help and that given on the other side.

We resonate strongly with these few lines from a poem entitled **Boxing Day 2004 by **Jo New**:**

*"I'm glad there is 'No-One-To-Blame'
No person to have hatred hurled at him.
No killing in revenge, no retribution.
Earth released her tension,
Shook her mantle, changed her form."*

How, When and What Next? Sirius

H-A Energy channelled through Tony Neate and David Furlong

Tony. We live in one of the most significant times in the history of your planet, a time that is not only significant in itself, but is also influenced by this move from the age of Pisces into the age of Aquarius. And it is actually something even larger and greater than that for, on an energetic level, the Earth is going through yet another dynamic shift of consciousness.

Emanating from previous ages, the culture on your planet has been very tribal and isolated and has very much evolved around personalities and power. It is no accident or coincidence that this is what is happening at this very moment in time. It is reflected in your television programmes: What is the best this? What is the best that? What is it like to be a star, an icon? And the icons have become very physical as opposed to spiritual. How beautiful and attractive can a man or a woman be? How attractive can an animal be? A bird? A flower?

So part of my reason for coming to help this planet at this time is, not only to prepare it for entering into the age of Aquarius, but to prepare it for a huge energy shift which is being caused by an influence coming from beyond your own solar system, from the binary star system of Sirius. And this is slowly going to re-orientate energies on this planet. It will affect many things such as ley lines and power centres which will have to be watched very carefully, because otherwise their energies will flip from one polarity to another.

When is it going to happen? It is in the process of happening now, but the whole period in which I see it happening is over one hundred years in Earth time, from 1950 to 2050. It is a shift in emphasis which is affecting huge corporations, religions, governments. This is why you have so much coming up at the moment, and in books and novels; it is all beginning to surface. What I can say is that the age of secrets is coming to an end.

I have spoken many times about the question of individual responsibility. That is going to be the most important criterion for each spirit in the time that lies ahead; so I am giving you a warning tonight. But I also see it as the possibility of an opening up of consciousness, of challenges and of new dimensions of understanding. Things are going to happen in space that would have been considered impossible and one of the reasons for the failures of space travel and planning – which is not the fault of the organisers – is that when these rockets, satellites, go beyond Earth's atmosphere, they are beginning to come into

contact with this new influence. Quite a thought isn't it! I shall be developing my thoughts and understanding of this over the next period ahead . . .

I would like to continue now through David, because of a certain emphasis.

David. The way I wish to communicate through David is to bring this whole situation down to the level of the individual. Where do each of you fit into this dynamic shift in momentum that is bringing about such fundamental changes on your planet, and also more importantly within you?

For the moment, dear friends, just imagine what it would be like if you had no opportunity to see the sun. You had become used to seeing everything in the night time like one of those creatures which is very aware and observant at night. And then try to imagine what it would be like if you suddenly began to see a dawn, a new light coming about, where everything began to take on a very new perspective.

At this moment in time that dawn, that morning light, is just beginning to express itself across the planet. And what this means is that those individuals who are going with this new flow of energy are beginning to see so much more and in a very different way. The important thing from each of your perspectives is to be very open to these changes. In some cases these changes are going to be quite challenging, maybe even disturbing for you. It is like suddenly taking off blinkers when you have been used to being in the dark, and then being blinded by the light. So it is important for each of you to be very understanding of yourselves in this process.

And another thing I would like to bring forward in all of this is your relationship with the planet because, as the planet's energy begins to step up, to shift, it is very important for each of you to maintain a sense of connection with the resonances of your magnificent Earth home. In many cases, souls on this planet are not truly connected energetically to it at all. So one of the impulses that I have brought, particularly through this sensitive, is this sense of linking yourself to the planet in a conscious way.

Now I do not mind whether you follow through a ritual or whether you just go and stand with your back to a tree and really feel the connection to that tree resonance; because that can also help you begin to find this new balance and be really open to the spiritual guidance that is there for you. At this moment in time the veils, so to speak, between you on a conscious level and your inner spiritual self are becoming lessened; the opportunity is there for you to connect into this core part of the magnificent being that you are. So by giving yourself space consciously, just sense that connection and be aware of the wonderful support and guidance that is there for you.

It's a bit like finding your place on a white water raft when it is plunging down through the rapids. If you can go *with* the energy, if you allow yourself to be taken along with it, it can actually take you into completely new waters. And in that process, become very conscious and aware of your relationship to yourself, to your fellow human beings and to all life that is around you.

Tony. There are many things to consider and I will just touch on one or two to give you an example. The planet is going through some quite dramatic climate changes and there are many who blame this on pollution and the way that homo sapiens has treated the land, the minerals etc. I would like to comment that in my opinion, the changes that are taking place and will continue to take place, are not just due to pollution and humankind's bad treatment of the land, the sea, the minerals etc. It is this new influence that is coming in that is creating a turbulence, a violence; hurricanes, floods – and this type of thing is going to increase. But an awareness of this can help you.

Now I do not want anyone to think that I am being a prophet of doom, because I am not! This new Sirian energy spells one of the most important opportunities for your planet. There is a great influence of wisdom to emanate from that star system: a sense of freedom and of individual responsibility of expression. Forget words like channelling; they are words of the past in many senses (!). What we are moving into now is this opportunity to allow what you may call your imagination to really flow with new ideas and thoughts and challenges.

This Sirian energy is one of the most important things that I have come to talk about, to open up and release. I would like to feel that it will stir something within each one of you,

to help you value your incarnation, to value your life, to value what you can be, to honour yourselves, to be yourselves. . . (Abridged. The full lecture is on www.channelling-online.com)

From One Who Knows

*A great queen bumble bee visits my garden,
Enters my private space, potent and strong.*

*She is here for a moment in time;
Then, like a wandering god,
With an aeroplane buzz she is gone,
Over the roofs and away.*

*Gone, and yet she remains.
I sit while the sun climbs high,
Pause in my daily work,
And formulate this question.*

*Queen bumble bee, your brain
Is a millionth the size of mine.
How come, in a moment of time
You could fly so sure on your path?*

*And the hurtling goddess replies,
"On my flight, I am open to things
that you humans have long forgotten.*

*I am part of the spirit of all.
Like you, no less, I am;*

And I know where I'm going." Alan Sanderson

Thumbs up for Wind-farms!

Some months ago, Richard Askwith questioned in The Independent: "What happens when someone proposes to erect a giant wind-farm on your favourite skyline – or just off your favourite coastline?" The answer I would give is that everyone complains that it will spoil their view!

I would like to ask those who complain, "Would you prefer to have a giant electricity generator tucked around the corner, or a dam that would drown miles of land and villages, or what about a nuclear generator – maybe half-hidden, but there with all its waste to be disposed of? Each of these uses up vast amounts of natural resources in their own way, and poses serious dangers and pollution.

We live on the Malvern Hills, which is a long line of undulating hills – very beautiful. To harness the freely available source of energy, ie wind, (and it can be very windy on top!) along a section of the hills would, to my mind, be a wholly acceptable and exciting project, **and** an ecologically helpful one. We are, after all, living in the 21st century with the threat of global disaster looming over the heads of our children and grandchildren, even possibly our own.

We have our forbears to thank for not forbidding the building of the railways – a system that has carried all of us many thousands of miles. They must have felt very invaded by noise, soot and the cutting up of the countryside. But how would our roads be now without the railway – despite its inefficiency at times! Personally, I am always fascinated by the elegant windmills when I see them and, as long as they are not near any houses, I really cannot understand people's objections.

Change is with us always, whether we like it or not, and it has now been established that global warming is definitely with us and increasing rapidly. Apart from greenhouse emissions, you only have to put your hand over a candle flame or light bulb to begin to imagine the heat that all our conurbations of electricity

must generate, billions of them all over the world.

Rather than hindering the government's efforts and defending a view here or there, we surely need to be encouraging more research into wind-power, wave-power, solar power and any other kind of power that can be generated from limitless resources – and allow it to happen. It's one of the ways we can individually help the situation.

So which option would you prefer: to retain our beautiful views as they are and use up more and more limited resources of oil, coal, gas etc. thereby accelerating future disasters of one sort or another? Or to modify some of our views and go all out for harnessing energy from natural resources? **What do you think?**

It would be really good to receive your letters on this subject. Ann Neate

"The only unchanging thing is change." Lao Tzu

"To improve is to change; to be perfect is to change often." Churchill

A Rough Guide to a Better World and How You can make a Difference

This **free** 96 page book produced by the Department of International Development is available from your **POST OFFICE** or by phone – 0845 300 4100. It is very informative on issues concerning the developing world, poverty and what can be done to help (incl. sections on energy issues, ethical shopping, charities and volunteering). The book can also be ordered online, read on line, and downloaded as an e-book from www.roughguide-betterworld.com.

Organic Farming can play a major role in battle against Global Warming

The carbon content of UK soils is falling because of intensive farming. The amount of carbon released from the soil into the atmosphere tripled between 1945 and 1986, contributing significantly to the build-up of the greenhouse gases that are accelerating global warming.

Organic farming has the potential to reverse this trend dramatically. Long-term research conducted by the Rodale Institute in the US found that organic farming increased carbon levels in soil by between 15 and 28%.

Farm chemicals (pesticides and fertilisers) account for 59% of total energy use in agriculture. The manufacture of fertilisers is particularly damaging in terms of generating greenhouse gases because they are made from fossil fuels. But none of this is accounted for in government calculations on global warming. Nor is the part that organic farming, using no manufactured fertilisers or pesticides, can play in solving the problem.

In 2003, transport of food, animal feed, live animals and fertilisers, accounted for 49% of all domestic freight in the UK. Extract from a letter from **The Soil Association** www.soilassociation.org

The evidence is clear. Organic farming could make an enormous contribution to the reduction of greenhouse gas emissions. What role can we play in this? For a start..

*****Ask for and eat organic, wherever possible*****

Understanding Other Perspectives – 4. Taoism. John Barber gave us an interesting insight into the philosophy of Taoism (pronounced Dowism). We learned that it goes back as far as 12,000 years with the belief in one overall Life Force.

However, classical Taoism began with Lao Tzu, who lived c. 600 BC and wrote the *Tao te Ching – the 81 Pieces of Wisdom*; and Cha'an Lao-Tsu, who lived just after Lao Tzu. In the 1st century AD, Buddhism started to flood into China and gradually became interwoven with the Tao, eventually giving rise to Zen Buddhism.

Lao Tzu believed in flowing *with* the universal Life Force, attaining a balance and harmony between the two great polar opposite powers, the Yin, solid, passive, and the Yang, empty, active. But Confucius, who lived c. 500 BC, taught a very ritualistic approach, believing that one had to *control* the flow and everything had to be 'just so'.

There are 5 basic approaches to Taoism: **The Way of Power** – magical. Natural/spiritual.

The Way of Seeing – Divinational as in the I Ching. Change is inherent. Patterns of change and their interdependency. Feng Shui. **The Way of Devotion** – Ceremonial. Deities are accessible only by priests through correct rituals and bring rewards for devotion.

The Way of Right Action – Karmic, bringing either good health etc. Or disorder. Thoughts and deeds have the same karma. Sincere repentance can redress the balance, but if repeated, the fault is 10 times greater. **The Way of Transformation** – internal alchemy. The original ch'i (energy) Yin/Yang, is divided into 3: sexual energy, life force and spirit force.

And a final warning: Remember to guard the 'mind gate' – to be aware of your thoughts and actions and where they can lead you. Report by **Trish Hamilton**

Physioham

The Malvern Integrated Health Centre (Enigma Suite) now has a Far Infrared Sauna. Where you can . . .

Detoxify naturally and lose weight

Improve skin tone - to radiant youthful skin

Reduce your aches and pains

Relax and renew vitality.

It is healthy for your heart,

wakes up the immune system and combats the effects of daily stress

(Please contact Val on 01684 560124)

The Sirius Foundation offers

Spiritual Healing, Meditation and Spiritual Development

For those in need and for those 'who are seeking'

Please contact Bryan Hammond on 01522 829 125 (Lincoln area)

Our Amazing Language – Signs in foreign countries . . .

"Our wines leave you nothing to hope for." On the menu of a Swiss restaurant.

"Ladies, leave your clothes here and spend the afternoon having a good time."

A laundry in Rome.

"Because of the impropriety of entertaining guests of the opposite sex in the bedroom, it is suggested that the lobby be used for this purpose." Hotel in Zurich.

"The flattening of underwear with pleasure is the job of the chambermaid." Hotel, Yugoslavia

"It is strictly forbidden on our Black Forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for this purpose." Germany.

"Take notice: when this sign is under water, this road is impassable." Main road to Mombasa.

"Special cocktails for the ladies with nuts." In a Tokyo bar.

Buttercup Connections Events – Mar/Apr

Times vary – please note carefully

Wednesday, 9th March

Self-forgiveness and Self-love – What do they mean?

7.30 for 8.00

An open discussion exploring this question, facilitated by Tony Roeber

Wednesday, 16th March 2005

Understanding Other Perspectives 4 – Quakerism

7.30 for 8.00

Brian Ackroyd will speak about The Quakers, The Religious Society of Friends – a mystical, practical religion without a priesthood.

Sunday, 20th March

Spring Equinox Celebration

6.00 for 6.30

An enjoyable ceremony with meditation, movement and music! We honour Earth's cycles at this special 'equal day and night' time of the year – to help heal the split between humanity and nature.

Friday 25th March

Deborah Ackroyd channels Menat

7.00 for 7.30

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.

Thursday, 31st March

Should I honour my Ancestors?

7.30 for 8.00

H-A energy channelled through Tony Neate and David Furlong

Wednesday 6th April

Choices That Make a Difference to our Health and the Planet

7.30 for 8.00

Linda Downey raises some vital issues that challenge us all. (See page 6)

Thursday, 21st April

Electro-magnetic Hypersensitivity (EHS)

7.30 for 8.00 EHS is a seriously debilitating, environmental illness. More & more

people suffer biological reactions relating to electro-magnetic fields and digital 'mobile' technology. Talk by Freda Thornhill

Monday, 25th April

'Reconciliation' – and What it Means

7.30 for 8.00

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 (who was unable to attend Feb 16th due to illness).

Thursday, 28th April

Your Questions Answered by H-A

7.30 for 8.00

Bring your questions with you! Tony Neate channels H-A

Friday, 29th April

Deborah Ackroyd channels Menat

7.00 for 7.30

(Same details as March 25th. See above)

Enigma Suite meetings include coffees/teas before meetings. Admission £5 (or what you can afford)

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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