

Smoke Signals



Newsletter for the White Eagle Lodge - Star Centre South West

January 2010 No.17

Co-ordinators: Jason and Stephanie Wilson, 42 Longfield Avenue, Kingsteignton, Devon TQ12 3RA

Tel: 01626 363000 Email: WESW@talktalk.net

Dear Friends of White Eagle

A Happy New Year to you all, I hope everyone is coping with the arctic weather conditions.

I feel that 2010 will be a very memorable year for us all, a point where we start to climb the mountain, but this climb (if we choose) will not be a lonely insular one, but one we can share with other souls, others who share our vision.

This Christmas I was more aware, than ever before, of the joy of being together with close family, and also during our Christmas celebration with my wider White Eagle family.

And these words came to me:

"You are you and no one else, do not compare yourself to others, this is a great mistake that many of you make. You are unique. Travel your own personal path.

But this personal path is a paradox and should be travelled with others in joy and companionship, loving and uplifting each other's spirits, and when times get tough, give each other a helping hand up that mountain".

I use these dark winter months for rest, reflection and recuperation, ready to move forward once more.

Stephanie

White Eagle says

"We give you Hope. You are marching forward; the earth plane, the earth planet as a whole moves forward with its whole being towards becoming itself a Sun. Is this in accordance to science today? Probably not, for science declares that in due course there will be no life on earth, and earth will become extinct.

Not so with the earth! With some planets probably, wherein there has been no response to the Christ light.

But earth's humanity has awakened, and slowly, almost imperceptibly, responds and raises itself. The earth is slowly moving towards its birth as a Sun it will become spiritualised, etherealised, so that its very crust, or outer substance, is changed, transcended.

So may you look forward with Hope not only to this present year, but to all the years ahead."

In common with many people at this time of year I was reflecting on what the New Year may bring. In particular my thoughts turned to the work of our South West Centre.

I pray that as a group we may provide a friendly 'home of the spirit' to any who feel called to White Eagle's teachings. An opportunity to meet with like minded souls in a safe environment.

We hope that we have created a varied programme of interesting events and that you will be able to join us at one, or more. If that sounds too daunting, or is not physically possible, then please feel free to make contact with us by phone or email.

Also, we hope to hold a series of informal 'open mornings' across the region. With the aim of bringing together, on a local basis, those interested in White Eagle's work (see the next page for details of a similar event held in Cornwall). If you would be interested in hosting, or attending, such an event please let us know.

Jason

A Round up of Recent Events

Meditation at Stonehenge

A group of us met on a warm, late Summer evening in the car park at Stonehenge. As the visitors left, and the bustle subsided, we entered the stones and were enveloped in the magical energies of this place. We sat in a circle and listened to a White Eagle reading, then Stephanie read an Earth Healing prayer and led us into a meditation. There was an opportunity to walk around the stones as the sun went down and after a short closing prayer we re-entered the world.



The morning of the day we met was the first of the New Moon, so the influence and energy of that New Moon burst upon the Earth at dawn. As that Moon grows, flowers and fades away under the influence of Libra she spreads and weaves that influence around the Earth during her cycle.

In the northern hemisphere, Aries shows the light bursting out of the earth (Aries - Easter) to create new growth, flowers and fruit, and Libra which is the opposite, the light descending back into matter to start another cycle of experience and learning.

That day was the first time this year that the influence of Libra was felt - that of the light starting to descend back into matter, and at dusk we had the perfect time to carry out our work of bringing the Light down into the Earth to heal her.

Tony

Working with the Breath

Renowned yoga teacher Jenny Beeken helped us to explore and really think about the way we breath, the way we sit and the way we walk. This in turn helped us to achieve a deeper level of relaxation and meditation.

Open Morning in Cornwall

Something new for the South West Centre!

On Sunday 14 June Liz & John kindly opened up their home, to 16 people, for an 'open morning'. Some of us meet regularly on an absent healing group and for others it was completely new.

However this gave us the opportunity to come together as a group and to chat and to realise that we are not isolated individuals.

We shared in an absent healing service and in sending out the Light at 12 noon, which was particularly powerful.

A sincere thank you to Liz & John for the thought, effort and kindness (not to mention the sumptuous lunch) they put in to make it such a happy day.

Jill

(editor's note: We hope to try this approach across the region in 2010 – providing an opportunity for like-minded people to come together in small groups. Please contact us if you would be willing to host such an event).

And also in Cornwall we held a regional

Open Day in Falmouth

A steady flow of visitors, old friends and new, came to chat, peruse the books and leaflets and to ask questions.

We couldn't have asked for a better setting in which to talk about the work of the Lodge and many people took part in the meditations and Earth Healing prayers, and a good number took the opportunity to receive contact healing.

Of course a cup of tea accompanied by home-made cakes and scones went down a treat.

Many thanks to all those who helped out on the day and made it so special for those who came to meet us. Truly, Service in Action



Dates for your Diary - 2009

11 April – Spring Walk nr Plymstock, S. Devon.

An opportunity to exercise & socialise, whilst exploring this beautiful part of South Devon.

9 May – A day at Knighthayes Court, Tiverton.

An opportunity to socialise, whilst exploring these wonderful gardens. One of the highlights of the day will be a 1-2 hour guided walk with local medical herbalist Shelly Staple. Shelly's passion is to make use of native plants for the purposes of healing. She will point out native herbs and explain their properties and uses.

6 June – Healers Retreat Day & Re-dedication, Ilsington Village Hall, Devon.

A day for all White Eagle healers; contact, absent and lone, to come together and to re-dedicate ourselves to the healing magic of the Star.

4 July – ‘Expanding the Senses’, West Monkton, Somerset. Developing our meditation and imagination. A day with Anna Hayward. As ever, this promises to be a wonder filled White Eagle day.

3 October – ‘The Spiritual Fire that Burns therein’, Ilsington Village Hall, Devon.

An in-depth look at Britain's spiritual tradition with Simon and Margaret Bentley. White Eagle speaks in a number of places of our country's spirituality and its role in helping humanity forward into the new age. We will explore this through astrology, meditation and quiet discussion.

5 December - Coming together for a Christmas Celebration, Ilsington Village Hall, Devon.

Join us for this popular seasonal event. Re-discover the true meaning of Christmas with friends - in an informal, joyful atmosphere. There is no charge for this event, although donations are always welcome.

A morning of shared carols, readings and poems. A sumptuous lunch and a White Eagle Christmas service in the afternoon.

Once again we intend having a bring and buy stall to raise funds and would be grateful for any 'seasonal' contributions of Christmas cards, gifts, sweets, biscuits and cakes etc.

We hope that you find these events to be of interest. If you haven't been to one of our Retreat Days before please give it a go. You will find us inviting and friendly and you can be assured that you will not be asked to participate in anything you don't want to.

Take the opportunity to retreat from the outer world and to enter a safe space where you can seek spiritual nourishment

Prices are kept intentionally low, ranging from £10 to £12.50 per event (there is no entry charge for the Christmas Celebration). Please see the enclosed Booking Forms for further details.

Astrology Group

For those interested in Astrology our group (WESWAG) meets on a regular basis in Totnes.

January 31st

April 25th

August 1st

October 24th

Our focus next year will be on the Pluto Capricorn transit, 2012 winter solstice and the associated outer planet transits.

We intend to start an in-depth look at these major influences on our world so we can understand what is happening to us all.

All levels of expertise are welcome in this friendly, informal group.

Please give Richard a call on 01803 864680 if you wish to come to any of these days.

What do you seek from your Centre?

We feel that it is important we gain feedback from a wide range of contacts and members across the region; so please let us know:

- What type of events are you interested in?
- What support do you require from the SW Regional Centre?
- What do you seek from the White Eagle Lodge that we may be able to help facilitate?

Contact details on the front page

Nature Notes

Just past the village of Wheddon Cross on the edge of Exmoor lies Snowdrop Valley. Thousands of snowdrops carpet the woods leading down to the river Barle.

Each February there is a mini bus that takes you down the hill and allows time to walk through the woods. You can then be brought back up again, if the hill climb is too much. This has become a famous Exmoor tradition visited by many each year. On your return to the village refreshments are available from the 'Rest and be Thankful' Inn or in the village hall.

The snowdrops were planted by monks who came from Europe, in honour of Mary the mother of Jesus; snowdrops signify purity. Candlemas is on the 2nd of February and is also known as Mary's day. This is also the traditional day for Brigit, the Celtic goddess of the land. The valley has become somewhat mystical and many make a pilgrimage there. The sight of the snowdrops each year is stunning.

Last February the snowdrops were particularly beautiful in my lanes here in Somerset and after a particularly lovely walk this poem came to me. The affirmation of the Snowdrop is HOPE.

Wishing you all a happy and peaceful new year.

Marlene Ridgway

Snowdrops

Well met, fair maids
Heralds of the Spring
Sentinels of the flame.
Cloaked in purity and truth
Bringers of the Light
Heads bowed in sweet humility
Awaiting she that comes,
Clothed in all her splendid
Livery of green.
Sweet message of hope is yours
Courage, to stand fast –
Be bold, be brave and KOKO (Keep on keeping on).



Marlene Ridgway (14/02/2009)

Keep on keeping on with your lives, but stay simple. It is the simple love, the little candle flame, the shining Star in the heart, which is the truest guide on your path and which can be used by the shining brotherhood in the world of light to help bring healing to the nations. W.E.

Bach Flower Remedies

Many of us are familiar with Rescue Remedy, the wonderful heal-all first aid to carry around for everyday use. I would like to introduce you to other flower remedies, so that in time you have the confidence to use them for your family and friends.

One of the most important remedies is Star of Bethlehem, a vital ingredient of Rescue Remedy, which heals shock. Shock can be devastating, and if severe and not treated quickly, a killer. Shock can last a long time (sixty years in one lady), and if not healed leads to despondency and depression. Always keep your ears open for hints that present troubles started many years ago after some serious incident. Grief for the loss of someone dear, will be eased and in time healed with the help of Star of Bethlehem. Another indication for its use is when tears fall without apparent reason – for example during times when we are stretched to our limits, perhaps caring for a dying loved one. This remedy may not at first be called for, but look behind the obvious and be aware where it may bring healing.

I often think of Flower Remedies as bottled light and colours, musical notes, raising and purifying the vibrations of their related chakras, thus flooding the soul with light, beauty and hope. Truly they are pure spiritual energies bringing healing to the soul.

The action of Walnut can be compared to placing your self within a wigwam of light with the Star above. It cuts psychic links and protects you from strong outside influences. Being a link breaker it helps us move through the various stages in life, when we first go to school, move up to senior school, and eventually leave home. When we change job or move home we have strong bonds to our past and these are best dissolved so that we can move on and enjoy life unfettered by the tug of the old.

Walnut is also magical in helping you through the menopause. A hot flush will miraculously fade away with a few drops of Walnut. Take when needed over a period of about seven years.

And lastly, White Chestnut, can only do one thing, but when you need it nothing else will do. For those times when your mind goes round and round, like a needle stuck on a record. No peace, no sleep. A few drops of White Chestnut will stop those circling thoughts and peace returns – blessed relief!

Tony

Around the Groups

Bristol/Bath area

- Contact healing service 2.30pm alternate Tuesdays.
Meditation (members only) monthly, Friday 2pm
Absent healing group alternate Thursdays 7.30pm.

Dawlish, Devon

Phyllis Bishop's long-standing group is currently full; but she wishes to send loving greetings to all healers and patients.

Exmouth, Quiet Mind Centre

A W.E. absent healing group meets in Exmouth, once a month.

Kingsteignton, Devon

Absent Healing /Meditation 2.00 pm on 1st & 3rd Monday each month.
Brotherhood service every Monday (6.45 for 7.00).
Contact healing, by appointment.
Contact Stephanie Wilson on 01626 363000

Melksham, Wiltshire

Meditation every 3rd Wednesday at 8.00 pm
Absent Healing Group every Wednesday (except 3rd) at 8.00 pm.

North Devon

Absent Healing Group every Monday at 3 pm

Stawell (Between Bridgwater & Glastonbury)

Absent healing & meditation group.

Tregonnin, Helston, Cornwall

Brotherhood Service Mondays 7.15 pm prompt; following which there is an Absent Healing Service. Open Service on 2nd Wednesday of each month.
Contact Healing by request.

Registered White Eagle Contact Healers

To access contact healing in the South West or for further details of any of the groups listed please contact Stephanie on 01626 363000 or email WESW@talktalk.net

Contact healing, like absent healing, is offered free of charge within the White Eagle tradition. From the patients' perspective, healing is a natural, heart-centred way of receiving therapeutic support - and the healer works in a way that is unobtrusive on any belief system the patient may hold.

Please let me know if:

- *I have omitted any groups who would like to be mentioned here, or*
- *You are a registered White Eagle Contact Healer and you are willing to have your contact details printed here.*

Absent Healing Groups

- Are you interested in starting an absent healing or White Eagle meditation group?
- Would you like to know more?
- Are you currently running a White Eagle group, but would like the opportunity to meet and network with other group leaders?

We are considering holding an informal social morning for any interested group or potential W.E. group leaders. Please contact me to express an interest.

Stephanie