

# Buttercup Connections – Newsletter 18

## May - August 2005



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

### Terry Moule

#### Friend of Buttercup

#### Obituary

Terry Moule, who died suddenly from a heart attack in March, was a great friend of Buttercup, being both a founder-member along with Tony, Ann and Peter, as well as treating a number of people within Buttercup, often free of charge.

Terry was many different things to different people. He lived every day full of enthusiasm and excitement for life, and it was a rare day to find Terry feeling low. Whatever was going on in his life, Terry always had a smile, a joke, and a helping hand for everyone he met and came into contact with. He saw all people as equal, and although he treated many famous and wealthy people, he always had time for those who came into his life to be helped who couldn't afford his charges.

#### Some of Terry's different Life Roles

Terry was the team physiotherapist to the Olympic Team in 1992. He was in charge of the well-being of the team, and therefore knew and helped many of our top athletes to perform to their best. Many felt indebted to him for his magic hands! He also gave tremendous osteopathic help and support to the Old Albanians Rugby Club in St Albans, and he arranged an annual event every year that they all loved, where he got a team of famous Rugby players to take on the OA's for charity.

Terry was a great supporter of the deaf. His son is profoundly deaf, and Terry gave a lot of his time and effort to helping Justin and those like him to have a better chance in life. He spent many an hour trying to get more recognition of deaf people's needs in society.

He was a great Naturopath (let your food be your medicine, and let your medicine be your food). His father was a leading light in the field of naturopathy in the UK, developing and running centres like Champneys, and Terry continued to carry on that 'flame for common sense'. He was a fundamental believer in the ability of the body to heal itself if it is first cleaned out and then fed well with fresh organic foods. He was a great speaker on the subject, talking in conferences all over the world, as well as serving his time supporting the cause as President of the British Naturopathic Association during the late 1990's.

Terry was a great osteopath for over 40 years. He had extraordinary skills that even he didn't really fully understand (he was very intuitive in his approach), and helped many a totally 'stuck' person become mobile again. He has many, many friends who so appreciate what he was able to do for them, and who miss him now. And he was always available on the phone all hours of the day - a really generous giver of his time to so many. He was also a great healer, in the sense of being able to send energy to people without touching, either remotely (from a distance) or in their presence. Although he rarely spoke about this side of his life, he had people calling him in the middle of the evening asking him to send healing, later phoning back to be told it had worked, and thank you.

Terry was a great seat designer. The Saab drivers' seats in the 1990's were designed by him to minimise back damage while driving high mileages. His lasting gift to society in this area are the seats he has recently designed that actually improve body blood flow in aircraft over a 7 hour flight. So just before he died he was negotiating their role in many different airlines so that we can all travel with a reduced DVT (thrombosis) risk. He was also a colourful and adventurous businessman and helped many different adventures as well as misadventures get off the ground! He was always full of ideas about possibilities to help new projects develop, and more than willing to help if he could.

Finally, Terry was a fantastic family man, completely devoted to Patsy and their 4 children Tania, Katrina and Stephanie and Justin, as well as his growing number of grandchildren in later years. They all loved him for his joy and enthusiasm for life, gifts that he surely passed on.

### Goodbye and thanks, Terry!

We shall all miss you for many different reasons. Most of all we shall miss your friendship, compassion and sheer 'joie de vivre'. Bless you, Terry. We know you are very happy where you are now, amongst the many angels you often felt were with you here on Earth. We will do our best to carry on with all the good things you showed us in your living . . . . **Peter Wallace**

*"Be ye therefore wise as serpents and harmless as doves."* **Jesus**

### Harmonic Resonance - some thoughts on Unconditional Love H-A channelled through Tony Neate - 13 June 2004

What is love? A word so often used in spiritual circles, in religions and in all kinds of organisations – as well as, of course, on a personal level. But is it really understood? We all understand that there can be a physical attraction that leads to sexual intimacy. Then there is the type of love that you may have for a child, a parent, a peer. Yet there is also a deeper expression of love. When you hear energies like mine saying: 'Send out unconditional love', what are we really saying?

At the finest level of your spirit, each one of you emanates an energy that has a harmonic resonance, and that harmonic resonance is love. So when you meet another person, a situation, another form of evolution such as an animal, a fish, a snake, a flower, a tree - for all God's creations have a harmonic resonance – and the harmonic resonance of this other being blends with your own resonance, there is a hidden factor of togetherness involved. Sometimes a horse, a dog, a cat, a duck, will respond to you in a very special way and you will respond to it in a very special way. There will be a blending of this harmonic resonance between you, and it will raise the energy vibration in both of you.

Now in a similar way, as the planet evolves and you have all kinds of happenings going on – look at your own meetings, political, religious, psychic, protest, revenge, legal, etc. - you may feel a resonance with a particular viewpoint. So a resonance also emanates from groups and group situations. You have just had elections in your country and each party, each candidate, is giving off a particular resonance. Sometimes you will hear people say, "Well, I actually intended to vote for this party but I was rather struck by that candidate, that person". There has been a resonance between you, although not necessarily from that finest level.

So this resonance can manifest on different levels, the finest being the harmonic resonance from the higher Self, the spirit itself. The important thing is that the simpler the resonance, the finer and deeper it will be. The more complex and structured the resonance, the more difficult for it to exist on those finer levels.

Now I think it is quite important to understand this because when you are endeavouring to send a thought of unconditional love, you are trying to harness, acknowledge, recognise, feel that unconditional love within you - a love without judgement, and allow it to radiate from you as an offering. The essential aspect is that you are placing no condition on how it may be received. In some areas it will be received in a loving way and it will enhance love on the planet; in other areas, depending on the purity of your own thoughts – and here we go to the other end of the polarity – it can create confrontation. That is the nature of evolution. For if love is conditional, you are not allowing the recipient the choice; it can become manipulative, it may well produce a polarised reaction from the recipient because you are trying to tell some other energy how you think it should be thinking, doing, behaving.

Whereas, tuning into the finest in you, where there is no judgement, and sending out your harmonic resonance, your *unconditional* love . . . . this has a much wider implication. If you can work towards loving unconditionally, it is a form of offering to the highest level of a person or group of people; and it is the freewill of their spirit or group spirit that will respond or not respond, as *it* wishes. . . . . **You will also be uplifting the whole planet. H-A**

### To Be Aware

*There is a universal consciousness that flows through all things  
It is the divine love within  
It flows through the innermost core of my being  
It flows through all whom I meet and everything I touch and behold  
Through it, I attune to all whom I meet and everything I touch and behold.  
It is universal harmony in freedom  
Help me, O Consciousness, to be aware. Ann Neate*

## Our Yob Culture

In many cultures in the past, initiations were considered important milestones on the journey through life. Greek myths abound with initiations on every level, Hercules and his Twelve Labours, etc. bringing forth the hero, entering into manhood. Amongst certain native tribes, stepping into manhood consciously is an important landmark, an initiation of transformation in a young man's growth, even today; some practises seeming horrifically cruel to us. The Jews practise the Bar Mitzvah ceremony, which is a mental/spiritual preparation at the age of 12/13, but not a physical one. Is it possible that there is something missing in our young people's lives to help them into adulthood, and is there any alternative that is in keeping with today?

Sport in schools is an important physical activity, but once a week is hardly sufficient. So for those not into sport or where it is very limited, their bodies are not challenged, except when they themselves seek it in gangs. Most of these are harmless but, as we know, they can become vicious - as epitomised by Shakespeare in *Romeo and Juliet*. Another way to vent physical aggression safely is in drumming. Some schools encourage this with a proper instructor.

Then there is 'surrogate sport' - watching other people do it – but energies frequently spill over when self-control is loosened by drink and drugs, all too frequently these days, and physical frustration, and this can easily spark another sort of warfare, as between teams. Recently, I was struck by the following:

**Healthy Brawling.** A study published recently in the *British Journal of Sports Medicine* found that when teenage boys spent 90 minutes wrestling, their white blood count was significantly raised. There was a particularly large increase in the cells that can

fight off cancers. Girls were not studied, but there is no reason to expect them to be any different. (Taken from RETHINK, Health UK, Good Health Keeping Ltd., [www.replete.org](http://www.replete.org))

Taught in a disciplined way, I am sure this would do much for boys on other levels as well.

There are of course the Far East Martial Arts, in which one learns controlled aggression such as Ju Jitsu, Judo, Aikido, Karate, etc. They teach how to use physical energy in a more subtle but disciplined way. No wonder the Chinese and Japanese are so much more disciplined than we are in the West!

Young men in the 1930s and '40s had the challenge of war, which meant the tough physical training and discipline involved in 'joining up' and 'doing service'. We wouldn't wish training for war on anyone, unless that's their choice, but some tough training or sport during the late teens/early 20s period needs to be encouraged for the average male.

Today, many young people have nothing to do and nowhere to go to pit their body/mind strength and skills. They watch a lot of TV, on which fighting and even killing is glamourised. Those actors are their heroes and unfortunately, without the respect for other human beings that we find on the increase today, some find it difficult to restrain from emulating them.

People complain about young people venting their frustrations in destructive, anti-social behaviour, but there really are very few facilities for them – certainly in a small town. Whatever such amenities would cost, it would surely be less than the destruction that seems to be on the increase, causing such widespread fear. Maybe it requires – as in so many areas of life - listening to them and letting them express what facilities they would like, even getting them organised into helping to create some such facility. **Whatever the answer is, there must be a better answer than clamping them in jail and generally punishing them. They need to be listened to, catered for, and not just moaned at, that's for sure. Any ideas?**

(See 'Young Mayor', bottom of page 7.) **Ann Neate**

"A conflict is never resolved on the same level as it arises. It can only be resolved on a higher level, based on a higher perspective and level of consciousness." *CG Jung*

## From Physical Breakdown to New Life - My ElectroSensitivity Journey

**Freda Thornhill** gave us much food for thought in her talk on a subject that we've heard of but have tended to hope it isn't true – reaction from radiation. She and others like her suffer severely in many, many ways from the radiation emitted from office equipment, digital technology, mobile phones and masts, fluorescent lighting, electric train travel, computers and a host of other causes. 'Passive Radiation' she calls it. The syndrome is known as Electromagnetic Hypersensitivity, EHS.

In Sweden, where the technology was first developed, over 3% of the population have so far developed EHS. It is NOT something we can brush under the carpet! Freda's is a very exceptional case, but many others may be suffering without realising it from some symptoms it can cause:

Brain disorientation, short term memory loss, heart weakness, muscle weakness, feeling of 'flu, tingling/burning skin, numbness, ear pain, nausea, sore eyes, lethargy, chronic fatigue., thyroid insufficiency, allergies etc.

We must be careful not to become too alarmed – some of these may well be due to other causes. But it's worth considering. Solutions? The following are a few of Freda's recommendations:

Avoid electrical equipment where possible; dental work to replace amalgam fillings (only done by an expert); homeopathic and energy/frequency treatments; breathing and relaxation

techns.; music; sleep in total darkness (with blackout mask over the eyes if necessary); retire to bed by 10.00 pm if possible, etc. (For more details write: POBox 12560, Sutton Coldfield, B73 9BP, Tel. 0121 308 1549)

And to follow this on a similar theme . . . . . we need to know about it. . . .

## Tetra Masts – Weapons of Mass Destruction?

**Many people will not be aware** that the UK government has spent £2.9 billion installing a separate communications system for the police force known as TETRA, which stands for TErrestrial TRunked RADio. There are already many health concerns surrounding the cellular phone network (mobiles) with the population being subjected to a constant sea of low-level microwave radiation. This new system is far more aggressive.

Broadcasting at 400 mhz, the key point with Tetra is that it is also pulsed at 17.65 Hz, which is very close to the frequencies that the human brain operates at. It was originally developed in the Cold War as a non-lethal weapon by the Russians and the Americans. You may remember reports that the US Embassy in Moscow was bombarded with microwave radiation during this period? That technology is the basis of Tetra, and the UK is the only country in the world to implement it with this pulse element. Should you be worried?

In October 2004, Dr Michael Clark, Science spokesperson for the National Radiological Protection Board (NRPB) was asked: “Are we all guinea pigs in some global multimillion pound commercial experiment?” His answer: “**In a way, yes, we are**”. In the opinion of one independent scientist Barrie Trower (who was commissioned by the Police Federation to study the health and safety aspects of the Tetra system), “**The government, government scientists and (this industry) will be responsible for more civilian deaths in peacetime than all the terrorist organisations put together.**”

Why has the government refused to look at the health and safety of this system, despite widespread concerns? If you feel that mobile phones and their masts are a cause for concern, then TETRA should be a far greater and immediate cause for concern. The best website for information is [www.tetrawatch.net](http://www.tetrawatch.net) The ecologist magazine recently published a very fine article on it by Jay Griffiths. This is a matter that needs to be acted on before it gains too firm a foothold in the UK. (Taken from an article by Don Dennis)

Another report says that these masts are being put up every 4-5 miles over the whole country!

### Climate Concern UK

The Kyoto Protocol to reduce greenhouse gas emissions finally came into force on 16 February. Many organisations are working on climate change but Climate Concern UK is a new campaign to encourage the public to recognise the dangers of climate change and reduce their energy consumption. T: 01325 378452. Em: [contact@climate-concern.com](mailto:contact@climate-concern.com) W: [www.climate-concern.com](http://www.climate-concern.com)

and you can still . . . .

Dance

As though no one  
Is watching you

Love

as though you have  
never been hurt

Sing

As though no one  
Can hear you

Live

as though heaven  
is on Earth

Anon

**Celebrating a 25<sup>th</sup> Birthday**

**Tony Neate**

**Twenty-five years ago on 24<sup>th</sup> April 1980 a company called Nature's Own Limited** was formed. It is now the Nature's Own/Cytoplan group, British and independent, a pioneer and innovator in the field of nutrition – an organisation with a vision for the 21<sup>st</sup> century.

I originally started the company at the instigation of Dr Alec Forbes, a consultant physician, who took early retirement to become the first medical director of the Bristol Cancer Help Centre. We wanted to create a company with the highest morals and ideals, marketing products that did not contain suspected carcinogens, but offered high bio-availability of the active ingredients in a safe way. In those early days, I was joined by Eric Llewellyn.

Alec and I travelled to Holland to study the methods of Dr Hans Moolenburgh and to Germany to see Dr Hans Nieper; we studied the works of Issels in Switzerland, Contrerras in Mexico and Kelley in the USA, in order to put together a package that really worked. Then in 1989, we discovered '**Food State**' which provides nutrients as nature intended, absorbed in a similar way to the nutrients from food. In 2004, the company launched '**Wholefood Vitamins and Minerals**'. The minerals, for example, are hydroponically grown and farmed, from mineral rich, dried vegetable concentrates, confirming the company's policy of being at the leading edge of nutritional knowledge.

I wish to pay tribute to all those who have contributed to the success of the group on every level – too many to list by name. But I would like to thank you all from the bottom of my heart for maintaining my spiritual vision, enabling the group to not only maintain but expand its high level of honesty, integrity and innovation, and to grow organically by word of mouth and recommendation.

### **There is no Guru or Master you can ever meet**

No sacred spaces or places you can ever visit  
 No teachings, no knowledge you can ever acquire  
 Can make you better than you already are  
 For you are the embodiment of love  
 The journey you can never start or end  
 The prize can never be offered or found  
 For YOU are the journey, YOU are the prize  
 YOU ARE.

*Philena Bruce*

### **Understanding Other Perspectives – 4**

**Trish Hamilton**

Nick Davis of Kempsey gave us an interesting insight into A Course of Miracles and how it has changed his life in so many ways. The Course was written through the process of inner dictation by a very reluctant academic psychologist, Helen Schuchman, with the help of her colleague, Bill Thetford, and was privately published first in 1970. It is a self-study course designed to shift our perceptions, heal our minds and change our behaviour for the better. The work book consists of daily exercises, from 1 to 365, and the miracles referred to occur naturally in our expressions of love which help us in our perceptions on a thought or problem. The audience voiced a strong request that Nick Davis should return in the near future. In fact, he will be back on Thursday 16<sup>th</sup> June at The Enigma Suite. See you there!

### **DESIGN SOLUTIONS for SMALL BUSINESSES**

We would like to tell you about a wonderful new side to our Administrator, Helen Lees. She has started a new innovative business offering an up-to-date approach to leaflets, business cards, letterheads, brochures, comp slips, gift vouchers etc. She really sets out to find a resonance with your needs, and builds on that to come up with a new creative solution. We wish her every success. You can reach her on Tel: 01684 563565 or Mobile: 07831 190 733.

**The following are three 'good news' articles from Positive News Spring 2005 . . . . .**  
**Palestinian / Israeli Encounter for Peace**

**“At a grassroots level**, campaigners continue to work tirelessly for an end to all hostilities. In February, the 13<sup>th</sup> Israeli-Palestinian Interfaith Conference took place in Jerusalem on the theme of Peace in Judaism, Islam and Christianity. Some 75 Muslim, Christian and Jewish participants attended from affiliates of the *Interfaith Encounter Association & Hope Flowers School*, Bethlehem. Many of the participants had never met ‘the other’ before and for many Palestinian participants, it was their first time in Jerusalem for four and a half years.

“Ibrahim Issa, Director of the *Hope Flower School* and Yehuda Stolov, Director of the *Interfaith Encounter Association*, gave presentations about their organisations. Participants formed into small, mixed groups and took part in a short ice-breaking game.

“The speakers addressed the meaning of **wholeness and peace in Islamic, Christian and Jewish teachings**. Then, prayers of each faith were conducted and translated for the benefit of those observing. In the concluding session, each person shared with the group what they would take away with them from the conference. Many chose to indicate the strong sense of hope they gathered from this encounter with ‘the other’. With a renewed climate of peace in the region and with more of this work, perhaps this sense of hope will flourish and grow towards a lasting peace.”

Contact: The Interfaith Encounter Association, PO Box 3814, Jerusalem, 91037

Websites: [www.interfaith-encounter.org](http://www.interfaith-encounter.org) [www.jerusalempeacemakers.org](http://www.jerusalempeacemakers.org)

What about this.....!

## Global Nuclear Disarmament by 2020

**“Mayors across the globe are joining Mayors for Peace** in their campaign for Global Nuclear Disarmament by 2020. The idea is to rally as many mayors as possible to New York City for the *Nuclear Proliferation Treaty Review Conference*. They propose that negotiations begin this year, concluding by 2010 with implementation of disarmament no later than 2020.

“Recently, Mayor Tadatoshi Akiba of Hiroshima reminded 200 US mayors of Martin Luther King’s abhorrence of such weaponry. Speaking of ‘the promised land’ – a nuclear weapon-free world – he asked them ‘in the name of all our elders, our children and their children, to do everything in our power to reach that promised land.’ *Abolition Now!* is asking all of us to sign up and become involved – individuals, citizens’ groups, community and civic leaders. Act today, they say, and enrol your mayor in the *Mayors for Peace* campaign.”

[www.abolitionnow.org](http://www.abolitionnow.org)

[www.pcf.city.hiroshima.jp/mayors/](http://www.pcf.city.hiroshima.jp/mayors/)

And this . . . . . !

## Young Mayor for Lewisham – Action! Not Just Words

**When elected, Lewisham’s young mayor, Emanuel Hawkes**, (in his photo he looks between 20/30) announced the exciting ways he would use his £25,000 allocated budget for young people in his London borough. It would be spent on issues and concerns that affect all Lewisham’s youths in their everyday lives: community safety, sport, music, information and a **Be Involved** website providing access to citizenship activities throughout the borough. Lewisham’s young citizens’ panel conducted surveys and Emmanuel, with his young advisers, listened to all of the proposals before making decisions on how to provide young people in the area with fantastic facilities. . . . His term as Mayor has been a model of active citizenship. An amazing 44.6% of young people voted in the election which made him the borough’s first Young Mayor.

[www.youngmayor4lewisham.co.uk](http://www.youngmayor4lewisham.co.uk)

Communications Unit tel: 020 8314 6082

## An anonymous friend’s Cancer Experience:

**“From my experiences and many things I’ve read**, I’m sure that negative thoughts and attitudes must often have everything to do with it, whether directly or by somehow giving access to an entity.

“In the last few years, loads of unhappy memories from my childhood began to emerge. Though unwelcome they kept coming, and I’ve learned to deal with them by expressing the never-allowed feelings, and understanding and forgiving those whose own misery caused, or helped cause, the problems. I entered a phase of self-flagellation, not seeing how ridiculous or damaging that was. I even spent hours wondering how I could have mollified something that occurred when I was about 18 months old, as if a baby could have the mind of a 60 year-old. And I couldn’t have done anything to help myself anyway. What a pathetic waste of time!

“However, I’m sure I chose or agreed to where I found myself in this life, and I’ve decided there are just two basic questions: What is the lesson? and Have I learnt it?

“When I was a child so many awful things happened and mostly I couldn’t have avoided them, hard as I tried. One most important thing for me to remember, though, is how my mother reacted much later to memories of her own acts. On a couple of occasions I was aware that she remembered certain things. By now she was more in her soul-self, not in the emotional torment she’d been in years before, and an intense look of horror at the memories spoke volumes about her remorse and self-disgust.

Who needs more to be able to sympathise and forgive? It’s true that unexpressed feelings must be got out, but that’s another matter. Deciding that in future you must always clean the oven does not mean that already accumulated dirt doesn’t have to be removed. And all people in their soul-selves viewing their past emotional actions feel the same way. There’s no need really for their ‘victims’ to add to the sum total of misery by getting upset – if they’ve grasped the general principles.

“Not to forgive oneself is a grave error, but one I find difficult. I know it’s illogical, though. If you’ve understood what the lesson is and have learned it, what more is necessary? Beating yourself up helps nobody at all.

“Perhaps some childhood agonies are merely setting the scene for learning life’s lessons. I can think of at least four people who were prominent in my life at various times after I left home, who posed problems for me which were amazingly similar to those posed by my childhood. As a child I could have done nothing about them, but as an adult, there were the lessons in the shapes of these people, and my job was to sort it all out. I now believe the issues are:

**‘Living my truth and telling it. . . Speaking up when I need to and having the courage to risk losing everything in favour of my own truth. . . Having the courage to put principle before pleasure and profit. . . Realising that if people behave hurtfully towards me it’s their problem not mine, and in a way it’s a gift, because it can teach me never to do that or anything like it – because it hurts. . . And realising that there are times, perhaps many, when it is entirely legitimate to put myself first, rather than be persuaded by another that somehow their feelings are more important than mine. . . Oh, and to being vigilant about having any negative thoughts at all, such as resentment, regret etc. etc., carefully clearing them out of my system and not repressing them as I long had to do when young. . . Oh, and maintaining equanimity in the face of things going less well than they might.’**

“Have you read George Ritchie’s *Return from Tomorrow*? If you have, you’ll know the story of the Polish Jew who, because he knew what hatred did to people’s minds and bodies, decided to love everyone he met. He survived years in a concentration camp, in perfect health.”

**“If you want to destroy yourself, get angry and get angrier.”** Welsh ex-miner.

WHEN YOU HOLD ON TO

PAST RESENTMENTS  
YOU HURT YOURSELF,  
WHEN YOU OFFER  
COMPASSION AND  
UNDERSTANDING, YOU  
HEAL YOURSELF.  
THIS LAW NEVER CHANGES

*Jan Ayres*

## Interesting Conferences / Workshops in Lovely Places

**Holistic Holidays in Kefalonia, Greece** Enjoy 2 fabulous weeks on this beautiful island –  
3/17 July **HEALTH, HEALING & WELLBEING** David Furlong, Frida Siton & Summer Watson;  
17/31 July **INTUITION AND INNER GUIDANCE** Tony and Ann Neate, Marianna & Panagis  
Metaxatos; 14/28 August **SACRED SPACE – HEALTHY SPACE** David Furlong, Frida Siton &  
Jennifer Ann Flenley. Facilities at the Centre include Outdoor swimming pool & sunbeds, 2 open air  
amphitheatres, Cretan Labyrinth for meditation & inner reflection, massage & other treatments from resident  
therapists, good quality fresh water from a spring, a bar adjoining the pool, etc. Details & bookings: Kritonou  
Holistic Holidays, c/o Myrtles, Como Road, Malvern, WR14 2TH; Tel: 01684 569105 or 0777-978-9047;  
e-mail: [kritonouholidays@dsl.pipex.com](mailto:kritonouholidays@dsl.pipex.com)

**Brightlife.....** Beautifully hidden on the Isle of Man is Brightlife. A secret and magical place where  
Mind, Body and Spirit become one. Take your time to unwind and achieve a longed for harmony and a true  
sense of equilibrium and balance.

Offering a host of workshops to appeal to most tastes, from **SPIRIT RELEASE and PAST LIFE  
THERAPY, YOGA, PILATES, HEALING POWER of the VOICE** plus many more. Enhance your stay  
with soothing Brightlife therapies from **Floatation, Betar Sound Therapy to a Hot Stone Massage**. Flights  
are available to the Isle of Man from most major UK airports. For further details of the workshops, please  
phone: 01624 880318, e-mail: [brightlife@brightlife.com](mailto:brightlife@brightlife.com) or visit their website at [www.brightlife.com](http://www.brightlife.com)

**Serge Beddington-Behrens** offers **CELEBRATING THE MAGIC OF BEING**, an 8-day  
spiritual retreat in Mallorca assisted by **Rod and Alice Friend** – Sept 10<sup>th</sup> to 17<sup>th</sup>.  
He also offers **OPENING TO THE HEART OF THE SPIRITUAL LIFE** a 10-month certified course (17  
fortnightly, 3-hour evening seminars & 5 one-day seminar) for intelligent spiritual seekers beginning in June  
and again in November 2005. Full details from Serge on 01451 860726, e-mail: [info@sergebb.com](mailto:info@sergebb.com)  
website: [www.sergebb.com](http://www.sergebb.com)

**Past Lives and Spirit Attachments** Annual Conference of the Spirit Release Foundation.  
**A DAY OF DISCOVERY** with **Roger Woolger Ph.D, Dr Alan Sanderson** and **Tony Neate** at  
Regent's College, London on Sat. 11 June 2005. For full details and bookings contact:  
Frida Maria, Myrtles, Como Rd, Malvern, WR14 2TH - 01684 569105

**Spirit Release Practitioner Course Part 1** First Steps in Spirit Release, at the  
Enigma Suite, Malvern Worcs **24/25 Sept 2005**, Violet Hill Studios, London **10/12 Feb 2006**.  
Tutors: **Tony Neate** and **Bernadette Jaye**. Would you like to join a ground-breaking course teaching both  
the Interactive and Intuitional methods of Spirit Release? Fee: £195 for w/e non-residential. Details and £50  
deposit for course bookings to: Course Administrator SRF, c/o Myrtles, Como Road, Malvern, WR14 2TH  
Tel: 01684 569105 or 07789 682420 email: [fridamaria@blueyonder.co.uk](mailto:fridamaria@blueyonder.co.uk)

## Bridges Can Be Built

Fire rages in my heart  
The heat heals the pain  
Bridges can be built.

As a human being  
I listen to your suffering  
You offer me your story  
The pain of the war  
I learn  
Bridges can be built.

You are my enemy, I was told  
Be a good girl  
Speak only our words  
And then I met you  
Bridges can be built.

Truth is more important  
I will speak out  
For the healing of the world  
Take courage  
Take spirit  
The game of the tribe is not for me  
Bridges can be built.

The clothes of prejudice now stripped  
away  
As I open to you  
Leaving my bare soul  
That can love you all  
Bridges can be built.

With the eyes of knowing  
I move from us and them  
Our differences disappear  
The unity of humanity remains  
Bridges can be built.

Your sons could be mine  
And I could be your brother  
Planting the bomb that killed a little  
boy  
Bridges can be built.

And now I stand alone with you who  
killed my Dad  
There is a place inside me that knows  
you acted your truth  
Challenging injustice and oppression  
My Dad was in the way  
Bridges can be built.

I miss my Dad  
And cry for the Granddad my girls  
cannot know  
Tears of grief for all who suffer  
We are one in our loss in our pain  
Bridges can be built.

Sometimes I feel that my heart heals  
as Ireland heals  
I am sorry for the suffering imposed  
by my tribe  
I acknowledge your struggle  
Bridges can be built.

My heart burns for peace, justice  
and equality for all  
The passion of knowing that  
Bridges can be built.

**Jo Berry** (who met Patrick Magee, the  
Brighton bomber who killed her 'Dad'.)

---

**Spirituality** is a state of connectedness to life, it is an experience of belonging and caring. It is sensitivity and compassion, joy and hope. . . . It is the belief in the goodness of life and the possibility for each person to contribute goodness to it. *U Thant* (Sec. Gen. of UN 1961-71)

**EWISH - Energy Work and Intuitive Self Healing**

**I have been engaged in a self-healing process**, with the help of a number of different therapists, for some 15 years now where I was dealing with the fall-out from a difficult childhood, with symptoms such as anxiety, even panic, as well as depression and a lack of confidence and self-love. I had covered a reasonable amount of ground but was still experiencing some of these symptoms.

For the last 15 months I have been working with a new therapist on the telephone, around once a fortnight, clearing karma and negative emotional energy, where she counselled me and acted as a channel for healing energy from what she calls the 'Team' who are in spirit. As part of my daily practice, **I have now learnt to connect with the Team on an independent basis** and use this with other techniques such as meridian therapy and the guidance of Eckart Tolle, to self-heal by sensing energy in my body and clearing it on my own – I am calling this whole process EWISH. I can also connect as and when I need during my normal day to clear negative emotional energy that might come up. As I clear, I often find that there is a bit of my 'soul' retrieved as well – a sort of DIY soul retrieval.

I am going to devote an evening to talking more fully about EWISH. We will tune into the Team as a group although any problem you wish to present to the Team is done by you silently communicating with them yourself. I warmly invite you to come on the evening of Wednesday 1<sup>st</sup> June. (see page 12) *Helena Park*

### Vertigo and Dizziness – an Exercise (It works for some people)

1. Lie on the bed on one side for a minute
2. Roll onto your back (no pillow) and tilt head back (chin up) for one minute
3. Sit up carefully and swing legs over side of bed. Sit on edge of bed with back straight and head dropped forward – for one minute

If it works the first time, don't repeat it. If it doesn't work – try lying on the other side first. This exercise may need to be repeated, but with me it works just the once.

Found in a magazine and verified by a doctor. *Avril*

### A Day of Healing with Tibetan & Himalayan Bowls

10am – 4:30pm Saturday 16<sup>th</sup> July 2005 Enigma Suite, Malvern Integrated Health Centre

- \* Learn about the history of the bowls \* Investigate playing techniques - hands-on  
\* Feel the effects of a 'sound bath' meditation \* Discover how to apply sound to heal & balance

Refreshments available throughout the day. Singing bowls will be available for purchase  
Limited places available at £35.00 (includes lunch).

To book your place please contact **Andy Thurgood** on 01732 741568 or 07818 045250,  
Email: [andy@andythurgood.com](mailto:andy@andythurgood.com) [www.andythurgood.com](http://www.andythurgood.com)

### TEAMWORK

There were four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was asked to do it.

Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it.

Somebody got angry about that, because it was Everybody's job.

Everybody thought Anybody could do it, but Nobody realised that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

### EDITORIAL

Thank you, so many of you, for sending your £10 subscriptions (and some even more), which will last now until 2006. And that applies to everyone who has sent in a contribution over the past Autumn 2004 and Spring 2005. We want you to know that we shall not be reminding you again until the end of the year! (Having said that, donations are of course welcome at any time!) . . . For this issue we are adopting a different technique in sending out the Newsletter by email, so hopefully there will be no problems.

Also, we have decided to extend this issue over 4 months – July and August being the summer holiday months. So, have a good summer and we shall be back in September! In the meantime, if you have something to comment on or wish us to include, please send it in. It's really good to hear from you . . .

## Buttercup Connections Events

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

Tuesday 10<sup>th</sup> May 7.30 for 8.00

### **Living in Trust and Integrity**

Open discussion with **Tony Roeber** \_\_\_

Tuesday 17<sup>th</sup> May 7.30 for 8.00

### **Do I need to know my previous Incarnations?**

**H-A** energy channelled through **Tony Neate**

Tuesday 24<sup>th</sup> May 7.30 for 8.00

### **Understanding Other Perspectives 5 – Humanism**

What is a Humanist? Talk and dialogue with **David Terry** (member of the Humanist Society)

Wednesday 1<sup>st</sup> June 7.30 for 8.00

### **Energy Work and Intuitive Self Healing**

**Helena Park**, who has been dealing with fall-out from a difficult childhood, shares her experience of a healer-therapist that works with her 'Team' in spirit. This encourages a sort of DIY soul-retrieval.

Thursday 16<sup>th</sup> June 7.30 for 8.00

### **Understanding Other Perspectives 4 – A Course in Miracles...(return by popular request)**

With **Nick Davis** who runs the Centre for Inner Peace in Worcester. Welcome back, Nick!

Sunday 19<sup>th</sup> June 9.30am for 10.00

### **Summer Solstice Celebration Walk**

We shall be striding out on another of these special walks, on this the lightest day of the year (for us!), honouring the cycle of our magnificent planet and all its beings therein and thereon. We meet at the North Malvern car park, 9.30 for 10.00 am. Contact person, **Helen Lees**: 01684 563565.

Thursday 30<sup>th</sup> June 7.30 for 8.00

### **Your Questions Answered by H-A**

**H-A** energy channelled through **Tony Neate** and **David Furlong**

Thursday 14<sup>th</sup> July 7.30 for 8.00

### **More Questions Answered by H-A**

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

**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.

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

**Administrator:** **Helen Lees**, Buttercup Connections, c/o Malvern Integrated Health Centre, The Enigma Suite, 78 Wells Road, Malvern Wells, WR14 4PA. Tel: 01684 560124

**e-mail:** [buttercupconnection@hotmail.com](mailto:buttercupconnection@hotmail.com) **web:** [www.buttercupconnections.com](http://www.buttercupconnections.com)

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

...



...