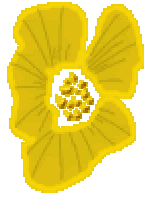


Buttercup Connections – Newsletter 23

August/September/October, 2006



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

The Hope for Spiritual Renewal

Spirituality is not about religion – belonging to a church – it is about transcendence, about our own connection to God/or the spiritual sustenance of the Universe, how we fit into life and the larger scheme of things. Institutionalised religion, with its authoritarianism and its dependence on an anthropomorphised God (who can be called upon to give us what we desire or imagine that we need) has divorced us from our natural roots.

This leads to the fundamentalism that is rife today, when we find both the Christian right and Islamic extremists supporting holy wars. Religion is misplaced when it takes people away from their own, direct connection with the Divine. We are still enslaved by the spiritual values of the Piscean Age with its blame/guilt culture. In church, even today one is constantly reminded of being a sinner. The origin of this bears examination.

Jesus was very clear on this issue – he robustly chastised his disciples for believing that the suffering people endured was God’s punishment for their sins – for seeing the hand of God in war and believing that God’s will is fulfilled through justice on Earth. It is this external, sense-based religion that Jesus rebuked. In our text he says that all people suffer the same fate unless they repent (Luke xiii.3). The original Greek word *metanoia* was translated as ‘repent’ (a Piscean concept) rather than the more Aquarian ‘change of consciousness’ which now seems closer to ‘change of heart’, the literal meaning of *metanoia*.

Perhaps Jesus came 2,000 years too early, for his teaching was more Aquarian than Piscean. Repression and control are typical values of the Piscean Age, as well as its great scientific and technical achievements. His inner teachings were influenced by the mystery cults, the Essenes and the Gnostics, who emphasised inner transformation or a change of consciousness as the path of enlightenment, These values raise questions like ‘Who am I?’ and ‘What is my path in life?’ Extract from article: ‘Can Spiritual Values Combat Global Warming?’

Alick Bartholomew

EDITORIAL

Some of you may be wondering what happened to all of our (and your) thoughts, prayers and imaginations, that we encouraged in our last issue in relation to JERUSALEM and the three great religions centred there: that they could work towards an example of forgiveness all round, allowing the city to be used fully and freely by all three religions. ‘Impossible!’ you may have said, ‘and look what’s happening now!’ But think how many times all that belligerence and suffering is magnified on the ether by all our thoughts and imaginations. We may feel helpless to do anything much, but we can use our power of thought, as a prayer if you wish, to counter the negativity – to try and neutralise it and encourage a generous and peaceful outcome in the long term. We need to keep it up.

FORDHALL. An example of positive thought achieving its aim has come about for the Fordhall Farm. They have achieved the amount they needed, £800,000, on time to save their organic land from being developed. It is now owned by 7,000 shareholders from around the world. Well done! Charlotte, Ben and Sophie. www.fordhallfarm.com

The Spiritual Effects of Drug-Taking

H-A Channelled by Tony Neate 25.05.06 (Abridged)

THE TYPE OF DRUG AND THE TYPE OF PERSON. First of all we need to decide what we mean by a drug. From my perspective, it is any substance which interferes with the balance of the different 'levels of being' in your body: the chakras, the subtle bodies, the aura and the physical body; and which destroys the ability of the native spirit to be in control. So when I talk about the effects of drug taking, I refer not only to drugs which are used for entertainment, for escape, for release, but those which are administered by doctors because they equally can affect the stability of the balance within. I find this very fascinating because often you'll hear orthodox medicine saying, "This is the right drug for this condition" and then further tests show that it isn't. The one thing that they are not taking into account is the stability, resonance and balance of the spirit within the body. It all depends on the person in question and what they have been subjected to.

Life in a physical body encompasses both light and shadow, love and fear. And, because of the tribal culture of humankind, there is an unconscious fear amongst scientists that what they prove may be underwritten by other means of expression, which exist on a subtle level. Recently you have had a number of doctors criticising complementary medicine. But how often do their own therapies work? How often do their own therapies *not* work? How often do side effects appear and create other problems than those for which the patient was originally treated? The whole subject is very complex.

Nearly everybody has fears and doubts. "What happens if I'm out of control? What can I do to gain control?" And the answer for many people is to want to control others. Interestingly, to gain control over others is to contact the shadow side and I'm going to make a very dramatic statement here: any organisation whether it be political, spiritual, corporate or whatever, that is seeking control at the expense of those who follow it or are part of it, can only be working for the shadow. For the teachings of God are based on unconditional love, forgiveness and respect. That is what the light is all about.

WHAT AM I HERE FOR? The success you make of an incarnation is your ability to become aware of your higher Self and your *raison d'être*. Why have you chosen this particular life? What is it that has happened in past lives and in experiences on other planes that have come together and given you a mission, a journey, for this particular incarnation? As you start to go through your life and experience, there is that inner part of you that is trying to contact your spirit and what you have been. You may shut it out totally saying, "I don't believe in all that stuff!" You may want to use it to repay what has happened in a past life, so you come in with a lot of anger wanting to kill or harm, or perhaps to sacrifice yourself because you feel this is the right thing to do. And this shows you how important it is to really come to terms with that inner part of you, accepting that you are both right and wrong, accepting that you are both light and shadow, but also accepting that you can bring these two sides together and find harmony and a direction.

As we come into the Aquarian Age, more and more people are becoming aware of the fact that they are psychic. This intuitional side will become much more prevalent and people will become more and more aware of it. Therefore it's important that you learn how to use it, how to control it, and how it can help you find your *raison d'être* in this life.

The pressures and demands of your tribal culture place tremendous stresses on people, a lack of understanding in families, abuse by parents towards their children, mental, physical, sexual, all forms of abuse. So somewhere along the line the group consciousness reacts to this. It was the group consciousness that arose after the last war when there was so much frustration, so much unhappiness, bitterness and anger, that the spirit started to look for other ways of relieving stress.

Alcohol is one way, but drugs offer a different form of release because the drugs affect you on a deeper level, and here I'm talking about hallucinatory drugs. What they do is not only loosen the contact between the spirit and the body, but they remove levels of ability for the person to understand and behave in a sensible way. It is really creating a divide between the spirit and the physical body that goes very deep. But in it they find a release, a release that enables the spirit to leave the body and look down; and because of the circumstances under which a person has taken those drugs, the spirit will be looking for things that will exaggerate, that will open them still further. And when out of the body in that drugged state, not properly in control, they will find themselves beginning to attract other such spirits, negative energies, that can blow their life apart.

A SHIFT IN THE COLLECTIVE CONSCIOUSNESS. The long term answer to this is not in TV advertising, not even in counselling. The only long term answer is in the consciousness of the collective shifting into another dimension where it can move beyond the need for this form of relaxation - what is called 'relaxation' but what I see as a state of total panic in which they are living in an aura of make-believe, travelling around on the astral seeing wherever their spirit takes them. This can also happen with any medical drug that damages the link between the spirit, the mind and the body. So you may take a drug from your doctor for a particular disease; but in dealing with that dis-ease that drug can easily break down other lines of immunity and defence within the body system. In many cases where medical drugs are concerned, the side effects can be far more dangerous spiritually than any other form of addiction. In that respect it is worse than alcohol.

So, to return to leisure drugs, what can we do about them here and now? If you know of somebody who has this problem, of course they can be helped by counselling to understand why they have the need to take the drug. Because once that becomes a total reality, they can move gently into exploring ways of moving beyond the need of it. Interestingly, I think the emphasis that is now taking place on complementary medicine is very important, because so many of the techniques used are about understanding the cause and creating balance, not about destroying something. You see this is one of the big differences. Most medicine is about dealing with a symptom. Healing techniques are about bringing together, creating harmony and balance which helps the body to heal itself and enables that person to find a new way forward. So whether it is acupuncture, chiropractic, osteopathy, nutrition, energy healing or one of the new therapies that are coming up, whatever system is being used, they all play a part in bringing a balance back within that person.

Complementary therapies can often work alongside medical drugs and many can be of significant importance in dealing with drug abuse. One of the forms of complementary medicine that I would place very highly in this is energy healing, because it will penetrate down to a similar depth and ease it, move it and surface it. It is because a drug has gone so deep into your psyche that when you come off it you are still aware, at a deep level, of its effect and that makes you come back to it again and again and again. So if you are giving healing to a drug addict, make sure that the energy you are using is going to the very deepest level to help create a balance.

LOST SPIRITS. The other thing that healing energy and other therapies such as psychotherapy, counselling and hypnotherapy will do, is to help deal with any negative energy that the person's drug problem has attracted towards them. That negative energy may be a lost spirit, because if *your* spirit is 'lost' in you, it is going to attract other lost spirits; and there are millions of lost spirits over the centuries who have been forced out of their bodies in a violent way through torture, murder, in cataclysms etc. They are still lost and when they see another lost spirit their reaction is, "Oh that's wonderful, I can team up with it!" For a lost spirit in the human body is carrying a different energy that will attract other lost spirits. This for me is one of the big problems of drug abuse for those who are taking a lot of drugs. They draw this negative energy towards them which creates more shadow & brings out their destructive side. Often that will be self-destructive as well as wanting to destroy others.

Drug-Taking undoubtedly affects a person's spiritual evolution. Remember, the Godhead offers you unconditional love, forgiveness and respect. Hear that! Feel it! Experience it in every part of your being because that love is the one thing that the shadow cannot deal with. And the stronger your love, the stronger will be your respect for what you are, how you are and who you are, without boosting your ego, and without pretending to be what you are not. Yet, at the same time evaluating yourself, seeing yourself, understanding yourself & being yourself. 'I am what I am, no more, no less'.

As we move closer to the Age of Aquarius, it is even more important for people to acknowledge the intuitional side of their being and to find out the way in which they want to express it. They can express it creatively in the things that they do in their life; they can express it in the way this channel does. They may do it with a combination of both the yin and the yang energies and become a healer. But whatever their approach, the important thing is that they acknowledge and honour that intuitional side of their being that activates the imagination.

***"The cure of a part should not be attempted without treatment of the whole.
No attempt should be made to cure the body without the soul . . .
For this is the great error of our day in the treatment of the human body,
That physicians first separate the soul from the body." Plato***

DEEP FIELD RELAXATION

Cliff Sanderson

Arthur Koestler reported a scientific experiment to see how bees danced to show other bees which direction the best nectar was. Each morning the scientists would move the beehives, and video the changed dance. The beekeeper noticed that half-an-hour BEFORE the scientists had decided where to move the beehives, the bees were already waiting at the new location. From “Dancing in the Fields”

The Field of existence has no boundaries, it spreads across the universe like a warm breath. It permeates our thoughts, our bodies, our pains and our feelings of disconnectedness. It forms the galaxies and at the same time, the smallest particle of energy. It breathes into our lives, and it creates the illusions of material substance.

And yet it is impossible to describe The Field in such a way that we can ‘taste’ it, ‘feel’ it or use it in any way. Mystics have spoken of it, modern physics has attempted to clarify the practical ‘laws of the universe’ but it remains at a distance from our experience. Instead of continually confronting the question, we have begun to see the ancient truth of ‘allowing’ events to take place without indulging in scepticism. As Richard Feynman, the Nobel nuclear physicist has said:

“All scientific knowledge is uncertain.

The experience of doubt and uncertainty is important. I believe it is of very great value and extends beyond the sciences. Some scientific statements are most unsure, some of them are nearly sure, but NONE of them is absolutely certain.

We know that it is enough to be able to live and not know.”

DEEP FIELD RELAXATION is a way to access what I call the Information Field of Creativity. It is available to everyone equally. No person is more ‘advanced’ than others. None are excluded. It is a fact of existence. Richard Bach might say: “If you are alive, you are in it.” Or, more accurately, you ARE it. It can be described in simple terms – just let go of the idea that you know the answers. But it takes a good teacher to guide you into the space of quietness required.

Deep relaxation occurs when the mind and body are calm and settled, feeling safe. Daily concerns fade, moods soften and new possibilities become clear. The Life Force is able to act without interference from the constant babble of the chattering mind. Doubts dissolve as physical, mental and spiritual change occurs naturally, without confusion. This golden link between the intention, the mind/body reaction and the greater cosmos has eluded science for centuries. Yet gaining practical experience and the use of this powerful knowledge is not new. It has always been known and taught by skilled teachers. For many centuries it has been classified as ‘mysticism’ – a well protected secret. Now, finally dissolving away the veils of religion, politics, and intransigent academics, we can share, through Deep Field Relaxation, ways to access and recognise the measurable outcomes – the healing results of accessing the Universal Field.

If ‘I’ bring myself to a state of deep relaxation, if my intention is to be of help, then ‘you’ will be positively affected without further effort. If one part of The Field shifts, then all parts must accommodate the change. DEEP FIELD RELAXATION as a therapy depends upon the understanding, not of a complex theory, but entirely on personal experience, which is transmitted by a trained helper.

[Cliff Sanderson is a healer. These notes are adapted from Cliffnotes which he willingly sends out. He can be contacted by [email: clif@compuserve.com](mailto:clif@compuserve.com) [website: www.intention-in-action.com](http://www.intention-in-action.com)]

**“Not expecting, not hoping, neither grasping for, nor pushing away,
Just resting in a calm, centred place.”** *Cliff Sanderson*

**“We need that centred calm, the inward certainty that relaxes
and concentrates vitality so that we can direct our own energies,
not have them merely react with an adrenal response to outside stimuli.”** *Shirley MacLaine*

THE MISSING LINK – a Higher Influence than Genes?

Natural medicines cannot be patented: patents only cover new inventions. Many natural or traditional treatments do not even involve a marketable product. Industries set up for marketing go for approaches that suit them, regardless of what is best.

More relevant to the latest incident (the catastrophic reaction by all six recipients of a new drug) is the way we have become reliant on experiments on animals, to abbreviate the painstaking process of introducing new drugs to humans. The assumption that animal results predict human responses is quite false. It assumes that, since animals and humans share a high percentage of their genes, they are similar enough for comparison. But that assumption contradicts itself. If the genes of different mammals are so similar, what accounts for their very considerable differences?

We maintain that some higher influence than genes must be responsible for mapping the shape and functions of each type of animal. Whatever that influence is, it is entirely ignored by the science we now rely on. So Phase 1 Trials – the first on human subjects – will always be a step in the dark. In this case, the difference between monkeys and men was disastrous.

We think the golden age of pharmacy is probably over. New substances are fewer, safety is more demanding, & most medical scourges are not really amenable to drug treatment. These are all reasons to protect our health while we have it, & sustain it naturally whenever it falters. And, by the way, think twice before enrolling as a Phase 1 Trial volunteer!

From *Rethink* published by Good Healthkeeping Ltd. www.goodhealthkeeping.co. 0845 644 3485

STUDY REVEALS WHY ANIMAL TESTS SHOULD BE STOPPED

Drug companies are ignoring the results of animal tests if the results are not favourable, a new study has discovered. The study, headed by Prof Ian Roberts, discovered that animal testing is a covert, and secretive, activity. Roberts and his team reviewed six medical treatments – head injuries, blood clotting, stroke, disease in premature babies and osteoporosis – and revisited the initial findings from the animal tests.

In assessing the use of steroids for patients with head injuries, the initial animal trials had discovered mixed results. Nonetheless, the therapy was approved for use in humans, and was found to increase the risk of death and so was stopped. Two other studies on stroke showed the animal test results didn't translate to humans. In both cases the drug improved the animals' condition – and yet the same drug increased the risk of death and disability in humans.

Birmingham University's Dept of Health and Epidemiology website:
www.pcpoh.bham.ac.uk/publichealth/nccrm/publications.htm

THE WHALE STORY – Who's teaching Whom?

Did you hear about a female humpback whale that became entangled in a web of crab traps and lines? She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso & a line tugging in her mouth. . . . A fisherman spotted her just east of Farralone Islands [outside the Golden Gate, Australia] and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that the only way to save her was to dive in & untangle her . . . They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like a joyous circle. She then came back to each and every diver, one at a time, and nudged them, pushing gently around – she thanked them! . . . Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth said her eye was following him the whole time. He says he will never be the same again. . . .

Microwaved Water – What it does to Plants

This is a science project carried out by my granddaughter this year. She took two equal sized clippings from a plant, placed them in a vase each, giving them both filtered water to drink. But for one she heated the water to boiling on the stove and then allowed it to cool and for the other she heated the water to boiling in a microwave and then cooled it. She had thought that the structure or energy of the water may be compromised by the microwave. Even she was amazed at the difference.

After one week, the one in microwaved water had wilted and looked unhealthy, while the other was perky and healthy. She then pruned them both to record new growth and planted them in pots filled with earth. Watering them as before, by Day 3 there was already a difference and by Day 9 the microwaved one had virtually died, whereas the other was strong and growing well. [See for yourself on: drlee2@naturodoc.com]

I have known for years that the problem with microwaved anything is not the radiation people used to worry about. It's how it corrupts the DNA in the food so the body cannot recognize it. So the body wraps it in fat cells to protect itself from the dead food or it eliminates it fast. Think of all the mothers heating up milk in these 'safe' appliances. What about the nurse in Canada that warmed up blood for a transfusion patient and accidentally killed them when the blood went in dead. But the makers say it's safe. Never mind then, keep using them. Ask your doctor – I'm sure he/she will say it's safe too. Proof is in the pictures of living plants dying. Remember, you are also living. Take care! Anon

THE MYSTERY OF WATER

Ann Neate

The more we learn about water, the more fascinating it becomes. . . We live on a water planet and our bodies are made up of 70% water. . . The oceans cover 70% of the planet's surface. . . Many illnesses are now understood to be the result of dehydration and can be remedied by remembering to drink more water regularly – not teas, coffees or any other drinks, but water. Consequently, many of us are drinking far more water than we used to, up to 2 litres a day plus extra salt [read *Your Body's Many Cries for Water* and *Water and Salt*, both by Dr F Batmanghelidj]. And remember, a saline drip is fed to those in intensive care – not just water. After all, our bodies have evolved from the sea. . . so we are finding ways to filter water from the tap, especially knowing how many times it has been recycled! . . . Masaru Emoto in *The Hidden Messages in Water* maintains that water has the ability to copy and memorise, and shows us his remarkable experiments with water crystals: that molecules of water are affected by our thoughts, words, and feelings, negatively and positively. So be sure to send the water you drink and your own body 'love' and not 'hate' – just see the difference in the crystals formed! No wonder we water creatures react emotionally, our biggest challenge. . . Victor Schauberger called water a living organism, 'the blood of the Earth' and insisted that in its various forms, as blood, sap or water, it is the basis of all life. . We need to respect it and treat it as precious.

AN AGE-OLD STORY

Once, not long ago, there was a great drought in a province of China. The situation was catastrophic. The Catholics made processions, the Protestants made prayers, and the Chinese burned joss-sticks and shot off guns to frighten away the demons of the drought; but to no avail. Finally, the people said: "We will fetch the rain-maker." And from another province a dried up old man appeared. The only thing he asked for was a quiet little house somewhere, and there he locked himself in for three days. On the fourth day the clouds gathered and there was a great snow-storm at the time of year when no snow was expected – an unusual amount – and the town was filled with rumours about the wonderful rain-maker. Asked what he had been doing during three days that had caused the snow to fall on the fourth, he said: "I come from another country where things are in order. Here they are out of order; they are not as they should be by the ordinance of heaven. Therefore the whole country is not in Tao, and I also am not in the natural order of things because am in a disordered country. So I had to wait three days until I was back in Tao and then naturally, the rain came."

Experience and Balance your Chakras with *Margaret Koolman*
Sunday, 10th September '06, at Sol Rosen, The Old Convent, Stroud, Glos.

The chakras are areas of focused energy in the body. They are often experienced as sensations - a lump in the throat, a knot in the stomach, a spaced-out feeling in the head, a constriction in the heart - all felt in the body but also connected to emotions, thoughts and memories. The chakras are also shown clearly in your astrological birth chart. This day, we will focus on the essential purposes of the seven chakras through meditation & colour, discussing any problems. (Cost: £45)

Being - Authentic An astrological day with *Margaret Koolman*
Saturday, 21st October '06, at Hawkwood College nr. Stroud, Glos.

What do you really feel deeply that you haven't expressed? Mercury, about to join Jupiter in Scorpio, encourages us to share the deeper layers of emotional feeling. It's a good day to get to the bottom of our communication patterns in relating, offering an opportunity to balance the inner man and woman. With our feminine and masculine sides in harmony, we can relate from our centre, and the truth of who we are becomes clear. Your chart will be printed for the day. (Cost: £54 including lunch) For both courses phone Margaret 01371 850127 Email: margaret@soulastronomy.co.uk

Emotional Therapy Workshop Using Art, with Helena Park

Saturday 30th September 10am-4pm at The Enigma Suite (cost £35) and

Energy work and Intuitive Self-Healing (EWISH)

A series of six weekly meditations commencing Tuesday, 26th September (cost £30)
 Phone Helena on 01684 541622 or 0771 399 0423 to book

Understanding Mediumship and Working with Guides 21/22 October, 2006

Tony Neate and Linda Williamson. Includes experiential work on Soul Rescue. £165. Non-residential. Price includes lunches. Venue: Malvern. Details and booking: Tony Neate, 10 Hatley Court, 81 Albert Road South, Malvern, WR14 3DX. Tel: 01684 893697. Email: tony-neate@tiscali.co.uk

Finally . . . **A Few Church Bulletins from America - (genuine!)**

The sermon this morning: "Jesus walks on the Water"

The sermon tonight: "Searching for Jesus."

The peacemaking meeting scheduled for today has been cancelled due to a conflict.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

The Fasting and Prayer Conference includes meals.

Miss Charlene Mason sang, "I will not pass this way again," giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

The Rector will preach his farewell message after which the choir will sing: 'Break Forth into Joy.'

A bean supper will be held on Tuesday evening in the Church Hall. Music will follow.

Please place your donation in the envelope, along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment, and gracious hospitality.

*

For H-A lectures, see www.channelling-online.com Email: ann-neate@tiscali.co.uk and tony-neate@tiscali.co.uk

"The heart of spirituality is about the transcendence of one's own self and the forming of deeply loving and compassionate relationships with others." Anthony Seldon, Head of Wellington College announcing that his pupils will be receiving lessons in happiness and positive psychology.

Buttercup Connections September/October '06

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

Thursday 14th September 2006 7.30 for 8.00

A Meditative Evening of Positive Thoughts for Peace throughout the World

This is something we **can** do. (No charge – only donations)

Led by **Tony Neate**

Thursday 21st September 7.30 for 8.00

H-A Development Group

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

Sunday 24th September to be arranged

Autumn Equinox Pilgrimage on the Hills

Meet at Great Malvern Station to catch train to Colwall, then walk back to Malvern across the Hills.

Led by **Fiona Hopes**. Details: 01684 892533, Email: fiona@song-of-the-earth.com (Gatekeeper Trust)

Thursday 28th September 7.30 for 8.00

Animals – their Spiritual Role on this Planet

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

Thursday 5th October (at Dell House, Green Lane, Malvern Wells. WR14 4HU) 7.30 for 8.00

The World Scene, including questions and answers

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

Thursday 12th October 7.30 for 8.00

Fears and Phobias – Your Own Feelings

Sharing our own fears with others can be healing and can lighten the burden.

Discussion facilitated by **Tony Roeber**

Tuesday 17th October 7.30 for 8.00

H-A Development Group

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

Thursday 26th October 7.30 for 8.00

An Evening for H-A to Answer your Personal Questions

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

Thursday 16th November 7.00 for 7.30

H-A Development Group

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

Thursday 23rd November 7.00 for 7.30

The Spirit/Body Interface

How does healing impact on the physiology of our body?

Talk & discussion led by **Fran Doidge**

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.

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

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