

# Buttercup Connections – Newsletter 31 September, October, November 2008



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

## **EDITORIAL**

Our apologies for this issue coming rather late. The latest book of H-A teachings, described on page 7 by Greg Branson, who has compiled it, has had to take priority over everything else for the past few weeks. It will be out in January '09, and we hope to announce its arrival in our next issue. So this is just a taster!

### **We are a Global Village To Compete and Be Friends with Each Other**

What an inspiration the Olympic Games were and now the Paralympic Games in Beijing are! - a journey for disability worldwide. To see peoples from all over the world coming together in competition and friendship, enjoyment and communion.

### **The planet truly is a global village.**

And we make no excuses for putting this moving story on our front page.

### **You are my sunshine, my only sunshine . . .**

A member of the NFSH, National Federation of Spiritual Healers, received this lovely true story from a friend. It was printed in the NFSH Bulletin No. 33

Like any good mother, when Karen found out that another baby was on the way, she did what she could to help her 3 year-old son, Michael, prepare for a new sibling. They found out that the new baby was going to be a girl and, day after day, night after night, Michael sang to his sister in his Mummy's tummy. He was building a bond of love with his little sister before he even met her.

The pregnancy progressed normally but serious complications arose during delivery and Karen found herself in hours of labour. Finally, after a long struggle, Michael's little sister was born. But she was in a very serious condition. With a siren howling in the night, the ambulance rushed the infant to the Neo-natal Intensive Care Unit. The days inched by. The little girl got worse and the paediatrician had to tell the parents there was very little hope. They had fixed up a special room in the house for the new baby but now they found themselves having to plan for a funeral. Michael, however, kept begging his parents to let him see his little sister. "I want to sing to her," he kept saying.

Week 2 in Intensive Care looked as if the funeral would come before the week was over. Michael kept nagging about singing to his sister, but kids are never allowed in Intensive Care. Karen decided to take Michael whether they liked it or not. If he didn't see his sister right then, he might never see her alive. She dressed him in an oversized 'scrub suit' and marched him into ICU. He looked like a walking laundry basket.

The Head Nurse recognised him as a child and bellowed, "Get that kid out of here now! No children are allowed." The 'mother' rose up strong in Karen, and the usually mild-mannered lady glared steel-eyed right into the Head Nurse's face, her lips a firm line. "He is not leaving until he sings to his sister," she stated. Then Karen towed Michael to his sister's bedside. He gazed at the tiny infant losing the battle to live.

After a moment, he began to sing in the pure-hearted voice of a 3 year-old: "You are my sunshine, my only sunshine, you make me happy when skies are grey."

Instantly, the baby girl seemed to respond. The pulse rate began to calm down and become steady. "Keep on singing, Michael," encouraged Karen with tears in her eyes. "You never know, dear, how much I love you, please don't take my sunshine away."

As Michael sang to his sister, the baby's ragged, strained breathing became as smooth as a kitten's purr. "The other night, dear, as I lay sleeping, I dreamt I held you in my arms." Michael's little sister began to relax as rest, healing rest, seemed to sweep over her.

"Keep on singing, Michael. Tears had now conquered the face of the bossy Head Nurse. Karen glowed. "You are my sunshine, my only sunshine. Please don't take my sunshine away ..."

The next day...the very next day...the little girl was well enough to go home.

Woman' Day Magazine in America called it, The Miracle of a Brother's Song. The medical staff just called it a miracle.

**Never give up on the people you love. Love is so incredibly powerful. . .**

## **H-A on the Solar Eclipse, 1.08.08**

As many of you know, there was a solar eclipse on the first day of August this year.

This is what H-A had to say about it on that day.

Today is a very significant day, as the energy of the eclipse is going to affect the energies throughout the planet. The shift of energy that is taking place will affect the balance between the masculine and the feminine to the extent that the

feminine will become more pronounced, in both men and women; and the greater the extent of the eclipse, the greater the extent will the emphasis be on feminine energy. This will play an important part in the unfoldment of the planet as it moves towards the age of Aquarius in four years time.

One of the most important concepts of the age of Aquarius is the emphasis on all forms of evolution finding their individual spiritual approach and understanding; and this can only be achieved by individual spirits finding their balance between the feminine and the masculine, and the masculine and the feminine. This will affect many activities on the planet, including science, religion, politics, corporate business and the entrepreneur. In all cases the spiritual side will become stronger; the light will become brighter, but the shadow will become darker. And the energies created will continue to expand.

So this is the time to really breathe in those energies of the light and feel them inspiring you, empowering you to move forward in Unconditional Love, Forgiveness, Respect, Harmony and Balance.

H-A recently said the following to an enquirer:

“I am here to help you to find the God energy within, to learn to think through your heart and thus create a link with that innermost essence – your spirit; and in that link, to find the very mission that has inspired you into this incarnation.”

### **Organ Donations – Her ‘Brow’ has Risen.**

**In our last issue, the H-A channelling was on the subject: ‘Are there Spirit Implications in Organ Donations?’** And one or two examples were given. In the latest issue of Healing Today (May to July 2008), the NFSH Healing magazine, we have come across some further examples, and thought you might be interested.

“The Telegraph reports that a woman claims to have undergone a complete ‘personality transplant.’ Cheryl Johnson, 37, says she has changed completely since receiving the organ and believes she must have picked up her new characteristics from the donor, a 59 year-old man who died from an aneurysm. Not only has her personality changed, the single mother claims that her taste in literature has taken a dramatic turn. Whereas she used to

read low-brow novels, Dostoevsky has become her author of choice since the transplant.

Miss Johnson from Preston, says: “You pick up your characteristics from your donor. My son said that when I first had the transplant, I went ‘stropy’ and snappy’ – that wasn’t me. I always loved books but now have started to read classics like Jane Austen and Dostoevsky. I have found myself reading Persuasion.”

Academics in America have developed a theory called **Cellular Memory Phenomenon** to explain the personality changes that are allegedly experienced by some transplant recipients. Examples include: a woman with vertigo who became a climber; a 7 year-old girl who had nightmares about being killed after being given the heart of a murdered child; a 10 year-old boy from Yorkshire recovered from brain surgery to find that he had lost his northern accent – “He went in with a York accent and came out all posh,” says his mother. (The Week)

But the only case recognised by the scientific community is that of a 15 year-old Australian girl whose blood type change following a liver transplant. A spokesman for UK Transplant has said: “While not discarding it entirely, we have no reason to believe that it happens. We would be interested to see any definitive evidence that supports it.”

And, if it happened to him, would that be ‘only anecdotal’? Ed.

#### **Lao-Tzu**

If you realise that all things change,  
There is nothing that you will try to hold on to.

If you aren’t afraid of dying, there is nothing you can’t achieve.  
Trying to control the future is like trying to take the master carpenter’s place.  
When you handle the master carpenter’s tools chances are that you’ll cut your hand.

## **Ho’oponopono - A Prayer from the Hawaiian Kahunas**

**Some years ago I attended one of the most meaningful workshops of my life**

led by Dr. Ihaleakala Hew Len. In it he taught the fundamental strategies of the Ho’oponopono healing prayer from the Hawaiian Kahuna healing tradition. (Ho’oponopono is Hawaiian for ‘forgiveness’.)

He spoke about how his job had been that of an educational psychologist, who was called in to troubleshoot school crises. He described how, as soon as he received a phone call giving him a new case, he began to say the Ho’oponopono prayer, which is very simple. It is spoken to spirit, to the mystery of the cosmos/to God/to Goddess. You mentally face the situation in front of you, and you pray and affirm:

**This is my responsibility**

**I am sorry**

## Forgive me

So, the moment he received a new case, he would begin silently to say the prayer of forgiveness: This is my responsibility. I am sorry. Forgive me.

“How can it be your responsibility,” I asked, “when you know nothing about this new case and have had nothing to do with it?”

“If this difficulty, this crisis, has come to me, then in some way – some way that I do not understand – it must be my responsibility. Why else has it come to me? So far no one else has been able to deal with it. It has come to me. It must be mine.”

I could see how this teaching applied to my problem with my son. I could see so many other possible threads of connection too, through past lives and ancestors. In some way we are all connected with everything, with everyone and with each other. We are connected with whatever is in front of us, good or bad, harmonious or angry. So why run away from taking responsibility?

This is this is a very mature and grand action – to take responsibility just because it is close to us; to be big enough to take responsibility, apologise and ask for forgiveness, without in any way being disempowered or guilty or shamed. Knots of suffering are loosened and healed by this maturity and generosity. All denial and avoidance are melted. We trust the grace of universal benevolence. Imagine – in that row with your family or relative or colleague; in that judgment or anger at someone else – you simply pause. You stop blaming and justifying.

When someone makes me cross I no longer blame them – at least, not for long. As soon as I am able, I sink into the Ho’ponopono prayer of responsibility, apology and forgiveness. This prayer sings with the same message and resonance to be found at the heart of many other faiths, such as Christian forgiveness, Muslim charity and Buddhist compassion. It is a shift of attitude that creates a miracle of transformation and healing. It is a simple strategy, but profoundly powerful.

**I am responsible. I am sorry. Forgive me.**

**William Bloom**, who printed this in his Newsletter, kindly gave us permission to reproduce it

## **Book Reviews**

### **PUNK SCIENCE Laughton**

**Dr. Manjir Samanta-**

This is a brilliant book written by a brilliant lady. It really challenges orthodox science in an intelligent and dynamic way. She describes a new model of the

universe, where consciousness generates life, a universe of co-existence and balance between regions of matter and anti-matter.

As David Lorimer says: "A work of great synthesis and originality that places consciousness in the centre and puts the soul back into science. Prepare to have your ideas turned inside out."

The book moves from the most detailed explanation of scientific thinking to showing how the intuitive and psychic all form an important aspect of scientific research and thinking into the future. Dr Samanta-Laughton had an interesting meeting with Dr Andrew Powell, (Chair of the Royal College of Psychiatrists' special interest group in Spirituality & Council member of the SRF) where he spoke of keeping the balance between the higher and lower realms.

In conclusion, may I quote Albert Einstein who said, "Imagination is more important than knowledge". This is a must for all intelligent, perceptive people who are looking for a new step forward in their understanding of the universe.

*O Books ISBN 1-905047-93-2 £12.99*

**Neate**

**Tony**

## **You Can Only Achieve What is Possible**

**Dawn**

### **Mellowship**

The title of this book accurately describes the contents. It makes fascinating reading with many clear cut exercises to help you achieve and make possible what one can easily feel is impossible.

Interwoven with these challenging exercises, Dawn includes often humorous anecdotes of events in her own life that led her to consider the items in question.

The exercises are simple and practical – certainly making one look at one's own life experiences and how one might have dealt with them in a more successful way.

Well done, Dawn. She ends the book by saying, "Although I penned this book with an air of high-spiritedness throughout, the message is terribly serious and in truth, it is only this: **Find Your Way**".

**Tony Neate**

*O Books ISBN 978-1-84694-109-2 £11.99*

## **The View through the Medicine Wheel -**

**Leo**

### **Rutherford**

### **Shamanic maps of how the Universe works.**

This is a wonderful little book; full of timeless Wisdom. It is simple, down to earth, and all the more powerful because it is easy to read.

Sane and humorous, one snatches glimpses of Jung, Buddhism, Taoism, Alchemy, Tarot and more; even a little whiff of the Hitchhikers Guide to the Galaxy! But then isn't that the hallmark of true authority, that it crosses all boundaries and speaks to the truth of all? That is what Leo Rutherford achieves in his book.

I would recommend it highly to any serious traveller on the Way.

*O Books ISBN 978 1 84694 108 5 £14.99*

**Deborah Ackroyd**

## **Ecstasy and the Heart Meditation**

Taken from a meditation by Tom Kenyon, this is based on focusing, finding and feeling appreciation and gratitude in the body. It is simple, powerful and very enjoyable.

Katrina Turnbull led this meditation for us on our last Diary of Events

## Preparation

- a) Purify: Imagine your aura being cleansed – imagine standing under a shower or waterfall which is washing away any impurities.
- b) Energise: place your right hand over your crown and ask for appropriate energy from whichever higher being you wish.
- c) Protect: “I ask for the highest available powers of the light to protect me.” Or visualise a blue cloak of light surrounding you, etc.
- d) Visualise growing roots down into Earth from beneath your feet and from the base of your spine, and then bring a gold thread up through the roots into your Heart. Now feel a connection from the universe down through your Crown down through your spine into your Heart and bring a white light down this channel. Allow the two energies to merge at the Heart. See and feel the light and colour filling the body and aura. Feel yourself connected to Earth and to the universe, centred and stable within.

Extend to Earth your gratitude for the gift of life.

1. Create a Holon of Balance – an octahedron of two pyramids, one pointing up the other down - in any colour you wish. It totally surrounds you.
2. Focus in your heart and think ‘gratitude’ for a place, person, situation or animal.
3. The feelings of awareness in your heart, of appreciation/gratitude, will set off wave forms that emanate from your heart, enveloping your physical body and every cell in your being. This is a very coherent state – enjoy it.
4. Focus on your energy ‘egg field’, your aura, and the central axis aligned down through your aura and physical body. Allow feelings of ecstasy to radiate out.

Finally, send gratitude to planet Earth, and re-align yourself,  
slowly becoming aware of your surroundings.

***“It is Love alone that leads to right action.  
What brings order into the world is to Love and let Love do  
what it will.”***

*Krishnamurti*

## **Antioxidants and Cancer: Researcher admits she got it wrong!**

(Published on Saturday, April 26, 2008)

**‘Antioxidant Vitamins can speed up the Development of Cancer’.** It was news when it was first revealed three years ago – and it was news again a few months ago, when the researcher who first published the study admitted that she got it wrong!

The original study – which made headlines around the world – found that cancer patients who took either Vitamin A (beta carotene) or E (alpha tocopherol) supplements were 40 per cent more likely to suffer a recurrence of their cancer than those who didn’t take any supplements.

But the researchers, led by Isabelle Bairati from the Quebec Research Centre, who published the 2005 study, have re-analysed their original data and have discovered they got it wrong. The only people in the study who were seeing their cancer return were smokers who refused to kick the habit while they were receiving radiation therapy or chemotherapy. Strangely, not a single newspaper has run the story. . . .

(Source: *International Journal of Cancer*, 2008; 122: 1679-83)

## **Secrets of Planet Earth H-A channelled through Tony Neate** *Compiled by Greg Branson*

This fascinating and timely book lifts the lid on humankind and the natural order, to expose the hidden forces behind science, religion, politics and international unrest. Its remit stretches far back in time to include Atlantis, & forward to an uncertain future in a warmed up, globally challenged environment. Secrets? Yes, there are many, for the book is packed with previously hidden information & startling perspectives on subjects as diverse as 'the real King Arthur', Unconditional Love, Gaia and the Deva Kingdoms, the Consequences of Genetic Manipulation, the spiritual purpose of Princess Diana's death. The most important ideas centre round a new and much more profound understanding of good and evil. So it is a must-read for our religious leaders and those politicians who use God as a weapon.

Tony Neate has been a well-known, respected channeller of H-A for over 50 years, & these teachings reflect the growing ability of seeking humanity to understand & make use of higher wisdom. Tony is a co-founder of both the College of Healing & the School of Channelling. He is also a founder of Nature's Own/Cytoplan group of nutritional supplement companies. He is currently Chair of the Spirit Release Foundation & Spiritual Advisor to the Helios Community. His books, 'New Dimensions in Healing' & 'Channelling for Everyone' are definitive texts. **'Secrets of Planet Earth'** provides a startling revelation for our times. It clarifies the pasty, drawing many evolutionary strands together into a focused understanding, and points a way forward. It will fascinate and inspire anyone concerned about the future of humanity and global harmony.

Published by The Eye of Gaza Press, 45c St. Augustine's Road, London NW19RL.  
[helios@dialstart.net](mailto:helios@dialstart.net) ISBN 1-873545-05-3 RRP £10.99 Publication date: January 2009

## **Could Problems experienced by Humanity be because we are operating Primarily from the Left side of our Brain? Helena Park**

Co-incidentally with Ann Neate's Editorial in the last issue entitled, 'Crisis in Children's Happiness', I have been exploring the same subject . . . Research into cerebral function has found that there are two ways of thinking, verbally in the left hemisphere and non-verbally in the right. Right brain function tends to be intuitive, free and holistic, whilst the left brain is used for intellectual activity and is analytical and directed. Our educational system tends to give more precedence to the left hemisphere intellectual process. Is this creating an imbalance? An evening to discuss and share. (See Diary on p. 8, Wed. 24<sup>th</sup> Sept.)  
[www.its.caltech.edu/~jbogen/text/creat6.htm](http://www.its.caltech.edu/~jbogen/text/creat6.htm)

## **What is there to look forward to in 2009?**

On Monday, 6<sup>th</sup> October, astrologer Paul Mayo will be telling us what the trends are for 2009, for Britain and for each zodiac sign. To remind you, last year he forecast for 2008 that the housing market had topped in late 2007 with 'nothing to support it thereafter'; that the year would bring murderous dangers for Britain's children; that threats towards Iran would be words, not action; that it would be 'an insecure year' for Gordon Brown but he would stagger through it. Pretty accurate, yes?

**The Helios Foundation** runs an important spiritually-based charity in London's Kings Cross. They have launched their Healing School, drawing from the teachings and methods of both H-A and Akhenaten. The four tutors on each course come from a slightly different perspective, so they are able to give the kind of flexible and integrated support that students need for balanced development. Helios is presently seeking people to help with administration and publicity; and also, especially, strong and experienced healers to work in their clinic.

Contact Greg Branson on 0207 713 7159 or [heliosc@dialstart.net](mailto:heliosc@dialstart.net)

# Buttercup Connections

## Sept/Oct/Nov '08

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

Admission £5 (or what you can afford).

Wednesday 10<sup>th</sup> September

**H-A Development Group**

**7.00 for 7.30**

Personal Inner Development Work with **H-A** channelled through **David Furlong**

Wednesday 17<sup>th</sup> September

**7.00**

**for 7.30**

**China – its Global Significance** **H-A energy** channelled through **Tony Neate**

Wednesday 24<sup>th</sup> September (See page 7)

**7.00**

**for 7.30**

**Could Problems experienced by Humanity be because we Operate primarily from the**

**Left side of our Brain?** Discussion led by **Helena Park**. (BC Administrator, accountant & artist)

Monday 6<sup>th</sup> October (See page 7)

**7.00**

**for 7.30**

**Astrologically, What is there to Look Forward to in 2009?**

**Paul Mayo** looks at the outlook for Britain and the trends in the year ahead for each Zodiac sign.

Wednesday 15<sup>th</sup> October

**7.00**

**for 7.30**

**Understanding Other Perspectives 10 – Islam**

**Fatima Williamson** will talk about her own experience of the Islamic faith.

Wednesday 22<sup>nd</sup> October

**7.00**

**for 7.30**

**The Spiritual Significance of the Malvern Hills**

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

Wednesday 29<sup>th</sup> October

**7.00**

**for 7.30**

**A Part of God - We are each Unique, with Extraordinary Powers in our Potential.** We shall

explore what our own connection is to our own idea of God. Led by **Peter Wallace & Tony Roeber**

Thursday 6<sup>th</sup> November

**7.00 for 7.30**

**Techniques in Vocal Sound Healing** Sound Therapy is one of the most powerful, non-invasive methods of re-aligning, balancing and healing. Join **Frida Maria** in Khoomii over-toning, Inuit growling, sound baths, singing your note, etc.

Wednesday 19<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 4<sup>th</sup> December

**7.00 for 7.30**

**What Everyone should know about the Vitamins & Minerals in the Food we Eat**

**David Barrie**, founder member of Friends of the Earth and Training Officer for Nature's Own.

**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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