

 **FOUNTAIN INTERNATIONAL MAGAZINE**

October 2015 Newsletter



Samhain Realization



Since the last Newsletter we have gone through a Super Lunar Eclipse. What was your experience? Is there anything that **you** would like to share?

I always envisaged that the Newsletter would share more of my/and others spiritual journeys and experiences. Not as an ego trip, but more to hopefully help, and inspire other people's journeys. I am no better or no worse than any of you, and we all need support and guidance at times.

So let me share what I did on the "Blood Moon," and encourage you to listen to your "inner voice," or intuition and act. Quite often, even if we hear the "inner voice," we ignore it, because it is either inconvenient to ourselves, or we lack the confidence. I will hold my hand up to that one.



I am a trained Essence therapist, (though don't have the time to practice.) With the Super Lunar Eclipse, I was nudged to use these very special energies I would have to make an essence. It would be a long time before I would get the opportunity again.

Super Lunar Eclipse with Periwinkle

Super Lunar Eclipses happen rarely. This is the fifth since 1900, and the next is not due to happen until 2033.

What is a Super Lunar Eclipse. This is when the moon appears at it largest to the Earth, 14% larger than it's smallest, and the Earth comes between the Moon and the Sun. Because of the dust in the Earth's atmosphere it illuminates the Moon with a red light. Giving the "blood moon" effect.

So as an essence maker, I couldn't let this one pass. That was the easy bit! In the UK we are just beginning the Autumn season. I knew that I wanted to use a flower that was in my garden. My choice was limited, but then I saw a purple periwinkle winking at me. It was like a child at school desperate to answer a question given by the teacher.



Periwinkle it had to be.

I have only just looked up what the periwinkle is good for, and this is after having made it. In my flower essence encyclopaedia it gives two accounts:

- 1) For clearing past experiences. Clarifies goals, affords a greater overview of life and boosts energy levels. Heals and regenerates life.
- 2) Helps us to be responsible for our own depression and thereby dispel it. Lifts the dark cloud of depression and thereby dispel it. Lifts the dark cloud of depression, moves us to a place of inner knowing. Calms the mind and clears the memory. Chakras – hara/sacral and crown. Meridian – heart.

(Okay that fits, I will admit that I am not a superhuman, and do have human frailties. As a result of what has gone on this year, and certain challenges and the coming of winter, I was beginning to feel a depression creeping over me. Moving with my intuition, to make a essence at this time, and with periwinkle, I appear to have made been listening to the inner me.) Quite often if we look around, the thing that will heal us is close to hand, and I am not just talking flower essences here.



I picked three periwinkle flowers, and put them in the water of a crystal glass jug that I had especially bought for essence making at Chalice Well in Glastonbury, and placed on the window sill, where the moon would appear, around the time of the eclipse. (I did catch sight of the Blood Moon before it went behind a cloud, but none the less the energy would still be there!)

During it's distillation I played a CD of digeridoo music, and my crystal heart bowl once, so that the essence would be imbued with the heart frequency. In the de-concocting I played the heart bowl again twice. (Seem to have picked up as in the book it says that it works with the heart meridian.)

Will start to take this essence to see what happens.

What is your inner self trying to tell you? How are you working with it? Would you like to share. I will change names if you are shy. ;-)



Suzanne Thomas

Meditation Reminder 7.00am GMT - 1st November 2015

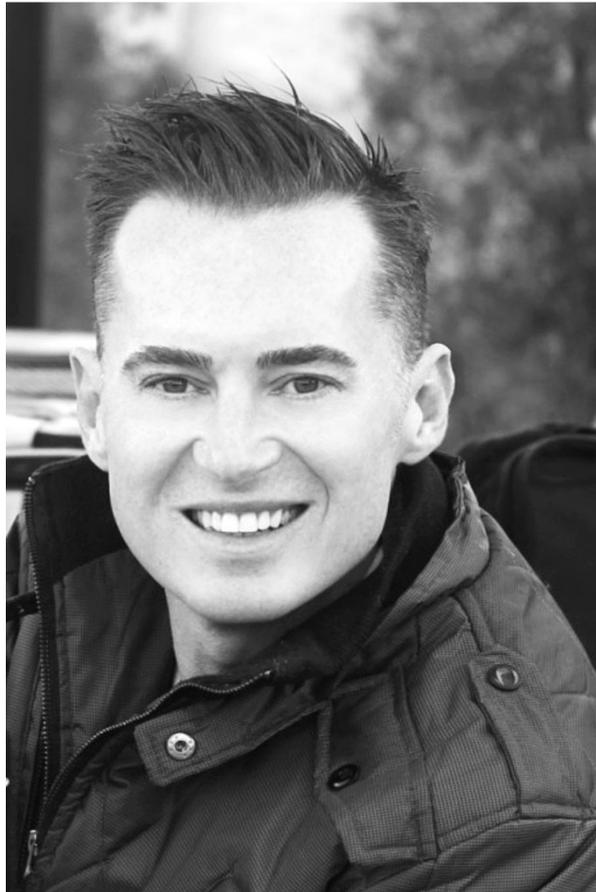
This is a Global reminder for a link in meditation, of sending Light and Love around the world, using the gathering or focal point of Glastonbury Tor, England. We seem to be going through a dark time according to any news you listen to. So what better time to come together to send out Light and Pure Love into the World.

If you are not available at that time, ie asleep in bed. You can always send your Pure Love energy to be held at Glastonbury Tor, with the proviso that it be released at 7am with all the other energy.

It's as quick and easy, as just sending a thought.



In the last issue of the Newsletter and Magazine, I announced the new services of Pierre de Villiers as an Agony Uncle, (for the Newsletter,) and Dream Analysis, (for the Magazine. As a free service, please send your dreams or problems to me at suzanne@eaglebear.fsworld.co.uk in the first instance for me to pass onto Pierre. Please be assured of complete “In Confidence,” names will be changed for privacy. This is an exercise of helping the sender, and perhaps others who have a similar problem. Can Pierre be of help to you, if so give it a try, you have nothing to lose?



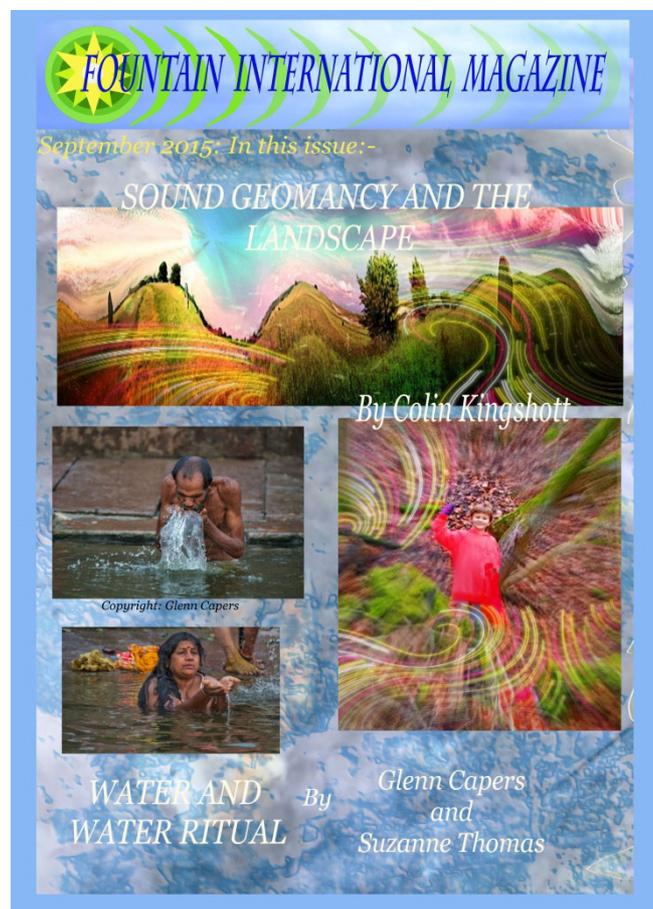
Dear Pierre

I would like to remain anonymous if that is okay but want to share with you what has transpired in my life the last year. In short I got engaged to who I thought was Mr Right and we are happily married the last few months. Yesterday I discovered in the most bizarre coincidence that my husband cheated on my while we were on our honeymoon and confronting him about it last night he casually brushed it under the carpet with a ‘had to be sure you were the one for me babe’ kind of response. On the one hand I am flattered that I am the one he chose and yet, how do I know he won’t do this again or am I being silly when so many of my girlfriends would love to find a man who loves and adores them. Please help.

Dear Annon, in short I would like to put one enormous banner in front of you that say in giant red letters: “Pack your bags and run”. This is a deal breaker in my books not to mention how there’s no such thing as a “coincidence” as Spirit will always intervene when it chooses to and guide you down a different road if that is what your journey requires. What has happened is not appropriate and not worth desperately clinging on to because of all the single women seeking men out there. Wouldn’t you rather be a dignified individual who chooses to be with someone who respects her as I do not think that you are going to ever find peace of mind with what happened or ever trust this person again. I am not saying that your husband is a bad man, I am saying that what has happened over time might systematically erode YOUR sense of self and that is worth EVERYTHING. Pack your things, calmly move on and embrace trusting another man when he comes along (which he will) and appreciate the gentle care he provides compared to what you’ve been through. Sometimes we need the darkness to help us see AND APPRECIATE the light.

September issue of the Free Fountain International Magazine is waiting for you on the Website

<http://fountaininternationalmagazine.com>



Chalice Well

Glastonbury, England

Saturday 31 October 2015 | 12 noon & 7 pm

Free admission from 10 am until midday.

Midday Meditation

We gather at the well head at midday for meditation, until 12.30.

At 12.30 we invite you to join us around the fire on the lower lawn for an informal Conversation Café. We hope this is an opportunity for people to meet, share ideas, thoughts and beliefs and increase connection through understanding.

Normal admission fees apply from midday and, as usual, you can use your ticket to come and go throughout the day.

Evening Meditative Gathering | 7 pm

The gardens will remain open from 10 am until 9:30 pm (last entry at 8:30 pm) and we will hold a further meditation at 7 pm. During the evening the gardens will be lit by torch and candlelight, and filled with gentle sound of harps and singing bowls being played in various locations around the garden, making for a reflective and contemplative evening. After the meditative gathering at 7 pm, you will be invited to light a candle in King Arthur's Court, to be placed on the waterfall in remembrance and in honour of our ancestors.

(Normal admission from 12 pm - Companions FREE)

Refreshments on sale 10 am - 1:30 pm and 4:30 - 8:30 pm

Please feel free to join us for all or any part of the celebration.

A Smile on Samhain





A selfie whilst putting the Magazine & Newsletter together.

Here's your Invitation from the Newsletter

If you would like to send in your own thoughts, experiences, images or comments.

suzanne@eaglebear.fsworld.co.uk

My aim is to build a healthy spiritual network, with no boundaries, there is no need to feel alone, no matter where you are physically in the world, all are free to share, if you wish.

I am truly grateful to all who promote the Fountain International Magazine and or Newsletter.

Be a part of this spiritual project.

