

Smoke Signals



Newsletter for the White Eagle Lodge - Star Centre South West

June 2010 No.18

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Dear Friends of White Eagle

I am writing to you whilst I sit in my favourite spot. All I can see is the sea. I am a fire sign and when I am in need of upliftment and refreshment, when things get a little fraught for me this place eases my soul. The sound of the waves, the incoming and outgoing of the tide. I love it in all its guises; flat blue millpond, gentle lapping waves or black and boiling with enormous waves.

So here I sit mesmerised by the beauty, almost in a meditative state, and I think of the life that the sea supports from the largest whale to the tiniest crustacean and the most delicate seahorse.

For me the sea symbolises peace, strength and courage. I come to this place as often as I can, and as I sit I send out the light not just to the sea and its natural inhabitants, but also to humankind who have seen fit in their misguided way to pollute and rape in the most devastating way - the massive oil spills, the plastics. One upside of the current crisis is that this pollution is being brought to the attention of a super power whose own coastline is being affected, and the devastation that it is causing. We can have faith and pray that world leaders are galvanised into action that brings about a longer term, greater good.

So dear ones when you are sitting in your earth-healing group, or quietly by yourself, please remember to think especially of the seas of the planet, send forth the Light of the Star into the seas.

And finally to say that Jason and I have, in trust and faith, put our house on the market. We feel that this is the right time and have asked dear White Eagle to guide us to our new home. We are sure this will be in the South West allowing us to continue to act as regional co-ordinators.

Stephanie

As White Eagle reminds us:

It does no good to dwell on darkness. Look up to the Light and pray to become greater channels for the Light. Refuse to listen to the lower mind when it tempts you to give way to despondency. God is all goodness, love, and wisdom, and all things work together for good for the man who loves God.

and

Amidst the apparent chaos of human blunders, you must never lose your faith in the love and wisdom of the Great Architect of the Universe. We have already impressed upon you the power of faith – if you had faith even as a grain of mustard seed, you could move mountains. Behind all spiritual law lies the power of faith.

A Brief Update from our Treasurer

Thanks to some donations, including the regular support of our Golden Supporters, the South West Centre managed to balance the books last year. This was despite a dramatic decline in interest received on our savings account.

Golden Supporters complete a monthly standing order for as little as £2 a month, to help towards the running costs of the Centre, including the mailing of this newsletter. A standing order allows you to retain full control of the payment - you can tell your bank to stop it at any time. If you feel able to help in this way please contact Jason on 01626 363000 for further details.

We have kept the cost of the majority of our retreat days to £10 per person. This represents incredible value – why not give one a try? We would love to meet you.

The Summer Triangle

I have more than a passing regard for birds; I love them and feel a great affinity with them. The Eagle, and Swan, Blackbird and the Crow family are particularly special to me. When I was going through a tough time I happened to glance out of the window and there surrounding the house were a ring of Crows, they looked just like sentinels guarding and protecting me.

It was my love of birds and one of the special names that my Mother gave me that led me to discover that that name was part of a wonderful happening in the sky every August.

Three brilliant stars, called VEGA, DENEK and ALTAIR, form an imaginary triangle in the night sky.

These 3 stars link 3 constellations LYRA (the lyre) Cygnus (the swan) and AQUILA (the eagle). This summer triangle lies high above the Milky Way.

At the end of the day, watch where the Sun goes down. Turn your back to the setting Sun. You will be facing east. As the sky slowly darkens, look for three stars to appear in the eastern sky.

The first star to appear will be the brightest star of summer, Vega. Vega is a link between heaven and earth. Even its name of Arabic origin means "Swooping Eagle". When the sky becomes dark, look for fainter stars to either side of Vega. These stars make the top of the harp. Just below Vega are two stars that might seem to hold the harp's strings.

Down and to the left of Vega is Deneb the brightest star in the constellation Cygnus. Deneb is the tail of the swan. On a dark night, you can see the stars that mark the long body and neck of the swan stretching under Lyra. The swan's wide wings open away from its body

The last of the three stars is Altair; to the south of Vega and Deneb. Altair is within the constellation Aquila. Look for two fainter stars on either side of Altair. These three stars make up the head of the eagle, with Altair as its eye. The eagle's head is turned to one side and is looking down toward the ground at this time of year

Near midnight the Summer Triangle lies virtually overhead at mid-northern latitudes during the summer months, but can also be seen during spring in the early morning. In the autumn the summer triangle is visible in the evening well until November.

As the summer unfolds these three birds fly the stream of the Milky Way. There it is said that souls experience true unity and hold communion with the Cosmic Christ.

Allow your spirit to fly to new heights as you look up through the Summer Triangle to the Milky Way this August.

Stephanie

Nature Notes

We haven't received any articles for this edition of *Nature Notes* but I found this passage from White Eagle, which seems very apt.

A Country Walk

The world of spirit is reflected within the mirror of our own soul. We will give you an illustration. You may take a country walk and see very little: you may stay unaware of the beauties of nature. You have not reflected your surroundings. You may take that same walk and will perhaps become aware of the thousand little details apparent in the hedgerows and field, in the bird life, in the sunlight, in the shadow, and in the atmosphere. Many details you will note and absorb. You are not merely observant with the physical eye, but with the spiritual eye also.

Think of yourself in a different way still, taking that same walk. You have become more aware and sensitive to the spiritual life behind the physical form, your sight again has greatly increased, you will not only see all the details of physical nature, but will also become aware of the pulsation or vibration of life and great beauty which permeates the physical manifestation. You will feel kinship with physical form, and your soul will reflect the spirit world, the spirit life.

A Few Major Astrological Points of Interest for 2010

At the time the polls closed on May 6th at 2200 hrs in London, the Ascendant was 3° of Sagittarius, with an MC in Virgo and an IC in Aries. The Sun is at 16° 13 mins of Taurus and the Moon is 23° 54 mins of Aquarius. We have set the scene for a 'hung' Parliament!

Prior to this time, on the 1st of February, Saturn (Libra) was square Pluto (Capricorn) and there was a lot of resistance to change from politicians. The challenge for them was to 'go with the flow' on May 6th for the sake of the country.

These two planets were in a 33 year cycle – historically a period of harshness, cutting back and pruning, and getting down to the bare bones, to the minimum necessary in order to survive. Starting again after previous deaths and destruction in society occurs with lessons with respect to power and authority figures who misuse power. India, Pakistan and Israel all became independent in 1948 and had these planets conjunct.

There were some major changes taking place in the country with Pluto moving slowly and then erupting! With tension and confrontation between parties and a need for action, Pluto was the catalyst to act to cut the problems out!

On May 6th with the abovementioned chart, Saturn is conjunct the MC and in opposition to Uranus on the IC –in a 45 year cycle. Historically, there are stories involving astrology and other 'old' subjects resurfacing in a new form, with scientific visions taking root and becoming reality. There is a sweeping away of an old order. Astrologer Charles Carter: 'democratic in spirit, autocratic in method' with traditional versus more contemporary ideas. French Astrologer Andre Barbault associates this combination with right wing politics and with the Middle East.

This gives us food for thought as the old order of Labour was swept away with the election, giving us an uncertain and possibly challenging future political climate. There is a definite need for awareness, cooperation and compromise to reach a consensus to govern the country.

These are but two aspects of influence due the transits of the Outer planets of Uranus, Neptune and Pluto. Uranus moves from 24 Pisces to 0 degrees of Aries this year finishing with Aries in 8 years then onto Taurus and Gemini.

Neptune transits 24–28 Aquarius this year and onto Pisces for 14 years. Pluto transits 1–5 degrees of Capricorn this year and continues through that sign until 2024. If we check our own charts looking at the degrees of each planet, comparing them with the degrees of these transiting Outer planets and find they are in the same degree, we will have some affect of them in our lives.

With Sagittarius on the Ascendant of the 'close of polls' chart, there could be some deep thinking going on with the government, some positive thoughts. Venus in Gemini in the 7th house shows a love of communicating in partnerships. Pluto in the 2nd house in Capricorn, with Sagittarius on the cusp, along with the North Node could show some major good changes in management but all leading in the 'right' direction. With Uranus based on the IC, the country is grounded on NEW ideas, possibly things that happen suddenly and may be revolutionary?! With Uranus conjoining Jupiter here, this is increased in its affect, hopefully not too many ideas!

Generally, the future is looking good for the country as a whole.

Chuck Pearce

Astrology Group

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

**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.**

Dates for your Diary

4 July – ‘Expanding the Senses’, West Monkton, Somerset. A day with Anna Hayward. Developing our meditation and imagination. 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 only £10 per event (there is no entry charge for the Christmas Celebration). Please see the enclosed Booking Forms for further details.



A Round up of Recent Events

Healers Re-dedication Day

In June a group of White Eagle Healers (contact, lone and animal healers) met for a day of coming together and sharing our experiences of the healing work. Stephanie led us in a wonderful meditation, based around the healing colours and in keeping with our theme we explored and experienced the colours through the ‘Tree of Light’ exercise.

After lunch we carried out the new Earth Healing Service, all present agreed it is truly beautiful. After a sumptuous shared lunch we came together to re-dedicate ourselves to the healing magic of the Star. We all went home feeling refreshed and re-energised for the work ahead.

Spring Walk

A good crowd of us (one all the way from South Africa) enjoyed a circular walk in the countryside around Brixton on a glorious Sunday in April, taking in country tracks, deep lanes and views of the River Yealm.



A leisurely lunch

After lunch by the river a short uphill section brought up to the end of the walk and the obligatory tea and cake! Many thanks to Maurice & Sheila for sharing this hidden gem of South Devon with us.

A Walk with a Medical Herbalist at Knighthayes

Shelly Staple shared her passion for plants with medicinal uses as she took us around the walled garden at Knighthayes. For example did you know that you can use sage leaves to make a mouth rinse to help sore throats or that a tea made from plantain can aid sinusitis sufferers?

Residential Retreat

February 2010 marked a first for the South West Centre when we held a residential retreat. As this was a trial run attendance was restricted to Brothers of the Lodge. We booked a large house, on the edge of Exmoor and arrived on a beautiful, sunny Friday afternoon in February. The house looked down the Orr valley to open Moorland and suited our needs perfectly with plenty of space, and a sense of peace and tranquility.



We welcomed the 11 retreatants with afternoon tea. Everyone said that as soon as they stepped through the door they felt the house welcoming them.

At 8.00 each morning Margaret was there to take us through gentle Yoga breathing exercises which everyone enjoyed (even when she led them out into the garden to stand bare footed in the early morning frost).



Each day there was a group meditation and readings from White Eagle's teachings and time for discussion. Contact healing was available to those who felt the need and allowed those healers who don't often have the chance, to give healing. We also came together to do the Earth Healing service and as this was in the sunroom, looking down the valley, we felt very close to Mother Earth.

On one of the evenings we had a good old sing song with Jill and her famous accordion.



We left late afternoons free and most people went out for a walk together on the estate; including a trip to Culbone Church; a small, ancient church hidden in a valley close to the coast. On Tuesday morning we got together to say our goodbyes. We hope to repeat this all again one day soon, open to all W.E. members in the South West!



Jason and Stephanie

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

Around the Groups

Bristol/Bath area

- Contact healing 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

Brotherhood service every Monday (6.45 for 7.00).
Contact healing, by appointment.

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

Paignton, Devon

Absent Healing / Meditation group.
Second Friday of the month at 2.00pm.

Plympton, Devon

Absent Healing/Meditation on 1st and 3rd Tuesday at 7.00 pm. During the winter months this time will change to 2.30 pm - ring Marion if in doubt. An informal get together is held on the 1st Sunday of the month at 2.00 pm to include Contact Healing as required. All are most welcome.

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

- 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