

Buttercup Connections – Newsletter 38 June, July, August, 2010



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

EDITORIAL The Speeding up of Change. We wrote about this in our issue 35, how ideas, attitudes, the mix of people in any one country, the climate, etc. are changing ever more rapidly. And now we even have a changed political system, almost in the blinking of an eye. Who would have thought that could happen! It seems that when things are not ticking along easily and harmoniously, the spirit of change comes along and throws everything up in the air, so that people/organisations/whatever, can come together in a more satisfactory way – at least we hope so. It is a healing process and fascinating.

World March for Peace and Non-Violence. We're growing beyond warring? Two issues ago we wrote of this event which began in New Zealand in March '09 and ended in Argentina in January '10. Some hundreds of thousands of people and more than 3,000 organisations joined the different teams as they walked through 90 different countries in the name of **PEACE**. What a magnificent venture, bringing the world together under the banner of peace. Leaders – please take note!

And for the rest of us there is also a part to play, for each of us in our tiny way is a part of the whole and has a much greater effect on the whole than we could ever imagine. Our contribution is to find our own inner peace - inner peace through individually relaxing and letting go of superfluous tensions, sitting quietly in meditation for at least a short time each day, and learning to make compromises with others where necessary - what we want our politicians to do. And, hopefully, they will be doing it!

As Tony Benn once said: **“The power of non-violence is huge in the world. . . .”**

So let us reach for the world that ought to be –
that spark of the divine that still stirs within each of our souls.
We can acknowledge that oppression will always be with us, and still strive for
justice. We can admit the intractability of deprivation, and still strive for
dignity.

We can understand that there will be war and still strive for peace.
We can do that – for that is the story of human progress;

that is the hope of all the world;
and at this moment of challenge, that must be our work here on Earth.

Taken from Barack Obama's Nobel lecture.

[Editorial cont.] We have taken the plunge in this issue and (with help!) inserted a newspaper photograph on page 6. Hopefully it will come out clearly for you. It prints out well. You should be able to see the owl 'Troy', and Gareth sitting on a pile of logs to the right of him.

Finally, our apologies for the 'undeliberate' mistake in the penultimate line of para 1, page 2 in our last issue. We did of course mean, ". . . without a sufficient balance of RIGHT brain activity . . ."

"Out of the confusion of a crumbling society will emerge individuals who are touched by higher guidance. These will inevitably flow together with others of like-inspiration and a new quality of society will begin to form." Sir George Trevelyan

PREPARING FOR THE FUTURE

H-A channelled by Tony

Neate 18.11.09

HA: Many years ago, when I spoke about the approaching Aquarian age, I mentioned a coming tilt of Earth's axis and said that it was important to send out very positive thoughts to help balance Gaia and Planet Earth. You can hide it under the name of climate change, or what-have-you, but I need to remind you that it is not just *homo sapiens* that is bringing about climate change. Every form of evolution collectively that makes up Planet Earth is bringing it about.

So when I speak of a tilt in the Earth's axis this can happen on different levels. It could happen physically, which means there would be a physical disaster as happened at the time of Atlantis. However, the way things are moving at present with the increased Aquarian energies [Aquarius being an age of the mind: the computer, the internet, mobiles, communication, all are Aquarian developments] you could have a tilt of Planet Earth energetically, not necessarily physically. And this is the most likely possibility, although the future of your planet, as I have said many times, is not predestined, it is what the collective make of it.

You are already seeing part of the effect of this energetic tilt of Earth's axis in what has been called the 'credit crunch.' People all over the world are becoming much more aware of what is going on through the internet, television, and all the many forms of communication.

One of the things I have emphasised in my teachings is the importance of unconditional love, forgiveness, respect, and freedom to think, feel, experience, and be in touch with your own higher Self, your own spiritual source; to realise that this is a time when what is right today will not be right tomorrow. And this is a very profound lesson for the whole planet. It is affecting very deeply those extreme forms of religion, sects, cults, whatever you wish to call them, because the increasing understanding on your planet is that the energy of God is not about judgement, punishment, or retribution. It is about acknowledging that every created spirit is unique and has freewill of choice; it can choose between the light and the shadow. But if the shadow is very strong the fear element comes in. That is what happened in the Piscean Age when the masculine energy became predominant, putting down the feminine energy.

This move towards a different age started happening almost a hundred years ago, when women began to realise that they had as much right and importance on this planet as men. But it is something that has to be worked towards in harmony and balance because extremes never work. Extremes are not of the Godhead, they are of the shadow. The only level of understanding where there is complete balance between light and shadow is in the Godhead itself, where one day each spirit will re-ascend to and add its experience to the whole. For the Godhead as an energy is infinite. It is creating more energy all the time and is allowing that energy to flow out

and back again with its unique, new experience. So I am giving you permission, if you like, spiritually, to think freely and to honour your own feelings about things. But in honouring your feelings, it is important that you do not say, "I am right and everyone else is wrong!" Rather, "This is how I see it. I need to understand why others see it in their own particular way."

My job is not to change people, but to show all forms of evolution that there are many ways of looking at things. That is what we are working towards. So what I want to emphasise is the importance of being totally open and free in how you think. Move beyond judgement, accept that some spirits may be behaving in a way that you would not, but that punishing them or torturing them is not the answer. For that only creates more anger, more resentment; and it is that accumulated resentment that is contributing to what you call the climate change and what I call a tilt in the planet's axis on an energy level.

So go ahead with an openness, a wideness, and with understanding, for it is important that you understand how powerful the shadow has been. When you get what happened in Germany in the '30s - that was not just one man completely winning over millions of people. That was a collective shadow energy wanting to create destruction, wanting to create retribution and revenge for having lost WW1. For that is how the shadow works. And if you were to tune in now and look back at Germany in the 1930s, you would see this tremendous shadow surrounding them. But, as I see it, they had enough light within them to actually move out of it and forward into a new way of thinking. So you have a very different Germany today; not one that is being ruled by the shadow, but one which is taking a much more open attitude towards other cultures, beliefs and understandings.

As you look around the planet there are many positive things happening. There is much enlightenment taking place, although, of course, this increased amount of light is drawing an increased amount of darkness. What is important for world leaders is not to be stuck in the past; not saying, "This is the way we have controlled the finances in the past, we must continue in the same way". No, it needs a new broader understanding of equality and gentleness.

And there is something else which is very important and needs much thought and healing by humanity as a whole; that is the increase in world population. Every time a man and a woman come together to bring another spirit onto the planet, it is important that both the man and the woman accept full responsibility for what they are doing and realise that over-population is one of the biggest problems you are facing at this moment in time. This increasing population is creating a demand for more food and much of this food is being produced in a way that causes distress, anger, fear and resentment from the soil, the plants, and from the animals themselves who are tortured to death. These are all major issues to be looked at.

"It's all very well pointing out these difficulties but what can I do about it?" You might say. You can do a great deal about it: by first of all accepting that you are responsible for what you do in your life; accepting your responsibility to others; learning to respect yourself, love yourself and be yourself; and by breathing out any fear, frustration, or anxiety about "Am I doing the right thing?" Move beyond judging yourself - am I right or wrong? - and start to become more aware of that intuitive part of yourself that links to your soul within. For your soul is that part of your spirit that has incarnated into your physical body and links with everything you have ever been, in this life or in other lives. Look at your life and ask not only, "Why did I choose this physical body?" but, more importantly, "What have I achieved to date? Can I now take this forward and acknowledge that I have achieved a great deal. I honour what I *have* achieved, and now I am going to move forward with an open mind, an open heart, a new vision and inspiration of where I need to be, where I need to go, and what my spiritual journey is."

One of the great advantages of the Aquarian Age is that the energies will enhance the individual understanding of spirituality. No longer will every spirit want to be part

of and be controlled by an organisation that says, "This is right, that is wrong, and you will be judged. . ."

Let us for a moment breathe in together - those here and those who will read this, and feel the energy that I am sending you now. I am lifting the energy to a level that will enable each one of you to release your fears, your frustrations, and your concerns about whether you are doing the right thing. Remember, when you project fear you are drawing towards you what you are frightened of. So, can we just for a few minutes feel the energy of unconditional love, with my blessings, not telling you what you should do, but helping you to find your own level of self-empowerment and understanding. . . All your efforts to create an energy balance will, in turn, help lift the planet and prevent or lessen a tilt of Earth's axis, whether on a physical, mental, energetic or spiritual level. . . My respects go to those of you who have already spent a great deal of time sending rebalancing thoughts to Earth herself. It is all playing a very important role.

May I conclude by saying that in the year ahead there are going to be many unexpected things happening in politics, in corporate business, in religion, in every aspect of life, and a great deal of positivity. My blessings and my love to each one of you. . .

"Somewhere deep within the soul, is silence.
Attain unto it, it is a pearl of great price." *Anon*

INTERFERING SPIRIT - NOT A MENTAL BREAKDOWN! Sue Allen

In my life as a Spirit Release Therapist I meet many people with very varied and interesting stories. Sometimes I hear their experiences through an email or a telephone call. Sometimes I am told during an appointment or even some time afterwards.

One woman, whom I shall call Maria, presented at her appointment smartly dressed, friendly and intelligent. She said very little before I began apart from the fact that she heard footsteps in her house, things kept disappearing and there were constant problems with the new bathroom. As soon as Maria was comfortable lying on my healing couch I tuned in and asked Spirit for help. As I made contact with Maria's shoulders I perceived no sense of any spirit or energy attached to her. I therefore proceeded to tune into her flat and immediately came across a man who was earthbound and spending time mainly upstairs in Maria's bedroom and bathroom.

I ascertained with him that he had lived in the house from 1963 and had not been a well man. He spent a lot of time in bed and was a heavy smoker. He said he hated "what she has done to my house." One thing he was particularly cross about was that Maria had moved his basin in the bathroom where he used to stand and shave in the mirror. As it was now in a different place he had interfered with it on a daily basis and the basin kept leaking and coming away from the wall, much to the irritation of Maria's plumber! He also admitted that he had been taking Maria's things so that when she put them down they were gone by the time she turned around.

The man had become ill with his chest and had refused medical help. He had died in the house one Christmas in the 1970's but I was unable to establish the exact year. I was also unable to find out his name but could describe him to Maria as I talked with him silently in my head. Fortunately he realised that his physical body had died and so it was a relatively simple process to persuade him that there was a better life than this for him. I asked him who he missed most and he spoke of his sister. I asked for his sister to come and she quickly appeared. As soon as he recognised her his energy lifted and they went together into the Light.

I finished by giving a healing to the house and to Maria. I ensured that she was closed down, grounded and protected before she got up off the couch. I talked to her

about what had happened and told her the house was now clear and she should have no further problems.

It was some years later when I had grown to know Maria quite well that she told me of her experiences before she had come to see me. She explained that she had lived for a number of weeks feeling that she was going mad, especially when things would disappear in seconds from under her nose. On her way to the appointment with me she had realised that she knew nothing about me or what I was going to do in the session.

Maria said that she was so desperate that she would have tried anything. She also said that she was surprised how 'normal' it all was during the appointment. Maria then admitted that if I had told her that there was absolutely nothing wrong, she would have left the room and gone straight to the Priory Mental Hospital and booked herself in. Maria seriously thought she was having a mental breakdown.

We don't always know the story before or the effect afterwards. It is always great, however, to receive feedback from clients, even if it is several years later. In this instance I was glad that I was able to reassure someone that they were not ill. They just had an extra non-rent paying lodger at home!

Sue Allen is a healer, medium, spirit release therapist, psychotherapist, and the Director of the School of Intuition & Healing. www.sueallentherapies.co.uk and www.intuitionandhealing.co.uk

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created societies that honour the servant but have forgotten the gift."
Einstein

WHAT CAN WE DO TO SAVE OUR BEE POPULATION?

"Bee decline is a worldwide phenomenon." So states the Soil Association in their magazine 'Living Earth'. "One third of human food supplies depends on bee population – their deaths are a warning to us all that the health of the planet is under threat. . . The spread of industrial-scale farming has meant both a decrease in wild flowers and a dramatic increase in the use of insecticides. In particular, a group of insecticides named 'neonicotinoids' are linked to colony collapse, and are banned or suspended in France, Germany, Italy and Slovenia. Not, so far, in this country, but the Soil Association is campaigning for the UK government to follow suit."

In the meantime we can:-

- Support organic farming and use organic techniques in gardens.
- Avoid neonicotinoids: ACETAMIPRID, IMIDAPLOCRID, THIACTOPRID, THIAMETHOXAM. Ask your local garden centre to stock bee-friendly alternatives.
- Buy organic food and support sustainable farming techniques.
- Use a wide variety of plants and don't be too tidy. Leave wild flowering plants in place.
- Take up bee-keeping if you've got the space. We run excellent courses as part of our Organic Farm School programme.
- Write to your new MP asking them to put pressure on the Secretary of State to suspend the use of neonicotinoids - as France, Germany, Italy & Slovenia have already done. . . www.soilassociation.org/farmschool.aspx

“Nothing will benefit human health and increase the chances for survival on Earth as much as the evolution to a vegetarian diet” Einstein

Three animal stories – all true.

The following three stories show how different types of animals can get along wonderfully together, given the helpful psychological moment and encouraging environment. All the stories are true, and one wonders whether this is a sign of the times, hopefully a positive trait of the coming change of age to an Aquarian influence.

The Hippopotamus and the Tortoise. A baby hippopotamus that survived the tsunami waves on the Kenyan coast has formed a strong bond with a giant male century-old tortoise in an animal sanctuary in Mombassa. It had been swept away from its mother and traumatised, and needed to find a surrogate mother. It landed on the giant tortoise and immediately made a strong bond with it. The tortoise seems very happy being a ‘mother’ – they swim, eat and sleep together. Apparently, hippos are social animals and tend to stay with their mother for four years. As the writer of this report, Paula Kahumbu, says: “Life is not measured by the number of breaths we take, but by the moments that take our breath away.”

The Broody Hen. A broody hen has ‘adopted’ a litter of puppies by taking them under her wing. Their mother had gone for a walk and the hen hopped into the dog’s basket to keep the puppies warm – and then refused to leave them! Report in THE WEEK 13.03.10.

The Owl Scared of Heights. The nervous flyer has ‘forgotten’ how to be a bird after being hand-reared almost from birth. He does not dare fly more than a few feet in the air and, when he does, he keeps his head up as he’s too nervous to look down. Gareth Tonen, 25, his handler, says, “Troy sees himself as more of a human than an owl. He doesn’t see the point of sitting in a tree unless I am in the tree too. I don’t think he even knows he’s an owl - he thinks he’s a Gareth! But we’ll get there. He’s gaining confidence and if I have to carry on climbing up trees with him, then we’ll do what it takes for him to be a high-flyer.”

METRO 8.04.10



Book Review

Elegant Simplicity - Reflections on an Alternative Way of Being John Reed

This is a lovely book and I feel my review must start by quoting from the last paragraph in the last chapter! :

“In this brief reflection I have tried to indicate in as many ways as I now know, that the ego, by obscuring the need for [inner] change, is not only an obstacle to our survival in the future but to our happiness in the present. In this hapless quest to secure happiness, we have complicated our lives beyond comprehension, whereas only in an inner and outer simplicity can it be found. The rewards, therefore, are immense and proportionate to the challenge...”

As the title indicates, we need to let go and release ourselves from the fear of modern living, to allow ourselves to think freely and to move on in freedom, not restriction. Fear challenges affect us on every level today - in politics, religion, corporate business and so on. To quote from the cover, “...elegant simplicity is not only a fundamental expression of our true human nature, but also a possible solution to the mounting psychological, social, economic and ecological challenges we face in the world today.” This is a book worth reading because it sums up where we are and where we need to be. It has an interesting foreword by Serge Beddington Behrens.

DIALOGUE BETWEEN THE DALAI LAMA and LEONARDO BOFF - a Brazilian theologian - one of the renovators of the Theology of Freedom

In a discussion about religion and freedom, Leonardo Boff asked the Dalai Lama, maliciously [his words] but also with interest:

"Your Holiness, what is the best religion?" Leonardo thought he would answer: Tibetan Buddhism. But, he said, "The Dalai Lama paused and looked me in the eyes . . . which surprised me because I knew there was malice in my question." He answered:

"The best religion is the one that gets you closer to God. It is the one that makes you a better person." To get out of my embarrassment after such a wise answer, I said:

"What is it that makes me better?" He responded:

"Whatever makes you more compassionate,
more sensible
more detached
more loving
more humanitarian
more responsible
more ethical

"The religion that will do that for you is the best religion."

I was silent for a moment, marvelling and thinking - as I still do, even to this day - of his wise and irrefutable response:

"I am not interested, my friend, about your religion, or if you are religious or not. What is really important to me is your behaviour in front of your peers, your family, at work, in your community and in front of the world. Remember, the universe is the echo of our actions and our thoughts.

"The law of action and reaction is not exclusively for physics. It is also in human relations. If I act with goodness, I will receive goodness. If I act with evil, I will get evil. What our grandparents told us is the pure truth. You will also have what you desire for others. Being happy is not a matter of destiny. It is a matter of options."

Finally, he said:

"Take care of your THOUGHTS because they become WORDS
Take care of your WORDS because they become ACTIONS
Take care of your ACTIONS because they become HABITS
Take care of your HABITS because they become your CHARACTER
Take care of your CHARACTER because it will form your DESTINY
And your DESTINY will be your LIFE . . .

There is no religion higher than the TRUTH."

A BABY MIRACLE

The baby was diagnosed as having spina bifida and would not survive if removed from its mother's womb. Little Samuel's mother, Julia Armas is an obstetrics nurse in Atlanta. She knew of a Dr. Bruner's remarkable surgical procedure. Practising at Vanderbilt University Medical Centre in Nashville, he performs these special operations while the baby is still in the womb, in which he removes the uterus via C-section and makes a small incision to operate on the baby.

As Dr. Bruner completed the surgery and just before he had sewn up the incision, a tiny hand came out of the hole and weeny fingers grasped hold of the tip of one of his fingers as if saying, 'Thank you' He said, " It was the most moving moment in my life!"

Mother & son are now both doing well. >

RUNNINGS PARK For those of you who may be interested, the company called Runnings Park Ltd. has now finally been closed down. It was set up to deal with the business side of the Centre we ran with the three other families, The hotel end was sold to a private individual who is in the process of converting it into a private house. The families, including ourselves, still meet up regularly to send out healing. And the Therapy Centre is still functioning, although it is now owned by someone else, as follows . . .

Nestled in the Malvern hillside, '**Mind, Body and Soul**' offers a wide range of therapies and treatments. Time, for many people, is a luxury and the aim of the Centre is to provide calming surroundings where you can relax and unwind. Qualified therapists provide the highest standard of professional service available. Our facilities include a floatation tank and an infra-red sauna for deep relaxation. Treatments include colonic hydrotherapy, reiki, hypnotherapy, massage, Hopi ear-candling, & a wide range of beauty treatments. Therapists hiring our rooms may use our facilities without exorbitant costs. Call Micki on 07710 492310 or 01684 579929. www.mindbodyandsoultherapycentre.co.uk

ARCHIE LEACH – Remember him?

The wonderfully dapper Cary Grant, whose original name was Archie Leach, was seen on TV recently unveiling a plaque in Bristol where he was born & lived until his mid-teens. He was certainly a perfectionist and very strict in his diet and life-style. Apparently

He would have a pre-lunch cocktail of buttermilk, wheatgerm and molasses . . .

Some days he would announce to guests: "Today we'll have nothing but carrot juice."

He cured a nasty slash on his back from a film duel, by applying oxygen to the infected area and commanding his lungs to dissolve the useless tissues . . .

He cured himself of smoking by saying over and over again to himself for weeks:

"Your fingers are yellow

Your breath smells

and you only smoke because you are insecure!"

Q. What happens to a boy when he reaches puberty? A. He says goodbye to his boyhood and looks forward to his adultery. [From a GCSE exam paper for 16 year-olds.]

SCHOOL OF CHANNELLING 2010 workshops

Moving beyond the conscious mind. Exploring creative Intuition and Inspiration

2010 workshops:

**Malvern: The Beacon Clinic 3-4 July
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London: The Helios Centre

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Our Meetings are held at THE BEACON CLINIC, Portland Rd., Great Malvern
Admission £5 (or what you can afford). Monday 21st June

**A Summer Solstice/World Peace Day Celebration Ann and Tony Neate
7.00 for 7.30**

SUMMER BREAK until September 9th

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.

Editors: Ann Neate, Tony Neate (01684 893697)

Email addresses: ann-neate@tiscali.co.uk and tony-neate@tiscali.co.uk

Web: www.channelling-online.com www.spiritualchannelling.com

Administrator: Helena Park, 16 Heathlands Close, Malvern Wells, WR14 4HR. 0787 203 8088

e-mail: buttercupconnection@hotmail.com Web: www.buttercupconnections.com

