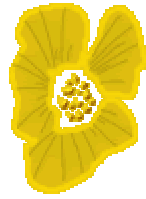


# Buttercup Connections – Newsletter 24

November, December, January 2007



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

**EDITORIAL.** The word ‘**Respect**’ has come to the surface prominently over the past couple of years – a human attitude that needs to be instilled early in life and linked with: **‘Do unto others as you would have them do unto you.’**

With the subject of faith schools looming large at this moment, there has not been any mention of which level of school there needs to be some integration. Surely, it needs to start when children are very young – ie at Nursery and Primary level. At that age children can accept each other for as they are. My own experience was of an ‘Inter-denominational’ school, as it was called. We all accepted each other for who we were and the fact that some went to a particular kind of church, synagogue, mosque or whatever on a certain day was of no particular interest. We usually heard a piece of spiritual/moral prose of a universally uplifting nature read out at morning assembly and any religion was the personal concern of the particular child and their family.

Another approach I have read about is in a Primary school that brings all the different faiths into the classroom by celebrating together the various approaches to special days around the calendar. What an enriching idea and wonderful way to engender respect!

Our sadness in our own Diary of Events has been an inability to find a Muslim willing to come and talk to us in our series ‘Understanding Other Perspectives’. We did find one but then she cancelled. . . Please let us know if you hear of a willing person in this area. As Yasmin Alibhai-Brown says in the Evening Standard: “Free speech should open minds, not close them. That is why it is invaluable. Canadian MP Michael Ignatieff writes, ‘It is hard to generate respect without a willingness to learn.’” . . . and a willingness to talk. **Ann Neate**

## **If**

*a child lives with criticism, it learns to condemn.*

*if a child lives with hostility, it learns to fight.*

*If a child lives with ridicule, it learns to be shy.*

*If a child lives with shame, it learns to be guilty.*

*If a child lives with tolerance, it learns to be patient.*

*If a child lives with encouragement, it learns confidence.*

*If a child lives with praise, it learns to appreciate.*

*If a child lives with fairness, it learns justice.*

*If a child lives with security, it learns to have faith.*

*If a child lives with approval, it learns to like itself.*

*If a child lives with acceptance and friendship,*

*It learns to find love in the world.*

And I would like to add: **If a child is respected, it learns to respect.**

**WE NEED YOUR HELP TO CONTINUE.** We are approaching the end of one year and the beginning of the next and do hope you have been reading and enjoying our 2006 issues. Time has come for what we feel is a fair exchange of £10 per annum for receiving our Newsletter. Helena Park, our Administrator, tells us that **we are very low in funds**. We would therefore appreciate it if you could send her a sub a.s.a.p. (If that is difficult for you, then what you can afford. We leave it to you.) . . . Many thanks and a Happy New Year! You will find the details at the bottom of page 8, the back page.

## ANIMALS THAT CARE

### A Message from H-A channelled through Tony Neate (some 20 years ago.)

**H-A.** You ask about the aura of an animal. It is, in essence, similar to the aura of a human being or of any other living being on this planet. The aura of any living being must, first of all, reflect the balance between the various aspects of that being, its spiritual essence, its subtle bodies, its energies. It will reflect the impulses and the instinctive nature of the being.

While you are accustomed to regarding a human person as a sentient being capable of considerable subtleties and depths of thought process, you would probably look at your pet dog or cat and say: here is an animal with a lesser brain, maybe an equivalent spirit, but not a brain that is capable of the type of thought that human-beings experience.

Please note my words very carefully for I said 'type' of thought. I would like to suggest to you that, on the contrary, there are impulses of thought in an animal which, as yet, *homo sapiens* is unable to interpret or understand. They are not intellectual thought processes as a human being would have, but they are of a different nature. This is why I have always talked about other kingdoms, not as being higher or lower, but as being different.

**What about a plant?** Let us consider a being that you would regard as less sentient than a dog...say, a tree or a plant. Is it not extraordinary that a plant will actually respond to your thoughts and your care? How a plant reacts if you are brutal with it? We know that a plant doesn't have a brain like a human being, so what is it in that plant makes it 'scream' when it is burnt? And other plants 'scream' sympathy? Even by your human standards you have been able to produce experiments to show this.

I would answer you, my friends, that a plant is just much a spiritual being as you are; it has 'thought processes' and it has 'feelings' but they are on a different wavelength to your-selves and are not the type of impulses that can be measured in terms of brain size or capacity.

You heard on your news, recently, a story of some dolphins who saved a young boy from some sharks; and it was reported as if it was something extraordinary....Why? Does man, in his arrogance, think that he is the only animal who can care on this planet? And when one considers spiritual motivation on all these different levels of empathy, you must understand that other forms of evolution are not bound as you are bound by the sense of wanting to live longer or complete a life span. It is not necessarily wrong for you to burn a twig or to eat a lettuce for there are certain forms of evolution that may wish to go through the experience of such an action . . .But I have to be very careful what I say here because, if I carry my argument any further, I shall incur the wrath of vegetarians!

All forms of evolution on Earth are in a stage where the physical is often very crude. And the types of feelings in animals and human beings around pain and death have a long way to go because they are based on complicated negative aspects of feeling. They haven't found the simplicity of wisdom. So these processes are bound up with fear, anger, guilt, all responses that cause blockages. A beautiful stone is a form of evolution that has actually gone beyond the need for this kind of stop-go feeling; a diamond is not hurt by being polished, it does not 'scream'. And, in fact, in one evolutionary sense, mankind is far from being the most evolved species on the planet, is in quite a primitive state.

Now these are fairly dramatic statements I am making and you may find them difficult to understand and accept; and, indeed, I am limited by the vision and vocabulary of the sensitive. But I am doing my best to convey a picture to you because, in the work you are doing, you need to understand these moral and evolutionary concepts.

**Radionics and Healing.** When you work at healing radionically, you are of course manipulating energies, cosmic energies, and it is needful for me to say to you that, as with any form of energy, it can cause harm as well as good. So even in healing an animal, you need to look at your motive for healing. Radionic research needs to be undertaken very carefully because, if you release too much energy radionically, it can be harmful in a long-

term evolutionary sense and retard the evolution of the being to whom you are giving healing. So I consider it very important, where radionic healing is concerned, to be released slowly and in a rhythm that will vary according to the recipient. This is where your own sensitivity has to make a judgement.

One important thing about making any assessment in a healing situation, is that any person can only make that assessment in line with their own stage of evolution at that time. So do not ever place yourself in a position of being God as well as healer.

Unfortunately, on this planet you are bound by the doctrine of blame and mistakes. In one sense there are no mistakes, because a mistake implies that it is something that has been done through ignorance or because someone has not made the right decision. 'Right' decision, am I saying? Let me put it to you: there is no such thing as a mistake. It is a reflection of the 'space' that you are in. You are God's creature. We are all God's creatures and we all see the universe from our own perspective. Therefore, we should give love and thanks to all the spaces we do not see.

## Book Review

### Phenomenon

#### Sylvia Browne

This feels like the book we have all been waiting for. Phenomenon is a good title, because it is one! Sylvia Browne has answered many unanswered questions and provides, at long last, a book that offers brief explanations of so many different terms in use in the world of the supernatural – terms that are often obscure to the ordinary seeker.

She starts simply with a definition of Affirmations, moving on to the Akashic Record, Altered states of Consciousness, Angels, the Armageddon, Astral travel – even Atlantis, what happened to it and will it return? She covers psychic attacks and possession; she even provides a definition of how a medium differs from a channeller.

So many of us working in the field of psychism, parapsychology, psychotherapy/counselling, hypnotherapy, etc., keep coming across words and expressions that need a clear definition. This book provides just this and I can recommend it as an invaluable aid to all those who read this newsletter.

Sylvia Browne is an international bestselling author and psychic who has helped millions through her books, readings and television appearances.

**Published by Piatkus £7.99** ISBN 0 - 7499 - 2715 – 1

*Reviewed by Tony Neate*

## 40% smarter in one Week!

Intelligence is not just given: it can be cultivated. Parents who motivate their children already know this, but now the scientists have caught on. A recent BBC documentary involving 15 volunteers on a 'get smarter' programme gained up to 40% in IQ after only one week. Simple mental puzzles were mixed with eating well, taking exercise and sleeping properly. So children who crouch over computers for hours are missing out. Research in Dublin published last year worked just as well on pensioners, so none of us can afford to slack.

?? Keep your life in balance

?? Don't rely on that calculator

?? Learn to love crosswords, sudoku and the rest.

?? A little exercise, mental or physical, often works better than a rare major workout.

## SUSTAINABLE FLIGHTS

In order to have an easier conscience where flying abroad is concerned, we could either follow the example of Lord Oxborough, former Chairman of Shell who has given up flying on holiday, or we could log onto [www.futureforests.com](http://www.futureforests.com). They will calculate the cost of your flight in the number of trees that should be planted so as to replenish forests that consume greenhouse gases. You don't have to plant these trees but are invited to pay for any or all of them. Sounds an excellent idea. *Both the above articles are from Rethink, Health UK.*

## The Fisherman and the Banker

An American banker was walking on a beautiful beach in a small Mexican village. He saw a fisherman in his boat with a few fish in it.

“Great fish!” he said. “How long did it take you to catch them?”

“Not very long,” answered the fisherman.

“Why didn’t you stay at sea longer to catch some more?” asked the banker.

“There are just enough fish to feed my family,” answered the Mexican.

Then the American asked, “But what do you do the rest of the time?”

“I sleep late, I fish a little, I play with my kids, I have siestas. In the evening I go to see my friends in the village. We drink wine and play the guitar. I’m busier than you think. Life here isn’t as . . .”

“The American interrupted him. “I have an MBA from Harvard University and I can help you. You’re not fishing as much as you can. If you start fishing for longer periods of time, you’ll get enough money from selling the fish to buy a bigger boat. Then with the money you’ll get from catching and selling more fish, you could buy a second boat and then a third one and so on. Then instead of selling your fish to shops, you could sell them direct to a fish factory, or even open your own factory. Then you’ll be able to leave your little village for Mexico City and finally move to New York, where you could direct the company.”

“How long will that take?” asked the Mexican.

“About 15 to 20 years,” replied the banker.

“And then?”

“Then it gets more interesting,” said the American, smiling and talking more quickly. “When the moment comes, you can put your company on the stock market and you will make millions.”

“Millions? But then what?”

“Then you can retire, live in a small village by the sea, go to the beach, sleep late, play with your kids and . . .” *Story told by a Spaniard and sent in by our subscriber, **Pamela Russell***

## Healing and The Autistic Spectrum *Helen Lees*

It was a brave step for Stephen Fry to expose himself so honestly recently during the documentary about his personal experience of Bipolar Affective Disorder or Manic Depression, as it was previously known. He laid himself bare with integrity, warmth and humanity, through which we were able to gain some insight into the inner world of Bipolar.

Bipolar is said to be part of the Autistic Spectrum Disorder (ASD), which ranges from severely disabled, non-verbal people at one end, to high Functioning Asperger’s Syndrome at the other end. Some highly creative, inspirational people from the past are said to have had Asperger’s Syndrome, including Einstein. I am sure there were many more besides.

There are no obvious physical signs of this spectrum in a person. It is an inner world experience, and although a formal diagnosis involves identifying a specific collection of symptoms, each individual expresses themselves as uniquely as non-ASD people express their individuality. But the fact that the inner world experience is different from non-ASD people, reflects a difference in consciousness too. It is these differences that I am interested in and how they relate to healing.

As a healer of 18 years with a rather generous smattering of AS (Asperger’s Syndrome), I inevitably attract people who resonate with my inner world experience. And one of the most important issues for those I have worked with, who range from one end of the Autistic Spectrum to the other, is to be themselves. To experience the inner freedom to be all that they can be; to realise their full potential. An autistic friend defiantly said to me, ‘Never sell out, never compromise who you are’, as if it were a matter of life or death. And after I had been asked to help with a difficult situation involving autistic teen-agers, the careworker of a non-verbal autistic boy said, ‘He is more in his own skin now and he is trying to communicate in a way he hasn’t done before’. Maybe the issues I am talking about are not very much different from those of non-spectrum people but there are differences that I want to touch on.

For people on the Autistic Spectrum, life is experienced as a whole, which has to be consciously broken down into bite-sized chunks so that the brain can assimilate and process the information. It is a rather Buddhist like experience of life, but much more harrowing! This manifests at a subtle level by the energy flowing from the centre of consciousness, the soul, outwards in a spiral, mirroring the universal blueprint of the natural world found in plants, trees and flowers. Non Autistic Spectrum people generally experience life in a linear way, reflecting the up and down of the chakras. (There is of course a chakric system that runs in a linear way in ASD but the natural energy flow is cyclical). To balance the chakric system in a linear way for someone whose consciousness is cyclical is like standing them on the stairs in

their house. They can move up and down as much as they like but are unable to move into the rest of their house. The rooms lie empty. The frustration is immense.

**Telepathy is another feature of Autism.** Two days before I visited one boy, he spoke to me telepathically and communicated with love and understanding about his difficulties. The residential home where he lived was home to 3 other children with learning difficulties. The staff were deeply concerned about the psychic activity that they were experiencing. In one particular room, where the boy I have mentioned slept the activity was particularly disturbing to the extent that the boy who occupied the room previously had been sectioned. They were now worried that the same was going to happen to the present occupier. Although he was non-verbal the staff had heard him speaking physically in several strange voices. There were concerns about how the other, younger children were being affected. After the healing, when I returned home he communicated telepathically again. In his gently loving way he thanked me and assured me that he was now feeling at peace within himself. A few days later I received a report from his guardian, a lady at the home, about the positive changes in him. More recently, nearly a year since my visit, I was told that the home has turned around. They have not experienced any more difficulties and the children are all doing well.

The recently published book 'Autism and the God Connection' highlights the deep inner sensitivity and awareness that some autistic people experience. Their lifeline is their sensitivity. So how as healers can we best support this without cutting across or contaminating their consciousness with our own?

To maintain the integrity of the healee I would suggest only ever working through the Higher Self with additional support from the persons spiritual guide and needless to say only through your own Higher Self. Ensure that our thoughts, however loving we consider them to be, are not placed around or placed within the other person. Thought energy that contains is no different to holding a person physically and can be likened to 'holding therapy'. Just the thought of this made one autistic person physically sick, the distress was so great. The following quote also sums up why: **"If a man does not keep peace with his companions, perhaps it is because he hears a different drummer. Let him step to the music he hears, however measured or far away."** Henry David Thoreau **Helen Lees:** [helen@metalliclime.co.uk](mailto:helen@metalliclime.co.uk)

For further information on Asperger's Syndrome: [www.tonyattwood.com.au](http://www.tonyattwood.com.au)

For further information on Autism: [www.nas.org.uk](http://www.nas.org.uk)

## POSTBAG

**Hello Ann,**

### **Microwaved water a Hoax?**

I'd received the link some months ago and because I was also looking at the crystal forms of blessed water, decided to experiment myself. I was so sure it was probably true because I don't like microwaves! I was definitely biased and expecting an outcome. I tested 4 waters: tap, filtered, boiled and blessed, and boiled microwaved. I used eight identical okra seedlings. I even alternated them on the sill so any emotions I had would not focus in one area.

Result? The microwave water plants are the most vigorous and productive, boiled blessed next, the others equal. I have no dramatic photos – though I could, and who would know what they are looking at? It is a dramatic difference in the plants. I do have good 'spiritual' friends who can vouch for what I have done.

The lesson and why I'm writing: don't buy into something just because it looks like something you would like to see. And, more important for Buttercup – don't pass on unsubstantiated stories in newsletters that reach many people. There is actually no way on that link to get to the people who posted the pictures and story. Suspicious?

**Karen Webb**

**Ann:** *Thank you, Karen, for taking so much trouble to give many of us a surprise! I had, in fact, investigated through my personal link, but sadly, by the time an answer came the newsletter was about to go to the printer and it was purely a last minute rush that caused me to forget to insert it. But here it is: [www.NaturoDoc](http://www.NaturoDoc)*

## **We now have 'Listening to Water'**

Through the strangest of circumstances and coincidences, Janine Edge, a visiting Fellow of Nottingham Trent University in organisational psychology, found herself part of a group investigating Maori science and beliefs in New Zealand, led by Mike O'Donnell known as 'the Waterman.' He had acquired this name from the role he played in court cases to prevent a mining company from excavating a particular mountain range and its source of fresh water, a river called Tara Riki. Mike described how he took a bowl of water from Tara

Riki into the courtroom saying to the judge, "Can I have permission to bring the water from Tara Riki so it may speak to the court, my Lord?" The judge replied, "If you must, Mr. O'Donnell." In New Zealand there is an unusual law which permits courts in environmental cases to take into account 'intrinsic value' arguments, such as Maori customs and beliefs. The confluence of an Irish background and his immersion in the Maori community has enabled Mike to communicate the essence of water, from the hard science to the ineffable, thus swinging the decision of tribunals.

So what is he doing, and can it be taught? Janine joined Mike and some sixth form students for a walk up the banks of Tara Riki to find out for herself. After pouring forth knowledge and anecdotes about life in and around the water, he started talking about listening to the waters inside ourselves, our emotional waters. He told of his own grief when he thought the case against the mining company had been lost and how he 'turned this into something good', by making sculptures in clay of huge heads listening to land, water and the stars. Gently, Mike introduced the idea to the students that they themselves might listen to the waters of Tara Riki. At the end of the day the students, who had looked like classic disaffected teenagers, silently sat down by the side of Tara Riki and, to the sound of Mike playing his flute, each wrote down what they heard the water saying.

It was not easy to describe how the change was wrought. Suffice it to say that, through Mike's qualities of empathy, passion and presence and the many stories, the students were led to what it might feel like to act authentically from their own waters. "Tara Riki has been my teacher" Mike told them.

What did the students hear the waters of Tara Riki saying? Janine has a short film about the water journey from which we shall find the answer. I am waiting for the DVD myself and will tell you in the next issue. But if you wish to obtain a copy (length 27 mins.) or be put in touch with Mike O'Donnell, her email is: [jedge@sagnet.co.uk](mailto:jedge@sagnet.co.uk)  
(Abridged from Janine's article in Network Review No. 89, Journal of Scientific & Medical Network)

*"Never doubt that a small group of caring people can change the world.  
Because indeed, it is the only thing that ever has." Margaret Mead*

### **The Happiness Manifesto**

Plant something and keep it alive.

Count your blessings – think of at least five at the end of every day.

Have an hour-long uninterrupted conversation with your partner/friend every week.

Telephone a friend.

Give yourself a regular treat.

Have a good laugh every day.

Take regular exercise.

Smile at strangers or talk to them.

Cut your television viewing by half.

Perform an act of kindness every day.

### **Serge presents**

His latest training programme which offers:

- ?? A basic Spiritual Training programme entitled **Entering the Mystery**, which you can do at home in your own time. He has developed this in response to so many people who keep telling him how hard it is to be on a spiritual path unless one is part of a religion or ashram, as there is no one to guide them. Now there is! He has created a comprehensive study programme of lectures to listen to, papers to study, special inquiries to make, and questions to work with, which combined with regular coaching sessions with him, will help you on your sacred journey.
- ?? A one year course **Living with Heart** that will be starting again in January 2007
- ?? Six **Spiritual Retreats in Majorca**
- ?? Seven interesting **One day Workshops** in London

For full details, contact **Serge Beddington-Behrens** on 01451 860726, e-mail on [info@sergebb.com](mailto:info@sergebb.com) Or log on to his website.... [www.sergebb.com](http://www.sergebb.com)

## TEACHING FREEDOM

*Ann Neate*

Teachers in Leeds are being inspired and re-invigorated by Teaching Freedom, a project that uses the imagination and makes classes full of adventure, excitement and discovery. **James Dakin**, its founder (who incidentally came to some of our courses at Runnings Park), describes the approach as being 'for everyone'. He is passionate about involving every child in learning, regardless of their background, ability or faith. "It's exceptionally powerful. You can reach kids and parts of kids that otherwise you could not reach. As soon as I mention that I'm going to do a visualisation, you can actually hear a buzz go round the classroom", says one teacher.

The project's pilot phase showed a direct link between Teaching Freedom techniques and major improvement in academic performance. Interest is already spreading to Yorkshire Head Teachers, Manchester and is interesting educators from other countries including Switzerland, Canada and North America. Its simplicity makes it flexible enough to be adapted for any kind of school curriculum and will support other learning strategies. "We want our approach incorporated into teacher training in the UK and around the world," says James. *Abridged from an article in Living Lightly, Autumn 2006, a Positive News publication.*  
 Contact: Teaching Freedom Manor House, Skirpenbeck, York, YO411HF. Tel. +44(0)1759 377429.

### 'A Banana a Day keeps the Doctor Away.'

You may have noticed that many tennis players eat a banana during their intervals – and for good reason. According to a recent survey undertaken by MIND, among people suffering from DEPRESSION, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood & generally make you feel happier. Bananas also helps the following:

**PMS (Pre-Menstrual Syndrome)** Try a banana! The vitamin B6 it contains regulates blood glucose levels which can affect your mood.

**BRAIN POWER:** 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break and lunch, in a bid to boost their brain power.

**MORNING SICKNESS:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**BUT buy ORGANIC.** According to a 'Fair Trade' film shown recently, the crops are sprayed & workers are given no protective gear. It sometimes affects their sight. They are paid 3\$ a day.

### MORE CHURCH BULLETINS – such is our language!

- ?? Don't let worry kill you off – let the Church help.
- ?? Irving Benson and Jessie Cart were married on October 24 in the church. So ends a friendship that began in their school days.
- ?? At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practise.
- ?? Eight new choir robes are currently needed, due to the addition of several new members and to the deterioration of some older ones.
- ?? The ladies of the church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- ?? The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.
- ?? Low Esteem Support Group will meet Thursday at 7pm. Please use the back door.
- ?? Weight Watchers will meet at 7pm at the First Presbyterian Church. Please use large double door at the side entrance.
- ?? The Assoc. Minister unveiled church's new tithing campaign slogan: "I Upped My Pledge – Up Yours."

Buttercup Connections Nov '06/ Feb '07

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

Sunday 5<sup>th</sup> November 2006

2.00pm

**Samhain Celebration Pilgrimage**

Eastnor (centre of the Three Cathedrals triangle) and Whiteleafed Oak with possible fire.  
Led by **Fiona Hopes**: 01684 892533 email: [fiona@song-of-the-earth.com](mailto:fiona@song-of-the-earth.com)

Thursday 16<sup>th</sup> November

7.00 for 7.30

**H-A Development Group**

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

Thursday 23<sup>rd</sup> 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**

Thursday 30<sup>th</sup> November

7.00 for 7.30

**2012 – How will we be affected by our entry into the Aquarian Age?**

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

Wednesday 6<sup>th</sup> December

7.00 for 7.30

**Embracing Fear Creatively**

A discussion with your views and feeling on this possibility, led by **Tony Roeber**

Wednesday 3<sup>rd</sup> January 2007

5.30 for 6.00

**Looking ahead to the coming year with H-A**

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

Wednesday 17<sup>th</sup> January

7.00 for 7.30

**Home with God** **Peter Wallace and Tony Roeber** will host a session on Neale Donald Walsh's latest book "Home with God". In this book, the full cycle from the heart of God, through life, death and back again is described, with encouragement to benefit from this understanding IN THIS LIFE.

Thursday 25<sup>th</sup> January

7.00 for 7.30

**H-A Development Group**

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

Thursday 8<sup>th</sup> February

7.00 for 7.30

**Tomorrow's Technology Today** **Val Stinton**, a practitioner of Energy Balancing will share some of her incredible experiences of this technique, with practical demonstration

Thursday 15<sup>th</sup> February

7.00 for 7.30

**Can a Spirit become Stuck?**

**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.

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