



Parallel Community Newsletter June 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.



PC Open Day at Treviscoe

Ba Miller (right, on the Open Day) writes her personal reflection on the PC weekend.



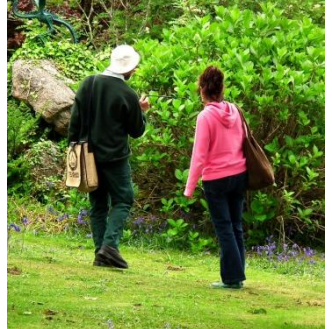
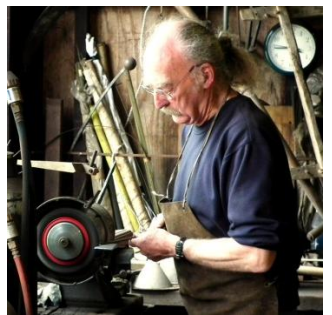
After a week of sunny days, I opened the curtains on May 7th expecting blue skies, only to see a blanket of fog and rain. I held my head and groaned, but then a little voice in my head said, "Where is your faith and optimism?" I said YES it is going to be a GOOD day. This proved to be correct. By 2pm the skies cleared, folks arrived, and Adam sat stoically at the gate welcoming them with a smile and a map of the walkways in the garden. Over 80 people arrived and enjoyed the cream tea and the stunning bluebell walks. The second-hand book stall and the Parallel Community stall had a brisk trade, while the folks manning the tea urn and preparing the scones worked hard to keep up with the demand! I do thank everyone who helped to make it such a happy afternoon.



The following day, it was blowy but sunny down on the beach by St Michael's Mount, where a group gathered under the gay banner of the Parallel Community. Lynn Forrest held a meditation; over 30 folks gathered and found Lynn's words inspirational. The Marazion Community Hall welcomed people with brightly covered tables and hot drinks, and many groups sat chatting over a picnic. At 2.30pm Barry gave his talk to a full house (including dogs and babies!) of around 90 people. All were touched by his story of the ancient people in New Zealand and how much we can learn from their way of life.



The whole weekend can be summed up as MOST SUCCESSFUL! Many, many thanks to all who contributed in so many ways. **Ba Miller**



Photos by Palden Jenkins (and one by Frances Watts). Plenty more on the PC website at <http://www.parallelcommunity.com/openday.html>

Barry Brailsford - The Fires of Remembrance

Nigel Twinn (PC member and Council Member of the British Society of Dowzers) has written an appreciation of the wonderful talk given by Barry Brailsford on May 8th.

For several years, Hamish Miller (UK dowser and social activist) and Barry Brailsford (New Zealander, historian and archaeologist) worked together on the earth energies of the southern hemisphere - and on the importance of the spirit of place there. The purpose of Barry's talk in Marazion, overlooking St Michael's Mount in West Cornwall, was both to honour Hamish and his work, and also to continue to disseminate the essence of their joint work in New Zealand.

Although Barry was awarded an MBE for his work on Maori culture, it is his insight into the world of their predecessors, the Waitaha, which is of real significance to today's seekers after truth. These pre-Polynesian inhabitants of NZ appeared to have reached a point in their development that western philosophers and visionaries can barely glimpse on the virtual horizon. Yet it is the exactly the direction in which so many are finding themselves to be led at present. Judging from their oral tradition, the Waitaha raised awareness and used intuition in a way that is hard for us today even to conceptualise. No wonder Hamish was so captivated by Barry's research - and why he was so enchanted by their dream.

Barry's groundbreaking work is hard to capture credibly in a few sound-bites, but in a nutshell, the stories of the Waitaha tell of a nation who lived in Aotearoa (New Zealand to us) for over 2,000 years. They developed a society based on peace, awareness and mutual cooperation - in which the intuition we are seeking to cultivate through dowsing, healing and so on would have been an everyday faculty.

However, around 1200AD, climatic change wrought havoc across the globe. From 1400AD onwards, waves of hungry and desperate Polynesians started to arrive on the shores of Aotearoa. At first there was some assimilation, but as the numbers increased and their demands escalated, eventually conflict ensued. The unarmed and deeply pacifist Waitaha chose to die in huge numbers, rather than resist by force. No Waitaha grave or burial cave has turned up any sign of Waitaha weaponry, as they appear to have evolved beyond the need to compete for

resources. By the time the first Europeans made it to NZ, the inhabitants were fiercely warlike - and the Waitaha were no more than a memory.

When Barry first started to research the subject, so little was known of the Waitaha that he had just two pages of notes, drawn from all sources, to describe a whole civilisation. Indeed, many of his colleagues even believed the Waitaha to be just a legend. Yet, despite the carnage, the ghost of their nation lived on through the descendants of some of the women assimilated into the invaders'



family groups. Their wisdom and history was passed down through the generations orally, until Barry was introduced to it by the remaining elders in the 1990's. Astonishingly, about 3,000 songs and chants remain - many of which are extremely explicit and detailed, and some take up to 2 days to recite. Barry won the trust of the elders - in part, by being in the right place at the right time to be the predicted

recipient of their knowledge.

The rest of the story unfolds in Barry's books, and in his joint work with Hamish.

The Waitaha are an almost-tangible memory of intuition in action. They appear to have been a people who worked, planted and explored using the influence of the moon. For a period either side of the full moon they were outgoing, active and vibrant, but for a period either side of the new moon, they reflected and recuperated. A time of energy, followed by a time of recovery. So much of our stress-laden modern world is a result of us fighting against the flow - and then beating ourselves up when things go wrong. The Waitaha seemed to grasp and internalise the concept of balance - of cosmic harmony.

Long before science, the Waitaha understood that they were children of the stars - that they came from the very essence of the universe and had developed over aeons of time. They respected their ancestors, on whose shoulders they stood metaphorically and, millennia before Darwin, they realised that they were the sum of all that had gone before them. For them, stone was their first ancestor.

They noticed their children exhibited traits and tendencies that displayed their inner selves from a very young age.

The stone people, who loved to work with rock and crystal; the green-fingered tree people, who brought life from the earth; the water people who fished and sailed; the children who wandered out of the village at the full moon, who would become the next explorers; those who drew close to the hearth, who would nurture and heal; the fire people with a burning desire to create; the lion and the wolf people with their affinity for the feline and the canine; the bird people, the dolphin people . . . Instead of forcing their offspring into a hard-moulded future, they worked with these traits to bring out the best in their children - for the good of the community at large.

The deepest message of the Waitaha for us today is the urgent need for the awakening of awareness. The Waitaha were deeply aware of their place in time and space; of their part in history and of their role as custodians of the land. That awareness led them to have the courage to walk their truth. To suffer the disaster of

*"If we lose our story, we lose our dream.
If we lose our dream, the spirit dies."*

the complete annihilation of their culture was less important than holding on to that truth.

Barry is a quietly-spoken and very sincere man, who has been passed a baton by the remaining elders of the descendants of the Waitaha, to convey this wisdom to a wider world at a time of great need. His basic message is one of great hope - we are living through a time of great opportunity. As more people wake up to the realisation that humanity has taken a wrong turning, the distant echoes of the Waitaha are resonating more strongly through the ether. The rhythm of their drums is beating more audibly.

Transcending the world of matter and the world of energy is the world of consciousness, the world of spirit. In many ways, there has never been a more benign time to live on this planet - and we have a unique opportunity to live our own story and to bring our shared dreams into reality.

New Meeting Place

Core Team member Nathascha Heijen is currently developing and trialling a new version of PC's interactive website, the Meeting Place, and has invited other Core Team members to help. It is hoped that this will provide PC members with a simpler and more straightforward alternative to the old Meeting Place. So far it's looking good! The potential new version is much more user-friendly, with lots of features as well. We hope that this new version will encourage far greater numbers of members than before to join in and communicate with one another. After all, that IS what Parallel Community is all about. We want to set the wires a-buzzing!

We have been narrowing our focus down to a more specific 'trademark' for the Parallel Community. We all felt that the original spark for Parallel Community, and the shared interest of many of its members, is our connection to the Earth and the topic of Earth Energy. So we will streamline our focus, thoughts and actions in that direction. Consequently, we now have a new tagline: **"Re-establish Humankind's natural rapport with all other beings and the Earth"**. We want to concentrate on *how* we can re-connect ourselves with the Earth Grid and learn to work with it for the benefit of people, groups, locations and the Earth itself.



The Groups in the Meeting Place will represent specific topics around this theme, where you will be welcome to join in conversations, share experiences and thoughts, or just get to know other like-minded souls.

The new Meeting Place will have some new features like a member map (put your location on a world map), Listings (share links, talents and skills, free recycle, projects and collaborations), birthday calendar, photos, chat, a Facebook and Twitter connection (so you can update your status and opt to synchronise the update with Facebook and Twitter as well), and you can easily invite other people in. There will also be plenty of familiar features, like video, events, and groups. The current members on our list will receive an invitation to come and join the new Meeting Place at some point during June. Upon registering you will be asked to carefully read and accept the Terms of Use which include a copy of our Core Beliefs. In the new Meeting Place we will be very strict and act swiftly about posts which show a lack of respect towards the Core Beliefs or other members. So hopefully the new Meeting Place will be, in all senses, a NEW beginning and a NEW road to travel for all!

Annie Turner (Core Team) writes ... In last month's (May) newsletter there was a brief mention about the role of Supporters and Connectors having changed. When PC was first set up, it was hoped that there would be a happy band of folk scattered around the globe who would be happy to 'connect' people - to connect the supporters of PC. What happened was that some felt that there is a 'hierarchy' within PC, which there really isn't. The Core Team is just that - a group of us at the core, *not* the top, who organise the newsletters, sort the money out, write the letters, manage the website. But everyone involved with PC is an equal part of the family. So we have dropped the term 'connector' and now want everyone to simply be a 'supporter' within this circular family. There's no membership fee: you become a supporter simply by requesting the newsletter, the electronic version of which is sent free of charge. We would love *everyone* to connect with others in whatever way they feel they can - never forgetting that simply wearing your PC infinity symbol badge will open conversation, let alone actually sending the PC web-page link to friends and family, (or if you can, putting it at the bottom of all the emails you send). Obviously we are aware that some of you bought a 'connectors' pack', but are sure that you have long given the brochures and badges to your friends. Anyone can now purchase these to share from off the website.

Names and email addresses etc won't be given out to all and sundry though, rest assured. Until the new interactive website is up and running, the best way to 'connect' with other members is to email us at info@parallelcommunity.com asking us to connect you with someone specific; or perhaps with other PC members in your area. If you give us your permission, we will then send them your email address. Or your request could go in the newsletter. The PC Facebook page could also be used for contacting people.

So, all of us amazing supporters within the PC family, here's to the future! The first thing you can do as part of that? ... Forward your newsletter to a friend, letting them know it is a lovely read and full of nice things! And, although we are obviously mindful of trees, please print off a copy of your newsletter, read it in comfort, and then pass it on to a friend afterwards. (Or even leave it in the dentist's waiting room!)

Michael Baker – new member of the Core Team



I'd like to introduce myself to Parallel Community having become a new member of the Core Group. It's odd sometimes how things come about. When I was a small child in the 1940's I had a love of helping my father growing organic vegetables. I learnt

much from him on the London flat clay soil; but by ten all I wanted was a rock garden! My parents would take me down to Cornwall for holidays, and the north Cornish coast of Trebarwith became my second home.

By my 40's Community became a cornerstone in my belief of a better way to live than the developing economic model which I perceived was causing the break-up of families. My travels and research on the subject ended in me founding an intentional land based organic community which I lived

in for the subsequent 30 years. It fulfilled my dream and gave my three sons a wonderful start to their lives.

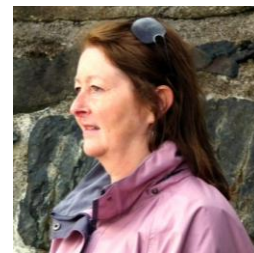
But somehow I needed more challenges in my life, so in my 60's I took to the arid mountainside environment of Andalucia, southern Spain. Now, I have the biggest rock garden you could imagine. I keep my spirit of community very much alive with connection to the Findhorn Foundation in Scotland whom I represent here in Spain and now I find my childhood connections with Cornwall being renewed with this important link to P.C. It proves what goes around, comes around for interwoven into all this I have had the privilege of founding the Maya Sun & Serpent Mysteries School by request of Maya Elders of central America.

I look forward to bringing whatever I can offer to this wonderful initiative of Hamish's vision made manifest.

Mount's Bay Meditation 8th May



Nearly 40 Parallel Communiters from all over the UK got together for a meditation on the beach at Marazion, opposite St Michael's Mount, prior to Barry Brailsford's afternoon talk. The day had dawned bright and breezy and by the time we were all assembled, the sun was reflecting sparkly glints off the choppy sea. Sheltering from the wind around a corner of the sea wall, everyone joined in the meditation led by Lynn Forrest of the Core Group.



As is usually the case, Lynn hadn't anything prepared for the meditation; she simply let the occasion and the spirit of the place decide how it was to proceed. Everyone settled down on a rock, the sea wall or standing on the sand to listen to the guided visualisation inspired by the four energy lines converging at the Mount (Michael, Mary, Apollo and Athena, as dowsed and identified by Hamish & Ba Miller and others).



The energy encouraged us to open our chakras and pull down the pillar of light that is our higher consciousness, to anchor it through our bodies and into the Earth where we stood. We brought our attention to our heart centres, each experiencing a wave of golden light flowing into a rainbow of light connecting to the Mount. Our focus became the crossing point of the four energy lines on the Mount, and Archangel Michael shared in the golden rainbow energy that came from the group to the energy point. The Archangel

created an understanding of the balance of all things in the rainbow, particularly masculine and feminine, and pulsed the golden multicoloured light through the energy grid of the Earth to all and everything.

We were left with a feeling of interconnectedness and wonder at what we had experienced. A gateway of awareness that spanned the planet had opened up, and the golden-rainbow-light that had pulsed around the energy grid was in us all too.

Barry's subsequent talk spoke of many of the things we had heard in the meditation, as though it had been preparing us to listen out for certain things of importance. The idea that the ancestors have gifted us the rainbow light to connect around the world brought us all to a fresh understanding of our purpose in community.

Lynn Forrest 8/05/11



Pilgrimage of the Heart

PC members are invited to join in with a Pilgrimage, organised by Lynn Forrest. On Saturday August 13 a walk will take place starting at Trencrom Hill in West Penwith, Cornwall, and finishing at St Michael's Mount (about six miles), following part of the ancient pilgrim route which eventually leads to Santiago de Compostela. The route covers important earth energy lines (Michael, Mary, Apollo and Athena, as identified by Hamish Miller et al) which converge at the Mount. These lines are part of the global network of the earth's energy grid.



The walk will encourage the manifestation of the balance of masculine and feminine energies in human relationships. In its ascension process the Earth is raising its frequency to a new level of harmony, one that shifts the human vibration from a base note to a sacred one. Walking over many of the major energy lines in the area with a focus of Love will bring us into harmony with the Earth and prevailing activations at this time. It will also bring the walker into greater alignment with his or her higher self. Creating a better relationship with your own male/female balance is then experienced as greater harmony in every other relationship.

The pilgrimage begins at 9am on Trencrom Hill and rounds off with a meditation and picnic lunch on the beach at Marazion, culminating with a seminar during the afternoon and early evening to hear speakers, share insights and information. To participate there is a charge of £10; any profits will be donated to Shelterbox and to PC. For more information and to register, please contact Lynn Forrest at 14, Gadwall Rise, Saltings Reach, Lelant, Hayle, Cornwall, TR27 6GP; email: lf3@btinternet.com or phone: 07814688290.

Meditation for Japan

PC member from the US, Buryl Payne, has sent us details of a meditation he is proposing, to help reduce the radioactivity in Japan. He can be contacted on buryl@buryl.com

"On June 15, we invite everyone to join in a meditation to send love and compassion to the elements in the nuclear reactors in Japan to slow down the gamma rays to the near ultraviolet frequency, and for neutrons emitted from that radiation site to quickly turn into hydrogen atoms and form non-radioactive water. This meditation is part of a programme. Gaia Meditations are taking place around sunset on the eve of every Full Moon until 2013. Full Moon Meditations are a step in unifying human kindness around the Earth: irrespective of religion, race, or country. Everyone on Earth may need to help soften potential earthquakes, volcanic eruptions or other adverse conditions. Visualize a peaceful time for humans and all living organisms. Visualize a blanket of love surrounding the Earth and extending beyond the Moon."

For more details go to Buryl's website at <http://www.buryl.com/>

World Peace Begins With Ants

PC member Buryl Payne writes ... People talk globally about world peace, but everyone, including my housemate, would methodically kill all the ants that were on the counters or table top while protesting she wanted world peace. I protested asking her to ask them to go away. She wouldn't hear that: she only sprayed them all the more.

Later, when I moved into an apartment alone, ants were everywhere. I'm not a clean-aholic. There was no sealed garbage can. A sack on the floor was for garbage. I told the ants to keep off the counter tops and out of the cupboards. They could have



all the garbage they wanted under the sink, where I moved the open sack. It took a few days and now all the ants, except a few renegades now and then, line up to take food from the garbage sack. We all live happily. The more they take, the less I have to carry out. Sometimes I leave a sack outside before placing it in the curbside plastic can so the ants can leave. Ants are too small to have consciousness, I think, so maybe there is an ant master that directs the ants, analogous to our mind which directs the cells of the body. Sometimes I wonder if the Master Ant



Brain is smarter than people. Fortunately, it doesn't get mad at us violent peace loving humans!

I found I could shoo aphids away from the garden plants too. I haven't been successful with flies, although I once met a man upon whom the flies never landed. (This was in Egypt, the land of rubble and flies).

Mosquitoes don't usually bother me, especially if there is someone else around who is juicer and plumper. An almost pet seagull came for a month and sat near me at the beach while I meditated. A whole flock came and sat down nearby while I did yoga one morning. They don't usually sit; I invited them. Another month a sea lion invariably popped right up to say hello when I entered the water every morning.

Once, I swam out to swim with half a dozen dolphins which clearly interacted with me. Another time dolphins were swimming by, even farther out. I swam to catch



them, but couldn't and turned back when I got too cold. Meanwhile, I ducked under the surface and yelled to them to come by. When I climbed out of the water, a man came up to me excitedly and said: "Did you see that! A dolphin was swimming right behind you all the way to shore!" I hadn't noticed.

Communicating with animals is fun. Try it. Anyone can probably do it. Have peaceful intentions. See what happens. Because world peace does begin at home, and why not with your ants?

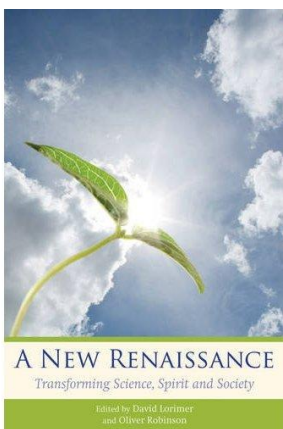
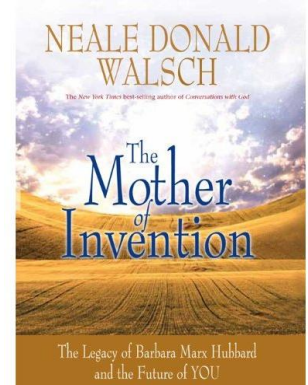
(On the subject of ants, Nathascha tells us that when ants want to cross a river, they build a living bridge of ants; the other ants walk over the bridge, and when they are all over, the bridge ants come in too from the far end to the new end. Some will lose their lives but they are okay with that: the action has been for the greater benefit of all.)

Book Review

PC Member **Ann Procter** writes, "I have just been reading two books which I thought might be of interest to PC members; so have written the following reviews."

"The Mother of Invention" by Neale Donald Walsch; published by Hay House.

ISBN: 1401928986. PC members would likely warm to this book. It is about Barbara, a very intuitive lady in her eighties, who is planning an event for what she calls "Day One", i.e. December 22nd 2012. She says we are about to be birthed into a community of universal beings. It seemed to me as I read it that she is promoting a kind of global, or even cosmic, version of Parallel Community, including a mega version of our Meeting Place on the internet which she calls the Synergy Engine. This biography is written back to front! The author, renowned for his series "Conversations with God", starts with Day One, then takes the reader back through Barbara's life, showing how various insights, spiritual encounters and synchronous connections brought her to this point. The style is relaxed and sometimes repetitive, so you need to be ready to scan sometimes rather than read every word. Running through it is a theme we can all do with emphasising: that taking note of intuitive insights, omens and fortuitous happenings, even if they seem negative at the time, is a means whereby we can facilitate the flourishing of our spiritual awareness, as well as of our usefulness in the world scene now developing.



"A New Renaissance: Transforming Science, Spirit and Society" edited by David Lorimer and Oliver Robinson, and published for the Scientific and Medical Network by Floris Books.

ISBN-10: 0863157599. This collection of 25 essays is written by members of the SMN (Scientific and Medical Network), each offering his or her own view of the new paradigm now developing. The Network was formed in 1973 by a few far-sighted individuals who sought to encourage discussion about matters on (and sometimes off) the edges of the scientific world. Initially it was a "closed shop" for people with scientific and medical degrees. But when they had recruited a few hundred members they realised they needed people from other disciplines who could open up some unexplored vistas to add seasoning and innovation to their deliberations. A doctor member had become interested in the pioneering psychological and spiritual work I was doing with people who had had cancer diagnosed (I never called them patients!) and they invited me to join. There are now 1500 members worldwide, and the interchange of

information and ideas is mind-boggling. There are many conferences and gatherings and a quarterly journal, all stuffed with material on the leading edge of current and futuristic thinking, including matters dear to Parallel Community. This 300 page tome is not an easy read, but everyone will find some essays which resonate with their own vision of our new world, and will find plenty more to think about into the bargain.

Money Matters

The Garden Day held at Treviscoe is Parallel Community's main fundraising event of the year. This year a total of £493.80, after expenses, was raised. Barry Brailsford's talk at Marazion the following day raised a total after expenses of £429.90 for Parallel Community, meaning that the weekend as a whole raised the fantastic sum of £923.70. We would like to take this opportunity to express a huge thank you to Barry and Cushla, and to everyone who came to either or both events; and to everyone for all the help given.

The main expenses of Parallel Community are the maintenance of the website, and the costs of raising the profile of PC, by hiring and manning stalls at a number of events around the UK. Thanks are due to all the many contributors who are ensuring that these can both continue for the foreseeable future. *(John Watts – PC's Minister of Finance)*



Theme for June: Moderation



Core team member Lynn Forrest writes ... "Moderation: within proper limits ... avoiding extremes ... restrained ... unexceptional."

When I considered the theme for this month, I didn't really know where to begin. I remembered my Grandmother's well-worn saying "everything in moderation" being something of a mantra against excess of any kind. I know how taking that on in my own life has on the one hand curbed various temptations to overindulge, and on the other perhaps limited my enjoyment of the moment sometimes. But when I looked up the actual meaning of the word, it all seemed to have rather negative connotations. I wondered how it might be turned into a positive.

At a time when we are all striving for balance in our lives, considering moderation might help us to achieve that elusive harmony. Moderation in anything allows for space and time for something else to sit comfortably alongside it. And when we give ourselves time, to sit, to listen, to allow a void, we can discover a gift in the space that comes from it.

Moderation in diet is obvious – if we don't overindulge, we get to enjoy our food and be more comfortable.

Moderation in time, particularly time you spend on others, gives you time for yourself, introspection, relaxation. But moderation in some of the more positive aspects of life doesn't seem particularly beneficial. Moderation of enthusiasm, of Love, of Spirit? Nah, surely not.

Yet consider: if we offer excess of anything, of ourselves, of resources, we may soon run out of energy to sustain it. To temper excess with a little moderation means we can sustain it for longer and perhaps more easily replenish it. The Buddhist monk who typifies life in moderation is calm, balanced and long lived.

We may not all be able to live like that all the time but given the choice, we can exercise a little moderation more often and receive the benefits that come with it. At those times, I'm very grateful to my Grandmother for her wisdom.

Lynn Forrest May 2011

Our apologies: there won't be a newsletter next month, as Frances is having a short holiday. However, the August newsletter will appear as usual, around the beginning of August. The deadline for this will be **Friday July 29**, 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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