



FOUNTAIN INTERNATIONAL MAGAZINE

SPECIAL EDITION: 6TH BIRTHDAY: AUTUMN 2017



GLOBAL
ENLIGHTENMENT

by
Jill Mattson

BE CAREFUL!
CONSCIOUSNESS IS
LISTENING

by
Michael Roads

SACRED HISTORY
from the
ISLE OF WIGHT

by
Jan Harper Whale

UNIVERSAL
INSTRUMENT OF
ENERGY

by
Iam Saums

September 2017

Editorial



Happy Equinox

With this issue, the Magazine has reached its 6th Birthday, in this incarnation.



Time certainly does seem to be whizzing by. Time flies for many people with the high - pressured world that we live in. We are buffeted from one event to another, not having time to draw breath, or properly process what is going on. Our emotions and mental thinking embroil us in the situation we find ourselves in, so it is difficult for us to see clearly.

Sometimes all it needs is to step away from the situation to see it in its proper perspective, and release the emotional and mental attachment. Take a few breaths and centre yourself.

No time?

When I was working a “normal job”, and got very stressed, I would take myself off to the

loo, lock the door, breathe and centre. Away from people and the situation I could calm myself. There is always time, if you want to make time.

For me now, time to an extent no longer exists. Since giving up my normal day job, apart from certain appointments and deadlines, time no longer matters, which is a pure luxury. It is quite a freeing experience, and I am sure that I get more things done without time nipping at the heels, but it can also mean that I can put things off, believing that I have no restrictions.

Life itself is a very full on experience, so sometimes you need to take a breath. Be aware of what the reality is, and be aware of what means the most to you, and make that your priority. For many it's their loved ones. Money or “things” are not always king. So, adjustments may need to be made.

Make the most of life in the here and now, things can change in a blink of an eye.



Exciting News

*Now published on
Amazon Kindle £1.99*

“Who’d Have Thought It”

**A Community Healing
Project**

By

**Colin Bloy & Suzanne
Thomas**

In these times of change and chaos, it is easy to feel powerless, and unable to make a difference to events in your community, and the world.

Within the pages of this book you will find that this is not the case. Fountain International, is a world-wide, free community healing project, based on the simple notion that communities, like people, suffer from dis-ease, and may be healed. You will learn how this can be done, in a very simple way. You will also read about how Fountain International developed through the work of Colin Bloy and friends, such as Michael Bentine of Goons fame. Colin's research began with afternoon tea, at a friend's house. This took him on a journey around the world. In a real life Da Vinci Code-type of experience. My own beginnings were equally insignificant yet became part of this global phenomenon. Since the "concept" is open to ALL, whatever your circumstances colour, religion or politics you can also discover how to make a difference to the world. And perhaps like Colin Bloy and myself, you will, one day, sit down and think, "well, who'd have thought it."

Welcome to Fountain International



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If you don't have a Kindle. Amazon has a FREE "Kindle" PC App.



Deadline for the next issue

1st December 2017

Next Issue Out
21st December 2017

All original submissions of the submitter welcome, within the general remit of the magazine. If in doubt ask the Editor.

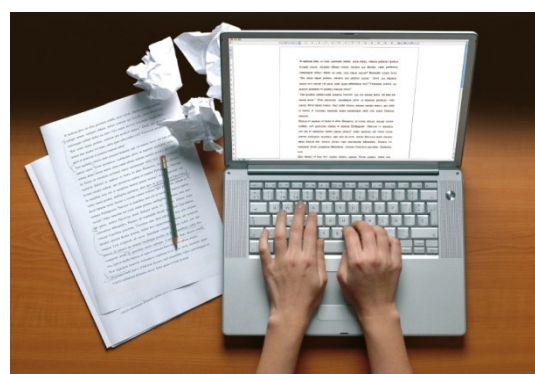
suzannemthomas48@gmail.com

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, creative nature, ie poems, inspired writing, short stories, artwork, photographs, etc. The sky's the limit.



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www.fountaininternationalmagazine.com



John Hain

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The gaps may be long between issues of the magazine, but here's an opportunity to interact with those of a similar interest, and build a strong network between peoples and groups.
www.facebook.com/FountainInternational

Glastonbury Tor, UK

Linked Meditation

Become Involved



Join with us for the daily sending out of Pure Love, Light and Balancing energies, at 7am GMT, daily, using the focal point of Glastonbury Tor, UK, to encompass the World and all within it.

This is a free activity that any human being can do, in aid of the world that we live in. All can participate and help, there are no barriers.

Not able to make the sending out time of the energies at 7am!

You can still join in and be of great value, by sending Pure Love energy to the Tor, putting on the intention that it is stored there until 7am the next day, when it will be sent out with the rest of the Pure Love energy into the world and to encompass all.

Everyone can make a difference, don't let anyone else including yourself, tell you different.

A thought is all it takes.

Tongo, an off shoot of Fountain International, also sends out energies once a month on the 27th of each month at 7pm. For more information about Tongo go to their website.

www.tongo.org.uk

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*Beware intermittent Transatlantic spellings,
depending on which side of the Atlantic that
you are.*

Be Careful!

Consciousness is Listening

By Michael Roads



Walking into a pet store the other day, I told the woman at the counter what it was that I wanted. "Too easy," she said, getting exactly what I wanted and taking the money. I reflected on this purely Australian colloquialism that you hear nowhere else in the world. Too easy. I smiled. As far as colloquialisms go it is a very positive one. Most are not.

Probably the most common colloquialism in Oz is the reply to, "Hi, how are you?" Invariably, you hear, "Not bad." It becomes obvious that people, generally, have no idea of the impact regularly repeated words and statements have on their lives. Another common one from more positive people when you are asking for help is, "No worries, mate," or "Not a problem." Let us look at the power of regular statements. Maybe you are a person who has your own.

All thoughts and words are energy. Thoughts and words are energy that create either more energy or less. Think about it. Your thoughts are your creation. They are either energising you, or causing you fatigue. And most people are tired by the end of the day. We always assume that this is the result of the days' work, but more often than not it is the result of the days' constant repetitive thoughts creating fatigue. People who always watch the television news of suffering, drama and trauma are drained of energy via their emotional and nervous system.

We are fields of energy. In every moment we are either feeding ourselves with more energy,

or we are draining energy from ourselves. Life does not drain us, nor do world events. Not even the negative ones. We have to do that by reacting negatively. And we do not have to react negatively. Negative reaction is not a choice, it is the abdication of choice. The very word re-action means that we are re-enacting an old pattern of resistance. It comes from our past. A reaction from the past to deal with an issue that is based in the moment is not a good way to live your life.

I am told that the statements from a certain U.S. president make many people angry. No. His statements do not make people angry. His words do not have that power over you unless you are powerless. His words are no more than the trigger that set up the chain reaction of an old, old pattern from your past. The president makes a statement, you hear it, and disagree. Now, this could be the end of the story. To get angry you are required to negatively react, to give your power to the president, to then feel helpless and powerless, and finally to get angry to summon back some power because this is the only place that you can find it - all this happening in a subconscious negative chain reaction that finally leaves you as the fatigued victim.



Unfortunately, every time you react and get angry you are continually recreating the pattern of continuity that you are already locked into. Very counter-productive. So, let's go back to some of those key words we mentioned earlier; the words in your language that, unbeknown to you, hold you in these negative patterns.

First you must realise that we are conscious Beings living in fields of consciousness. This is

our continuing reality, unaffected by birth or death.

Consciousness is listening to your every thought, your every word, even to your intent and attitude. All this is part of the conscious language you use to speak to consciousness. Sadly, people have become so focused into the world of illusion that this language has become subconscious. People are not even aware that they are speaking to consciousness. This means, in effect, we are speaking our creative reality in a language we do not know that we are speaking! Nor do we know to whom or what we are speaking. Nor do we realise that we never stop this communication. "Not bad" is heard by consciousness as a repetitive statement. In consciousness every statement has a focus. In "Not bad," the focus is "bad." Bad is the key word. In "No worries," the focus is "worries." Worry is the key word. With "Not a problem," the focus is "problem." And so it continues. Things get worse, worries continue, and problems occur more frequently.

I suggest that "Really good," "Rest easy," and "Easily fixed" would create a far more comfortable and progressive lifestyle without the drama.

It is interesting because, while "Not bad," "No worries," and "Not a problem" are all statements of a basically positive attitude, all unwittingly invite trauma and drama into a situation or to a person who is ready to free themselves from this position. In other words, they have the right attitude, but the energy of their words opposes them. Be aware of your language, and if it opposes you, change it. As much as possible be aware of thoughts, words, intent and attitude as your communication to and with life. If you apply this awareness you will be amazed and delighted by the results.

<http://www.michaelroads.com>



Global Enlightenment

By Jill Mattson

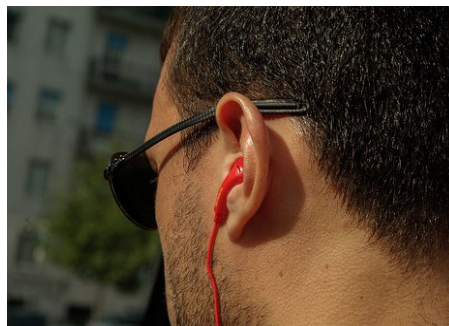


The Buddhists describe enlightenment as a *final blessed state marked by the absence of desire or suffering*. Enlightenment elevates awareness and consciousness, producing improvements on all levels. When you abide in harmonious, “enlightening energies” for a sustained period of time, you make better choices and master your emotions, despite challenging circumstances. Enlightening energies open intuition and awaken psychic abilities. Enlightenment strengthens your own personal power, while keeping your body healthy into old age. There are countless benefits. **Enlightenment is something everyone wants – no matter what their beliefs are.**

Enlightenment occurs with individuals, but also for countries, groups and ultimately the entire world. The *enlightenment of the world* can be compared to the board game of **Risk**, in which each player attempts to dominate a world map. **Risk** players have different colored game pieces that they place on countries. Whoever gets the most pieces (representing countries) wins the game. If the game board is covered with blue pieces, then blue wins and red loses. There is no struggle between good and evil – it simply is a game of amassing quantities of colored game pieces.

This is a good analogy to see how the Earth gets her predominant frequency. Everyone “votes” on the overall frequency of the Earth, with their day-to-day choices – and simply by who they are. People continuously create frequencies by their thoughts, actions and feelings. The Earth’s fundamental frequency equates to the average frequency of everything. The largest quantity of frequency becomes the “dominant song” that the masses entrain to.

The world-pool-of-vibrations can be likened to an impersonal game with the largest quantities of vibrations dominating. The greater volume of one frequency overcomes or entrains another. So we must ponder: what are the vibrations that the world entrains to today? The vibrations in our music changes people’s frequencies. What are you listening to?



When you pray for people in a war torn area, your prayer is like adding a small colored piece on the Risk game board. When you pray in song form (a mantra or a hymn), you place a large game board piece into play. Sound amplifies the power of your prayers and intentions.

In Estonia, a small Eastern European country, I met Mara, who told me about a song festival changed the lives of the Estonians. The Estonians had been horribly-treated-slaves for hundreds of years. They were demoralized and broken. When the Russian Czars fell from power, the Estonians saw their chance for freedom from Russia, but did not have the courage to seize the opportunity. In a country of a million people, half a million sang together 24 hours a day for five days. They created energy and unity that restored their wills, determination and spirits. Mara credited their country’s courage and resulting freedom to the energy its people ingested from the song festival.

Later Hitler seized Poland; in response Russia overpowered Estonia. Under Stalin’s ownership a large number of the people were randomly sent to Siberia on a daily basis. Most died. Can you imagine worrying if you are or a loved one would be randomly sent to a death camp every night?

Later Hitler conquered part of Estonia. Both Russians and Germans forced the Estonians to fight for their side. The Estonians fought against each other, with brothers killing brothers and father killing sons. This instilled

shame, once again breaking the spirit of the people. After World War II, the USSR occupation created harsh conditions, little food, few jobs and severe lack of housing, but plenty of fear. This terrible negativity added up and the people were “broken” again. When the USSR collapsed, the Estonian people had no courage to gain their freedom and no will to fight.

Once again the Estonian people came together with a song-festival for five days, with a half of million people attending. Mara attended this song festival; it changed her and she will never be the same. Shortly afterwards the Estonian people gained their freedom, crediting their courage to the energy created by their songs. To this day the Estonian people hold a week long song-festival every five years to harmonize, unite and empower themselves.

Music was successfully used for national transformation and enlightenment!

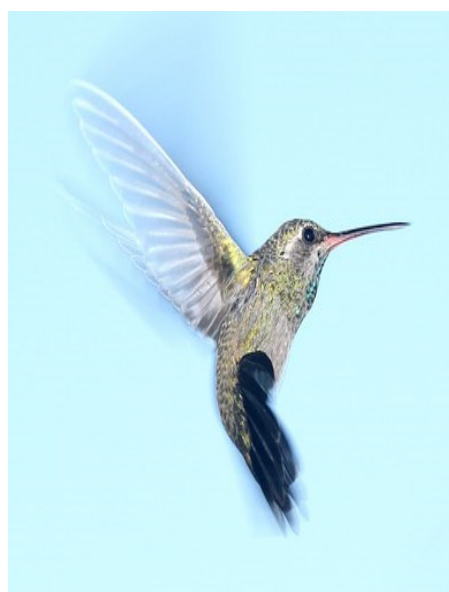
The influence of vibrations works both ways; outside energies influence you and your vibrations influence others. Everything about you (thoughts, feeling, actions and health) is part of the global vibrational energy pool. **The stronger vibration overcomes the lessor.** So what is your contribution to the global energy pool? This can be a scary analogy as we are all less than perfect. Our shortfalls and low energy dips are not just ours, they drag others down too. However, there is great beauty in this analogy as well. You matter; your thoughts, feeling and actions can tip the balance of power. **You don't have to change the world, you have to uplift yourself and this is powerful.**

The entire country of Estonia was emotional flat lined. Singing from half of its population for a week transformed and uplifted the entire country – with profound and lasting impacts. This powerful makeover for an entire country was accomplished with the proper use of music. Simply by listening to uplifting music (a lot) or singing (it doesn't matter if you are a good singer or not), you amplify positive frequencies. You become a megaphone to shower uplifting energies everywhere in your vicinity! Listening to uplifting music can benefit so many, while you use no will power nor even attention. You can even listen when you sleep. So what are you waiting for? There is about an hour or divine energy music free at www.JillsWingsOfLight.com!

Jill Mattson Bio

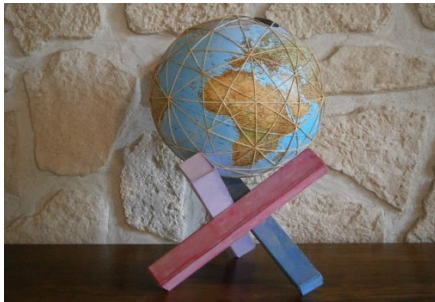


Jill Mattson is a prolific Artist, Musician and Author. Jill is widely recognized expert and composer in the field of **Sound Healing**! She has produced nine CDs with intriguing, magical tracks using ancient & modern techniques, & special healing frequencies to achieve profound benefits. Jill is a four - time author. (*The Lost Waves of Time – Best Book of 2016 and Best Alternative Science book of 2016, Deep Wave Body Healing CD– Best Sound Healing CD of 2016, Contacting Angels & Masters CD – Best CD of 2015 and Deep Wave Beauty CD – Best New Age CD – Silver Award*). Free music & School of Sound Healing at www.jillswingsoflight.com



Chartes, the Earth Energy Grid, and the Great Pyramid

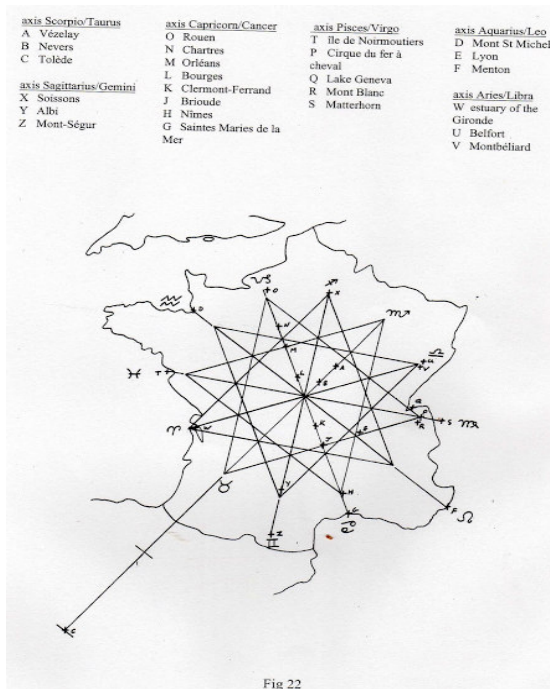
By Philip Ball



The Gypsy Switch is an astrological zodiac of Great Britain based on the Gypsy fairs which followed an annual cycle around the country.

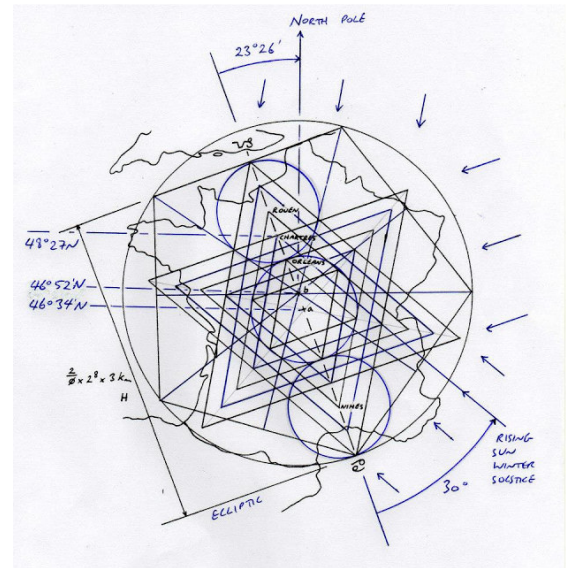
This idea of a British national zodiac led me to investigate if the same could be found in France.

I already knew of landscape zodiacs (similar to the Glastonbury landscape zodiac) at Chartres, Mont St Michel and Saintes Maries de la Mer and my own investigations have led to the discovery of another at Vezelay. The French landscape zodiacs can be linked together so that they lie on the 30° spokes of a twelve division national zodiac. The centre is at a latitude of 46°34'.



The axis running through St Maries de la Mer and Chartres crosses the Channel into England and becomes The Belinus Line. It is tilted 23°26' from the North (see following drawing,) the angle of Axial tilt.

The line running through Mont St Michel follows exactly the path of the Winter Solstice rising sun. The Michael line crossing Southern England is indicative of the May Day sunrise. However, it is only at Chartres that the angle of the rising sun on the 1st May is exactly at 90° to the Belinus line.



Belinus line and May Day rising sun at Chartres



Knowing the latitudes of the centres of the French national zodiac and the latitude of Chartres, a full twelve pointed zodiac can be drawn out, see previous drawings.

Chartres cathedral indicates the union of a the 'twelve' based solar pattern with a pentagon.

Vezelay Abbey is constructed on a scorpion shaped hill called Mont Scorpion, seemingly

indicating the sign of Scorpio in the national zodiac. The opposing sign to Scorpio is Taurus, which, when drawn onto the national zodiac, extends down to Toledo, the original capital of Spain up until 1561. The mythology of the (Taurean) bull in Spanish folklore is very well documented.

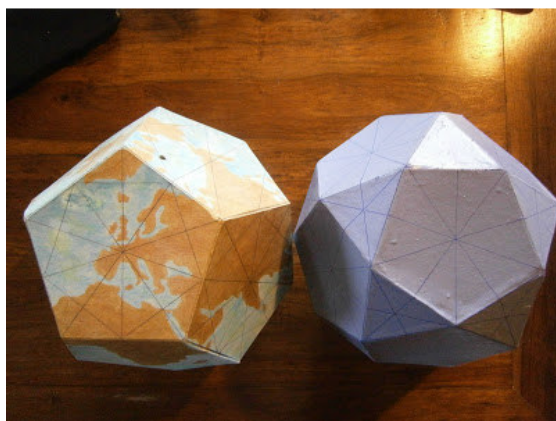
Another strong indication of the signs of the zodiac is the Leo axis passing through the original French Gallic capital at Lyon, named by the Romans Lugdunum 'the town of Lug'.

The annual pilgrimage to Lyon 'Lugnasadh' in reverence of Lug and the most important Celtic religious festival, took place on the 1st August, which coincides with the sun's annual passage into the zodiacal sign of Leo.

The following quote from the Phaedo by Plato provides us with a vital clue as to the next stage of the evolution of the Earth grid pattern.

'But if I must tell you a story, Simmias, it is worth hearing what things really are like on Earth under the heavens.....it is said then, my comrades, that first of all the Earth looks from above like those twelve patch leather balls'

A sphere equally divided into twelve parts results in twelve, equal, five sided, curved pentagons, or a spherical dodecahedron. However, the dynamic model of the dodecahedron has now evolved into the more intricate icoso dodecahedron which is the dodecahedron but with an inner pentagon contained within each pentagonal face.



Dodecahedron and icoso dodecahedron

The 12th century gothic cathedral at Chartres replaced an earlier roman styled edifice which in turn replaced another older building. The first documented reports of a religious

construction at the site of the cathedral date a church to approximately 350AD. However, there are reports of an earlier circular monument at the same site and strong evidence of pre-historic activity of a religious nature taking place in the system of caves beneath the cathedral. Indeed, there is already a great deal of documentation comparing the cathedral to the Great Pyramid. However, an important detail of the position of the cathedral has been overlooked. It relates to the transition of the Earth grid pattern from the hexagon to a pentagon.

A hexagon drawn inside a circle and a pentagon drawn inside a circle have offset centre points.

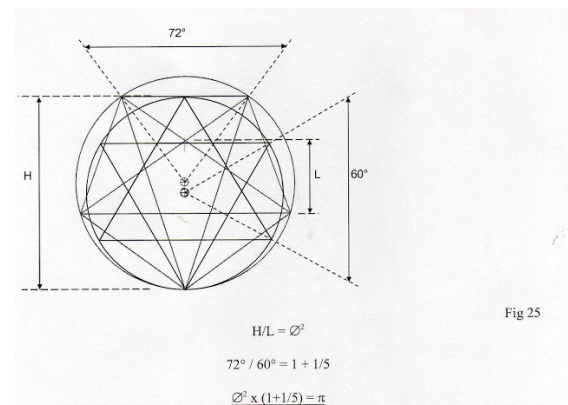


Fig 25

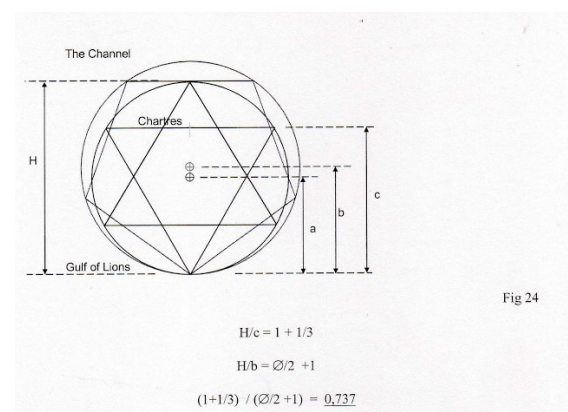


Fig 24

There is an interesting mathematical relationship between the hexagon and pentagon.

$$H/L = \phi^2 \ 75/60 = 1 \ 1/5$$

$$\phi^2 \times 1 \ 1/5 = \pi$$

$$H/c = 1 \ 1/3 \ H/b = \phi/2 + 1$$

$$1 \ 1/3 / (\phi/2 + 1) = 0.737$$

0.737metres is the common unit of measure specifically chosen for the construction of Chartres cathedral.

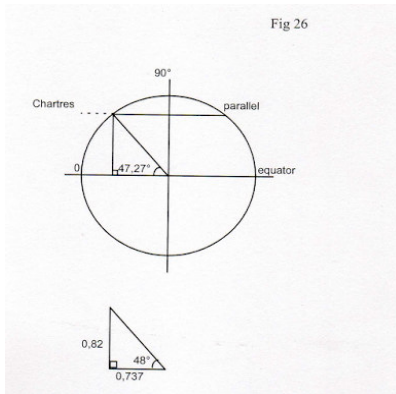
Length of the choir = $50 \times 0.737\text{m}$

width of the choir = $20 \times 0.737\text{m}$

height of the vault = $50 \times 0.737\text{m}$

width of the arch of the vault = $20 \times 0.737\text{m}$

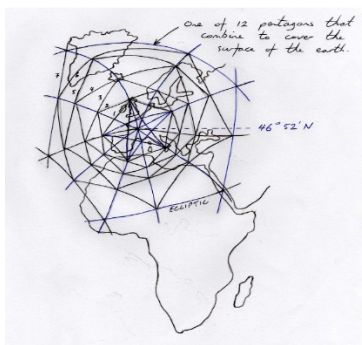
The number 0.737 is also related to the degree of parallel of Chartres.



The position of Chartres is given as latitude $47^{\circ}27'N$ with a degree of Parallel equal to 73.7 km. The parallel is the length of the perimeter of the circle which turns about the Polar axis of the Earth at the latitude of Chartres, therefore the Parallel is equivalent to $360^{\circ} \times 73.7\text{km}$ or $360^{\circ} \times 108 \times 0.737\text{mm}$.

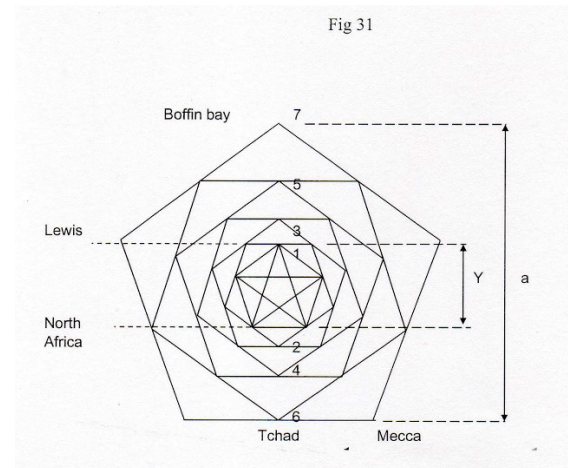
The length of the metre is fixed in terms of the 'second' and the 'speed of light'. The speed of light in vacuum is 300 000 kms/second. The metre is the length of the path travelled by light in vacuum during a time interval of $1/300\,000$ th of a second.

This would seem to indicate then that the measurements used for the construction of Chartres cathedral are based directly on the knowledge of the cathedral's exact global location and the speed of light.



This first pentagon is the first in a series of seven enclosing pentagons which become one face of the twelve-sided dodecahedron.

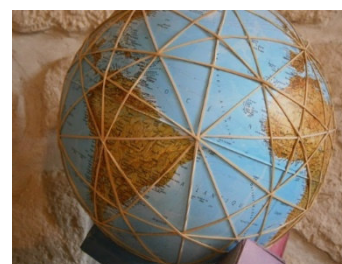
To find the complete spherical dodecahedron and the icoso dodecahedron, the ten lines radiating out from the centre of the European pentagon are extended to encircle the Earth. The centre of the European pentagon is at $46^{\circ}52'N$, exactly two times the maximum angle of the Ecliptic.

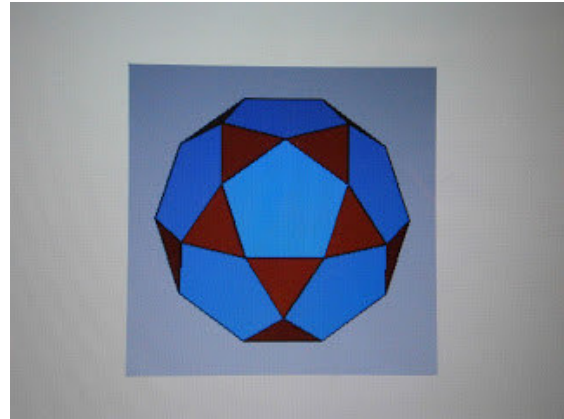


The lines forming the edges of the last two pentagons in the series of seven are also extended to encircle the Earth. The centres of the twelve pentagon faces are found where ten lines meet.



Two of the centres of the pentagons are exactly on the Equator.

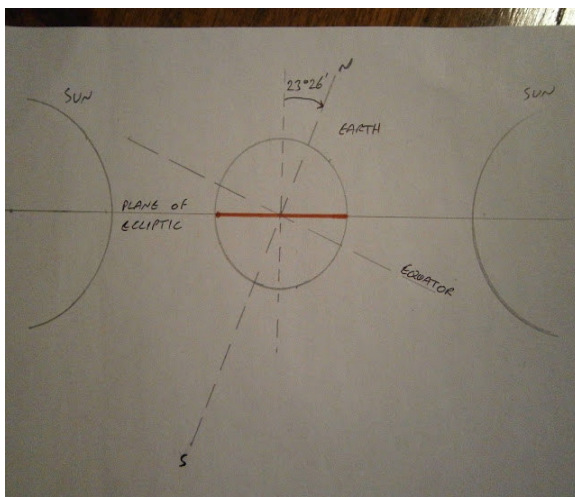
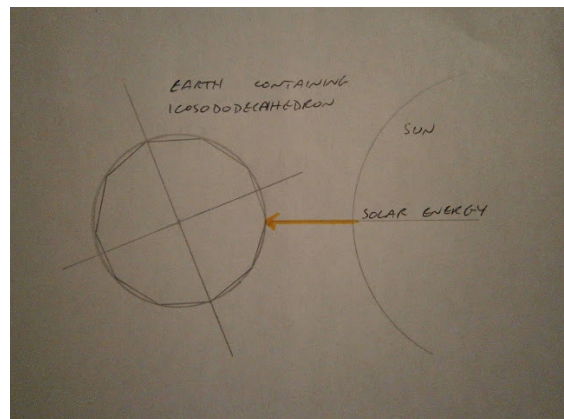




Icosododecahedron

We have already noted that the Belinus Line in the European pentagon is inclined at $23^{\circ}26'$. This means that the base of the European pentagon sits on the imaginary Ecliptic.

In other words, if the Earth had no daily rotational movement about its Polar axis, the apparent movement of the sun during a one year period on the plane of the Ecliptic could be drawn out as a single meridian encircling the Earth which is inclined at $23^{\circ}26'$ to the equator.

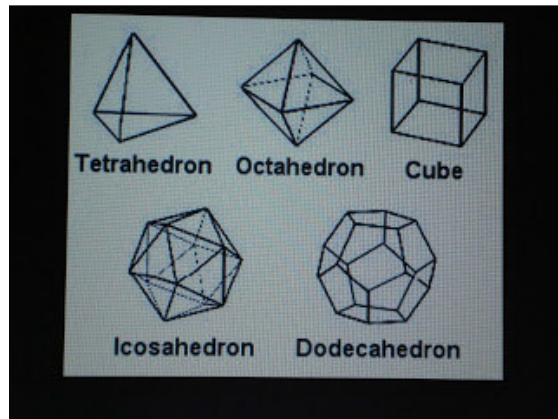


The meridian of reference for finding the Earth energy grid is the line of the Ecliptic drawn on the surface of the Earth as if it had no Polar axis movement. The explication for this is that the Earth spinning about its Polar axis 'contains' a fixed, angular (ie non-spherical), icoso dodecahedron Light energy structure which is attached to the sun via an umbilical cord of solar energy.

This means that the faces and vertices of the fixed angular icosododecahedron are projected outwards onto the spinning Earth. The material body of the Earth, therefore slips around a crystalline Light core, which means that the core and body only come into line once every 24 hours. Over millions of years the combination of an alignment of the Earth's material body with it's inner Light core plus the intensification of energy at the times when the vertices of the icosododecahedron are in line with the rising sun, has literally pulled the Earth's landmasses into their present position.

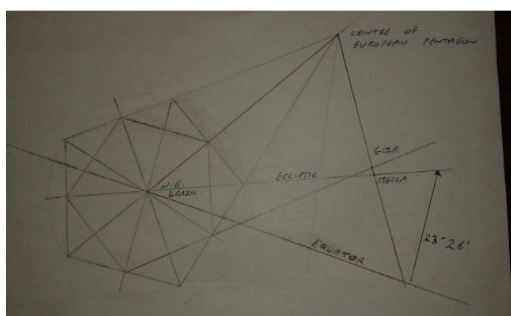
It should be noted here that the dodecahedron is one of the solids in the series of five Platonic solids. In three-dimensional space, a Platonic solid is a regular, convex polyhedron. It is constructed by congruent regular polygonal faces with the same number of faces meeting at each vertex. Only five solids meet those criteria, the tetrahedron, cube, octahedron, dodecahedron and icosohedron. An interesting phenomenon of these five solids is that they can all be fitted inside, or nested within each other so that if they were all fitted inside a sphere all the points would either lay at the mid points of a vertex or would touch the outer

sphere. Plato was so impressed by these five definite shapes that constitute the only perfect symmetrical arrangements of a set of (non-planar) points in space, that later on in life he expounded a complete 'theory of everything' in the treatise called 'Timaeus' based explicitly on these five solids.



The 'blue print' of Earth's energy grid can be compared to a Light hologram of an icosododecahedron. Therefore, an ancient civilisation that had evolved sufficiently to understand and appreciate the necessity of living within the confines of the natural Laws of nature, realised that the moments of maximum alignment between the Earth, the Sun and the Light core, and thus its most receptive position for solar energies, is of prime importance. One of the functions of solar observatories such as Stonehenge was to observe the moments of maximum alignment.

From the centre of the pentagon on the Equator, NE Brazil, the Ecliptic is drawn out at $23^{\circ}26'$ to the Equator. It cuts through the Belinus line at 90° , passes directly through Mecca and naturally determines the Tropics of Cancer and Capricorn. Mecca is, therefore, precisely on the Ecliptic and at the intersection point of the European, African and Asian pentagons.



The angles of the lines shown on a flat two-dimensional piece of paper are not an accurate

representation of the curved icoso dodecahedron. When all the lines are drawn out on a globe it becomes immediately obvious that the icoso dodecahedron grid pattern has influenced not only the position of ancient religious and astronomical sites, but also the Earth's entire landmasses.



Plane of the ecliptic at $23^{\circ}26'$ to the equator



The plane of the ecliptic at 90° to the Belinus line



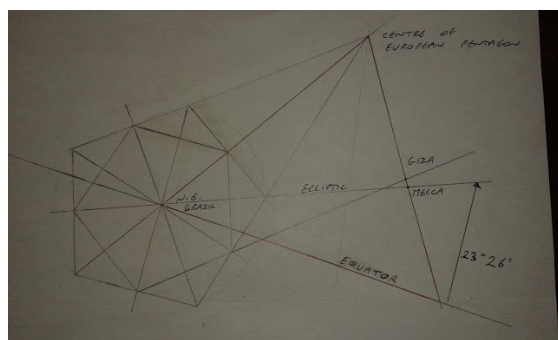
The plane of the ecliptic passes through Mecca (La Mecque)

A line from the centre of the European pentagon passes through Mecca and the Great

pyramids at Giza. Many documents have been published which demonstrate the extraordinary lengths that have been taken to ensure a perfect harmony between these ancient constructions, the Earth and the cosmos. The pyramids at Giza and Mecca occupy global positions that allow the astronomical calculation of the entire grid pattern. However, they seem to indicate a so far, overlooked larger harmony with the global grid pattern.

A line extended from the centre of the European pentagon down to the centre of the pentagon off the coast of NE Brazil, and another from the centre of Europe through the Great pyramid, Mecca and down to the Equator, form a triangular face equal in proportions to one face of the Great pyramid at Giza. The angles are only accurate on the curved icoso dodecahedron.

The pyramid over Northern Africa with its tip in France and its base on the equator.



The pyramid sitting on the Equator. The angles are only true when projected onto a globe, see previous photo

Perhaps the extremely improbable chance union of the conditions necessary to create life came together in a completely random way, and after billions of years of evolution we arrived at the point where we are now. Although it is becoming increasingly obvious

that the exceptions to the commonly proposed theories of evolution are far too frequent to ignore. The Earth's geometric grid is an objective field. It can be physically felt and manipulated by simply visualising, which would seem to suggest that we have been given the responsibility of nurturing the grid for the benefit of the Earth and of ourselves. My opinion is that Human Beings are the only intelligence that have the capacity to consciously create by visualisation. The techniques of attaining the higher states of consciousness which enabled us to most effectively manipulate and enhance the material world were the natural consequence of evolving harmoniously with the laws of nature.

The icoso dodecahedron grid pattern is dependent on the sun and the Earth's entire physical structure is gradually coming more into line with it, so we can only conclude that a tremendous amount of energy is being generated between the Earth's grid pattern and the sun, enough energy to literally mould a planet. So what is the importance of human input ? Given that a human has the power to influence the grid, it can only be presumed that the degree of energy created and the 'health' of the grid is also directly dependant on our interaction with it.

It is only very recently in human history that we have become aware of a global grid pattern, but the great ancient astronomical sites such as Stonehenge, Giza and Machu Picchu suggest that they were constructed with a profound knowledge of how to harness this vast reserve of energy. The scale of the operation even now is beyond human intellectual and physical capacities, but maybe a profound knowledge of the mechanics of the universe and the ability to attain extremely elevated states of consciousness were the principles that allowed an ancient race to capture the vast sea of free energy that we have at our disposal.

To follow Philip's journey,

<http://django12.blogspot.fr/2017/01/the-earth-pyramid.html>

<http://generatorearth.blogspot.fr/2017/03/generator-earth-newgrange-countymeath.html>



“SPIRITUAL PEACE PIPE ENDS BATTLE OF THE WILLS PEACEFULLY”

By Brenda Rachel

Angelic Quote:

“Conversing with One Another,
Are We Speaking to be Heard
Or, Bringing Value from Our Spoken Word?”

Hostility Breeds Volatility Which Can Manifest Into Disability. This is my story. My first conflict happened at the age of 4, when I was dragged into a house and held at knife-point by a 10-year old boy who asked me a question in a complete rage and, in his opinion, I did not answer it correctly, for fear of being harmed. I screamed at the top of my lungs to my 4-year old girlfriend, who was outside and saw what happened, to “get my Mom”, who was right next door in our house where we lived, and she came running over and rescued me. Thank You, Mom! From that point forward I made an unconscious decision to be quiet and never engage in conflict.

Many of us have heard the phrases regarding conflict **“Take No Prisoners”** or **“Avoid Conflict At All Cost”**. I am definitely in the last category and this has led to many of my disabilities, by not dealing with conflict in a healthy manner. I do believe there is another statement that could be used about conflict and that is **“Conflict – None, Peace – Won”**. This does not mean there is no conflict to deal with, but by coming from a spiritual place, using accountable and respectful language, listening attentively, and staying “on track” with the actual subject matter, conflict can be resolved in a peaceful

manner. Being a spiritual person, I have always thought I was being the “bigger person” by remaining quiet during an argument, not expressing any of my feelings, but wanting to explode inside. This has not been a positive approach or produced a constructive resolution to conflict for me.

Conflict may not always relate to the actual subject matter being argued over, but an underlying current of something totally unrelated that may have been churning in our mind or heart for some time. Things may be said that can never be taken back. Miscommunication happens very quickly and without warning, which may leave a demoralizing impact on the individuals involved. Misunderstandings can cause emotional impairment which may be “long lasting” and can be very hard to “bounce back” from. “Letting things roll off our back” and “forgiving and forgetting” may or may not be achieved, but I have found that for my spiritual peace of mind and growth, it is beneficial to accomplish this.

During my life, I have had several conversations with people, some close to me, some not, some in person, some not, which have led to miscommunication, creating misunderstandings. As part of my spiritual healing process, I am choosing to use the following “Spiritual Peace Pipe” principles to have peaceful discussions, deterring any potential conflict, which is resulting in a positive outcome for me. When I do this, I feel spiritually alive and empowered.

L. – LISTEN: Listen to what is being said, allow the mind to be quiet, not having its own conversation going on while the other person is speaking. Stay open and receptive to what is being said. It is imperative that each person, while speaking, is not interrupted. Refrain from judgment. By showing disinterest or being occupied with planning an immediate “attack” retort, the focus of the conversation will be lost. Keep focused on the subject at hand.

A – ASSESS: Assess the conversation with the **4 W’s – Who, What, Where and When.**

Who is the person delivering the message? The person delivering the message will be coming from their own frame of reference and experience, and their own translation and

interpretation will become part of their delivery. At any point, if feeling unsettled, clarify what is being heard so that a potential misunderstanding that could evolve into a huge “volcano” never erupts. Always use the “I” language, starting each sentence with “I”, (I Feel, I Know, I Believe, I Understand, I Disagree, etc.) so you can “own” your experience and not make someone else wrong for your experience. This is very difficult to do when the divisive line has already been “drawn in the sand” and there is ambiguity about where “You” and “I” start and end.

What is being said? I have found through my recent conversations that what was being said and what I heard were not even in the same “ballpark”. I discovered this through reiterating to the other person what I had heard them say and I was told that was not at all what they said. After a very short dialogue we were both able to see how simple words through translation and interpretation became the fuse for conflict and how our own context around the words led to the miscommunication and misunderstanding.

Where is the conversation taking place?

Is this communication happening in the appropriate place and if it is already in the “battle zone” agree, if possible, to have the conversation in another location. If it is known that a conversation is going to be contentious from the start, then have it in “neutral” territory. If the conversation starts out amicable but becomes explosive, then it is imperative to lay down your “weapon of words” and let the combustion of the fire die down. Agree to continue the discussion when both parties can be more amicable and receptive, as nothing gets resolved peacefully in the middle of a “Battle of the Wills”.



When is the conversation occurring?

Ask the other person if this is a good time to talk? Are the people involved tired, stressed, unhappy, feeling challenged, wanting to blame someone for the situation, or looking for a

verbal fight from the outset? Again, a reminder that if the conversation starts out amicable but veers off in a “negative” tangent, be the first to lay down your “weapon of words” and change the subject. If necessary, withdraw physically from the environment.

D – DIFFUSE: As a Spiritual Person, Be the Bigger Person and Diffuse the Conflict as Soon as Possible. As part of the “growing pains” we experience on our Life Path, it is necessary to take ownership of how and what we say. Tone of voice, body language and facial expressions all contribute to a peaceful or combative outcome of any potential conflicting communication. When understanding, compassion and consideration are bestowed on the other person involved in the conversation, the energy shifts, changing the atmosphere, allowing positive transformation to occur within the dialogue.

Y – YOU: You are the constant in all of your communications. No matter who you speak with, or what the subject matter is, you bring you to the conversation. Trust yourself to know that whatever message you are hearing from whomever, at whatever moment, is exactly what you are meant to be hearing. It is up to you to discard anything that is not of value to you. If negative feelings are stirred up, then this is an opportunity to stand in your own power and Know Your Truth. No one else is you, only you. There will never be another you having your experience. The power is within you to claim Your Own Truth. You are here to experience, learn and grow spiritually. Everyone you meet on your Life Path will give you an opportunity to become a bigger and better person, if you so choose.

As Spiritual Beings we can all “Play Fair in the Sandbox”, to achieve the end result of “Conflict – None, Peace – Won”!

From My Heart to Yours,

Angel Blessings,

Brenda Rachel, Humanity With Heart

[http:// www.brendarachel4angels.com](http://www.brendarachel4angels.com)

My inspirational and spiritual website Humanity With Heart at <http://www.brendarachel4angels.com> has been totally revamped and much more content added, which has all been channeled to me by the angels.

My published book "In This Moment Angels' Sweet Reflections" is a free download, and my music is also free on the website.

A Universal Instrument of Energy

By Iam Saums



The Tide and The Undertow:

Our society has strayed further away from the natural world. In many ways, we have attempted to distort and destroy nature for the sustenance of our modern day conveniences, comfort zones, innovations and pocketbooks. We wonder why we starve for the basic necessities of clean air to breathe, clean water to drink, clean food to eat and clean environments in which to live. It is more difficult to ensure the purity of our needs in a world that sacrifices them willingly for power, position and profit. It is insane to believe that there is a viable justification for what we are doing, how we are enabling, and why it is deemed socially sensible to be biting the hand that feeds us.

How we breathe and live is much like the crashing and receding of the waves and the ebb and flow of the tides. There is a universal blueprint in the majesty of this often-overlooked expression of nature. Yet, below the surface of the sea, something equally unseen and significant is happening. There is an undercurrent that draws upon us; much like the opposing force of a magnet. It pulls at our bodies, our minds, our hearts and even our souls. It is the force of life we cultivate with our willingness and it is the force of death we enable with our resistance. It is that which remains unnoticed that makes the strongest impression and passes the greatest influence. It is only the circumstances we feel that allows us to sense beyond the diversion of reality and express our truth.

As conscious human beings we see the undertow everywhere in everything. It is in the extreme swings of the financial markets, the shifting power of the political arenas and the misguided strategy of the established medical industry. It is in the contrived broadcasts of the media outlets, the romanticizing of spirituality, the false heroism of the sports industry and the sensationalized fantasy of the entertainment industry. It is in the marketing of thousands of unhealthy products that lead to millions of deaths a year. It is the declining undercurrent of our society. It is a global vortex that exists solely for the sake of consuming. It is the ugly face of humanity's collective ego that devours with an appetite never to be fulfilled.

Transcending the Currents:

We live in a social structure we identify, interact with and to which we are tethered that we commonly accept as "reality." Within this formation of existence, we are constantly influenced and conditioned by continual social undercurrents. Some of these currents are very constructive and life giving such as love, creativity, healthy relations, community building and childbirth. Even if we are not particularly conscious to the presence of energy currents in our daily lives, those of a higher frequency are undeniable. They usually result in the release of natural endorphins that elevate our perceptions, vitality, mood, motivation and experience of life.



However, most of the currents in our contemporary society are very destructive and deadly. These artificial tides shower us through news broadcasts, entertainment,

sporting events, religious propaganda, advertisements, misinformation and even personal and family dramas. When we are caught in the undertow of these lower frequency currents, we are left tired, drained, depressed, hopeless and powerless. As human beings, we often struggle to establish a healthy awareness of them. These denser energy frequencies push and pull us to and fro, overwhelming our vision, senses, purpose and life. They possess authority over us when we allow their energetic exploitation. It is only when we concede our intention of consciousness we surrender our power. When we do, we separate ourselves from the eternal spring of energy that the universe provides.

We are in the midst of an energetic conflict and its impact and impression is as constant and relentless as the ominous fate looming within and around us. Whether or not we are conscious of this secret battle does not take away from its potency and the burden of its probable outcome. We are confronted by an energetic conundrum every year, day and breath of our lives. We feel it when we wake up till the time we retire to our sleep. Its presence permeates every facet of our being, most often without our awareness and understanding. Our ability to thrive amid these social currents is dependent upon our willingness to differentiate and choose which energy we will adopt and represent based upon the nature of the expression of our lives.

In The Flow:

There are numerous sources in our world that radiate energy. Whether it is the Sun, the Earth, the winds, the rivers, the tides or even people, we are provided an endless supply. Yet, the energy source that is most available to us is ourselves. We are a biological system of life that generates and expresses an immeasurable amount of vitality. Our body is constantly producing energy through breathing, digestion and hydration. Our mind continuously fires neural activity as it sends commands to our body and relates us with our intuition. Our hearts emanate life force through the circulation of the blood as well as the boundless electromagnetic energy that connects our heart with our soul. Our soul is our direct connection with the source of all life in the universe.

We are eternal energy. All that exists is within us. It is not an external entity that limits our

capacity or takes our power from us. It is our personal denial, self-righteousness, judgment and acquiescence that causes our diminished existence. It is we who give our power away when we decline to become all who we are. It is only we who can recover the energy we surrender to the chaotic undercurrents of our society's turbulent, energetic tides. It is in our nature to become multi-dimensional expressions of life in this world. After all, we already are. It is our living inheritance to claim our common destiny by fulfilling ourselves with the life force of all creation. Everything that we need to thrive in our life is already within us. We need only identify, accept and radiate our universal expression.

We are an instrument for the universe. The nature of instrument we will be is dependent upon the expression of our energetic birthright. We have the potential to conduct the energetic currents that flow into this world. We have the choice to be in flow with the universal energy and the collective stream of consciousness. We have an obligation as living beings to stand strong amidst the social currents as they ebb and flow to challenge the bearings of our destiny. We have the right to transform the fractured tides and undertows in our lives and in the world toward a convergence of energetic evolution. Our lives are opportunities to express and share energy. All it requires of us is to be the truth of our existence. All it requires of us is to be what we are, a universal instrument of energy.

www.iamsaums.com



Earth Energy Healing Network

Repair, Replenish, Rejuvenate

By Ben Lovegrove

Like all other networks the earth energy network requires monitoring, change, and maintenance. It needs capacity planning, testing, and repairs to breakages caused by misuse through ignorance, accident, and even willful and malicious damage.

Networks have a tendency to grow, to expand, and they need to be updated to cope with expanding demand. They need to be resilient in the face of temporary outages so that traffic is re-routed when required.

If you are interested in participating in the repair and replenishment of the Earth's Energy Network then here are a few methods. There is a process to suit just about all character types.

Armed with this knowledge you too can be one of the Earth Energy Network Engineers.



Visualisation

This is something anyone can do at any time. It's a method that has been used for millennia and gained a resurgence in recent decades thanks to groups like Fountain International.

The process is simple but effective. Get into a meditative state and visualize a powerful channel of pure divine energy descending in column into a focal point your local community or into a node point in the planetary network.

Imagine that same light spreading through the various channels and connections within the network. As it spread wider further afield its positive and beneficial effects are transferred into the surrounding areas.

Think of blood spreading through capillaries bringing life and energy, or pure cool water flowing into dried out and dusty pipes.

Imagine broken connections repaired in the network and light travelling through forgotten channels once again.

Best suited for: Introverts who like to meditate alone or anyone who likes to socialise and meditate with groups.

Pilgrimage

Walking Britain's old straight tracks and winding pathways is another way of bringing them back to life.

Seek out the many footpaths and make use of them. Go on longer walks along routes that have been used for thousands of years.

As you visit any ancient site or node in the network; henges and holy wells, churches and hillforts, standing stones and tumuli etc, approach with reverence and say a silent greeting to the spirit of the place.

Give thanks as you leave. Pay your respects just as you would behave with appropriate decorum in a mighty cathedral or quiet small church.

The British Pilgrimage Trust has more information.

"We aim to revive the British pilgrimage tradition of making journeys on foot to holy places".

Fairs and Festivals

Fairs and festivals held on or near node points on the network are another way of renewing and replenishing the energy. Many of them begin with or involve processions along a section of the network.

These often culminate in the main fair being held on or near a holy place in the landscape.

Many of these traditions have survived into the 21st Century so if one takes place near you then be sure to go along and participate (rather than merely spectating with phone in hand).

For example, here's a list of folklore events in May. The same site has a list for all the months of the year.

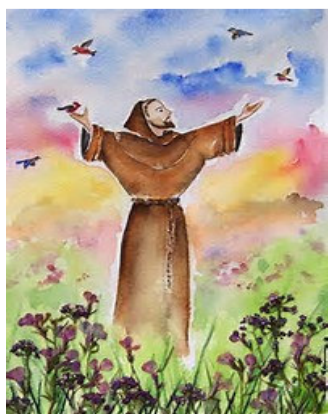
Warning: You may be drawn into dancing and singing. Your antics may be filmed and end up on YouTube. You may experience fits of uncontrollable laughter.

The Gaia Method

The Gaia Method is a method of healing the Feminine aspect of the Earth's consciousness. It is primarily a way for humanity to reconnect with the consciousness which was once known and understood as the Great Mother.

St Francis of Assisi talks with God

By Joseph Westlake



Now you all know I am sure that everything that happens in Heaven and on Earth is recorded. This is from Edgar Cayce, the American, so-called Sleeping Prophet. There is, supposedly, underneath the Great Pyramid of Giza, or under one of the paws of the Sphinx, a Hall of Records. In that Hall there is a record of everything that has happened, or has yet to happen, on Earth. The Akashic Records it's called. They say that one day that Hall will be opened; by some special person; and all will be revealed. Now how can that happen? If there is someone there to open the place up and let us all into the big secrets, then there is still an earth, with people living on it, who are waiting to hear what is revealed. So it's all still going on. So how can it be a record of everything that's happened if it hasn't all happened yet? Do you see what I mean? This is the sort of merry-go-round on which I

sometimes find myself when trying to work things out.

Anyway, it seems that the stuff that goes on in Heaven is all recorded, because I was having a chat with St Francis of Assisi the other day and do you want to know what he told me? Well he said he had had another session with God, talking about this and that, you know. (I suppose God calls them all in from time to time so they can bring Him up to speed on what's been going on around the Universe.)

Well he said he was going to tell me – verbatim – what God discussed with him. You know – like word for word. And I said to him, “How can you tell me exactly what God said to you and what you said to God? Have you got a super-power memory or something?” And he said to me, “Well you know we aren't all that backward up here. You'd be surprised at the records we keep. Yes, we keep a record here of everything that happens everywhere, every minute of every day. Of course I only do stuff in this Solar System right now. I'll prove it to you. I'll send you a transcript of our most recent discussion. Just Him and me there. No-one else.”

St Francis did warn me that I might find it a bit different from some of the other stuff he's passed on to me from time to time. It's not that he's leaking secrets from Heaven, or anything like that; it's just info that they think it's time we on Earth should have.

It's only fair to tell you that, since He last allowed us access to his private thoughts, God took a short holiday - in New York. He says he rather enjoyed slumming for a while but he did not have time to explore the suburbs and meet a few of the Suburbanites. He actually spent most of his time around the Bronx area.

So, this is the transcript.

GOD. Hey Fwankie, How ya doin pal? We ain't had a chat in a while. What are dose cwazy Suburbanites up to dese days anyway? Dey gettin' deir damn fingers out an' helpin' impwove deir enviwonment, 'stead o' all dat cwap wit' deah gardens an' stuff?

ST FRANCIS. Well no God; actually they have come up with something even woyse, er worse.

GOD. Woysse, woysse? What could be woysse dan dat?

ST FRANCIS. Well Master, since you allowed Mr Ford to invent the popular model of the mechanical conveyance with the internal combustion engine, you know, motor cars and suchlike, they have been polluting your wonderful Blue Planet's atmosphere with appalling emissions from the exhaust pipes of those ghastly engines. I'm sorry Master, I realise it was your idea to help them with their mobility, so that they could travel and intermingle and so on; but do you realise what dreadful consequences this is having for Beautiful Blue?

"And, forgive me Lord, but do you think you could just forget that silly way they talk in The Bronx and talk to me in my own language, Italian. Well perhaps, since this lot we are dealing with today are mostly English-speaking, I suppose it will have to be English. Such a beautiful, eloquent language don't you think Lord? Now that was one of your better ideas – much better than that Latin stuff I used to have to speak and sing and say prayers in, back in the cathedral in Assisi."

GOD. Okay, okay, I get your drift. Anyway, how do you mean, dreadful consequences? They can get off their butts, er, backsides, and see just what a wonderful place I gave them to inhabit. Learn all about the natural world and the rest of the creatures and plants and trees and suchlike that I put down there for them. I didn't just give them cars either; I gave them ships and aeroplanes and those big mechanical excavators and suchlike. And how about the electric motor cars and the bio-fuels? Don't you think that was another demonstration of my genius for good ideas?



ST FRANCIS. Well Lord I'm sorry to have to say, those are not really as clean as you would like. They have just gone berserk with all that machinery, magnificent though it may be. They have adapted your original ideas so that now they have lost all perception of your conception of efficiency in productivity for compensatory remuneration. In fact, Lord, they seem to think that word work should be abandoned altogether. You've made it possible for them to devise things like telephones and computers that they don't have to lift a finger to operate and they are becoming just obsessed by them; especially the young ones Master – they can even make them work just by sending their thoughts."

"Talking about thoughts, I've been looking for the chance to have a word about this. I thought you originally meant the power of thought to be a means of accessing the spiritual planes, not inventing aeroplanes. (Well they think they did it. Most of them down there have no idea what you get your angels to do for them.) I know you cannot reverse this situation without - well, I suppose you would have to wipe most of them out and start again. Like you did with Mu and Lemuria and Atlantis and so on. But do you think that would be a good idea, Lord? After all, some of us thought you wanted the Blue Planet and the Human Race to get along together, and concurrently complete their evolution any time soon. If we have to wait for another form of humans to develop, (and you know how long the present lot have taken, what with forgetting who they are and why you put them here,) poor old Mother Earth is going to suffer yet another major setback. And you know, better than most, how long she's been around. Look Master, I know you are the one who is supposed to be the brains in this outfit, but can I offer a suggestion?

GOD. I guess you have been down there enough times to have picked up on what I'm trying to do. How do you think we ought to take it on from here?

ST FRANCIS. Since you ask, Lord; How about we try and get some of the Suburbanites who are a bit more clued up, to forget for a while their own individual spiritual progress and get together to do some of the thought stuff, you know, the really high level meditations; the ones that can access the GOOD VIBRATIONS. Get some of the lower vibes re-processed by your Planet Earth and

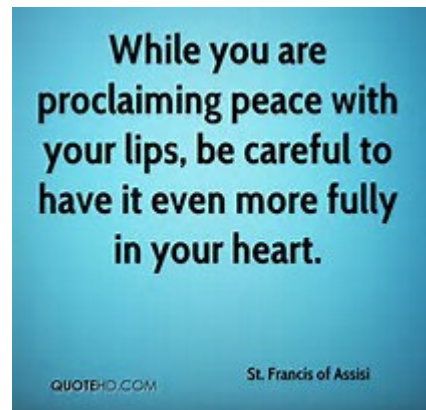
bring in the sort of energies that can influence some of those who haven't yet woken up. Some of your angels have already been working on this with a few of them, over quite a few centuries really. But I have come across a bunch of them who seem ready to take on the really big stuff. You know, forgetting their earthly, human sides for a bit and getting really stuck into the spiritual energy and power to which you have given them access. Have you noticed Master that, although English was not my mother tongue, I never end a sentence with a preposition? But back to the matter in hand. I think they are beginning to realise that, if they take their human thoughts and aspirations, and agree to combine them into group meditations, in utterly selfless purpose, they can actually get this thing done. Maybe, together we can get them to clean up their act down there and become the Communion of Spirits that... well, yes, I know it was your idea all along. I'll try and have a word with some of them for you – see if I can get something started right away. Well, perhaps not absolutely right away. You see Master; they have got into this habit in recent times of celebrating something they call Christmas. You know, when Mary did the virgin-birth thing so that Jesus could have a go at sorting things out. Well, He made a pretty good fist of it, didn't he, considering he had to start single handed; and He had to walk everywhere, or get on that donkey He sometimes used. Hey, do you remember how He looked, with those long legs dangling down to the ground? I'm sorry Master, I don't mean to ridicule your Son, but hey, you've got to agree... uh sorry.

Maybe all those new inventions you have given today's Suburbanites were not such a bad idea after all. What with all that mechanical and electronic gear we could really get something going this time. You know, SPREAD THE WORD.

GOD. You see, Francis, I knew it would all come out right in the end, but Fwankie, you'se gonna have yo woik cut out. Sorry Francis. Anyway, give it your best shot, will you? You know. See y'around

ST FRANCIS. Yes God. My best shot. And perhaps we should chat more often eh Lord. Let's not leave it so long again.

Arrivederci



Awakening from the Trance of Unworthiness

David Zenon Starlyte



We live in a state of constant flux, yet we suffer with dreams of permanence. We are like flowers who never knew that we were OKAY, so constantly search for external colour and reach for unreachable dreams. We are like blossoms that can never see our blossoming. Because we are too busy looking outside of ourselves, we never contemplate in silence our true nature.

What is the nature of beauty – is it veneer – or a quality of depth far beyond any surface level?

If you look closely at a flower, you will experience a deep love, a deep peace, and a deep acceptance of its essence. This is our nature as human beings. Flowers of the living breath, flowers of God, flowers of everlasting love. Inherently we are goodness experiencing itself – it is only our experiences and environments that could withdraw us from our true nature.

What is the nature of suffering – does it belong to the nature of the thing made to suffer?

The nature of a person's life is influenced by a myriad of factors from the environment in which he/she lives, his/her experiences, to the intrinsic nature of a person, and so on. The concept of moksha – or liberation – is the salvation from the maya (illusion) into self-actualisation and self-realization. Liberty is always within reach, corresponding to the limitlessness of human experience. The warmth of being alive, of being an emotional being undergoing a variety of experiences, is essential to our unfolding. Moksha is not a cold experience, it is a living experience.

First, we must face and surrender our fears, and then we will grow beyond the “limited self.” Self-love is a perpetual quality that develops our self-worth and understanding. If we are not compassionate towards ourselves, then we do not understand compassion. If we are not loving towards ourselves, then we do not understand love.

Awakening from the trance of unworthiness, is the gateway to living freely and achieving our life-purpose.

Growing up in South Africa, I felt like a stranger in a strange land. All around me people were going about their lives and I was perpetually wondering where I fit in in the world. It was to be one of the themes of my life, understanding constructive freedom, questioning and reflecting on the nature of life. I was also caught up in the maelstrom of history. Events around us seem so real and important. From racial disharmony, apartheid to the struggle against apartheid and ultimately its removal as official Government policy, I went through many changes. As the myriad external shifts unfolded, it was more notable to feel the shifts (or lack thereof) in people's hearts. As a child, how is one to identify or misidentify with collective racism and racist policies? Growing up in an elitist culture, is one able to feel the suffering of the underprivileged? As an empath, how does one self-protect when around us there is discord?

As the country went through its trauma, and started to rebuild, it became clear that the problems were far more deep-seated than mere policy. In most cases, the elitism of the

past is ongoing, and has continued to arrest the country's advancement.

Sadly, unworthiness is so deep-rooted in the culture of the majority, it continues to cause a crippling pain. What surprised me more, was to realise that unworthiness is at the root of the privileged class, who economically tower above their brethren. Why else would they hold on to their wealth with such terror in their souls, and inflict suffering on the whole society by hoarding wealth?



Picture by Leroy Skallstad

The country is not suffering just because the poor suffer. It is suffering also because the rich suffer. Carl Jung brings this sharply into focus if one applies this idea to the collective, *“The unfaced and unfelt parts of our psyche are the source of all neurosis and suffering.”*

The rejected parts of a society cause a collective suffering in the ethos or matrix of the community.

Rumi encourages us to face this closeted wound, humanity's shadow as individuals, *“Don't turn away. Keep your eyes on the bandaged place. That's where the light enters you.”*

At the deepest level, we are Source Energy experiencing and becoming conscious of itself. However, as human beings, our greatest obstacle to inner peace is self-doubt and a lack of self-love. I speak to many people who believe themselves small, and sometimes wish to disappear. That is not what we are here to

be and to do. We are light-warriors as well as luminous beings.

It is the abandoned and rejected parts of ourselves that prevent us from feeling whole and complete. They are in essence illusory, yet our belief in them animates them. It is our story that keeps them alive.

The first step to our liberation is to have right perception of whom and what we are, and then to accept ourselves. Carl Rogers writes: *"The curious paradox is when I can accept myself just as I am, then I can change."*

Embracing *metta* (loving-kindness) for all beings begins with ourselves. Loving and accepting all that we are, we liberate ourselves from the torment of not believing in or valuing ourselves. That is our freedom calling, and our invitation to experience more than we have allowed ourselves to before.

The shadows are alive within, because we do not wish to, or are not ready to face them. When we face them, we can slay the dragon. The dragon just asks for our love, and in our love, it melts. God, as the essence of love, is alive within us. The Divine is not separate and never was separate. When we love unconditionally from the heart, we see all the misperceptions, and realise that love is alive within us, and that means we are beautiful as we are. It does not mean that we cannot improve; yet when we come from a whole and accepting space, it is the wellspring for future possibilities.

There Are No Boundaries

By Nathascha Heijen



Giving things a name, or label, makes it easier for humans to establish a mental connection to 'something'. It would be a challenge to address

something that is too diffuse to make sense of. Hence, we create sets of boundaries that can be labelled. In essence everything is made out of shamanic dowsing, when I would like to establish a friendly 'mindmelt' with, let's say, the Spirit of Stone, in order to have a conversation about its unique perspective and particular knowledge, I do so from a perspective of knowing that this 'Spirit of Stone' I'm addressing is just a focal point within Source (or God or the Universe, pick your label).



Suzanne Thomas ©

When I connect to Spirit of Stone, I'm am reverting to working with manageable portions that narrow down the frequency level and intent of communication. Imagine if you will, that you are in a library filled to the brim with shelves and books. You want to connect with Spirit of Stone which is a chapter in a book somewhere. To find the chapter containing the information from the Spirit of Stone, you focus on what you think it is (to you!) thus applying boundaries and a label, and then let yourself be guided by means of dowsing to the right information/chapter.

It is only by narrowing down (and thus applying imaginary boundaries), that you have a clearer idea of the connection you want to establish. You still know that the chapter is

part of the whole library but you want that specific information and tuning into the right 'address' helps. It is an aid. The chopping up in a set of boundaries serves a purpose. Once the chapter has been read, the best thing to do is to respectfully close the book, put it back on the shelf and find yourself returning to the awareness of the totality of this library. Where, by the way, you too are currently a chapter in a book, on the shelf of Life on Earth, in the greater library of One. We are all stories in the end, just make it a good one, yes?

Healing Cheltenham

By Caroline Sherwood



**Cheltenham's motto:
*Health and Learning***

In May, 2016 I returned from a seminar in Ireland with a bottle of Julie Bowman's *Sea Essences*. This remarkable remedy combines eight plant, place and gem essences and has been developed specifically for environmental purification. I put drops down the loo, in the bath, in the wash basin, down the sink and into the kitchen compost bucket as well as the compost heap. (1)



Three months later I attended a workshop with Patrick MacManaway entitled *Spirit*

Communication and Healing. Towards the end of the weekend Patrick showed us how to use Google Earth to diagnose the energetic problems of a location, before proceeding to apply geomantic healing treatments. The workshop was magnificent; packed with information, knowledge and esoteric skill and I returned home inspired to apply what I had learned in the town of Cheltenham where I live. I was also reminded of the pioneering work done by The Fountain Group in Brighton initiated by Colin Bloy: a group of healers focused their attention and energy on a central fountain in the town with a number of beneficial effects including a reduction in the crime figures. (2)

My 40+ years of meditative work and study have led me to appreciate the relevance and value of 'connecting the energetic grid of the body to that of the Earth', and thus the value of pilgrimage. The same principles, I recognise, also apply to the healing of a *place*. As a geomancer I belong in kindergarten, but I do have some understanding and experience of the power of **intention** and how this can be focused for healing, and this was the underpinning energy for this project. I also recognise the flexibility of Time which is not constrained to the usual linear model of past/present/future: healing can be focused effectively into any time anywhere, and sometimes the timescales over which healing occur are unfathomable by our normal consciousness.



Cheltenham is a town known for its Regency elegance: architecture, smart shops, good restaurants, and world-class Festivals. Creativity, beauty, open spaces, many excellent charitable projects all thrive in the town as well as it being uniquely placed for easy access to the Cotswolds, Oxford, Bristol, Wales and London. However, the town's smart exterior exists alongside a lesser known underbelly of poverty and dysfunction (crime, homelessness, drunkenness, drug abuse and pollution), which

I often experience as a harsh and coarse quality of energy in the town and some of the people I see daily on the High Street. (3) Since moving to Cheltenham I had regularly visited the Minster (the oldest building in the town) to light a candle and mentally distribute its light down into the Earth and, via the grid, throughout the town and beyond.



My maternal great grandfather, Rev. John More, was a Presbyterian minister here in the 19th century; working tirelessly to improve the lot of the poor and disadvantaged during his 19 year tenure. It seems I had been called to follow in his footsteps and to emulate his philanthropic work by taking it to a non-physical level for a new generation. Interestingly, in January of this year, an astrologer friend created a composite chart combining my birth chart with that of the town of Cheltenham, which revealed several significant resonances, notably Cheltenham's Chiron Neptune conjunction conjunct my Mid-heaven.

Research

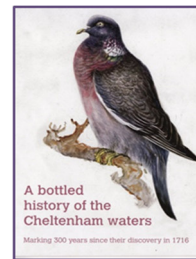
So, inspired to initiate a healing project for Cheltenham, I devoted one day a week during October 2016 to research - in the library and local history society. These were some of my discoveries:

1. **Cheltenham is in the flood plain of the River Chelt** and the river has regularly flooded (at least eleven times between 1731 and 1985). (4) The creation of Dowdeswell Reservoir went some way to containing the overflow of water but it was not until the River Chelt was upgraded to a Main River in 1995 and her care was given into the responsibility of the Environment Agency that a comprehensive Chelt Flood Alleviation scheme was developed. (5)

The River Chelt is hidden throughout the majority of its course across the town, diverted into underground culverts; often running under busy roads. Many people do not even realise

there is a river here from which the town gets its name. There are no plaques on any of bridges under which it runs, and it isn't even shown on maps issued by the Tourist Office, or in A-Z street plans. In many places, it flows through private land and gardens or access is impossible, due to impenetrable iron railings. (6)

I noticed that the Chelt was polluted by rubbish in a few places, though considerable work has been done by local groups to clean up the river. I began to wonder about the source of the river.



2. **The much-derided and humble pigeon is central in Cheltenham's history:** by scratching around in the mud, the pigeons revealed the mineralised springs upon which Cheltenham's famous Spa was founded. These birds, descendants of those once cared for (and eaten) in dovecotes around the land, still gather in bedraggled flocks in the town centre, and can be seen swooping and swirling above the High Street. Other more fortunate relatives, wood pigeons and collared doves, live more comfortably in the town's many trees.

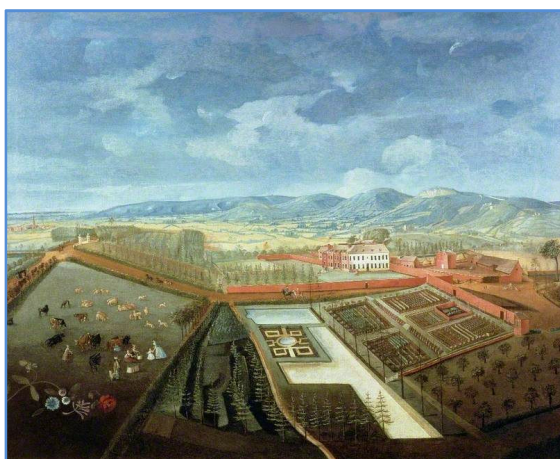
With impeccable synchronicity 2016 marked the 300th anniversary of the opening of Cheltenham's Spas and, in September, I was able to take advantage of a Spa Walk under the expert leadership of David Elder. A talk by Dr Jane Adams: *Healing with Water*, hosted by the Cheltenham Local History Society, threw more light on the significance of the Spa in Cheltenham in the 18th and early 19th century. (7)



As one spring dried up, a new one would be found and developed, so spas sprang up all over the town, and in 1740 Dr Thomas Short described it as the 'best spa water in England.' Most of them are no longer flowing, but the original Royal Well (which is remembered now as the site of the bus station!) can still be seen on open days in Cheltenham Ladies' College. The spa water can now only be drunk in the Pump Room in Pittville Park and this is only open at limited times, due to the use of the Rooms for public functions. It is a great pity the beautiful spa taps in the foyer of Cheltenham Town Hall no longer provide water for visitors.



The water is strongly alkaline (sodium bicarbonate and magnesium sulphate) (8) and probably acted mainly as a liver cleanser and an aperient and diuretic for the wealthy 18th century visitors who took the waters to counteract the deleterious effects of their excessive consumption of rich food and alcohol. (9) The waters were said to be beneficial for rheumatism, skin conditions and depression, as well as dysentery and digestive disorders.



Thomas Robins' panoramic view of Cheltenham in 1748

When I arrived in Bath, where I lived for three years, the spas were only on show as an historical curiosity and several of them were

closed. They have since re-opened as a functioning spa.

When you arrive in Cheltenham the station announces that you have reached Cheltenham *Spa*. Could it be time to revitalise the town's spa water in a new capacity?



Captain Henry Skillicorne is the man to celebrate for developing the spas commercially and putting Cheltenham on the map as a place of healing. He is honoured in the longest memorial plaque in an English church in Cheltenham Minster. (10)

3. **Many hauntings have been recorded in buildings in the town.** (11) Prestbury (within the administrative jurisdiction of Cheltenham) is reputed to be the most haunted village in England. (12)
4. **It began to dawn on me that the River Chelt might play an important role in the healing of the town** and I discovered that the river rises in Dowdeswell Woods, just off the A40, approximately 2.6 miles south east of Cheltenham, and enters the town's boundaries at Charlton Kings, flowing in a north westerly direction to join the River Severn at Wainlode. Richard Tweedy walked its entire length and has written a beautifully illustrated and informative blog. (13) In an email to me he commented, 'It would be an interesting campaign to see if a continuous path along the length of the river could be opened up and perhaps used as part of Cheltenham's heritage.'

The Healing Project Is Born

At Patrick MacManaway's workshop I sat next to a woman who was educated at Cheltenham Ladies College.



Charlotte Haynes is a Feng Shui consultant (14) and she suggested that I put some drops of Julie Bowman's *Sea Essence* into the Spa itself which I did. Then I made some fumbling attempts to dowse the topic: Can I do it on the map? Do I need to walk the River to do the healing? Would it be helpful to walk...alone...with one other...with a group? Where to put Sea Essences in Cheltenham town? How many drops? Taking the Neptune Fountain on the Promenade as my focus; (15) I put drops of the essence into as many places where the river appeared in town as I could whilst invoking the help of the Spirit of Cheltenham, the Spa Deva, the Undines of Cheltenham, the Spirit of the River Chelt and the Spirit of Pigeon.

Dowsing Cheltenham

Then a breakthrough came. On 13th October 2016 I attended a meeting of the Slimbridge Dowzers to hear a presentation by Grace and Andrew Edgar: *Dowsing Cardiff*. The title had lit a light in my brain and I knew I needed to meet the speakers. Working with a group, initially from maps, Grace and Andrew had meticulously dowsed the town of Cardiff. They then went out to dowse in situ to check their results on the ground. Having ascertained the areas of positive energy and the negative lines, they set about healing the latter. Grace and Andrew were trained by John Living and I can't recommend their work highly enough. (16) After the talk I approached Grace and asked her if she would be willing to do the same thing for Cheltenham, to which, to my delight, she readily agreed.

Three days later I emailed the circle of people who had already expressed interest and support for this project and asked them to begin sending unconditional love towards the town of Cheltenham.

On 8th January 2017 I walked upstream from where I live near the centre of town, attempting to follow the Chelt's course towards its source. I managed to access the riverside at several points and saw a yellow wagtail, blackbirds, coal tits, a moorhen, and a flying heron. A powerful sentinel riverside oak offered strength and encouragement. During that walk I put *Sea Essences* into three locations. On the way home the sun came out brightly and I stopped to give thanks under a Silver Birch.

On 14th January I walked from Sandford Park to Arle Avenue, (17) recording in my journal: *'fenced and fragmented' are keynotes of the river, though almost rural at one place, lots of water weed, but marred by noisy adjacent road. Discovered back waters never seen before.*

The plan was for me to visit Grace and Andrew in Cardiff to further discuss and develop the project but a severe winter bronchitis which lasted for weeks prevented this, so with the help of a local librarian with an affinity for maps, I managed to obtain copies of large scale maps of the town. I sent these to Grace and Andrew, together with other Cheltenham information.

Seeking more information about the river and its flooding history and current course, I emailed the environment agency, but received no reply. I then began to print out maps of the entire course of the River Chelt from source to mouth.

Grace and Andrew Edgar's Dowsing Report

On 10th February Grace contacted me to let me know that they had completed their dowsing of the town and had discovered many 'black lines' which they were in the process of healing. She also confirmed (as did Patrick MacManaway in a later email) that the River Chelt is 'the main conductor of beneficial energy in Cheltenham'

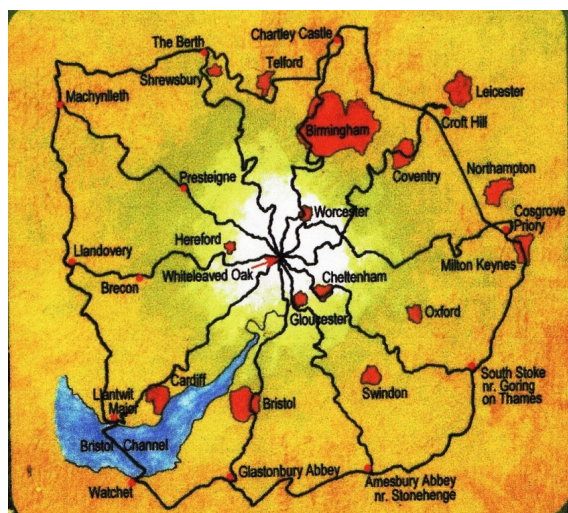


Once they had set the healing process in motion, Grace and Andrew sent me their detailed maps showing the results of their dowsing, together with a healing mandala to continue the ongoing dissolution of blockages to the free flow of healthy energy in the town. Two of the images which were prescribed for placing on the mandala were a triple hare motif and a labyrinth. (18) This was significant as a large bronze statue of a Minotaur embracing a shy hare holds a central place on Cheltenham's Promenade.

At Grace's suggestion, I sent copies of the mandala to supportive healers, to keep in place for the duration of the project.

Part of a Greater Structure

Then, to my delight and amazement, I learnt



from Grace that Cheltenham sits on a geomantic structure discovered by John Gibson-Forty and documented in his book, *Forgotten Pathways*. (19) It was John Michell who first 'remembered' the ancient practices of the Perpetual Choirs based at the Abbeys of Llantwit Major, Glastonbury and Amesbury. Gibson-Forty spotted that these places were part of a larger decahedral (10-sided) structure, centred on the tiny hamlet of Whiteleaved Oak, with Cheltenham standing on line 4. Grace Edgar has observed that it would be very beneficial to dowsing and heal all towns and cities standing on this larger structure. So if you live on any of the places on the perimeter or lines of this map perhaps you could consider initiating a healing project for your area. (20) Because of the interconnectedness of all things (also the title of another book by John Gibson-Forty) I trust and recognise that what we have set in motion for Cheltenham will flow into the entire decahedron.

On Easter Sunday (16th April) I visited Whiteleaved Oak, at the junction of Herefordshire, Worcestershire and Gloucestershire, with a friend; we found the magnificent (if rather over-decorated) tree and added our own offerings as well as circumambulating the tree while praying, chanting and making a connection with the whole decahedron.

Walking the River Chelt (21)

'Water responds to our intention in frankly mysterious and sometimes miraculous ways.'

Dr Patrick MacManaway (22)

'Without it, the town would not be here,' wrote Richard Tweedy, 'but in recent times it has seemed unable to comprehend this streak of wildness flowing through its heart.' (23) It was becoming clearer to me that it would be beneficial to walk the length of the River Chelt – from source to mouth and in March I began to send out invitations.

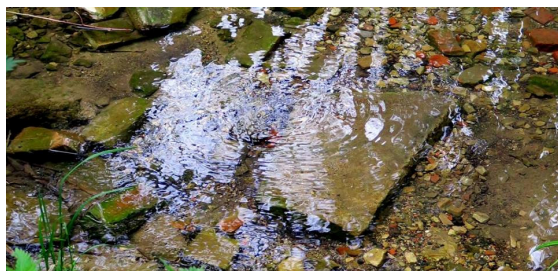
A few days after the visit to Whiteleaved Oak Grace Edgar dowsed and drove all the way from Cardiff to locate the location of the source of the Chelt, in woodland beside the A40. (24) As our good fortune would have it she happened to meet the land owner who gave his permission for us to gather at the river's source at the beginning of our walk. She also located an easily accessible lay-by at the roadside where we could meet before processing to the source.

Day One



[left to right: Bards of Avalon: David Johnson and Bea Martin; Judith Phillips; Andrew and Grace Edgar, Katherine Armitage (Camino UK), Joanna May] (25)

On 6th May 2017 the Chelt pilgrims gathered in the layby on the A40 and, followed in procession as the Bards of Avalon drummed us down into the woods to the source of the river as it bubbled up beneath the trees.



That day five of us walked alongside the river, following it as best as we could despite its disappearance behind industrial sites and through private land, until we reached the town boundary, where beneath the town's crest we remembered and honoured the Spirit of the Pigeon and its place on the town's coat of arms. We stopped for a welcome coffee at an Italian café before continuing to thread our way with the river until we reached the Neptune Fountain on the Promenade.

Day Two

So, what do you think the town does with a river which is such a key part of its origins and geography? It buries it.

Rev. Richard Tweedy
(26)

A week later, on 13th May, Grace and Andrew rose early and travelled all the way from Cardiff again to meet me at the Neptune Fountain. We began our walk by lighting candles with prayers and dedications in Cheltenham Minster and I pointed out the memorial plaque to Henry Skillicorne in which he is described as a '*kind husband & tender father...he lived and died an honest man*'.



Day Two proved much more challenging than the first as we had to walk through disused and neglected semi-industrial areas and along very busy and polluted roads in our attempt to accompany the Chelt through her hemmed and tortuous journey across the town that bears her name. Thankfully, in a few places she bubbled joyfully beside grassy banks and under healthy trees. We got as far as Uckington.

Day Three – 22nd July, the Feast of Mary Magdalene

Due to other commitments only three of us were available for the last lap. Johanna Van Fessem kindly agreed to travel from



Glastonbury and Joanna May was to meet us to begin the last part of the walk, as the Chelt flows through more open country widening her gait from Uckington to Wainlode where she joins the River Severn, thence to merge eventually with the Atlantic Ocean. (27)

A week before we were due to meet, exactly three months to the day after visiting Whiteleaved Oak, I stubbed a toe - hard on a chair while walking swiftly across the sitting room. By Thursday it still didn't like being confined in a boot, so I consulted a doctor who, whilst assuring me it wasn't fractured, strongly advised continuing rest and elevation of the foot. The scheduled walk was two days away. What to do?

Completion

On an intuition, I consulted the pendulum which confirmed that although it might be nice to walk the last part of the river (neutral response) it was *not necessary*: what I had set out to do with the help of so many others' skills, support, prayers and work, had indeed been accomplished.

So with blessing, prayers and dedicating the fruits of all of our work for the benefit not only of the many types of beings who live above, in, on, below, beside or near the River Chelt, but for that of all beings – everywhere – I

committed the healing mandala which had sat quietly on top of my wardrobe working its magic for five months – to the flames of transformation – and the ash to my compost heap...

The following morning, Sunday 23rd July, marked the beginning of a new lunar cycle with the New Moon in Leo.



Books consulted:

- *A Short History of the First Cheltenham Spa in Bayshill with an Account of the Five Week Stay by His Majesty King George III in 1788 and of the Further Development of the Bayshill Estate, Including the Establishment of the Cheltenham Ladies' College there*, Anthea Jones, Cheltenham Ladies' College, 1988
- *Spas of England and Principal Sea Bathing Places*, A.B. Granville, Adams & Dark, 1841
- *A History of Cheltenham*, Gwen Hart, Leicester University Press, 1965
- *A Bottled History of Cheltenham Spa*, Cheltenham Civic Society, 2016
- *Haunted Cheltenham*, W.L. Cox & R.D. Meredith, 1981
- *Cheltenham Town of Shadows*, Bob Meredith, Reardon & Son, 1988
- *Paranormal Cheltenham*, Ross Andrews, Amberley, 2009

(1) www.lotusholistic.com Lotus Holistic Essences, 3 Mayfield Road, Derby DE21 6FX 01332 280021

(2) I hoped to locate former members of the Fountain Group but so far have been unable to do so.

(3) In November 2016 the crime figures in Cheltenham (275) were higher than those recorded in the county town of Gloucester (207). In Cheltenham the most frequently recorded was 120 incidents of 'anti-social behaviour'.

(4) *Under Water: Flooding in Cheltenham 1731-1985*, Mick Kippin, Cheltenham Local History Society Journal, No. 23, 2007, p. 1.

(5) *The Great Storm in Cheltenham: Cheltenham Chronicle and Gloucestershire Graphic*, Saturday June 20 1931 and *Under Water: Flooding in Cheltenham 1731-1985*, Mick Kippin, Cheltenham Local History Society Journal, No. 23, 2007, pp. 9-14 (p.13).

(6) I have written to the Friends of Sandford Park (through which the Chelt flows), to suggest that they create plaques naming the River Chelt at key places.

(7) Jane Adams is an Associate Research Fellow at the Centre for the History of Medicine at the University of Warwick.

(8) Traces of iodine and bromine were found in 19th century analyses by Dr Augustus Bozzi Granville (1783-1872)

(9) I recommend *A Bottled History of Cheltenham Spa* published by Cheltenham Civic Society, and chapter X of Gwen Hart's *A History of Cheltenham* for further information.

(10) David Elder is the author of *Cheltenham Heritage Walks* and *Literary Cheltenham*. He is hoping to write a biography of Capt. Henry Skillicorne.

(11) 53 in Cheltenham and 22 in nearby Prestbury, some of which may no longer be still active whilst others may have occurred since these surveys were made.

(12) I visited Prestbury in February 2017 and was welcomed into the graveyard by a crow that cawed three times. St Mary's contained many angels, including St Michael and the seraphim. The energy was good and a peace candle was burning.

(13)

<https://riverbankscribe.wordpress.com/riverchelt/>.

(14) <http://energiseyourhome.com/>.

(15) Designed by Joseph Hall and built in 1893, the magnificent Neptune Fountain takes its inspiration from the famous Fontana di Trevi in Rome. Formerly the River Chelt fed the fountain from below, but this is no longer the case, though there is hope that once again the river water might be displayed in this way in the town centre.

(16) Cardiff and District Dowsers Tel: 02920 521574

(17) Arle is the Saxon name for the Chelt.

(18) https://en.wikipedia.org/wiki/Three_hares

(19) Quicksilver Publications (22 April 2014)

(20) In order to do this Grace would need the permission of a resident. Please contact: 02920 521574; grace.edgar@hotmail.com

(21) OS Map 170: Gloucester, Cheltenham & Stroud. 1:25,000.

(22) [<http://patrickmacmanaway.com/video/>]: agricultural experiments in New South Wales.

(23) See note 13.

(24) According to Richard Tweedy, the Chelt has its source in several springs, one of which is near an ancient disused well.

(25) If you would like an invitation to view the Chelt Walk Facebook page, contact sherwoodcaroline@yahoo.com

(26) See note 13.

(27) Johanna van Fessem is the author of *Walking in the Light* (Dancing Mountain, 2013) which records her pilgrimage on foot for peace, from The Hague to Jerusalem.

ENTERING THE AGE OF PURIFICATION



As humanity wakes up in a sea of indestructible plastic, and are ingesting the same through the food chain, so the land suffers many toxic residues from maladjusted farming practices and pressures from Corporate Agricultural providers.

The air too darkens, and the breath shortens in densely populated airless cities and towns across the globe. So too have the Cosmic ethers become clogged with the endless rays and tones of perpetual sound, as cyber space changes in colour and density amidst whirling debris from mans discarded ingenious cyber toys.

You move into the Robotic age where humanity becomes almost obsolete, physically weaker and mentally stultified. And yet this multifaceted age of said progress, could be different, exciting and become balanced and liveable with just a few changes of mindset.

From over production to minimalism, re-education to an awareness that every human being is contributing to this dilemma as it continues virtually unchecked.

Even those who are not mindful of the situation of world poverty and pollution, or who choose not to be as they continue to demand more upgrades of every material possession, will come to the Ring Pass Not eventually, and will have to change, integrate and revise excessive desires, and re-join the human race and its survival.

Fortunately, there exists the growing generations of bright young things, who see what is happening to their world, their inheritance. These extremely wise souls will hopefully lead us out of the rot we have all contributed to, providing we listen to their wise council, and not penalise them for their unusual views for reparation, thinking it a threat to known stability, rather than a salvation to the global dilemma.

Wars and dissention are outdated and unnecessary on the slippery slope to survival; actual food, the daily bread needs centre stage from now on, as every patch of ground has to be nurtured and called in to use to provide for the burgeoning mass of world humanity. Are we not ashamed of the knowledge we have many of all ages dying of starvation on our own streets, homeless, in a so called civilised and wealthy country, with thousands relying on Food Banks, whilst our Government squeezes the middle and lower classes into states of despair, with little real concern.

Like us depleted soil needs nurturing, we are the soil of the world, both have been sorely mis-used and abused. But for our incredible ability to find joy, song and love amongst ourselves in times of real need, we would have faded long ago, and yet it is the inner light we all hold, the candle in the wind of hope that keeps us going on our individual journeys. We are all of One Mind, and we shall overcome.

No matter how small each effort one of us makes, it is a valuable contribution the whole.

God Bless us All!

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THE WIHTWARA

THE FORGOTTEN PEOPLE OF THE ISLE OF WIGHT

By Jan Harper Whale

Where did they come from?

When did they migrate to our shore?

Did they perceive the island as sacred?

Did they arrive peacefully?

THE EVIDENCE

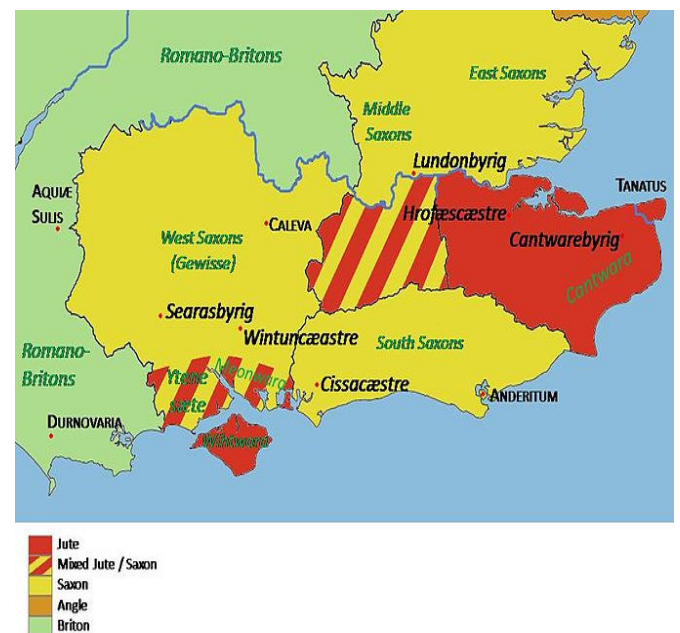
My book, The Wihtwara is now published. I am taking this opportunity to give you an introduction to the Wihtwara, the first of a trilogy of books honouring, for the first time, an extensively researched and verified history of an entirely forgotten race of people, our Ancestors who lived on this sacred island over 2,700 years ago. They lived, grew and were dedicated caretakers of the land, who were slaughtered in 686 by Cædwalla of Wessex who sought kingship, Bretwalda, to become a king of kings. The genocide was almost total, and in its wake, Cædwalla brought Christian people from the mainland to replace a now extinct Pagan population. Aided and abetted by Wilfred, the ethnic cleansing was brutal and devastating. The Longstone witnessed the worst battle and the echoes remain in the ancient stone for those who are empathetic and adept.

And I must emphasis, very clearly, that the Wihtwara people were from the Cimbric peninsular, and they arrived on our shores earlier than is stated. It is now accepted that they came to integrate, adapt and farm the land. They mixed peacefully with the Durotrige, native Britons and the very last

priests of the Druids, who lived on the east and west islands of Wightland. Its meaning is "Isle of Spirits".

My years of research has opened a door to a clearer and verified history of migration from the Cimbric peninsular. The Cimbric peninsular has several countries, Denmark, Jutland, Gotland and several outlying islands. Those ancient people who lived there were gathered in several tribes. But over time, and as our modern usage of language tends to label most things in the easiest descriptive, this land became known as Jutland.

Tacitus, the renowned Roman chronicler gives an accurate picture of these people. He describes them as a confederacy of seven tribes, of which the Jutes, (real name Eudose) are prominent. He names them: Reudignians, Aviones, Anglii, Warinni, Eudose, Suacones, Niuthones. They lived in an advanced society, both culturally and religiously. Their near cousins, the Geats and the Goths held similar laws and upon migration over a much longer time-frame than has been put forward, these people settled in Kent, the Meon valley and the Isle of Wight. The Meonwara are mentioned in the Domesday book, as are the Cantwara in Kent. Of the Wihtwara there is no history because they were wiped out by fundamentalist Christians.





The Pagan way of the Wihtwara

The Wihtwara were a high spiritual caste of people, and the island also housed the Royal household, the true bloodline to Woden as Bede writes in the Anglo-Saxon Chronicles. He took the unusual step of veering away from Christian dogma to describe the bloodline to Woden: and this is sharply illustrated in the major work by Stephen Oppenheimer, in "The Origins of the British."

"We still honour Woden's name in variants of the word-stem Wednes-in English place names and one of the days of our week. So, we read in Book 1 of the Anglo-Saxon Chronicle: "From this Woden arose all our royal kindred". This text, from one of the oldest surviving English histories, was no routine description of an accident of descent, but a deliberate statement. The gap between each of the main English founders and Woden was but a few generations. For instance, the Jutish leader

Wihtgils, whose name is attached to the Isle of Wight, was claimed to be Woden's great-grandson, through Wecta and then Witta. Wihtgils was also claimed as the father of the fifth century and earliest legendary invaders, Hengist and Horsa, which would make him already resident in the British Isles when they invaded!"



The Venerable Bede 672 - 735ad

Who were the Wihtwara?

These noble people came from a migration of northern Europe, a confederacy of seven tribes. We now know that the migration also included the Frisian people. These people were the most advanced civilization of the nations in the Cimbric peninsular. Their love of liberty was paramount amongst their achievements and still honoured today in our democracy. If we trace it to its ultimate source, England is Gothic by nature, and Kent and the Isle of Wight pre-eminently so. The Kentish man's liberty was his main characteristic in early medieval times. A characteristic that has come from the earliest Kentish settlers.

The people of Kent and Isle of Wight preserved through the ages of Anglo-Saxon period and

the feudalism, their free institutions, which have survived to this day.

There is perhaps no survival the length and breadth of England that is more remarkable than this.

Under the laws of Æthelbert, the Kentish ceorl was a freeman and not bound by villain service elsewhere.

The island Jutish (Eudose) were royals or part of the royal household. They were deeply spiritual people, devoted to their Gods and Goddesses. Pagan to a man. Because they were descendent of Hengist and Woden they were of the true royal line, as Bede states.

They had good reason to populate this beautiful island. Security, peace and much more.... the island itself is a powerful place. So, their adepts would have come here, the priestesses and priests of the clans.

They were eloquent and gifted craftsmen who excelled in trading their goods and developed links as far as Byzantium. Archaeological finds have supported this with Byzantine relics found on the Isle of Wight.

The Wihtwara honoured Nerthus, the Earth Mother

It is recorded in the writings of Tacitus that the confederacy of seven tribes honoured Nerthus in their rites and ceremonies. In fact, they “put down their iron in honour for Her”. It is noted that she loved her human family and appeared every year, from her secluded grove on an island in the big sea (possibly Britannia?) to travel in an ox-driven cart to meet with the people.

There has been so much subjugation and repression of the divine feminine principle by an over-bearing church doctrine, that we, in our ignorance, celebrate Nerthus every year at May Day with our May queen processions and do not even have an inkling of Her, our earth mother. I am deeply indebted to Tylluan Penry who uncovered so much feminine magick from layers of doctrine designed to suppress. Her book, *The Magical World of the Anglo-Saxons* is a pure joy to read!

Genocide creates a vacuum

The Pagan people were brutally murdered in a wave of killing which destroyed their life, their culture and their spirituality. It has created a vacuum in the history of the island. Nature abhors a vacuum and fills the empty space. So, to fill this blank space with imaginings, theories and sheer fantasy disrespects our Ancestors.

To create a myth out of an act of brutal genocide of Pagan people, by Christian fundamentalists, and Wilfred, (erstwhile Bishop of Northumbria) was certainly that: (he was excommunicated several times), is wholly disrespectful to our Ancestors and hurtful to their memory. King Arwald died in battle, a Pagan. His brothers (or sons) escaped to Ytene Forest (New Forest) only to be caught, most probably tortured and made to convert, then killed. For King Arwald to then be made a saint is the most scurrilous act of all.

But then the victor always writes the history, so, King Arwald was canonized in a flurry of religious dominance, thus hiding the brutal facts from the world. It has succeeded in whitewashing the truth.



How does Cædwalla the mercenary, become Cædwalla the saint.



BLESSED KING ARWALD

LAST PAGAN KING

OF WIHTLAND

(Isle of Wight)

Tell me, where does Arwald lie?

Is he in the Bloodstone Wood,

Bending bluebells with a sigh,

Buried in blackthorn and monks hood?

In bosky dells and gathered gloom -

A whisper through the silent shade,

Amongst the harts horn for his tomb,

In the oak woods peaceful glade.

Or does he ride to gabrel hounds,

High above the Shalcombe Downs,

On thunderclouds upon the storm,

By power of oak and ash and thorn.

When squirrels shiver in their fur

Comes Arwald to Wihthgarasburgh.

Tell me, where does King Arwald lie,

Was it on the beach of Silver Sand,

Where he swore to fight and die?

Where the wind answers with a sigh

As it blows gently across the land,

Tell me where does King Arwald lie?

When the winds blow and the leaves fly,

His battle-worn sword hard in his hand,

Where he swore to fight and die.

The storm clouds gather and sea gulls cry,

Wheeling, screeching on the strand,

Tell me where does King Arwald lie?

His thunderous footfalls stalk the land,

His allies cheer and his foes will fly,

A lightning flash crashing from his hand.

Where he swore to fight

BY MARK FRANCIS

Ʒadig Cyng Arwald

Ʒæt last hæðen Cyng

Fram Wihthland

Wísian mè, hwær drýhþ Arwald licgan?

Is hè in Ʒæt Blōdstān Bearu,

Bègendic hæwebelles wiþ a seofian

Byrged in blæcðorn und cugele?

In bosky dælls und gaderian ðeostre -

Ʒæn hwisprian þurh Ʒæt swígian beam sceadu

Betwèonum Ʒæt deōrs horn for his beren

In Ʒæt āc bearus geðwære glæd.

Oððe drýhþ hè ridan æt gabrel hunds,

Hèah bufanh Ʒæt Shalcombe dun

On ðunorwolcen uppan Ʒæt styrman

Þurh onweald fram āc und æsce und ðorn.

Ʒā sciurus sprengan in heora furþra

Becuman Arwald æt Wihthgarasburgh.

Wísian mè, hwær drýhþ Cyng Arwald licgan?

Wæscan hit on þæt strand fram Seolfor Sond
Hwær hē gesworc æt gefeohtan und ācwellan?

Wisian þæt blæst ondwyrdan wīþ a seofian
Ealswā hit blāwan clementer geond þæt eard
Wisian mē, hwær drýhþ Cyng Arwald licgan?

Ðā þæt blæsts blāwan und þæt lafs floge
His beadu weorn sweord, stíð in his folm,
Hwær hē gesworc æt gefeohtan und ācwellan.
Þæt wederwolcen gaderian und sáfugol cirm,

Windan giellan on þæt strand,
Wisian mē, hwær drýhþ Cyng Arwald licgan?
His ðunorrād fōtswæðs stalcung þæt eard,
His gesiþ myrgan und hīs feonds willan
flèogary,

A lígræsc gebræc fram hīs hand
Hwær hē gesworc æt gefeohtan.

Translation to Old English

By

Jan Harper Whale

Finally, as a footnote, as the research became ever deeper, I discovered my own name Whale, is old Saxon, spelt Wahl, meaning guardian of the stones. My bloodline is directly linked to our Ancestors, the Warinni. It can be counted as a “eureka moment”, especially as, in my younger years, I travelled to several countries, creating stone circles to bring people together. My deepest thanks go to the authors of incredible research books. And friends whose help, inspiration and advice, through countless hours, has spurred me on to the completion of this first book, and for the following two, which are in progress. Berandinziūm Villa (Brading Villa) The Healer Queen (Queen Wihtflæd and King Arwald)

The Wihtwara is published by Amazon.

ISBN: 97815220851026

Visit my website: www.waking-the-dragon.co.uk

It is an extensive study, with articles about the deeply sacred landscape of Wightland, Isle of Wight.

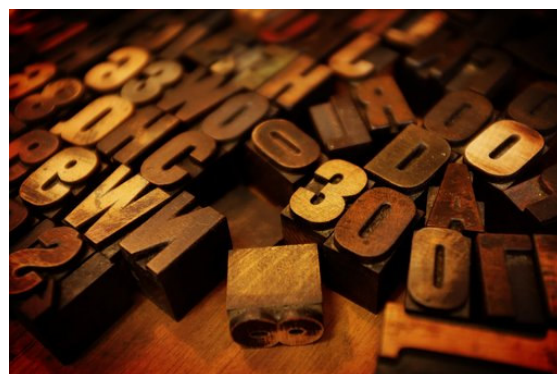
Bletsunga Beorhte

Bright Blessings

Jan Harper Whale.

Essence World News

By Jan Stewart



Numerology and Essences

Numerology has a long history, with leading mathematicians, such as Pythagoras, as proponents. Pythagoras, in fact, invented numerical connections with names and drew up the following chart.

1 2 3 4 5 6 7 8 9

A B C D E F G H I

J K L M N O P Q R

S T U V W X Y Z

The numerical equivalent of the vowels (J is counted as a vowel) indicates the inner being and subconscious motivations. The sum of the numerical equivalent of the consonants in the name symbolises the outer persona - how one is seen by others. Totalled together, the resulting number is how one is viewed by the outside world.

Some essence makers use numerology in deciding the qualities of a plant's essence.

Evening Primrose (*Oenothera biennis*), for example, has four petals. We also know from its name that it is a biennial so there are already connections with numbers 2 and 4. A little research would show that all members of this flower's genus, the Onagraceae have the structure Sepals 2 or 4, Petals 2 or 4, Stamens 2-8, Carpels 4, that each of the gametophytes has 4 nuclei and that the fruit has 2-4 chambers and opens by 2-4 valves.

If we use Pythagoras' chart to work out the numerological significance of the flower's Latin name, the numerical equivalent of the vowels indicates the inner being and subconscious motivations is 46 which becomes 4+6 or 10, which becomes 1+0 or 1. The sum of the numerical equivalent of the consonants in the name symbolises the outer persona is 37 which becomes 3+7 or 10, which transforms into 1+0 or 1. Totalled together achieves the number two - how the flower is viewed by the outside world.



Evening Primrose

At this stage, we might be becoming quite excited, especially if we look up number two connections above and find that it is governed by the moon. It is well known that the petals of the Evening Primrose are furled during the day and unroll in moonlight. Evening Primrose also has strong connections to female 'harmony and balance', being a well used treatment for PMT. We may need a leap of creativity to make connections with number four but it could be argued that the flower already has strong connections with the very foundation of human life - our blood and circulatory system. Evening Primrose is a well known anti-coagulant, it reduces blood pressure and cholesterol levels, it dilates

coronary arteries, removes obstructions and improves flow to the extremities.



Some would, of course, say that making connections in this way are, at best, fun or fanciful. We have, for example, ignored the flowers connections to 'one' - the number of the god-figure and primal generator; the number connected with power, individualisation, creativity, openness to new ideas, stickability, also the need to counteract egotism, a sense of superiority and a lack of humour. It is hard to connect the flower to these – though the essence makers, who deal more with the psychological and emotional healing plant signatures, would undoubtedly find them useful. For others, the patterns found in flower structure and connections that can be made with them are far too fascinating to ignore. Readers must make up their own minds.

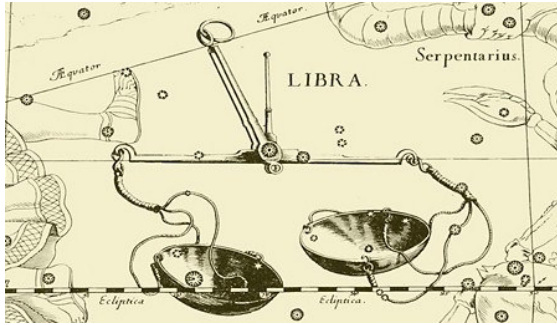
Of available products, Sun Essences Evening Primrose 'is indicated where there is an avoidance and fear of deep personal contact, which can inhibit sexuality and the ability to love. This may be due to emotional deprivation experienced in the womb, at birth or through early infancy. This flower can help resolve these internal issues by encouraging the beginning of self-nurturing'. FES essence is for 'awareness and healing of painful early emotions absorbed from the mother; ability to open emotionally and for deep, committed relationships'. It is indicated when people are 'feeling rejected, unwanted, avoidance of commitment in relationships, fear of parenthood, sexual and emotional repression'. In contrast, Saskia's essence is 'for shining a light into dark corners' – a very useful essence to consider as the nights draw in.

Jan Stewart

Zodiac – Wheel of Life

By Zoe Hind

Libra – Peace and Harmony



The Sun passes through the sign of Libra from 23 September to 23 October.

Venus is the ruling planet of Libra and Taurus. Whereas Venus in Taurus (an Earth sign) concentrates on honouring the divine through nature, food, love, enjoyment of music and the sensual side of life, Libra (an Air sign) has a loftier remit – aligning the physical self with the divine through creativity, inspiration and poetry. Venus speaks and acts from the heart and many great Libran songwriters and dancers express their talents through the element of air – words, tones, movement and frequencies.

Bringing us out of the Autumn Equinox, Libra seeks balance. When anything is out of alignment, friction occurs. Inner and outer, male and female, conscious and subconscious, higher and lower; all these aspects of ourselves are recalibrated at this time.

Our relationships with others can be brought into equilibrium and flow as the planets move through this sign. Libra is the sign of relationships, yet the real relationship is the one we have within ourselves.

So how to work with this energy?

Every year as the Sun passes through Libra we are all immersed in this specific frequency and able harness the energy.

We all have Libra in our chart somewhere and the position (or house/s) that Libra occupies shows us where we can best apply the beneficial aspects and tackle the challenges that it brings. *

Physically - Libra is an Air sign, creativity and harmony are centre stage this month.

Any creative activities are blessed during this phase. Dancing, singing, writing, poetry, interior design, fashion & style, jewellery design and playing melodious instruments.

Watch out for your sweet tooth as most Librans I have met love cakes and sugary foods.

Crystals and the healing power of colour are my favourite study for the month of Libra.

Mentally - Libra is the higher expression of Venus.

The heart should always rule the head (as long as the heart is centred).

After the more mental energy of Virgo last month, it is good to reconnect with our inner love and joy.

Emotionally - Libra is the sign of relationships and Librans are natural romantics. However this can cause difficulties if they have a fairy tale view of how things should be and the real word does not match their expectations. Self love must come first.

Soulfully - Libra is Divine order. It is also the sign of relationships.

Librans can often put themselves second in order to prevent conflict but the repressed feelings can cause health problems further down the line. What we learn here is the need to embrace unconditional Love. Our real relationship is primarily with our higher/inner soul self.

Harness the energies this month:

The Full and New Moons reflect across the Aries/Libra axis of the masculine and feminine forces. Seek balance and recalibrate.

5 October - Full Moon in Aries

A powerful dynamic catalyst Moon with bursts of independent thinking.

19 October – New Moon in Libra

Blossoming like an Autumn rose, this is a great time to activate our creative expression.

To tune in further, here are the herbs and crystals that I feel aligned to Sun and Moon this month...

Herbs:

Libra – Rose – For Balance and Harmony

Aries – Ginger – Invigorating and Warming

Crystals:

Libra– Rose Quartz – Inner Love and Peace



Aries – Clear Quartz – A fresh start full of Potential



Scorpio – Into the Underworld



As the Sun passes through the sign of Scorpio from 24 October to 22 November and we descend into the Winter months of the year, we consciously take an inward turn to explore our deepest, darkest realms.

The path of Scorpion begins at the base energy centres and snakes up the spine to open the pineal gland and connect to spiritual energy at the highest level. In doing so, the symbol for this sign transmutes from a Scorpion to an Eagle. So the journey of Scorpio is the alchemical act of raising energy from root to crown; the lower self dying to be reborn as the higher.

Every year as the Sun passes through Scorpio we are all immersed in this specific frequency and able harness the energy.

So how to work with this energy?

Every year as the Sun passes through Scorpio we are all immersed in this specific frequency and able harness the energy.

We all have Scorpio in our chart somewhere and the position (or house/s) that Scorpio occupies shows us where we can best apply the beneficial aspects and tackle the challenges that it brings. *

Physically - Scorpio is a Water sign, and the water we are talking about here is the deep subconscious. Anything that lurks underneath the surface, repressed and feared can appear on the outside in physical form. So to work

physically with Scorpio energy we need to turn and face our demons, to do the shadow work and venture voluntarily into the underworld. Then there is an opportunity to externally ritualise anything that requires releasing at the time of the Full and Dark Moon using the physical elements and especially our connection with Water.

Mentally - Scorpio is the higher expression of Mars and this combination gives us the power to be our own spiritual psychologist. Bravely to explore the dark places and laser precision to burn out anything that does not sustain us. Taurus, the opposite on the axis to Scorpio encourages strength and self love during this phase.

Emotionally - Want, Need or Love? There is a mighty difference. The motivations behind our behaviour impact upon our emotional connections with others. Real Love is free and flowing.

Soulfully - Scorpio is Alchemy – the journey of self mastery.

Raising from base to crown is the fundamental journey of Alchemy. Let this be the soul purpose that lights your way on the journey into the depths. You will re-emerge, lighter, brighter and more empowered.

Harness the energies this month:

The Full and New Moons reflect across the Taurus/Scorpio axis of Life and Death, sensuality and sexuality.

4 November – Full Moon in Taurus

Taurus is on a mission and Taurus values creating from a place of self worth.

18 November - New Moon in Scorpio

Here begins our annual journey into the underworld...

To tune in further, here are the herbs and crystals that I feel aligned to Sun and Moon this month...

Herbs:

Scorpio – Myrrh – Alchemical Healing

Taurus – Patchouli – Sensuality & Abundance

Crystals:

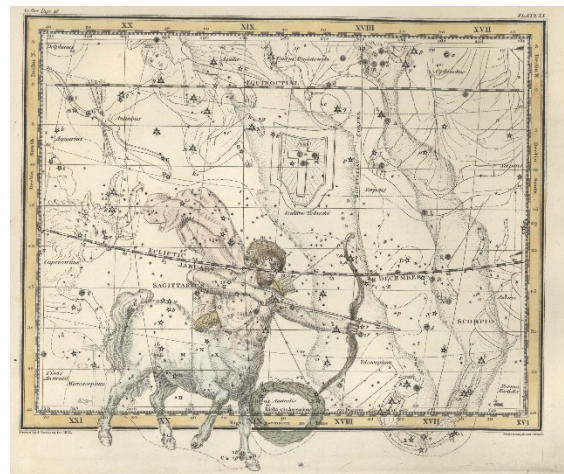
Scorpio – Haematite – Magnetic powers



Taurus – Malachite – Supportive & Earthing



Sagittarius – Your Majesty



The Sun passes through the sign of Sagittarius from 23 November to 21 December and this is the darkest month of the year leading up to the Winter Solstice.

Sagittarius is the Sage, the wise one, the shaman. The fire of Sagittarius is the hearth fire, the ancestral fire, the spiritual heart-fire within.

Jupiter is the ruling planet of Sagittarius. The largest planet in our solar system, his expansive electro-magnetic field reaches far and wide giving this sign associations with travel and expansion.

Generosity and joviality are the blessings this planet bestows. Optimism is another characteristic associated with Jupiter's expansive nature and as the Sun is reborn at the Winter Solstice and we look forward to the brighter days ahead.

The symbol for Sagittarius is the Arrow. The Archer shoots his arrow directly to Galactic Centre. Straight to the point, Universal truth is of paramount importance to this wise and honest sign.

So how to work with this energy?

Every year as the Sun passes through Sagittarius we are all immersed in this specific frequency and able harness the energy.

We all have Sagittarius in our chart somewhere and the position (or house/s) that Sagittarius occupies shows us where we can best apply the beneficial aspects and tackle the challenges that it brings. *

Physically - Sagittarius is the oldest fire sign and known for heart-felt, expansive warmth.

Sitting around the Yule fire sharing food, gifts and stories from the ancient past, this is a time to expand from the heart with Gratitude, Generosity and Abundance. Careful not to over eat though as weight gain is all too easy as the Sun begins to grow...

Mentally - Sagittarius is the Sage. With clarity and wisdom, the higher mind travels far and wide exploring new horizons and learning from the Univers-ity of Life. Taking a new course of study or documenting your journey for a book or film is empowered under this master sign.

Emotionally - All or nothing - Sagittarius often swings between extremes. Expression is a must for this big hearted sign who need to get things of their chest. They need to be listened to and understood otherwise frustration and fiery outbursts can occur. Open and bluntly honest, nothing is hidden here.

Soulfully - The constellation of Sagittarius shoots its arrow directly to the Galactic Centre. Our Soul links back through the Ancestors directly to Source. The hearth fire is the heart fire. The first heart beat, the spark of divine life. Reconnect.

Harness the energies this month:

The Axis of Gemini and Sagittarius explores Thought and Wisdom; the processing mind and the higher mind. We can tune into higher thoughts and inspiration if we consciously centre our attention.

3 December – Full Moon in Gemini

Listen and learn, Saturn close to the Sun relays messages through the talkative Gemini Moon.

18 December – New Moon in Sagittarius

Active and focussed, plans are forming.

To tune in further, here are the herbs and crystals that I feel aligned to Sun and Moon this month...

Herbs:

Sagittarius – Frankincense – Powerfully expansive

Gemini – Chamomile – Simple & Calming

Crystals:

Sagittarius – Lapis Lazuli – Spiritual Truth



Gemini – Citrine – Balanced & Centred



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 custom tours and private rituals at Sacred sites:

<https://www.facebook.com/MagikalTours/>

Members subscription area on-line:

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

On-line courses:

[http://astrozo.com/Online-Astrology-Courses\(2255650\).htm](http://astrozo.com/Online-Astrology-Courses(2255650).htm)

[http://astrozo.com/Online-Tarot-Courses\(2745661\).htm](http://astrozo.com/Online-Tarot-Courses(2745661).htm)

<http://www.astrozo.com/Online-Moon-Magik-Courses%282984135%29.htm>

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**Astrology ~ Tarot ~ Numerology
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<https://youtu.be/U9dXZg1AgNO>

Creative Corner



Limericks

By Joseph Westlake

When we exercise our spiritual propensity

We can penetrate the veil of physical

density

Though not easy to achieve

To our purpose we must cleave

It requires a certain measure of intensity



For working to heal the world's ills
 There's no use bringing potions or pills
 Could try meditation
 Here's your invitation
 To bring any personal skills

Caught on Camera

Christopher Miller

In 1980, Susan's father suffered a heart attack. Susan was so distraught that her (then) husband took the whole family to San Josef Bay on Vancouver Island to take her mind off the situation.

Susan wrote in the sand "Get Well, Dad – Love xo", and took a photograph of the message. Then Dave took a couple of photos of Susan, then other photos of the family and the location.

When the set of prints came back from the developer, three of them had a 'cloud of

pink' hue in the centre, one of them being the photo of the message, the other two are reprinted here.

A psychic told Susan later that she was a good person and she was being "Surrounded by Love".



Dear God,

All Powerful, Loving God

Please hear my heartfelt prayer
 The World so needs your Love and Light
 There's much chaos and despair
 It seems that those in Power
 have conflict on their mind
 they seem 'intent on all out war'
 they care not for humankind
 Their motive's one of profit
 selling arms to ALL who'll buy

while the innocents are merely pawns It's a

GAME where many die

Dear God, please shine your brightest light

let your healing LOVE cascade

I pray with all my hear and soul

let the 'Profit Motive' fade.

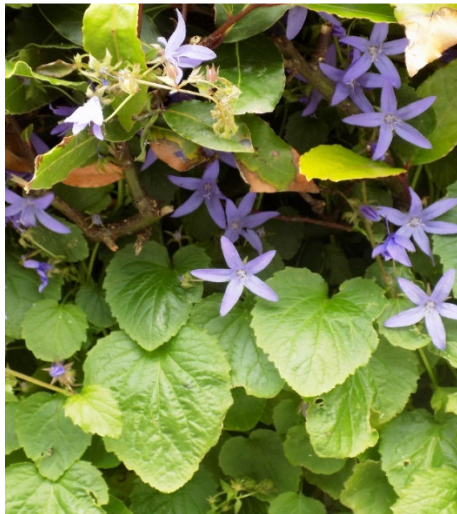
Not to worry if you don't think the words

are appropriate. I will quite understand.

Best Wishes and Brightest Blessings!

Namaste

Ann



Star of Bethlehem

Christopher Miller ©

OUR FRIEND HOPE

We are the sea of running change

Responsible for every Age,

The doing, vital to each surge of crashing

Waves, from Worldly urge to bring things right

Without resorting to a fight.

Why do we always feel the need

To take up arms to "succeed,"

When there is the saner way of Mindfulness,

Humility, and balanced play.

Times gone we knew the depth of how

And why we lived together with One sky.

Hope is our friend and always was

Deep down, gives us directional buzz,

Achievements made, to bring us

To a lighter stage to move upon.

There are those who fail to see the point of

Equanimity, yet *there* lies in Trust

The way to go, quietly, without due show.

A restful way, so we can breathe

Pure uncontaminated air

With time to dream, *the succour of the Soul.*

And yet, we do indeed need haste

In case our world becomes just waste.

Amen.

©Geraldine Sherborne 25.07.2017



If you are creative, we'd love to display your work here, whether artistic, poetic, photographic, short story etc.etc

Contact suzannemthomas48@gmail.com

Postscript

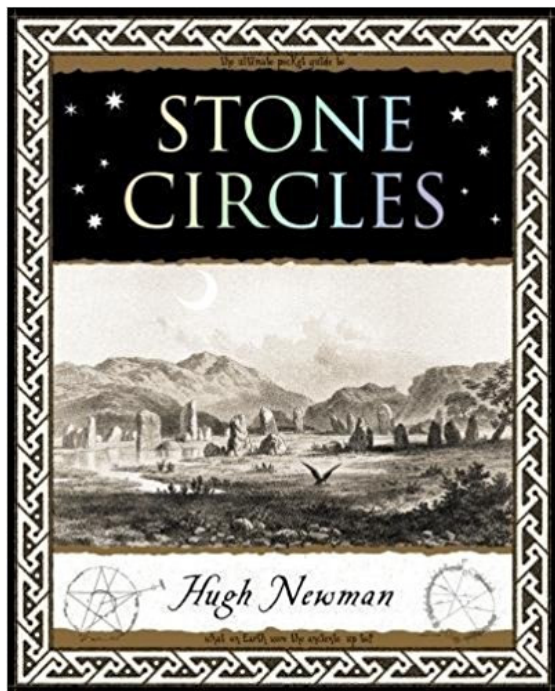
The Development of Earth Energies and Healing - Hamish Miller [FULL LECTURE]. Classic lecture filmed at the Fountain International Conference 2009. <https://youtu.be/1jzmujQPwz4>.

The Development of Earth Energies and Healing - Hamish Miller [FULL VIDEO]

New 'Stone Circles' Book
Published on October 1st

By Hugh Newman

My new book 'Stone Circles' is to be published on October 1st 2017 by Wooden Books (John Martineau, co-founder of Megalithomania is the editor and publisher). It features circles from all over the world and offers a glimpse into a lost historical passion that seemed to obsess the ancient megalith builders. You can pre-order on Amazon.



Here's your Invitation from Fountain International Magazine

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

suzannemthomas48@gmail.com

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. Don't leave me hanging.



Finally

You Matter

*As we can see confirmed by dowsing,
the positive thoughts and healing
intentions of one person at one
occasion can bring about change;*

*those of a group of people over a
cumulated period of time are*

*continually and beneficially changing
reality as we know it.*

Natascha Heijen

