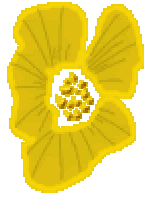


# Buttercup Connections – Newsletter 20

November/December/January 2005



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

## The Mother's Song

Her son remembered as in present tense  
 Forever in her heart  
 Her voice sings sadly, passionately to each of us  
 Forgive, let go, move on in peace.

Anthony's song of love and joy in life  
 Now lost in body,  
 Sung in soul of mother's heart  
 Forever held in death, in life.

I cannot let this massive hearted  
 Woman's words go by  
 Without my standing by in simple  
 Solidarity of spirit.

All mothers' ghastly nightmares seen  
 Identified in London stone,  
 Shared by so many families as crowd  
 In innocence walks by the tragedy.

We cannot let our dreams become  
 Besmirched by terror, hate or rage.  
 We will not let ourselves be separate,  
 Tainted, diminished here by darkened vision.

We cannot grieve for loss of life  
 Belov'd, unless we're open hearted.  
 Encompassing all creeds and faiths  
 Exposed in raw humanity.

Jo New

Poem written after hearing Marie Fatayi-Williams on the news as she called for her son, and again on Today after she knew he had been killed in the Russell Square bombing . . . .

*Fly with the spirit through the gateway of the heart . . . . . In Love and Life . . .*

## **Finding Fulfilment through a Physical Body** Extracts from **H-A channelled through Tony Neate and David Furlong 2.03.2005**

**Through David:** How can you as an individual within your life find a real sense of direction and fulfilment? Just for a moment, my friends, think of a time when you felt completely happy and at one with yourself. This could be an approximation because you might find such a moment hard to recall. But just try to recapture that dynamic energy when you really felt as though you were in touch with the essence of who and what you are - a moment within the depths of your recollection; and feel into what it was that made that moment so special? . . . And then try to allow this quality of energy to be with you throughout this evening. . . . Now gently bring yourself back to a state of awareness in the present.

Capturing those moments is important; but then of course there are many times when it is very difficult for you to feel that sense of exhilaration that you recollected just now. So much in life can be challenging that it is very hard to find that link through to the core essence of who and what you are.

**Soul Groups.** When your soul exists in the realm of spirit, it is surrounded by other souls, other spirits who are very empathetic to it. There is an incredible feeling of experience, of joy, of wonder, which is shared between you and those soul mates who make up your soul group and are associated with you. And the reason why this on the whole is such a wonderful experience is because you are with souls who are in harmony with you.

When you choose to come into a physical body - and there is a very conscious choice which your soul makes with great deliberation - you elect to put yourself into a stream of experience in which you are going to find some energies very much in harmony with you, while others are not. It is this rich mix which makes physical incarnation such a wonderfully unique opportunity; and yet at the same time it can prove to be very difficult for some. The wiser the soul and the more in touch with their spiritual essence a person is, the easier it becomes, in one sense, to find a balance within oneself. And when we are talking about this word fulfilment, it does need to be understood from a spiritual perspective; because sometimes a life that is very challenging can, from a soul's perspective, be very fulfilling. So in this exercise I would like you all to try to be in touch with the wisdom, the great wisdom, of your own inner spiritual Self.

**Through Tony:** At the moment of conception, your spirit brought with it everything that it had ever been; all experiences in and out of the physical body – the resolved and unresolved issues. It chose its parents, not for what they are, but for the challenges they offered it as they put out an energy that drew you towards them.

Then another feature came into the picture because your physical body is a product of your father and mother and of their parents going back over many generations. So there is a physical ancestry that is also part of the challenge of your incarnation and that energy comes down from your parents through the DNA and the sheathing round the DNA, over many, many generations. However, you not only have to deal with what your spirit has brought in from all those past lives and experiences in and out of the body, but you also have to deal with the physical body itself. It is quite a challenge; and as we move into this new Aquarian age, there is the opportunity to really open out and understand the totality of your being. This up to now has been denied human-beings because they have been kept on strict lines of what they *must* believe, or else! But now a new perspective is opening up, a new way of being.

**Directional Impulse.** Interestingly, in acknowledging both the physical-ancestral and the spiritual-karma aspects of your being - which reach right back in time - somewhere between the two lies a third aspect, which I call the '**directional impulse**'. And that directional impulse is something that goes right back to when you were created by the Godhead. When you first came into the universe to experience, you acknowledged your free will, your choice, and started to move forward. That is your directional impulse.

So it is really important in life to realise that, yes, you are in this life for a purpose, it is a purpose that you have chosen; and the more you can discover, sense and feel about that purpose the more it can take you forward into new exciting dimensions of experience. This is how one begins to find fulfilment.

**Physical emotions.** And there is one more aspect I would like to bring into this, something that the spirit can achieve only through physical incarnation, and that is how to express its feelings physically, through physical emotions, through the heart, through the hands, through the mind, through you as a physical being. How you look at your karma, how you look back at your ancestors, and how you search for that directional impulse that carries you forward – in all of that lies a golden light like a sun that can come right through you, finding a new joy, a new discovery, a new level of being.

*Speaking of 'choice', here is one lady's choice and experience . . .*

### **As a Cancer Survivor – My Conclusions**

"**From my experiences and many things I've read**, I'm sure that negative thoughts and attitudes must very often have everything to do with getting cancer, 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, and I've decided there are just two basic questions:

**What is the lesson? And have I learnt it?** There might well be many lessons, but the questions remain the same. 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, was 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. But by then she was more in her soul-self, not in the emotional torment she'd been in years before, and her 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 understand 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 the 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 . . . 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 myself or others, 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 be vigilant about having any negative thoughts at all, such as resentment, regret etc. carefully clearing them out of my system and not repressing them as I long had to do when young . . . Oh, and equanimity in the face of things going less well than they might.**

"Have you read George Ritchie's *Return from Tomorrow*, or Bernie Siegel's *Love, Medicine and Miracles*, where he quotes from the former book, about the Polish Jew whose entire family was shot in the war by the Germans, but who was himself saved by his linguistic abilities. After several years in a concentration camp he remained in perfect health. He put this down to a decision he made when his family was killed. He could have hated those people, but being a lawyer had made him realise what hatred did to people's minds and bodies, so from then on he loved everyone he met."

[This article was written by a wise lady who wishes to remain anonymous.]

## The animal kingdom is surely teaching us yet another lesson . . .

### How not to be a Victim of Panic

The following excellent letters [abridged] were printed in *The Guardian* on 18<sup>th</sup> October, '05:

**1. "I thought we had grasped what Pasteur confessed to on his death bed:** that it was not the germs that caused disease but the terrain. In other words, germs are helpless unless provided with a host rendered susceptible to them. . . .

"In the case of the cows, it was years of degrading treatment at the hands of an industry (and public) bent on profit and cheap produce. But what more degraded creature can we find than the battery chicken, cooped up, starved of daylight, barely able to move and fed a diet of drugs and other products to ensure its growth and marketability. Can we be surprised that such creatures succumb to disease?

. . . . "When human resources and spirits are very low, such times render people open to illness. Taking responsibility for our health also means taking care of our planet and the other creatures that inhabit it. Bird flu, if it does mutate, is a sign that we are all interdependent and that our actions have widespread consequences. If we succumb to a pandemic, it will be because we have created the terrain in which it can happen."

*Clare Lincoln*

**2. "In all the discussions on bird flu,** the blame has been conveniently put on wild, migratory birds. Yet over the past 60 years, the world's farmers have kept huge numbers of broiler chickens and laying hens in ever more confined factory-farmed conditions – in the UK alone we slaughter 900 million a year. The environment in which these creatures are kept **has compromised their immune systems** and left them at their physiological limits. No wonder disease is rife. Now we seem panicked and surprised that avian flu might break through the species barrier to harm us."

*Sara Starkey*

Ed: A strong, healthy, happy person or animal automatically emanates a strong, healthy

energy-field which is a natural protection for us and for our fellow creatures. It is common knowledge among healers that fear and panic cause a weakening of this subtle energy-field. It collapses. That in turn weakens our natural *physical* protection, our *immune system*, allowing germs to invade us and thrive. So taking responsibility for our own health, physically, emotionally and mentally - ie. our own 'terrain' - is the greatest protection. People need to know this and resist the scare-mongering.

The following is an interesting article in the **Scientific and Medical Network Summer Review**, entitled:

## Can we improve on God? The Need for a Post-secular Morality

**Diana Clift** writes with clarity of the arrogance of religion which permits double standards in this world and the next. . . Being on the side of Good – according to your religion – means that you can perpetrate war against the opposite side that must be Bad and therefore Evil. . . How can killing and maiming be justified in the name of God – in this or any age? . . How can a baby be born in sin? . . How could God order/inspire someone to kill or maim others and even reward them for it in heaven? . .

At last! I thought as I read it. At last someone is brave enough to say it! Diana recognises that some of these dogmas are fundamentalist views, but then this seems to be what is taking over our world. They are the ones who are heard because they shout the loudest. She says: "If we are to tackle the violence that threatens our survival, we must challenge the male domination of religion and politics. . . In Genesis women are clearly created inferior and responsible for bringing sin into the world. No man in any religion would want to be treated like the average wife." I read this, not as a feminist statement, but as the need to challenge the archetypal male attitude of domination.

Diana says that we need to develop a basic code of morality that is Just for everyone, and that religious leaders need to make two concessions:

1. **"What is True?"** The first concession is an admission of fallibility. All the scriptures say that God is beyond human comprehension and essentially unknowable. Therefore, logically, it follows that all dogmas and scriptures are human interpretations of the divine and are fallible. No human agency can know the Whole Truth."
2. **"What is Good?"** The second concession follows logically from the first. All religions claim to be Good. They claim their God is just and merciful. They claim to be in favour of Peace. It should not therefore be too difficult for them to accept that the universal bottom line of morality must be to do no harm to other humans or other species. There can be controversy over what constitutes harm, but the Golden Rule . . . **that you should treat others as you would wish to be treated yourself** . . . should be acceptable as a rule of thumb."

We are projecting a human image of revenge and retribution on God. That needs to change if we are to move beyond conflict. It is dangerous. She says, "Most fundamentalists pray more than others and tend to be more arrogant, cruel and misogynistic. Yet God seems to increase their beliefs . . . that they are allowed to perpetrate against others actions they would never countenance committed against themselves."

So can we improve on God? Or even improve God? Many consider that we are each a spark of God, a part of God, and that we all have responsibility for creating reality; that means that we ourselves can change things. Diana says, "Division, conflict and injustice are not inevitable. Actions do not have to result in winners and losers. It is possible for everyone to win. . . Cycles of violence can be broken. Aspirations can be raised so that we can achieve more than we dream of now. And religions could indeed get back to their fundamentals, not those of the 'fundamentalists', but the principles of Justice, Humility, Peace and Compassion." Yes, let's have more WIN/WIN! Diana quotes from **Milu Larkin**:

**“You are not a feather blown by the wind, but the wind blowing the feather.”**

Diana finds understanding and empathy in the writings of Neale Donald Walsch, and I would like to end this report/article with two quotes: the first from his *Tomorrow's God*:

“Look not to one source, but to all sources, and even to all of Life for your definition and experience of the Divine. Reject nothing, but also include everything.  
Do not say that the truth is exclusively ‘here’ or exclusively ‘there’,  
but rather that the truth is ‘neither here nor there’ but everywhere.  
It is in the Qur’an and it is in the Upanishads. It is in the Bhagavad Gita and it is in the Bible.  
It is in the portions of the Bible called the Torah and called the Psalms and called the New Testament. It is in the Book of Mormon and the Book of Hidden Words.  
Yet know this: It is found in Whole *nowhere*, and in Part *everywhere*. All of these sources,  
taken singularly, contain incomplete understandings.  
Therefore, entreat those who would live the New Spirituality to consider every book sacred  
and every messenger holy, even as they themselves are holy, and as the living of their  
own lives writes the book of their most sacred truth. Remember that always.  
**The living of your own life writes the book of your most sacred truth, and  
offers evidence of it.”**

And the second from **H-A**:

I am Love  
And through that Love I extend Love to all others  
I am Forgiveness  
And through that Forgiveness I forgive all others  
I am Respect  
And through that Respect I respect all others  
I am Love

AN

## Water-Proof, its Importance for our Bodies

**They tell us that we consist of 75% water and our brains, 85%.** Is it not a wonder that drinking water is vitally important as we are continually being told. For most of us are dehydrated to a greater or lesser extent and many disturbances in our health are caused by the body adapting itself to dehydration, ie. drawing water away from essential reserves. A dehydrated body feels under stress so it takes water from other parts of the body to be prepared for possible fight or flight; this leaves some parts under-resourced and unable to function efficiently, leading to detrimental consequences for our health.

**How much?** We actually need 2 litres/8 half-pints of pure, filtered still water a day; and together with this amount, a good quarter of a teaspoon of sea salt. (Salt is a tool which the body uses in order to retain water. It is not the cause of high blood pressure.) **Should your ankles swell, reduce the salt intake.**

Unfortunately, all the drinks we enjoy such as tea, coffee, alcohol, colas etc. do not count. After all, they are man-invented and are all diuretic, in other words they draw on the body's water reserves. So we have to find a way of enjoying drinking water. Adding hot to cold helps some people, especially first thing in the morning, which is a good time to drink plenty of water as we also lose it through perspiration during sleep.

**Signals of dehydration:** Rheumatoid arthritis, angina, lower back pain, leg pain when walking, migraine, colitis, constipation, gastritis, dyspepsia, heartburn, hangover, stress,

chronic fatigue syndrome, kidney damage, hiatus hernia, and so it goes on! The brain uses electrical energy and water is essential to its generation. Without water, many functions of the brain become inefficient, and it is this inadequacy which we call 'depression'.

**Asthma** is not a disease which needs to be cured; it is the result of the body's adaptation to a shortage of water and salt. Normally, the air passages are kept moist by water. If this is not available then mucus is substituted and will eventually block the airways. To relax the bronchioles, take half-a-pint of water and then a pinch of salt on the tongue. Alcohol or caffeine will simply make the situation worse.

As some of you will already have recognised, this all comes from the book, *Your Body's Many Cries for Water* by Dr. F Batmangheidj. And, more recently, from another book by the same author entitled, *Water and Salt*. In these books he gives plenty of scientific explanations to support his statements. May this article inspired you to read for yourself and take responsibility for your own health in a simple, non-expensive, natural way, remembering also to exercise and to try to keep body weight at your appropriate level. Taken from Jane Howell's condensed version of *Your Body's Many Cries for Water* by Dr F Batmangheidj.

## UNDERSTANDING OTHER PERSPECTIVES – The Interfaith Seminary

Interfaith Ministers are non-denominational and teach, counsel and serve the spiritual needs of people from all faiths or no faith. The Rev. Jane Coulthard explained that they believe in one God/Truth, but that there are many paths leading to the Source of all. They view diversity as a source of enrichment, seeking to help people to an awareness of the Sacred.

The organisation was founded in 1981 in the US by Rabbi Joseph Geberman, with the support of many religious leaders wishing to explore the areas between & beyond their own faith. The Rev. Miranda Holden founded the Interfaith Seminary in UK, 1996, and it is also active in Spain, Ireland & many other countries. Blessings, Healing & Naming ceremonies, Weddings and Funerals are held, co-created by those participating.

*Trish Hamilton*

### English signs in foreign countries . . . !

*Germany (Black Forest):* "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."

*Hotel, Japan:* "You are invited to take advantage of the chambermaid."

*Hotel, Jugoslavia:* "The flattening of underwear with pleasure is the job of the chambermaid."

*Swiss restaurant menu:* ". . . and our wines leave you nothing to hope for."

*On highway from Nairobi to Mombassa:* "Take notice: When this sign is under water, this road is impassable."

*Hotel, Zurich:* "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."

**NOTICES: AWAKENING TO SACRED HEART.** Nov. 5/6. Serge Beddington-Behrens will be running this weekend in Central London for those already familiar with entering Sacred Space. Also, a 10-month certified Course beginning Nov. 2005. Contact Serge on 01451 860726 or email: [info@sergebb.com](mailto:info@sergebb.com)

**CED JACKSON** (see 17<sup>th</sup> November in Diary p.8) has studied a number of healing traditions and is especially interested in how we influence our environment and how it influences us. A fascinating evening ranging from practical tips to the health aspect of the Tree of Life. [ced@fengshuifutures.com](mailto:ced@fengshuifutures.com)

**EDITORIAL.** We would like to wish all our Buttercup Connections friends a happy, busy, cheery Christmas – or non-Christmas holiday (if that applies to you)! . . . December being the month that it is, our next issue will appear late January. . . So we wish you all a great **New Year Celebration** with a forward look at greater understanding between all nations, people and religions of the world. After all, we're a human family & we're all living on our extraordinarily beautiful home – planet Earth. **Let us honour and value our home and all the diverse and amazing people, creatures and plants living with us on it!!**

For H-A lectures, see [www.channelling-online.com](http://www.channelling-online.com)  
and please note our new email addresses: [ann-neate@tiscali.co.uk](mailto:ann-neate@tiscali.co.uk) and [tony-neate@tiscali.co.uk](mailto:tony-neate@tiscali.co.uk)

## Buttercup Connections Events

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

Wednesday 2nd November 7.30 for 8.00

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

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

Wednesday 9th November 7.30 for 8.00

### **How can Homoeopathy Help You?**

Talk and discussion led by Registered Homoeopath **Pauline Start**, (now practising at the Enigma) about this alternative medical system that's been curing the sick for 200 years.

Thursday 17th November 7.30 for 8.00

### **Healing the Place, Healing the Person**

2-way links between a person's health, the health of the house they live in, and what can be done to improve matters. Talk by **Ced Jackson**, Feng Shui Consultant, Dowser, Earth Energies Practitioner.

Thursday 24th November 7.30 for 8.00

### **Understanding Global Warming**

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

Wednesday 30th November 7.30 for 8.00

### **Inner Struggle on a Spiritual Journey**

**Penny Douglas**, Practitioner at The Enigma Suite, talks about the power in her life as a therapist, of her own spiritual journey, utilising her intuitive higher centre.

Wednesday 7th December 7.30 for 8.00

### **The Struggle with Living in the 'NOW'**

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

Thursday 15th December 7.30 for 8.00

### **2006 – A Year of Hope or Despair followed by Winter Solstice Celebration**

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

Wednesday 11th January 2006 7.30 for 8.00

### **Cyma-Sound Therapy - the therapeutic effect of sound, using an applicator.**

A presentation by **Chris Gibbs** (Holistic therapist at the Enigma Suite) with overhead projector.

Thursday 19th January 7.30 for 8.00

### **Symbols and Synchronicities**

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

Thursday 26th January 7.30 for 8.00

### **Your Personal Questions and Answers**

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

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, free individual expression in relation to health and ecology, and deep questions in our minds today.

**Editors: 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)



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