

Smoke Signals



Newsletter for the White Eagle Lodge - Star Centre South West

January 2012 No.21

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Dear Friends of White Eagle

I am writing this just after our day of Christmas celebration in Devon. A very happy day tinged with a little sadness for the dear people who could not make it due to ill health.

As you will read later in this newsletter our theme for the day was PEACE. For myself, this year leading up to Christmas has been one of quiet contemplation and reflection and whilst I enjoy the excitement of the lead up to Christmas I try not to get too enmeshed in the commercialisation of it all. I find that this day helps me to achieve this.

I would also like to mention our Earth Healing day performed in the 3 counties; you will find a full description of our day plus photos on pages 4-5. For me it is such sacred work to be called upon to perform for Mother Earth and we will be doing much more of this work in 2012.

Our retreat day with Jeremy in November happened to be held just a short distance from that terrible crash on the M5 in Somerset and only 2 days after the event; so we spent some quiet time in remembrance of the souls who lost their lives, those who were injured and their families and friends.

In September our beloved Lodge Grandmother Ylana passed into the light and I would like to tell you the wonderful way that I was made aware of her passing.

I was preparing the sanctuary for my group and the theme for the meditation was the rose. I had chosen to use pink roses to decorate the sanctuary, but I kept getting the feeling that I had to have a golden rose on the central altar; well after about 2 hours I gave in and went out into the garden and picked our one remaining golden yellow rose and placed it in the centre.

The next thing that happened was a strong feeling to call Ylana's name after my main list of healing patients. This I did, and when we finished and had our usual cup of tea and chat and everyone had left, I received a telephone call to say that Ylana had passed over.

Golden roses were one of Ylana's special favourites; she had received a huge basket of them a few days before our wedding at the temple and she very kindly allowed us to have them at the entrance as everyone walked in. Ylana - dear mother and Grandmother to us all.

Stephanie.

"As we realise our unity with all nature, we are drawn into the protection and love of Divine Mother, Mother nature – or the great Mother, who is our source of supply for all physical needs. Thought of in this way, the divine Mother becomes more than Mary the Mother of Jesus. According to the teachings of the ancient White Brotherhood, the Divine Mother is the instrument of the Creator, the second aspect of the trinity. The receptacle of divine energy or divine spirit. Divine Mother has at her command all the angelic beings and nature spirits and lesser etheric forms of life whose work in nature is to assist in directing the various cosmic streams of life force. As man/woman endeavours to work in harmony with the laws of nature, he begins to become conscious of the different forces and forms of energy that surround him and can flow to him from nature and the cosmos to make him healthy and enrich his physical form."

W.E.

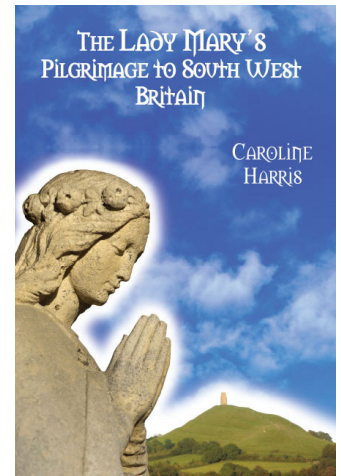
THE LADY MARY'S PILGRIMAGE TO SOUTH WEST BRITAIN by Caroline Harris

Caroline Harris, one of our Brothers, has just had published what she calls a 'very precious' book. Caroline takes up the narrative:

"Two thousand years ago the Lady Mary, the sacred '*Rose in the Heart*', made pilgrimage to the mystical British Isles, with the boy Jesus and Naomi her daughter, under the protection of Joseph of Arimathea. Her Holy Mission as designated by the Masters was to reactivate the Cosmic Light at ancient Druidic sites, some which held an Atlantean Temple in the Etheric Realm. This is my story, as under 'instruction' by Mary and with Divine guidance, I have followed in her footsteps, travelling through ancient Dumnonia - Cornwall, Devon & Somerset, performing sacred ceremonies to revitalize that Light, and earth the ancient Temples. Intuitively received inspirational messages for the Aquarian Age, are offered from the Masters, Angelic Messengers and those from the Devic Kingdom. Among many subjects explored are: Britain - the New Jerusalem; Atlantis, Hyperborea and Lyonesse; the Ancient Wisdom; the Immaculate Conception; did Jesus die on the Cross?; the Lost Goddess; the Holy Grail; Celtic Christianity; Arthurian Tales; the Crystalline Grid; Ley Lines; Reincarnation; Unicorns; the Essenes; the Egyptian Mysteries; Aboriginal Wisdom, Thought Travel, plus Visions of Glastonbury.

For me it has been a most amazing journey - a journey of dedication, love and trust in the Divine, and has not been without its share of adventures and misadventures! Of the feedback received so far, one person tells me that my story is '*amazing - a page turner*' - always good to hear! Another - that it's like a travelogue. A third person has informed me that my maps are excellent and tie in accurately with the text - very useful to have confirmed after much work!

Quite recently I had a book launch at The Torbay Bookshop in Paignton. It was a rather a scary experience being thrust into the limelight after 3½ years of being sort of semi-cloistered, doing my writing and on lone pilgrimage - well physically alone that is. However the launch went well, with a trusty band of enthusiasts braving the most inclement weather of that evening.



I hope you will enjoy reading my book. It is available at www.fast-print.net/bookshop, other on-line sites, at high street bookshops, or from Caroline (email: sundisc@btinternet.com or tel: 01626-356769). ISBN 978-1178035-046-2.

The book retails at £13.99 but I am selling to White Eagle members for £12 (+ £2 postage and packing if required). If this is too much for anyone, I'll gladly consider a special price if you contact me in confidence.

God bless you all. Caroline

Atlantis is rising, not only physically but the spirit is rising. Many of you who live in Britain were ancient Atlanteans. It is because you are what you are that you are drawn together in this work of centralising the light upon the earth, to help to raise the spirit of truth and light in your fellows, Atlantis is rising – rising in you, the ancient ones. As the spirit rises so the ancient land will rise. There is a completely new life coming, and the old religions and the old ways of life are crumbling, crumbling. Something else is going to come, which is ancient and of great beauty and which will bring happiness. But humans have to work for and aspire and lend a hand in the building.

Stella Polaris June-July 1967

Dates for your Diary

1 April - Spring get-together, South Devon

Enjoy a day out exploring Greenway, a recently restored National Trust property, previously home to Agatha Christie. To include a trip on the River Dart.

24 June – Earth Healing & Walk, Belstone, Nr Okehampton

A walk on the edge of Dartmoor and an earth healing attunement.

The majority of White Eagle centres across the world will come together at this time for a world wide earth healing attunement. We shall be calling on the great element and planetary angels, the angels of the Christ Star Circle to assist us in this work.

16 September - Earth Healing across the Region. 3 events, 1 date, 1 time. We will come together in Cornwall, Devon & Somerset to send out healing to Mother Earth. Further details in July's newsletter.

4 November - Animals and People – White Eagle's call to awareness, West Monkton Village Hall, Somerset. A heart opening day with Jeremy Hayward, open to all.

2 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.

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. Please see the enclosed Booking Forms for further details.

Residential Retreat 2012

23 Feb (5.00pm) – 27 Feb (10.00am)

Following a successful trial run last year we are running a fully-catered residential retreat, in Porlock, Somerset.

An opportunity to withdraw from the outer world and come together as a group, with meditations and discussions.

Please contact Jason or Stephanie on 01626 439045 for further details. There are only a couple of places remaining.

Open to Members of the Lodge only.

Astrology Group

The Astrology Group is not currently meeting; however if you are interested in astrology and would like an informal chat

**Please call Richard on 01803 864680
or Tony on 01823 323433.**

During 2011 we have held a raffle at each event. Thanks to the generosity of those attending we have been able to send a donation of \$150 to the White Eagle Temple in the Americas, to be put towards the purchase of flowering trees following recent remedial works to the retreat centre.

PRAYER FOR THE EARTH

Let us pray for peace and healing on earth. Peace be in our hearts. May we search for wisdom; true wisdom of the spirit, the wisdom which perceives the Great Spirit working through life; which discriminates between the things that matter, the real things of life, and the unreal things that are transient, that are with us for a day and tomorrow pass into the unknown.

Let us search for the wisdom that reveals the true life of the spirit in bird and beast and flower and tree, in the stars and planets and in the great cosmic life; the wisdom that teaches that there is a purpose behind every act, behind every experience; that teaches us to live to serve life and all creatures, to serve humanity and to leave the earth plane richer for our incarnation. Amen

(from the Earth Healer)

Earth Healing across the 3 Counties – 18 September 2011

Boscawen-un, Cornwall

8 hardy souls met at Penzance harbour; it was blowing a hoolie and lashing down with rain. However by the time we had reached Boscawen-un stone circle the rain had stopped, the sun appeared although the gale still blew! It's a $\frac{3}{4}$ mile walk to the stones; but with the wind and the sun it was so elemental.

There was nobody else around so before starting the proceedings at noon we put a posy of roses, a crystal and Jan's stone at the base of the menhir in the centre of the circle. It's interesting to note that of the nineteen stones in the circle 18 are granite and one is quartz.



We started by slowly perambulating around the circle. We gravitated to the centre to form a circle around the centre stone. Unfortunately because of the wind not everybody could hear so we moved to the side and made a circle. We began the ceremony by sending love and light to our fellow healers at Brentor and Burrow mump. Dave (one of our visitors) nodded his head in recognition of this site.

We all said the Great Invocation together, two copies had been sent to 2 people who couldn't make it and Ray was tuning in from Newlyn so we were a goodly company.

After we had finished the attunement and the closing words it was as if by magic we just as one moved back to the centre stone and stood round it holding hands. At the suggestion of one of our visiting friends we walked round the stone and then came to a quiet standstill and just stood in silence..... I then felt moved to say the Celtic Benediction.

*Peace of the running waters to you
Peace of the flowing air to you
Peace of the quiet earth to you
Peace of the shining stars to you
Peace of the Son of Peace.*

There is a notice asking people not to leave anything around so we left Jan's stone under some fallen leaves in a little hollow at the foot of the centre stone. Likewise one rose from the posy. The other roses are in the sanctuary ready for tonight's Brotherhood.

Jill Warden

Brentor, Devon

On an exposed rocky tor the small church of St Michael de Rupe (of the Rock) stands sentinel over the Tavistock to Lydford road and surrounding countryside. Wrapped up against the fierce westerly winds nine of us gathered together from different areas of Devon on Sunday 18 September. Near the Guardian stone at the foot of the tor we assembled in a circle while Stephanie explained the plan for our "walk", brought us under the Star and Jason delivered a short reading. Then the etheric veils rolled back revealing (it seemed to me) a landscape of luminous colour and vitality. Spirals of energy wove their pathway up the tor, continually moving, re-shaping and flowing upward far above the Church tower.

Buffeted by blustery winds we followed Stephanie and Caroline, slowing beginning our perambulation of the rough moorland ground near the ancient earthworks, then negotiated our way along a muddy footpath. About $\frac{3}{4}$ of the way around the tor's base we arrived at a level grassy sheltered place where the Michael and Mary lines meet.



Two roses, a red for the Michael line and a pink for the Mary line were placed on the ground with a candle and crystals. As the words of The Great Invocation and the Earth Healing prayer resonated around us we were deeply at-one with the great Angels of the elements in powerful stillness. Some moments later to our joy the heavy clouds lifted and a ray of sun bathed our little group. The sunlight carried us beautifully into the clear strong link at noon with the groups in Cornwall and Somerset.



Before we left Jason climbed the steep-sided tor and placed the pink rose high on a flat boulder ledge. Retracing the steps of our perambulation some of us detoured up the tor finding our way into the sacred serenity of the church. After silent meditation Stephanie placed the red rose on the altar below the radiant stained glass window of St Michael holding the sword of righteousness and the scales of justice.

Negotiating our way carefully downhill back to the earthworks we returned to the Guardian stone where we were enveloped in timeless peace. The rugged boulders high above seemed to momentarily smile down on us! Then the etheric veils closed completely around the tor.

To round off the morning we were all highly delighted to be invited back to Renate's home in Tavistock for tea and delicious apple cake! Many thanks, Renate!

Margaret Oliver

Notes

Brentor church is the 4th smallest parish church in England (37 feet long and 14 feet 6 inches wide) It stands 1,100 feet above sea level on what is believed to have once been part of a volcanic cone.

Burrow Mump, Somerset



It was a damp chilly morning when 12 of us gathered in the car park at the base of Burrow Mump in the Somerset Levels.

Just before noon we climbed the steep slope of the 79ft hill in silence to the ruins of St Michael's church. At the top we found about a dozen sheep sheltering from the wind and gentle rain - but somehow this seemed to enhance the ethereal nature of the place, as we looked out over the misty and somewhat mysterious countryside which once witnessed the last battle of the Civil War at nearby Sedgemoor.

It was a very successful day even though the heavens poured down! As someone said we had all the elements at once; the Earth – Burrow Mount, the Air -wind, Fire – sun and Water – rain – it was all meant to be.

We joined hands to form a circle and Tony led us into a beautiful meditation and earth healing service. We linked with the groups in Dartmoor and Cornwall, and tuned into the star shining above us, radiating healing upon our planet earth and all upon it.

After perambulating around the ruin a feeling of peace settled upon us all and we slowly descended the hill, I personally felt privileged to have shared in the sacredness of the occasion with all those present.

Jean Bean



Our WE 'Monday Thought in your Inbox'

We all know the feeling of coming to terms with the week on a Monday morning! Our new service enables you to receive in your email inbox a gentle, inspiring saying from White Eagle's teaching, to give a lift to your week and as a reminder that we are all spiritual beings first.

To register, just email anna@whiteagle.org and confirm your **first name, surname** and the **email address you would like used.**

A round up of other recent events

White Eagle and other great Spiritual Traditions

It was with some trepidation that we set out on the morning of our Somerset retreat day with Jeremy Hayward. Just 2 days previously a terrible accident had occurred on the M5 just a short distance from where we were meeting. As we quietened down for our opening attunement we sent out the light to surround the accident site and those who had been involved in the accident and their family and friends, we also sent out the light to the souls who had been so brutally shocked from their earthly bodies. Jeremy also spent some time talking about his mother Ylana Hayward, our Lodge Grandmother, who had recently passed into the light.

During the day Jeremy demonstrated how White Eagle's teachings closely embodies concepts from great spiritual traditions such as Taoism, Buddhism and Hinduism.



Christmas Celebration

This year our Christmas celebration was a little different from previous years. Our dear accordion player Jill was not able to be with us due to personal reasons.

Nevertheless we had a wonderful time. In the morning Annie and Peter Freeman took us round the world in word and music. We shared poems and stories together; some sad, some happy, some funny. At 12.00 noon we sent out the light to the world followed by a Meditation.

Lunchtime was a happy affair with good food, time to buy books and gifts and buy a raffle ticket and to just be with each other in true brotherhood.

In the afternoon we had a traditional service with readings and carols. Everyone was able to take home a handmade dove from the Christmas tree; to remind them of the point of peace to be found within – when things get a little hectic over the festive season.

Julie's daughter kindly made this cheesecake to share at Jeremy's retreat day. Subsequently we have received many requests for the recipe.

NEW YORK CHEESECAKE

INGREDIENTS

For the crust:

- 85ml butter melted, plus extra for tin
- 140g digestive biscuits, made into fine crumbs
- 1 tbsp sugar, granulated or golden caster

For the cheesecake filling:

- 3 x 300g/11oz pack full fat soft cheese (Phili is good)
- 250g golden • caster sugar
- 3 tbsp plain flour
- 1½ tsp vanilla extract
- finely grated zest of 1 lemon (about 2 tsp)
- 1½ tsp lemon juice
- 3 large eggs, plus 1 yolk
- 284ml carton soured cream

For the soured cream topping:

- 142ml carton soured cream
- 1 tbsp golden caster sugar
- 2 tsp lemon juice

1. Position an oven shelf in the middle of the oven. Preheat the oven to fan 160C/conventional 180C/gas 4. Line the base of a 23cm springform cake tin with parchment paper. For the crust, melt the butter in a medium pan. Stir in the biscuit crumbs and sugar so the mixture is evenly moistened. Press the mixture into the bottom of the pan and bake for 10 minutes. Cool on a wire rack while preparing the filling.
2. For the filling, increase the oven temperature to fan 200C/conventional 240C/gas 9. In a table top mixer fitted with the paddle attachment, beat the soft cheese at medium-low speed until creamy, about 2 minutes. With the mixer on low, gradually add the sugar, then the flour and a pinch of salt, scraping down the sides of the bowl and the paddle twice.
3. Swap the paddle attachment for the whisk. Continue by adding the vanilla, lemon zest and juice. Whisk in the eggs and yolk, one at a time, scraping the bowl and whisk at least twice. Stir the 284ml carton of soured cream until smooth, then measure 200ml/7fl oz (just over ¾ of the carton). Continue on low speed as you add the measured soured cream (reserve the rest). Whisk to blend, but don't over-beat. The batter should be smooth, light and somewhat airy.
4. Brush the sides of the springform tin with melted butter and put on a baking sheet. Pour in the filling - if there are any lumps, sink them using a knife - the top should be as smooth as possible. Bake for 10 minutes. Reduce oven temperature to fan 90C/conventional 110C/gas 1/4 and bake for 25 minutes more. If you gently shake the tin, the filling should have a slight wobble.

Flower Remedy ramblings.

“For those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others.”

The words of Dr Bach, describing the negative state of mind associated with the flower remedy Scleranthus.

Scleranthus is the positive remedy that helps us to decide between two choices, to chose or discern, and ultimately to help us learn the lesson of discrimination.

Being one of the Twelve Healers, the first twelve remedies that Dr Bach was led to discover, Scleranthus is a soul remedy linked to the Zodiac sign of Gemini. The soul lesson that Gemini helps us learn is that of discrimination or discernment.

The symbol of Gemini is the two pillars, that can be thought of as representing the higher and the lower mind, and to enter the Temple we have to find the balance or middle way between them.

The higher mind is linked directly to our spiritual self and to God, while the lower mind is that of the body or earthly mind, and our challenge is to always follow the higher mind.

If Gemini is prominent in your birth chart then you will recognise this influence, bringing experiences that help you to acquire that soul quality of discrimination, in preparation for the Air initiation.

To quote White Eagle,

“All the conflict existing in the world arises between these two aspects, these two pillars. You will see how vitally important it is to discern the difference between the promptings of the lower and the higher mind, and to think right thoughts..... Saints and seers and prophets and teachers of all time have learned the secret of right thought, good thought, God thought, and have not worried about anything else. They become within themselves; they are themselves lights in a world of darkness. The world may not recognize them, but always positive and loving thoughts, kind, gentle and compassionate thoughts radiate from them, ever helping to sow more seeds of right thought in the world about them.”

O Great White Spirit, help us in our wanderings to find the path of true happiness, to follow the Star and become the Light.

Amen

Tony Ward-Willis

Craft Items for Sale



Starlight approx 16”x 20”
£45.00 acrylic on canvas

Meditation Bowl
2”h x 6”w mahogany
£12.00



Angel plaque
10.5”h x 7.5”w pine £12.00



Postage included in price
Cheques to: M Bowman

4 Meadowstone Close, Frithelstockstone
Torrington Devon EX38 8PE
Email: myra.bowman@googlemail.com

Quiet Mind phonline – 0844 2098319

Sometimes it feels good to hear White Eagle's teaching read out loud rather than going to the printed page...

You can ring our **Quiet Mind phonline** 24 hours a day to hear two or three White Eagle sayings shared by a friendly voice from New Lands. Enjoy, when you want to feel connected!

Calls on our new 0844 line are charged at 5p per minute (UK) and the recordings, which are changed regularly, last two to three minutes.

Around the Groups

Bristol/Bath area

Contact Healing by arrangement.
Meditation (members only) monthly.
Absent Healing Group, alternate Thursdays 2pm
Reading and Discussion, monthly, Fridays 2pm

Exmouth

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

Teignmouth, Devon

Brotherhood service every Monday (6.45 for 7.00).
Contact healing, by appointment.
Absent healing group on 1st Wednesday of each month.

Paignton, Devon

Absent Healing / Meditation group.
Fortnightly on a Friday 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.

Melksham, Wiltshire

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

To access contact healing in the South West or for further details of any of the groups listed please contact Stephanie on 01626 439045 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.*

Lone Healing Work

- Would you like to know more?
- Are you a Member and interested in how you can become more involved in the work?

We are considering holding an informal social morning for anyone interested in starting the lone healing work. Please contact me to express an interest.

Stephanie