

Buttercup Connections-

Newsletter 32

December '08, January, February '09



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

**"We need to Restore Character over Show
and Wisdom over Cleverness." Ben Okri [Poet]**

"The crisis affecting our economy is a crisis of our civilisation. The values that we hold dear are the very same that got us to this point. The meltdown in the economy is a harsh metaphor of the meltdown of some of our value systems. For decades poets and artists have been crying in the wilderness about the wasteland, the debacle, the apocalypse. But apparent economic triumph has deafened us to these warnings. Now it is necessary to look at this crisis as a symptom of things gone wrong in our culture.

"Individualism has been raised almost to a religion, appearance made more important than substance. Success justifies greed, and greed justifies indifference to fellow human beings. We thought that our actions affected only our own sphere but the way that appalling decisions made in America have set off a domino effect makes it necessary to bring new ideas to the forefront of our civilisation. The most important is that we are more connected than we suspected. A visible and invisible mesh links economies and cultures around the globe to the great military and economic centres.

"The only hope lies in a fundamental re-examination of the values that we have lived by in the past 30 years. It wouldn't do just to improve the banking system - we need to redesign the whole edifice.

"There ought to be great cries in the land, great anger. But there is a strange silence. Why? Because we are all implicated. We have drifted to this dark unacceptable place together. We took the success of our economy as proof of the rightness of its underlying philosophy. We are now at a crossroad. Our future depends not on whether we get through this but on how deeply and truthfully we examine its causes....What we need now more than ever is a vision beyond the event, a vision of renewal.

"As one looks over the landscape of contemporary events, one thing becomes very striking. The people to whom we have delegated decision-making in economic matters cannot be unaware of the consequences. Those whose decisions have led to the economic collapse reveal to us how profoundly lacking in vision they were. This is not surprising. These were never people of vision. They are capable of making decisions in the economic sphere, but how these decisions relate to the wider world was never part of their mental make-up. This is a great flaw of our world.

"To whom do we turn for guidance in our modern world? Teachers have had their scope limited by the prevailing fashions of education. Artists have become more appreciated for scandal than for important revelations about our lives. Writers are entertainers, provocateurs or, if truly serious - more or less ignored. The Church speaks

with a broken voice. Politicians are more guided by polls than by vision. We have disembowelled our oracles. Anybody who claims to have something to say is immediately suspect.

“So now that we have taken a blowtorch to the idea of sages, guides, bards, holy fools, seers, what is left in our cultural landscape? Scientific rationality has proved inadequate to the unpredictabilities of the times...This is where we step out into a new space. What is most missing in the landscape of our times is the sustaining power of myths that we can live by.

“If we need a new vision for our times, what might it be? A vision that arises from necessity, or one that orientates us towards a new future? I favour the latter. It is too late to react only from necessity. One of our much neglected qualities is our creative ability to reshape our world. Our planet is under threat. We need a new one-planet thinking.

“We must bring back into society a deeper sense of the purpose of living. The unhappiness in so many lives ought to tell us that success alone is not enough. Material success has brought us to a strange spiritual and moral bankruptcy. If we look at alcoholism rates, suicide rates and our sensation addiction, we must conclude that this banishment of higher things from the garden has not been a success. The more the society has succeeded, the more its heart has failed.

“Everywhere parents are puzzled as to what to do with their children. Everywhere the children are puzzled as to what to do with themselves. The question everywhere is, you get your success and then what? We need a new social consciousness. The poor and the hungry need to be the focus of our economic and social responsibility.

“Every society has a legend about a treasure that is lost. The message of the Fisher King is as true now as ever. Find the grail that was lost. Find the values that were so crucial to the birth of our civilisation, but were lost in the intoxication of its triumphs.

“We can enter a new future only by reconnecting with what is best in us, and adapting it to our times. Education ought to be more global; we need to restore the pre-eminence of character over show, and wisdom over cleverness. We need to be more a people of the world.

“All great cultures renew themselves by accepting the challenges of their times, and like the biblical David, forge their vision and courage in the secret laboratory of the wild, wrestling with their demons, and perfecting their character.

“We must transform ourselves or perish.”

Ed. Yes, yes, how true and how necessary! We believe it *is* happening, albeit very slowly and gradually. Please see Diary, page 8, March 18th. [Ben Okri’s article was reproduced from The Times 30.10.08]

A Further Manifestation?

The next ‘Coming’ will be something very much more subtle than the one which you know about, as pinpoints of light will emerge all over the planet. It will come in on a much lower level to begin with and manifest through small groups, large groups, and groups of people whose motives are unselfish, who have a sincere and genuine desire to bring light to the darkest corners of the planet. Wherever you have a group of people with that motive then the highest possible help will be given; and from those small beginnings will emerge a vibration which will increase in intensity until it is of a frequency suited to a further manifestation of that higher force you call the Ultimate.

H-A

Spirituality? – What is it ...

A word we are sometimes asked to define but have difficulty in doing so. However, U Thant, who was Secretary General of the United Nations from 1961-1971, described it as follows:

“Spirituality is a connectedness to life.
It is an experience of being, belonging and caring.
It is sensitivity and compassion, joy and hope.
It is the harmony between the innermost life and the outer life,
or the life of the world and the life universal.
It is the supreme comprehension of life in time and space,
the tuning of the inner person with the great mysteries and secrets
that are around us.
It is the belief in the goodness of life and the possibility
for each person to contribute goodness to it.
It is the belief in life as part of the eternal stream of time,
that each of us came from somewhere and is destined somewhere,
that without such belief there could be no prayer, no meditation, no
peace and no happiness.”

U Thant

and from H-A . . .

“The will to seek spiritually comes from within.
It is a desire that has to permeate through your entire consciousness
and reveal itself in every aspect of your life.
This does not mean that you have to preach to those around you,
but it does mean that you have to live by example.
It takes a great deal of moral courage to be truly honest with yourself.
Yet, honesty is a basic essential for spiritual seeking.
There are no short cuts and it is no use considering beautiful words,
beautiful symbols, higher teachings and philosophies
unless you have come to terms with yourself
and your own way of life.”

H-A

H-A Question and Answer

Channelled through Gilly Wilmot 9.06.96

Q. We have been discussing how alone and lonely some of us are feeling at present. Can you expand on this and give us some hope of feeling less alone, less isolated?

H-A. When you are conscious of being on the brink of change, then also you know that crossing the brink of change is something to be done alone. In days gone by, work such as this was done in temples. People like yourselves who worked on the inner planes, were in a temple that contained all these experiences, all these expressions. Today, initiations are about being in the world. Initiations are about resolving relationships, relationships between individuals, between governments. That is where the change needs to be, that is where initiation will help planet Earth move into the Aquarian Age. Moving over the brink is necessary.

There are some individuals who as yet remain asleep to the need to change themselves on the individual level. There are others who have awoken to this need, who feel that spiritual impulse beating through their heart, who feel the pulse of Earth beating and resonating with their heart centre, and so are prepared to move across this brink into an unknown space, to move across the frontiers of consciousness. When we

speak of channelling, what more do we mean than moving beyond a boundary of consciousness to other levels.

So, in answer to your question, I would say that this aloneness comes from a knowing, a deep knowing of the need to take another step into the unknown and, until the step is taken, it will be unknown. There is the moment when one foot leaves the ground and the other foot has not yet been placed upon the ground. Then you are suspended. Yet that is the moment of connection to the source of all that impels you, all that nourishes you. That is the feeling that I believe you are expressing to me this afternoon.

Hope is a quality to carry within you, that comes with the understanding that as you take that step you will be supported. You may feel you are suspended above the ground, but there are gentle hands to support you. It is a test is it not, of love, of an ability to receive love. If the love that comes to you is great, then there is no need for fear. These two can no longer reside together.

The 'hope' my dear friend, is the love that you can receive. There are no magical solutions because, like any initiation, it is a time of loneliness, it is a time to be courageous. But also, it is a time to be optimistic. For when you let go, that is the moment when love comes in. Then fear moves away.

A 'Plus-Plus' Situation – our diet? Looking at what's good for both ourselves *and* the planet

“I want to highlight the fact that among options for mitigating climate change, changing our diet is something we should consider.” So said Dr. Rajendra Pachauri who has just been re-appointed for a second 6-year term Chair of the Nobel Prize-winning IPCC, the body that collates and evaluates climate data for the world's governments.

As the UN's top climate scientist, he said at a speech in London recently, “People should consider eating less meat as a way of combating global warming.” The UN Food and Agriculture Organisation (FAO) has estimated that direct emissions from meat production account for about 18% of the world's total greenhouse emissions; whereas transport, by contrast, accounts for just 13%.

Compassion in World Farming's ambassador, Joyce d'Silva, said that thinking about climate change could spur people to change their habits. “Surveys show that people are anxious about their personal carbon footprints and cutting back on car journeys and so on; but they may not realise that changing what's on their plate could have an even greater effect.” There are various possibilities for reducing the greenhouse gas emissions associated with farming animals. They range from scientific approaches, such as genetically engineering strains of cattle that produce less methane flatus, to reducing the amount of transport involved through eating locally reared animals.

The biggest source of carbon dioxide from meat production is land clearance, particularly of tropical forests, which will continue as long as demand for meat rises. Ms d'Silva continued, “I would like governments to set targets for reduction in meat production and consumption.” Dr. Pachauri, however, sees it more as an issue of personal choice. He says, “And if we're honest, less meat is good for the health and would at the same time reduce emissions of greenhouse gases.” [Abridged]

Richard.Black-INTERNET@BBC.co.uk

EDITORIAL Lennie James, who is black, (see article below) starred in *Fallout*, the TV version of Roy Williams' play about teenage violence. He wrote this powerful open letter (abridged) to all 'knife-carriers'. It was printed in The Observer on 8.06.08, with the express wish that it would find its way to whoever needed it. Please pass it on.

And by the way, do send in your articles and/or comments about anything you agree or disagree with!

To Whom it may Concern . . . all Knife-Carriers

My name is Lennie James. I am an actor and a 42-year-old father of three. I grew up in South-West London and I want to talk to you about the knife you're carrying in your pocket or belt. The knife you'll tell yourself you are carrying for protection. I want to tell you about what that knife will do for you. It is a deadly weapon, so if you use it, the chances are you will kill someone.

So after you've killed with it... after you've seen how little force it takes for sharpened steel to puncture flesh... after your mates have run away from the boy you've left bleeding...when your blood is burning in your veins...when you're looking for somewhere to dash the blade...when your heart is beating out of your chest and you want to puke or cry, but can't 'coz you're toughing it out for the boyz...when you're bang-smack in the middle of it...here's who to blame:

Blame the boy you just left for dead...blame him for not believing you when you told him you were a bigger man than him...blame him for not backing down when you made your chest broad and bounced into him...blame him for calling you on and making you prove yourself...tell yourself if he had just freed up his phone or not cut his eyes at you like he did, he wouldn't be choking on his blood now.

Then blame your Mum...tell her it's all her fault for being worthless. When you're done with her, **blame the man** she picked to make you with. Even if he nurtured you as best he could, blame him for the generation of men he comes from. Damn them for letting you believe that respect is to be found with gun in hand or knife in pocket. Damn anyone who feeds the myth of these gangsters, villains, thieves and hustlers, anyone who makes them heroes while damning hard-working, educated, honest men as weak, sell-outs or pussies.

If you are black, **blame white people** for the history of indignities they heaped on you and yours. If you are white, **blame black folk and Muslims** for taking ll your excuses. Failing that, **blame a class system** that keeps you poor and ignorant so the 'uppers' and 'middles' can feel better about themselves.

You have good reason to blame them all. I wouldn't be you growing up now for love nor money. Your generation has so little room to manoeuvre. We had more space to step around the bullshit. We weren't excluded in the way you lot are. Teachers hadn't given up or lost their authority over us. They still tried to protect and guide us even through our most disruptive years.

The police stopped and searched us, but we fought that right out of their hands – we hoped into extinction. But they want to bring it back, that abusive practice. They are still hooked on punishment rather than prevention. As far as you can see, the police are not serving and protecting you. They are coming at you like just another street gang trying to boss your postcode.

When I was where you are now, generations of state agencies, social services, policy makers and politicians had not abdicated all responsibility for me. We weren't left to our own devices like you have been. Is it any wonder that you end up expressing yourself in such a violently pathetic way?

We should be ashamed, I am. You have shamed us into a desperate need to do something about ourselves. We have collectively failed you and we should take all the blame that is ours for that . . . but so should you.

I blame you. I blame you because as a generation you are selfish, self-centred, and have little or no empathy for anyone but yourselves. You are politically stunted and socially irresponsible and.....you scare us. What scares us most is that you would rather die than learn. Your only salvation maybe that still most of you aren't living it out dirty. The vast majority of young men, even with all that is stacked against them,

are finding their way around the crap. The boy you will kill, should you continue to carry that knife, probably felt no less abandoned, no less scared. He also, almost certainly, wasn't carrying a knife.

Whatever you tell yourself about protection being your reason for carrying a knife, statistics show that the life you take will be that of an unarmed person. That is what that knife will do for you. It will make you escalate a situation to where it is needed. It will give you a misguided sense of confidence. It will make you the aggressor. That knife will make you use it. It will bring you nothing worth having. There is no respect there.

Your victim will be remembered long after you. Name one of the boys who killed Stephen Lawrence. Once you've bloodied that knife you may as well be dead because you'll be buried for 10 to 20 years. Banged up for that long, only a fool would look back and think it was worth it. You'll be nothing more than a sad, unwanted, unnecessary statistic.

If you were mine, this is what I would do. I'd make myself a big enough man to beg. I'd get down on bended knees if I had to. I would beg you to take that knife out of your pocket and leave it at home. I would tell you that I know you are scared and lost, I know the risks involved in what I am asking you to do, that what we could step around you have to walk through, and that there is always some fool who isn't going to make it any other way. I'm just begging you not to be that fool.

Be a better man than that. Let the story they tell of you be that you exceeded all expectations...that you didn't drown. Don't spend your days looking to be a 'bad man', try to be a good one. Our biggest failure is that our actions have left you not knowing how precious you are. We have left you unaware of your worth to us. You *are* precious to us. Give yourself the chance to grow up enough to understand why.

Be safe.

WHEN YOUR HUT IS ON FIRE

Sent in by Val

Stinton

The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him. Every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect himself from the elements, and to store his few possessions.

One day, after scavenging for food, he arrived home to find his little hut in flames, with smoke rolling up to the sky. He felt the worst had happened, and everything was lost. He was stunned with disbelief, grief, and anger. He cried out, "God! How could you do this to me?"

Early the next day, he was awakened by the sound of a ship approaching the island. It had come to rescue him! "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.

Moral: It is easy to feel discouraged when things are going badly, but we shouldn't lose heart, because God / a higher power is at work in our lives, even in the midst of our pain and suffering. Remember that the next time your little hut seems to be burning to the ground, it just may be a smoke signal that summons that higher power.

[Ed. Lovely philosophy. It reminds us of Tom Hanks in the film *Castaway*.

Understanding Other Perspectives 10 – Islam

After searching for some three years to find someone willing to give us a talk on Islam, I have been fortunate to find Fatima Williamson, who was born in Iran and is today married to an Englishman. As a young girl growing up in Iran in the 1950s, she had

more freedom than girls there have today. She qualified to be a teacher in Iran, after which she came to the UK to study and thereafter decided to stay.

Originally, the people of Iran – then Persia – were divided between Zoroastrians, Christians and Jews. Then in the 7th century the Muslims invaded the country and the people were forced to adopt Islam, with all its strict laws. Fatima explained that the first principle of the Islamic faith is that there is only one God and that all important leaders of religious teachings were prophets showing us the way to God. Mohammed came to carry the story on further. Part of the writings come from what he said and wrote, and part come from interpretations by others written after his death.

To be a good Muslim, the teaching of the faith must enter into all aspects of how one conducts one's life in the home, in marriage, in politics and in law. This is why Sharia Law is so important in the eyes of a Muslim. It is written that a man can have more than one wife; which made sense at the time it was written, because often a woman with children became widowed early in life. But before the man takes another wife he should consider if he has the income to provide equally for his wives and their children and if he can care equally for them and their welfare. Mohammed made many provisos before an idea could be put into action, but sadly, over the years, these provisos have often been overlooked.

The journey to Mecca is a journey of purification and requires great depth of thought, in that for the rest of that person's life they will become purer in thought and deed. They are not meant to make the journey until they are ready to experience its full significance.

Trish Hamilton

Book Review

Feel the Vibes

Joanne Brocas

This is an interesting and enjoyable book, clearly setting out the subtle structure of our whole being, on every level. It covers all aspects of psychic awareness, explaining it in a straightforward 'I want to read and learn' way.

It teaches you how acknowledging your psychic energy and perception can open out your whole life. As Joanne says, "You have the power within....you are already psychic." She quotes one spiritual teacher who said, "If you change the way you look at things, then the things you look at will change."

The book covers a wide range of subjects including: how to understand colour vibrations, mundane psychism such as clairvoyance, tarot, etc, mediumship, meditation, ghosts/earthbound spirits and spirit release. This is a book for anyone who wants to investigate psychic possibilities in a safe and balanced way.

Well done, Joanne.

Pub by O Books £9.99 ISBN 978-1-84694-153-5

Tony Neate

Genuine Complaints to Councils:

- I am writing on behalf of my sink, which is coming away from the wall.
- My lavatory seat is cracked. Where do I stand.
- Will you please send someone to mend the garden path? My wife tripped and fell on it yesterday and now she is pregnant.
- I request permission to remove my drawers in the kitchen.
- I am still having problems with smoke in my new drawers.
- 50% of the walls are damp, 50% have crumbling plaster, and 50% are plain filthy.

Buttercup Connections Dec '08, Jan, Feb '09

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

Admission £5 (or what you can afford).

Thursday 4th December, 2008 **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.

Wednesday 14th January, 2009

2009 from a Spiritual Perspective

7.00 for 7.30

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

Wednesday 28th January **7.00**
for 7.30

Techniques in Vocal Sound Healing 2. After the enthusiasm shown in November for using our voices for balancing and healing, **Frida Maria** will take us further, this time joined by **Ann Neate**.

Wednesday 4th February **7.00**
for 7.30

Facing Life, Facing Death

Talk and discussion by **Diane O'Connell**, Trained Counsellor and Psychotherapist, and Principal of the College of Healing.

Wednesday 11th February **7.00**
for 7.30_____

Personal Inner Development Work

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

Wednesday 18th February **7.00**
for 7.30

How Homeopathy Changed my Life - A journey towards mind-body-spirit integration.

Homeopath, **Kelda White**, has experience working in Mumbai, in an AIDS clinic, and locally.

Wednesday 25th February **7.00**
for 7.30

Questions and Answers, General and Personal

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

Monday 2nd March **7.00**
for 7.30

Inflammation and Immunity

How do the cells in our body talk to each other? Talk by **Fran Doidge**

Wednesday 11th March

7.00 for 7.30

Personal Inner Development Work

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

Wednesday 18th March

7.00 for 7.30

Peak Oil and the Transition Process

Could this be the change needed for mass evolutionary progress? A talk by **Shirley Schooling**

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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