



Parallel Community Newsletter



December 2010

Focus for December ... "Aspects of Christmas".

Core team member Lindsey writes ... For many of us, Christmas is a time of joy, with the giving and receiving of gifts, the exchange of cards, the sparkling Christmas lights, and the glowing faces of children. All these feed the senses, and all of these bring to us the Christmas spirit.

But there is another side to Christmas. It is a time for reflection, on happy memories, and sad ones too: a distinctive family festival, a moment in time when the changes in our lives become very apparent. We reflect on major events, births, marriages, the loss of loved ones: a strange mix of emotions.

Both these aspects of Christmas are by their very nature transient, and depend largely on external factors and circumstances. At times we can almost feel powerless, so caught up are we by these outside influences, often beyond our control. The deeper layer of our being, however, is not subject

to external factors at all. Perhaps it would be helpful to spend some time and energy this Christmas inwardly rather than outwardly. For however tantalising the glitter may be, it is transient. Our inner space is permanent, and in it we can feel our equanimity, our peace and true joy. Here we can experience the real Christmas spirit that does not depend upon external factors. Regardless of your religion, faith or beliefs, in your own being lies the true spirit of Christmas, love, peace, righteousness, and truth, and they are available to each and every one of us, free of charge.

So this Christmas, however busy, hassled, happy or heartbroken you may be, give some time and space to yourself. Connect with your inner Christmas heart in your own way and experience the love, peace and joy that is available to us all: and how wonderful to share it for the benefit of all.

Kernowkopia

Kernowkopia, Cornwall's annual Mind-Body-Spirit festival, added new fun and sparkle to the event this year with a fancy dress day, *writes Lynn Forrest.*

Held at a venue on the coast at Newquay, the dramatic backdrop of cliffs, wild weather and wintry seas was in stark contrast to the colourful and imaginative costumes of the festival-goers. Fairies, goddesses, green men, rainbow warriors and magicians wandered amongst the stallholders and visitors to the exhibition and workshops during the weekend-long celebration.

PC's intrepid promotions team were at it again, with Ba, Lynn, Adam and Annie in attendance this time to talk to

people about our activities and encourage networking. They met up with old friends and discovered some new ones; discovered a couple of 'Rainbow Grannies' who have helped halt the development of Trident; spread the word about Edible Forests*; and got more news on the proposed Pilgrim Route* to be established to follow the Michael & Mary lines from Brent Tor to Glastonbury.

All in all, it was a great place to see the diversity of people who make up Parallel Community in action, giving us hope and support into the new year.

**more details in the next newsletter.*

Prayers in Practice

One week we are asked to converge in our millions to meditate for peace; the next we are challenged with potential war and financial crisis. Somewhere in the world at any given time there is an extreme situation, lives being lost, the results of our greed and manipulation all too evident in our societies.

Once we have been given the opportunity to be at peace, to have some time and some silence in our lives, we come to know the value of that moment. Putting that moment to better use is the key now. In the absence of being able to actually *do* something about crises that come to our attention, we need to polish up our skills of meditation and prayer. Have no doubt at all, these methods are effective, especially when we are not able to be directly involved with a particular incident or issue.

We are reminded now to call upon our own God, Avatars and Guides to assist us in creating a new reality, a better human life. We have been told countless times that we are to co-create our reality in conjunction with our higher spiritual presence, but when really do we actually ask them? We go into meditation projecting our own understanding of peace and harmony, thinking that this is the way of galvanising the assistance of spirit, but that's only half the story.

Divine presence on Earth is waiting for us to ask for help at this time, so that we can consciously work in conjunction with them to change things for the better – together. And no matter who we worship or what we call the Divine Presence, that is the frequency we have to engage with to assist us.

So, get out your prayer books, polish up your mantras and refine your meditation practice. Call upon God, Sai Baba, Babaji, Buddha, Ganesh, Allah, Goddess, Dalai Lama: whoever you revere, to assist you in creating positive change in both your own life and that of the wider world. Give them instruction to intervene on our behalf and help calm aggravation, save potential loss of life and bring support to the disenfranchised. See them as partners in our reality change, supporters of our efforts, not separate beings. After all, they have given us free will and we've made a mess of it on our own. It's about time we engaged their help. We only have to ask. Put the Spirit of Christmas to work. Enjoy!

Blessings - *Lynn Forrest, for Christmas 2010*

What is Fountain?

PC Supporter Suzanne Thomas tells us about the Fountain International project.

Fountain is a world-wide community healing project based on the simple concept that communities, like people, suffer from "dis-ease", and may be healed, by tuning in one's thoughts to an agreed point of focus in your own community; ultimately, we believe, improving the health of the world.

All that is required (apart from the genuine desire to do something positive to improve conditions in the community) is the commitment to devote just two or three minutes a day linking in thought to an agreed focal point within the community. After stilling the mind, the focal point is visualised radiating healing energy (or light and pure love) throughout the community.

This activity is open to all, whether you do it on your own or in a group. We live in a time of great change; we all have the ability to help our community; all it takes is the desire to become involved. Like the World Wide Web, let's build an energetic healing web, where all groups can come together in one cause.

Suzanne (suzanne@eaglebear.fsworld.co.uk)

(Fountain International are holding a conference in Torquay in April 2011: contact Suzanne for more information if you are interested. The focus of the conference is "Inspiration for Healing and Earth Energies"; speakers will include Sig Lonegren, Paul Broadhurst, Tim Walter, Julie Soskin, and Giles Bryant.)

Humanity's Team

PC supporter Michael writes ... "I invite you to join in action to support a move to recognise a U.N. declared Day of Oneness for Humanity. onenesspetition@humanitysteam.org Globally this will help extend a focus that human consciousness will achieve an evolutionary stage of significant importance for the future generations of humanity to live sustainably on Mother Earth."

From the Humanity's Team website: "Humanity's Team is a spiritual movement whose purpose is to communicate and implement the belief that we are all one, one with God and one with life, in a shared global state of being, so that the behavior of humanity may shift to reflect this understanding."

Earth Vision

PC member Ann Palmer, from Lewis, in the Outer Hebrides, writes to tell us about Earth Vision.

“In 2009, I was fortunate enough to win the Earth Vision Nature Writing Contest, a writing competition based in Canada. But the biggest accolade, for me, was being asked to judge the event for 2010. Just reading so many different people's thoughts, stories, poems and points of view was a wonderful experience. The competitors were judged anonymously, and I was delighted at the eventual geographical spread of winners. First place went to a New Zealand lady, Sky Isaac, for an astonishing piece of really 'connected up' thinking.

“I wanted to share this with the Parallel Community because I strongly feel that writing about our personal relationship with the earth deepens it, makes it more alive and real to the writer. The event website will shortly include details of the 2011 competition; any Parallel Community members who are interested can Google it and see the pieces written by this year's winners.

“Honestly, I wish I could meet up with you all. We have a very small group here in the Outer Hebrides who celebrate the Celtic festivals. But no people yet who are really keen on the idea of Earth Vision and want to write about it. Good luck with all your endeavours and projects. Best wishes, Ann Palmer (plyons.gress@tiscali.co.uk) “

Fight Factory Farming

PC Connector June Crossley of Machynlleth (juneandbernard@btinternet.com) has been moved to tell us her thoughts on factory farming. She has sent the same words to Compassion in World Farming and the Ministry of Agriculture and Fisheries.

"Please will you do all that you can to prevent the building of factory farms in Great Britain. Seeing the extent of the farms on Country File (BBC1) operating in America, was sickening to say the least. It is hard to believe that mankind has sunk so low as to turn intelligent feeling animals into factory machines. To stand motionless all day without

walking is bad for muscles and organs. No amount of persuasive talk can convince one that the animals are not stressed, bored and exploited.

“Let the architects of these hell-holes try one week of standing doing nothing in a limited space - in the case of pigs, unable to turn. Get them to drop their wet offspring when they are born into sand: no doubt it won't matter if the sand gets into their eyes. And after she has given birth, take the child away and put the mother back to work. Do they not realise that in nature, cows and pigs care for their young? It is their instinct to do so.

“The reason given for this so-called progress is that in future, we as a species will be short of food. Adult humans only need two ounces of protein a day to maintain health. As obesity is a huge problem in the Western world, cutting back on gluttony would be a good way to start. The effect on the environment can only be detrimental. People interviewed in the locality complain of many health problems. We do not have the right to use or abuse another species. It is a downhill road that will lead to disaster.”

Discussions on November's Focus

November's focus caused some lively debate in the Meeting Place and on the PC Facebook site. The subject was, "What can you do for yourself that will benefit the wider community?"

On the Meeting Place, Eve said, "I am a firm believer that you can help yourself by being more active helping others, no matter whom or how, so long as it is in a positive manner, than you can by helping yourself first. I feel that the danger of putting the self first, is that it tends, perhaps, to an element of elitism or even separatism. Wisdom is to be shared, not adorned or owned. As we work with others I believe there is a natural giving back of a wealth of positive change. Yes, the self is important for calming, health reasons, family, personal security etc., but why not address the problems that we all face together, head on, and we then hopefully gain some positive charge or energy from it collectively."

Radical commented, “ We must sort out ourselves before we can do any good in the wider world. It has certainly been my experience to date. Once we have got our personal bearings and imbued ourselves with universal joy and love, we are then in a position to look at global agendas with fresh eyes - and more importantly, do something about them. I feel we must work this way - empowering the inner and outer at the same time. Indeed, it is the only way to progress towards global harmony. All affirmative endeavour, whether personal or otherwise, adds to the universal collective for positive change.”

Core team member Nathascha responded, “Some people might feel inspired to take action, TO DO something in the outer world, to kick-start change. But not everybody might feel that way. For me, the highest truth is to BE love. For I know that by being love, I contribute to the regeneration, healing and maybe even to build order out of chaos. And it seems that within PC we have both groups, the DO-ers and the BE-ers, both immensely valuable. It has always been the idea behind Parallel Community that people who want to go out there and DO something can coagulate with other likeminded persons or groups on PC's website. It's the same for the BE-persons. Another purpose to PC is that members can find like-minded people in their local town or county. Community is about helping each other to flourish by doing what we can. It is a good feeling to know that there are many like-minded people 'out there'.

On Facebook, core team member Annie said, “This is a really interesting topic ... I think there is a blank in most people's minds as to the fact that helping ourselves DOES help others. "Do what makes your heart sing" isn't selfish: it opens our skills and

talents to others. Doing something with the energy of 'because I have to' or with resentment or even anger, increases low level energy, rather than giving the intended support, relief or comfort, making things worse and not better. Somewhere we need to re-connect to the fact that we are valuable and wonderful people who make more difference than we can ever believe if we just look after the one we are closest to in the 'we are all one' way of living....our Self.”

Bits and Bobs

A few interesting links ...

<http://www.350.org/>

Climate Art Exhibit, visible from space

<http://www.youtube.com/watch?v=qGGabrorRS8>

Man invents machine to convert plastic into oil

Advice needed ... PC supporter Brian Howard is asking for help. “Can anyone help me with advice on forming a Charitable Trust? I am trying to get one going for my ruins project in Hopton, Norfolk (the last lair of the Dragon in the UK: the last crossing point in the UK of the Michael and Mary lines). Please let me know by sending me a message through my profile at the Meeting Place or via e-mail (bhoward1@btinternet.com).”

Mystical Britain calendar 2011 ... Nathascha in the Core Team has created a Mystical Britain wall calendar for 2011 with beautiful photos of sacred places in Britain. The calendar shows dates of Celtic festivals and pagan holidays, solar and lunar eclipses; and also shows the sun, full moon and new moon in their relevant astrological signs. <http://www.lulu.com/product/kalender/mystical-britain-calendar-2011/13574021>

Warmest wishes from all of us in the core team to all Parallel Community supporters and friends, for a peaceful and happy celebration. The next newsletter will appear early in January; please send anything you would like to be considered for inclusion by Friday December 31 to Frances (watts@penare.ndo.co.uk) or to the address below.

The Parallel Community, PO Box 11, Hayle, Cornwall TR27 6YF, UK

info@parallelcommunity.com

www.parallelcommunity.com