

Buttercup Connections-Newsletter 36

December 2009, January, February, 2010



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

A MUCH NEEDED INJECTION OF HOPE

Caroline Myss

No one is untouched by the changes today, and from that perspective we are being drawn together in uncharted waters. None of us can possibly anticipate what each new day will bring. Will the stock market go up again tomorrow? Crash again? When have we ever witnessed such unbridled madness right in front of our eyes?

The situation has all the ‘experts’ scrambling – and if I’m not mistaken, it was the experts who got us into this mess. Or was it? Perhaps the greater truth – the cosmic truth, as it were - is that this period of chaos was always scheduled to happen. Seems to me, deep in our intuitive gut we’ve always been anticipating an epochal period of change. We just had no idea how that period of change would happen.

But things do happen. The reason you study spiritual literature is so that you can learn to ‘reason spiritually’ and apply that skill precisely in times like this. So that when difficult crises arise your response is not, “What have I done wrong?” but “Ah, so change is constant!” You haven’t done anything wrong. We are witnessing the truths in motion that we have studied for years. To wit: Buddha’s teaching, ‘All is illusion’. What greater proof do we have that all is illusion than to see fortresses of finance disappear in front of our eyes which, last week, or last month, we would have ‘bet the ranch’ were as safe as, well, Fort Knox? Who was right, Fort Knox or Buddha? In the end, it is the great spiritual teachings that always, always, always remain steady and prove to be truth.

So let us reason spiritually as we examine the chaos in the world around us.

This is where you need to cast your attention to ‘see clearly’ – not piles of mess on Earth, for once a system has collapsed or is screaming for help, its energies are already exhausted. The first step in learning to reason spiritually is to understand what *has* to happen in the energetic domain if that process has already begun. Once a woman has begun to give birth, it is too late to introduce birth control. What, then, has to happen within our world?

We are living at a great turning point in history. We are witnessing a shifting of the great nations and systems of this planet as they tumble out of control while struggling to remain in control. The great threads holding the illusion together are currency and oil. It is quite astounding to observe the dynamic, that has silently manoeuvred behind the scenes for years, suddenly becoming exposed before our eyes because of the failing of greed. What we are witnessing now is the ceiling on greed. Apparently, there is an end point, at least to how the current system has structured the market.

From a completely different perspective, we are witnessing the closure of the era of separation of powers and domination by force and inequality of cultures. For those of us that have aligned ourselves, even slightly, with the perspective of holism as a

personal code of health, that code assumes that each organ in the body, while remaining individual, is no longer sovereign. It is, instead, subject to a grander body politic whereby the whole must be served in order for the whole body to thrive. 'What is in ONE is indeed in the WHOLE.' Therefore every action you as a human being take to further your health as a whole being, you are also supporting the transformation of our global village into a whole body politic - at the energetic level. If you thought of yourself as a 'living prayer', which in essence you are, then all your intentions and thoughts to become a whole and healthy person are consumed by the collective soul, as well as by your individual soul. These intentions, or units of grace, are the fuel that in turn becomes converted into physical events in the greater arena of life.

I remember studying texts of the mystical apparitions of the Madonna from Fatima and at Lourdes, and consistent with the messages was always the urgent plea to pray. The apparitions of the Fatima Madonna which occurred in 1917, included the prediction of yet another world war that would eclipse World War 1 in size and horror, which, of course World War II did. That early exposure to 'messages from above', so to speak, set me on a path of wondering . . . if heaven anticipated such horror, why didn't heaven just stop it? What's with telling us to pray? Why not just stop all those Nazis and Hitler and Stalin? How could a good and just God permit such nightmarish suffering? To say that I struggled with this question as a child and young adult is a masterpiece of understatement. The study of the Holocaust consumed me from the age of 13, as did the study of war, which still consumes me, always looking for the root of that evil.

But finally, in my own way, I understood a small piece of that dictate about the power of prayer; for that kind of power represents the counter-power to 'psychic free radicals' that must also find an avenue of physical expression. 'Psychic free radicals' are generated by the negative thoughts, words and deeds of humanity. These gather in the collective unconscious, generating pools of energy that look for vessels of expression. Wars, turbulence, terrorism, greed, and all the shadow characteristics of humanity, thrive on psychic free radicals. This is simply the Law of Manifestation expressed at the level of the collective unconscious, & we are in charge of how we learn to work with these laws.

The Law of Manifestation is not just for creating personal wealth, as has been introduced in popular culture. This is a major cosmic force that functions on multiple levels including the collective, creating events that not only affect the collective but reflect the quality of consciousness as a whole. We are either subject to them or we work within them, which is the essence of spiritual reasoning. This is what Buddha realised along with Jesus and all the great spiritual masters. The turning of the tides is done from above and from within. It is you who must learn to work with the power of your interior forces, to scaffold your inner consciousness and build a soul with stamina, so that when chaos abounds around you, you can see through it rather than be consumed by it.

We can look at this time as a nightmare of chaos, or we can look at it as that which we have prepared ourselves for during those past many years, working on our health and becoming more conscious individuals. If this isn't the time to put all you have learnt about being a conscious person into action, then when would that time be? Ask yourself, "Why have I worked so hard on myself, was it just to process the wounds from my childhood?" Well, if it was, be done with that and get on with the business of thinking, living and acting, and perceive the world around you.

What should you do next? Learn to think in paradox – another cosmic law. Paradox is one of the fundamental expressions of the Divine. What looks like an ending is really a beginning; what looks safe is really your fear talking; what looks riskiest is really the way to go. Paradox is a spiritual force and when it is present in your life, rest assured that the Divine is equally present in the event.

To me, this is a time of great hope because when chaos abounds, so does opportunity. It can look as though the field of opportunity is bleak, but that is simply not true. Whether you are healing an illness or manoeuvring through change, you must

keep your attention in the present in order to perceive intuitive instructions. These will rarely speak of what you have done. Rather, you have to be prepared to do what you have not done before, as your intuition will always direct you to draw on new inner resources, as opposed to relying on the old and familiar.

Wisdom teaches us that if all that we thought was stable can evaporate so easily, it can all be replaced just as quickly. Chaos is as much an illusion as stability. What is not an illusion is truth. Truth is the one constant. Look at whatever is happening in your life and remind yourself that if it is chaotic, there is something old that must be surrendered. Look to your interior and listen for guidance. Remind yourself that you are alive at this time because you are meant to manoeuvre through these changes.

Our time has come. We are no longer waiting for the era of consciousness to begin.

We are that era. [Lecture on Israel Tour Oct. 2008.]

Abridged]

“Crisis is the driver of change” Barbara Marx Hubbard

“Without polarities there is no progression.” Roger Woolger

IMAGINAL CELLS – the Butterfly as Metaphor *Deepak Chopra*

Transformation can sometimes be drastic. There is no better example in nature than the metamorphosis of a caterpillar into a butterfly – an incredible transformation, in function, appearance, organisation of components and purpose - that transforms a gross-looking, voracious, crawling worm into a subtle, gracious, flying creature of beauty.

Biologists tell us that in the tissue of a caterpillar there are embedded cells that they call imaginal cells. They resonate at a different frequency and are so unlike the other caterpillar cells, that the worm’s immune system thinks they are enemies and tries to destroy them. But the new imaginal cells continue to appear, more and more of them. Eventually the caterpillar’s immune system cannot destroy them fast enough and they become stronger and stronger, they connect and connect, until they form a critical mass that realises their mission to bring about the amazing birth of a butterfly.

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has” said Margaret Mead in 1969. I firmly believe, along with many others, that there is an evolutionary effervescence within the tissue of established society today. That, in spite of the prevailing clamour of fear, greed, over-consumption and violence, there is a coming together of the imaginal cells that are visioning a different world, a transformation, a metamorphosis.

The Uruguayan poet, Mario Benedetti wrote: “What would happen if one day when we wake up, we realise that we are the majority?” I say that the imaginal cells would rule and would make a butterfly out of a caterpillar world.

This is the time of awakening. Clusters of imaginal cells are gathering everywhere; they are beginning to recognise each other; they are developing the orchestration tools for enhancing connectivity to drive the next stage of our human society into manifestation, in order to bring about a new society that would compare to the present one as a butterfly to a caterpillar: a new dimension of life, a compassionate and just society, a humanity rooted in joy and mutual understanding. You are all imaginal cells. Join the others; cluster, congregate; and let us build an alliance for a new humanity together.

Reprinted from *Resurgence*

[\[www.resurgence.org\]](http://www.resurgence.org)

*Deepak Chopra is founder of the **Alliance for a New Humanity**, which is committed to connecting and supporting people who are working towards personal and social change. Every month, in conjunction with the **Inter Press News Agency** and the magazine **Resurgence**, an email newsletter entitled: **News for a New Humanity** is published. [\[www.anhglobal.org\]](http://www.anhglobal.org)*

The Science of Biomimicry – using Nature as a Blueprint for Invention

Biomimicry is a new discipline that studies Nature and uses it as a blueprint to design and build more sustainably. Why? Because Nature, imaginative by necessity, has already solved many of the problems that we humans are grappling with. Animals, plants and microbes are the consummate engineers. After 3.8 billion years of evolution, they know what works, what is appropriate and what will last. Just ask: “What would Nature do?”

Janine Benyus, President of the Biomimicry Institute, says:

“We are part of a brilliant planet and we are surrounded by genius . . . The biomimic’s attitude is, What if, every time I started to invent something I asked: ‘How would Nature solve this?’

“For example, organisms do not think of carbon dioxide as a poison. Those that make shells and coral use it as a building block. A cement company called Clara, has borrowed the recipe from the coral reef and is using carbon dioxide as a building block in its material. Cement usually emits a ton of carbon dioxide for every ton it weighs. Now it’s emitting only half a ton. . . Trees and bones are constantly reforming themselves along lines of stress. This [procedure] has now been put into a software programme that is being used to build bridges and make lightweight beams. GM Opel used it to produce the skeleton of their ‘bionic car’, using minimum material with maximum strength.

www.AskNature.org

[Abridged from an article in Positive News No. 62, Winter 2009.]

“We need to fall back into love with Nature, to romance with Nature.” Satish Kumar

A Higher ‘We’ – the Leap from the ‘I’ to the ‘We’

Andrew Cohen

Evolutionary enlightenment is about a **collective** emergence, not merely an individual attainment. This is why I think it has more potential than traditional enlightenment to effect cultural transformation at the leading edge, but it’s more challenging because people have to cooperate with each other. And that seems to be the real human predicament. How do you get people to cooperate with each other?

A bold or even heroic man or woman, a rare individual, will find a way to evolve; but as long as the individual does this on his or her own terms, WE aren’t going to get anywhere. So the challenge is: How do we do this together? It’s when we can move forward together that something big starts happening, and the implications for the leading edge of cultural development are very profound.

This is the age of the individual. And we’re not doing too well as a result of the fact that we have all grown up in a cultural climate of narcissism and materialism that has taught us to think far too much about number 1. So this teaching is very much about the leap from the I to the We. But it’s not a We in which the autonomy of the individual is sacrificed in any way. Usually an autonomous and creative individual has to remove him or herself from the experience of communion with others in order to be able to express freely his or her creative potential. But in the higher We that I am talking about, two seemingly contradictory things happen simultaneously. The creative autonomy of the individual is released like never before and, at the very same time, because the ego boundaries have fallen away between people, there is suddenly no sense of the usual gap that separates one from the other. The one and the many seamlessly merge and yet, paradoxically, they don’t become indistinct.

I am convinced that this is our next step. When any one of us looks at our personal predicament in a larger cultural context, we begin to recognise the need to go beyond our pathological individualism in such a way that we are actually able to merge in a higher We, a non-dual creative unity – not just as a spiritual state but as a normal way of being – so that new, truly autonomous men and women &, as yet, cultural potentials can emerge at the leading edge. **Ed. Absolutely. Aquarian Age is not only about individualism,**

but about individuals in groups. . .also the balance between masculine and feminine, within & without.

H-A Energy through Tony Neate at Glastonbury 15 July 2009

H- A: It is very interesting for me to allow my energy to fill this room. It was this energy that inspired Mr Wellesley Tudor Pole, and that I now bring to this planet from a higher level of consciousness, where I have no name, where I am beyond time, where I am neither masculine nor feminine, but both.

Wellesley wanted to see the energies of Glastonbury being used to help the planet. He was aware of the link with Stonehenge and of course many pilgrims were inspired to visit what is now known as the Glastonbury Tor. He was also aware that there was an energy in Glastonbury Abbey that people identified as the Christ energy, and that it was originally designed to bring about a link of harmony between the Abbey, the Chalice Well and the Tor, a triumvirate that had inspired many pilgrims to visit and participate. Unhappily for him, this was not really achieved and it is interesting to note that the spirit of dear Wellesley TP is still around here now.

I want to say to you, Wellesley Tudor Pole, that I have great love for you and respect the fact that you have stayed around to try and achieve what your original spiritual purpose was when you first came here. Of all the differing energies in Glastonbury, this room is, in my opinion, the most stable; so I thank you for enabling that stability. I do recognise and accept that over recent years Glastonbury has drawn people towards it who do not have quite the same dedication as you had. Therefore, in places, the ego has become dominant. I would like today to be an opportunity, because you have a small group of spiritual people in this room, and I would like you to join with us.

In the middle of this room, we will create a seventh energy, my own being the seventh. You will feel and sense each one of us contributing to the directional impulse that will take Glastonbury forward into a new vision of stability, humility, unconditional love, forgiveness, respect, and a new heightened sense of freedom, which will allow the energies here to move beyond where they have been in the past.

From now on, when young people come here they will not wish to be filled with that sense of being elevated above into that ultimate level of consciousness. In the past, this over-reaching has imbued them with an expectation of specialness that has lifted them out of their bodies, with the use of alcohol, drugs and, sadly, occult energies that you would call black. The darker forces would like to control Glastonbury and use their shadow to create a new level of fear - spiritually, scientifically and politically.

So the energy that I am placing in the centre of your group here, will be lifting you up so that you can reach out to the Chalice Well and beyond. This will arouse a new vision of what Glastonbury stands for and is capable of creating. You who are here may decide to contribute your energy to my proposal. Wellesley Tudor Pole says, Yes, yes, yes! And so, dear Wellesley, we will include your energy to build on what I have already suggested, for it is my wish to see Glastonbury earn the right to link with the energy of Malvern - and, of course, with the energy of London, which is at present a little dispersed.

Greg Branson: I was aware of being able, for the first time, to lift my consciousness above the heaviness of the Earthly power struggles, onto a much lighter more expansive level – and I am aware that the energy here in this room spreads out over the whole of the Glastonbury area, incorporating the historical events of the past. It also reaches out to inspire the events that are still to come. I am aware that this place will develop into a kind of spiritual university where people will come to learn the higher truths.

Around the wider Glastonbury there are many churches and power points that reach out, not only to other parts of this country in a kind of twinning process, but also to other places on the planet, particularly to the old Commonwealth. Here today, we are fusing together our common purpose, which we will soon extend to centres in other parts of the country to add strength to this mission. I am very glad we have made closer contact with Wellesley Tudor Pole, and I extend a formal hand of friendship to him.

H- A: Now we are going to lift our collective energy onto a higher and more sensitive level where the light will be brighter, where it will reach out in unconditional love to mediate between all the energies in this area, including those of Stonehenge. Let this go into your hearts, into your beings, so that you can become part of what I believe will become a major development in this area.

Thank you all for what you are contributing to encourage the Glastonbury energy to reach out to the whole of the area. I hope that, from this, people coming here will begin to use moderation as a strength and not a weakness, particularly those people who are being ruled by their egos, to take another look and begin to realise that the development of spiritual energies cannot be accomplished by force, control, exclusivity, or any of the over- the- top approaches that can be found here.

This steadying impulse will not be confined to Glastonbury but extended to the whole country, because England is playing an important role behind the scenes in bringing about unconditional love on this planet as it moves towards the Age of Aquarius.

I do not mind you using the information I am giving you today to help others to understand and appreciate the importance and relevance of what we are becoming part of. So, treasure it, honour it, be it and allow it. It gives me great pleasure because my purpose in coming in this way to this planet is not necessarily to give lots of details and facts, but to uplift and widen the understanding, the comprehension and the inspiration of humankind.

You have my love on the deepest level. I will leave the sensitive now to give you time to think about and meditate on what I have proposed; and to accept that what I have given you today is the key to unlocking the doors of greater understanding about this place, in the future and your own mission to it - and this can be accessed through the mandorla symbol* that you see here above the Chalice Well itself.

Good afternoon and may the spiritual energy in each one of you feel uplifted. Remember, that as this has entered your beings this afternoon, it has also been giving you healing, a new sense of unconditional love and a feeling of peace within. Bless you.

*A 'mandorla' (emphasis on the first syllable) as distinct from a mandala (emphasis on the second syllable), is the Italian word for 'almond' – the shape made when two circles partially overlap. Jungian analyst, Robert A Johnson, says in his book, *Owning Your Own Shadow*:

"The mandorla [symbolises] the healing of the split - it signifies nothing less than the overlap [& hence the healing] of the opposites within us, eg the light and the dark. The greater the overlap, the greater and more complete is the healing. It is the most profound religious experience we can have in life." He says: "It is not that the light element alone does the healing; the place where light & dark begin to touch is where miracles arise . . . that is where God is."

"If you can't see God in all, you can't see God at all." Yogi BhaJan

Postbag

Dear Letters Editor,

Selfish, thoughtless and short- sighted – that's my view of the couples in '13 Kids and Wanting More' on TV. In a world heading for a population of 9 billion where already 1 billion go to bed hungry, and where, in the next 50 years we are going to have to grow more food than was grown in the past 10,000 years, I find it astonishing that people can justify having a large family. Already humanity has squeezed 1,000s of other species into extinction.

Everyone talks about the carbon footprint. Having a child is the biggest carbon footprint anyone can make. For those of us who took a conscious decision not to have children because of the population explosion, seeing irresponsibility like this fills me with despair. Might as well spend the rest of my life jetting around the world. My carbon footprint could never equate to a couple like the Johnstones.

Yours etc, **David Barrie**, 1 Interfields Cottages, Lower Interfields, Malvern, Worcs., WR14 4UU.

Book Review

Spirituality and Psychiatry

Edited by Prof. Chris Cook, Dr Andrew Powell and Dr Andrew Sims

This book explores the nature of spirituality, its relationship to religion, and the reason for its importance in clinical practice. It is an outstanding book. To quote the rear page:

Spirituality is a crucial but sometimes overlooked aspect of mental wellbeing and psychiatric care.....The authors discuss the prevention and management of illness, as well as the maintenance of recovery.....The contributors provide chapters that:

- are comprehensive and evidence-based
- discuss aspects of experience often omitted from psychiatry
- present both clinician and service user perspectives

For the layman, it is well worth reading as it emphasises the widening approach of orthodoxy and a more practical understanding by complementary therapists.

Published by RC PSYCH publications ISBN 978- 1- 904671- 71- 8

Tony Neate

THE PARADOX OF OUR AGE

We have bigger houses but smaller families;

More conveniences but less time;

We have more degrees but less sense;

More knowledge but less judgement;

More experts but more problems;

More medicines but less healthiness;

We've been all the way to the Moon and back'

But have trouble crossing the road to meet the new neighbour.

We build more computers to hold more information to produce more copies than ever,
but have less communication;

We have become long on quantity but short on quality.

These are times of fast foods but slow digestion;

Tall man but short character;

Steep profits but shallow relationships.

It's a time when there is much in the window but nothing in the room.

His Holiness, the 14th Dalai Lama

WORLD MARCH FOR PEACE AND NON- VIOLENCE Have you heard of this

march? It started on October 2nd in New Zealand and ends on January 2nd 2010 in Santiago, Chile, having been walked by thousands of people en route, through Australia, Japan, India, Russia, Europe, UK, Spain, Canary Isles, Canada, Mexico, Panama, Brazil, Venezuela, Antarctica, and hundreds of places in between.

This is a huge statement by people of the world. But have you heard or read about it in the UK press? Have a look at the map and people on www.marchmundial.org
Impressive!

AN

Well done, Nature's Own, for taking part in 'Operation Yuletide 2009'. David Barrie of Nature's Own explained: "This was founded by Ann Cook from Cranbrook, Kent, whose son is in Afghanistan. Her son told her that soldiers over there want multi-vitamins to keep them healthy." Nature's Own are donating 30,000 multi-vitamin/mineral pills for this worthy cause.

Happy Yuletide and Happy New Year to one and all !

Buttercup Connections Jan/Feb/Mar '10

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

*Admission £5 (or what you can afford). Accommodation is limited
so please come in good time – and check the day.*

- Thursday 14th January **7.00**
for 7.30
-
- Healing World Situations – Theory and Practice**
A talk by **David Furlong**
- Thursday 21st January **7.00**
for 7.30
- Question and Answer session on the School of Channelling**
How channelling can enhance imagination and creativity – with **Helena Park** and **Tony Neate**
- Wednesday 27th January **7.00**
for 7.30
- Hypnosis as a Healing Modality**
A talk with demonstrations that will help you understand and respect hypnosis and self-hypnosis, their uses and benefits. Led by **Peter** and **Sonia Hartwell**.
- Wednesday 3rd February **7.00**
for 7.30
- A Look at 2012 – a new era?**
A talk, including astrological aspects, by **Paul Mayo**
- Thursday 11th February
7.00 for 7.30
- H- A Development Group**
Personal Inner Development work with **H- A energy** channelled through **David Furlong**
- Wednesday 17th February **7.00**
for 7.30
- Grasping the Nettle - the Wider Implications of Climate Chaos**
How we feed ourselves, clothe ourselves, keep ourselves warm. Talk & discussion by **Fiona Hopes**
- Thursday 25th February
7.00 for 7.30
- Illumination – Finding the Light Within**
H- A energy channelled through **Tony Neate**
- Thursday 4th March **7.00**
for 7.30
- Techniques in Vocal Sound Healing 4**
Newcomers welcome. As requested, another special session with **Frida Siton**
- Wednesday 10th March **7.00**
for 7.30 **The Alexander Technique – How it can help in Daily Life**
A talk with demonstration by **Tony Foxton**
- BUTTERCUPCONNECTIONS** 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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