

# Buttercup Connections – Newsletter 29 February, March, April '08



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

## EDITORIAL

We are feeling concerned for the 'drop out' teenagers who are being denigrated and even feared by many people these days. So following on from Ann's article in our last issue entitled **'The Need to Balance the Left and Right Sides of the Brain'** we came across the following two letters in *The Independent*:

### EDUCATION AND TEENAGE GANGS

**Sir: Tough on the causes of crime? Ask any gangland scally why he has committed a crime and he invariably would reply, "Why not?"** The youngsters who populate gangs are mainly illiterate and their prospects since they entered school have been perceived as nil. Forced to 'learn' to read at too early an age, they soon fall behind and see literacy, the medium through which our education system is conducted, as alien and unattractive. They stumble through year after year of valiant attempts by stressed-out teachers to involve them in a rigid curriculum, which has more to do with the school's development than their own.

Forty years ago it didn't matter, because the docks, factories and mines had a constant need for 'labourers', whose illiteracy was irrelevant. But now there is no home for those hopeless youths except the camaraderie of the gangs and the prospects of earning a dodgy living on the edge of society.

If the jobs and future aren't there for the illiterate, educate the illiterate to fill the jobs that are there. To do this we must, like our northern European neighbours such as Holland and Scandinavia, adopt a more play-centred education in the early years, then gradual introduction of reading at six or seven. This ensures fewer children exhibit the antagonism towards learning that thousands of our youngsters do".

*Colon Burke, Manchester*

### HELPFUL HOODIE SHATTERS PREJUDICE

**Sir: I have watched a prolonged and impassioned debate about the state of Britain's youth and so-called 'hoodies'.**

As I walked home on Tuesday evening, I saw an older woman take a fall, landing hard on her hip, while the contents of her shopping bags rolled out across the pavement. The first person to her aid was a young black man with jeans barely covering his boxer shorts, a hooded jumper with the hood up, emblazoned with a profanity, and a cap underneath the hood obscuring most of his face. He gently lifted her from the ground and helped to dust her off. As I walked past I heard him softly ask her if she needed to sit down for a while or if there was anyone she wished him to call.

In that moment, he shattered the prejudice of most of the people who saw this unfold. This is not to disregard the evidence of problems with Britain's youth. However, perhaps if we did not always expect confrontation, we would not always get it.

*Katie Duncan, London NW3*

## What Would 'Love' do Now? Channelled by **Peter Wallace**

**We would like to explore the joy of 'love' and how you can express it practically in your lives now.**

In the state of 'love' there is no 'time' for there is nothing to fix, neither good nor bad, just a constant state of 'being' experienced as 'love'. In that state you are connected to all, you can know all for who they are, and how they may be struggling or succeeding in their existence. You are very sensitive to all of life, and can tune in or out at will. All are part of you and when you know all others in this way, this is how the portals into all of life can open for you.

There is nothing magical or unusual about this, it is simply that your separation from nature, 'love's expression on Earth', has disconnected you from these natural abilities. As the world changes to embrace love of all – the planet you live on and everyone and everything upon it – so these natural abilities will return to you. The only practise you have to master is knowing that you and everyone and everything comes from love. It is in acting from this place in yourself, in your life, that all answers become possible for you.

However, it takes practise to make decisions from a loving position in all that you do, for you are so used to deciding from a place of fear, or lack of love. But love is what you are each made from, it is a natural path back that you seek. Fear is a choice that you frequently make for it is one that society encourages through its lack of compassion for the struggles that life brings. We separate at an early age from the love that we are born with, when life tries to fill us with fear, to control rather than to understand. Every young person is looking for help to realise the truth of their own unique expression and this needs to be encouraged.

When we act from our own truth, our actions can appear confusing to those who strive to educate and feed us; their education did not embrace experiencing their true nature and so they teach as they were taught. But it does not help as much as it could if it were combined with the ability to 'Be yourself, fully'.

As the world continues to encourage people to 'be themselves' it is naturally bringing more love into people's lives. **Being yourself is the ultimate 'loving the self' act for any individual.** It is where the expression of true love has to start, for we can only give from the love we have experienced in ourselves.

So how does love work? The easiest way to start is to ask ourselves, in each and every moment, with everything we do or say, "What would love do now?" Whether it is an easy or a difficult situation, by asking the question, we come to know our inner workings – we get to know what love's answer feels like in ourselves by making it a conscious process. Over time, this becomes our most valuable skill of all, for this question can eventually answer all our questions in the moment, with total accuracy.

How do we know if love is speaking to us? . . . The following are 6 ways of knowing if love is present in the answer you have in your heart. Note that society has learnt a set of arguments that deny these answers to be true, or accepts them to be true but chooses not to act from them. So this is one of love's first challenges for you as you seek to act from love. For this is how we all change the world: by changing ourselves to be the love we truly are.

### **1. Love's answer will harm no one.**

At the most basic level, love seeks to harm no one. Harm is never justified in love. "Turn the other cheek" and "Love your enemies" from past teachings, contain all the answers we seek to understand.

### **2. Love's answers will not try to control anyone or anything.**

Love sets you free. Love never seeks to control you or another through fear or power. To offer true love is to offer it without expectation for yourself, but in the knowing that your love will be passed to another in time, who may or may not be you. In this offering, your own love becomes more powerful.

### **3. Love's answer will seek to empower others, to make them strong.**

Love cooperates with, supports, empowers and enhances others' lives. Love expressed knows that in empowering others it becomes even more powerful itself.

**4. Love cares what happens to other aspects of life.**

Love never exploits another, or uses their skills or abilities without their full permission. A contract of fair exchange is always present in love's answer.

**5. Love always looks for the best in everyone and every situation as the starting point.**

Love never focuses on what went wrong but on what can be learned from this most recent experience in life. Love knows that everyone acts from their own unique sense of purpose and tries to understand and appreciate that point of view. Love knows there is a unique God-given talent special in everyone that, when it is made real in their life, will bring happiness and joy to them and those with whom they share life.

**6. Love's answer is always good for you and for the other person or group.**

Love's answer is never at anyone's expense. It always benefits BOTH parties. The great secret in life that is missed by many seeking life's answer, is that any action that is good for the individual and for the whole, will be both successful and easy – in the long run.

**“What would ‘love’ do now?”** is a way to empower yourself and all you are connected with. This is how the world is changing and will change in the future. We are each a unique and special part of that change with so much to offer when our love is expressed. And so it is . . .

**With all the ‘hoo-ha’ and ‘hype’ going on at the moment re Princess Diana, we thought you might be interested in the following ...**

***An unexpected message received in 1997 by Lisa Lachance, a very simple French-speaking woman in Quebec.***

Lisa was awakened in the middle of the night and asked to write down the following message. It was given in French, because Lisa speaks French, but when she realised the content of the message, she asked the energy that was speaking to her to validate both the message and its sender by also giving the message in English, a language which Lisa has very little understanding of. This submission to *Spiritual Endeavours* was prefaced by a note from Jean Hudon, a professional English/French translator who says . . .

“Both French and English messages state about the same thing, and both are formulated as they would be respectively by a French-speaking person and an English-speaking person ... It is NOT a translation. I believe we have something absolutely exceptional here ... Whether you believe or not that this is truly coming from Princess Diana speaking to us from the other side, does not really matter. Please, allow yourself for a few seconds to open your heart, and sense from within, as I did, the profound meaning of these few yet so truthful words and, like me, you will know for yourself.”

**Message of Love from Diana To Mankind**

**“My dear friends from all around the world.**

**“It is with deep emotion that I received your love after my death. I never, never suspected that you could spread so much love for me.** If only I had known you were capable of such love for me, I would not have searched for it *so much*. I searched for it all along on the outside, not understanding that everything comes from the inside. Only we have all the answers and we keep looking all around us in search of a miracle to make us feel wanted and loved. If only I had known. If only I had had the knowledge to look inside of me for the answers.

“Now, I want to share this message with you around the world. It is not too late to start loving yourself and from that love will emerge love for others. You can change the world if only you believe in yourself and start loving yourself without judging. Accept yourself as you are. You are wonderful, only you don't believe it and you are waiting for

others to tell you. You may wait for a long time. Don't take that route. I have tried it and it doesn't work.

"Start loving yourself for who you are: a lovable living person with a great heart who doesn't know how to use it. You can change the world by loving yourself and spreading this love around you - simply by a loving, sincere, tender look. You don't have to speak, just let the love flow through you and you will make wonders. You will achieve the impossible. You will move mountains: mountains of hatred, mountains of sorrows, mountains of pain, pain in the heart, pain from living, pain from being scared. Believe in yourself and start experiencing this love with no conditions attached, this pure Love that all human beings are capable of. This planet needs it and only your love, your pure love and your devotion to attain success, can save it. Time is running short. You must spread the word of love all around you. If you start, your neighbours start, your friends and their friends start, you will start the unending wheel of love that all humans need so much.

"I thank you personally for spreading this word of love all around you. As a gift, when you read this message, express the desire of experiencing the love that you are capable of and I will be beside you to help you attain it. You don't have to believe it, just do it and you will see. Make sure you spread this message and let everyone you know experience what love can mean to them. . . .

"With all my love without boundaries," **Diana, Princess of Love**

*"Love is necessary for the rescuing of the world.  
It is the only force which can bring peace between the nations,  
each of which has a mission to accomplish on Earth."* Peter Deunov

## Forging Links at Grass Roots Level

**Many moons ago, to be precise in our issue 22 '06, we were inspired by Roy Gillett President of the Astrological Association of GB and a Buddhist,** to extend healing thoughts to the three great religions centred in **Jerusalem**. His suggestion was that the city could be controlled by an international administration, but used freely by all three religions. It could be the capital of both the Israeli and Palestinian states and an unwallled place of pilgrimage for all Christians. We kept the healing intention as broad as possible for the best outcome, whatever that might be, and felt that such an outcome could be a key symbol of forgiveness all round.

Time has moved on since then and the reaction of violence from one side to the other and vice versa, carries on unremittingly. But as in all such situations, it is the coming together of the 'grass roots' that brings about real change. We hear of a number of connecting links:

- **Daniel Barenboim**, the renowned pianist and conductor, set up the West-Eastern Divan Orchestra, in which at each desk an Arab sits next to an Israeli, and an Arab violinist leads the first half of any concert and an Israeli leads the second half. After his Ramallah concert in '05, he said, "Either we will all kill each other or we share what there is to share. . . This is an orchestra against ignorance. . . When you play in an orchestra you have to express yourself and, simultaneously, listen to what others are playing and saying." (From *The Independent*).
- [www.windowsforpeaceuk.org](http://www.windowsforpeaceuk.org), a charity working for understanding and reconciliation between Palestinians/Jewish Israelis printing cards, running events.
- [www.peaceinsight.org](http://www.peaceinsight.org), a Sussex educational charity brought 8 Palestinians and 8 Israelis over, aged 15-17, to share together for 2 weeks. Says one, "The camp was great!..This experience has turned me into another person, a better one... We have been keeping in touch by email." (*Positive Living*, Issue 47).
- **There is a telephone line** bringing together people on both sides of the divide.
- **There is a hospital in Jerusalem** in which staff from all 3 faiths work together.

**All our thoughts & prayers are important and we must not give up on them.**

*"Peace is not won by those who fiercely guard their differences  
But by those who, with open minds and hearts, seek out connections."*

Katherine Paterson

## THE VOID EFFECT

*A theory for the explanation of the mind/body casual connection in relation to the immune system and onset of illness. Network No. 79 August 2002*

**In 1988, I made a discovery through the grace of God. Through insights, my own experience, and then observing other people over the last 14 years, I realised that what I** term 'the void effect', was causing suppression of the immune system which, in turn, was causing the development of most of the major illnesses.

Over the years I have tried desperately hard to find a researcher for my work, but sadly to no avail, though I received many letters of encouragement. I did find one Doctor of Psychology who offered to research my theory, but the Head of Department called the research off, due to a lack of tangible evidence.

In recent months, I was referred to the Respiratory Physicians as I was informed that the diaphragm is a specialised area. One consultant confirmed that the void effect was known to them. They call it the "physiologic dead space", and it can be calculated using the Bohr equation. At last I had tangible evidence. However, as this is known, it cannot be considered new. I then asked the Respiratory Physician if he knew that the void effect was causing suppression of immunity. "No", he replied. "If anyone is aware of any research already carried out in this area please let me know."

What is new is that I have invented a technique to prevent the contraction of the diaphragm muscles, which cause the void effect. I have recently made a bereavement video, giving self-help methods and have included this prevention technique at the end of the video. The paper is available to anyone who wishes to research my theory. Ideally, I now know that I would need a Respiratory Physician and a Psychoneuro-immunologist working together in order to test out my theory scientifically. I would be most grateful for any help. I list below the key summary points:-

### **Key Summary Points:**

- 1 The impact of shock can cause the mind to recess into the sub-conscious area.
- 2 Shock can cause a physiological change to occur in the body. The diaphragm muscles operated by the phrenic nerve, contract, causing a 'void' within.
- 3 The 'void' appears to suppress the immune system.
- 4 It is the individual's reaction to loss or trauma that causes the 'void'.
- 5 Early awareness and treatment of the 'void' can prevent the development of some illnesses.
- 6 I have now invented a technique to prevent the 'void' from occurring. Can this be used to prevent the major illnesses?
- 7 The 'void' can be used as baseline for statistics for more accurate analysis of results.

**Gill Ward** (Stress Counsellor) 114 Sutton Lane, Four Oaks, Sutton Coldfield, West Midlands B75 6PG

### **A Letter to *The Times* that was not Printed:**

**Sir,** Mr. Brown wants to assume permission is given for organ donation unless specifically refused. Medical procedures now require informed consent. So a debate is necessary so that the issues involved can be exposed. It is not a simple case of 'saving someone's life'. What are the spiritual implications? The welfare of the soul or non-physical component and its intimate connection to the physical, needs to be considered. Does the transplant of an organ prevent the soul of the donor from disconnecting and moving on completely? There are many reported cases of recipients of organs acquiring some of the characteristics or habits of the donor. I understand

that in the case of so-called 'brain dead' donors, that organs are removed before the physical body has ceased functioning. Is this then a case of murder? In a natural death the soul may separate over a period of time. Does an organ transplant interfere with the complete detachment of the soul? I believe that these spiritual issues should be addressed adequately. There is much knowledge available on these matters, which is not currently addressed by religious or medical authorities.

**Roy**

**Procter** C.Eng FRAeS

## **Rainbow Revelation**

Bless you for your anger for it is a sign of rising energy.  
Direct not to your family, waste not on your enemy.  
Transform the energy to versatility and it will bring you prosperity.

Bless you for your sorrow for it is a sign of vulnerability,  
Share not with your family, direct not to yourself.  
Transform the energy to sympathy and it will bring you love.

Bless you for your greed for it is a sign of great capacity.  
Direct not to your family, direct not to the world.  
Transform the energy to giving. Give as much as you wish to  
Take and you will receive satisfaction.

Bless you for your jealousy for it is a sign of empathy.  
Direct not to your family, direct not to your friends.  
Transform the energy to admiration and what you admire  
Will become part of your life.

Bless you for your fear for it is a sign of wisdom.  
Do not hold yourself in fear.  
Transform the energy to flexibility and you will be free from  
What you fear.

Bless you for your poverty for it is a sign of great possibility.  
Do not hold poverty in your mind.  
Every drop of your generosity will come back in tenfold.  
Give as though you were a king and you will receive a king's due.  
Bless you for your search of direction for it is a sign of aspiration.  
Transform the energy to receptivity and the direction will come to you.

Bless you for the times you see evil.  
Evil is energy mishandled and it feeds on your support.  
Feed not and it will self-destruct. Shed light and it will cease to be.

Bless you for the times you feel no love.  
Open your heart to life anyway and in time you will find love in you.

Bless you, bless you, bless you. Bless you for what you are.  
You are a sea of goodness, a sea of love. Count your blessings every  
day for they are your protection which stands between you and what  
you wish not. Count your curses and they will be a wall which stands between  
you and what you wish. The world has all that you need and you have the  
power to attract what you wish. Wish for health, wish for joy. Remember you  
are loved. Remember I love you.

**Yoko Ono**

## BOOK REVIEWS

### **New Dimensions in Healing** **Tony Neate**

**Channelled by**

This is an ideal new addition to the bookshelves of any professional who has an interest in or practice involving spiritual healing. Tony's earlier book '*Channelling for Everyone*' has proved to be an excellent introduction to the whole field of channelling and also healing. This new book provides a much deeper exploration of the whole field of energetic healing and as such is primarily suited to those who already have a basic knowledge of channelling and healing.

As Tony says in the first chapter: "The days of just giving healing to someone...are past" and so he sets out in this very easy-to-read book to describe in detail the different levels and modalities of healing and how they are best utilised in the healing setting. In particular, this book provides a framework for deepening understanding of the healing process and provides a range of insights as to how the healer may be able to help their patient deal with unreleased levels of inner stuckness which the more general forms of Karmic Healing cannot address.

I thoroughly commend this book to you – I found it not only deepened my own professional knowledge but also gave me new food for thought about the nature of my own spiritual journey and healing.

**Cathy Walters**

Published by The Eye of Gaza Press – ISBN 978-1-973545-

04-1 £8.99

### **6 Months to Live 10 Years Later – A Healing Journey & Guide to Well Being**

**Suza**

#### **anna Marcus**

Suzanna was given 6 months to live with malignant breast cancer 10 years ago, and this autobiography tells the story of her life. It is an inspiration for all. It shows how finding your levels of self-empowerment can provide the motivation to take control of your life & make choices for your own future. We both admire Suzanna's 100% dedication to the unorthodox and unique journey that she has chosen to take. There is a lovely forward by Muhammad Ali: "I encourage all to read Suzanna's words with an open mind and an open heart". **Tony and Ann Neate** Open Doorways Press ISBN 978-965-91127-1-5 £12.90

**Especially for the 'Oldies' – but amusing for all!**

**Bob**

**Maher**

Perks you can now enjoy at your age:

- 1 Kidnappers are not very interested in you.
- 2 People call you at 8.00pm and ask "Did I wake you??"
- 3 Things you buy now won't wear out.
- 4 You have a party and your neighbours don't realise it.
- 5 Your secrets are safe with your friends because they can't remember them either!

## **Buttercup Connections** **Feb/March/April '08**

**Meetings held at THE BEACON CLINIC, Portland Rd., Great Malvern**

Admission £5 (or what you can afford).

Wednesday 30<sup>th</sup> January 2008

**7.00**

**for 7.30**

## Were Human Beings seeded on Earth and, if so, by Whom?

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

Wednesday 13<sup>th</sup> February **7.00**

**for 7.30**

**H-A Development Group** Inner development with **H-A** channelled through **David Furlong**

Wednesday 20<sup>th</sup> February **7.00**

**for 7.30**

### **Cymatherapy – a Multidimensional Therapy with Sound**

This therapy bridges the scientific and spiritual. A talk by **Chris Gibbs**

Wednesday 27<sup>th</sup> February **7.00**

**for 7.30**

### **Is Nutrition Failing or are we Failing Nutrition? – The Plight of Africa.**

Update on the charity, 'Health Empowerment through Nutrition'. Talk by **Dr. Geoff Douglas**

Wednesday 5<sup>th</sup> March **7.00**

**for 7.30**

**A Spiritual View on Organ Donations.** **H-A energy** channelled through **Tony Neate**

Thursday 13<sup>th</sup> March **7.00**

**for 7.30**

**H-A Development Group.** Inner development with **H-A** channelled through **David Furlong**

Sunday 30<sup>th</sup> March

**Spring Equinox Walk on the Hills.** Ring Fiona: 01684 892533. E: fiona@song-of-the-earth.com

Thursday 3<sup>rd</sup> April **7.00**

**for 7.30**

### **Releasing our Belief Systems – the Challenge of 2008**

You are starting to see beyond the veil, so helping yourself and others to release and re-evaluate belief systems will be your biggest obstacle this year. Discussion with **Peter Wallace & Tony Roeber**

Wednesday 9<sup>th</sup> April **7.00**

**for 7.30**

### **Stories of Surprise from Eastern Europe, the Middle East and Far East**

Story Teller **Julian Brown** will be here to delight and surprise you!

Thursday 17<sup>th</sup> April **7.00**

**for 7.30**

**H-A answers your Questions.** **H-A energy** channelled through **Tony Neate**

Monday 21<sup>st</sup> April **7.00**

**for 7.30**

### **Ecstasy and the Heart Meditation**

This is based on focusing, finding, feeling, appreciation and gratitude. It is simple, powerful and enjoyable. Led by **Katrina Turnbull**

**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, deep questions in our minds today.

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