

ButtercupConnections-Newsletter

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September/October/November '09



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

EDITORIAL. In the run up to 2012, we seem to be encountering Change with a capital ‘C’. People’s ideas and attitudes are changing; the ethnic mix of people in any one country is changing; the monetary system is changing; the Houses of Parliament are changing and, of course, the climate is changing. Last but not least, we wear clothes and eat food, made and grown by people all over the globe – the world is truly becoming a global village!

But, you may say, change is always going on – life and living are all about change. Yes, but not usually at the present amazing speed.

We hear about the coming entry, finally, into the Age of Aquarius, in 2012. But what does that actually mean? Some alarmists even think it will be the end of the world, much to the anger of the Mayan elders, who say, ‘No, but it will be transformed.’ The Maya understand 17 different calendars; but the one we hear about is the Tzolk’in which was devised many ages ago and is still held to be sacred.

THE WORLD WILL NOT END IN 2012

Mayan message by Carlos Barrios [Abridged]

Mayan Day keepers view the Winter Solstice in December, 2012, as a rebirth – the start of a new era, resulting from and signified by the solar meridian crossing the galactic equator, and Earth aligning itself with the centre of the galaxy. So, for the first time in 26,000 years, on that day in December 2012, the Sun will rise to conjunct the intersection of the Milky Way with the plane of the ecliptic. (The ecliptic is the plane of Earth’s orbit around the Sun, and lunar and solar eclipses can only occur when the Moon crosses it).

Carlos Barrios is a Spaniard who lives in the highlands of Guatemala where the Maya Mam tribe live. They are authorities on these remarkable calendars, which are both ancient and relevant, with a comprehension of time, seasons and cycles that has proved to be vast and sophisticated. Barrios has studied with their elders for 25 years and has become a Mayan ceremonial priest himself.

From his understanding of the Mayan tradition and the calendars, Barrios offers a picture of where we are and what may lie on the road ahead. **“Humanity will continue,”** he contends, **“but in a different way. Material structures will change and from this we will have the opportunity to be more human.”** We are living in the most important era of the Mayan calendars and prophecies. All the prophecies of the world, all the traditions, are converging now. There is no time for games. The spiritual ideal of this era is action. Many powerful souls have reincarnated in this era and this is true on both sides – the light and the dark. . . Things will change, but it is up to the people how difficult or easy it is for the changes to come about.

The dark side works to block fusion (working together) through denial and materialism. It also works to destroy those who are working with the light to help Earth on

to a higher level. They like the energy of the old declining Fourth World, the world of the Fourth Sun – as they call it – and do not want it to change. They do not want fusion; they want to stay at this level and are afraid of the next level. The dark power of the declining Fourth Sun cannot be destroyed or overpowered. It is too strong and clear for that and that is the wrong strategy. The dark can only be transformed when confronted with simplicity and open-heartedness. This is what leads to fusion. . . .

We need to act, to make changes, and to elect people to represent us who understand and take political action to respect Planet Earth. Meditation and spiritual practise are good and important, and so is action. It is very important to be clear about who you are, and also about your relationship to the planet. **Develop yourself according to your own tradition and the call of your heart. But remember to respect differences and strive for unity.**

Eat wisely. Much food is corrupt with toxins in either subtle or gross ways. Learn to preserve food and conserve energy. Learn some good breathing techniques so that you have the mastery of your breath. . . We live in a world of energy. Learn to sense or see the energy of everyone and everything – people, plants, animals. . . Go to the sacred places on Earth to pray for peace and have respect for the planet which gives us food, shelter and clothing. **We need to reactivate the energy of sacred places. We have work to do.**

Meditation: According to Barrios, a simple but effective prayer technique is to light a white or light blue candle. Think for a moment in peace, and then speak your intention to the flame and send light to the leaders who have the power to make war or peace. This is a crucially important moment for humanity and for Earth. Each person is important. You have incarnated into this era because you have spiritual work to do. The work is to balance the planet.

The elders have opened the doors so that other races can come to the Mayan world to receive the tradition. The Maya have long appreciated and respected that there are other colours, other races and other spiritual systems. They know that the destiny of the Mayan world is related to the destiny of the whole world.

“The greatest wisdom is in simplicity.” Barrios advises. “Love, respect, tolerance, sharing, gratitude, forgiveness. It is not complex or elaborate.” Real knowledge is free. It is encoded in your DNA. All you need is within you. Great teachers have said that from the beginning.

“Find your heart, and you will find your way.”

Life is either a daring adventure or nothing -
to keep our faces towards change and behave like free spirits in the presence of fate
is strength undefeatable. *Helen Keller (Born deaf, dumb & blind)*

To Be Part of the Change – Change What you Dwell On

Instead of linking one worst case scenario to another,

Start to create a new dwelling place in your mind.

Start dwelling on simple circumstances where things went right, where people laughed and activities flowed. Start dwelling on which body parts ARE working and praise them for it. Start dwelling on what bills you CAN pay and be grateful for that service.

Dwell on possibility. Dwell on what HAS worked, who you DO like, who HAS shown up, and what good IS happening in the world.

Do that for a day. Do it for another day. Then another.

And before you realise, a collection of those deliberate dwelling days

Has become a month. A month has become a season, and a season a year.

‘Rainer’ Sent in by Marva Tucker

FURTHER LOOK AT RE-INCARNATION H-A thru' Tony Neate 23.4.09

I would like to take you back to when your spirit was first created as a new thought energy by the 'Godhead.' You were given the gift of free will and choice; you were, and are, a totally unique spirit that would follow a unique series of journeys through many different planes of being, until eventually it would rejoin the Godhead, adding to what is already there.

The Godhead, is an ultimate, yet ever-expanding level of consciousness; and when your spirit was first created, it experienced a plane of energy that I call pre-physical existence, learning about itself, preparing for when it felt ready to incarnate physically. Your spirit could have chosen to incarnate into the animal kingdoms, or the plant or mineral kingdoms. It might have chosen any physical form of existence available on any of the planets in any of the galaxies of the universe. But it chose to incarnate into a *homo sapiens* type of body on Planet Earth.

Your journey from its beginning continues to be about finding a balance between all things. On one side you are dealing with the shadow, the fear and the judgement, fear of not being good enough; and on the other side, there is the energy of light and love, in its purest sense 'unconditional love', which involves forgiveness, respect and understanding.

Remember, you chose your physical body because you were looking for an energy that would complement that which you have already achieved. You projected your thought energy until you found an answer to that projection, and were drawn to two people who were having sexual intercourse, opening themselves - consciously or unconsciously - to allow a spirit to enter into the female.

When a spirit incarnates into a physical body for the first time, the child will be very bewildered, it won't be sure which way to look, which person to trust, which decision to make, so it will find itself in a kind of haze in a life that resembles a maze, and will need much love and understanding. It will be quite a difficult experience, particularly on a planet like yours where there has been a great increase in the number of young souls incarnating.

Creating a child is a tremendous responsibility, especially in relation to the future of the planet, as I see it. It is not just about carbon emissions, it is about the number of spirits incarnating who have little or no understanding of what is going on, as the Aquarian age comes into being. Many of these very young spirits will make wild decisions, they will strike out. Yes, much of the violence is because of shadow energies, but it is also because of these young spirits who haven't learned to be in charge of what they are doing.

So in one sense, the undisciplined way in which humanity has evolved over this past 100 years has created much of the disaster you are facing now. Of course it is important to have respect for the land and for all other forms of evolution, but human beings need to be far more aware of the responsibility for bringing more children into the world. This applies very strongly to certain cultures where there are many young spirits who are not able to live constructively on the planet; and this draws further negative energy to the planet.

It is certainly possible, after you have had a number of incarnations, for your spirit to choose a different form of evolution. You might decide to enter into the seed of a tree, an animal, whatever, because you are not strictly bound to keep to one form of evolution. I am stressing this because as you take your lives forward, you need to keep an open mind, an open heart. Remember, tomorrow will offer a completely new opportunity to experience new horizons, new ideas; and those ideas and visions will come to you if you allow them to. So, try not to be too fixed when you think about these things,

Many problems that come about within religions, politics, corporate businesses etc., happen because people get fixed ideas: "This is what it *has* to be . . ." Then they are stuck. And that is unnecessary, because each one of you is unique and has free will. So

start using that free will, start acknowledging that you can make your own decisions. You might decide that there are certain things you feel you have not attended to. In relation to reincarnation, your spirit might even consider incarnating back in time if it wanted to, because you are beyond time when in spirit. Time is something you experience on Earth; it is part of physical experience and there is a limited time for living physically. Even the planet has a limited time, and the universe itself. The choices are wide open, there for you to take.

So as you approach the age of Aquarius, you are entering a new type of energy. On the plus side, the most important thing about it is that it will honour the freedom of each individual. It will emphasise that you, as a unique spirit, can decide what your spiritual journey will be. There are no musts, shoulds or oughts - none of those words apply. **The God who created you does not judge. You are the only one who judges; you are your own judge.**

You can already see how new ideas are beginning to evolve electronically, using your computers. The computer is an Aquarian concept, so open your heart, open your mind. Your future and that of the planet is not pre-destined, it is not pre-determined. It is what you individually and collectively make of it. So exercise that free will and move yourself forward. At the moment, as we approach 2012, there is a tremendous amount of light and a tremendous amount of shadow. This is evident in every aspect of life.

I look on the spirits in this room and those who will read this, as spirits within human bodies who have chosen this incarnation, not only to move yourselves forward but, also, each in your own way, to help the world. It doesn't mean that you have to stand on a soap box, and it certainly doesn't mean saying, "I am right and you are wrong"! What it does mean is that, as you expand your heart, you allow your mind and being to open up, you create as you draw in this Aquarian energy. And those of you who are very conscious of this will have learnt already that you need to find ways and means of protecting yourselves.

The energy that you give when you heal or offer any type of therapy, is not only helping your client, it is also helping to heal and uplift you and radiate out to the planet. It is an Aquarian energy that honours the individual in groups, as opposed to controlling the corporate collective. There are groups of spirits that come into incarnation at about the same time, whom you call group souls. When you meet someone and are immediately aware that you have known them before, it is their spirit that you have known before, maybe in another lifetime or on another energy level.

So, when you think about these things, think about them in as wide a way as you possibly can. It is also important to acknowledge that, being an age of the mind, the shadow side of the Aquarian age will tend to create an energy that is overly academic, too intellectual, too mechanical; so it needs people like yourselves to keep this other open side flowing, and allow yourself to flow with it. Keep an open heart, an open consciousness – find time every day to think inside yourself; try to become aware of that aspect of yourself that is not incarnate.

When you came into this physical body at the moment of conception, one part of your spirit - that which we shall call your soul - came into your physical body, while the other part, the wise part, is an energy that is around you. That energy is carrying everything that you have ever been or done on any level. Let me explain the significance of this. **You chose your parents, not for what they were but for the challenges you needed in this incarnation;** and whether your relationship with your parents was one of harmony or one of violence, there was a reason for it. So don't judge them, don't condemn them, realise that they are part of your own karmic choice. Find time to feel that higher energy that is around you which connects with your own spiritual guidance, your own guardian angel, because that connection will help you to open your heart and mind to deal with the problems in your life, that seem insurmountable. **And I have news for you, they are not insurmountable!**

It may be that your spirit has come into incarnation from a higher plane, so as to play a part in helping the planet forward into the age of Aquarius. If so, I would like to feel that that does not mean that you are going to develop a great ego and talk about ascended masters; because that would be the human ego speaking, not the spiritual reality. But it does enable you to bring some of the wisdom you have acquired along your spiritual journey to help the planet through this stage. And this is part of your spiritual journey in an overall sense.

It is also possible for you to incarnate on another planet, if that is your wish, or maybe you have come from another planet. I think there are many of you who would feel comfortable with that suggestion. So, you see, there is a wonderful complexity of possibilities and you can play your part in bringing light, unconditional love, forgiveness, respect, freedom and integrity to yourself, and to those around you.

That is what reincarnation is all about. It enables you to take the next step on your spiritual journey. And eventually, you will reach a stage of understanding in which you realise that you have moved beyond the need for physical incarnation in any form.

Let this be an evening of rejoicing, of acknowledging yourselves, of feeling the energy surrounding you. I want to lift that energy for you now and I ask you to breathe in and feel your own guidance and beyond that a finer energy, to enable you to have a new perspective on this incarnation. My love goes to each one of you on a really deep level, to help you to open up and find new answers to what you are seeking. **This is an important time in the evolution of planet Earth. Let us in our own individual way help to lift it onto a higher level of understanding. I love you all . . . bless you. H-A**

The Importance of Three

sent in by Tina Hobbs

Over the past few years I have been receiving more and more information about the power and importance of the number 3. At this moment we live in a duality: everyone talks of right and wrong, black and white, day and night; but there is always the middle ground - the grey between black and white and the twilight between day and night. This makes the duality into a trilogy and shows us that 3 is the more powerful number. 3 is a strong universal number understood by the ancients and has many numerological connotations, but I keep receiving information on its role in the new Aquarian age.

I have been told that many are now remembering and relearning the significance of this number; that in the past it was revered and the pyramids were built the way they are to honour 3. Inside a triangle shape spiritual energy is magnified and healing is intensified. I am told that the Great Pyramid was never intended as a burial chamber; it was used for initiation ceremonies by the priests of that age.

As yet, I have only scratched the surface of 3's significance in our time, but I hope to gain more knowledge as I am deemed ready to receive it. I would like to hear from anyone else who may be getting similar information or any comments on the importance of 3.

Editor's comment: Yes, I agree, it has much significance for us today. In this day and age we still have many conflicts throughout the world. Jung said that no conflict can ever be resolved on its own level, only on a higher level where the two opposites meet, as in a triangle. And Pythagoras taught his pupils to set up a triangle if they had an either/or problem: place the two sides of the problem at the two bottom corners last thing before sleep. The problem is then two-thirds solved. Continue doing that until the answer appears, ie the third factor. The Mandorla, where two circles overlap to create an almond shape in the middle, is another way to find the balance between 2 opposites – the third way, the reconciliation, ie there has to be 'give' on both sides – essential if we are ever to have world peace. . . . Any more offers?

Having been a singer, I have always been moved by the following poem, taken from dictation at the early age of 11. And I have many times thanked my English teacher in my heart for the many gems she gave us. I was reminded of it recently by the experience of Susan Boyle. Never judge appearances . . . AN

First Appearance at the Odeon

"I am Nicholas Tacchinardi, hunch-backed, look you, and a fright;
Caliban himself might never interpose so foul a sight.
Granted; but I come not, masters, to exhibit form or size,
Gaze not on my limbs, good people, lend your ears and not your eyes.
I am a singer, not a dancer – spare me for a while your din;
Let me try my voice tonight here – keep your jests 'til I begin."

"Have the kindness but to listen – this is all I dare to ask.
See, I stand beside the footlights, waiting to begin my task.
If I fail to please you, curse me – not before my voice you hear,
Thrust me not from the Odeon. Harken, and I've nought to fear."

Then the crowd in pit and boxes jeered the dwarf and mocked his shape;
Called him "monster!", "thing abhorrent!", "Off, presumptuous ape!
Off, unsightly, baleful creature! Off and quit the insulted stage!
Move aside, repulsive figure, or deplore our gathering rage."

Bowing low, pale Tacchinardi, long accustomed to such threats,
Burst into a grand bravura, showering notes like diamond jets,
Sang until the ringing plaudits through the wide Odeon rang,
Sang as never soaring tenor e're behind those footlights sang.
And the hunchback, ever after, like a god was hailed with cries:
"King of Minstrels, live for ever! Shame on fools who have but eyes!"
James T Fields

A National Civic Service?

With the financial, social and work situation as it is at present, the above phrase stood out a mile: James Crabtree and MP Frank Field recently laid out a plan "to replace the 'gap' year with a compulsory period of national civic service for all young people. . . creating opportunities for all to get the chance to grow and serve. Under our plan every teenager would be paid a modest wage to spend at least 6 months mentoring children, helping the sick and elderly, or working on environmental or international development projects. It would be expensive – but no more so than sinking billions into unnecessary Trident submarines." (The Times) Apparently the idea is popular with the public – 64% back it according to a recent poll.

Twenty years ago, we learnt that in Norway such a scheme was already in place and the young Norwegian we met then had worked his 'period' in a nursery, looking after small children.

Julie Andrews sang this at her 69th birthday celebration. The standing ovation lasted 4 minutes. It strikes many humorous notes for those of us 'getting on' in years

These are a Few of my Favourite Things - (best sung)

Botox and nose drops and needles for knitting,

Hot tea and crumpets and corn pads

*Walkers and handrails and new dental fittings,
Bundles of magazines tied up with strings,
These are a few of my favourite things.*

*Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.*

*When the pipes leak, when the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.*

*for bunions,
No spicy hot food or food cooked with
onions,*

*Bathrobes and heating pads and hot
meals they bring,
These are a few of my favourite things.*

*Back pain, confused brains and no need
for sinnin'*

*Thin bones and fractures and hair that is
thinnin',
And we won't mention our short,
shrunk frames,
When we remember our favourite things.*

*When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.*

Book Review

7 Personality Types

Elizabeth Puttick PhD

This is an amazing book by an amazing lady. She is a sociologist, trained counsellor and expert on personal development and comparative religion. Who do you think you are, she asks?

An **ARTISAN** who sees the world as a blank canvas on which to express your creativity?

A **SCHOLAR** whose curiosity will take you anywhere in search of knowledge?

A **KING** who everyone looks up to as a natural leader?

A **SERVER** whose happiness lies in helping others?

A **SAGE** who wants to have fun and keep your audience entertained?

A **PRIEST** whose mission is to make the world a better place?

A **WARRIOR**, who finds challenges everywhere but will always get the job done?

It's a fascinating book (I couldn't put it down!). She suggests that these 7 personality types represent the core or essence of our being and, in deciding who we are, it can provide the basis of happiness and fulfilment in our life. The roles are universal archetypes regardless of culture, nationality, gender or any other external influence. She emphasises that the following two principles show how your role motivates you, colours how you see the world and, importantly, determines the kind of work you are best suited to.

1. The roles do not refer to professions and are not identical with work roles, although there are strong associations, as detailed in the book
2. There is no hierarchy in this system. The roles are different but equal; each has its advantages and disadvantages.

Elizabeth goes into enlightening detail about each of the 7 types. She suggests you establish your main role, followed by the secondary influence (role) in your life. Gosh, that really set me thinking – W ho am I? What am I? How am I?

Congratulations Liz, your book provides entertaining reading and looks at the lives of many famous people. Another essential book for your reading list as we approach the Age of Aquarius.

Tony

Neate

Buttercup Connections Sep/Oct/Nov '09

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

Admission £5 (or what you can afford).

Wednesday 16th September

7.00 for 7.30

The Mystery and Magic of Ancient Egypt A talk by **David Furlong**

- Wednesday 23rd September **7.00 for 7.30**
Iraq and Iran – the Significance of this Area
H-A energy channelled through **Tony Neate**
- Wednesday 30th September **7.00 for 7.30**
Energise and Tune up with BioSonic Tuning Forks
 An evening on how to use tuning forks for healing by **Keith Oddy**
- Wednesday 7th October **7.00 for 7.30**
Questions and Answers
 Bring your questions to a dual channelling of **H-A** energy through **Tony Neate** and **David Furlong**
- Wednesday 14th October **7.00 for 7.30**
Dowsing, Healing and Working with Spirit **Alan Peskett** will be talking about his experience in clearing unwanted psychic energies, dowsing, & how to ease pressure, stress & illness in our lives.
- Wednesday 21st October **7.00 for 7.30**
Sacred and Symbolic Landscapes and Gardens **Fiona Hopes** is a practising garden designer and consultant, specialising in the use of energy patterns to create outdoor sacred space.
- Wednesday 28th October **7.00 for 7.30**
H-A Development Group
 Personal Inner Development work with **H-A** energy channelled through **David Furlong**
- Wednesday 4th November **7.00 for 7.30**
The Evolution of Consciousness Through the Web
Shirley Schooling will be exploring one of the fastest growing sectors on the Internet.
- Wednesday 18th November **7.00 for 7.30**
Preparing for the Future in a Positive Way
H-A energy channelled through **Tony Neate**
- Wednesday 25th November **7.00 for 7.30**
Astrologically – What is there to look forward to in 2010?
Paul Mayo looks at the year ahead.
- Monday 21st December **Celebration of the Winter Solstice by Candlelight** **5.30 for 6.00**

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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