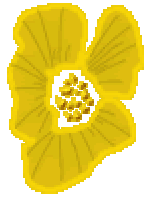


# Buttercup Connections – Newsletter 22

May/June/July 2006



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

## Global Healing? Could it be Possible?

**EDITORIAL.** Is there a single act that could be accomplished that would take a great stride towards calming and healing the dangerously emotional roller-coaster our world is tumbling into? Looking at the global situation from an astrological point of view there is, potentially, a serious ‘make-or-break’ period coming up around the time of the Solstice this June, according to Roy Gillett, President of Astrological Association of GB. (*Astrological Journal, March/April '06 issue.*) He says:

**“If we are to avoid fireworks that light up human conflict for real, rather than sensational New Year displays for fun, it is vital we use the flexibility available in the spring to understand what we have previously refused to consider understanding, and to make it publicly clear we are doing so.**

**“The best way is to make major gestures of forgiveness that touch the hearts of our enemies. With the Middle East being the focus of so many world problems, showing we mean business there could activate major global healing. JERUSALEM is of profound spiritual focus to the Jewish, Christian and Moslem religions. For centuries they have fought each other to control it. Whichever side has succeeded, war and the fragmented exile of the other population has been the result. (Together these three religions comprise more than 3.5 billion of the world’s population. Ed.)**

**“In our 21<sup>st</sup> century global society, is it at last possible to accept that JERUSALEM can be controlled only by an international administration, but used fully and freely by all three religions? In this way, JERUSALEM could still house and restore the holy shrines and be the capital of both the Israeli and Palestinian states, as well as an unwalled place of pilgrimage for Christians of all denominations. For all concerned to be willing to accept such a generous gesture could be a key symbol of forgiveness – the way toward global reconciliation and kindness. Such willingness to bend to others would celebrate the best in all three of these great world religions.**

**“ Such practical ideas and steps towards reconciliation in the Middle East and all over the world could make 2006 a seminal year in a process that brings light and healing to our traumatized planet.”**

What a challenge! Mr. Gillett has put out a seed thought which, those of us who are inspired by it, could dwell on in our thoughts, prayers and imaginations, with positive belief and warmth that it will land on fertile ground and take seed. Whether we do so as individuals or in groups, it all adds up - in fact, multiplies the strength of the idea. No conflict can ever be resolved on its own level – only on a higher octave, which includes the act of forgiveness. Let’s tune in to each other and put our hearts into it!

*“Forgiveness? It is not only achievable, it is essential.”* Heard on Today, BBC 4

*“The world is a dangerous place, not because of those who do evil,  
But because of those who look on and do nothing.”* Albert Einstein

## Love and Sexuality in the Aquarian Age. H-A Channeller: **Tony Neate** 23.02.06

**H-A:** As we move towards 2012, this is a time for reconciliation with your inner being, reconciliation with the outer world, reconciliation on all levels. Whether listening or reading this, you are a group of spirits in human bodies all of whom in their own way are seeking, finding, endeavouring to help the planet move forward in peace, love, harmony and resonance. I would like you to say to yourself: "I am part of God and God is part of me. I am love, I am also fear, and acknowledging both extremes I can find within me an energy that moves me forward, opening up my whole being."

But before I am told off for not discussing the subject, may I clarify by saying that that deep love within you is what your spirit has inherited and brought forward from past lives, past experiences both in and out of incarnation. Sexuality is something which has come down through your physical genetic karma from your parents. So how you express your sexuality has a great deal to do with your parents, your relationship with them, why you chose them spiritually, and how they have affected you in your life.

**Spirit or Genetic Karma?** This leads on to the next point of understanding, that when you meet someone in a physical body in life, when you feel a rapport, when you feel that there is something in common, you have to ask yourself what this is. Is it to do with your spirit's karma? Your genetic karma? Or both? Have you had some kind of relationship with this person in a past life? And since you have met them again in this life, what is it that you need to achieve or work through together.

Remember what I have said: **no relationship is necessarily for ever.** Two people come together to achieve something. They may achieve it through love, they may achieve it through anger, they may achieve it through fear. But what is important - and this is where your whole planet needs to move forward - is to understand that a relationship has nothing to do with 'until death do us part'. It is about two beings coming together to meet a challenge. There may be a physical attraction, there may be a deep spiritual attraction, there may be both. But whatever it is, it is an adventure, a challenge, and if you look at that relationship, however good or bad it has been, think about what you have learned from it. Think what you have given to it and what it has given to you. And when you acknowledge that it is time for you to move on, don't try to hide from that, don't try to pretend that it is not there. Acknowledge it, accept it, try to find a level of sharing what you feel with your partner; and if you can acknowledge what you have achieved together and what you can now achieve by moving apart, then that is a beautiful way to end a relationship.

You may meet someone who will bring out the negativity in you, the fear in you, the anger in you. Don't allow those emotions to spoil your incarnation. Acknowledge them, be them and move beyond them. There is a great deal to understand about sexuality on your planet and if you pursue it with the concept of creating another incarnate being, you have to understand the responsibility of doing that. You are living on a planet, Gaia, which at this moment is in a very precarious state because of the number of people incarnate on it, and because of what humankind has done to it. All these things are part of the picture. It is not only about feeling sorry for starving people, it is about enabling them to understand their responsibility in producing more children.

**Stress and Sexuality.** This is an age of polarities, an age of excess, an age of extreme stress in which you are trying to become accustomed to the computer, to an electronic age. This is creating terrible stress on people and it reflects in their sexuality. If there are those who need excess sex, then you have to acknowledge that prostitution, if organised properly, can be a help not a sin. It needs to be run by the state like the NHS - although there maybe those amongst you who would think that is not a very good example - but you understand what I mean. It is not about pushing it to the darkest part of a town, it is not about prosecuting those who need it. It's about acknowledging that it is necessary for both sexes.

All this is a part of your world growing up and moving beyond its own history. The rigidity from past cultures is crippling your planet. You see this in the violence, the anger, and in the fear that is prevalent throughout all religions, all sects and cults, expressed in different ways. So we come to this point: **Let us acknowledge the past; thank the past and face the future, understanding that tomorrow is another day. Let us move beyond that which we are allowing to cripple us, to cripple the planet, to anger Gaia.**

I speak from a very broad spectrum: first of all acknowledging that relationships happen because two spirits need to experience together to gain and learn something in order to move forward. As I said earlier this may be through love, through peace and harmony, through anger, fear or even violence. The secret is to acknowledge where you are, how you are, and if necessary, how to move beyond the situation that you are in and let go of the past.

**Group Souls.** You also need to understand that when a spirit comes into incarnation it is not just alone; it is part of a group soul of maybe 10 spirits, maybe 10,000, maybe 100,000 or a million. But those spirits have a resonance with each other. And when you meet a person and think, "I know that person, I've met them before", you are creating a link with another aspect of your group soul. When people choose to work in another country and want to give in that way, they may be linking back to their own incarnation in that other country. So it can be a very beautiful, deep relationship.

**Physical and Spiritual Love.** Love for another human is something that in some ways connects with sex, but is also separate from it. One is about the coming together of two physical bodies, and the other is about the coming together of two spirits who learn from each other, share with each other, expand with each other. And if you can allow yourself to go ahead in that way you will find answers to your questions. Try not to manipulate your life, try to allow it to expand in an open, wide, generous way. Give of yourself, allow yourself, be yourself, acknowledge yourself, love yourself, own yourself! This subject is very pertinent to the state that the whole world is in because it is like a wake-up call saying, "Wake up! See where you are, see what you are, see what you are looking for. Open your heart to the guidance around you! Look for support from the subtler realms of energy and allow that support to spread throughout your life, throughout every decision you make." And when things seem not to go right ask yourself, "What is it that is preventing me from going forward, what is preventing me from finding love?" Often when people cannot find love it is because they cannot love themselves; for you cannot really love another until you have learned to love yourself, not in an egotistical way but in a spiritual way. True love is about that inner feeling, that inner energy that can connect you with a higher energy. Feel it now!

So, dear friends, that is what I wanted to say to you tonight to set you thinking, to help you to acknowledge, appreciate, respect and honour yourself. There are so many beautiful spirits on this planet at the present time in a state of bewilderment, not being able to see, sense or feel where or what they are. Understanding God or higher levels of energy is not about sacrifice. It is not about asking someone else to run your life, because you have free will and choice. It is about acknowledging that you are part of the whole and the whole is part of you. As you ponder, think and feel through your heart, feel those different levels of consciousness that make you up as a whole being. Remember that that Ultimate Consciousness of God is not up there or down there; it is here now, within and around each of you.

**I would like to end this talk by sending out a thought of love right round the planet. Love in the Aquarian Age is about allowing that inner part of your being to be in touch with your spiritual karma - all that you have ever been and done, in or out of the body . . . Allow it to surface in your mind, in this room or wherever you happen to be, because as we get closer and closer to the Aquarian Age, the mind aspect - thinking, thought, rationalisation - is becoming stronger, and if you are not very aware, some of the deeper feelings of unconditional love can become lost. So please join me in sending out to every corner of the planet from the depths of your heart, a feeling of peace, love, forgiveness, understanding and respect, that honours others' points of view and understanding. Acknowledge that no one is right or wrong, every spirit is where it is, being, existing, radiating its own aura of understanding. And may this thought of love transgress all injustice, all anger, all hurt, all fear.**

*I said to the almond tree,*

*"Sister, tell me, who is God?"*

*And the almond tree blossomed."*

Kazantzakis (Cretan poet)

## 'Feng Shui' It

by Margarita

**The fundamental objective of Feng Shui, which originated some 5000 years ago,** is to create a harmonious energy-flow between our exterior and internal worlds in order to bring well-being and prosperity into our lives. Reaching this harmony is directly connected with the way we arrange our living space with the subtle invisible energy of our external surroundings, creating a flowing connection with the symbolic 'wind and water' of the environment. The basic principles behind the science of Feng Shui are the same that pervade the whole foundation of Chinese Philosophy. These can be summarised by the three basic principles: the Tao and the Chi, the Yin and the Yang, and the I Ching. The Tao is the Way, the harmonious way of the universe, which has no form or shape or dimension. Within this formlessness springs forth the Chi, or Breath of Life, which is composed of the opposing forces, Yin and Yang, upon which the correct balance of all things depend.

The concept of Yin and Yang describes the opposing interactive forces of nature which are actually complementary when combined harmoniously to create balance in the world. The continual interplay of Yin and Yang explains the ever changing nature of the universe. Each opposing force cannot exist without its opposite. Without darkness there can be no light. We would never experience joy without first knowing sorrow. Man would not be complete without woman. Would cold feel cold if we had never been hot? This is the general idea behind the concept of Yin and Yang. Together they represent the dynamic interaction that creates all reality.

**YIN** – negative, passive, female, receptive, dark, night, cold, soft, wet, winter, shadow.

**YANG** – positive, active, male, creative, light, day, heat, hard, dry, summer, sun.

The existence of life in the universe depends upon the dualism of all creation and the ever-changing influx of its energy, which brings in the 3<sup>rd</sup> element, that of the I Ching, the Chinese Book of Changes, which explains how all these forces are kept alive in constant movement, always searching for balance and harmony because it is inherent in their nature to do so. But instead of going into an in-depth study of the complex science of Feng Shui, I would like to focus on what Feng Shui can do for you on a personal level – a make-over of sorts on an internal design.

**We can Feng Shui our lives** by applying this wisdom on an inner level, and bring some balance into our personal world on all levels, physically, mentally, and spiritually. This can help us achieve more harmony in our relationships with ourselves, our loved ones and with society at large. Learn to balance yourself by Feng Shuiing the self-destructive tendencies that throw you off kilter and make yourself your own worst enemy. Make a serious commitment of being a major player in your own production. Upgrade your life, upward and outward, no longer trapped in the tragedy of your own soap opera. Become the star of your own 'Reality Show'. Why settle for watching a bunch of dimwits who have lost all shreds of dignity and sold their souls for sensationalistic fame, which unfortunately and annoyingly, survives longer than the Warholian expiration date of 15 minutes.

In this new creation of 'YOU' strive to be the best that you can be, accentuating your positives and subduing your negatives. Create a style that suits your particular uniqueness, instead of becoming a slave to fashion trends that should never have strayed from the Cat Walk. The majority of us are not anorexic teenagers and should not be fooled into thinking that the roll of flab hanging over those hip-hugging jeans is an attractive fashion choice. Create beauty out of what God has given you instead of trying conform to the homo-erotic fantasies of the 'fashion' world. Learn to highlight your strong points and cover up your excesses. Find the best way to express the real 'YOU'. If you must be a slave to someone, let it be your Higher Self, who has your best interests in mind.

Apply this ancient Chinese practice to any area of your life, and 'Feng Shui It' - anything that needs a makeover or is in need of rebalancing can benefit from this wisdom. Learn to

balance the elements, get things flowing that are stuck, discipline your self to de-clutter the chaos before it becomes a force of its own and creates havoc, uncleanness and disharmony. When we begin to Feng Shui It, everything resonates with a new clarity and beauty, leaving you more energy to put into things that are more important in your life. . . . Select some of the culprits that have an adverse effect on your life and work on lessening their influence over you. Yin and 'Yank' them into balance. If you make a mistake, correct it. If you fall short of your goal, work harder. If your actions hurt others, say you're sorry. If you fall on your face, pull yourself back up and try again. Learn the lessons from each of your misfortunes. Shine the spotlight of awareness on the stresses and traumas that impede the natural flow of energy needed to sustain you in this game of life. By uncovering the root causes of the malaise of your existence, you can begin to dismantle these interferences, both internal and external, and break free from all the forces that have been blocking the natural radiance which, unhindered, has the power of lighting you from within, as the clouds disperse and the fog lifts.

When things are no longer working in your life, it is time for an overhaul, a new direction, a new game plan. Whether it be problems in your relationships, your career or in other issues, don't be afraid to welcome change into your life. Once you get through the initial fear of the unknown, the momentum of change can be exhilarating and rejuvenating. Learn to live as nature does – continually rejuvenating itself. You can be caught up in the chaos of free falling into the downward spiral of FIU (F\*\*\*\*\* It Up), or you can steady yourself, find new focus and enter the balancing act of FSI (Feng Shuiing It). The choice is yours. In the choice between stirred or shaken, be stirred in action, not shaken by fear.

*Abridged from an article in Fuerteventura News, March 2006*

“Governing a large country is like frying a small fish. You spoil it with too much poking.

Centre your country in the Tao and evil will have no power.

Not that it isn't there, but you'll be able to step out of its way.

Give evil nothing to oppose and it will disappear by itself.”

*Lao-Tzu c. 500- BC*

## **Purpose of the Sirius Foundation**

As we move closer to the year 2012 and the start of the new age of Aquarius, many energies are directed at our planet, the Sirius energy being one of them. These energies are to help heal the planet and just as importantly heal mankind as we move from one age to the next.

Through the centuries man has become so immersed in the material world that he has forgotten why he is here on this planet at this time. Last year's Tsunami and earthquakes, flooding and bizarre weather conditions throughout the world came as no great surprise, for they are part of the great planetary changes that occur when we move from one age to the next. The melting polar icecaps and the worlds shrinking glaciers are a stark reminder to us of what is happening that we continue to ignore. We need to reconnect with that 'inner guidance' that is in each of us and which when given the opportunity, will guide us to what we need to do during these momentous times. In this way we will be able to accept and understand what is happening.

The purpose of the Sirius Foundation is to share the wisdom and unconditional love that this Siriun energy is bringing to Earth and to make it available to those whose ears are open to listen. If you feel drawn to help heal our planet at this time of great change, then come and join us and become one of many lightworkers.

*Bryan Hammond, Sirius Foundation, 01522 82912*

## GHOSTS AND EARTHBOUND SPIRITS

by *Linda Williamson*

Linda is a highly experienced medium who has broad and sensible views on psychism. This is the latest of her many books on the subject, well written and informative it gives many interesting cases. She differentiates between ghosts and earthbound spirits – a well needed explanation – and later explains about negative energy in a house which may have been left by previous occupants and how it can be easily cleared. There is also important emphasis on how intuitives need to exercise psychic protection and to close down when not working. This is an excellent book which highlights the intuitive approach to spirit release and I recommend it highly. £10.99 Published by Piatkus ISBN 0 – 7499 – 2656 – 2 *Review by Tony Neate*

## The Ghost in Your Genes - Epigenetics ( abridged )

Biology stands on the brink of a shift in the understanding of inheritance. The discovery of epigenetics – hidden influences upon the genes – could affect every aspect of our lives. At the heart of this new field is a simple but contentious idea: that genes have a ‘memory’. That the lives of your grandparents – the air they breathed, the food they ate, even the things they saw – can directly affect you, decades later, despite your never experiencing these things yourself. And that what you do in your lifetime could in turn affect your grandchildren.

The conventional view is that DNA carries all our heritable info and that nothing an individual does in their lifetime will be biologically passed to their children. To many scientists, epigenetics amounts to a heresy, calling into question the accepted view of the DNA sequence – a cornerstone on which modern biology sits. Epigenetics adds a whole new layer to genes beyond the DNA. It proposes a control system of ‘switches’ that turn genes on or off and suggests that things people experience, like nutrition and stress, can control these switches and cause heritable effects in humans.

In Sweden and other independent groups around the world, the first hints that there is more to inheritance than just the genes are coming to light. The mechanism by which this extraordinary discovery can be explained is starting to be revealed. Professor Wolf Reik, at the Babraham Institute in Cambridge, has spent years studying this hidden ghost world. . . .

For mothers like Stephanie Mullins, who had her first child by IVF, this has profound implications. It means it is possible that the IVF procedure caused her son Ciaran to be born with Beckwith-Wiedemann Syndrome – a rare disorder linked to abnormal gene expression. It has been shown that babies conceived by IVF have a 3-4 fold increased chance of developing this condition. . This is at the forefront of a paradigm shift in scientific thinking. What people do no longer just affects themselves, but can determine the health of their children and grandchildren in decades to come. Extract from: [www.bbc.co.uk/sn/tvradio/programmes/horizon/ghostgenes.shtml](http://www.bbc.co.uk/sn/tvradio/programmes/horizon/ghostgenes.shtml)

**The Fordhall Community Land Initiative.** The vision started by the late Arthur Hollins is about helping to reconnect people with the land and food. Tony Neate first met Arthur when he owned a Health Food shop in Cheltenham in the 1970s. Arthur was a pioneer in establishing healthily grown foods without chemicalisation and how to get the best out of the soil without using the type of ploughing which turns over so much soil that it disturbs & destroys the vital microorganisms contained in it. The vision being carried on by his children, Charlotte and Ben Hollins, is to save Fordhall Farm from being broken up, sold off and destroyed by developers. They have created a charitable organisation & are selling shares. For more information, contact Fordhall Farm, Tern Hill Rd., Market Drayton, TF9 3PS. T: 01630 638255. E: [fordhallproject@tiscali.co.uk](mailto:fordhallproject@tiscali.co.uk) W. [www.fordhallfarm.com](http://www.fordhallfarm.com)

## The Year's Best Headlines

Typhoon Rips through Cemetery; Hundreds Dead  
 Hospitals are Sued by 7 Foot Doctors  
 Local High School Dropouts Cut in Half  
 Kids Make Nutritious Snacks  
 If Strike Isn't Settled Quickly, It May Last Awhile  
 Cold Wave Linked to Temperatures Miners Refuse to Work After Death  
 Something Went Wrong in Jet Crash, Expert Says  
 Panda Mating Fails; Veterinarian Takes Over  
 Red Tape Holds Up New Bridges

**Holistic Holidays in Kefalonia, Greece** Enjoy 2 fabulous weeks on this beautiful island:  
 9/16 July **HEALTH, HEALING & WELLBEING** David Furlong and Frida Siton;  
 17/31 July **INTUITION AND INNER GUIDANCE** Tony and Ann Neate, Marianna & Panagis  
 Metaxatos; 20/27 Aug. **SACRED SPACE – HEALTHY SPACE** David Furlong and Frida Siton.  
 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)

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**LIVING WITH HEART** - Humanity's greatest weapon of Mass Construction  
*A 1-year training to help you radically transform the quality of your life through  
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**Know your Heart, Think with your Heart, Heal your Heart, Resolve conflicts & Problems via the Heart etc.**  
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 oOo

**CARING FOR THE SOUL. Two Spiritual Retreats in Mallorca:**

LIVING WITH JOY, July 1 – 8. CELEBRATING THE MAGIC OF BEING, October 7 – 14  
 with **SERGE BEDDINGTON-BEHRENS**

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**THE GOD CODE IN YOUR DNA** Sylvia Shanti Vowless QSM (Queen's Service Medal)

*Talk and demonstration by International Master Teacher & Author from New Zealand*

Tickets £5. Wednesday 5<sup>th</sup> July at 7.30 at MIHC The Enigma Suite (see bottom page 8)

*For more info or private 'Soul Purpose' consultations, please contact Peter or Sonia on 01684 568502*

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**THE RICHES OF BURGUNDY** Treasures of the Romanesque and the  
 Heritage of Mary Magdalene. An Autumn Pilgrimage with The Jupiter Trust.

Fri 22 – Tues 26 Sept. *Visit Vezelay, Autun & The Morvan – sample Wine, Art & Archeology*

Info and bookings: Jane May on 01865 407680 Email: [jdmay@madasafish](mailto:jdmay@madasafish)

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**Mantra, Movement, Body and Breath.** Exploring the energy of Chakra  
 Balancing through Ancient Techniques, Bija Mantra, Chi Kung, Pranayama, Silence  
 Facilitator: Candida Valentino, Wed. May 10, 17, 24, 31, June 7, 14. 6.30 – 8pm. (12 places)  
 at The Helios Centre, Judd St. London. T. 020 8558 6982. E: [candidavalentino@yahoo.co.uk](mailto:candidavalentino@yahoo.co.uk)

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**Reiki Awareness Week: 10<sup>th</sup> – 17th June**, organised by UK Reiki Foundation

The Federation encourages all its members to promote the benefits of both being attuned to Reiki or trying it as  
 a therapy. Reiki is a wonderful way to help any healing process – physical, mental, emotional or spiritual &  
 a very effective tool for self-development. Details: [www.reikifed.co.uk](http://www.reikifed.co.uk) or **Gail Montague** 01684576339. (See p8)

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**College of Healing** provides nationally accredited Holistic Courses in Healing,  
 Self-Development and Growth. Also a 6-day **Foundation Course**. Part 1: June 2, 3, 4;  
 Part 2: July 14, 15, 16. Led by **Diane O'Connell**. Info: COH, PO Box 568, Banbury, Oxon, OX16 6AW.  
 Tel: 01295 264141. Email: [Collegeofhealing@aol.com](mailto:Collegeofhealing@aol.com) Web: [www.collegeofhealing.org](http://www.collegeofhealing.org)

## Buttercup Connections May/June/July '06

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

Tuesday 9<sup>th</sup> May 2006

7.30 for 8.00

### **Terry Moule – A Celebration of his Life**

Appreciating one man's attempt to make the world a better place. Dear Terry died just over one year ago and this is an evening of discussion about the love and legacy he left us. There will be an opportunity for channelling by those who feel inspired and connected to him.

Led by **Peter Wallace, Tony and Ann Neate**

Thursday 11<sup>th</sup> May

7.30 for 8.00

### **H-A Development Group**

Personal inner development work with **H-A** channelled through **David Furlong**

Wednesday 17<sup>th</sup> May

7.30 for 8.00

### **Experiential Hands-on Using the e-Lybra System**

Audience Participation into Feeling Different Energy Patterns. Fun evening led by **Victor Sims**

Thursday 25<sup>th</sup> May

7.30 for 8.00

### **The Spiritual Effects of Drug-taking**

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

Thursday 8<sup>th</sup> June

7.30 for 8.00

### **"You say this and I say that . . . but we don't have to fight about it!"**

Especially if we are all supposed to be ONE . . . Your feelings about opinions that differ from your own. Facilitated by **Tony Roeber**

Wednesday 14<sup>th</sup> June

7.30 for 8.00

### **My Journey with Reiki**

A talk with taster sessions by **Gail Montague** (See page 7)

Thursday 22<sup>nd</sup> June

7.30 for 8.00

### **Further Energy Work and Intuitive Self-healing (EWISH) with Helena Park**

Focussing on how we create the circumstances of our life with thoughts, emotions & beliefs and how we can release those that are not serving us positively. Bring your circumstances!

Sunday 25<sup>th</sup> June

8.00am start

### **Summer Solstice on The Hills (also New Moon)**

Long walk from Chase End to North Hill. Led by Fiona Hopes (01684 892533)

Thursday 29<sup>th</sup> June

7.30 for 8.00

### **Is Ancient Egypt affecting our Karma Today?**

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

Thursday 20<sup>th</sup> July

7.30 for 8.00

### **H-A Development Group**

Personal inner development work with **H-A** channelled through **David Furlong**

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**

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**Administrator: Helena Park**, 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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