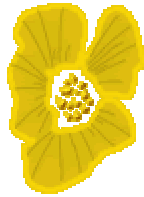


# Buttercup Connections – Newsletter 19

## September/October 2005



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

### Life is a Spiritual Journey

Vest yourself in the belief that your life is a hero's journey of spiritual progress.  
The goal of your individual hero's journey is  
to allow your intuition and spirit to become your dominant sources of power.  
And this will help you navigate the storms of change.

Life will never be a logical, rational, controllable experience.  
Some events and relationships will enchant us and others  
will crack us wide open with pain. We can never outsmart the winds of change.  
But know that underlying the storm is peace and under the chaos is order.

Use the power of faith as your anchor, faith that there is a reason why things happen as they do;  
faith that you will make it through a crisis;  
faith that you are moving on to a better place.  
Whether you are the one in the cycle of change, or whether you are  
helping another person through a cycle of endings and new beginnings,  
recognising a crisis – no matter what the crisis may be –  
as the spiritual experience of endings and new beginnings  
opens up a profound channel of light and grace.

Following your intuition is vital to your own empowerment  
and to your physical and spiritual health.  
All paths of enlightenment direct us to search within ourselves  
for the right energy to channel to others. Our highest potential cannot be tapped  
without commitment to reaching out to others.

Service is the most powerful act. That's why, especially when you are in need of help  
or around someone who is reaching out to you,  
you need to increase your attention to your body.  
Learn to interpret your physical sensations: they are generated by your intuition.  
These sensations will direct you to decide whether you should help, how much you should help,  
and when to say 'no'. At the very least, however, respond with a prayer.

You are an intuitive being. Intuitive abilities are as natural as breathing.  
Remember, though, that just because you can sense that someone is in need,  
does not mean you are the one meant to help him or her.  
Pay attention to both your biological and your intuitive signals, and ask yourself  
if you are physically prepared for the type of assistance required.  
If not, assist with a prayer and a loving thought.  
Notice and appreciate synchronicity. Keep an open mind that divine forces are at work in  
everything that happens to you, whether delightful or difficult. **Bejon**

## WAKE-UP CALLS

thoughts from H-A channelled by Tony Neate 14th July 05

**Today has been a day of reflection** (one week after 7.7) as it is important for the whole world to look for new levels of tolerance, understanding and unconditional love. These bombings are not isolated situations, out of revenge or vendetta. It is the built-up energy of centuries of repression, domination and putting down. It has recently been said, very wisely, that all spiritual and religious leaders need to teach love, tolerance, and moving beyond the past; looking to establish a future where individuals respect and honour each other.

There is such a need on your planet for harmonious co-existence, taking into account the total picture of evolution, both spiritual and genetic, and understanding that every form of evolution is complementary to every other form. This means moving beyond all those old concepts of punishment, revenge and retribution, even if you believe you are doing it for the 'Lord our God'. It is calling for a new understanding of God as an energy, a level of consciousness of all wisdom and unconditional love. So this means looking into why people, why animals, why all forms of physical evolution behave in the way that they do; because at whatever level and whatever form, you are always facing the challenge of bringing together the light and the shadow.

As the planet moves towards 2012 - which will be an auspicious year, not just because of the Olympic Games(!) but because of the final move into the Aquarian Age - more and more polarised energies will emerge and there will be greater fear focussed on the planet. But remember, my friends, the one thing that fear cannot beat is unconditional love. And although that may be difficult to understand, **unconditional love will always defeat fear because it will take the energy out of the fear.**

9/11 was the first of many world confrontations to try and awaken humanity and all the kingdoms into a state of readiness to move on, to abandon and move beyond the past; for, as someone said yesterday, you are all in the 'now'. You can learn, you can benefit from the past and carry what you learn forward into the future. So what is it in your past that you allow to dominate you? The areas where you feel that you have been let down? The areas where you feel you have been disempowered, unfairly treated, or perhaps been responsible yourself for unfair treatment?

Each one of these so-called disasters is a wake-up call to every individual on the planet. The tsunami was a wake-up call, as are the present increasingly violent hurricanes in America, and what happened in London a few days ago. There is such an accumulation of spirit energies around the planet trying to help it, and also many spirits coming into life to sacrifice in order to awaken others. What is important when any of these happenings takes place is to forget the concept of blame; or if you consider blame, then it is to blame everyone, both the accusers and the accused.

It is important that you allow your own concepts to be agile, free, open, to embrace a broader, wider understanding of all that is happening. And it is time to stand up and spread this level of understanding, so as to lift this planet onto a new level of consciousness. For now is an exceptionally critical time on the planet; you are setting the scene for the next 2,000 years. It is during such a time of movement that new ideas, new visions, new understandings can emerge, make themselves felt, and bring a new sense of love, tolerance and understanding. As you have so often heard me say as we move into the Age of Aquarius, this is a time for acknowledging your own spiritual growth, where you are, what you have been, and what you need to be. This means moving beyond the need for retribution, for putting things 'right'. It means looking at your past, accepting that it is a mixture of light and shadow, of fear and love; and in facing that understanding allowing yourself to move forward, thinking from the heart, feeling from the heart, finding new levels of understanding that move beyond the concepts of right and wrong. These are manmade concepts, not of God. **For God is without condition; it is a state of unity where light and shadow have merged. . .**

## Beauty Shines in Emergencies

In the aftermath of Hurricane Katrina, and without reiterating what has already been said by many people, we would like to make two observations. The first is that we hope this wake-up call will encourage America to stop following in UK's past footsteps by trying to impose a way of government onto other countries, proselytising its own customs and religion. With all the communication at everyone's disposal today, leaders can surely settle their differences by discussion. It is the only civilised way.

The second observation is to quote from an article by [Rabbi Michael Lerner](#):

"There is one beautiful thing that sometimes happens during this kind of emergency, and that is the temporary falling away of the cynical realism that teaches that people only care about themselves, and makes most of us feel scared to be 'too generous' or 'too idealistic'. Suddenly people are allowed to be their generous and loving selves. When the restraints are momentarily down, there is a huge outpouring of love, generosity and kindness on the part of many Americans. People do things like this: I read yesterday in an advert on the internet's Craig's List that they are willing to take into their own homes for many months a family that has been displaced by the floods. This kind of selflessness is something that people actually yearn to let out, but under ordinary circumstances they'd fear to do it. So watch the goodness show itself. . .

"For me, this is a prayerful moment, entering the period just before the Jewish High Holidays (starting Oct 3), realising that the Jewish tradition of taking ten days of reflection, repentance and atonement is so badly needed not just by Jews but by everyone on the planet. I hope we can find a way to build this practice among secular as well as religious people, because America, indeed the whole world, so badly needs to STOP and reflect, repent and atone, and find a new way, a new path, and return to the deepest truths of love, kindness, generosity, non-violence and peace."

*Rabbi Michael Lerner*

Rabbi Lerner is co-chair of the Tikkun community, an Interfaith organisation with a new project called 'The Network of Spiritual Progressives'. It states: "We need a New Bottom Line – a fundamental transformation of what we value in this society. A new bottom line of love and caring, kindness and generosity, ethical and ecological responsibility; with awe and wonder at the grandeur of the universe replacing a narrow, utilitarian approach to Nature. We want to take that message into the public sphere, into the political parties, into the media, into the schools, into the corporations." Lerner is also author of *The Left Hand of God*. ([www.tikkun.org](http://www.tikkun.org))

## Visiting The Eden Project

As you enter this 'Garden of Eden' in Cornwall, there is a delightful notice:

If you believe there should be a place . . .

That celebrates life and puts champagne in the veins

Is all about education but doesn't feel like school

Where you can hold conversations that might just go somewhere

Where research isn't white coats in secret, but shared exploration to help us all

That's a sanctuary for all those who think the future too precious to leave  
to politics . . . because it belongs to us

Then welcome!

That's why we built this place and that's where the money goes

The Eden Trust

Info:01726 811911/[www.edenproject.com](http://www.edenproject.com)

A charitable trust, that is the humble mission of a man, **Tim Smit**, who tells the world the story of plants (250,000 at the last count) that changed history. A place for all to visit.

Tim will be one of the speakers at the Bristol Schumacher Lectures on Sat 29 Oct. 0117 903 1081 [www.schumacher.org.uk](http://www.schumacher.org.uk)

## HEMP and its 250+ USES

**For most of us** the word 'hemp' conjures up sacks and ropes, hard and very strong. Yet how limited our knowledge can be! At an exhibition in Brittany recently, the products made from hemp ranged from flour, beer, and building materials (hempcrete is a lighter, tougher, more weatherproof version of concrete) to clothes, sandals, paper-making etc. etc. Where clothing is concerned, it is warmer, softer, extremely breathable and significantly longer-lasting than cotton. It looks like linen, feels like flannel, and wears longer than other fabrics. Hemp is also extremely nutritious for both humans and animals.

Hemp was first cultivated in China 4,500 years ago and later came to Europe. At Noyal-sur-Vilaine in Brittany, thirty exhibitors extolled the virtues of this wonderful plant, the French being much more educated about the uses of hemp than we are. The sole exhibitor from the UK was Tania Blonder who lives in Cornwall where she and her mother are designing colourful clothes made from a combination of silk and hemp.

So why are we not growing this versatile, ecological wonder plant that apparently requires *no* chemicals while growing; and why are we not manufacturing these many versatile products? The answer lies in a misconception. Due to the similar leaf shape, hemp is frequently confused with marijuana. Although both plants are from the species *cannabis sativa*, hemp contains virtually no THC (delta-9-tetrahydrocannabinol, less than 0.3%), the active ingredient in marijuana. Industrial hemp has no illicit uses; it is the equivalent of non-alcoholic beer! !

In America, the former President of the Sioux Council has said: "Our people used to have buffalo for food, clothing and shelter, now hemp can do all that for us. . . This is a way we can help our people and also our environment. It is very important that we're able to grow a crop that allows us to live in balance with Mother Earth." **And it can grow easily in this country too, but it needs government sanction – at present you have to have a license to grow it - and, of course, it needs investment for processing equipment. What an opportunity!** See [www.houseofhemp.co.uk](http://www.houseofhemp.co.uk) and [www.hempology.org](http://www.hempology.org) Also, article from Summer Issue of 'Positive News'.

[Incidentally, over 20% of the world's insecticides are used on cotton crops, killing 20,000 people each year. The Soil Association has certified safe ORGANIC textiles and numbers are expanding rapidly. [www.soilassociation.org/textiles](http://www.soilassociation.org/textiles) tel: 0117 314 5000]

## H-A Foundation

**In May this year**, the first meeting took place of the H-A Foundation. It followed suggestions from various people that the wealth of H-A information should be collated and made accessible to a wider public. The group discussed the various formats available and the amount of material. It was apparent that the amount is enormous and it would take very careful control to ensure that it would be accomplished in a professional way. A plan was agreed as a way forward but recognised that it needed to be flexible to adjust to changes that may be necessary as we discover the complexities of the task.

It was agreed that the first task should be to collate all the material that is already in written form followed at some point by transcriptions of recorded material. It was also agreed that during this process as much material as possible would be available on a web site. As this material covers a period commencing in the 1950s to date, and is still being produced at a regular rate, it will be appreciated that the task ahead is enormous but extremely rewarding.

We are looking for volunteers who are able to give a few hours in the various areas to help us in any way. If you think you can help, please contact Ed Bowles on 01 362 693120 email: [edward.bowles@onetel.net](mailto:edward.bowles@onetel.net) so that we can co-ordinate the work.

With much appreciation, **H-A Foundation Steering Group**

For H-A lectures, see [www.channelling-online.com](http://www.channelling-online.com)  
New emails: [anneate@tiscali.co.uk](mailto:anneate@tiscali.co.uk) and [tony-neate@tiscali.co.uk](mailto:tony-neate@tiscali.co.uk)

## Lake Biwa – The Message from Water

*Extract taken from Masaru Emoto's 'The Message from Water' Vol 2*

### Purification of Lake Biwa

“They say that year by year the water of Lake Biwa is getting dirtier. Lake Biwa is the people’s home. It is the mother lake, the equivalent of Japan’s womb, and it’s a cause for concern if the amniotic fluid of the womb is dirty. In the ‘Message from Water Vol. 1’, I introduced the purification of water by the incantation of a prayer at the Fujiwara dam in Gunma prefecture in October 1997. I was deeply impressed by the result of that experiment and decided on doing the same thing at Lake Biwa.

“On 25<sup>th</sup> July 1999 at 4.30am, 350 people gathered and offered their words facing Lake Biwa. Praying with us at the time was Mr. Nobuo Shioya, the then 97 year old creator of the ‘Grand Declaration’ which states: ‘*The eternal power of the universe has gathered itself to create a world with true and grand harmony*’. The result of that was an incredible success that truly surprised us and the public at large”.....

As reported in The Kyoto Shinburn newspaper August 27<sup>th</sup> 1999: “Every summer on Lake Biwa the foreign species of algae called kokanada almost covers the lake, as it flourishes abnormally. It is practically out of sight this year. Also, in a normal year complaints of foul odour come in to Shiga prefecture. Yet there have been none this year & the amount of algae cleaned up by the prefecture has been a mere pittance.”

“In this fashion, it is not only human minds but also all life forms in this world containing all things and phenomena, including substances in nature like water which respond to our human thoughts. They accept those thoughts and it changes their condition and quality”.

Gill Black who sent this in after a workshop on Nature Spirits, commented: “After the workshop I asked myself if they weren’t contacting the nature spirits in the water.” Ed.’s Note: Something phenomenal happened to Lake Biwa and, as with all things, there can be different interpretations depending upon your viewpoint. At the very least it can help us to be more conscious of how and what we think! Thank you, Gill.

Masaru Emoto’s latest book *The Hidden Messages in Water* is superb with beautiful photos showing how our thoughts and feelings do indeed affect water, as does also sound and music. . . . And we and our world are mostly made up of water!!

## An Hour of Positive Intention

How can we be with the ever-increasing horrors against humanity that are occurring all around the world?

I find I become angry at the taking of life, and on reflection I realise that this is my own anger, which *adds* to the collective.

So in quiet reflection I see that I can only work with **positive intention** when I’ve cleared my anger and am in a place of stillness.

Only then can I send positive thoughts to all people involved in any recent attacks, be they perpetrators, rescuers, victims or survivors, and hold them in my heart.

The aim is to be with love and acceptance, with non-judgemental reflection, And to link in with others of like mind, singly or in a group.

My idea is for people to work with ‘one hour’ / set period of **POSITIVE INTENTION** once a week, at a time that is right for each individual or group.

To hold an open space within your heart,  
For all faiths, colours, creeds, humanity and the whole planet.

**Jo New 25.7.05**

“Ways of worshipping are not to be ranked as better or worse than one another.  
It’s all praise, and it’s all right.” *Rumi 13<sup>th</sup> Century Sufi poet*

## Understanding Other Perspectives – Humanism

*Trish Hamilton*

In the latest of this series, we welcomed David Terry and his wife from the Worcester Humanist Group, who began by mentioning the names of many well-known people who have expressed humanist ideas over the centuries: from Aristotle, Shakespeare and Charles Darwin to David Attenborough, Richard Dawkins and Stephen Fry.

Humanists believe that we have only one life and we should make the most of it by living happy fulfilled lives, helping others to do the same. To achieve this is to live responsibly, to think rationally about right and wrong, to consider the consequences of our actions and to try to do the right thing. They tend to think about these big questions for themselves and look for answers based on reason and experience, rather than accepting what someone else has told them. Some questions may not have answers and a religious answer may not feel like the best one.

Above all, happiness is the only good thing and the time is 'now'. Without pointless self-denial, it is reasonable to enjoy the good things in life if you can do so without harming others or the environment. Surveys show that at least a quarter of the population in Britain today are either strongly agnostic or atheistic.

## POSTBAG

Dear Editor,

### Our Yob Culture

In response to your article in Buttercup Connections – Our Yob Culture – herewith a few points: Our present freedom for the individual in the virtual absence of law and order, religion, education, physical work / exercise etc. must result in chaos. This is mainly shown today in the personal use (selfishly or ignorantly) of our creative energy. So, as the individual is foremost at present – vs. tribal, social, familial – and before we lose the last of this great body of knowledge, should we not concentrate on the individual raising of energies?

The present Spiritual Revolution seems to be streaking ahead along the personal path, but in the absence of an alternative (ie a choice) that includes attention to something beyond, then it must destroy. As you quote, "A conflict is never resolved on the same level that it arises ....." Sincerely, **Barbara Leach.**

Dear Editor,

### Staying Connected

I didn't subscribe to the Buttercup Connections, but the Newsletters have continued to arrive and this latest one is so good – wise, thought-provoking and varied in its content – that I have been prompted to shell out my £10! The reason I didn't subscribe before was that it seemed 'difficult' to get to events at the Enigma Centre.

However, the heading quotation on the Newsletter, "*To help people explore themselves and their links with others to find a better way of living*" expresses perfectly what (on a good day) I hope I am doing with my life. Clearly there is a connection and I would like to maintain it, even if I can show up in person only occasionally. So – thank you! Love and blessings, **Mary Calloway**

Ed. You're in good company as only about 15% of subscribers are able to attend our meetings!

## AUTUMN EQUINOX

As we shall not be publicly celebrating the Equinox weekend this month, we thought you might be interested in a local pilgrimage which is being organised by the Malvern Local Group of the Gatekeeper Trust. Fiona Hopes writes the following:

### Heart and Soul of the Malvern Hills

**Sunday 25 September 2005**

At the balance point of the year, at the Autumn Equinox, we will visit the Heart chakra of the Malvern Hills Landscape Temple. As the year turns, and the nights become longer than the days, we will acknowledge the bounty of the season, and give thanks to Gaia, the Earth, Demeter and Ceres, and all the other gods and goddesses of growth and productivity of the land. Balance is the essence of the Equinox, and in connecting the

Heart with the Throat centre at the Wyche, we create a balance between the lower and higher chakras within the landscape. It is the time for the dragon of St. Michael to go within for the winter months, and we shall take that fire energy, the fruits of the Earth and our own personal experiences, and go within ourselves - to achieve our own balance, and to reconnect with our inner power and strength, our inner focus and wisdom.

We will pilgrimage from the Heart centre at Holy Well and Eye Well, along the ridge of the Hills to the Throat centre of the Wyche, and return on the lower path, a symbolic 'going within' of the walk. Cut through with a busy road, the Wyche cutting is often neglected, and yet it is the home of the 'voice' of the Hills. This pilgrimage is suitable for children and dogs, but is very strenuous in places, and appropriate shoes/boots are essential.

We meet at the far end of Waitrose car park, Malvern at 2 pm prompt (to share cars, limited space at Holy Well). The cost of this event to cover printing and distribution is £5. If you intend coming, please phone and confirm with Fiona Hopes on 01684 892533

## Choices that make a Difference

*Linda Downey*

Many people feel anxious about the future – the effects of global warming, other environmental problems, terrorist attacks and widespread social changes. The problems often seem too big to comprehend, never mind be able to solve. Consequently many people feel helpless and disheartened. However, individuals can make a difference, locally, nationally and internationally, through choosing to spend money in ways that are supportive of health and wellbeing.

Communities, whether villages, towns or cities are all made up of individuals who collectively have tremendous power to influence the future. One of the biggest shifts in recent years has been the phenomenal increase in Fair Trade Tea and Coffee, which from its humble beginnings is now available at most supermarkets. Ethical Trading is a growing area which is now worth £20 billion in the UK.

### **We all need to switch from being part of the problem to being part of the solution**

- ?? Reduce/Re-use/Recycle
- ?? Buy locally produced goods
- ?? Do not be too proud to buy secondhand goods.
- ?? Consider Fair Trade products where they exist
- ?? Consider organic food / clothing
- ?? Consider the least processed products
- ?? Consider products based on natural materials, including cosmetics

### **Information on Products and Supplies**

?? The Rough Guide to Ethical Shopping. The issues, the products, the companies. Duncan Clark £7.99

?? The Ethical Consumer. [www.ethicalconsumer.org](http://www.ethicalconsumer.org) Tel: 04161 2262929

*Greenchoices.* [www.greenchoices.org](http://www.greenchoices.org) This is the most comprehensive site which I have found which list positive choices for everything you could possibly want for baby, home, garden., office, school and leisure. It has numerous links to other websites, which makes it easy to follow up in greater depth info on environmental problems, Fair Trade issues etc.

*"What is important is not so much what happens to us,  
but how we experience what happens to us." Margaret Koolman*

### **And for those who love the English Language . . .**

- |  |  |
|--|--|
| Those who jump off a bridge in Paris are in Seine. | Santa's helpers are subordinate clauses.             |
| Dijon vu – the same mustard as before.             | Acupuncture is a jab well done.                      |
| Practice safe eating – always use condiments.      | Every calendar's days are numbered.                  |
| When two egotists meet, it's an I for an I.        | If you don't pay your exorcist, you get repossessed. |

# Buttercup Connections Events

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

Thursday 8<sup>th</sup> September 7.30 for 8.00

## **What's Happening to Gaia – our Earth Guidance?**

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

Wednesday 14<sup>th</sup> September 7.30 for 8.00

## **The Struggle for 'NOW'**

If **THIS** is all there is, why is it so hard to experience? Your own viewpoints and experience are welcome. Facilitated by **Tony Roeber**

Thursday 22<sup>nd</sup> September 7.30 for 8.00

## **Understanding Other Perspectives 8 – Interfaith Ministry**

A talk given by **Jane Coulthard** who is an Interfaith Minister and takes a service once a month in Malvern.

Thursday 29<sup>th</sup> September 7.00 for 7.30

## **How Mass Affects Polarity and Vice Versa**

What is mass? What is polarity? An evening with **John Cuninghame**. Please bring a straight hollow tube of any material, up to 4 ins. in diameter and 1ft long, plus your own pendulum.

Wednesday 5<sup>th</sup> October 7.30 for 8.00

## **Symbols and Synchronicities**

How we can be helped and guided in our lives. A discussion facilitated by **Frida Siton**

Thursday 13<sup>th</sup> October 7.30 for 8.00

## **Is there a Day of Reckoning?**

H-A energy channelled through **Tony Neate** (including questions and answers)

Thursday 20<sup>th</sup> October 7.30 for 8.00

## **Indian Head Massage – with a Difference**

**Maureen Dadswell** trained with Dr Narendra Mehta, who first brought this spiritual/physical therapy to this country. Includes a demonstration. (Maureen practises at The Enigma Suite.)

Tuesday 25<sup>th</sup> October 7.30 for 8.00

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

A workshop-based session in which you will have the opportunity to learn how to rid yourself of troublesome feelings via guided meditation. Led by **Helena Park**

Wednesday 2<sup>nd</sup> November 7.30 for 8.00

## **Does Prophecy have a Relevance Today?**

H-A energy channelled through **Tony Neate** and **David Furlong** (including questions & answers)

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**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)*



