

November 2015 Newsletter



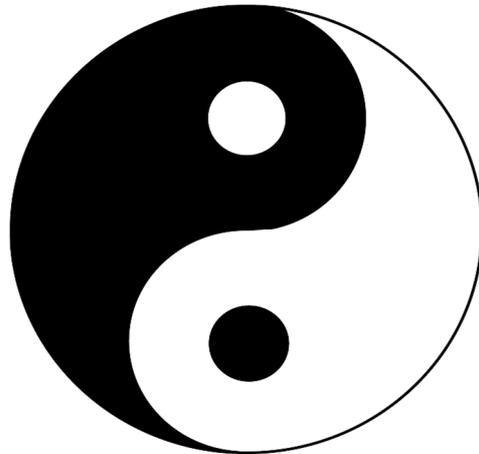
Bonfire night in the UK has come and gone.

Fire and light has a special attraction for us all, especially in the dark winter months. We miss the rays of the sun. I know that there of many of you out there, and I count myself amongst them, as people who have an energy drain through this season. The only brief respite is during Christmas, when people generally have more love in their hearts, and we are surrounded by xmas “lights.”

Fire is one of the four elements in our lives, the others being Air, Water and Earth. Fire raises our temperature, and the feeling of warmth generates movement and comfort.

Fire is linked to: energy, power, passion, action, sexuality, creativity, authority, consumption and the untamed. As with all things Fire has two sides. Fire consumes, warms and illuminates, but can also bring pain and death. It is often the symbol for inspiration, but don't forget it is also the predominant symbol for hell.

Fire is the only one of the four elements, which can be produced by a human, and is seen as a bridge connection between mortals and the gods, and is often used in rituals.



Traditionally in the Chinese culture, fire represents the active and Masculine/Yang. It is closely related to the sun and the powers of change and purification. Contrasting to water, fire moves upward with raising energy, therefore, the alchemical symbol is an upward pointing triangle

Fire is a catalyst to both initiating and completing metaphysical demonstrations.

The Celts were keenly aware of the significance of fire and its spiritually transformative properties. This knowledge can be seen on celtic statues and in art in the form of three flames or rays on the faces of deities or clans. These flames are shown in lines aspiring up and outwards from the bridge of the nose to the forehead. This motif is symbolic of *Arwen* a Celtic concept of enlightenment, inspiration, and total unification of polarities, ie a balance between male and female, physical/ ethereal etc, within human awareness.



The Nordic Ken rune symbolises fire. When it is drawn in a divination it shows positive action, sexual prowess, passion, warmth and positive direction. As an oracle this symbol denotes a blossoming of understanding that will light the way for a new adventure.

From my own personal perspective I loved nothing more than to stare into a fire, not that I saw anything, but it was very comforting. (Which is strange, as in a past life I was burned at the stake!)

I also have a Christmas tradition of giving candles to close friends, to bring them light in the days of darkness, and also a gift of one spirit to another.



In the December issue of the Fountain International Magazine I will go into more details with regards to my take on Candles and Candle Rituals. Together with some of the wonderful pictures of Glenn Capers.

Suzanne Thomas



Glenn Capers ©

A tribute to the Paris victims of terror: Facing the darkness

David Arenson

I breathe in and I breathe out.

Another day, another bomb. More senseless violence.

Beirut burning, not many caring (the day before the Paris attacks, a bomb killed at least 43 and wounded over 200 in Beirut). In Baghdad, 26 people were killed in a suicide bomb and roadside bombing targeting Shiites. A third world country in ashes, nobody pays much attention.

Paris explodes and the world takes notice. A campaign of sympathy for Western victims, but nothing much for the rest. The media cry out and shockwaves of fear

spread across humanity. How can this happen – how can chaos and instability reign in the developed world?



Intense energies and raging winds storm the planet whilst some are sleeping. Is there any sense to be made of this world? In times of upheaval, people seek theological solutions, seek comfort in a higher power.

Question – who or what is the enemy? Who are we fighting for – who are we fighting against? Perhaps it is our light that we fear most. Who is the real enemy – is it external or within?

In the years to come, it seems inevitable we will face more tribulations. Will we see beyond the illusion or be sucked into a vortex of shadow? Will we react fearfully or respond with grace?

We are all under attack from extremism from the Middle East to America, Asia, Russia, Europe and all the world. We are all targets of the dark forces and that actually unites us. Humanity is at war with the darkness and in our plight, we are one. The real enemy is darkness. The face-less enemy is within just as much as it is on the external plain of existence. Something unites us all – that is love. It does not have a religion, or a philosophy attached to it.

What is darkness? What is it inside that corrupts a human soul? What is it that ignites the flame of tyranny, the evil of wanting to harm others? Inside our soul, where is the light? The forces of darkness and derision have always been here. We all have something to look at, something to think about. Blame is too easy. Doubts are all over, everywhere. People doubt and want to think negative things; suspicion prevails and all we get are the same empty sound-bytes.

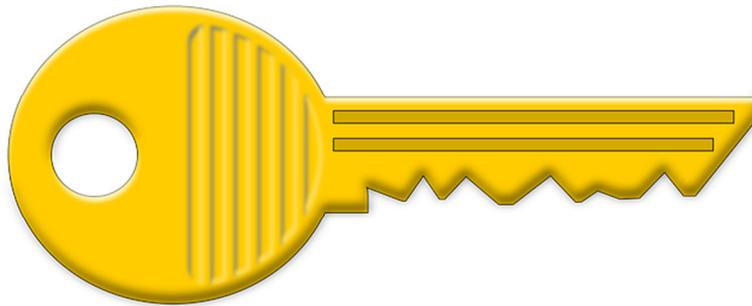
These forces that want to destroy life are fearful of the light, fearful of love, they feel such darkness that they want to destroy all light. They are desperate to leave a ghastly legacy of death. They do not love themselves, but feel a seething hatred of life itself. Only a mind under a cloud of fear and suffering would support such evil acts.

The cleansing is difficult as all catharses must involve a shedding of the old - a releasing and letting go of fear, grief, and so many old beliefs. We cannot escape our individual responsibility as all of humanity is under attack. When one person suffers, we all suffer. We are all inwardly responsible and outwardly influential. Purging is only a part of the process, it is not perpetually in motion. Collectively, we are co-creating all that is. We can change what we see now with love.

We live in a world of facades of cascading vibrational illusions that stand for reality. The love of our Creator and all of creation is truly limitless. Evil is only relative, reflecting the apparent limitation of unconditional love. We have all inherited this evil. The cause is a limitation placed on that which is unlimited. The true cause of this is doubt. Judgements of limitation and extreme bias only place shields over people's eyes and blankets over their spirits. There are many aspects of relative truth and absolute reality. This field of creation consists of worlds within worlds. From our perspective, we can only glimpse the reasons and reasoning behind events.

Vivekananda spoke of the illusory separation and ultimate union with the godhead in a speech on November 18, 1896: *"We are like silkworms; we make the thread out of our own substance and spin the cocoon and in course of time are imprisoned inside. But this is not forever, for in the cocoon we shall develop spiritual realisation and like the butterfly come out free."*

We live in a world of constant change. Impermanence is our teacher. The only reality is flux. All is within the mind to be healed and changed. The Ascended Masters of our past did not want religions, they wanted enlightenment. They did not want war, they wanted peace. Peace must always begin within before being externally manifested.



The human community must ask ourselves who we are. Our self-identity is key, how we define ourselves – are we divine souls united under One Creator – or divided and separated predators battling amongst each other for limited resources?

Our true nature is not evil, violent, wicked, or devious. Within all of us is the seed of God, the seed of goodness, light, unconditional love and purity. We each have a saint glowing within, a shining star of grace inside. Our essential nature is not darkness, it is starlight. May we see our light manifest in the world and shine upon all those who suffer.

Our conditioning comes from old belief systems based on the ego-self that taught separation, materialism and greed, a competition-mindset – always focused on the self instead of on co-operation and co-creation. Our history is filled with control and manipulation by dominating forces seeking to build empires. When we act out of ego, we act out of limitation, we easily fall into the trap of fear, hatred and blame. We each have our own path. How we respond is not the same. There isn't a right way or a wrong way. Sri Chinmoy wrote so evocatively –

*"Life is given to each human being
For a very special purpose.
This secret each human being
Must discover for himself."*

We cannot change evil by countering with evil. The Buddha taught: *"For hatred does not cease by hatred at any time: hatred ceases by love. This is an unalterable law."* Reacting to terrorism with more terror only fans the flames of hatred. We cannot bring peace by murder. The only way to peace is via peace. The only way to bring about peace is to look within at our nature, to embrace the practice of compassion, loving-kindness and tolerance. Only love will bring us out of darkness. Only our love for ourselves and each other will heal the collective suffering and blindness. As Marianne Williamson said - *"as we let our own light shine, we unconsciously give other people permission to do the same."*

Humanity mourns. We cannot let our comrades die in vain. Standing together for the light – to stand for the powers of goodness, the mastery of kindness, love, forgiveness and grace – these are the hallmarks of human development and evolution. Spiritual integrity, wholeness and kindness, and following the pathway to goodness is the only way forward for humanity.

It is time to expand our awareness and set new intentions for our world. Healing our collective trauma takes a willingness from each one of us to heal and forgive ourselves within. The test is one of faith. Have we lost faith in the light - or do we still believe in the light forces of hope and innate goodness?

Only awareness and coming back to fundamental spiritual values of unity, forgiveness, understanding and kindness will bring the world back to a positive light. May we all feel alive with the unity of the Divine spark within glowing and throbbing within the heart of humanity. We are ONE heart together as LOVE.

I breathe in and I breathe out love.

Expect Magic!

David G Arenson ND

METAMORPHOSIS ♥

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"One's destination is never a place, but a new way of seeing things." ~ Henry Miller ~

7 Lovely Logics

1) Make Peace with your Past
so it doesn't spoil your Present.

2) What others Think of you is
None Of your Business.

3) Time Heals Almost Everything,
Give the Time, Some Time.

4) No one is the Reason of your Happiness
Except You yourself.

5) Don't compare your Life with others,
You have No Idea what their Journey is all about.

6) Stop Thinking too much,
Its Alright not to know all the Answers.

7) Smile, you don't own
all the Problems in the World.

Meditation Reminder 7.00am GMT - 1st December 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.



Dear Pierre

Due to work pressures, Pierre has sadly had to postpone the Dear Pierre column in the Newsletter. But Pierre's Dreamspot will continue unabated.

So

If you have a dream and you would like Pierre's insight. Please send it to suzanne@eaglebear.fsworld.co.uk where it will be passed onto Pierre. This service is totally confidential, and names will be changed if required before going into the Magazine. ☺

Pierre's first dream analysis is in the December 2015 issue of the Magazine, and was spot on for the person concerned!

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

<http://fountaininternationalmagazine.com>

The December Issue of the Fountain International Magazine will be online 21st December 2015

Articles Include:

Dowsing the Dragon Part 1 – Colin Bloy

Dimension Hopping – Jill Mattson

Candles & Candle Rituals – Glenn Capers & Suzanne Thomas

Contribution from Giles

Here is the Glastonbury Perpetual Choirs video from St Michael's Day

It was quite a day. Fountain was well represented on its founding day.

<https://www.youtube.com/watch?v=d9vv2ldCfM8&feature=youtu.be>

Giles Bryant
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To the Editor

I loved the clear no-nonsense advice our agony uncle gave to the problem in October's issue of the Newsletter. Too blooming right. And yes, there are no coincidences. It is all clues and hints, they look after us all the time, provided we listen. And I am pleased to see our witches are up to date and thinking locally.

Suzanne Wheatley

Christmas Joke



How many elves does it take to change a light bulb?

Ten! One to change the light bulb and nine to stand on each other's shoulders!

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.

