WAKING THE DRAGON
ENGLAND'S BABY

THE HIDDEN POWER WITHIN
THE ISLE OF WIGHT

by Gary Biltcliffe

"As we walk between these sites, we carry the dream of the world we want to see because we are embodying timeless wisdom from the past that sought a compassionate just world for all. This inspires us to find the change we need to shape within ourselves, a new way of being. With the power of love we need to be the dream makers and the pathfinders."

BARRY BRAILSFORD
Welcome to the first issue of the Fountain International Magazine for 2016.

For those in the northern hemisphere, we are now out of hibernation. Our bones have been warmed by the sun and we are filling with energy, ready to start fully participating with 2016.

Now if you’re like me, winter is for hibernating, but that’s not to say that you go to sleep and do nothing. It’s a period of slowing down, perhaps taking stock and listening to the inner you, or intuitive voices, and begin action no matter how small, or even just the planning. When Spring does eventually turn up, then you are ready to pick up the pace. (With the southern hemisphere, they are just about to go into “hibernation,” So as you go mentally from outer to more inner pursuits. Take advantage of this “slow” period. Learn and/or research new things. Really listen to that inner voice.)

During the Winter it’s time to get on with reading that book, you always wanting to read. Losing yourself in a book that grabs your focus. That inspires you to act. Feeds your soul, or leads you to a A-ha moment.

A book that I have enjoyed this winter is Paul Broadhurst’s new book “Axis of Heaven.” It was certainly a page puller, and even had an A-ha moment lurking within its pages. I have reviewed Paul’s book later in the magazine.

What else was I up to?

Listening to an inner whisper. It was a whisper I had had before, but life got in the way, and I forgot all about it. If you already have dealings with “higher management,” you will already know, that if they have a project for you they will give you a glimpse of it. Then as the time gets nearer you start getting more whispers, and you can ignore them for so long, but then you start getting shouted at. And of course you have choice, but I am happy to go with the project.

Timing for me and “higher management,” is coming to the right time, as I have decided to leave my “normal” daily job, as a civil servant, end of July, to pursue my own interests.

The project involves writing a book. As much as I love writing, and can suffer from the writer’s version of verbal diarrhoea, it’s a daunting task, and I need to ask for help both in gathering information and pictures.

For years I have gathered my own Fountain International Archive, although it is not totally
complete. I have always loved Fountain for its sharing of information and research.

So what will the book be about? At the moment it is very fluid, and every time I think about it, it just keeps getting bigger and bigger. Initially it was going to be about Colin Bloy’s research which lead to Fountain International. A tale of earth energies, the search for the grail stone, healing and Fountain International itself, and finally some updating/adding to his research.

But as I looked through the old Magazines, some of which went back to 1986, I realised that there were other authors, which supported the subject matter and added to it, and would need to go into the book! The “old” style of Fountain International, was very much about a linking together, (not just in the healing sense,) but as a pooling of information, skills to further the research of earth energies, etc.

As you may have seen from Colin’s articles, there is a story to be told, so now is the time to pull all the threads back together, and start to put pen to paper in the autumn.

So, coming back to asking for help. The period that I am looking at is between 1981 – 2015 of Fountain International. My call is going out to all “fountaineers” of this period. There are a number of areas in which I require help and information, especially as it was before the leap and strides of present technology. My biggest problem is photographs, mainly because for a lot of time in that period cameras were not digital. I know that this is a big ask, as the photographs will be of great value to their owners, but I can only say that I will take great care of them, and obviously return them back.

Colin Bloy and the other main speakers often did workshops and lectures. Now I do have a lot of cassettes of the Conferences, which I am aiming to try and get on CD, hopefully due to their age. But my problem lies in the diagrams and pictures that went with the lectures, and also notes made could be of help to give a full picture.

I am also interested in memories of spiritual experiences regarding Colin and or Fountain International.

There is one thing that I am especially looking for and that is the rough copy sent out to the members, re the symbols given by the grail stone. For some reason I don’t seem to have one. If possible I would love a photo copy.

Thank you in advance, but if you can help me in these matters I would be very grateful. I would like to make this a definitive book, lying in wait for the next searcher.

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**Deadline for the next issue**

**1st June 2016**

**Next Issue Out 21st June 2016**

All original submissions of the submitter welcome, within the general remit of the magazine. If in doubt ask the Editor. With regard to articles, we are looking for 1,500 words max, with illustrations or photo’s.

Be a part of this special magazine, don’t hide your light. There is no better time than NOW!

Writing articles, not your thing? As you can tell by past magazines, we are happy to receive input from those of you of a more artistic,
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Deep Prayer

By Jill Mattson
From the Fountain
International Archive

Dowsing the Dragon Part 2

Discovery in the Pyrenees

Colin Bloy

Three weeks after that bewildering and rewarding day in the water meadows at Shipley, I was 5,000 feet up in the Pyrenees, struggling to make sense of an extraordinary series of phenomena which my rod had revealed in the mountain village of Arsinal.

Arinsal

The discovery of the line from the Wolstenbury tumulus led me eventually to Shipley. There, the necessity to make some sense out of what was appearing round the church led me to investigate the known surviving aspects of Templar history. This in turn demonstrated unequivocally that there was some relationship between the suppressed Order of the Knights Templar and the massacred sect known as the Cathars. The last refuge of the Cathars was high upon the towering mountain of Montsegur – and two years earlier, the Spanish part of the family had acquired a holiday chalet in Andorra, scarcely two kilometres from Arinsal.

The events that brought me to Andorra were perfectly prosaic. I used to spend part of each year in Spain, combing business with domestic arrangements. In 1975, my wife suggested that we go to Andorra for a weekend. We did so. Both of us fell in love with that mountain
survival of the Middle Ages and we acquired a holiday chalet in the mist remote and delightful valley of Xixerella, some 5,000 feet up in the Pyrenees. The fact that I was able to spend a reasonable time each year in the Iberian Peninsula was to have a profound significance at a later stage of my explorations.

Xixerella

Shortly before that summer of 1975, I had come across a book called “Le Defi Cathare” by Paul Guillot in which Guillot draws the readers attention to a legend which tells of how four Cathars left Montsegur, the Cathars’ last important redoubt, on the night of the 12th March 1244, by an underground passage with the “treasure of the Cathars.” No-one knows where they went.

According to tradition the Cathars were in Possession of the Holy Grail and this is what they were alleged by some to have taken with them. Guillot discusses various possibilities and legends, including one which states that they came to Andorra, a land nurturing a sturdy and independent folk, more or less outside the jurisdiction of the inquisition, and in particular to a cave in the valley of Arinsal. They later merged with the local population, successfully claiming them for “Protestantism”.

My first expedition was naturally to Arinsal but, not having been in Andorra since my discovery of the lines, I made a preliminary survey. At the frontier with Spain I ran into groups of circles like those at Shipley and further determined that a line about 30 metres wide was running up the valley. It went all the way to Les Escaldes, where a branch about 10 metres wide went up via La Messana to Arinsal.

Montsegur Castle

Les Escaldes
La Messana

When I made my detailed survey of Arinsal, I followed the thick line to a point above the village, where it ended more or less where the macadamed road became a dirt track, and a pattern of squares and circles developed, a mini version of Shipley. My interest quickened. They spread over a substantial area and, on taking the newly installed chair lift to the top of the mountain, I found them on the way, and at the top, thus providing that dowsing in a chair lift is also possible.

On descending to the road again, I looked for a possible source of lines. There was a small Romanesque church at the side and away from the village. Building materials surrounded it and the area appeared to be under reconstruction and excavation. Human bones were stacked in random heaps around the place. I dowsed it. A V-shaped triple emerged from the circular apse, the door was a round wooden one and padlocked. I wandered around it again, dowsing idly. The rod picked up extra single lines. I was startled. They weren’t there the first time. My niece, Caroline, was with me and I had established earlier that she could use a rod. “Tell me what you find,” I said. “Hundreds of lines,” she replied. She was right. They were coming out in all directions. Puzzled, I went into the area of the circles. They were now squares with four triple parallels inside. Even more puzzled I went home.

The following morning I returned alone. The triple V-shape was there, but nothing else. An idea struck me. “Give me the lines,” I thought to the church. It did. This was the point of no return, the discovery that the so-called “ley – system” is in living, active use. I repaired to a nearby café and enquired of an obliging Andorran girl where I might obtain the key of the church. “It’s private,” she said. “It belongs to Senor Amadeo Rossell, who is reconstructing it. The village church is somewhere else.” He turned out to be a man of mature years, and owner of Andorgas, the propane and butane distribution company. He was pleased to talk about his church.

He explained how he had bought some apparently virgin ground, presumably to build a house, and he discovered the ruins of a 12th or 13th century church, which appeared to have been destroyed at some time in an avalanche. The building was flattened, leaving about four feet of walls above the foundations, but all the original stones were there. He had decided to reconstruct. He had sought the advice of M. Pierre Cantury, a noted Andorran archaeologist. The name immediately rang a bell. In Guillot’s book, he acknowledges Cantury as the source of his information about the Cathars in Andorra and the cave in Arinsal. Cantury was away on holiday. I explained my interest to Senor Rossell and also congratulated him on his decision. “It must cost a lot,” I said. He, wringing his fingers in characteristic style, replied, “I would like to leave something in Andorra by which my grand-children will remember me.”

Senor Rossell did not have the key, explaining that it was with two students who were working in the church at Pal. He gave me permission to get it from them. Pal is in the next valley. We parted, and I drove up.

Two students on ladders were carefully chipping away at the plaster on the church to reveal the medieval paintings beneath. I announced my business. They immediately gave me the key to the church at Arinsal. I explained about the dowsing business. They looked at me wide eyed. I did a quick dowse. Beneath the floor boards, yet to be taken up, was a zone. More interesting was a side chapel and altar cut from living rock. A single line emerged, and the pendulum, which I could now use gave a positive reaction. I promised to return the following day to tell them more in response to their entreaties.
Back at the church in Arinsal, I located the source at the base of the altar, obviously new, and we looked around at the rough floor of the 12th century stone. “Let’s have a little loving,” I said. We did, mentally of course. I noticed that suddenly a zone of activity had spread half way down the tiny church, where nothing had been before. We Left. I noticed that the dowsing phenomena outside the church had changed. It was now based on concentric rings in groups of seven around the church. They extended to our home and faded after two hours.

Next day, I arranged to meet the students, Eudaldo and Toni at Arinsal. I had bought my tape recorder/cassette. I noticed by chance, in playing a tape of “Jesus Christ Superstar”, the song “Ho-sanna, hey-sanna”, which has the verse, when Jesus talking to Caiaphas on Palm Sunday: “Why waste your breath, moaning at the crowd? Nothing can be done to stop the shouting. If every tongue was still, the noise would still continue. The rocks and stones themselves would start to sing.” I played the opening bars of the overture and switched to the song. The source of the power, if that’s what it was, expanded rapidly and then bolted like a rabbit out of the door. It obliterated all other phenomena, and was dowsable at La Massana, five kilometres away, some sixty minutes later, in concentric rings of seven. On another occasion, I played the “Hallelujah Chorus” from Handel’s “Messiah”. The effect was not so dramatic, but the power went out of the church and again, albeit huge squares centred on the church, phenomena were present over a large area this time. I was able to check them as far away as Les Escaldes some eleven kilometres away.

Eudaldo and Toni were by now expressing the keenest interest in what was going on. I agreed to instruct them in the art of the rod. It was they who first noticed that, at Pal, the living stone altar was doing the same thing as the church of Arinsal. Later on I established that I could discern whether they were working in the church or not, simply by dowsing in our front garden some miles away, finding sides of huge squares being emitted due to their presence in the church, and to being in a state of awareness. The interesting thing was that I had dowsed the garden every-day for a fortnight before I met them without noticing anything untoward. Now just by their being there, the altar was emitting. One thing was clear, however. They believed that what I had told them was true. Sometimes I had to go up to the church and remonstrate with them as the emissions were affecting my experiments. It would shut down on request at the source itself and later I was able to shut it down at a distance by a mental request of some concentration.

During our visit to the church at Arinsal, Toni and Eudaldo drew my attention to a stone they had found at the side of the altar in ruins. It was a pentagon in form, not of equal sides, but as follows: tapering upwards and cut off at the top before it came to a point. “We feel this is interesting,” they said. It was of a sedimentary type, white and as if aerated. There was a quarry of this type of stone in Andorra. I took it outside and dowsed it. Each facet emitted a line. With the students’ permission I took it home. In doing so, I had the strangest feeling of hostility and I left it in the car overnight.

The following day, I placed it on the window-ledge and dowsed it. Nothing. Remembering our switch on – switch off experience in Arinsal church, I conducted similar experiments with the stone. It worked in the same way. “Give us some squares,” I said. It did – with four triple lines inside. “Something else,” I said. It produced single line circles. “Next, please.” It was like talking to a colleague operating a slide projector – and so it went into a square with a different lineal combination. “Next please,” and so on until lunch time.

The following day, I set to work again. It opened up with the same series of symbols, just like those I had found at the Templar church at Shipley, except that those at Shipley were static. This stone was putting up different linear symbols on request. It moved to squares, circles, rectangles. E-shapes and circles in strange and apparently meaningless combinations. I recorded three hundred of them and began to lose patience. “What does it all mean?” I thought. After a long question and answer session with the stone, I asked, “How many frames must I go through?” –
“1,000”, at which point I broke off to try to make sense of it all.

I informed my son Nicholas, of these results. “Ask him his name, Dad,” he said. “Piotam,” was the reply, spelled out. “Let me ask Piotam some questions,” he said, “I’ll write them down without telling you, and you find the answers.” Thirteen year olds do not think like forty year olds. Some of his questions were serious, others cheeky. Finally he asked, “Is the source of this intelligence on this planet?” – “No”. “In our galaxy?” “Yes.” “Where?” And the symbol that came up was a double E, one as normal with the other a mirror image reversed with the prongs almost touching. “What is a double E?” So ended one of the most remarkable communications of my life. It was the precursor of many, much more remarkable.

I persisted at various odd moments in trying to establish more facts from Piotam, as he was now affectionately known in the family, sitting in his place of honour on the mantelpiece. I established again that he was not the Cathar Grail. That was in Arinsal, and in a cave, which encouraged us to make the expedition recorded later. We decided to visit Montsegur in France, the last redoubt of the Cathars. He indicated that he had been to Montsegur and would like to accompany us on the journey. At this point I was able to meet Pierre Cantury, director of social services in Andorra, whose responsibilities included archaeology. He is a man of considerable reputation in the area. The students had already primed him about my visit and he was not disposed to mock. Little by little, I went through the story with him. When asked about the little “chapel” at Encamp he was immediately forthcoming. “It is a magic house,” he said, and went on to explain that there had been others like it in the area, now destroyed. A magic house was an adjunct to the church where a priest would conduct magical rites, which would not meet with the Bishop’s approval if carried out in the church. These included the summoning and dispelling of storms. Indeed, it had been used as such in his lifetime. Made of the same stone as the Piotam’s, there had been an altar inside the “magic” house. He himself had seen an old lady of the town conjure up a storm by going to the square and using a stone-age axe head and a Christian cross, chanting to the four points of the compass. Many Andorran village households still kept these axe heads as talismans.
Flint axe head

Later, he called me to his office to examine the reliquary he had found under the altar at Arinsal during the excavations preceding restoration. It was carefully constructed from the same stone as the Piotam’s and after taking the lid off, another smaller container was revealed, containing nothing. It performed as a Piotam. I later noticed its curious resemblance to the altar he had drawn for me. I found another chapel near Encamp with a Piotam high up in the campanile and formed the hypothesis that the church builders of Andorra were aware of the powers of the Piotams and built them into their works deliberately. I also found evidence that the Piotam phenomena was not first associated with Christian churches, for I had noticed near the church at Arinsal what appeared to be a standing stone, which performed the Piotam routine. The stone is connected via other stones to the church and to another larger, clearly cubic stone some half a mile away. This, in turn, is connected to the terraces. Later we discovered others which indicated the Piotam system to be extensive and to involve Christian and pre-Christian sites. We also discovered the Piotam was on call even out of a ram’s horn spiral in the mountains. I also noticed that after Piotam No 1 had been removed from Arinsal the wide line in the valley appeared smaller. When I restored Piotams I and II to Arinsal, the Arinsal line exceeded its earlier width.

It was mid-August when I decided to look for the cave in Arinsal and one courteous inhabitant led us part of the way. “It’s up there on the right,” he said, pointing to a gully running precipitously up the mountain, “although I’ve never been in it.” We started the ascent. It was not easy, for much of it was on loose stones. I entered the cave on hands and knees, but after a few yards I was able to crouch. Nick followed me in. At one stage we could stand upright, but after twenty yards or so the roof descended to a gap of eighteen inches. Nick crawled forward and poked his head under. He could see a chamber on the other side. I had learned to dowse with a pendulum and it gave a reaction indicating the existence of a “power” source nearby. I realised at this point that we were ill-equipped to go further. Protective helmets were essential, more than one torch, candles etc.

Happily it was soon to be my birthday, so I was able to prevail upon the family to give me helmets, haversacks, water bottles, etc, as birthday presents. The following day a much better equipped expedition set out and we went in under the eighteen inch gap. On going under, we found ourselves in a chamber perhaps twelve feet long and six feet wide. A further small tunnel led off to another smaller chamber in which one could stand up, but it was only about three feet in diameter, and that was the end of the system. An investigation revealed stalagmitic activity. The cave must also from time to time have been filled with water, because every upper surface was coated in a clay like material. The floor was an unknown depth of a mixture of stone and clay like earth.

In my earlier discussions with Piotam, it was emphatic that we would find the Cathar Grail in this cave, on my birthday, and on the same day I had gotten a letter from Bill Lewis stating that the Grail, according to a map dowse, was in Arinsal, (although I had not given him that name.) In a cramped cave I used the rod and found a straight line. Other lines developed and a simple calculation based on these indicated a spot in the cave which was the source, as the different lines met there. We had no tools, except the rods and we commenced a crude excavation. Unfortunately by the end of the day, I had not physically seen anything, but I felt that we had discovered the position of something.

In the interval before our next visit, I questioned Piotam. I was told we had located
it and that there were scrolls in the cave as well as objects of copper, gold and silver. It became more fascinating and so, on Monday 25th August 1975, we set off again, taking food, stimulants and proper excavation tools. Piotam said I would find it within one hour, and at 12.15 pm we started to dig. At 1pm we had put aside in a bag various objects of small size, including some chips of material that glinted in the candlelight, but nothing of obvious interest. I persisted in the area indicated by the rod and, amongst some stones of indeterminate and insignificant shape, began to isolate one which was different. It contained a cross-like shape protruding from a flat base and, on loosening it from its position, I put it in the bag for further examination. We went on digging and at 1.15 pm Paul said, “the hours up.” I took out the pendulum and obtained a nil reaction. Likewise with the rod. “Ask it if we should go on digging,” he said. “No,” was the answer. “Have we found it?” “Yes.” “Paul it is in the bag, and I think that it is that strange stone,” I said.

We decided it was time for lunch and went outside the cave and perched ourselves on a ledge. There was room to walk around and I took the strange stone, still coated in clay-like mud, and placed it in a recess on the mountain. I invited it to produce squares, which it did. Paul was able to dowse them too. The stone performed like Piotam. “Who are you?” “Piotam,” it replied. “Are you the Grail?” “Yes.” We ran a few more tests. It performed. When I got home I washed the stone which was encrusted with clay. The strange shape of it was confirmed; a cross on a base all made of a crystalline material and translucent.

That night a huge wind blew up. The next day found telephone lines down and snow was on the mountains, something the Andorrans could not recall having seen before in August!

After lunch I got the strange stone out. Fragments that had broken off during the excavation had glinted in the candlelight, and we had seen the equal armed cross-shape of this odd stone in the daylight at the mouth of the cave. It proved to be completely composed of crystalline material which glinted at the edges. We had brought out a bagful of assorted fragments which I subsequently washed. Many of them were of the same material, and looked as if they were fragments of a broken plate. One piece was like a geode broken in two, with crystals clearly standing out like a fragment in a jeweller's window.

So there it was. I set it out on a window ledge and considered. It was no artefact that I could identify. Man does not make crystals. They are formed by nature. The strange shape was undeniable, although it was embedded in a clay like earth. What was strange was that the Cathar symbol was the equal armed cross. Only a fragment resembled a geode. The rest appeared to have been formed within a mould. It made no sense to my untutored geology. Putting all that to one side, the fact remained that the object performed.

The result of hours of questioning seemed to be that the crystalline object which I termed the grail stone was some sort of master control of the various Piotam stones I had acquired previously. That is, in talking to Piotam, we were also talking to the Grail, who was Piotam. In response to further questioning we learned that Piotam was a person who lived in our galaxy but not in our Solar System, in the constellation of the Bears, in Trionis, mentioned by Piotam, in Latin means the Great and Little Bear.

Later it became clear that the symbol of E together with its reverse was the symbol of the Elohim, who emerged as a separate intelligence from Piotam, as he now stated his name to be. At any rate in the early communication, Piotam kept referring to the Elohim as being the people who understood the symbols. I had always understood Elohim to be plural, viz Genesis Elohim, the sons of God who gave children to the daughters of men. However, Paul later established that Elohim was singular and, in a book about the Kabbala, I discovered that Elohim was one of the names of God. This seemed to account for a somewhat confusing exchange with Piotam, and we came to the conclusion that Piotam was a separate intelligence, and that Elohim was another, who claimed to be of God.

Sometimes I felt we were holding conversations with our subconscious selves. However I was always sure that at times
something was going on independent of myself. I had too many surprises, and when Toni and Eudaldo started their dialogues with a Piotam stone and become convinced, on was bound to accept that something most extraordinary was going on. Nevertheless I continually voiced my fears about self-delusion.

I was idly re-reading a book called “Les Templiers Sont Parmi Nous”, by Gerard de Sede, when I came across a reference to

The Knights Templar, in their secret Statutes, observed that it was only during his reign that the real Church of Christ on earth existed. Apart from making some striking technological inventions, a new type of clock and a steam organ, he was supposed to have had a copper head which answered his questions and foretold the future. The author pointed out that it only answered “Yes” or “No” and therefore functioned like a binary computer. Could it be that we are dealing with the same phenomena?

If this was the case, we should have to be very careful with our questions. For instance, the word “important” could mean a hundred different things. Important to whom, relative to what?” It was a wholly contingent word, and we would have to use only absolute questions, even though it made discussions tedious, and involved many supplementary questions to get at the truth, or the real opinion of the intelligence. Furthermore, I suspected that communication was telepathic rather than verbal. We should have to discipline ourselves to frame absolute questions and rid our minds of the jumble of mental static that goes on with most intellectual activity. The result of this was to make the sessions shorter and quite tiring. It did however, appear to be the right approach and cleared up many misconceptions. The idea that what we had found in the cave was unimportant, turned out to mean that the object itself was unimportant, whereas the intelligence behind it was not.

The Power of Harmful Intentions

Debbie Talalay

When the mind is overloaded, or when something is too painful, or when the mind can’t deal with an emotion or event it will download it onto the body where it will be stored until the mind is ready to deal with it.

Many of our illnesses have their origins in an event or emotions that we were unable to deal with at the time.

I have a friend who has had a very itchy, raised rash low down on her left leg. She’s had it for the last 25 years and no-one has been able to heal it.

It comes and goes, but mostly it’s there, driving her crazy at night.

Of course she scratches the area, and wakes in the morning with a raw and bleeding patch which is still itchy.

She can’t wear tights or anything nylon over it, so this means she’s forced to wear trousers most of the year and can only wear skirts in the summer.
One year, it was so bad that it developed into cellulitis.

My friend went to the Hospital for Tropical Diseases to see if she’d picked something up on her extensive travels.

The hospital didn’t know what it was, and did nothing. So my friend tried normal treatments from the doctor who gave her ant-biotics and cortisone cream to apply to the area.

This proved to be horribly aggravating. The leg flared, the itching increased so that it was almost unbearable.

She’s tried every cream on the market she thought might bring her relief.

None of the creams or treatments has made any difference.

When I see a client where the symptoms are not clearing despite everyone’s best efforts, I start to look at what might lie underneath.

What does the brain and what do the emotions need to clear to resolve the dis-ease?

So, last year on a visit, we used The Stamford Healing Process to go through a few of the painful emotions in my friend’s life which might have contributed to this rash.

She felt very much better after the healing, but the rash remained.

So this year, we tried again, and I questioned her on who might wish her harm.

She reminded me that when she divorced her husband her very good friend had made a beeline for him and had married him herself.

And then she had broken off all ties and friendship with my friend.

My friend was deeply hurt by this betrayal. So we worked on the emotions around this.

Even though she was aware that her ex friend had done her a favour by taking the husband she’d left and by taking responsibility for him as he got older, the leg remained the same.

We tried removing old vows of their 31 year marriage in case she was making herself suffer for breaking these vows. Still nothing.

Then I realised that the new wife needed to absolve herself of the guilt she felt for her disloyalty to her friend.

The way she had absolved herself was by refusing to recognise that her behaviour had been appalling. She transferred all her guilt onto her friend and cursed her instead.

I never believed in curses until I started clearing people of their negativity and limitations.

I thought that they were just superstitious rubbish.

But when I came across beliefs which would not budge and as a last resort tried to remove any curses around them, then I started to get results.

Does this mean that a curse is a figment of imagination in the client’s brain?

I don’t believe so. I think that our intentions carry a force and a power that create what we want, and also what we don’t want. If someone wishes you ill, they probably have no idea how capable they are of causing you ill. They would possibly be quite shocked. But the truth is that when we use our power in the wrong way and to harm, there are deep and damaging results.

I removed the curses sent by the ex-friend – and then, because the rash had started before my friend’s divorce, I looked for others who had wished my friend harm.

We removed what we found. The leg stopped itching within a few minutes. Several weeks later there has been no further itch and the
patch has become smaller and less angry looking.

My friend was plagued by this rash for many years. She stored other people’s ill feeling towards her in that location, a safe place where no actual harm would be done to the body. This was infinitely better than developing a condition such as heart problems or cancer. The body is very wise in how it limits what might be harmful.

The Stamford Healing Process has been developed from Theta Healing.

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"Wellness is more than the absence of symptoms"

Wellness is more than the absence of symptoms

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Reincarnation and the Akashic Records

By Marian Matthews

Re-incarnation, the belief that we all experience many life times, is now becoming more and more accepted in the western world. It has, of course been the mainstay of many ancient and Eastern religions for thousands of years. There is much anecdotal evidence, in near death and out of body experiences and in communication with the physically dead that some part of us, our soul, consciousness or essence is detachable from the physical body. Many people are now convinced that we live many times. There are many books out there written about past life memories that have bled through into current lives. People have sometimes found evidence of their past lives, even tracking down places and people they have known in previous incarnations. I myself have past life memories coming up. I have been drowned in a cold northern sea. This memory came up in a Reiki session. The theory is that our souls do go on and jump from life, being reborn in a different physical body every time. We have all been many races, rich or poor, male and female, black and white and everything between.

This process does not seem to be random, however, there does seem to be an element of design and record keeping involved. The theory is that there are records kept on all souls, wherever they are incarnated. These are called the Akashic records. (Akasha- means air or sky or space or aether in Sanskrit).

The Akashic Records

Akashic records are said to hold the energetic records of all souls, past present and possible futures, and some say our collective wisdom. They are said to be held in the non-physical plane of existence, outside of physical creation. The knowledge of their existence is not a new age phenomena, but is actually ancient wisdom.

Where could they be kept?
They used to be generally thought of as a library of books. One for each life time per soul. Some sensitive people can access their records, usually in a meditative state. As they were envisaged to be in book form, that is what people would see. Some people, though, who work with the spirit body do believe also that this information is encoded in our individual Auras.

Since both the development of computers and growth of understanding of the underlying nature of the universe, however, in particular the understanding of quantum mechanics and Zero Point Fields some people have been seeing them differently. They have been imagined as a computer data base. It is worth noting though, although mainstream and conventional science may regard the concept as non-scientific, nevertheless some who are working with the quantum energies, (For instance, Ervin Laszio-Science in the Akashic Field), believe that the energies of Zero Point Field underlies the fabric of space itself. These energies are seen as a life force flowing throughout the universe, they hold our collective consciousness, and all the Akashic records of everyone in it.

Another view is, of course, that if we are all holograms anyway, which as beings made at base of nothing but energy, is a possibility, this may be the generating computer’s data base. It is anyway, a universal information field. So the records are either, in a big book or data base in a library, or all around us bound in with all the energies of our universe, including our own.

If they do exist, their very existence has massive implications for the nature of our reality here on Earth, though. Physical creation, and our individual lives would not be random at all. There would be hints of planning, pre destination and a much more complex bigger picture than we can be aware of. There may be a structure, an organisation, beyond all of creation that is probably beyond our understanding.

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The War on Holism – How the War on the 'Other' is a War on the Self

David Zenon Starlyte

Our belief in the ‘known’ has stifled our ability to respond to the ‘unknown.’ To change our approach and become explorers, requires letting go of needing to know all the answers. This in turn takes the weight off our shoulders, and we can allow nature to guide us, instead of seeing nature as our “enemy” to be controlled and suppressed.

As Western society, we seem all-too quick to judge based on the critical thinking we learnt early on at school and in higher institutions of learning. It’s very natural that we become invested in our world-views and understandings. Even our beliefs can become “religious.” Is it human nature to be this way?

The Buddha taught – “Believe nothing, no matter where you read it or who has said it, not even if I have said it, unless it agrees with your own reason and your own common sense.”

What if instead of investing wholeheartedly in our beliefs, we invested in flexibility and openness? Imagine if instead of left-brained judgment being parodied, we became sovereign creators, unique belief-makers, truly dynamic human beings dancing with truths, beliefs, fantasy and reality? This is to be multi-dimensional in scope, comfortable living in uncertainty.
The mistake of Western “scientific” thinking is that there is a singular truth – a singular answer that can be broken down into composite parts. The building blocks of Western civilisation have been ‘reductionist’ thought-forms in their observance and attitude.

‘Reductionism’ is a practice of describing complex phenomena by reduction to their fundamental parts. As a thought practice, it tends to lend itself to ‘black or white’ thinking. It’s not to say that reductionism is good or bad, only to say that it has its place, yet it is not the whole picture – the big picture (that which incorporates all perspectives and understandings).

Eastern wisdom has a more developed contemplative tradition and openness for mystical exploration. Some Eastern traditions have admittedly been somewhat ambiguous and amorphous – arguably, it’s the quirky and obscure parts that make for a relevant philosophy for life.

In “mainstream” Western Medicine and Science, a grain of arrogance and tendency to dismiss that which is not “scientifically proven” has developed. So-called science can even turn nasty and morph into bullying.

When that which is not understood is ruled out as hogwash, snake-oil or worse (even when frequently these ridiculed practices are completely harmless), one must pause and take notice.

There are many modalities that use mind-body interactions (well-proven by science) and relaxation therapies (most diseases and dysfunctions are empirically linked to stress). The ‘placebo effect’ is well-documented and has been part of our understanding of medicine for a long time. In the West, it is frequently the subject of mockery. The effect of the mind-body complex is not to be scoffed at. Placebo or mind-body interactions come when one thinks one is healing or getting better, which in turn creates that healing. It is simply ‘positive thinking’ as applied to health outcomes.

The combination of relaxation and optimism are potent forms of healing, and deserve complete respect and admiration. To sneer at “reflexology” as “unscientific” is simply to misunderstand the holistic nature of health, and importance of relaxation to one’s wellbeing.

I have heard radical disregard for completely harmless practices from yoga to juicing to qigong. These diatribes often completely defy common-sense. How is following a good diet crackpot or charlatan? Or taking kelp supplements harmful? How can green smoothies cause such derision! How many people have died doing a liver detox?

The harsh judgment of that which is less-understood, is actually absurd. It’s a completely disproportionate response to wellbeing practices, some of which have been used for thousands of years.

I am not promoting irresponsible behaviour. Just basic respect for all viewpoints, and the creation of a level playing field. Spending millions on drug trials that profit major pharmaceutical corporations is not evidence that a simple Qi Gong practice, used in China for thousands of years for health and longevity, is to be rubbished. Lack of evidence is not evidence of lack. Quite the contrary in regards to practices that have been perfected over millennia.

Belittling natural practitioners is a sign of fear and weakness, not strength. Whilst not everyone may understand long-practiced systems and philosophies like Ayurveda, TCM, Homeopathy and Naturopathy, they have their place, and these systems have helped many people historically.

Natural practitioners focus on supporting health – their focus is not the study of disease. Western-centric disease-focus has its place. It
can be vitally important to have an accurate diagnosis, and lives can be saved by urgent mainstream medical treatment.

For the majority, it is lifestyle diseases that are the product of long-term poor habits. All of these habits are well-documented and scientifically proven, from stress as being the greatest cause of disease in the West, to the importance of sanitary hygiene, clean food and water, dietary factors, and exercise.

As thinking people, we should be open to any pathway that can improve health and happiness and reduce suffering of humankind. It does not serve the common good to label things we don’t understand as ‘quackery’ and people we don’t understand as ‘charlatans.’

In language and in all things, relativity is alive and well – each person has their own perception, their own unique truth, their own story to tell. That is the magic and mystery, the knowable and the unknowable.

Whilst one person suffering from stress or illness may resonate with yoga, another may resonate with meditation, and another with counselling by a friend of the family, and another, still may find comfort from a family doctor. Truth is unique to each person and the search for truth is endless.

The belief in something is often its most powerful harbinger. That is neither a grand evil promoted by charlatans nor something to be feared. The primacy of the “placebo effect” has been shown repeatedly in the gold standard in science, double-blinded studies. So much so, that often the so-called medicine has little or no benefit beyond the placebo, with far fewer “side effects.”

Mainstream medicine does not claim that doctors who prescribe these “placebos” are snake-oil salesmen. That’s rather unkind. The placebo effect has been alive and well in healing and medicine since the dawn of time.

In any case, lack of evidence is not relevant to whether something actually works or not.

Because the money and power is behind Western pharmaceutical companies worth billions of dollars does not mean that a humble reflexologist is ineffective.

I am not promoting a blind non-thinking acceptance of all approaches, just an appeal for open-minded fairness, discernment and holism. Or in one word – ‘wisdom.’ In fact, I am deeply concerned by the media culture of health fads, celebrity diets, super foods with super powers, and the business of selling each new fad, appealing to people’s desperation, fantasy and wishful thinking.

Dismissing other thought-forms out of hand without careful observation and respect is denying a basic spiritual paradigm that all is valid. Each vibration has its own truth.

Why holism?

‘Holism’ is a philosophy as described by Aristotle – “The whole is more than the sum of its parts.” The term was first used by the Jan Smuts in his 1926 book, Holism and Evolution. Smuts defined ‘holism’ as “The tendency in nature to form wholes that are greater than the sum of the parts through creative evolution.”

In medicine, to be ‘holistic’ is to treat the whole person taking into account all the relevant mental, emotional and social factors, instead of just treating physical symptoms.

The Power of Goodness

There’s a lot of confusion in the world and darkness. Business and media powers are still trying to prevent the expansion of light and true understanding, sending out mixed messages and continual promotion of corporate products.

We must be educated and warriors of light to fight through the darkness around us.

Let us all welcome in the new age of enlightenment. The promise of the Age of Aquarius is that humanity will unite in love.
All people are part of the divine whole — each soul shines the light of awareness. What breaks us apart is the belief that we are separate. The narrative that takes our power away from us is the one where something external can fill the void of our soul, that something external is an “authority” that can tell us what the truth is and tells us what our soul needs.

Bullying has only become more common as we grapple with the war on common sense and our disconnection from nature and collective memory loss of holistic principles. It’s time to re-introduce tolerance for all views.

We have the power already if we recognise who we are. We can differentiate for ourselves what is good for us, or not — to know what we need as bodies and souls — to know who we can learn from — and who we can ignore.

“It’s up to you to open a portal in your life that gives you conscious access to the Unmanifested.” ~ Eckhart Tolle

Let’s trust our own knowing, our own common-sense. Let light, love and reason be restored to our planet and the promotion of a more enlightened way. It’s time to reclaim the power of goodness.

www.transformationalmedicine.net

“MY MOSAIC OF LIFE”

By Brenda Rachel

I like to start my articles with the definition of the topic I am writing about from www.freedictionary.com. The topic of this article is “mosaic” and the definition given here for mosaic, in part, is:

1. Also called photomosaic. An assembly of aerial photographs matched to show a continuous photographic representation of an area.

2. Composed of a combination of diverse elements.

The inspirational quote the Angels have given me regarding the concept of “mosaic”, which is found in my new book, In This Moment Angels’ Sweet Reflections, currently being published by Balboa Press is:

God's Masterpiece entitled “The Perfection of Humanity” is now being displayed in “Harmony Hall”. This Brilliant Mosaic is formed by the Connection of Individual “Diamonds” Sparkling from the Brilliance of their “Light and Love”.

I have been following a “fellow spiritual traveller”, Robert DeLaurentis, a Zen Pilot, www.flyingthrulife.com, who is flying on his around-the-world record breaking flight, on a not-for-profit and “For Purpose” trip raising money for aspiring pilots, promoting innovation in aviation and helping pilots be better decision makers, more prepared and better trained. Along his way, he is showing that “flying between 22 countries and over oceans can be fun and safe, and it’s never too late to follow your dreams”.

Recently, Robert shared photos with his connections online that he took of Dubai and as soon as I saw this photograph, it immediately reminded me of a mosaic and how much “My Life is a Mosaic”, which is reflected by this photograph.

I initially saw the “combination of diverse elements” including the height of the buildings with their immense, unassuming power, strength and steadfast stature; the width showing the spatial distance between the structures to allow for other elements to have their own positions, yet support and balance each other; and the depth of the photograph,
reflecting the vast array of texture and composition in the contrast of the structures and the diversity of the elements.

I began to reflect on my own life and assimilate between the photograph and my life. The reflections that came to me were not earth shattering, but created a retrospective dissection of several experiences I was able to come to terms with and wanted to share with you.

As with the height of the buildings, I, too, have immense, unassuming power, but have chosen to let this lie dormant for many years. During this recent “metamorphosis” period I have been going through since October 29th, 2014, the “Divine Design” for “My Mosaic of Life” began to unfold and allowed me to project my immense, unassuming power and strength, while standing steadfast in my stature, reflecting the confidence I have in remaining committed to achieving my dream. My dream is “I Desire to Inspire Everyone!” through my music and words, all of which have been gifted to me from the Angels.

I was on disability with serious back and hip pain and not able to work for several months in 2014 and the only dream I had during this time was to “return home to God”. I did not want to live. I pleaded with the Angels every night to “please let me die in my sleep if you are finished with me being your messenger on the planet”. I had no purpose, joy, will or stamina to do anything. I was in a back brace 24/7 and wore an ice pack all the time to keep the inflammation subdued. The Angels intervened by sending my Mom, (who is deceased) as their messenger and while I was on the spinal decompression table she said, “You have to get your music on iTunes”.

In a previous period of disability between 2004-2006, when I had severe bilateral plantar fasciitis in both feet and could not walk for 4 months, the Angels had gifted me with beautiful inspirational/spiritual music and lyrics. According to the “Divine Plan” of “My Mosaic of Life”, My EP “In This Moment” was released in December, 2014 through MondoTunes. Currently, and in balance and harmony with my EP, my first book of inspirational/spiritual quotes, In This Moment Angels’ Sweet Reflections, is being published through Balboa Press. All the inspirational/spiritual quotes have been gifted to me by the Angels during this most recent period of disability in 2014.

Reflecting on this beautiful photograph, I saw the expansiveness of space between the buildings, allowing for other elements such as waterways, bridges and green spaces to be positioned. I thought how congruently this reflected my own chasm of space I have allowed to flourish (not in a positive, healthy way) between myself and people in general, but especially men. I have allowed my mistrust and extremely painful dissolution of my marriage many years ago to influence my living a “distant and separate from society” lifestyle, for fear of being hurt so deeply again and failing at something so sacred as a marriage, taking vows before God and not being able to honour this commitment. As I look closer at the photograph, I see the symmetry of the relationship between each of the structures positioned in the expansive space between the elements, and see how together they all balance each other perfectly. I recognized that it is time for me to adopt a closer relationship to my human connections, so that I am able to trust myself in creating a loving, healthy, supportive relationship which will balance me in every way. I want to believe from the core of my being that I deserve to have love, peace and harmony with my “soul” partner, when he arrives and that God will orchestrate this for me, as he is my “conductor”.

I look at the depth of the photograph and see the “vast array of texture and composition in the contrast of the structures and the diversity of the elements”, and identify within myself just how many layers of emotional, psychological, physical and spiritual characteristics make me the person I am today. From the lowest of the low feelings of “the absolute bottom of the barrel pit of despair” to the elation of being on top of the “mountain of momentum”, every emotion, positive and negative, has been experienced in each crevasse as I climb back up to my “pinnacle of empowerment”. I am using God’s guide ropes and asking the Angels to carry me as I make my climb back up my mountain.
The Angels’ quote in summary states:

“The Perfection of Humanity” is a Brilliant Mosaic formed by the Connection of Individual “Diamonds” Sparkling from the Brilliance of their “Light and Love”.

Everyone I have in my immediate and peripheral life is a part of “My Mosaic of Life”. Each one that I am connected with physically and/or virtually is a part of “My Mosaic of Life”. Together, we are all “Diamonds” in this “Brilliant Mosaic” called “The Perfection of Humanity”, sparkling with our “Brilliance of Light and Love”. We are here to encourage, support, inspire, motivate and unite as one “Brilliant Mosaic” called “The Perfection of Humanity”. The congruency of our planet’s healing and unification in “Harmony Hall” is completely dependent on each of us standing strong beside each other, living peacefully together with our own immense, unassuming power and allowing for enough space between us to enhance and support our own diverse compositions.

I am deeply grateful to the Angels for intervening in “My Mosaic of Life” on October 29, 2014. Without them, I am not sure where I would be today, but I do know that with them, this is where I am meant to be.

From My Heart to Yours. Angel Blessings.

The Isle of Wight is a large island in the English Channel, situated at the base of England almost half way along the south coast and separated from the mainland by a strait called The Solent. From above, the coastal outline of the island resembles a diamond, which is remarkably symmetric, one side being the mirror image of the other. A north–south river called the Medina divides the island flowing from the northern tip of the diamond at Cowes through the town of Newport; even the northern estuaries are equidistant from the centre of the island including the rivers of the Eastern and Western Yar.

Although the island is famous for its sandy beaches, holiday camps and music festivals, it has gained a reputation amongst writers as ‘Britain’s Magical Island’, because of its long history of paranormal events that include ghostly encounters, time-slips, occult practices and its legendary association with the mysterious Druids.

During the research of a north-south alignment called the Belinus Line for our book ‘The Spine of Albion’, my partner and co-author Caroline Hoare and I discovered that the paranormal occurrences seemed to be activated by magnetic anomalies caused by the island’s unique geology and its fault lines. Furthermore, the power here in the land appeared to connect to the rest of Britain like a key electrical component in a circuit.

The geology of the Isle of Wight is particularly remarkable because of its unusual layering of sedimentary rocks that has gradually formed over a period of 140 million years. Some of the layers tilt almost vertically, created when immense pressures within the earth crust formed the European Alps. Brian Innes, writing in a monthly magazine called ‘The Unexplained’ back in the 1970s, drew our attention to a rare geological layer of Upper Greensand that defines a serpent-shaped ridge, which runs through the centre of the island. Greensand is a hard crystalline iron bearing sandstone otherwise known as Firestone, because of its fiery colour.

Innes stated that this unusual S-shaped east–west ridge of hills that form the backbone of the island might provide a vital clue to many of
its ‘Fortean’ mysteries. The ridge, also a geological fault, runs all the way from the high eminence of Bembridge Down, on the east coast near the town of Brading, to the chalk stacks called The Needles on the extreme west coast. Situated on this ridge are Ashey, Arreton Down and Carisbrooke, where the stratum curves to the southeast to Gatcombe at the centre of the island. From here it swings back to the west through Chillerton Down and Mottistone before it reaches The Needles.

A fault is a fissure between two landmasses and when seismic activity occurs, the friction between the rocks creates energy. Under certain conditions, this energy will either release in the form of balls of light, or as a strong magnetic field. If this field is then subjected to additional forces such as the gravitational pull of the full moon, or solar particles from high ‘sun spot’ activity, it may cause a rip in our dimensional time and space.

Innes also mentions strange place-names associated with this serpent ridge. Above the head of the serpent at Bembridge is ‘Nodes Point’ and near its tail at The Needles is ‘The Nodes’. In astronomy, the nodes are the points where the path of the moon crosses the ecliptic or path of the sun. When the moon moves about the earth, its path across the ecliptic creates a flattened S-shape that mirrors the shape of the Greensand ridge and interestingly on the tail of the serpent is ‘Moons Hill’. Astronomers called the north node of the moon Caput Draconis or Dragon’s Head and the south node Cauda Draconis or Dragon’s tail.

According to local folklore, the Druids, once the administrators of religion to the ancient Britons, resided at three sacred sanctuaries on the Isle of Wight. They include the Needles, on the tail of the serpent ridge, the megalithic Longstone near Mottistone, on the back of the serpent and the sacred Hexal Grove near Brading, at the head of the serpent. As great astronomers and geomancers, the Druids could not have failed to notice that the backbone of the island mirrors the moon’s dragon path. For them the construction of a specific place of worship was unnecessary as the whole island represented a sacred moon temple.

Some of the island’s most haunted places are on the Firestone (Upper Greensand) layer that forms the back of this serpent. Knighton Gorges for instance was once the grandest house on the isle dating back to Norman times and made particularly famous during the 18th century for its lavish and raucous New Year’s Eve parties. However, nothing visible remains of it today, due to its complete dismantlement during the Victorian period. Nevertheless, the house continues to reappear every New Year’s Eve, including the ghostly apparitions of its former occupants, seen by many people since the time of its destruction. I believe the combination of its position on the Firestone ridge, the springs that surround it and the emotionally charged events at the house during its long and fraught history has created a ‘loop recording’ or rip in time, which psychic people can see.

Scottish historian Archie McKerracher of the Society of Antiquaries of Scotland Society claims the Earth’s magnetic field can retain the memory of an ‘emotional or violent event’ that recurs and haunts the area with generated wavelengths of electromagnetic energy bearing a resemblance of a persistent bad dream.

Many equate certain power centres in the land with energy vortices or ‘chakras’ in the human body and although it seems unlikely that the rocks of the earth would mirror the human body, there are some interesting comparisons to be made at certain sites along the Belinus Line. This great north-south axis and its associated male and female ‘dragon’ currents, which we named the Spine of Albion, connects the once great royal cities of Winchester, Carlisle and Dunfermline as well as the modern cities of Birmingham and
Manchester. If there are seven chakras in the human body, then could the Spine of Albion also have seven subtle energy centres radiating this vital power? In ancient eastern traditions, the chakras were seen as a way of vitalising body, mind and spirit. Each one acts like a transformer, receiving and sending energy through the body for nourishment and connecting it to spirit.

The Isle of Wight sits at the base of Britain like a coccyx on the human spine; even their shapes are similar. As we have found at many of the power sites on the Belinus Line, the enigmatic Isle of Wight attracts both light and dark energies. When accessing the creative life force at the base chakra, it enlivens us both physically and spiritually as we connect with the physical world of nature and our environment and strengthens our bond with Mother Earth. However, when the vital force of the base chakra is blocked and out of balance, it fails to nourish us and stops us connecting to the higher consciousness, keeping our focus purely on the physical world and allowing negative emotions to dominate our lives. This imbalance is often caused by the neglect or abuse of our environment or through the deliberate act of dark occult ritual.

We have found that by walking the great Greensand serpent-ridge and working with healing stones and love at certain sites along its back, we have helped to release and purify any detrimental energy that has built up within the cellular memory of the island. While working with these sites we connect with the trail of the Belinus Line and its powerful male and female serpents as they snake across the land. The words of Barry Brailsford often inspire us, a man given a mission by the Maori to heal the lands of New Zealand and reawaken the old spirit paths of the ancients:

As we walk between these sites, we carry the dream of the world we want to see

because we are embodying timeless wisdom from the past that sought a compassionate just world for all.

This inspires us to find the change we need to shape within ourselves a new way of being.

With the power of love, we need to be the dream makers and the pathfinders.

According to mystics, the human base chakra houses a hidden force shaped like a coiled serpent called the Kundalini. As mentioned previously, the shape of the east–west spine of hills on the Isle of Wight is like that of a serpent. Mystics also say that to achieve spiritual enlightenment we must awaken this sleeping serpent through certain rituals and disciplines.

The Spine of Albion has 33 key crossing places of the yin and yang dragon force that follow this alignment all the way to the top of Scotland, and there are 33 vertebrae in the human spine. Interestingly, at the foot of the alignment on the Isle of Wight, the dragons cross at only one place and that is on the neck of the serpent ridge at a mound on Brading Down. Could this be a key place on the throat of the serpent to awaken the Kundalini force within the Spine of Britain? If so, when would be the appropriate moment to awaken this force?

I believe that those with love in their hearts and who carry the dream of our ancestors of a harmonious world will come together at the right place, day and time to awaken the grail energy and restore the land and its people once more.

For more information see www.belinusline.com
Do you ever get a very un-spiritual attack of ‘I found it first’? I’m having one of those at the moment with the whole mindfulness gravy train. Here’s a bit of background.

When I was diagnosed with Mantle Cell Lymphoma - a very aggressive cancer - a couple of years ago, my partner Stephen, who is Managing Editor for Watkins Mind, Body Spirit magazine (so he gets to see all the good books first), suggested I read Thich Nhat Hanh’s lovely book, Fear. It turned out to be an excellent suggestion and the book was never far from my side as I fought to stay calm and positive in the face of extreme illness.

Then he suggested Rachel Neumann’s book, Not Quite Nirvana, in which I discovered that she is Thich Nhat Hanh’s editor, responsible for turning his boxes of notes into the beautifully simple books I was now devouring. Although I had been aware of mindfulness for a while, it wasn’t especially high profile at that time (2012/13); it also hadn’t figured very highly on my list of spiritual practices, because despite having gone through some pretty tough times, I hadn’t needed to deal with the gut-wrenching fear that a cancer diagnosis brings. I quickly came to appreciate exactly how powerful mindfulness is.

During most of my treatment I was in hospital every three weeks, for several days at a time, depending on where I was in the regime. Mantle Cell Lymphoma is known as a chameleon cancer as it adapts to become resistant to every drug that is used against it; the Nordic regime I was following was extremely powerful and debilitating chemotherapy that cycled through different drugs to try to outwit the cancer. It wasn’t a pretty situation to be in, and I needed some focus to help me get through the long hours on the drip, especially once I got to the stage of having a stem cell transplant. At that point I was incarcerated for 23 days in an isolation suite, with not a sniff of fresh air (too dangerous) and visits restricted to only the healthiest members of my family and friends. That was incredibly difficult as I didn’t get to see my sons at all during that time - they seemed to be down with something or other for the whole month and it was considered to be just too much of a risk. Now firmly on the trail of mindfulness (is that an oxymoron, I wonder?) I found and downloaded onto my laptop The Bell Chant – the version with Thich Nhat Hanh’s voice as the overlay to the flashmob meditation in Trafalgar Square in June 2011.

https://www.youtube.com/watch?v=mqZAlcT0Pgs. I played it endlessly, plugged into my headphones as the chemotherapy seeped into my veins. The music reached right into the deepest places of my fear, and for 7 minutes and 38 seconds I was connected to all those lovely people sitting meditating in the sunshine. It was a much-needed escape, and I always came out of it feeling refreshed and a whole lot more positive.

Then Stephen passed me a book on Zentangle - the art of drawing, without drawing to de-stress – which is actually just like the doodles I used to do all over my school books. OK, a teeny bit more complicated, but nevertheless an extremely clever marketing exercise that I threw myself into as it was perfect for taking into hospital. So I would often be found sitting on my hospital bed, plugged into The Bell Chant, happily doodling, I mean zentangling away. It brought me great calmness and...
serenity and I would really recommend it. In fact, spending time colouring with my sons when they were small was absolutely my favourite pastime - much more so than Buckaroo or cards, or any of the other games parents were playing with their own offspring. I loved the peace that came naturally between us, and it seemed to calm the boys down if they were troubled or fidgety. We also had some amazing conversations brought on by the space that was created for us in doing such a simple activity. Anyway, back to Zentangle. At the time it came to my notice the idea was just being sold as a form of executive stress relief, but as I was actually doing it, I was thinking, 'Hey, this goes really well with Mindfulness.' Obviously so did a load of other people, as colouring books are now in the bestseller list on Amazon, and the Mindfulness Colouring Books are up at the very top.

Thankfully I am now in remission, but the mindfulness practice continues, and it has affected every aspect of our lives; after all, that is what a spiritual practice does, and the best spiritual practices worm their way into your psyche until you can’t imagine a life without them. We have downloaded the Lotus App onto our phones, so we set it to go off at random intervals during the working day. I am back at work full time now and both of us find we need the chime to remind us to take a moment and pull away from the constant web of deep concentration that draws us in. We are brought back up to the surface as the chime sounds and pause to focus on the breath and take ourselves back to a point of calmness, which is very welcome in a busy day.

As indeed do several million other people, judging by the number of books and courses offered on the subject. In fact it would be very hard for anyone not to be aware of mindfulness now, and this is where that little bit of uppity-ness sneakied in – one which I’m not very proud of, but it is better out than in. It has started to feel like my beloved spiritual life-saver is being defiled and bastardised. We now have Mindful Cooking, Mindful Colouring, Mindful Eating, you name it… Companies wishing to edge their way up the list for being top employers offer mindfulness sessions for their staff; it has become the buzzword for ‘cool’ and there are even people patenting techniques for learning and teaching it. Oh per-lease.

But then the wonderful bit happened, as it always does if you let it. I was lucky enough to go to an event in London where some of the nuns and monks from Plum Village, Thich Nhat Hanh’s community in France, were hosting an evening of meditation and sharing. It was the most beautiful thing I have ever witnessed and you can read more about it on my blog #64 No Words for This. In the face of some really weird questions from the audience, an extremely difficult question from a very troubled lady, a failing sound system, and running over a strict schedule by about 20 minutes, this lovely group of people exuded peace, love, and a very well developed sense of humour. Being in their presence as their love literally flowed off the stage to envelop us all, made everything alright again. Suddenly I realised that mindfulness can be used to resolve absolutely any situation: whether it is irritation at other people cheapening my beloved practice, or utter terror at a cancer diagnosis. The community talked us through the process of facing these emotions and literally immersing ourselves in them as we breathe in, and releasing the love to resolve them as we breathe out. It is much, much deeper than that, obviously, but this isn’t the place to go further into it. And they also told us that whatever we are feeling is perfectly fine. Resistance to something can be breathed through, as can the denial at the fact we are resistant. How amazing is that? The more I heard, the more I loved it, and indeed it was exactly what I needed to hear.

What I witnessed that evening was true mindfulness in action - and a textbook example of how to deal with my grumpiness at people hijacking what is precious to me. And I have come to realise that what started out looking to me like mass marketing of a precious spiritual practice is actually finding its way to the people that need it, and I’m sure that Thich Nhat Hann would wholeheartedly approve. And that can only be good news as we work our way towards greater peace and tranquillity. And that’s brilliant. So I’m not grumpy any more.
Margaret Cahill has her own blog at margaretcahill.wordpress.com and would love you to pop in to say ‘Hi’.

Can Mass Meditation Reduce War on Terror

By Matthew Manning

I’ve always been interested in the concept of healing reaching out beyond the individual in order to benefit communities. There are, perhaps surprisingly, a number of reports to suggest that it can occur. I believe that many of the stresses and illnesses experienced by the individual are merely reflections of the dis-ease of the world in which we live.

I was intrigued by evidence I read recently that seems to strengthen the idea that we can indeed help and heal trouble-spots around the world by the simple act of meditation. Although the research is now quite old – dating back to the 1980’s – it doesn’t in any way detract from the basic premise.

The results produced by temporary peace creating meditative groups (lasting weeks or months,) seem to have been consistently positive – with reports of nearly immediate reductions in war deaths averaging better than 70%. Most of the studies carried out have been carefully scrutinised by independent scholars, then accepted for publication in mainstream scientific journals. These are a few examples:

- Reduced warfare in Lebanon. During days of high-attendance at a group of peace-creating meditators in Jerusalem, war deaths in neighbouring Lebanon decreased by 70%. Increases in attendance at the peace creating group also correlated strongly with reduced crime, traffic accidents, and fires, and with improved economic indicators.

- Replication on warfare in Lebanon. During seven different peace-creating assemblies – in a two year study of the nearly continuous fighting in Lebanon during the mid 80’s war deaths decreased by an average of 71% Some of these assemblies were large, (7,000 to 8,000 meditators) and distant – as far away as Iowa, USA. This indicates that the peace creating effect can radiate world-wide.

- Reduced world-wide terrorism. During the three largest peace-creating assemblies statistics provided by the Rand Corporation showed 72% reduction in worldwide terrorism.

- Wave of global peace. During the largest peace-creating assembly that continued for several years (1988 -90) major conflicts in the world all mostly came to an end – including the Soviet invasion of Afghanistan, a seven year war between Iran and Iraq that killed millions, and, most notably and unexpectedly, the Soviet-American Cold War that had threatened the world with nuclear annihilation for forty years.

Ted Robert Gurr, Emeritus Professor of Government and Politics at the University of Maryland has written. “In the studies that I
have examined the peace-creating groups. I can find no methodological flaws, and the findings have been consistent across a large number of replications. As unlikely as the premise might sound, I think that we have to take these studies seriously.” I agree with that statement and perhaps we should take urgent action to reinstate peace-creating meditative groups around the world once more. The need is far greater now than during the period when such fascinating research was conducted 25 years ago.

**Fountain International**

**Suzanne Thomas**

Since 1981 Fountain International has played its part in Community Healing, and mass meditations, and I have no doubt that activity of this kind has an effect.

(A free introductory booklet can be found on the website, re the concept/healing tool.)

Fountain has always been open to all, and non-competitive with other like-minded groups.

And in the words of Colin Bloy:

“It is not desire or longing, or wishing for change. It is fully conscious loving participation in the creation of the new image of the planet, holding it in our consciousness tightly and clearly, and when the critical mass of people so participating, which is not that great has been reached, in the true magical terms, idea becomes reality.”

During Colin Bloy’s research into the ley/energy line system of the Earth, he came to the conclusion that energy lines were the “Pathways of Consciousness,” and that by using pure love, fed in through a group focal point, and then into the energy system through to our communities, countries and earth. That a more harmonious vibration could be achieved in the energy system, thereby affecting activity around it.

I have always been a fan of building a “spiritual network,” which would encompass the Earth, akin to the internet — information and Pay Pal – money. In some ways it’s not about healing the earth, but healing the human race, which will have a knock on effect through to the other kingdoms and the earth.

So in these dark earth days, we all have the power to do something, and perhaps it’s time to consider a collective meditation approach. With groups coming together with the single spiritual aim.

As you will have noticed, we are doing a daily meditation of sending Pure Love to Glastonbury Tor from where it is sent around the world, why not join us.

If other groups want others to join in with their mass meditations, then I am quite happy to list them on the website, Newsletter or Magazine.

For example please see emails received for a call for help re the upcoming Olympics.

suzanne@eaglebear.fsworld.co.uk

We are all here on earth to help others;

What the others are here for I don’t know.

W H Auden
King John’s Lost Treasure

By Ann & Steve Dawson

Next year it will be 800 years since King John of ‘Robin Hood’ fame lost all his Royal Treasures in the Lincoln Wash. It had been John’s favourite hobby collecting jewellery, gold, silver plate, relics and other valuables.

Most ‘Treasure Hunters’ have concentrated their searches near Sutton Bridge and Tydd Gotte but earlier this year a LiDAR ground penetrating survey showed all the ancient trackways & Roman banks that traversed the Wash, making access fairly straightforward, but 15 miles to the North it indicated a very exposed area open to the North Sea, at Fosdyke Bridge. This is where we think King John’s Treasure was lost.

We started dowsing south of Tydd Gotte to establish where the Baggage Train had crossed the Wellstream. Today, it is called the River Nene, and we soon began to sense that only the much lighter wagons with King John’s personal items plus 400 Belgium Knights had entered the Wash; all the other much heavier wagons carried onto Newark passing through Wisbech. It was still a two day journey for the Vanguard and King John would have re-joined them the following evening after they had crossed the River Wellend to Fosdyke.

We are dowsers, not treasure hunters, and we only dowsed for the lost knights, servants and animals from this dark cold winter’s night. At Fosdyke Bridge we sensed a tremendous loss and sadness and we think we can now share with you the exact location of the lost Baggage Train and the mass grave nearby.

Brief History

King John unexpectedly became king when his larger than life brother Richard ‘The Lionheart’ died in France from his wounds. John already had a reputation for being obsessive and cruel and over the next 17 years he quickly lost his lands in France and the trust of his English Barons. With excessive taxes and failed foreign adventures England slipped into bankruptcy and a civil war loomed. The Barons could no longer stand John’s failed leadership and despotic rule and came together to force King John to put his seal on Magna Carta at Runnymede in June 1215. John having no intentions of obeying the “The Articles of the Barons” who now controlled London, contacted the new Pope and had them all excommunicated and an Interdict placed on London. Now with his large mercenary army known for its brutality he was still a formidable and dangerous leader and he set about destroying the Rebel Baron’s lands on the East coast and all the way up to Berwick in the Scottish Borders.

But early in 1216 the balance of power changed abruptly when the future French King Louis VIII landed in Kent to assist the Rebel Barons. He was crowned King of England in London and had gained a third of all England by June
this same year. Our ‘Bad’ King John was now on the run and started ‘collecting’ all the plate, gold, treasures and relics from over 32 Churches and Monasteries. During this last year of his reign he rarely stayed in one location more than three days, constantly on the move.

**October 9th, 1216**
John arrived in Bishop’s Lynn, (now King’s Lynn) in Norfolk. It was one of the few places where he was still popular, but when he arrived he began to feel ill. It was decided that he should return northwards back into Lincolnshire, which was probably thought to be safer at this time.

**October 11th, 1216**
John’s army plus the heavily laden Baggage Train (3,000+ personnel), headed slowly back towards Lincolnshire. It is thought he split the Baggage Train with the heavier and slower loads carrying onto Newark but his Vanguard with all his personal effects & treasures was sent across the Wash, which would mean it crossing two major rivers, the Wellstream & the river Wellend, both with known potentially dangerous crossing points. The first is just south of Tydd Gote, between the Medieval port of Sutton Bridge and Wisbech, with the second crossing 15 miles further north-west at Fosdyke. John travelled to Wisbech overnighting there and planned to rejoin the Vanguard the following evening at Fosdyke Bank (Fosdyke Bridge).

The Wash is a large bay (2,500 hectares) that separates East Anglia from Lincolnshire and at this time it extended much further inland than it does today. Off the Roman banks and trackways it would have been a region of mudflats and marshes, traversable only at low tide, riddled with quicksand and deeper channels and vulnerable to rapid movements of water with the tide. The North Sea around the year 1216 had seen some huge sea surges. In January that year Heligoland (Denmark) & Bremen 70 miles inland had been completely obliterated with major sea flooding.

**October 12th, PM, 1216**
King John at Fosdyke Bank watched his Vanguard with its precious stores begin to cross the Wellend estuary, the final half mile to Fosdyke, but that evening there was an amazing tidal surge that came in with the speed of a racehorse. The sudden appearance of a tidal bore, known as an ‘Eagre’ in that region, (which is where a tidal surge funnels water up a river as a series of large, potentially destructive waves), was so strong & continuous that the Vanguard with 800 men was overpowered and lost amidst the rising waters and quicksand.


King John and his entourage standing on the North shore looked on helplessly. King John stayed at Swineshead Abbey for the next couple of days, then went on to Newark, dying there early on the 19th, October 1216.

The distance across the Wellend Estuary to the safety of Fosdyke Bank is only 900 metres, and the dowsed triangular pattern of the wagons shows how they must have ‘Broke Ranks’ as the waters rushed in and darkness fell on this cold winters night. The red triangle measures 400 metres wide by 300 metres deep. Many of the dead were dumped without ceremony opposite the Public House over the next couple of days. Map Coords: TF. 318 322
This is where King John’s Vanguard, the Lead Group of his original Baggage Train was overpowered around 17:00 hrs. on the 12th. October 1216. With 70 waggons 200+ horses & oxen. Of the 800 men in this Group less than half survived. None of King John’s Treasures have ever surfaced or been found.

**Pierre’s Dreamspot**

In my dream last night I was holding a baby and feeding it but I am way too old a female to be having kids. I’ve been doing a lot of self-help research and reading and have even enrolled in an inner child course at our local school library. What do you make of the baby?

Warm wishes and thank you!

Anne”

“Dear Pierre

First of all thank you for reaching out to me and yes, as much as I do not believe in a one-size-fits-all approach when it comes to dreams (simply because each of us have our own, unique frame of reference and perception of the world so different dreams symbols would imply different dream meanings to each of us) the baby is something I have quite often heard in my 12 years of counselling clients.

It often as in your case mean that you have given birth to a new you, a new Anne probably due to all the inner self developmental/inner child work that you have been doing. I like to think of the unconscious which generates our dream symbols as fertile soil and in your case the baby would represent a seed that was planted, nurtured and have now sprouted into a seedling that needs a lot of tender loving care and patient growth of a new life for you.

Well done
Pierre”

If you have a dream that you would like Pierre to decipher. Please write to Pierre c/o suzanne@eaglebear.fsworld.co.uk. Names can be changed in the Magazine for privacy. This is a free service, so what are you waiting for!
Horsetails are relics of the Carboniferous Era so are amongst the most ancient plants on earth. Twenty species still exist worldwide, three of them in Britain. You will most probably know the common horsetail (Equisetum arvense, shown above) but all have green stems with whorls of branches, each covered with reduced leaves called sheaths. These will soon be pushing through the soil causing palpitations in gardeners as the plant is a virulent weed that is hard to eradicate. However, if you now start to carefully observe areas where horsetails grow, you may be lucky enough to see the spore-producing shoots. These (illustrated top right) are pinkish-brown, rather magical structures. They are made up of toothed sections and, at the top is an oval cone which bears the plant’s tiny, green spores (the equivalent of seeds). These shoots quickly die away as soon as the spores are shed.

Horsetails create interesting essences. Steve John-son’s Alaskan Horsetail essence is ‘for connected-ness; opens and expands channels of communica-tion between the conscious, sub-conscious and super-conscious levels of our being; Improves inter-species communications’. My own Stewart Horsetail essence is made of both green and spore shoots. It ‘holds us up when we are bowed by worry and responsibility; brings courage by giving us ‘teeth’ and ‘backbone’ in difficult situations such as facing up to challenging people and events. It also acts as a powerful link with ancient wisdom and is good for strengthening connections with our Higher Be-ing and spiritual guides. However, if you want a more ‘earthy’ application for the plant, the green fronds are full of silica and make excellent pan scrubbers.

Astrological Outlook

April to June 2016

Zoe Hind

From Spring to Summer...

In 2016, the personal planets, that is to say, the Sun, Mercury and Venus are all travelling together. These are the celestial bodies closest to Earth and with which we have a more personal, direct relationship; representing life
force energy, mental inspiration & communication, values & creativity respectively.

For the next 3 months, therefore, most of the immediate energy available is in the first 3 signs of the zodiac – Aries, Taurus and Gemini. These signs are the youngest and, as we journey from the Spring Equinox to the Summer Solstice, we can take all of our fresh energy and apply it to creating (which means growing) with the Solar support at hand.

Tarot and Astrology are two wheels on the same bicycle so here are the cards corresponding to the first 3 signs....

**Aries – March 20 - April 19**

The Sun rises sovereign at the Spring Equinox and the daytime hours exceed/rule over the night time.

The Tarot card aligned with Aries is the Emperor. Mars is the ruling planet and shows us where to take our life force energy and direct it.

The Emperor is the head of state, Aries ram corresponds to the head in the human body. What is in our head and where are we heading?

Embracing this fresh, fire energy like the sap rising in the trees, we begin to grow in strength and warmth and direct our fire into new pursuits.

**Follow your passion.**

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**Taurus – April 19 - May 20**

Taurus is Spring Earth and at this time we can stop and smell the roses and as we feel the warmth return we immerse ourselves in the beauty of nature.

Here we see the High Priest with the figure of Venus and the symbols of the 4 fixed stars. Taurus ruled by Venus and the balance between sensual/physical and spiritual, the fusion of Heaven and Earth reign here in the heart.

For me the sign of Taurus is both the Bull and the Cow as the milk from the milky way which runs through the end of this sign was the milk of the mother cow goddess Boann in older days. The river Boyne in Ireland traces the course of the milky way on the land and is named after Boann.
Gemini – May 20 – June 20

The Gemini twins are the light and dark half of the year.

Here in the lovers card we see all manner of apposition being brought into fusion. Dark and Light, Old and Young, Male and Female.

Mercury is the ruler of Gemini. As an element Mercury can change from solid to liquid and back again. In mythology he carries the Caduceus staff which is the symbol for healing and raising energies in the body.

As an Air sign, it is the way Gemini thinks and the power of intention and focused attention that brings the most fusion and healing (which means wholeness) to this busy Summer soul.

Stay conscious of limiting thoughts and change them into harmonious ones.

Dates for your Diary...

Mercury Retrogrades in Earth signs this year and now it’s the turn of Taurus.

About Mercury Retrograde

There are 3 phases to a retrograde - forward / backward / forward

1. Awareness

2. Recalibration

3. Reward

1. Forwards – The planet passes over the degree point (A) that it will retrograde back to

2. Back – The planet turns retrograde at a certain degree point (B) and retrogrades back to point (A)

3. Forwards – The planet turns direct at point (A) and finally crosses over point (B)

How does this effect you?...

When a planet is retrograde, the Yin/Magnetic quality of that planet is felt.

The planetary expression may take place more internally.

So with Mercury this can be thoughtful, considerate (con-sider-ate = going with the stars and Sidereal time is the name for star time), introspective, quiet, imaginative.

When it is direct the Yang/Electric quality of that planet is felt.

The planetary expression tends to be external.

Wherever Mercury and Taurus are in your chart will show you where you need to place your attention.

If you are born with Mercury retrograde in your chart, you may have an advantage. Your insight and intuition will guide you where fact and logic are failing.

6 April 2016 – Mercury into Taurus

15 April - 14 degrees Taurus (the point it will retrograde back to – A)

Mercury in Taurus will be taking us on a journey of change. As a fixed sign, Taureans are said to be slow to change their minds. Self esteem lies at the very core of this retrograde journey. How we think about ourselves, deciding to love and nourish ourselves and
how we have been using food, love, sex and work as substitutes for self-love or distractions from ourselves will all be themes to explore. Presence is another worthy study.

28 April 2016 – Retrograde 23 degrees Taurus - B

Thinking back to early childhood we can see where we may have picked up certain beliefs about love (or the lack thereof). If you feel that mother love and nourishment were missing and that you are still suffering from this view, now is the time to embrace the All mother – the Goddess love which is eternal and ever flowing.

23 May 2016 – Direct 14 degrees Taurus (the point at which it turned retrograde – A)

We now get to see the fruit of our labours. Over the past few re-connective weeks we should start to glow with a centred confidence and inner warmth that does not rely on others to provide or sustain.

8 June 2016 – out of the Retrograde phase - B

Gratitude and Celebration beamed from the heart, return amplified.

Moon times:

7 April – New Moon in Aries

High Voltage! Sun, Moon and Uranus all act as catalysts for the erratic Fire of Aries. Light the touchpaper and stand well back...

22 April - Full Moon in Scorpio

Much structural activity in earth signs will help this potent and emotional Moon to find discipline and inner strength. An alchemical combination.

6 May – New Moon in Taurus

Solid as a rock. This Moon has its feet so firmly on the ground that we can afford to take some wild and fantastical flights of fancy without the fear of getting lost. I-magi-nation is the birthing for the magikal Self.

21 May – Full Moon in Sagittarius

The first of two Sagittarius Full Moons...this one partners with Mars - a combustible combination bringing up anything from the subconscious that needs purging. Alternatively we have the opportunity here to truly connect with our inner desire and focus our passion with direction.

5 June – New Moon in Gemini

Venus joins the Sun and Moon at the middle degrees of Gemini for a lively and heartfelt conversation. Creativity flourishes, ideas flow, gifts are shared.

20 June – Full Moon in Sagittarius *

The second Full Moon in Sagittarius holds many lessons. A grand square involving Saturn, Jupiter, Neptune and Mercury provide the necessary tension for growth and learning to occur.

Mars Retrograde

From 18 April to 30 June Mars will retrograde back from Sagittarius to Scorpio. The intense feelings we explored in January and February will return so that we can find their source. If they are for our higher purpose, they will strengthen us. If they are coming from the baser instincts, they can now be seen for what they are.

The Outer Planets take longer to pass through each sign and carry a deeper meaning for phases in our lives and society as a whole.

Jupiter direct in Virgo (until September)

Jupiter turns direct in Virgo on the home strait before moving into Libra in September.

A similar energy to Saturn in Sagittarius yet it feels more organic. The mind/body connection as well as our connection to the Earth are centre stage in these teachings. Where attention goes, energy flows...
Saturn retrograde in Sagittarius

Wisdom is knowledge applied. While Saturn moves direct through Sagittarius we are tuning in to great learning and receiving some of the missing pieces of the puzzle on our road to remembering our wholeness.

While Saturn is in retrograde we have a chance to turn that knowledge into wisdom by applying what we have learned. This way the student becomes the master.

Uranus in Aries

Uranus conspires to instigate a return to humanitarian values; to remain individual while considering the group. Community means common union. Looking for the bridges that join us together rather than the divisions that separate is the Uranian ideal.

Honouring the great wisdom of the past and applying the rediscovered knowledge of the present, spirituality and science reunite.

Neptune in Pisces

Like a giant tuning fork, Neptune resonates with the frequencies of the vibrational universe.

In Pisces she helps us find and transmit our highest vibration and live in pure alignment with the Source of all that is. Navigating new dimensions and seeing through old illusions, Neptune acts as our spiritual compass.

Pluto turns retrograde from 18 April to 27 September. During this phase we can take our power inwards, heal any deep seated wounds and explore our shadow side.

To follow these planets in more detail – please visit my 'In the stars this month' page:

http://www.astrozo.com/In-the-stars-this-month(2594989).htm

About Zoe...

Zoe was introduced to Astrology by her mother at the age of 8 and has continued to learn and love this profound system ever since. It soon became a way of life.

Embracing the cultural beliefs and practices of druid ancestors, and combining this knowledge with a healthy interest in other ancient cultures along with the latest scientific theories, she brings the past and the future together to make sense of the present.

Perspective, empowerment and releasing potential is the result.

Zoe teaches Astrology, Tarot and other esoteric subjects as well as giving a variety of unique Astrology & Tarot Readings both on-line and in person.

She also runs a members subscription area on-line

http://astrozo.com/Membership-Group(3013482).htm

www.astrozo.com
youtube: zoeastro

Books and Book Reviews
Axis Of Heaven
Paul Broadhurst & Gabrielle Trso

 Copies of the book can be obtained from the website www.axisofheaven.com

From the back cover.

“History relates how the Greenwich Meridian, a landmark in western science, was established in 1675 and two centuries later became the Prime Meridian of the world, used for scientific and navigational purposes.

History, however, does not tell the whole story.

Axis of Heaven clearly demonstrates that the north/south alignment was laid out along the ancient Axis Mundi or “World Axis”, a symbolic link between Heaven and Earth, and the celestial pole around which the stars revolve.

Over the ages, this axis has inspired kings, queens, visionaries, prophets, occultists, stargazers, Templars and Freemasons. It has also attracted those motivated by less spiritual concerns in search of wealth and political influence.”

Review

A long awaited book from the duo, which wanted to be published on Winter Solstice, and as we all know you can’t argue with “higher management.”

Written in an easy, page turning style, which tells of the history, and people who have played a part along the Greenwich Meridian. A fascinating piece of research, peppered with nuggets of interesting information, especially on it’s links with Royalty and the line of power.

Highly recommended to anyone interested in energy meridians, and those who like a good investigation.

THE INNER HEART OF REIKI
by Frans Stiene

EISBN: 978-1-78535-056-6 (eBook) £5.99 $10.99

The Inner Heart of Reiki is the first Reiki book to look at the inner heart of the spiritual teachings of the system of Reiki. It will take practitioners and teachers to whole new level of understanding about their practice and about the way they teach.

This is a must read for all students of the system of Reiki. Frans, through his research
and practice has peeled away the myths about the system of Reiki and gives us a clear understanding of the Reiki Journey. He also shows how meditation practice is a fundamental part of the system. This book is just what the Reiki world needs, written by someone who walks his talk. Helen Galpin, co-founder British School of Meditation.

Frans Stiene illuminates the intricacies of Reiki with the insight and simple elegance of a master. His writing resonates with the depth of experience. Barry Lancet, award-winning author of Japantown.

Author Website: http://www.ihreiki.com/

Frans Stiene has been a major influence on global research into the system of Reiki since the early 2000s. His practical understanding of the Japanese influences on the system have allowed students around the world to connect deeply with this practice. Frans is a co-founder of the International House of Reiki and Shibumi International Reiki Association with his wife Bronwen Stiene. He has also co-authored with her the bestselling and critically acclaimed books including, The Reiki Sourcebook and The Japanese Art of Reiki.

The Exorcism

Deep within is my very small voice.
I can no longer feel my body
I am trapped within a small place, I know not where.

There is a power within me, over which I have no control.
It rages in my body taking control.
It rants in my mind until I can no longer think.

But as time passes the shock of the attack, no longer takes me by surprise
But my mind still panics
How can I escape?

In the far distance I can hear a voice talking to me.
It talks to me calmly about coming towards the light.
I can feel a hand on my arm and the energy crackles.

I begin to feel the floor underneath my legs
And my hair plastered across my face
The whole of my body aches.

The demon within feels me stir
It hisses and curses, to all who would listen
It’s not going to let go without a fight.

As I rock to the kind words of my saviour, my soul flame gets stronger.
And in that strength I feel indignant anger, which continues to grow.
I feel the light of cosmic energy pouring down on me.
Once full, I know that this demon no longer has dominion over me.
I am no longer frightened it can no longer feed on my fear.
I feel the white light wash it out of my being.

I send it up through the column of cosmic fire.
Returning it back to the source, to be transformed,
And I thank it for it’s lesson.

Life is rarely sugar sweet, and we need to dissolve our demons whatever their form.
You are all rare special beings, never allow your dominion of yourself to be lost.
Live your lives in freedom.

Suzanne Thomas

Water Levels of Consciousness

The water is damned.
There is no flow.
There are blocks.

Water does not like division and separation at different levels. There is a desire within, a calling to unite, a desire and calling to be one, a desire and calling to river together to gather together as one sea
~~~~~~~~~~~~~~we are the sea; ~~~~~~~ we are like water; ~~~~~ we must see that only in oneness are we level and whole. See, the destiny of humanity is to be one sea
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~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

by Fran Smith

Dragons Glory

By Jill Mattson
Hi, Suzanne

The upcoming Olympics in Rio in August provide an opportunity for all groups working for the Light and world harmony to work together to promote world peace and I wondered if you might be interested in joining in

I am trying to promote this activity as widely as possible with people and groups who may be sympathetic to this opportunity for service to humanity and am using the attached text as the background explanation and "call to action"

"On 5th August 2016 millions of people world-wide will be watching the opening ceremony at the start of the Olympic Games in Rio De Janeiro. It would be wonderful if many of those watching could also be praying for, meditating on or visualising world peace at the same time. This is a perfect opportunity to encourage individual but unified action for world peace in every country of the world at a pre-determined moment. At the opening ceremony for the Olympics millions of people world-wide will be watching the proceedings live and could be asked to participate in this united action at the time the Olympic flame is ignited. We would encourage each person, at the point of igniting the Olympic Flame, to pray for, meditate on, or visualise world peace or send thoughts of love and harmony to the world – whatever is the most comfortable approach for each individual."

I hope you might be interested in joining in with this initiative and help to spread the news more widely.

Love & Blessings
Noel

Hi Suzanne -

I am impressed by your video of your organisation Fountain. Following watching your video I blessed my bath water and the whole texture of the water changed. I also did so at my local beach and I don't know but there has been some amazing energy shifts. I am a Kinesiologist so I am familiar with energy.

Best Wishes
Fran

Cardiff Bay

Finally

A leap of faith is sometimes all it takes
Here’s your Invitation from the Magazine & Newsletter

If you would like to send in your own articles, thoughts, experiences, images, dreams or comments. suzanne@eaglebear.fsworld.co.uk

Or if you would like to advertise, a meditation link up, to crowd group your event. Please be in touch, now is the time for us to spiritually work together, and bring about a global spiritual network.

We are One, let’s act like it, this is said in total humility. It’s time to roll up our sleeves, and start to produce the world we want to live in. Don’t leave it to others, your input is required.

Be a part of this spiritual project.

Together we can do this.