



# Parallel Community Newsletter October 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.*

## **Sacred Space**

*By Karen Tlusty-Rissman from Illinois, a new member of Parallel Community.*



My husband and I had the extreme pleasure and privilege of visiting some of the great ancient stone circles in England this spring. They are truly amazing places and we would love to go back. Our home outside of Chicago isn't near any such

places and our hearts were changed forever. By tuning in to the earth energy around us, we have discovered many magical places close to home. It only reinforces our belief that all of the earth is sacred; and even in suburbia, you can connect with the heart of Gaia and be guided by her wisdom. So for all of you who do not live by ancient energy vortexes, take heart! There is much you can do to connect with this energy in your life.

Create permanent sacred space in your home. Designate an area or ideally, a room to honoring the divine. Meditate here as much as possible. The more you time you spend here, the stronger the energy will be. Dedicate crystals and rocks to protect the space. Set up an altar with objects of personal power. Create sacred meditation space by invoking the four directions, above, below and "the Great Spirit/Goddess/God/All the names we know you by" at the beginning of each meditation and thank them at the end. I ask each energy for their wisdom, guidance, protection and to support for the work I do for the highest good of all. I am also sure to call in only those energies who are the bringers of light and love to this planet. There are so many traditions that follow this format. Find one that speaks to you as a starting point, bringing in what fits best for you.

Once you have established your sacred space, invite others in to share in meditation or ritual. It is amazing how the energy will exponentially grow in a group sharing the same intentions and heart space. Community is an important aspect in nurturing this growth. And always be sure to make time for sharing a healthy bite to eat and socializing afterwards. The ancestors love to hear laughter!

Meditate with the ancestors of your land. Open your heart and call to the wise ones who lived in a time, so long ago, when life was still in balance. Offer gifts of songs, prayers and food (small amounts placed outside by a favorite tree or plant.) Pay attention to any thoughts that may direct you to places in nature, for instance a park or forest preserve. Go there and spend time with the ancestors. It is wise to research the ancestors of your area. Learn about their traditions, music and what they held to be sacred. Even if it is very general knowledge, it will be most fitting.

If you are fortunate enough to have your own garden, create a place of power there by dedicating stones and crystals and placing them in a meaningful pattern. Spend as much time meditating there as you can. When you are not able to go outside, connect with the spirit garden from indoor meditations. The more connected you are with the land, the more aware you will be of Gaia. Another way to connect with earth is to be aware of the energy pattern of the land you live on. Open yourself to the underlying flow of energy and geometric patterns that arise. I often begin my meditation time by breathing through the geometry of land we live on.

Find a tree that calls to you and sit with your back at the base of the trunk. Feel the energy of the roots that flow down into the earth. Breathe in from the heart of Mother Earth and up through the roots, letting this energy fill your body. Exhale this energy up through the branches out into the universe. Let the energy from the tips of the branches flow back down to the earth again. Once you have breathed like this for several minutes, open your heart to the wisdom of the tree. They are so wise and can teach us so much. Visit this tree as often as you can.

In my experience, the more often I work with this energy, the stronger it becomes. I truly feel I have created a personal energy center in our meditation room, the strength of which has been observed by others. It does take maintenance and vigilance to accumulate this sacred energy. And it is worth every minute. **Karen Tlusty-Rissman**



*Group meditation at Glastonbury (PHOTO PALDEN JENKINS)*

### Community Living - What does it mean?

There is a distinction between types of community that explore new models of socio-environmental and/or spiritually inclined living. They are:

- Intentional communities requiring a close interactive living lifestyle
- Eco villages and the Global Environmental Network
- Transition Town initiatives

### Intentional communities requiring a close interactive living lifestyle

For many people making their first visit to an existing intentional community it is a challenge simply because they are unsure what to expect. Yes there are challenges, but the rewards are great too! On the PC website's Links page there are community listings for UK, Europe and beyond. Most listings give you some idea about the community's focus, so if you are serious about visiting, you can "short list". Make a habit of writing or emailing in advance as most communities don't like people "dropping in". Another way to visit rural communities is to join W.W.O.O.F (Worldwide Opportunities on Organic Farms) – practical help is always valued in a land-based community. This way you will get experience of organic growing as well as a flavour of community life without feeling you are the odd one out.

### Eco villages and the Global Environmental Network

Ecovillages are urban or rural communities of people, who strive to integrate a supportive social environment with a low-impact way of life. To achieve this, they integrate various aspects of ecological design, permaculture, ecological building, green production, alternative energy, community building practices, and much more. An ecovillage is intended to be a socially, economically and ecologically sustainable intentional community. Most aim for a population of 50-150 individuals because this size is considered to be the maximum social network. Listings of Eco villages are accessed and identified mostly through the internet and within environmental networks.

Individually they each have variations on a sustainable eco-spiritual vision. How people build and live is a measurably important part in assessing the group's carbon footprint. The Findhorn Foundation, in Scotland, has been a low carbon pioneering ecovillage since 1985, and is celebrating its 50<sup>th</sup> birthday next year. In addition, in Europe there is now a network of 10 communities: Sieben Linden, Damanhur, Tamera, Valle de Sensaciones, Matavenero, Schloss Glarisegg, Schloss Tonndorf, Krishna Valley, La Borie Noble, and Finca Tierra.



### Transition Town Initiatives

This initiative began a year or two back in Ireland and has since spread worldwide with over 600 groups. It is a people-based response to the two biggest challenges: climate change and looking beyond the use of fossil fuels (given that oil is becoming increasingly difficult and costly to extract as it begins to run dry). Transition towns have a community spirit because they put people in touch with local skills and resources; provide opportunity for locally grown food and products to be marketed or exchanged; encourage barter systems; ensure old tried and tested ways of land usage, crafts and skills are not forgotten by the next generation; open possibilities for seed banks to save rare varieties of non-hybridized/non GM seed; and develop confidence in sharing resources e.g. cars, bikes.

### "Virtual communities"

A natural progression in the spirit of community is emerging as internet usage develops to put people in touch with each other. Parallel Community, inspiration of Hamish Miller, is adding another networking of like-minded people who are committed to the precious values that hold supportive people together meaningfully in these turbulent times. **Michael Baker**



*"Everything you see and perceive is a reflection of yourself."  
"He who experiences the Oneness of life sees his own-self in all beings, and all beings in his own-self" ... Buddha  
(PHOTO COURTESY OF RAINBOW WARRIOR)*

## The Sadhana Forest Project



PHOTOS COURTESY OF WIEBKE KOCH

The Sadhana Forest Project began with seventy acres of badly eroded and arid land. This area was once covered by an ancient coastal forest which stretched from Tamil Nadu in the north to Kanyakamari in the south. On December 19<sup>th</sup> 2003, founders Yorit and Aviram Rozin began their efforts to return the land to its primal state.

Sadhana Forest is a volunteer, intern and student based community near Auroville, Tamil Nadu, in the far south east corner of India. Their focus is 'growing trees and people'. Since 2003, twenty-five hundred volunteers have passed through the doors, coming from not just India but all over the world. In addition six hundred people have attended twenty ecological living workshops at the facility.

The length of a stay is determined by the time of year; from December 1<sup>st</sup> to April 1<sup>st</sup> the minimum stay is four weeks; from April 2<sup>nd</sup> to November 30<sup>th</sup> the minimum time is two weeks. One of the main aims of the project is to support the local rural villages, enabling the villagers to cultivate crops and stay out of the city slums. They also are working on retaining water and re-filling the aquifer. Seven kilometres of trenches and eight earth dams have been built by volunteers; these store 50,000 litres of rain water and the water table has risen six metres from the original depth of twenty-six feet at the start of the project in 2003 and in 2007 was only six feet below ground level.

Another aspect of the project is environmental education and reforestation. So far twenty-three thousand Tropical Dry Evergreen Forest plants consisting of 150 native species have been planted by local children and volunteers. Of those planted there is an 80-90% survival rate; and fifty local children help in caring for the plants.

For those wishing to volunteer, accommodation is free in exchange for twenty-five hours of work a week, spread over five hours per day, five days a week. The meals are 100% vegan with the cost being shared by all participants. Chores and cooking are shared by everyone as well. This is a totally non-smoking environment. The website has more information, a short film, and photos: <http://sadhanaforest.org/wp/about/>

On April 8th, 2010, [Sadhana Forest Haiti](#), a daughter community on the other side of the globe, was started, sharing the same values and commitment to human unity.

This project is near and dear to PC-ers John and Frances Watts, as their son Matthew and his companion Mya are embarking on a six month long stay at Sadhana Forest. <http://sadhanaforest.org/wp/about/> **Nancy Bell**

## Let There Be Light

An amazing idea is gaining popularity across the globe in countries where electricity is an expensive luxury. From the Philippines to Brazil this incredibly easy solution is making life easier for many.

In the Philippines, social development entrepreneur Illiac Diaz has come up with the simple idea of using plastic water bottles filled with water and a cap of chlorine bleach. The "Litre of Light" project is run by the My Shelter Foundation. The "Solar Bottle



Bulb" was originally designed by students at Massachusetts Institute of Technology. The bottles are inserted into holes punched in the tin roofs of the cement block homes. The homes are windowless and no natural light makes it way inside. The residents spend most of their time indoors in darkness, turning on the expensive electric light only when it is unavoidable and assuming they have been able to pay the bill.

Mr Diaz has come up with a cheap green source of illumination. Local men are employed to install the light bottles and are paid the equivalent of one dollar per installation. This environmentally friendly solution also keeps many plastic bottles out of landfill sites.

One bottle-light provides the equivalent of 55 watts, almost the same as a 60 watt incandescent light bulb. The money which is saved by families can go toward food, clothes and school books. The initial project, in the community of San Pedro, Laguna which is south of Manila, brought light to one thousand homes. By the end of 2012 Mr Diaz hopes to install one million of the solar bottle bulbs.

From southeast Asia we move to South America. In Brazil, engineer Alfredo Moser is using the same technology to

light his factory. Using two litre clear plastic bottles, purified water and two caps of bleach, he successfully provides light for his workers cheaply and in an environmentally positive manner. He has used this method since a power outage in 2002 and has done little or no maintenance to his original bottles. Señor Moser says the bottles light up with the rising of the sun and turn themselves off around midnight.



This technology is something the more technologically advanced nations should be considering to reduce our dependence on electricity. Third World solutions for Third World problems is a sentiment often expressed with regards to this method of lighting. **Nancy Bell**

## Medicine Wheel

PC member Jim Willis has built a medicine wheel on his land in South Carolina ...



A few years ago, my wife and I retired to the woods of South Carolina, USA. Our goal was to live simply and spend our remaining years learning to experience, rather than just learn about, the truth behind life's mysteries. I had spent my working years as a Christian minister and professor of world religions, but except for a few experiences, which made their way into some of the books I've written, we had never connected with the One-ness we knew was out there. Shortly after we moved here, deep in the forest and separated from human contact unless we seek it, I discovered, through film,

the work of Hamish Miller. Little did either of us realize we were on our way to becoming born-again Pagans.

For these last two years we have been dowsing a Ley Line that runs right through our bedroom. An experienced dowser discovered it and alerted us to its existence. After I became more adept at dowsing and gained confidence through a whole lot of practice, we spent months discovering its path and uncovering a lot of secrets. First and foremost, of course, was the knowledge that we had been drawn here for a purpose. But after much exploration we have discovered that this line runs west to east across the United States, from Seattle to South Carolina. It connects with the Bighorn Medicine Wheel in Wyoming, numerous medicine wheels and Wounded Knee in South Dakota, the Mound Building culture just south of St Louis, the Georgia Guidestones and our Medicine Wheel, ending at Kiawah Island, a place famous for metaphysical manifestations.

I am working on a book that describes what we have discovered in much more detail. The picture above shows the Medicine Wheel we built on a vortex right below our home. To date we have been unable to find any information about this line. Has anyone done any work on it or discovered anything about it? We'd love to hear from you!

**Jim Willis** [barji@wctel.net](mailto:barji@wctel.net)

## A Healing Garden in Turkey

From PC Member Rose (Valerie) Shuttleworth, Kalkan, Antalya, Turkey.

Last February I contributed a very brief report on the foundation of the healing garden in front of and around our rented apartment in Kalkan. We planted decorative and fruit-bearing trees and shrubs, herbs and flowering plants. The pride and joy was to be the massed display of wonderful tulip varieties which I had gone to a lot of trouble to find. Tulips originated in the mountains of Turkey and should have done very well. The bulbs were planted at the end of January, (which is very late for any bulbs) but they still looked fat and healthy, so I had hoped they would grow well. My partner, Kazim, found and planted banana off-shoots, but they shrivelled and died so he found stronger ones and planted them and we willed them to stay.

Everything was dormant then but I wanted it all to be as complete as possible by early February because I was off to the UK to see family and friends before travelling to South Africa. Kazim stayed in Kalkan to tend the garden and to project-manage the building of a pond and the Zen-style waterfall that I had designed.

Unfortunately, at the end of a magical two weeks in Mpumalanga and then in two game reserves in Kruger National Park, where we met the white lion pride, our jeep was smashed by another vehicle and I had my right humerus smashed, entailing an operation which left me with lots of metal in my arm and delayed my return to the garden by over three weeks and in no fit state to work at anything.

Kazim, who is Turkish and had no idea of what a Zen-garden was, had created his own waterfall of volcanic twisted and fractured stones from the mountains which resembled a rather frenzied Dalek. After some painful exchanges, it was modified somewhat and we have had the waterfall flowing since late June and the pond has been a great joy. I so wanted water-lilies but we have been unable to locate them for sale in Turkey. We have pots of the umbrella papyrus and a beautiful red and yellow lily that loves to stand in deep water. We do have a mosquito problem here so I have to water and aerate the pond vigorously every day.

I found on my return that the bananas had started to grow and shrubs and trees were opening their leaves; but most of the tulips produced very poor growth and I have to find more for the next season. The rich animal compost which had been so thickly spread had produced a wonderful crop of clovers, which kept the garden buzzing with wild bees for months, and hopefully will have seeded itself and return this coming spring.

I am a very strong-willed, determined woman and very quickly found ways to weed and water with one left hand

and just about managed to keep the weeds and watering under control.

Whilst in the UK I had gathered a wide variety of seeds and had planned to plant into pots and trays in early May. Sadly my mother suddenly died and I had to fly back to help sort everything out. Fortunately Kazim is very good with plants; they love him and grow very well, so I returned to a thriving garden and pots brimming over with healthy seedlings.

We have a very unstable water supply here in Kalkan and often get cuts; in late May/early June the main pump

collapsed and there were cuts of up to ten days in places. We are lucky to have a large water-depot but there are six apartments. We somehow kept the watering going by the skin of our teeth. Some apartments and villas here have no water-depots, so tempers ran very high and it was a very stressful time for this garden-nurturer. New larger-powered pumps were fitted and we have had fairly continuous supplies since then, fortunately.

It has been amazing to discover how fast plants do grow here and the garden, in spite of being made up of very young trees and plants, looks quite mature already. I have made planting mistakes which means moving some plants around this winter; and many

new plants have seeded themselves from within the animal compost, mostly in inappropriate places. The same applies to other plants. I sceptically planted seeds of Rosa-filipense, Kiftsgate which I have longed to have space to grow and, to my amazement, they have grown vigorously and in a few days it will be cool enough to plant them out or re-pot them to give to friends. I brought three sweet potato vine cuttings and papaya seeds from Africa; the vines are now a jungle and want to take over the whole garden. (If anyone reading this can give me cultivation and harvesting advice for this joyful plant I should be very grateful!) The papaya seeds have grown into three sturdy little trees and await a cool enough time to plant out.

We had two sweet little yellow plums from our "Ericli arc" and one solitary orange is growing fat on its tree especially for Kazim. The mandarin flourishes but one of the lemons and the grapefruit look very unwell; I hope to bring in our local garden centre owner to diagnose problems and tell me how to treat the ailments. That includes the daturas, wonderful plants but with a tendency to be attacked by red-spider-mite and to get yellowing and dropping leaves in the hottest months. There are several wisterias which, to my great surprise and delight, grow very well in this climate and flower profusely. The bananas sulked for ages and then suddenly took off with new leaves, each as tall as



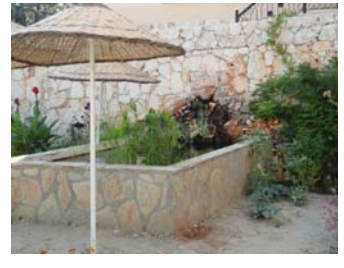
me appearing daily. We now have a dense banana-forest down one side of the apartments. I grew from seed a salad mixture and pick-and-come-again lettuce which kept us in delicious, tender salads until late August.

Creating this garden has created quite a stir in the neighbourhood and has brought our neighbours and us closer together. Our four-year-old neighbour, Deniz, LOVES to help with the watering but his enthusiasm had led to more water on him or on me than on the garden at times but it is great fun.

Whilst I had been an enthusiastic gardener in the UK for many years, this is my first attempt at gardening in the Mediterranean and, with the annual cycle being so

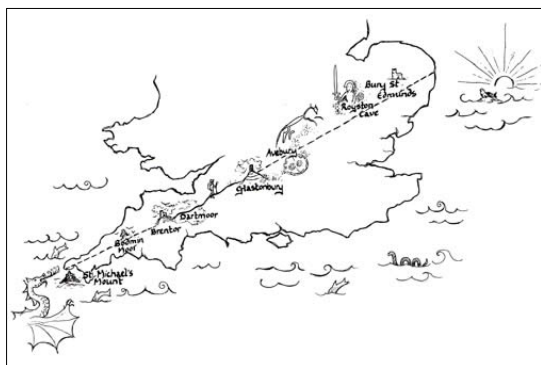
different, I do not know what to expect. In July and August the sun is scorchingly hot and there is no rain for up to five months, and in December and January the daylight hours are very short and the weather can be very cold, blustery and wet. Because it was a newly planted garden I have had to water profusely throughout the summer, but I do hope, as the plants fully establish themselves, and I learn how to group the plant-types better, that it will take less water for this healing haven to survive. Any tips from gardeners brought up in the Mediterranean would be most welcome!

[valeriebirdkalkan@yahoo.co.uk](mailto:valeriebirdkalkan@yahoo.co.uk) **Rose**



### **Mary and Michael Pilgrims' Way – pilot section now complete**

Recently, a group of people have been inspired to begin work on establishing a pilgrims' route across England following the path of the Michael and Mary Earth Energy currents. The currents were dowsed over a number of years by Parallel Community's own Hamish Miller along with Paul Broadhurst, and their work is the template for the route of the pilgrimage.



The vision of the Mary and Michael Pilgrim's Way is to establish a pilgrimage route across England from Cornwall to Norfolk. The pilot section of 140 miles from the high crag of Breton to the mystical Tor at Glastonbury is now complete, with waymarking and a guidebook of this portion, which is now available from the group's website. The handy little

book lists places to stay and eat along the way, as well as detailed maps of the route and information about the Christian and pre-Christian sites the pilgrim will encounter.

Work continues on expanding the marked route into Cornwall. In September 2011 work was being done on the Bodmin Moor to Breton section. Eventually the route will stretch from Carn Lês Boel near Lands End to Hopton on the Norfolk coast. From Carn Lês Boel the route touches St Michael's Mount, the Cheesewring on Bodmin Moor, Breton, Glastonbury, Avebury, Royston Cave and Bury St Edmunds to name only a few.

For those wishing to aid in this endeavour there is an opportunity to purchase a yearly membership; only one membership is required per household. The fee includes a copy of the guidebook and a twice yearly newsletter. Cost varies by your location. Lots more information can be found on the website <http://marymichaelpilgrimsway.org/> and a magnificent Photo Gallery with visions of the landscape and monuments. The Mary and Michael Pilgrim's Way is now listed on the Long Distance Walkers website.

You can also explore the following to learn more about the earth energy currents.

- *The Sun and the Serpent* by Hamish Miller and Paul Broadhurst
- *Maps of the Mary and Michael Earth Energy currents* are available from Penwith Press <http://www.penwithpress.co.uk/>
- *The Gatekeeper Trust* <http://www.gatekeeper.org.uk/>
- *The British Society of Dowzers* <http://www.britishdowzers.org/>

The map is from the Mary and Michael Pilgrim's Way website; the photos (Burrowbridge Mump and Glastonbury Tor) are by Palden Jenkins.

**Nancy Bell**



## Tales from the Front Line

PC core team member Palden Jenkins has sent us an update on his work in Palestine ...



Let me tell you about my strange exploits in Palestine in June 2011. I work at [Hope Flowers School](#) in Bethlehem, a school and adult education centre dedicated to war-trauma recovery and post-conflict reconstruction.

In February 2011 I received an e-mail containing shocking allegations about Hope Flowers. Apparently coming from an ex-teacher from the school, it accused the school and the family running it of corruption, malpractice, property speculation and profiteering in quite shocking and detailed ways. I couldn't believe it – this just didn't chime with what I knew of the school, where I have worked since 2004 as webmaster, outreach-man and adviser.

As an editor, I can tell things about text that many people cannot. This

e-mail was written neither in a convincingly Palestinian nor a female style. It was male stuff, with subtle British and American style-characteristics. Hmm, fishy. Later, another e-mail came with further accusations. These couldn't be genuine, but what was behind all this?

I soon saw that these were crafted to scare the school's international supporters and funders. The e-mails sought to drive a wedge between Westerners and the school – after all, blending corruption, malpractice and Palestinians together is a fine way of feeding our fears and doubts about the worth of our charitable support.

A friend who runs a British Quaker trust, which supports our women's empowerment courses, then sent a report, asking "What are your thoughts on this?" He had commissioned a Palestinian contact to visit Hope Flowers and report on the courses. The criticisms were ridiculous – that women were being exploited, funds mis-spent and the courses were of no value. The trust suspended funding immediately – others were doing so too, each for their own reasons.

I was asked by supporters in UK and USA to investigate. At the school they were in disarray, under attack, shocked at the demands being made of them to prove that they were

not guilty. To Palestinians, for whom integrity is all-important, this was an affront. Ibrahim, the director, talked of resigning – he'd had enough. The funders were requiring reports, figures and investigations – a workload far too large for me to do in one month.

It became clear, from observing people at the school and investigating the issues, that this was all terribly false. Hope Flowers makes its mistakes, but the accusations were ridiculous. An American investigator had meanwhile received more allegations, allegedly from a donor and another ex-teacher. A Dutch charity was asking pointed and disproportionate questions as well.



Suddenly I realised I wasn't here to investigate the claims but to help defend the school. I wrote an interim report, stating that I was thus far satisfied that the accusations were unfounded. I spelled out my changed position, telling supporters and funders that they had better make a choice, because believing the allegations

and doubting the school was damaging Hope Flowers.

A pattern emerged. Two years earlier, a well-known international meditation and peace organisation (which I cannot name) offered meditation education for children and teachers. The school accepted. Later they offered funding – the school sorely needed it. But funny things

started happening, culminating with something that raised alarm bells: they asked the school to buy a piece of neighbouring property which it didn't need. This tweaked my antennae.

I worked day and night. Ibrahim perked up: at last, here was someone who supported them unquestioningly. I counselled him, gave support to everyone, did research and ferreting.



The Palestinian security police found that the e-mails had come from Iowa, USA. Iowa? I ferreted around, suddenly to find that the two HQs of the meditation organisation I've mentioned were located in ... Iowa and Holland. More ferreting and late nights.

We realised that this was a disguised land-grab. The school is right next to the security wall, on the other side of which is the expanding Israeli settlement of Efrat. It's being developed by an American-Jewish financier, notorious in Palestine, who funds settler house-takeovers in East Jerusalem too.

Looking out of my window at the wall, I suddenly realised why, at this location, it had been left unfinished – strange for a wall purporting to prevent terrorists from entering Israel. Of course! They wanted our land! Why? Well, some Israeli elements want all of Palestine but also, just behind the school lay Solomon's Pools, an ancient water-source and an ideal development location. The water had already been captured for neighbouring settlements, but the Israelis don't control the land. This was therefore a strategic issue.



The hill on which the school stands has about 30 houses – home to about 200 Palestinians. The school protects them since, every time there's an attempt to take the land, we activate our international contacts, who badger their MPs and Congressmen and, lo and behold, the takeover is stopped. So, how to peel off those supporters and gain control of the hill? Accuse the school of corruption, of course!

It turned out that some Israeli intelligence people were involved, with a few corrupt Palestinian security men too. The latter were calling in Ibrahim daily to be investigated, trying to stitch him up by accusing him of collaboration. He was in danger.

But we cracked it. Ibrahim went through his contacts and hobbled the intel people, using information I had pieced together. I worked on supporters and funders, pored through paperwork and figures, documented and photographed courses alleged not to be fictitious or of no value, and spent hours in Skype discussions abroad. It was difficult to know what to tell people. Some people let us down too, leaking information.

But we saved the school and the houses from demolition, caused a few people to be hunted down by the Palestinian security service, and resolved a number of other issues we didn't even know needed resolving. It was literally only ten minutes before my departure from Bethlehem, to return to England, that Ibrahim was finally cleared of collaboration. Not only that, but he'd become something of a hero.

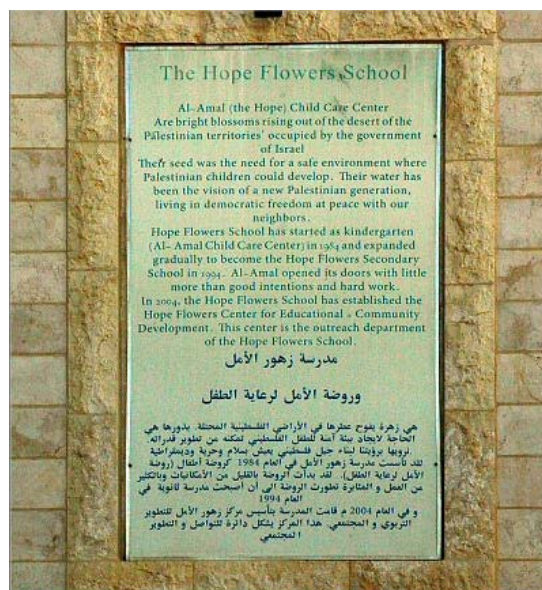
Peacemakers who maintain dialogue with the other side are easy to accuse of collaboration. Justice-warriors like me can easily be accused of anti-Semitic opposition to Israel. We tread a fine line. There's more: even spiritual organisations can be used in warfare and injustice. I think this crime was brought about by individuals in the meditation organisation, but still they were either duped, naive or malicious and the organisation somehow permitted it. Offered support for their peace project in Palestine, in return they were acting as agents for a land-grab, buying property to make land-theft look legal. But behind them lie insidious forces, and sometimes,

to counteract these, some non-aggressive warlike activity is sometimes needed, fired by a spirit of truth and rightness.

Later I was invited to Holland to meet some Kosovans, Chechens and Ossetians for a week – they do similar post-conflict psycho-social work to us. They asked Ibrahim and me to visit Kosovo and the Caucasus next year. Looks like my work is cut out. But first, another trip to Palestine. And if you'd like to join me for a very interesting Christmas in Bethlehem, e-mail

me for details! Now there's a thought.

[palden.jenkins@bopenworld.com](mailto:palden.jenkins@bopenworld.com)



## PC Meeting Place

Have you signed up yet? The new PC Meeting Place awaits you. Be brave – come and meet other members, and see what they are all doing. To date there are 215 members on the website. If you previously signed up to the old Meeting Place, you will need to start afresh, as a 'new' member, as it won't recognise your old sign-in details. But it's not difficult – so go on, give it a go. Don't be the one who misses out. Go to <http://www.parallelcommunity.ning.com>



## The Healing Light Festival

PC member **Kathy Rowlett** tells us about the recent Healing Light Festival; PC had a stall there, and (below) core team member **Lynn Forrest** tells us about the day as well.



I recently had the pleasure of co-organising the Healing Light Festival, holistic health and spiritual fayre, with my two very good friends Richard Green and Rosemary Volante. It was held at Chacewater Village Hall on Saturday 24 September.

I would like to thank all the therapists, stall holders, readers and everyone who made a contribution with their wonderful energy. The day was a huge success. The energy in the hall was wonderful. The smiles on people's faces made all the hard work worthwhile. The day was filled with love, joy, healing and laughter. I lost count of all the hugs I had!

Our intention was to create an event that brought people of like mind together, to share healing and other therapies and readings. The therapists are based in Cornwall so that people could have a follow-up appointment. We were very pleased that over 200 people attended the event. There were four good workshops on offer throughout the day, including a herb walk and talk led by Tim Salisbury from the Natural

**And Lynn Forrest writes ...** Once more unto the breach ... the Parallel Community stand was rolled out again at another fair, this time for the Healing Light Festival in September at a delightful venue near Truro. Ba Miller and Lynn Forrest enjoyed a full day at the Healing Light festival speaking to old friends and new. Many who attended the day had come along to visit the exhibition and attend a talk or workshop given by one of the therapists or practitioners who also had stands at the event. There was everything from the healing arts to the paintings of artist Izumi Omori; crystal pieces to astrology; witches' wands to silk lotus flowers. A huge array of goodies was on show, and a range of healing modalities too, enabling those attending to have a chance to look and try before making up their minds. We received some lovely comments from members, happy to see us present at the event and complimenting us on the improved members' website pages. We got a real feeling that there are many, many people out there who like using this type of event to reconnect with like-minded people and expand their network of friends and contacts. A man new to the area commented that he had visited the Festival by chance, but was so glad he looked in because it was just what he had been searching for. Linking in with someone like him and offering the news that there is a vast community of us 'out there' is very reassuring to people. And in these days of chaos and uncertainty, it's good to know the network is not far away.



Medicine Clinic based in Redruth, who took people on the walk, despite the rain! They seemed to enjoy it.

We held a raffle in aid of Shelter Box, who came along with the tent and all the contents of the Shelter Box. They are based in Helston and are an international environmental organisation who go to the aid of people who have lost their homes in an earthquake, hurricane or flood. Inside the Shelter Box is a tent big enough for 10 people, sleeping bags, a stove, cutlery and other essential emergency items.

We did our own catering, offering fresh salads, sandwiches and home made cakes. The cafe was run by my daughter and her boyfriend. They were busy all day and I have never seen so much washing up! I could hardly keep up with it!

Our next event is on 24 March 2012 at the same venue in Chacewater; the charity we will be supporting at this event will be the Phoenix Stroke Appeal. [www.thehealinglightfestival.com](http://www.thehealinglightfestival.com) **Kathy Rowlett**



**Lynn Forrest**

## Helping Animals to Heal Their Humans – Andrew Cox

PC member Andrew Cox wrote on his profile on the PC website that he is a “professional dowser, geomancer and communicator specialising in working with animals to heal their humans”. We were intrigued, so asked Andrew to tell us more ...



I have had an affinity with animals all my life, and have always bonded with them very strongly, and them to me. When I first got the chance to work with rescue animals, in particular, dogs, and especially ones with behavioural or aggression issues, I was amazed at these wonderful people who were giving up their lives (which is what you do when you rescue a troubled dog from the Rescue Centre, one that may have had up to six homes) to help this troubled animal, and really put their lives on hold. Unlike well-balanced animals, these dogs may have issues towards humans (females, males or children), other dogs, separation anxiety, or worse: all of them rolled into one. These can be brought on by fear, nervous aggression, pain aggression, learning difficulties, not understanding other dogs’ body language, epilepsy, fear of the outside world: the reasons are endless (all of these are just the symptoms). So putting your life on hold

may mean no longer going for walks every day, or those long coastal walks you enjoyed so much, or no longer having friends or family over for coffee or a meal. Realisation that this is what may be required, in order for the dog to become rehabilitated, is what usually forces the owner, with deep regret, to take the dog back to the Rescue Centre or worse, have the animal euthanized. What most impressed me is that some owners realize this, and, determined to help rehabilitate their dog, seek out a different kind of help.

It was not until I started working with these people that I realised that the humans were subconsciously recognising their own issues in the dog; and that the need to help the dog was matched by the job for the dog to heal the human. It is not by accident that these beings get together: the human decides they needed a companion, decides to go to the rescue centre and the dog chooses the human. I myself have personal experience of this with my dog Lady. I subconsciously recognised a back and knee problem, and a need for deeper relaxation. The back problem was resolved by a wonderful chiropractor, the knee problem eventually required a cruciate replacement; and through the Reiki and Geomancy, she and I have relaxed. Lady has taught me the importance of a two-way conversation, and listening; she has taught me the important role Geomancy has to play in the lives of animals; and has shown me that animals do heal us and how significant the bond is between animals and humans - but at a cost.

We need to realise how much emotional baggage we dump on our animals: and that they are only too willing to accept this as part of their healing of us. We have also to realise that we should pay them back for all of the unconditional work they do for us. I realised through this that humans with well-behaved balanced dogs are not aware of how much humans emotionally offload on their animals: coming home from work and stroking the dog or cat makes them feel better, or going for a walk with the dog, and telling them all the problems of the day. The negativity that we offload goes on to manifest as dis-ease in the animal as much as the human. I work with both the animals and the humans to help the human to learn to recognise and work on healing by listening to their companions, so that both can lead a peaceful and fulfilled life. **Andrew Cox**

## Brass on the Grass



*An update from PC Member Brian Howard, who is restoring the ruins at Hopton Church in Norfolk.*

The recent annual Picnic & Brass event was another raging success at the ruins, and turned in a superb £300 for the kitty. Around 100 people turned up, the team did a great job and thanks to all for an



enjoyable afternoon. The weather was great but we got wet packing up as usual. I did give a prayer to the lines before we started so I guess it worked again: thanks, M&M. The ladies and some of us blokes did a grand job in baking cakes and scones, which all went; and as usual Mary & Ron did a great tea and coffee bar again.

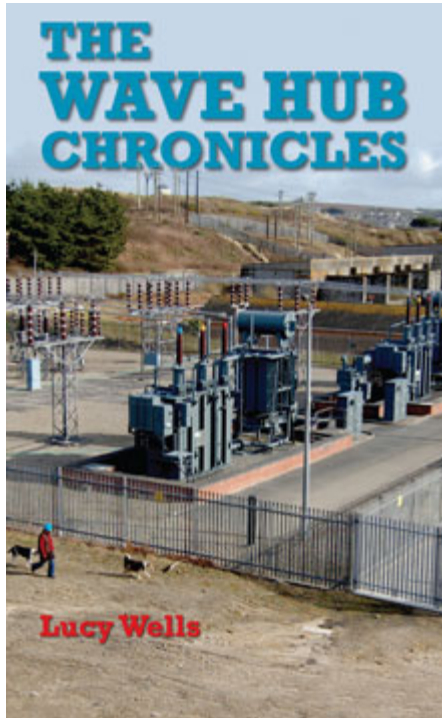
There are now only two more events to go this year ... once they start coming, it’s over all too quickly. It will be nice to have a rest for a bit. **Brian Howard**

## Book Review: "The Wave Hub Chronicles" by Lucy Wells

PC member **Miriam Naccache** has sent in this review of a book she read recently...

"The Wave Hub Chronicles" by Lucy Wells is a personal diary, mixing a personal intimate implementation of an underlying energy period of a year. It is a personal diary, feelings around the changing seasons of almost on a daily basis, the installation encountered along the way.

Lucy lays bare her own human honesty. Her description of the sea, the the different moods she goes through descriptions are very specific to Cornish coast. She understands in a the ocean to create energy is a huge perspectives and challenges in this era The interest of this little gem from a that Lucy speaks of the human feeling of actions of a huge corporation. The narrative of this very human by chance initially, the corruption the local beaches, with subsequent



stealing" had been on-going while local authorities have been turning a blind eye. One year since work has been completed, this undersea "plug socket" is still waiting for suppliers and businesses to take advantage of its technology.

The book is a lovely and genuine piece to read at any time of the day or the year, while the human perspective of what we humans do in relation to one another and to our planet earth is felt in every page.

The book can be purchased from [www.edgeoftime.co.uk](http://www.edgeoftime.co.uk), or locally from Bigglestons shop, at Penpol Terrace in Hayle, or from the Harbour Book Shop at Fore Street in St Ives.

**Miriam Naccache**

## A New Beginning

**Core team member Nathascha Heijen writes ....** Imagine that you have the chance to re-create human society and the interaction of humans with animals, nature and the Earth ... what would it look like? Or feel like? How would people treat themselves? How would people treat each other? How would people treat animals? How would people treat the land on which they live? How would people treat the resources of this Earth? How would people treat the soul of our planet? What would they think about inner- and interplanetary and interdimensional co-operations?

What talents do you possess to contribute to such a world? What talents do the people around you have to contribute to such a world? What stops you from seeing your talents and the talents of others around you in a different, more conscious light? What stops you from using your talents in consciously creating such a world?

Look at yourself and at people in your direct environment with new eyes: parents, brothers, sisters, friends, lovers, colleagues, acquaintances and likeminded ones ... each of them has a special talent that he or she could contribute towards a new and better future. How can we praise and encourage these talents in one another? How can we use them in co-operation to start realising this ideal world? The ideal world STARTS with the thought itself ... it will plant a seed in all consciousness and it will grow. "*We BECOME the change we want to see.*"

It does not matter if you know exactly what such an ideal world has to look like, or how it might function. Just make a conscious effort and START to notice the talents in you and in the people around you. Step two is encouraging those talents, helping each other develop them even further. First there is the idea ... the rest will follow naturally. I see the potential in all of you - may it develop in love and flourish!

**Nathascha Heijen**



## The times they are a-changing ...



PHOTO BY NATHASCHA HEIJEN

October has begun with a heatwave - and could even end with what some people are referring to as 'the end of the world as we know it'! Many things are changing and so these changes can take place, much is in chaos.

Our weather is just one phenomenon that has indicated change to us over recent years. Our financial systems are beginning to show the same signs. People Power is showing the way against oppression and old restricting societies. Creating change pulls the rug out from under people and causes chaos in relationships, behaviours and structures. We don't yet have a new blueprint of what our lives will look like when these changes become permanent. So what we do next is crucial to our well-being.

The end of October in the old calendar is Pagan New Year: the end of one cycle and the beginning of a new one. It is also Samhuinn, All Hallows, or Hallowe'en, where the veils become thin and the ancestors reach towards us with wisdom and guidance. In the northern hemisphere it is seed-fall, in the southern hemisphere it is shoot-show. Either way it is a time of careful consideration before full growth takes place. And as nature offers this careful reminder, we can take heed of this and ensure that everything we do from now on contributes in a positive way to the world and our communities. We can take this opportunity to remind others too, of what

we are aware of. Remind them that there is a wide community of people who want to live fulfilling lives in harmony with their neighbours, friends and families. Remind them that it only takes one to make a positive suggestion, another to support it and then a group starts to form around a good idea. Remind them too that there is an enormous amount of love in the world, that compassion and tolerance do make a difference to people's lives, and that they can be part of it. As we near the end of the old and the beginning of the new - whether it's the end of October or the end of 2012 - think carefully about how you will ink in your new blueprint. What will your 'life-map' look like? How will you want to be in relation to your community? Then make only positive changes made from love, not fear... and watch the 'Parallel Community' blossom. **Lynn Forrest**

## Peace

The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize that at the centre of the universe dwells the Great Spirit, and that this centre is really everywhere, it is within each of us. **Black Elk**

## Newsletter

Huge thanks to Nancy Bell in Canada, Gray Weldon in Somerset, and Ian Doig, also in Canada, who answered my plea last month for help in the newsletter. As a result, we now have a full team working on the newsletter. It is the contributions from PC members which make this newsletter unique: so do please keep sending them in. We want to hear from you: what you are doing, what has inspired you, why you belong to Parallel Community. The deadline for the October newsletter is Friday 28<sup>th</sup> September. Send your article either direct to me ([watts@penare.ndo.co.uk](mailto:watts@penare.ndo.co.uk)) or to the address or email address below. You are welcome to send this newsletter on to any friends you feel might be interested in Parallel Community. **Frances**

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