



Parallel Community Newsletter August 2011

The Parallel Community is a linking network and a platform where people can express and develop their positive contribution for change - human, social, ecological, creative and spiritual.



Parallel Community's ONE LOVE Distant Healing Project has launched! Beginning with a 6 month distant healing project, it will encompass work on Earth energy lines, node points and even a new Pilgrim Route.

The programme brings together much of the expertise held by Parallel Community members into a global project of healing for the Earth and its people. The initiative recognises that all life on Earth is connected. Where there is healing in one part, everything else is affected. Heal many parts and much more is achieved. Whether it is through dowsing to identify special energy places, or using Reiki for an individual illness, healing will affect everything connected to the subject in a positive way. The distant healing project takes a familiar modality to a new level, using tried and tested methods and new energy insights to offer healing to people, animals, places and circumstances.

Any Parallel Community member can volunteer to facilitate a group (and a group can consist of as few as two people); a commitment is made to meet regularly (once a week, or once a fortnight, or once a month), for six months from July to December 2011; and to report developments after every meeting. For further details and to register a group for this project, please contact Lynn Forrest by email: lf3@btinternet.com



Lynn Forrest writes more about the project ...

ONE LOVE is the title chosen for Parallel Community's latest project. I am involved mostly with the new distant healing groups that are being

set up by members everywhere. Anyone can do it and your group doesn't have to consist of only PC members. Engage your friends, colleagues, family and acquaintances – you never know, they may want to become members of PC before long too!

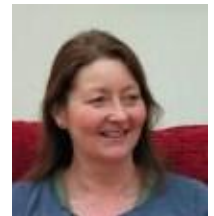
We are facing an acceleration of energy at present, pushing us against things we need to change to create better ways of relating to everything in our lives. That's nothing new, but the pressure of time 'running out' is a new sensation which makes everything have a feeling of urgency.

If all it takes to create harmony is love and integrity in all our relationships, you'd think it would be easy, wouldn't you? We are obviously not doing it though, because the emphasis is on change across the board. And nothing exists in isolation, so a little change here creates a little change there and benefits the whole, by showing how positive change can be achieved throughout.

Which brings me neatly back to our One Love Distant Healing project. Like many of us, I have sat in absent healing circles for many years on and off. It's simple: we sit in a circle and meditate to a quiet place and 'send' healing to stuff that seems to need it: people, countries, wars, someone's sick dog, a gloomy house. It seems to make a difference; in fact in some cases things improve dramatically, and our teachings tell us that prayer and distant healing is very beneficial "...where two or more gather together..." So it follows that if at this time of imminent change we begin to use the tools of our trade to consciously offer healing, loving energy and positive prayer to all the relationships we have – to the Earth, to our families, friends, networks, places, circumstances, situations, countries, tribes, animals, crops, insects, politicians, environments (and we do have a relationship with them all, even if it is only emotional) – it will affect the changes in a good way. It may also offer us valuable insight into how our creative power can be wielded to benefit 'all our relations' as the Native Americans would put it. Then we can begin to consciously re-create our world with the loving intent and integrity that has been missing for centuries.

Our project is a small part of a whole raft of initiatives taking place across the globe. If our contribution serves only to lift our own consciousness, it will contribute enormously to the

awakening consciousness of humanity as a whole. Further information can be had from me by email at: lf3@btinternet.com or by phone: 07814688290. It's really simple, let's just do it.



In the first week eight groups signed up: in the UK, Suffolk, East Sussex, Carmarthenshire and Cornwall, plus the Netherlands, Spain, Sweden and Canada; and the project is growing daily.

Here are the basic requirements:

1. Parallel Community wants to establish distant healing groups to form across the globe, embracing our planet with positive loving intent. We ask for a commitment to meet regularly for six months between July and December 2011. Developments will be monitored on a regular basis, with an opportunity to share experiences between groups.
2. Each group will be facilitated by a key member who will set the times, venue and regularity of the meetings.
3. It is important that the groups continue to function even when the key member is away or unable to facilitate at any time, so 1 or 2 others must also agree to share responsibility and hosting.
4. After each meeting, the facilitator (or deputy) will email Lynn with a brief description of proceedings i.e: what were the group dynamics (numbers, male/female ratio), where was the meeting held, what were the healing focuses, feedback from participants, etc. and any other details which may seem relevant.
5. Parallel Community is asking groups to follow a basic format to use as a framework for the healing ceremony/meditation to keep our method reasonably consistent. This will also include the use of the energised Parallel Community rainbow infinity symbol.
6. Lynn will share current information with all the groups via email and the website through the Healing Groups messaging on the Meeting Place, so we can see if themes develop.

I do hope you will feel inspired to take part in this project. Let me know if you would like to join in and I will send you the format for the healing meditation.

Look forward to hearing from you.

Many blessings on your journey,

Love Lynn x



Lindsay Price writes about how the symbol for the ONELOVE healing project came about ...

In May 2011, the core team members conducted a ceremony and asked that the symbol of the Parallel Community, the Lemniscate, (the infinity symbol) was blessed and activated with loving, peaceful, inspirational, healing vibrations. This was to enable the symbol to be taken out into the world, to help and heal



everything and everyone that came into contact with it.

During the ceremony, Ba Miller received a very clear mental picture of the symbol being on its end, in the vertical as well as the horizontal plain. When these are placed together, they form what looks like a flower with four petals.

The symbol is a powerful representation of balance, the Yin and the Yang, as well as the connecting of earth's energy with the higher consciousness and the physical world with spirit. By the grace, and with a loving, helpful, positive intent, this symbol is ready to be taken out into the world to be used positively for the benefit of all.

You may ask, how can I help and do this? Well, wherever you are you can either visualise, or, better still, "draw" the symbol, either in the air, or on a sandy beach, in the earth, on a rock, in the water, whenever or wherever you feel guided to do so. In this way you are doing your part to bless and heal our magnificent planet and all who abide in it. This is very easy to do, yet very powerful. Can you imagine a world where this symbol is being used all over the planet? What a wonderful vibration to set in motion and how helpful that is in this day and age!

New Meeting Place



Parallel Community's new Meeting Place is up and running – and already it's buzzing with activity! 167 people to date have signed up to it, many of whom are altogether new to Parallel Community – and we offer them a big welcome. Within the Meeting Place so far are 15 Groups, with varying titles including "Dowsing and Divining", "Healing Circles", "Returning to Nature", "Rediscovering our Power", "Creating the Future", "Sharing around the Fire", "Global Connecting", "Phenomena and Wonders", "Earth Consciousness", and so on. Members are creating more groups as time goes on. There's even a virtual Café where you can drop in for a virtual coffee and a friendly chat with anyone else who happens to be there!

If you haven't yet been brave enough to click on the link and have a look at the new site, please pluck up your courage and do so! <http://www.parallelcommunity.ning.com> is the place to find it. It's actually quite easy to get started. If you were a member of the old Meeting Place, don't try and use your old log-in, as it won't recognise you – you have to start afresh. Go to <http://www.parallelcommunity.ning.com> ; and click at the top right where it says, "If you're not a member, click here to sign up" – and follow the instructions, creating a new account, and click 'sign up'. (Don't forget to save the log-in page in your 'favourites' so you can find it again easily.) Then you can start communicating with other like-minded people, finding kindred spirits, making new friends, contributing your ideas, and becoming a very real part of this parallel community.

Forthcoming events

Parallel Community is planning to be present at two forthcoming fairs in Cornwall. Ba Miller and Lynn Forrest will be manning the PC stall. If you think you might be able to help them on the stall, please contact Ba on 01736 740401; or just go along and say hello! They would be very pleased to meet up with you. The 'Health and Wellbeing Fayre' takes place at the Town Hall in Launceston next Saturday August 6th, from 10am to 4.30pm; entrance is free. The "Autumn Holistic and Spiritual Day" is at Chacewater Village Hall on Saturday September 10th, from 10am to 4.30pm; entrance is £2.

Medieval Fayre at Hopton



PC member Brian Howard is running a project with the aim of the restoration of Old St Margaret's church at Hopton, where the Michael and Mary lines meet for the last (or even first!) time in the UK before continuing out over the sea (see Hamish Miller's book "The Sun and the Serpent"). The project group recently held a Medieval Fayre at the ruins, to fundraise for the project; the Fayre included a stall for Parallel Community, and we are thrilled to report that Brian has kindly sent us a cheque for £50 towards PC funds from this. Many thanks to Brian and all involved.

"What a fantastic day at Hopton yesterday. Old friends, new friends, playing music for Michael and Mary. What a delight - even if rather wet towards the end. Exciting plans

for next year too. Huge congratulations to Brian, who is the most caring and connected guardian for this magical eastern-most site. The lines chose well!" (Ginette Davis)



Brian writes, "What a day. We had a great day, so the prayers worked. It was sunny whilst setting up from 8am, and for most of the event. But in the afternoon other forces took over, and it chucked it down with a vengeance. But we carried on regardless till the beer & cider ran dry, until around six I think! We were soaked. Everyone really enjoyed themselves. A wonderful Labyrinth was built by Tchenka and PC members Sue, Claire, Ginny and others. All the PCers and dowsers went inside and met Michael & Mary intimately, and were I believe stunned at the presence they felt."

And Claire writes the following report on the day.

Old St Margaret's Gets New Life: Medieval Fayre at Hopton



You know you are part of a community when, despite being soaked through to your undies, you are surrounded by hugs, brimming mugs and laughter. So we were at Hopton where the seashore meets the Mary and Michael Line. The heavens opened like a round of applause for Brian and Val (Howard), Sue and all those that have scraped away the pigeon poop, cleared the brickwork and lovingly restored Old St Margaret's Church ready for the site's big day as part of the Restoration Project. I can remember years ago, not long after Hamish and Paul mentioned this then sad ruin, standing in a bitter horizontal sleet and noting the neglected litter-filled lump of bricks as the energies swirled on out to sea. Wow, how the place has changed!

Sunday was a medieval fayre to raise money to continue the work of making the ruined church safe enough for everyone - and the interest is phenomenal these days - to be able to walk amongst it. Brian and his gang really have brought about a miracle raising the spirits of the place. We all like a bit of attention, and as the stalls went up, and the people started to appear, the gratitude of the place was almost palpable. Tchenka, in the most perfect bright yellow lace-up wellies, danced an ancient knotted rope into measuring out a 7 circuit smile of a labyrinth, which Peter's deft use of white line paint helped make a more permanent invitation for all those visiting later in time. As Tchenka and her assistants greeted the space and gave thanks for the day, the place was literally shining. The lilting enlivening instruments and voice of Ginny, John and Michelle encircled the fayre, and throughout the day the pipes, fiddle or simply the voice came floating through the ether. As locals,





tourists and the Mayor flocked to enjoy the gorgeous cakes (and ale!) and appreciate the arts and craft "harvest" that all the months of planning and work had made manifest, there was the chance to share the passion which had set it all going. A local couple pointed to a house nearby to the church and told how one night their window had been open and they'd heard an ethereal choir chanting plain-song on the wind. Sue Pine created this beautiful and symbolic image (left) of St Margaret and the Dragon she vanquished, for sale to raise money for the Restoration Project, and this proved a brilliant way in to talking about ley-lines in general and the Michael and Mary lines, dowsing etc.

The excitement proved too much for the elementals and we ended our day with thunder clapping approval in recognition of the new chapter in the life of Old St Margaret's Hopton. There will be a third Restoration Project Fayre next year in 2012 around the nearest weekend to 20th July - Brian has all sorts of plans! but in the meantime if you are coming along the line do drop in and say "Hello!" to Old St Margaret before the lines kiss the sea.

Mystical Britain Calendar

Send in your most inspiring Mystical Britain photo for a 2012 wall calendar - and help raise funds for Parallel Community. Nathascha Heijen plans to create a Mystical Britain wall calendar, and invites PC members to send in their most inspiring photograph of their favourite sacred site in Britain – and maybe you will find your photo in the calendar! Write in 500 words or less *why* this place is so inspiring to you. Please send your chosen photograph (in the largest possible format) to Nathascha at celticinspiration@gmail.com, by the next full moon, August 13th. When it's ready, you will be able to purchase the calendar from www.lulu.com. Nathascha will donate half the profits to Parallel Community. The beautifully produced calendar will include Celtic festivals and pagan holidays, solar and lunar eclipses, sun and full moon and new moon in their relevant astrological signs.



Celtic Inspiration's Sacred Journeys to
Mystical Britain

Insights beyond our Senses

Our senses of sight, sound, smell, taste and touch tell us about our environment. My fascination for nature has taught me about how animals and insects behave in a very different way to humans, because their senses cover a widely differing spectrum of the E.M.F. (electromotive force) field to humans, and even include echolocation, electric and magnetic senses.

Animals and insects have developed amazing adaptations in order to deal with their environments. Many different types of energy exist in the environment, some of which humans either cannot detect, or because senses have been dulled due to our artificial way of living.

Human beings have become highly visual. Seventy percent of the body's sense receptors are found in our eyes; and it is thought that as much as ninety-one percent of our information in the so-called "developed world" is received through our eyes, because other senses have been dulled.

Dogs have a sense of smell that is a million times greater than that of a human and their brain creates "smell maps". The labyrinth of receivers in their nose covers approx 130 sq.cm compared to our 3 sq.cm; and whilst we can hear up to about 22,000 cycles per second of sound vibration, theirs extends to around 40,000 cps. My dog, a Spanish Water Dog, is used in earthquake devastation areas to detect buried human life.

The domestic moggie has about four times the smelling ability of humans and meanwhile can hear up to 60,000 cps, matched by mice with a range up to 100,000 cps; so perhaps the latter have developed a "super high pitched whisper".

In the bird world, buzzards are able to detect a small rodent from 1,500 ft in the air. Meanwhile a falcon can see a 10 cm object from a distance of 1.5 km, and can see sharp images when diving at 100mph. Pigeons, with eyes mounted laterally, can view through 270 degrees and are able to detect sound down to 1 cps. The echolocation of a bat enables it to get information about its prey and uses frequencies up to a staggering 120,000 cps.

In the world of insects, ants can detect the slightest movement through 5 cm of earth; and can see polarized light. Honey bees have 5,500 lenses in each eye and for example see a sunflower as deep blue. There is a ring of iron oxide (magnetite) in their abdomen to detect magnetic fields for navigation purposes. The butterfly has taste receptors on its feet; and a cockroach can detect a movement as small as 2,000 times the size of a hydrogen atom. Crickets and spiders hear through their legs. Scorpions have as many as 12 eyes and can detect air moving at only 0.072 km per hour.

Many nocturnal moths have a hearing range extending to 240,000 cps; and the Emperor moth can detect

pheromones up to 5 km distant, beaten only by a Silkworm moth that can detect up to 11 km distant and to a dilution of 1 pheromone per 10¹⁷ molecules of air. Mosquitoes are attracted to their host by body odour, carbon dioxide, heat and body humidity. Blowflies taste with 3,000 sensory hairs on their feet.

Deep sea fish only have rods in the retina: 25 million per sq mm, enabling them to detect bioluminescence in ocean depths. The catfish has 100,000 taste buds (humans have only 10,000). Most crabs have hairs to detect water current and vibration. Dolphins use echolocation similar to bats for movement detection and can hear up to 100,000 cps. Sharks have specialized electro-sensing receptors, and the Thresher shark's eye is 5 inches diameter.

Snakes rely less on their sense of sight and hearing than on their ability to detect infra-red heat, so are able to hunt at night or in dark places such as caves.

Have you ever wondered why the eyes of nocturnal animals like cats glow in the dark? It is the *tapetum lucidum*, meaning "bright carpet", a thick reflective membrane 15 cells wide directly beneath the retina. It collects and re-emits light back to the retina a second time, giving the rods a second chance to absorb image information, thus maximizing the little light available. As this light is reflected off the *tapetum*, the animal's eyes appear to glow.

Oh, and believe it or not, elephants are frightened of ants! Acacia trees in Africa play host to their own colonies of ants in order that leaves are not eaten by elephants. The elephant is fearful of an ant getting into its trunk which is a nerve-ending super-highway!

These are a few of the many insights I have gained about creatures in the world of nature all around us when we walk in forests or fields or swim in the sea. I frequently remind myself of this little poem (I believe anonymous) ...



May you be inspired to see the world of Nature all around you with renewed eyes, ears, nose and tastebuds.
May you discover dimensions of knowing, previously not imaginable.

Michael Baker July 2011

Infinity Symbol found in the Milky Way

A bizarre, twisted ring of dense gas at the centre of our Milky Way galaxy has been observed by the Herschel Space Observatory. Only a few portions of the ring, which stretches across more than 600 light-years, were known before. But Herschel's view reveals the entire ring for the first time – and a strange kink that resembles a ribbon has astronomers scratching their heads. When astronomers turned the giant telescope to look at the centre of the Milky Way, it captured unprecedented views of its inner ring – a dense tube of cold gas mixed with dust, where new stars are forming. Astronomers were shocked by what they saw – the ring, which is in the plane of our galaxy, looked more like an infinity symbol with two lobes pointing to the side. The ring is moving together as a unit, at the same speed relative to the rest of the galaxy. The study is published in *Astrophysical Journal Letters*. **Source:** <http://wakeup-world.com/2011/07/23/infinity-symbol-of-dense-gas-observed-in-the-heart-of-the-milky-way-galaxy/>



Landscapes zodiacs – can you help?

John Edward, a member of the 'Sacred sites and earth grid' group on the Meeting Place, is seeking information on landscape zodiacs from PC members. He says, "I have a limited amount of information on the Lizard, Nuthumpstead, Bury and of course Glastonbury landscape zodiacs, and inferences of others. Does anybody have a more extensive list or additional information?" Please contact John on the PC Meeting Place if you can help him.

A Song with a Story – “The Song of Life”

PC member Brenda Desborough has sent us the following story, about the creation of a poem.

It is strange but wonderful how people, places, events and activities effortlessly weave themselves into each other's stories in unexpected ways that are not only cooperative and helpful, but are also healing, enjoyable and creative. Parallel Community has offered much experience of this kind. Particularly fascinating has been this story, which began way back in the summer of 2004 before I had ever heard of PC.

I was on a course at Emerson College led by storytellers Nancy Mellon and Ashley Ramsden, about the storytelling language of the human body. These days I sing in several choirs, but at that time my musical memory was no more than a whisper on the wind, and I was at least year away from being invited to join my poetry group “Poetry Exchange”. As an ex-lecturer and counsellor-turned-aromatherapist, I was puzzled to find myself suddenly and compulsively song-writing a musical verse. I had never done anything of the kind before. It seemed a bit crazy too, as the content had nothing whatsoever to do with either storytelling or the human body, but the words just wouldn't go away. Out of the blue a fellow student, who played the flute, offered to help me set it to music and we were both asked to perform it at the closing celebration of stories. Afterwards a woman came up to me and said that she felt that there would be more verses to the song one day, and that one would contain the word “gratitude”.

Time passed and sad to say, I forgot all about that song, and lost my only copy of the score which had been lovingly transcribed by the flautist. Other things occupied my attention, but there was also poetry and singing, new friends, new connections and other new beginnings, including my involvement with PC.

Then in June this year I was asked to sing in an acapella group of four, at the funeral of a woman who had worked at Emerson College for many years. It was such a joyful event; the singing was a pleasure, and the story of her life in all its colourful richness and variety was told with such warmth, honesty and humour it left everyone smiling. The whole event reminded me of the song I had written so long ago. So I dug out the original verse and, needing a poem for the June meeting of “Poetry Exchange”, I decided see if I could add to it.

Though its theme was universal rather than site-specific, it soon became clear that the song seemed to have similarities to the Carwynnen and Hopton poems (see the April 2011 PC newsletter) in that it emerged quickly with a rhythm and structure from a source. Once again I was left with music in my head but this time with instrumental arrangements, drums and harmonies all weaving away merrily. Although I can read music I can't write it, and I knew I didn't have the technical skills to do what I felt it needed. So on a hunch I sent an email to a few of my PC contacts together with the verses with a request for some helpful suggestions, crossed my fingers and hoped!

Meanwhile a few days later I stumbled on an amazing exhibition at Emerson, of photographs taken in the

Fukushima area of Japan before the tsunami devastated so much of the region. The vivid and beautiful images depicted a fertile, varied landscape, home to indigenous people living in harmony with the earth and maintaining a traditional way of life. The vivid colours, the faces of very old but healthy and handsome fisherfolk, the lush vegetation and the wonderful flowers, were a poignant reminder of how much has been lost. The exhibition presenter, Yukiko Kabuki, a university academic and translator who comes from the area, told me a story both far worse and yet far more positive than anything described in the media, and said she felt that, for both the land and its people to recover, it was vital to hold and cherish the memory of how things once were, so that good things can be kept alive and restored despite all the horrors. Her words struck a chord because they resonated so closely with the theme of the song, especially as we were standing just yards away from where it was first written and performed, so I mentioned it and she asked for a copy. It means so much to me to know that she will translate it into Japanese and take it back to Fukushima.

Replies started coming from my PC friends with creative suggestions. Brian Howard at Hopton sent the verses to PC member Ginny Davis, a skilled and experienced musician, singer and instrumentalist. Things began to move very rapidly. Within 48 hours she had produced and recorded a hauntingly beautiful Celtic arrangement of the words, with cello and keyboard accompaniment. It was nothing like the original tune but was so lovely it moved me to tears when I first heard it – it was as if we had worked together on the piece from the very beginning. When I asked her how she did it so quickly she simply said, “It wrote itself!”

I visited Ginny and her husband John in Ipswich to record my own voice on the arrangement. I was well out of my comfort zone at first, having never recorded my singing voice before – all the singing I do is live and in groups – but Ginny was good at explaining the process so once I got the hang of it I really enjoyed it and found it fascinating. We added another harmony and swapped a few ideas for enriching the sound with Ginny's instrumentals and additional voices. I had a wonderful time and was so appreciative of Ginny's hospitality. The final version of the song can be heard via the PC website.

Other musical arrangements may also possibly emerge as different people add their creative input or circulate it among their friends and contacts. It seems to go where it wants to go like a seed on the wind and it is interesting to see and hear what happens. I know someone has sent a copy to a student at the Royal College of Music but I haven't the faintest idea what, if anything, she will do with it. A classical variation might be interesting.

And I am left reflecting that in an often greedy world, everyone involved with “The Song of Life” has given time, skills and expertise out of friendship, love or helpfulness and not for money – priceless! *Brenda Desborough – July 2011*

THE SONG OF LIFE

Can you sing a song?
Sing for all the earth
Sing the song unsung
Bring it into birth?
Can you hear the voice?
Silent, yet a call
Whispering the truth
Singing to us all?

*The song of Life
And it is beautiful
A seed of knowing
In the shadows of the past
A bud of hope
That may be dormant now
Yet holds within for us
A flower that will last*



Can you do the dance?
Feel it in your feet
Following a path -
Destiny to meet?
Music of the earth
Rhythm of the spheres
Journey of your soul
Dancing through the years

*The dance of Life
And it is beautiful
A seed of knowing
In the shadows of the past
A bud of hope
That may be dormant now
Yet holds within for us
A flower that will last*

Do you know the pain?
Sorrow breaks your heart
Fragments of despair
Tear your soul apart
Darkness clouds the way
Lonely is your road
Weary are your bones
Heavy is their load

*The pain of Life
And it's a mystery
A seed of knowing
In the shadows of the past
That hides the bud
That may be dormant now,
Yet holds within for us
A flower that will last*



Do you know the joy?
Sparkling like the rain
Kissed by warmth of sun
Rising once again
Shining from within,
Health and hope renewed
Then the spirit soars
Filled with gratitude

*The joy of Life
And it is beautiful
A seed of knowing
In the shadows of the past
A bud of hope
That in its blossoming
Will hold within for us
A flower that will last*

28/06/11 B Desborough

Avebury Healing Visit

PC member Candace Caddick describes a recent visit to Avebury.

I had a quick run over to Avebury recently to meet some old and new friends and spend the day in the stone circle. When we arrived the inside of the circle was so busy! Not with people, the car park was empty. The circle itself was busy doing what it was set up to do. It's most noticeable where there are the fewest gaps in the stones as a swaying, dancing energy moving to the drumbeat that coordinates the circle. Stop and listen to the underlying sound of the circle. I can't imagine what it must be like to live inside Avebury now.

The day before I could see that my friends would make golden connections to the stones of the circle that would

keep them in contact with Avebury even after they went away. I told the circle we were here for a visit and who we were. Immediately we were told to go to a certain place in the circle, and go there now! We went, of course, and standing in a group of five the energy poured up through our feet for a few minutes. First I could see that our internal structure was changing, becoming overlaid with straight lines like a skyscraper under construction. There are a lot of straight lines with minerals, and we're fairly soft and curvy. The crystalline structure built through our bodies and altered us. Our energetic bodies now looked like mineral, one granite, yellow quartz, another was one

of those sharp, pointy minerals, and myself quartz also. The last person became a large tree. (There are some especially nice trees at Avebury also.) We spent the rest of the day as kin to the circle, with an unbreakable bond.

The circle of Avebury itself has a consciousness and a life of its own. (In fact so many more things have consciousnesses than you could imagine.) That consciousness assessed us as individuals and met our needs by strengthening us with mineral. From that point

on I've been feeling very different, more than just stronger physically, but stronger mentally also, and balanced and peaceful. One of the nice things to take away from a day like that is the certainty that there is more love in the world than we ever seem to be able to notice on a daily basis.

The wind blew and it rained, but both were part of the gift of being able to go there and become part of something larger than ourselves.

Book Review

PC Member **Nathascha Heijen** writes about the transformative effect that author Michael J Roads has had on her life.

"One of the most influential men I have encountered, and one who played a key role in the positive transformation of my life, is 'human pollinator' Michael Roads, with his way of being and sharing of oneness. Around 22 years ago I picked up one of my first spiritual reads in a bookshop. It was called "Journey into Nature". After a couple of pages I couldn't put the book down. His true stories took me on an inner discovery of the side of Nature that I had always felt was there (and a child had instant access to) but couldn't be explained in words. And certainly nobody else in my childhood, nor in later years, seemed to have the same perception of Nature. People's raised eyebrows had made me lock away the things I felt about Nature into a bottom drawer, and instead I conformed to 'normality' for a long, long time. And then Michael's book came along and unlocked that drawer. Something profound awakened in me. And now at last I could acknowledge my inner 'feelings' and trust that they had been right all along (phew, I was not crazy or imagining things!) While reading the book, silent tears of separation became a river of healing into 'Oneness'. I had come home to the ONE community there is: Life!"

Another of his books is entitled **"Talking with Nature"**, and here is an extract from it.

"Okay, so how do we actually do this? First and foremost, you will need patience. You will also need to learn the art of listening. We do not listen, we hear. Hearing is not listening. A cat listens. Listening comes from the moment, and is a conscious act. Hearing is happening while we are otherwise involved; this is subconscious and mostly involuntary. Think about it! You hear the noise of traffic, but you are not actually listening to it. Listening is an art most people have lost. Listening takes you into the moment. You can hear and think, but you cannot listen and think! When, in my early forties, I decided to consciously connect with Nature, it took me six years to learn to listen. Every day I visited a nearby river, to just sit and listen. Some days for several hours, others not as long. At first, all I heard were the sounds of distant traffic, birds, the physical river, and my own mocking thoughts, but after about three years, I began to inner-hear inaudible sound. I became aware that this inner-hearing – listening – came from a much deeper, quieter, part of me; the whole-brain/heart-soul connection.

"We have constant thoughts; this is the mind endlessly regurgitating mental nonsense. No thoughts, and there is Silence . . . and in this Silence there is a song of power. Not your power, or Nature's power, just power. But, you can connect with, and use, this power, so long as you do not personalise it. To do this requires trust. You trust yourself. Not easy! To talk with Nature means that this power is the conduit between you, trust, and Nature. All are necessary. It takes a big leap in consciousness to listen to a tree communicate with you, and know that this is not the fabrication of mind. I have read quite a few other people's Nature communications, and have known them to be false. And this is okay; neither right nor wrong. Equally, I have read quite a few others, and known them

to be true communication. If you think this sounds arrogant . . . so be it! I, certainly, had my time of not knowing the difference between the subtle mind and the subtlety of innercommunication. With a lot of practice and a lot of self-trust, you eventually arrive in a good place.

"Criticising and berating yourself for your lack of patience, your inattention, or inability, or your lack of self-trust, or focus – or all of these! – gets you nowhere.

"Okay, one more aspect to clarify. You are a metaphysical Being. You are an immortal Being in a mortal body. The Self you are is infinite; One with the All. There is nothing outside Self. To explain this now would take too long, but I will say this; beyond the physical, you, and all lifeforms, are each a field-of-energy. All these energy-fields connect; all are finally One . . . there is nothing outside Self. Get it?

"When you sit down, become silent, and consciously focus on a tree . . . you and tree energetically connect. You share One field of energy. Tree is not outside Self. This is where communicating with Nature truly begins. While you perceive the tree and yourself as separate – 'you' talk with 'tree' – you are playing mind games . . . and believe me, mind has an endless repertoire. There are no such trees as Grandfather tree, or Sister tree, or Mother tree, etc., as is commonly spoken of; this is just mind playing a game with human emotions. Trees do not think or talk. Trees are the living repository of an immense amount of conscious experience. This is not necessarily tree experience; this is Earth/life experience. As stated, trees are an expression of conscious intelligence, but have no intellect. Trees are completely impersonal, but trees are always consciously connected with us. They experience

Oneness; separation does not exist in Nature. They communicate with us in their conscious expression of growth, but nobody is listening. We do not even listen to each other, we just hear each other's words.

"To talk with Nature, all this has to change within us. You cannot talk with Nature and remain the person you currently are. You have to expand in consciousness . . . and grow. If you decide you want to learn to consciously communicate with Nature . . . you will not be able to do

this and remain the same; change will take place within you. You will be pushed to grow, to expand, to become more flexible; the very process will demand it. You will discover that once you get out of the box that most people live in . . . there is a huge and wonderful greater reality waiting to welcome you.

"And long has it waited."
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*We hope you have enjoyed reading this newsletter. Maybe you are inspired by some of the articles, and would like to respond? Or perhaps you have something you would like to share with other members? Please do write to us – we would really welcome your contributions. The deadline for the September newsletter is **Friday August 26**, so please send any contributions you would like to be considered for inclusion by then at the very latest, to Frances (watts@penare.ndo.co.uk) or to the address below. We really would love to hear from you. The newsletter is for you, the members of Parallel Community, to share thoughts, ideas, news, and so on, and make contact with, other PC members.*

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