

Free Expression

Communicating ... Just for the love of it!

A FREE Publication Holistic in Essence: Written by 'YOU'

A New Source of Inspiration in Leicester!



See Page 7 for details

Looking to expand your circle of quality friendships?

Free Expression is keen to bring together like-minded individuals for holistic discussions (on a group or one-to-one basis) or organised holidays or retreats. If you're interested in having your details published in a future issue, then let me know.*

My friend Maz is keen on the idea and kindly stepped up to give our first example.

Name: Maz

Based: S. Derbys, UK. Car owner.

Work: Currently – playwork with children. Previously teaching, writing & performing.

Interests: Quantum Physics & finding ways to integrate Science & Spirituality.

Hobbies: Singing, acting, having interesting conversations, walking and sitting under trees.

Favourite Books: 'Flute of God' by Paul Twitchell, 'The Prophet' by Kahil Gibran & The Notebook. Films: 'American Beauty', 'What The Bleep' & 'Driving Miss Daisy'.

Music: Classical. **Quote:** from Rumi "I slept and I dreamed that life was but joy, I woke and discovered that life was but service, I served and discovered that service was joy.



Personal Philosophy: Being a student of Eckankar (www.eckankar.org) for 13 years has helped me to recognise and move beyond self-imposed limitations. Through study of discourses, sleeping and waking dreams and spiritual exercises, I have realised more of my Self. As I become more

responsible in my worlds, I have gained more personal freedom. For me . . . The only purpose to live is to Serve life.

To contact Maz 'Free Expression' will act as an initial go-between (Like a Box Number).

Write to me Susan Hatton, (see address below) giving ME your Name & Address (To always be kept confidential) together with a sealed, stamped envelope for Maz telling her about yourself etc. likely to contain your contact details? I will then address it and send on.

* A contribution to pay for the space would be appreciated. (Either a cheque payable to 'Susan Hatton' or Postage Stamps)

Websites of Interest

www.timothyfreke.com

Writer/Speaker. Tim is an internationally respected authority on world mysticism.

Catch him talking on Radio 4 on 24 July 2006 at 4.30pm about Mary Magdelene (Beyond Belief Programme)

www.insideminds.com

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Feel the force of Ron Chapman!



Ron Chapman, an Esoteric teacher with extraordinary qualities and energy – comes to the UK every June from Canada. If your group would like a talk or workshop, please enquire at your earliest convenience. (Donations towards expenses). For more information on the topics etc. please contact Ron direct :- email marlron@magma.ca T: 001 613 232 1160 or write R.C. 5, Bower Street, Ottawa, Ontario K18 0J9

Free Expression is compiled by Susan Hatton.

Contact Susan by email at: SusanGHatton@aol.com or write to Free Expression, 249 Leicester Road, Markfield, Leics. LE67 9RH

Web: www.free-expression.co.uk

Snapshots of China from Helen Sutcliffe of Serenity, Matlock

SITTING in the cheap seats at the Beijing Opera I was entranced by the lavish spectacle of 'The Eight Immortals Crossing the Sea'. The costumes were magnificent and the scenery stylised but effective. I even found that I was able to follow the plot quite easily with only the occasional recourse to the English sub-titles displayed at both sides of the stage. The Immortals irritated the Fairy Goldfish which resulted in a conflict between them. A reconciliation was only reached after the Fairy Goldfish trounced them all with her dazzling display of stick juggling. **Immortals 0 Goldfish 8. She was not to be trifled with.**

I browsed at a stall in the Muslim quarter. The Little Red Book, quotations from Mao Tse Tung that I am holding falls open on page 286. "In transforming a backward agricultural China into an advanced industrialized country we are confronted with arduous tasks". I buy it for 80 yuen.

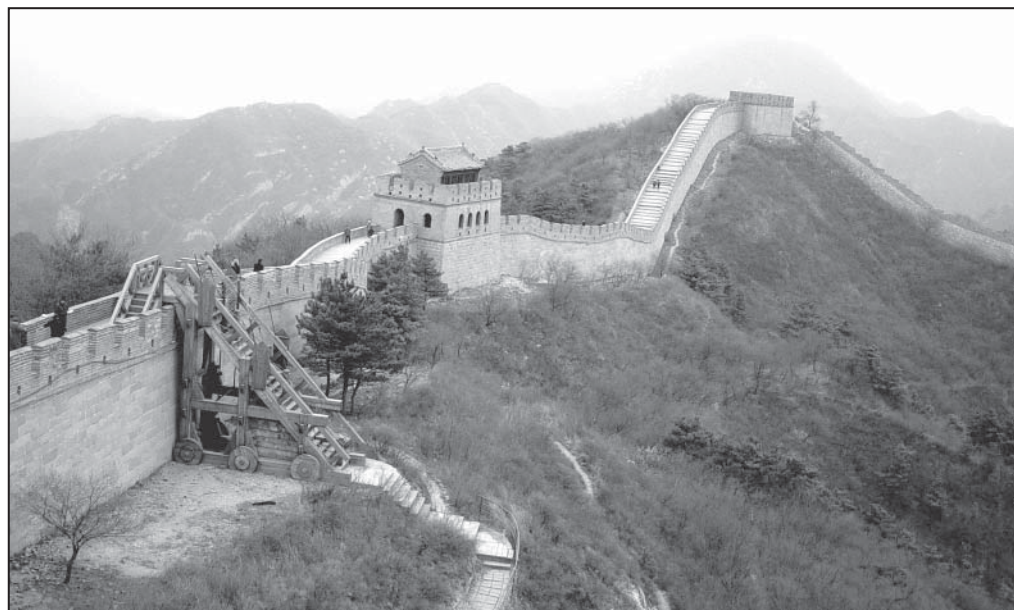
Tian'anmen Square, the image of the lone student boldly facing down a tank imprinted on the minds of all who saw the photograph in 1989 but it was never made available in China. "A Canadian tourist showed it to me", explained Amy Lee adding "Be careful if you try to take photographs of the soldiers".

A Chinese males idea of heaven is to have a Japanese wife, live in a British House, work for an American company, and eat Chinese food.

His view of hell, is to have an American wife, live in a Japanese home, work for a Chinese company, and eat British food.

Climbing the Great Wall by the difficult route I found a few moments solitude to contemplate this extraordinary engineering achievement.

I was struck by the overwhelming sense of truly dreadful power wielded by the instigator of this astounding construction, the Emperor Qin Shi Huang. It spans a total of 5,660 kilometres and is allegedly visible from space. For a good deal of its history the wall must



have been hated. During his reign thousands of people were worked to death constructing the wall. The following line reverberated in my head, "the wall is so deep because its watered with soldiers blood".

Lying prostrate on the treatment table my left leg festooned with acupuncture needles and with Chi coursing through my body Dr Han engaged me in conversation, "you have a very good shape, what exercise do you do?"

I explained I was a Yoga teacher. She relayed this in Chinese to her colleague Dr Wei who was patently surprised. I heard the word 'Hindu' in the explanation. "He wants to know if you are really English". I assured her that I most definitely was. Dr Han then proudly demonstrated her knowledge of Yoga by performing the Tree with an amazing sense of balance considering she was wearing stilletoes and a rather roomy white coat. I looked on bemused.

Cruising down the Yangtze, an endless parade of staggering scenery and markers denoting the level to which the gorges will be flooded over the next few years as the dams project is completed. A house boat in the style of a junk, a pagoda on the hillside, women kneeling by the river slapping washing against the rocks.

We sit on plastic stools and wooden benches in the street between two already shabby apartment blocks. The Wen family represented by Grandfather, Father, and two year old Grandson are keen to talk. A resettled family, farmers



uprooted and brought to this town. The little boy kicks his toy left-footed around our feet we all smile. "What is your Son's name?" I asked. The interpreter tells me that his name translates into English as 'Science and Technology'. So his future fate is sealed I ask, knowing the answer before it's given – an adamant Yes! Science and Technology takes me by the hand and leads me into his home.

Breakfast time Xi'an. Slouching in a corner she exuded indifference, trying to avoid eye contact. Eventually I succeeded and asked very politely for tea. She begrudgingly wielded the tea-pot in my direction sloshing

liquid into my cup stony-faced. I caught sight of her name badge as she departed, the English translation bore the legend 'Angel'. I caught myself smiling for the rest of the day whenever my angel of grumpiness came to mind.

Through the plane window watching Beijing Airport slowly disappear as we ascended into the clouds. China, a complex and often baffling country, a country of contradictions and contrasts, one which is undergoing huge upheavals in social and economic terms. The sheer pace of the change is truly staggering. All eyes on the future, but with feet tentatively in the past.

Sacred Journey: Peru: May 2007

Visit Machu Pichu, Lake Titicaca, Cusco, and the amazing Urus Islands on a Peru Trip between 2nd-16th May 2007.

Hosted by Barbara Ann (more details next issue) or visit www.healing-reiki.org.uk or tel: 020 7286 7907.

Serenity

Serenity established by Helen Sutcliffe and based in Matlock aims to provide a range of complementary and holistic therapies to suit an individual's needs.

These include:

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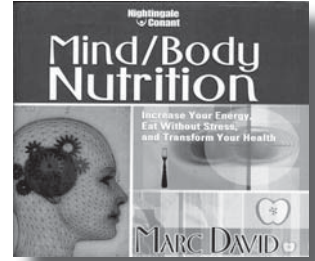
Workshops, Seminars and Corporate work.

Tel 07967169365 E-Mail: serenity_matlock@tiscali.co.uk

Personal & Spiritual Development Programmes

Being a real fan of Nightingale Conant – I would like to recommend those of you who may be interested in quality information to send for their brochure. DVD sets cost around £60 but are well worth it and you always get a 30 day free trial before you pay.

I have just bought one called 'Mind/Body Nutrition' by Marc David. It is fantastic. Although I was drawn to it because I have always had an overweight problem – this has so much wisdom that would benefit everyone. Contact details: Nightingale Conant, Long Road, PAIGNTON, Devon, TQ4 7BB. Tel: 01803 666100 www.nightingaleconant.co.uk



The Brotherhood

A Poem by Stuart M. Snowden
Dedicated to the Theosophical Society

We are part of the brotherhood,
Men whose will is ever good.
Guided by the highest powers
Let our good intensions flower.
Raise man's visions from the mud
So that fertile blooms may bud;
Lifting life by spirit's power
Let our good intentions flower.

Men from South, North, East and West
Strive and nourish, never rest
Banish evil, banish spite
Form a nucleus of Light.
Work in union for the best,
Work with courage and with zest,
In the shadows of Earth's night
Form a nucleus of Light.

Could You Have Healing Hands?

HAVE YOU wondered if you might be a healer? Ruth Chambers, Reiki Master and Yoga teacher believes that anyone can heal if they have the right guidance. She offers training in the gentle touch of Reiki healing to all who may be interested.

Reiki is a Japanese word meaning 'Universal Life Force Energy' - the energy which flows through all of us. When this energy gets blocked it can create imbalance and illness. Reiki can correct the imbalance and start the healing process. Not only does it help with physical problems like aches and pains but it can also relieve many problems caused by tension and emotional traumas too. "Many of my students find that they can deal better with the stresses of modern life and feel more positive. They often tell me that they sleep better too" says Ruth.

A full treatment lasts for about an hour and is deeply and beautifully relaxing. Most people feel a pleasant feeling of warmth and some fall asleep! However, a Reiki healer can often ease a headache, reduce anxiety or soften the breathing of an asthmatic with just a few minutes treatment so it is useful as first aid.

Everyone experiences a wonderful boost to their well-being as relaxation is at the heart of good health – a completely relaxed body can heal itself quickly. Reiki is a natural and safe form of healing and helps a whole range of problems from the aches and pains of arthritis to depression, from backaches to insomnia.

Reiki can be particularly helpful during convalescence after major illness or trauma. It is complimentary to orthodox medicine rather than an alternative and is not connected to any religion or belief system.

Ruth runs regular courses near Casle Donington (Leics./S.Derbyshire area)

Contact Ruth On 01332 810560 or visit www.lifedancing.co.uk. Ruth is also an NLP Practitioner, a Feng Shui Consultant and teaches 3 Yoga Classes weekly.



The Rockbank Experience

By Susan Hatton

Although I've known about Rockbank for many years, I've only recently had the pleasure of attending events there.

It's a super venue to hire for workshops with the warmth and comfort of home and garden thrown in.

Founder of Rockbank, Hazel Marshall (pictured right), produces an annual A5 pamphlet with details of her own forthcoming Transpersonal Workshops, other events and meditation periods in.

"Rockbank is a place of retreat, space & calm, where lives may be refreshed & enriched. It was set up as a centre in May 1989. It is not based on any particular philosophy or religious path".

Hazel Marshall, Rockbank, 50 Station Road, CROPSTON, Leics. LE7 7HD. T: 0116 236 4256 www.rockbank.co.uk



The Power of Truth

ABSOLUTE TRUTH is the key to our understanding of Life and the heart and mind of the 'Universe'. Truth is in all and through all and is available to everyone therefore a perfect understanding of the word 'Truth' for everyone is imperative.

Truth is a universal principle that has an absolute meaning which is not subject to contradiction or alteration. Truth is the law that is the master key that unlocks your thinking processes and frees you from inhibitions, indoctrinations and guilt complexes. Truth is creative whereas deception is destructive and only the Truth can make you free.

To say 'I believe in God' without being able to substantiate this statement is something of a nonsequitur and a form of hypnosis. A belief system that is ambiguous and based on mythical gods and goddesses will never open the locks of understanding; they will intimidate you and make you feel ashamed of being human and sexually orientated. The Truth is that everything is sexually orientated otherwise there wouldn't be anything.

The absolute truth is that only the key of Truth will fit the locks that imprison you, preventing you from the joy and understanding of your own noble status within the Conscious Mind of the Universe. Our level of Consciousness is determined by our comprehension and acceptance of the Truth; be ever full of The Truth, there is no higher principle, nothing can exist without it simply because if it were not true, it would not exist.

The attributes of 'Truth' are threefold, Intelligence, Love and Wisdom; Intelligence means having the ability to think and act correctly in any given situation. Love means relating to everyone and everything honestly and truthfully. Wisdom gives us an understanding of the importance of Truth in all that we say and do. Therefore I concluded that if one adopted this eternal principle one would be conscious of the fact that they were intrinsic of all that is eternal.

David Mawer

P.S. Your comments will be welcomed and if you wish to air your views I will gladly debate the issue with you.

Truth, Energy and Mind

THE CONCLUSIONS I came to as a result of group discussions was that it wasn't 'Truth' that was subject to change or that it evolved but rather it was our own level of consciousness and perceptions of reality and existence that evolved.

On reflection, my own understanding of the truth was more of a gradual unfolding rather than veils falling away revealing more and more of the truth. However I must admit there have been times of revelation in my life when it was like having had the cataracts removed from my eyes or it was as though I had taken a quantum leap

in my understanding of 'Truth', 'Love' and 'Wisdom'. Perhaps this could be likened to a veil being removed, as was suggested by someone in the group.

Once this divine understanding had been revealed, the revelation changed my whole life and unlike religion it has never let me down or presented me with unsolvable ambiguities. My understanding of the World and the Universe intensified and my thirst for knowledge became unquenchable. Further 'more my appreciation for life and the love it radiates has never been greater. Also I have never been happier than when I am performing some kind of service for my fellow human beings.

It was by concentrating my thoughts on truth and by being honest and true in my actions that I found that I became tuned into a fantastic new dimension, a totally different existence in a 'Universe' that was alive. I became more conscious of everything and was given an understanding that I had a unique and noble existence within this Totality of overwhelming complexity. If I sincerely desired to know something that would enable me to help others or benefit mankind in general the information was made available to me either directly through my intuition; in a dream; or I was guided to a book or a person that was willing to discuss the issue with me; or I was particularly made aware of some natural phenomenon that gave me a clue.

My senses were heightened especially after my stroke. My perception of things became clearer and I began to appreciate everything more intensely. I had been struggling for several years with my unified theo-



ry of everything before my stroke but afterwards I found it much easier to reason things through and put my deductions into words. This new found power of thought enabled me to give an explanation as to how two such substances as mind and body were able to interact with each other. This was an age-old problem, especially for Rene' Descartes who was unable to solve it. Intuitively I realised that it was the 'Mind' at the 'Heart' of the 'Universe' that was intrinsic of all energy and responsible for the manifestation of every mortal thing, every miraculous phenomenon, the total complexity of the 'Universe'.

Truth then is the key to the heart and mind of the 'Universe'. The Key of Truth is the same for everyone therefore everyone's understanding of the word 'Truth' has to be the same. Truth has to have an absolute meaning, it is the master key that also unlocks your thinking processes and frees you from inhibitions, indoctrinations and guilt complexes. A belief system that is ambiguous will never open the locks. It is only the key of absolute truth that will fit the locks that imprison you, preventing you from the joy and understanding of your own noble status within a living conscious Universe. Be ever full of The Truth, it is the highest principle of all existence, nothing can exist without it and I concluded that if one adopted this eternal principle one would be eternal.

Yours in love and truth

David Mawer.

Truth redefined

One thorough definition of Truth is as follows:-

Truth is a quality of mind and thought and the creative principle on which the Universe is founded. Truth is the unchanging unifying principle of all knowledge and intelligence. Intelligence is that which determines the form and structural unity of all that is. It is only when one becomes aware i.e. conscious of this fact that the 'eureka' factor kicks in.

The fruits of Truthfulness are Love and Wisdom or another way to put this is to say that Love and Wisdom are born of the Truth. Truth then is fundamental to everything that is, because if it isn't true that it is, it just isn't and this means that our senses would have nothing to observe, touch, smell, hear or taste.

Truth is the ultimate principle of an Infinite Mind and Cosmic intelligence; a universal mind/intelligence that permeates the Universe. The Mind of the Universe is intrinsic of every brain and is the catalyst for consciousness. Without the Truth of knowing we would not know or be conscious of anything.

Love, Truth and Wisdom are attributes of a universal mind and their unity is the foundation of all creation and knowledge.

Whatever we are referring to, without 'FACTUAL TRUTH' there is no meaning to it. Truth is fundamental to everything, otherwise nothing would exist and this would mean that Love and Wisdom could not exist unless it was really true that they did in fact exist. Truth is all-powerful because without it there is no power.

David Mawer

Free Expression

Has 'Free Expression', the kind we are involved with here, anything to do with expressing one's own specific opinions? Can we really express ourselves fully and freely without a good command of the English Language and vocabulary?

Is not the use of words and the way we verbalises them important, can we be considered to be freely expressive if we have not the adequate word-power to do so? Any form of restriction renders

the idea of 'Free Expression' null and void and this I believe is why many people use body language and others get angry and frustrated in their endeavour to make their point. However there's probably more to intelligently interaction with others than this but that would have to be dealt with in another article.

Words can be powerful and even dangerous in the hands of a mischievous writer or orator who obviously wants to influence you to their way of thinking. What then are the ulterior motives of a speaker? Are they only expressing their own opinion or have they an egotistical desire for power and notoriety? Extroverts like to impress others in ways that says: "This is me and this is what I think". Could it possibly be because they believe they have a truth or a God given message to convey to the world? Maybe they have a compulsion to influence people aright in order to save the world from disaster but have they the right to express their illusory concepts in ways that are deceptive? In other words should anyone proclaim something to be true when they haven't a scrap of evidence to support their statements or claims?

Mutual respect is one thing but that doesn't mean we have to agree with another person's beliefs or opinions. Would it not be better for everyone to collaborate creatively, sharing their thoughts and ideas in the spirit of mutual love? I maintain that only, by each and every one of us holding fast to the principles of love, (Agapé) can we have free expression. What then does the heading of this magazine mean, can one be really free to do anything? By 'free' I mean unrestricted by in-built conceptions that have been influenced by religious dogma, the kind that is tantamount to one being brain-washed, preventing them from reasoning and thinking for themselves.

If it was not for the fact that our intelligence tells us that we need to be responsible for our actions and act in a caring, loving and considerate way we could well create antagonism and feelings of animosity by what we say or write. There are those of course that don't act responsibly and deliberately excite others to racial hatred, up-risings and war by what they write and speak about. Can they be said to be expressing themselves freely?

Love is the reason for this magazine and all contributions are made in love. The love of which I speak here is called 'Agapé' and is of the selfless, all giving without the thought of reward kind,

having no ulterior motives and radiating ultimate integrity and responsibility.

David Mawer

The Benefits of Meditation

IT IS FIRST necessary to understand how the brain functions and what part it plays in the act of meditation. The brain is the instrument of the Mind and we need to establish the fact that the Mind is one with all Mind. This collective Mind/Energy manifests everything and is everywhere. The art of meditation is tuning into what some of us call the Universal Mind or Cosmic Mind but it remains a totality of Mind/Energy.

You should create an atmosphere of peace and tranquillity, which some of us may well have in our gardens but the English climate being what it is, a quiet room with soft décor and furnishings will do fine.

Make yourself comfortable where you can sit or lie without restricting your blood circulation, for instance, Legs uncrossed etc. Focus your thoughts on the lovely things of life, on truth and integrity, peace, love i.e. (Agapé) and beauty. These thoughts are like radio stations that you can tune into and communicate with the Infinite Mind of the Universe.

Creating the right atmosphere will help you achieve the harmonious relationship necessary for you to comprehend clearly what is being communicated. Surround yourself with appropriate meditation music and in the background a lighted candle or blue crystal on which to focus.

Concentrate on your breathing and as you breathe out slowly occasionally say under your breath, 'I am Infinite Being'. This affirmation will help you to have a sense of relationship with the Universe and feel in harmony with your environment.

Immerse your whole being in the cleansing glow of Truth and Love. If there are aspects of your character that you consider unworthy of your affirmation or are ashamed of the way you behaved at a particular time you will need to eradicate and banish these thoughts. The answer is to love yourself, forgive yourself and reassert the fact that you are Infinite Being.

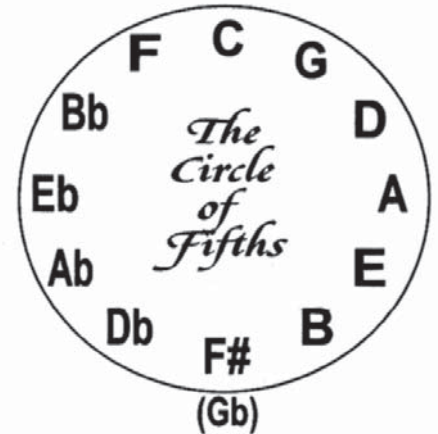
My love to you all,
David Mawer.

Synaesthesia

By Babs Powdrill

HAVE YOU ever listened to a beautiful piece of music, closed your eyes and been immediately surrounded by a sea of colours? Or listened to the 'Blues' – and actually felt as if swirling shades of blue were all around you? Or heard a favourite piece of music played in a higher or lower key – and wondered why it didn't stir up the usual deep emotions?

My brother, Peter, has worked around the world for the last 35 years or so as a professional Concert artist, performing piano and organ solos. He was born with the gift of 'perfect pitch' which means he can instantly recognise, name, and pitch any note the moment he hears it. It's an ability which has provided lots of fun over the years! If you're in a restaurant, all you have to do is tap a wine glass with a spoon – and Peter will instantly come back with the name of the note. If there's a piano in the room, he can hit the note straight away.



Peter is a few years older than I and my parents enjoyed telling me how he sat down at the piano when he was around 4 years old and immediately played a hymn he had just heard on the radio – using both hands!! Not bad for someone of any age who hasn't had any piano lessons. (Although I am convinced he was an accomplished pianist in his former life)

There is a strange phenomenon which reveals itself to some musicians with perfect pitch. They begin to associate various keys with colours. And these colours go through the spectrum in the same order as the rainbow and also the colours associated with the main Chakras (Energy centres) in the body.

My brother explains it like this:- "There is a natural musical device called the 'Circle of Fifths'. This is a flow of chords within a key, discovered by ancient Greek Philosophers, the most notable being Pythagoras. If you take a piano, a Tibetan Bowl or anything that can play a musical note and really vibrate it ... then it will begin to produce another note, called an overtone or harmonic. Pythagoras noted that these harmonies all fall into a definite natural order, each one exactly five scale notes above one another. Hence the name – 'Circle of Fifths'.

So this 'Circle of Fifths' is entirely NATURAL. And to people who can always sense colours with musical notes – all the soft hues of blue and greens are with the 'flats' on the left side of the circle and all the bright colours of red, orange, etc. are on the right with the 'sharps'.

So if you've ever had the experience of listening to your favourite music, closing your eyes and seeing the most amazing colours – THIS is what you are tuning into; something perfectly natural but quite wonderful.

Susan Hatton writes: Peter (Hayward) has made a CD called 'Awakening' described as "Harmonic Colours for Chakra Meditation & Inner Discovery". He lives in Sweden and whilst visiting Babs, will be giving a talk at Harborough Lightways in Sept (See 'What's On page). If you wanted to treat yourself to a CD, it is available from JPW Distribution, 24 Warden Hill Road, Cheltenham, GL51 3AW Priced at £10 (Incl. Postage) Cheque/PO made out to 'JPW Distribution'

Question for Readers:

Does anyone know who can produce a Placidus Birth Chart and written reading for a new-born child please?

Write to Susan Hatton - contact details on front page.

Indian Philosophy Series by Mikel Burley

Part 4: The Vedanta Darshana

After having taken a brief look at three of the six 'astika darshanas' ('orthodox viewpoints') in the previous article – namely: Vaisheshika, Nyaya and Purva-Mimamsa – here I will provide an introductory examination of a fourth one – the Vedanta darshana – paying special attention to the Advaita Vedanta associated with Shankara.

Vedanta means 'end of the Veda' in two senses: (a) that of being the final part of the Vedic canon, and (b) that of being the summation or pinnacle of Vedic philosophy. Rather confusingly, the term can apply to either the Upanishads as a collection of texts, or to any of a number of philosophical systems, each of which claims to propound the authentic teachings of the Vedas and Upanishads. In this latter connection, a synonym of 'Vedanta' is 'Uttara-Mimamsa', meaning 'investigation of the later [part of the Vedas]':

The 'pillars' of the Vedanta philosophy are three: (1) the Upanishads, (2) the Bhagavad-gita, and (3) the Vedanta-sutra (also known as the Brahma-sutra) of Badarayana. All Vedantins (i.e. votaries of Vedanta) agree that these three sources are of the utmost importance, although their expositions may differ in various ways. The best known schools, or sub-systems, of Vedanta are: (a) the Advaita ('non-dualist') Vedanta, based primarily upon the works of Shankara (a.k.a. Shankara-acharya or Shankaracharya), (b) the Vishishtadvaita ('qualified non-dualist') Vedanta of Ramanuja, and (c) the Dvaita ('dualist') Vedanta of Madhva. The differences between these schools lies in their respective interpretations of difficult metaphysical concepts in the 'three pillars'. In a philosophical context, the term 'dualism' denotes a system of thought which holds that the smallest number of principles to which reality can be reduced is two, whereas the 'non-dualist' view is that reality is ultimately singular. I shall not enter here into the debates between the various interpreters of Vedanta, but will say a little more about the Advaita philosophy of Shankara.

Shankara is generally thought to have flourished towards the end of the eighth and beginning of the ninth centuries AD. He was a monk and spiritual philosopher of great renown and, by travelling around India and producing voluminous writings, he was able to aid in a revival of Hindu spirituality. He wrote both original works and extensive commentaries on the 'three pillars' of Vedanta mentioned above. Such authority does the work of Shankara carry that, even to this day, the relatively small number of Upanishads upon which he commented (about a dozen) are still regarded as of greater significance than the far greater number to which he paid little or no attention (at least in those of his writings that have survived).

Although it is legitimate to distinguish Shankara's original writings from his commentaries upon existent texts, the message that is conveyed is uniformly one of Advaita Vedanta (apart, that is, from an early commentary upon the Yoga-sutra; but we may leave this aside for our purposes as its authorship is a matter of dispute). The central doctrine at the heart of Advaita philosophy is that everything which exists, and all that has the potentiality for existing, owes its being to something which is, in itself, beyond any description, but which may be designated by the term Brahman. The most plausible translation for Brahman is 'the Absolute', since it can be neither divided nor reduced to anything else. Although, strictly speaking, Brahman is 'without qualities' (nir-guna), Shankara adheres to the traditional representation of Brahman's nature as consisting in the three eternal principles of 'being' (sat), 'consciousness' (chit), and 'bliss' (ananda). These are held to be the principles which underpin everyone's existence, and it is the task of each individual – over however many lifetimes it takes – to achieve direct awareness, or 'realization', of this truth.

Any philosophical system which makes the claim that all the manifold phenomena in the universe are, in the final analysis, a single unified whole, which is itself ultimately indescribable, runs up against the question of how it is that this unity appears to be so dis-unified. The attempt of Shankara, and those of other proponents of Advaita Vedanta, to answer this question revolve around the doctrine of maya. The term maya is used by Shankara to denote, on the one hand, the cosmic power which brings about the manifestation of

worldly phenomena, and, on the other hand, the empirical world itself. The popular translation of maya as 'illusion' is not incorrect in certain contexts, although it requires some qualification. According to Shankara, the relation between maya and Brahman is essentially one of 'non-differentness' (ananyatva); that is, they are the same reality, only perceived from different perspectives. Maya is reality as it appears to someone afflicted by spiritual ignorance (avidya), whereas Brahman is reality in its true nature, known only to those who have transcended phenomenal identification by means of spiritual wisdom. One who has achieved such a state is called a mukta or jivan-mukta (see Glossary below). As is so often the case with Indian philosophy, the theory cannot be fully comprehended in abstraction from the spiritual practice out of which the theory has grown.

To illustrate the doctrine of maya, Shankara employs the well-known analogy of the rope and the snake, which he states as follows:

A man may, in the dark, mistake a piece of rope lying on the ground for a snake, and run away from it, frightened and trembling; thereon another man may tell him, 'Do not be afraid, it is only a rope, not a snake;' and he may then dismiss the fear caused by the imagined snake, and stop running. But all the while the presence and subsequent absence of his erroneous notion, as to the rope being a snake, make no difference whatever in the rope itself. (Commentary on the Vedanta-sutra, 1.4.6)

In this analogy, the rope represents the the Self (atman), which is identical to Brahman. The snake represents our ordinary misperception of the world as maya. The world is a frightening place because we perceive a separation between it and ourselves, while, from the point of view of non-separateness, there is no threat. The second man who points out the first man's mistake can be seen to stand for a teacher or guru, or for shruti – the revealed teachings in the form of the Upanishads, which Shankara holds to contain the key to attaining true wisdom.

Shankara was a prolific writer and a master of the Sanskrit language. He is also very self-assured, with a tendency to be highly critical of other spiritual systems. In Book 2, Chapter 2 of his Commentary on the Vedanta-sutra, for example, he caricatures several 'rival' systems, and then sets out to demolish their theoretical foundations. One of the more approachable of his works, and one which covers all of the principle ideas of Advaita Vedanta, is the Viveka-chudamani; viveka being the power of 'discernment' or 'discrimination' required to identify the reality underpinning the manifold layers of phenomena, and chudamani being the 'crest-jewel' of a crown.

Next we shall turn to two Indian philosophical systems that are closely bound together, namely Samkhya and Yoga.

References and Further Reading

Swami Madhavananda (trans.) Viveka-Chudamani of Sri Shankaracharya. Delhi: Advaita Ashrama, 1992.

George Thibaut (trans.) The Vedanta-Sutras with the commentary by Shankaracharya. Delhi: Motilal Banarsidass, 1988.

Sanskrit Glossary

jivanmukta: One who has achieved 'freedom' (mukti), i.e. Self-realisation, and remains living in a physical form.

nirguna: 'Without qualities or attributes'. Hence nirguna Brahman refers to the Absolute which is beyond any possible description, as opposed to saguna Brahman ('Brahman with qualities'), which refers to a personalised version of the Absolute, who one might worship under the name Ishvara ('Lord').

shruti: '[That which is] heard'; i.e. the sacred Vedic texts – comprising Samhitas (collections of hymns), Brahmanas (ritual instructions), Aranyakas (forest texts), and Upanishads (secret teachings) – which are said to have been 'revealed' rather than composed. Later texts are referred to as smriti ('[that which is] recalled').

George Carlin's View on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life . . . You become 21.

Even the words sound like a ceremony . . . YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed? You BECOME 21, you TURN 30, then you're PUSHING 40.

Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50.

And your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90's, you start going backwards; "I Was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

HOW TO STAY YOUNG

1. Throw out non-essential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them!"
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



The Silken Thread

This time we have shared our lives for many years,
Celebrating the differences.

You are the sun to my moon,
I am the fiery spontaneity to your cool reason.
We have played out our union across the centuries,
Time after time, a beacon in the void.
Each reunion strengthening the connective bond.

An infinity of laughter, shared experiences.
Never tiring of the familiar comfort we share.
Will share again, it will never be too much,
It will never be enough,
The true meaning of forever.

Helen Sutcliffe

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"If you change yourself – you change the world" Luciene Azique

And I Quote ...

Who said "Some people never learn anything because they understood everything too soon"

Dave invites readers to dig into their texts, dictionaries and/or computers immediately and send the answer to Free Expression by end of August 2006. Have fun everyone! Take a guess. Good Luck. Dave.

The Theosophical Society

An Introduction by John Holden

The Theosophical Society (TS) has been in existence since 1875 and during the last century has been in gradual decline because of a Victorian image and some bad press.

Recently however it has experienced a rise in membership and this is reflected in a spirit of optimism, a shaking off of the dust and an attempt to respond to the growing interest among the public in esoteric matters, seen for example in the New Age movement and the powerfully stimulating interest in alternative histories and secret conspiracies, albeit largely fictional, contained in such books as *'The Holy Blood and the Holy Grail'*, Dan Brown's *'The Da Vinci Code'* and *'Angels and Demons'*, and Kate Mosse's *'Labyrinth'*.

Our founder, **Madam Helena Petrovna Blavatsky**, was a highly gifted and eccentric Russian aristocrat. She took American citizenship but spent much of her life in Europe and India, where the headquarters of the TS still are. She was acclaimed for her prolific writings on largely eastern religious themes and she was one of the first to trigger the western interest in Hinduism and Buddhism. Her works include the headache generating tomes *'Isis Unveiled'* and *'The Secret Doctrine'* and the more accessible *'The Key to Theosophy'* and *'The Voice of the Silence'*. Some have acclaimed her as the herald of the new age.

Madam Blavatsky, unlike the church, was not threatened by the earth shattering findings of modern science. Indeed she saw evolution as not only a biological but also a spiritual principle, a struggle toward higher consciousness. She saw us as spirits that continually inhabit temporary bodies as part of a necessary learning process throughout history, resulting in eventual reabsorption into a universal source of consciousness, not to be confused with woefully limited mental constructs such as belief in personal and tribal deities.

The motto of the TS is 'No religion is higher than the truth'. Religions are exoteric and man made. They are often socially divisive, run by MEN with dogmatic and egocentric personalities and could be seen as limited historical phenomena in need of transcending. Of course they sometimes bring out the best in people, but no more than atheism or humanism might. True spiritual development is beyond the limitations of the intellectual and cultural constructs of any person. **Alice Bailey** suggested that the mind must evolve from intellect to intuition to perceive things that cannot be contained in words. 'He who knows does not speak; he who speaks does not know'. Which says more, a sermon or the infectious laughter of the Dalai Lama?

The objectives of the TS are:

1. To form a nucleus of the universal brotherhood of humanity without distinction of race, creed, sex, caste or colour.
2. To encourage the study of comparative religion, philosophy and science, and ...
3. To investigate unexplained laws of nature and the powers latent in man.



Leicester Lodge

In our lodge alone we have members from Christian, Jewish, Hindu, Islamic, Buddhist and atheist backgrounds. We perceive that we are only at the beginning of a new age of discovery. We have yet to come of age. Old science and religion must evolve or die. Science will, but whether religion does is an open question.

We are fellow explorers on a path shrouded in mist. We see through a glass darkly but some seed within us is growing and it will not leave us alone. We are compelled to walk on. Sometimes we think the goal is near but then the mist returns. Perhaps it is better to travel than to arrive. Perhaps the journey is the goal. Do we seek the grail or is the grail ourselves all along? There are more questions than answers. If you know all the answers then please don't become a theosophist; we will only melt in the heat of your glory.

If on the other hand you want to spend some time in the company of warm hearted intelligent people who are interested in you and your opinions and experience then do come and meet us.

We have a lot to share and we are not after your soul, whatever that may be. Find our monthly Saturday afternoon meetings in the events column of this magazine. We also have fortnightly study groups in Leicester and Loughborough. For more information phone John Holden on 0116 2707293.

Feature Profile



Carole Cooper (Formerly Carole Hoult)

Personal Development Consultant :
International Psychic : T.V. & Radio
Personality : Pilgrimage Tour Guide.

MY INTRODUCTION to Self-Help philosophy began in the 1980's when I 'opened up' with several psychic abilities, literally overnight.

I suddenly was seeing, via visions through the 3rd Eye, future events, disasters, peoples loved ones now gone etc. I had clairvoyance (far seeing), clairaudience (hearing people talk from other dimensions), mediumship, psychometry, clairsentience and became medically intuitive. This was frightening and confusing, leaving me with questions no one could answer. This era changed my life.

I have had a Personal Development Company since 1990, which has helped hundreds of people each year through various spiritual, psychic and psychological techniques, how to improve and find guidance in their lives. They learn how to find direction and meaning through courses, readings and 'one to one' sessions.

For further information/brochure on Carole's work:- her 'Know Thyself' courses, books & tapes, monthly spiritual adventure weekend pilgrimages in the UK, plus worldwide to India, to see Mother Meera, visit Lourdes, telephone readings and much more:- T: 01530 510632

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Solar Consciousness

by Susan Hatton

Part 1 "As above – so below"

Although our physical human bodies reach a peak in their growth – are there constraints on the growth of our consciousness? Many people feel acutely aware of planetary concerns, heralded by global connections via television, telephone & the internet. Our mental and emotional fields have expanded

rapidly during this time. Could these inventions lead us to believe that a good proportion of humanity have reached, or are reaching - Planetary Consciousness?

Is it such a large step to envisage - that the next stage of consciousness destined to follow on – would be Solar. Natural evolution? Could those of us who can shed the old attachments and remove the demands of the desires of personality - squeeze through to the next plane of consciousness. Detachment would be vital. Perceiving oneself as a sun, a star, just radiating our nature – burning with love. The Fire of Life.

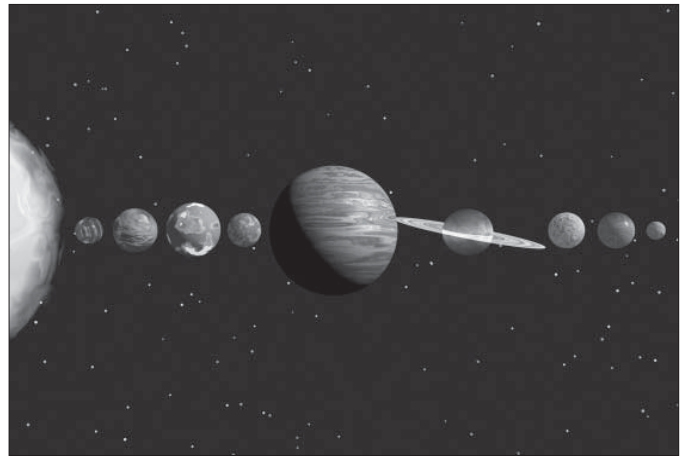
If we now apply the "as above – so below" principle – and the fact that our Sun has a host of planets held in a loving embrace – could we, with our physical feet firmly on the ground - perceive a planetary system in operation around us NOW? Those planets encircling oneself are - in actual fact, our family, friends & colleagues. A solar system of your own, has always been there- but remains unnoticed

until the development of your perceptive vision and maturing consciousness.

Paracelus stated that we are all a solar system in miniature – the majority of Ancient Wisdom students, may see the analogy as confined to the physiological, inner workings of the energetic body.

When we awaken to our larger, magnificent self – it can be a lonely place, a whole new 'ball game'. Actually though, just a breath away, is a travelling partner with unimaginable qualities, just waiting to take your 'hand'. You would need to surrender your essence to an EQUAL partnership - with life itself – because LIFE IS YOUR ULTIMATE PARTNER.

Your new Solar body should not be viewed as a sun alone – it should be the nucleus and the parts of the entire system, planets and all. You as a complete Solar System. The qualities of your planets are intrinsically linked with how you are perceived by other Solar Systems and Galaxies. If Planetary Consciousness didn't quite stretch you to



having a sense of *being one with all mankind*, then Solar Consciousness will easily move you into it. The people in your life, your personal planetary system, are actually reflecting the hidden or blatantly obvious qualities of your own nature. The rays of energy emanating from your unconscious will be coloured by your personal qualities and the desire for harmony and union. This will affect the evolution of all life forms, *in your world*, as well as giving them a *field of consciousness* in which to develop.

The Solar body works in the same way as your current physical body does now (as above- so below) When the cells of our human body undergo regeneration – we are not conscious of the changeover. The new cell will undertake the same job, have the same relationship with the organs. It will not be the same cell but it will have the same qualities, it may change very slightly depending

on the type of attention given (NURTURE/NEGLECT) over time. The same thing happens in the new larger body. If a person in your circle dies or just moves away, another person will replace them to do the same 'job'. (The possibility to quickly *re-create and continue the relationship with you* that the original person and you had developed) The new person may be slightly different – depending on the (NURTURE/NEGLECT) that YOU had given their predecessor during the original period together.

In the human physical body – our life is not affected by the constant death and replacement of cells.

In the Solar body – your new life will NOT be affected by the death of, or separation from, others. Although you will see death all around – YOU will never personally *know it* and you will never lose anyone. It could be your first tangible 'handle' on IMMORTALITY.

How's this for an incredible story ...

FOUR weeks before the American Presidential election of 1956, a Californian paint manufacturer, Jack Swimmer, wrote down his predictions of the votes that would be cast for General Dwight D. Eisenhower:

- In Los Angeles County: 1,218,462
- In California: 2,875,637
- In the whole country: 33,974,241.

He also wrote a cheque for £4,200 and deposited both documents with a charity commissioner clerk in Los Angeles.

The clerk, Gordon Nesvig, sealed Swimmer's predictions in a brass container, put that in a wooden box and deposited the box in the safe of the sheriff, and a guard was mounted to ensure fair play.

After the election, newspapermen were called to the sheriff's office and the paper

was taken out. Swimmer's predictions were 100 per cent accurate ... Down to the last digit.

He had offered £4,200 to charity if he had been wrong, but he was so delighted with his success that he handed over the money anyway.

Swimmer refused to reveal the secret of his success. It may have been an incredibly luck guess, but previously he had accurately predicted the 1952 election results and the scores in a World Series baseball season.

(Source: Reader's Digest Book of Strange Stories and Amazing Facts.)

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My own inner voice

By Susan Lapsley - Summer 2006

I HAD cause the other day to reflect on my early channelling work and the journey that I have taken since then.

I read through my many note books filled with channelled messages and found the guidance more real to me today than it was then, and mainly because now I am connecting with the words through my heart and reading the messages for me instead of as messages for others in answer to their questions.

The following extract was an answer to a question from a group member and although I don't remember what that was, I answer questions that I have today from recent experiences. I like that. This is the first time I am reading my notes with an open heart instead of a judgemental mind. This time round I am allowing the connection to calm, console and renew me, and also inspire me to continue to channel, this time knowing that it is an energy within me that speaks to me, it is the words of my own inner voice, the voice of my soul that I hear when I write, and others hear when I speak. This will be quite a challenge especially as the first two questions I was always asked when channelling were: "Who are you?" and "Where do you come from?" Naturally there was always an answer, but now I KNOW.

Extract from a channelled dialogue - 15th October 1977
Theme: "Limitations of Planet Earth"

"The right thinking, feeling and willing can change the planet. The time to do this is NOW. It matters not that what exists is real or unreal, what matters is how man's thinking is affected. Is man's thinking deepening and broadening? A balance must come about between man's blinked thinking in terms of what is scientifically or mathematically proven and man's expansion into the spirit world and life of the Soul.

It is time to BELIEVE LESS and EXPERIENCE MORE. Assess what it is you believe and where the belief comes from and why you attach to it. The attachment to a belief causes limitation, for often man has to defend his belief and for no valuable purpose other than the satisfaction of the mind. Almost every limitation on Earth is created out of a belief. No belief - no limitation. No limitation - higher consciousness. Higher consciousness - higher vibration. Higher vibration - higher thinking. Higher thinking - wisdom - evolved man.

Whether personal or professional, all limitations are the same, and all attachments are the same. Only the interpretations are different. A limitation and an attachment will prevent forward movement and the interpretations justify both. All are fear based. Once the limitations and attachments have been identified, then will be the time to look into fear, the ultimate limiting factor, the factor that is taken into death, and the factor that needs to be made conscious SO THAT DEATH CAN BECOME THE ULTIMATE DIVINE EXPERIENCE THAT IT IS. Fear of death is the ultimate limitation and a limitation that can be overcome.

n.b. The mention of 'man' above refers to the unity of the female and the male in oneness and is therefore not gender oriented.



Time Musical Show Video

A plea from **Susan Lapsley**,
Nottingham.

"I lent my personal recorded copy out to someone - Was it you? - Please Return."

Susan Hatton writes: Apparently copies are scarce, sometimes coming up on Ebay, so if you know of anyone who may have a copy of the Musical Show (on video I presume) please make Susans' day.

Readers may be interested to know that on the internet, there is a site dedicated to the musical at www.angelfire.com/fl3/Defymbeth/Time.html

The musical was written by Dave Clark (of The Dave Clark Five) and David Soames. The narration, by Sir Laurence Olivier, is really moving and well worth listening to.

New book from 'Conversations with God'

By Susan Lapsley

I HAD a total eclipse of the heart when I received a recent communication from Stacey Robyn of "Go Gratitude" (See Website:- www.gogratitude.com) that included a message from Neale Donald Walsch about his final book in the "Conversations with God" series.

The book entitled: "Home with God" and released on March 29th 2006 aligning with a full solar eclipse, addresses death and the gift of life after life - much like an eclipse offers light after light. Wow!

Since the death of my beloved mother and darling brother-in-law last year I had sought out the written word to bring me comfort and support throughout the many dark days of grief. I knew that I would eventually emerge from my state of darkness, as we all do, but in the moments of deep aloneness I looked for reassurance and guidance through study. Trouble was I found no such book and yet thousands lined the shelves of the many shops through which I aimlessly wandered. I was obviously waiting for "Home with God".

When I read Neale's special message in "Go Gratitude" and wrote to Stacey Robyn to ask if I might publish it for the readers of "Free Expression" her response was truly touching and came from absolute heart... "I am honoured and grateful to share my work with you. Please feel free to use any portion that suits your purpose, and serves our highest good." What a blessed lady!

Stacey Robyn is founder of Go Gratitude which found its way to me last year - as these things do. I welcomed the new, fun, exciting and life-changing 42-day Go Gratitude Experiment and can honestly say, it does work and it does unleash the Master Key of Gratitude within. Stacey can be contacted at: info@gogratitude.com and I believe the on-line experiment continues.

So, my thanks to Stacey and to the man himself.

Special message from Neale:

Today, March 29th the final dialogue book in the "Conversations with God" series will be officially released. The book is called "Home with God: In a Life That Never Ends", and it brings the world new and astounding information about life after death, the realm beyond the physical, and the soul's journey to spirituality and back again. It describes in extraordinary detail the Three Stages of Death, and it offers a list of 18 Remembrances about life and about life after life. (The book calls

them "remembrances" because "Conversations with God" says that there is "nothing we have to learn, we have merely to remember...")

The editors at Barnes & Noble.com have read an advance copy and they have said on the store website that this may be the most important "CwG" book ever. The advance reader reviewers at Amazon.com meanwhile, are giving it five stars and saying it is a book that everyone should read. I am so happy to see this incredible early response, because I believe this to be the most healing book in the "CwG" series. All I deeply want is to see it come to the attention of as many people as possible.

I know that this final book ever in the "CwG" series will make a truly healing, comforting and inspiring contribution to your life. You could help bring it to the attention of many others - thus making a difference that could impact another person's life in wonderful ways as well. It could even change their whole life.

I hope you will choose to have the last "CwG" book ever.

With peace, love and joy, NEALE

To order please use this special offer link: <http://www.homewithgodonline.com/special.cfm> or you can order from Amazon.co.uk at £7.79.

'HEART SOUND' VOICE CAMP: 19-27 AUGUST 2006

HEART CENTRED SONG AND SOUND WORK

www.heartsoundcamp.com

HEART SOUND is a brand new camp. Its prime focus is to provide a beautiful protected place for heart-centred song and sound work, in community on the land.

As a new camp, we have the chance to create a magical experience together and we would love you to be a part of this. We will combine the skills of voice work and sound healing, embracing the power, softness and strength of our true voices. We will celebrate our connectedness in many ways - through our everyday encounters, in meditation, in song, dance and sound work.

There is a full PROGRAMME of events and workshops from early morning until bedtime. There will be a full programme of events for CHILDREN AND TEENAGERS who are recognised as a very important part of the camp. There will be an opportunity for parents and children to 'parent' their camp with the creativity team. NB: ALL CHILDREN MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN! THE VENUE is a traditional organic farm in the foothills of the Brecon Beacons, only 50 minutes from the Severn Bridge and 1 1/2 hours from Birmingham. Camping in circles brings many opportunities for sharing and co-operation, leading to the possibility of creating community. We will share practical tasks, including cooking on wood fires.

Recognising our connectedness with the land we will treat it with respect and seek to minimise the impact of our presence on it. Facilities include marquees, hot showers, café, laundry and clean, green, compost loos. Camping is in your own tented structures. If you have difficulties camping, contact Miryam on (0117) 914 9107.

BOUNDARIES - The camp will be a green site, and all vehicles will be kept in the car park after tents etc have been unloaded. We require all participants to abstain from alcohol and drug use during the camp. The core group reserves the right to require people consuming or providing substances to leave. Quiet time is respected between 11pm and 8am; we recognise that to enjoy the day, there is a necessity to sleep well. **COST** - ADULTS (19 +) £155 TEENS (13-18) £75, CHILDREN (5-12) £50 'Heart Sound Camps', 5 Keels Hill, Peasedown St John, Bath BA2 8ER. TICKETS ARE LIMITED

PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT.

For further information about any aspect of the camp phone Miryam (0117) 914 9107 or Richard (01761) 434 856.

HEART SOUND IS SPONSORED BY 'SOUND FOUNDATION UK' a charity, founded by Chris James (Australia) Chris will be attending the second Heart Sound Camp in August 2007

Challenging holidays for 7-17 year olds



WE'VE JUST received a copy of the PGL Activity Holidays Brochure, and it's very impressive.

According to the letter that came with it, PGL is the market leader in operating children's activity holidays, with nearly 50 years experience.

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If you'd like more information, visit the website at www.pgl.co.uk or phone 08700 507 507.

Holistic Pages www.holisticpages.co.uk

The screenshot shows the homepage of Holistic Pages. At the top, there's a navigation menu with links for HOME, DIRECTORY, FORUM, EVENTS, ARTICLES, NEWS, and CONTACT US. Below this is a welcome message: "Welcome to Holistic Pages - Your Alternative Medicine, Holistic Health & Complementary Therapy Resource". The main content area is divided into several sections: "Holistic Pages is your new alternative medicine and complementary therapy super site", "Alternative & Complementary Medicine Glossary", "News and Events", "The Latest from The Forum", and "What You Should Know About Complementary". There are also several article teasers with titles like "Who knew raw chocolate was a health food?", "HOLISTIC EVENTS IN BOSTON - May/June 2006", and "HEALTHY: I've just joined!".

Overview of the site

Introducing a super new service provided by Peter Curtis. He has developed a website over the last few months that could benefit probably all readers who are online.

It houses an Events & Courses Calendar, Articles, Therapist Listings and a Discussion Forum, with a special Free Expression Section that we could leave messages on.

I have registered with the forum and hope to be having a dabble soon.

Peter will help anyone who has difficulties - just email him via the site contact section.

Adding events is simple and fast. Go to the events calendar, and click on 'Add Event'. No need to register and events will appear in the calendar instantly. The site is indexed on all major search engines, so it has a huge potential. Listing is free and simple. Click on the 'submit a listing' button and enter your details. If you have a website please make a link to holisticpages.co.uk and help spread the word.

Susan Hatton



Maz writes: Your Thoughts on Space & Time would be appreciated. I am particularly interested in the theory that by changing our vibration (atoms) we can enter another space and meet other kinds of people. In other words by changing our patterns or deep-held beliefs about ourselves. Send ideas via future issues of Free Expression or via online forum 'message board' in the Free Expression section of www.holisticpages.co.uk

'Strange Happenings'

An article Channelled by Luciene Azique

THERE ARE many strange happenings in the world at the present time. At the close of the Piscean Age and the beginning of the Aquarian Age there is a massive shift in energy and motion. The Hierarchical Lords are bestowing Their Grace Upon Us. We all Exist-in-Unity, from the bottom rung of the ladder to the Very Highest.

Energies are being cleared by motion. By motion We mean E-motion. When You confront Your E-motion, great clearings take place in all Your Bodies. We are All One Body. One Whole in Universal Mind, The Mind of the Great Spirit or the The Great Soul, who expands out into the Beyond of all the Multi-Verses.

We are a tiny part of the Whole. We who experience earthly lives are here to learn many lessons. The lessons learned add value and equilibrium to your Soul. Your Soul is the Greatest Being in the Universal Time. Time on earth is short. How many times We have said, "Your time is short." Listen, harken to Our Words as time to learn many things on this planet will be lost. Time to wake up from your dreamless sleep. Time to expand Your Consciousness. Time is precious, use it wisely.

Many Beings on this planet are being woken up in the way they experience each other. Frequencies are being adjusted. Frequencies from the Solar Logos, Other Solar Systems, Stars and Planets are reaching us Now. Time to know you are not alone in your Universe. We are here speaking to you, Your Elder Brothers, whom you do not see with your eyes but are aware of in your consciousness.

Frequencies are matched to frequencies so the work of the Great Plan works out quickly, for time is short. Frequencies are breaking up between parents, children, friends and relatives. Even animals are sensing, seeing, picking up the spiritual energies and vibrations. (My cats are becoming wiser, more human. I can talk to them in my language, and they talk to me in their language.) Language is a clumsy way of transmitting information. Telepathy will be the communication used in the coming days.

It does not matter what happens to you in your physical life as long as that event makes you think and takes you deep down into your E-motion. Thinking is the faculty of the Mental Body. As you clear your Mental Body, your consciousness expands. Great things are possible by the expansion of your consciousness. A clear consciousness being the vehicle for the Soul. The journey of the Soul is more important than the journey of the physical vehicle upon the earth. It has but a short time to experience the reality of the Soul. The Great Spirit or Oversoul envelopes All Souls whether in incarnation or not. This is the ultimate truth as We see it. You may not see it as We do.

Love of course being a gift from the higher realms that has come down to you from the experience of time. Time is a great teacher. Do not rush, everything comes to those who wait, have patience and tolerance.

So what you call, "Strange things going on with the planet beginning precisely on 11/01/06. Another Stargate was opened to your planet so that more intense Energy is infused into your work and life. Please note, numbers are important. Some people on this planet are being 'woken up' by numbers. Numbers, 11:11 or 111 are important. Many people on this planet will recognise these numbers and will associate with each other by these numbers in the coming days. These numbers have been in circulation now for many years past and they will continue to be in the coming days. Many things will seem strange to you. Please note with care. Many unusual events will happen. Do not be afraid. Hold fast to your true self.

We leave you now with our love and grateful thanks for being with us and sharing our knowledge and distributing it for the rising of consciousnesses and ascension.

Many thanks to you our friends for sharing your time with us. Remember, We love you. We seek your love not your adoration or idolatry. Good tidings for the morrow we bring for you in this message. Please have heartfelt conviction in your hearts that The Plan and Ascension is on its Way and on the Right Path.

Love from the Group Soul. ^

Green Rain for Developer!



LEICESTERSHIRE based Hazelton Homes has become the first developer in the Midlands to install a specific rainwater harvesting system.

The units, known as the Rainman Standard T, have been installed to eleven homes at the Brooklands development in Little Bowden, where they are building a range of apartments, townhouses and detached homes.

Rainwater harvesting enables rainfall from roofs to be stored in a tank and used for everyday situations, including flushing the toilet, running a washing machine, washing the car and garden irrigation.

The system can reduce water bills, and help the environment. Because the water is stored in a tank, water volume to sewers is decreased and stormwater run off is reduced, which can help to solve flooding.

Not only is the company pioneering rainwater harvesting locally, but Hazelton Homes are one of the only developers in the UK to make a commitment to installing multiple units, supplied by Freewater UK Ltd.

Richard Hazelton, Hazelton Homes' Commercial Director explained: "Flushing the toilet alone uses one third of domestic water. This system can save this by using a naturally available resource, which can considerably reduce the home owner's annual water bill.

"Apart from reducing the environmental strain for more water, the silent system is very easy to use, with almost no maintenance required. It's also virtually unnoticeable, as the tank is hidden beneath the garden, and most pipe work is concealed during build stage."

GLAD I WATCHED: 'The Convent' on BBC2 - TV

Did you see this short series aired June & July this year? It is rare to see a programme that is so moving. The production and content were first class.

Four women with varied issues they wanted to resolve were invited to share the lives and philosophy of the enclosed (till now) order of Poor Clares Nuns for 40 days and 40 nights.

If it is repeated, or becomes available on DVD, I recommend a viewing. For more information, and to view clips, log on to www.bbc.co.uk and enter 'The Convent' in the search box.

Susan Hatton



Ancient Wisdom Correspondence Course

About the Course

The course provides a foundation in Metaphysics that will enable the student to:

- Specialise in one or more of the esoteric sciences, e.g., Esoteric Healing, Anatomy, Ray Psychology.
- Understand the special problems that arise out of spiritual growth, with regard to counselling in the Esoteric.
- Develop the capacity to meditate and undertake the various esoteric disciplines which will prepare him or her for initiation into higher states of consciousness.

The contents of the course have been modelled to incorporate teaching aids that involve the latest technology: audio video tapes, special programmes, questionnaires and occult teachings, all in the language of the day.

The student is provided with a carefully planned course of instruction. He then has no need to worry about the direction he is taking. A veritable library of textbooks are recommended, some of which are incorporated into the course, and others that help to enrich the students understanding.

Each student is assigned a personal tutor. The tutor follows the progress of his students and makes bi-annual reports. The tutor is always available to answer queries concerning the course material; this is usually through correspondence, however, the tutor is also available on the phone if the query is pressing.

For students that do not have the time to read all of the recommended text, most of it is available in the form of audio cassette tapes. Amounting to over 300 titles, these tapes contain a wealth of information, much of which is not available in print.

The course provides an infrastructure on which sound expansions of consciousness are likely. The experiences of Dr. Baker, who has spent over 40 years developing his own spiritual capacities, are fundamental to these teachings.

Lesson I Hylozoism; the Spiritual Diary; Spiritual Values.

Lesson II Postulate Three; the Seven Rays; Intro. to Esoteric Psychology.

Lesson III Intro. to Esoteric Healing; the Endocrine Glands; difference between Esoteric and Orthodox Healing; the Aetiology of Disease.

Lesson IV Intro. to Anthropogeny; Maya; the Subjective Pole of the Logos.

Lesson V Postulate Four; Man as a Principle of the Universe.

Lesson VI Prana: its Origin, Circulation and Significance.

Lesson VII Meditation: its Aims, Purposes and Techniques.

Lesson VIII Deeper study of endocrine glands; the Vagus Nerve; Symbolism of the Caduceus and its Significance in Healing.

Lesson IX The Seven Planes and the Unconscious; Signposts on the Path of Spiritual Unfoldment.

Lesson X Anthropogeny: Paralleling Evolutions; Overfording; Individualisation.

Lesson XI The Magnetic Aura; Medicine, Magnetism and Healing.

Lesson XII Will and Consciousness; Left and Right Hemispheres of the Brain; Meditation and the Forebrain.

Lesson XIII Stress Disorders and Bach Flower Remedies; Karmic Laws Behind Disease and Rebirth.

Lesson XIV Esoteric Psychology, Ego Inflation and Alienation; the Psychopomp.

Lesson XV Anthropogeny; the Fourth Root Race; Supergifted Children.

Lesson XVI Cosmogensis; the Astral Light; the Nirmanakayas.

Lesson XVII Intro. to Esoteric Astrology; the difference between Esoteric and Orthodox Astrology; the Rising Signs.

Lesson XVIII The Esoteric Significance of the Archetypes; the Language of Symbol; Dictionary of Keywords.

Lesson XIX In-depth study of the anatomy of the eye; the Esoteric Significance of Pain

Lesson XX Esoteric Astrology: determining complexes through the horoscope, extracting aspects.

Lesson XXI The Physical Permanent Atom; the Akashic Records.

Lesson XXII Esoteric Astrology: a study of Wordsworths Moon, the Mental Body and Astrology; Techniques for Chart Interpretation.

Lesson XXIII White Magic; the Middle Path; Phenomena Explained; Right Attitude to Spiritual Unfoldment.

Lesson XXIV The Science of the Antakarana; the Psychology of the Soul.

Dr. Douglas Baker
B.A., M.R.C.S., L.R.C.P.

Douglas Baker, English born and raised in South Africa has done extensive scientific research into those hinterlands of the mind which one might call psi-semantics.

His transformative experiences during the Second World War, when twice severely wounded, set the pattern for his life long investigations into the Powers Latent in Man.

Douglas Baker graduated in the Arts & Humanities in South Africa and qualified in medicine at Sheffield University (UK) in 1964.

Having taught in the East End schools of London for 10 years, he began his incredible lecture tours of the Western world giving lectures and seminars in Esoteric Healing, Esoteric Anatomy, Esoteric Astrology, Esoteric Psychology and Metaphysics.

He, more than any other, set in motion the trends towards alternative methods of medicine which have transformed that field in Britain today.

As medical advisor to the De la Warr laboratories in Oxford, he undertook research into Biomagnetism and its effects on the human aura and dark matter, producing the book by the same name in conjunction with George de la Warr.

Through the years he has given more than 10,000 lectures and attracted people from all over the world to his Esoteric Science Festivals staged in London, Switzerland, Italy, South Africa, Canada and the United States.

His personal research and experimentation in Alchemy drew forth his book *The Diary of an Alchemist*.

Douglas Baker established Claregate College, first in America and later in England in the 1970's and encouraged many hundreds of people to systematise their esoteric studies by attending seminars, and through the Claregate Correspondence Course.

His College's film faculty produced an exciting dramatic account of a period in the life of Paracelsus, the father of modern and complementary medicine.



This million-pound production, with some of Britain's finest actors was released at the Cannes Film Festival in 1991.

His extensive esoteric works are said to be the largest collection in the world produced by a living author. He has written over 100 books and his list of audio tapes extends to include 400 live lectures given around the world.

His books are now being translated into the 7 European languages.

Douglas Baker has led the field in esoteric astrology, producing with a team, his magnum opus, a Dictionary of Astrology for the 21st Century in three volumes. This is in addition to the already existing 11 volume set of text books on the same subject.

His most recent production is a comprehensive video course on Esoteric Astrology which explores the impact of astrology on all aspects of life and consciousness in a new and unique fashion, full of relevance to the modern and future world.

He is presently engaged in research work extending the discoveries in the field of Occult Chemistry, particularly dwelling on background radiation and special characteristics of the carbon atom and the role it plays in organic chemistry. He is also looking into the esoteric factors related to weightlessness in space physiology.

His previous research into the Akashic Records is well know and documented. These have produced compelling answers to such mysteries as the true authorship of the works of Shakespeare.

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Claregate College Chancellor,

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Essendon, Hertfordshire, AL9 6HR ENGLAND

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Website: www.douglasbaker.com

Do YOU believe in COINCIDENCE ?

THE ASSASSINATIONS of Presidents Abraham Lincoln and John Fitzgerald Kennedy were linked by an amazing series of coincidences.

Abraham Lincoln was first elected to Congress in 1846. John Kennedy followed exactly 100 years later. Lincoln was elected as the 16th President of the United States on November 6th 1860. Kennedy was elected to be the 35th President on November 8th 1960. After their deaths they were both succeeded by Southerners named Johnson. Andrew Johnson was born in 1808, Lyndon Johnson in 1908.

John Wilkes Booth, the man who killed Lincoln, was born in 1839, while Lee Harvey Oswald, Kennedy's killer, was born in 1939. Both men were Southerners and both were themselves shot before they could come to trial.

Booth committed his crime in a theatre and then ran to a warehouse. Oswald pulled the trigger on Kennedy from the window of a warehouse, and ran to a theatre.

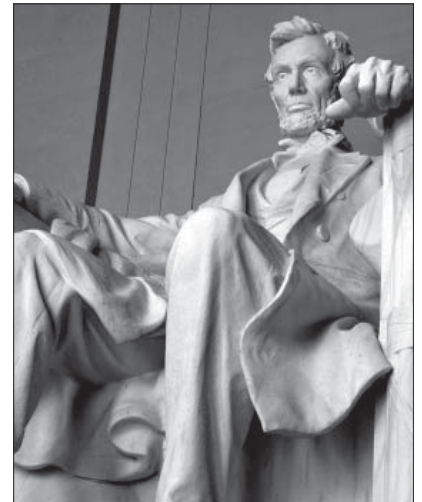
Lincoln and Kennedy were both historic civil rights campaigners, and both were shot on a Friday, in the back of the head. Their wives were with them.

Lincoln was shot in Ford's Theatre. Kennedy was shot in an automobile made by the Ford Motor Company - a Lincoln.

One final coincidence is that Lincoln had a secretary named Kennedy, who advised him not to go to the theatre in Washington on that fateful day. Kennedy had a secretary named Lincoln, who strongly advised him against going to Dallas.

Do YOU experience coincidences and synchronicities in your daily life? How about sharing some examples with our readers? They don't have to be as amazing as in this case! Drop me a line and let's see how widespread this coincidence phenomenon is - amongst ourselves

Susan



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Motivational Thought from Ralph Marston

Shine your positive light

DOES the world around you seem too hectic and frenzied? Then your best response is to be extra calm, peaceful and patient.

Does the world around you seem too greedy and selfish? That's your opportunity to be extra loving, giving and sincerely compassionate.

Does the world around you seem too confusing and aimless? Then choose to be extra focused and purposeful.

The world outside reflects back to you the energy you give it. If you don't like what you see, you have every opportunity to change it by changing the way you are.

When you're a beacon in the darkness, your light will shine for a long, long way. When you're the difference that makes the difference, your efforts will bring abundant fruit.

If things around you seem to be at their worst, that's when you can accomplish the most by being your best. Shine your positive light in the face of negativity, and you will change your world.

Ralph Marston

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Originally published in "The Daily Motivator" at www.dailymotivator.com

Did author predict the future?

Novel foretold the sinking of Titanic

AN AUTHOR by the name of Morgan Robertson wrote a novel about the loss of a luxury liner called Titan.

In essence, the story describes the sinking of the Titanic, which struck an iceberg at 11.40pm on 14th April 1912 and sank a little over two hours later.

Nothing unusual about that, you may think. Except that this book, entitled Futility, was written in 1898 - fourteen years before the Titanic sank.

What had inspired Morgan Robertson to write this novel? Was he tapping into some higher form of intelligence? Or was the book the result of a series of 'almost inevitable' guesses, as skeptics will claim?

The similarities in the two sinkings are remarkable.

Both ships sank in the North Atlantic Ocean on an April night, as a result of a collision with an iceberg. Both ships were travelling at excessive speed. Both ships had insufficient lifeboats, because they were both considered to be 'unsinkable'.

They were roughly the same size, had the same speed and same carrying capacity of around 3,000 people.

Could Morgan Robertson have guessed all these facts? Or was he in tune with some form of Universal Intelligence?

PREDICTIONS - are they messages from a timeless state, or just lucky guesses that are publicised after the event? What is your opinion? Have you ever predicted the future? SPILL THE BEANS! Our readers need to know.

To receive FREE future issues of 'Free Expression', please register with us if you are not on the post or email list already. It would be much appreciated if the copies sent to Group Leaders etc. could reach new readers. Thanking you. Susan.

Midlands UK Events

End of the Week Unwind

Fri 11 Aug: Social & therapy evening 4 - 9pm.

Old Knighton, Leicester. Tickets £5 (Booking Essential) to include a gift and glass of wine. Half hour therapy sessions costing £10 (Book Slots to avoid disappointment)

Crystals, Kinesiology, Detox by Foot Spa & Breathing & Relaxation from 'The Essence of Health' Team. Mary Clarke will also be available for readings. Contact Sandy 07821 434 544 email sandyliff@hotmial.com

Harborough Lightways

(Market Harborough, Leics. Group)

Enquiries: Babs 01858 525376

Thurs. 20 July "The Green Man" by Peter Hill.

Tues. 19 Sept. 'An Evening of Spirit Music & Rainbows' with Peter Hayward.

Venue: East Fardon Village Hall. 7.30pm. £3.

Northants Dowsers

Sun 30 July: Field Trip to Church Charwelton.

Dowsing the deserted village and nearby church. For more info. www.northamptondowsers.co.uk or write to

Maureen Clarke, The Cottage, Forest Road, Long Street, Hanslope, Milton Keynes, MK19 7DE

Psychic Supper

Sat 16 Sept: £10. 6.30pm

Leicester T: Luciene 07932 463 845

Mind Body Spirit Day

Sat 5 Aug 10-4pm

Venue: Spiritualist Church, Lee Circle. Leicester.

More Therapists Welcome- £25 per table.

Tel: Richard Lockwood 0771 229 8779

Horizons Group (Derby)

Enquiries: Derryck Shearer

Tel: 01332 386 074

Theosophical Society

(Northampton Lodge)

***Venue: Friends Meeting House, Wellington Street, Northampton. 7.30 - 9.30pm.**

***Wed 19 July 'Corn Circles'** (Temporary Temples?) talk by Liz Ramsey

Sat 5-12 August 2006 Theosophical Summer School with the theme LIVING WISDOM. Venue Moulton College, Moulton Village, Northamptonshire. The guest speaker this year is Betty Bland. She will deliver the Blavatsky Lecture - title SIMPLY THE VIRTUOUS KEY and lead a three part course on SIMPLY THEOSOPHY. Week bookings £340 full board, ensuite twin room £320 per person. Day visitors £15 per day including food (to be booked in advance) or bring your own. Telephone Colin Price at 020 7563 9811 for further information.

***Wed 9 Aug. 'The Near-Death Experience'** (A Theosophical Perspective) Public Lecture by Betty Bland.

***Wed 6 Sept. 'Lively Discussion'**

***Wed 20 Sept. 'Meditation Evening'** (All spiritual persuasions welcome)

Theosophical Society

(Leicester Lodge)

Venue: Friends Meeting House, 16 Queens Road, Leicester. 2 - 4.45pm

Sat 9 Sept. 'Spiritual Vision in the Heart'

Talk by Wayne Gatfield

Sat 14 Oct. 'Searching for the Spiritual meaning in Fairy Tales' Group participation. Enquiries: John 0116 270 7293

Theosophical Society

(Nottingham Lodge)

Venue: The Theosophical Hall, 73 Maid Marion Way, Nottingham. 2pm

Sat 15 July 'An Introduction to Spiritual Healing' David Palmer.

Sun 10 Sept. 'Discovering the Devas with Dowsing' (Introduction to geomancy and earth energies. Alanna Moore (Note: Change of usual date)

For more info. Tel Janet: 01283 515703

Leicester

Sacred Knowledge Book Study Circle

THE KNOWLEDGE BOOK describes Ascension in our planet as, "To rise to the heavens, consciousness worship."

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For more info. T: Luciene 07932 463 845

County Fairs

Mind Body Soul

- **Sept 24:** Tutbury Castle: 10.30am-5pm
- **Oct 8:** Quorn Village Hall: 10.30am-5pm
- **2nd Tues of each month** at John Storer House, Loughborough: 6pm-10pm

For more info, visit www.countyfares-leicester.co.uk or contact Marcus Pateman, P.O. Box 2, Ratby, Leicester, LE6 0XT.

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A Message from Susan Hatton

Dear Readers

I do hope you enjoyed reading this issue. The next Free Expression will be out in October and the deadline for articles and adverts is mid-September. So don't forget to send details of your October, November and December events and meetings.



Please help to make the magazine as lively as possible by sending in your own articles/questions for readers.

Obviously I'd be grateful if you could promote Free Expression to new readers, and use the advertisers' services whenever possible. This will make their advertising cost-effective, and help keep the magazine afloat.

If you'd like to advertise your business or service, I'd also be pleased to hear from you (Non-Holistic welcome!)

I am still developing the FREE Mailing List for the magazine. If you receive your copy via a group leader or at a meeting, and would like to receive future issues by post free-of-charge, please send your name and address to me.

If you have access to the internet, I can send you the magazine by email, in the form of a pdf (Adobe Acrobat) file - which looks exactly like the magazine.

Have a great summer!

Love Susan

P.S. Gardeners - would you like a few red or pink peony type poppy seeds that I have just harvested? They grow to about a metre tall. If so, send me a stamped, self-addressed envelope and I'll send you some.

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