

# The Monthly Oracle

Judy Fraser



## Look back to look forward

Before the time is right to move into the new chapter of living, some fairly unpleasant scenarios have to be faced and lived through. Much of the time we will feel invisible, invalidated, not heard, diminished, dis-respected, and basically as if we do not even exist. At others we will feel as if we are being given a good kicking and will feel very vulnerable in the presence of those who are in blissful ignorance of how their energy is affecting us.

Lower vibrating energies cannot “see” “feel” or “hear” higher vibrating energies, it will be enough to make one want to flee and never return. It certainly makes one feel fragile and vulnerable. As we cannot and must not answer back it is easy to feel persecuted and as if one is

being sacrificed. At this Christmas time I want to pay tribute to a man called Ed Edmunds. Ed was a friend of one of my son’s and the last time a group of people thought they owned me body and soul he stood up and told the assembled group where it was at. I will be forever grateful to him and it brings tears to my eyes just thinking about it.

When one serves, those we serve take our presence for granted. They feel they own you, have the right to know everything about you. Not only you personally but everyone associated with you as well. They seek out their company so as to think they are a part of you through association. It is a little like the arrogant youth who feels they know everything about their parent and could improve on their administration and policy hugely

## News and views

Like in the lead picture we all have an overlay. Is this negotiable - yes it is. The more we connect to our spirit via our soul the more we effect others and the less we desire that! Somewhat ironic, others sense within us our connection to spirit and they want in on the action.

Understandable and a pleasure to lend energy and effort to help others find true fulfillment and growth, for isn’t that what true service is all about? But this Christmas time we are being asked to deepen our capacity to love.

Does our passion serve the need of the earth? Is our interest specific to the mineral, vegetable, animal or human kingdoms? Does that extend to the spiritual realms as well? We must research and find our current place within the greater scheme of things.

If we trust the process and are aware within the moment all will be revealed. We need to let go old points of reference so the light and the love merge as one. Only when we know can we inform others.



given the chance. It is a takeover bid for control and if there has to be manipulation to achieve it so be it.

Ed stood up and said having service from someone who worked in the area of evolvment did not entitle people to possess or own the more personal side of life, nor should any gossip. He pointed out that it just did not and would not happen were I a car mechanic or a dentist, it was cruel and uncaring. It used and then dismissed me and those around me with no thought as to the recycling aspects! Thank you Ed and respect. He was a young man at the time and is now a caring husband and a

loving father who serves his community well. May all of your family and those surrounding you deepen your knowledge of the real meaning behind Christmas as you will for sure.

May love, gentleness and care lighten the path of one and all this Christmas.

As we finally administer and lay to rest the last chapter so we have no choice but to pass through the vacuum or black hole prior to re-connecting in a revised form. We extract the essence of all we have learned to date and release the effluent. It is often burned off and we can experience 'body glow' for no apparent reason! We also do a reality check and release our illusions in the process. This is quite a demanding formula and many are having strange dreams and disturbed experiences in their sleep. Or in waking meditations we may think we have heard a sound, felt a

presence, or seen something out of the corner of our eye. All of these are a part of a prelude that we are moving into another energetic frequency. We may have experienced coughing spells, had intestinal upsets, heart palpitations, and either really deep sleep or insomnia all of which are a part of preparing for the new as we release more of the older and denser energies within us.

Another thing that happens is that our brain seems to go on holiday! We seem unable to spell things correctly or write a grammatically appropriate sentence. We may get letters superimposed or back to front. It gets worse before it gets better and through an act of will we have to accept 'good enough' as opposed to our idea of perfect! And we have to smile while others tell us how much better they can or would do it, then if we let them try we find out that is not so!

#### ARE WE TELEPATHIC?

Lots of people think they are but in truth are not. In fact not many people are but what is interesting is the instant recognition and interrelationship that occur on meeting another with similar skills to ones own. Those who have this ability are being taken away from their old rounds of work to connect to them to the heart of the new core of humanity that is in process of forming.



They have to learn to cultivate detachment as they extract what is needed now, as opposed to what was required within the past era. They have to withdraw having observed as much information as they need so they are not affected by the overbearing egos who want involvement at any price. They are being prepared for new birth.

So although these folk may have been front liners they recede more and more to enable them to work through the outer circle without being hassled. They inspire then place the responsibility onto the shoulders of those inspired, while they move onto their work within the telepathic interplay of the greater. New education works for a continuity of consciousness that transcends the finish of one chapter and the start of another. However the guidelines and the revised formula required change and we are changed out of recognition.

These telepaths are about to connect to the thoughts of those surrounding them, those who work from other realms of being and the Great Ones in whose custody all those evolving are placed. They work from intuition alone and from the feedback received from living rather than from the synthesis of intellect and history. Don't dismiss them learn from them if given the chance.

## The Credit Crunch – Slogans and Aliens

The term “credit crunch” has now entered our dictionaries and in a relatively short period of time. We have now accepted that as a community we live on credit, buy now and pay later, not to mention the Bogof-buy one and get one free! Slogans have entered our consciousness at a level where we accept them freely, in our free trade, free world. Fundamentally there is nothing wrong with them, quite reasonable to get a deal and everyone wants a bargain, even the very wealthy are known to inhabit the shops at Sale time, seeking items that are reduced from their original cost. I was very happy to get my fabulous Karen Millen bag at half of what the swing tag originally dictated and stroke it regularly. On the face of it commerce supply’s us with all our must have items and a workforce is gainfully employed to make it all go around and around. Now its Xmas and we will continue to consume and more some, those of us that have any crunch left!

But something else seems to be looming over us, a shadow that puts all that we have held dear at risk.

Remembering that shadow can only appear with its polarity - light, is it an opportunity for us to rethink our collective toxic way of managing our planet?

I was shocked to read from a BBC report regarding a EU study by a Deutsche bank economist, that the deforestation of our planet costs us more than the credit crunch put together, except that it happens year after year after year. Not only are we killing our animals and plant life but ourselves in the process and it has to stop.

Many individuals I know are trying to buy green products and be more conscious of our effects on the planet, but sometimes the wave of commercialism just seems to be on Tsunami proportions. Others do nothing because unless they can do everything, they are scared of being tainted with the label of hypocrite. They fear that label whilst embracing the ones in their clothing.



Looking at small communities and how they are run, there is always more work to be done in order for the collective to have their society working properly and efficiently. We can put all of our skills to good use and make efforts towards a green culture: there would I am sure be more than enough work for everyone of us and we wouldn't be poisoning ourselves in the process.

As we have been encouraged to think globally over the last few years it has become apparent that we actually can really only act locally: it can become overwhelming for many of us when we consider the huge world picture. Taking a step back to look at what we actually do, what we buy, what we produce and consume and how we act towards our fellow creatures day to day, we have a great foundation for change.

Of course I am not suggesting that we ignore world events or issues or give up our input; for example if we don't stand up to the deforestation of our rainforests the results will be catastrophic, on all levels, morally, financially and personally for all of us and in a very short time. I am however putting forward the idea that we have to also consider our local exchange because unless we do many people get crushed by the overwhelming enormity of our world problems; they end up feeling helpless and possible reactions to that is

to ignore everything or go on anti-depressants. Remember the power of the Widows mite. The force of conviction in a small coin given in hope and love holds the power of the world within it. We can all hold that small coin!

This is a time for endings and scary though it might be, if put in the forefront of our minds that it will mean a beginning too, then we can grasp the true value of our experience. We are being forced to release our grip on our 'reality' and we will be presented with something quite extraordinary as we go into the Aquarian Age. The age where we will experience our infinity and not the Piscean age of being told how and where we will it experience it, or that we need to go through others to do so.

What is crashing in the financial system is not only the threat of our savings but also the mask on greed and avarice that pervades the fabric of our society. We are going to have to change and if we don't do it willingly it looks like it is being done for us. We are not going to have the money to travel by air or have the need to travel by car. With a hole in our pension funds at an estimated 100billion pounds we are going to have to either accept poverty in our older years or maybe decide that we will still be functioning valuable citizens with a wealth of skills to

hand down to our newer generations and a big input into our communities locally, whilst supporting truly Energetic attempts to find out why senility and Alzheimer's is taking its hold now.

Aliens aren't going to beam down and help us out. Transformers in the shape of Autobots dressed like steel Arnie Schwarzenegger's won't intervene to save us fleshlings, (mind you, never say never). After camping out in the Egyptian desert I have no doubt personally that we share the universe with other beings as well as our species and it is no coincidence that we are have more reports of unusual phenomena in our skies, but I believe we will be allowed to redress the balance ourselves, in fact I believe it will be demanded of us for our growth as humans.

Our spiritual credit has run out and

we are going to have to look at the debt we have run up very seriously. If we hold onto our natural integrity and hope, we can move into this new space and discard away all that is not working. We can put in place systems that work for all, every creature, plant and human. We now have access to more energetic tools to shift us through, from Sound therapy to Yoga and meditation and more some. This change cannot happen with debate, we cannot engage the mind with this new task but we have to go through the heart centre because the mind will play tricks, swinging between its neutral and positive polarities. Our spiritual tools will enable us to put our mind into neutral and come from our heart centre. Despite what others would have us believe we are able to move mountains with just our thoughts, thoughts that have come via our hearts.

This shift is going to be huge. Throw away fear and we will be able to welcome the new time with open arms, it is coming and if we do it right, we'll be cooking with gas!

The Credit Crunch was written by Pavlou Landraagon BA(hons) LRPS CPpm who specialises in Feng Shui and Nine Ki Astrology, also using her training in Energetic medicine and Shamanism. Pavlou is also a qualified graphic designer and photographer with a special interest in how Feng Shui energy flows within colour and space. She is a Teacher Trainer of Kundalini Yoga with the faculty of the International School of Kundalini Yoga (iSKY) and teaches and practices internationally.

Pavlou has written and recorded a CD called Spirit Journey: A Shamanic practice. Her Feng Shui website is [www.inkcircle.com](http://www.inkcircle.com)

## Another first

Errol and Imogen sent in the piece below. We have known teach other for many years, Way before Second Aid was in existence when the three of us were interested but very inexperienced. Errol Weiner went on to write many books on astrology which became known worldwide. He was born and educated in South Africa. Errol has been a student of the Arcane Teachings of Alice A Bailey for as long as I have known him. He is a full-time transpersonal astrologer and astro-psychologist and works with individuals, couples and groups in more than twenty countries. He can be reached at [rainbowzodiac@googlemail.com](mailto:rainbowzodiac@googlemail.com) And now over to him:

Peter Chin and I (Errol) first met in Findhorn in the late 70's when we lived in the Community. For many years he has been running a wonderful project in Devon (England) in which he distributes Potimarron seeds for free (with or without donations) as these amazing veggie fruits can be grown by anyone and have a



very high nutritional value. He asks people to collect the seeds from their own Potimarron fruits and send them back to him and he then distributes these seeds elsewhere, especially to third world countries. Please read about this project (below; the photo of the Potimarron

fruit is in the Attachment), order the seeds, and grow them in your (present or future) veggie garden. In the present-future deep economic recession they are a godsend to everyone. Many Thanks,  
Imogen and Errol

THE POTIMARRON PROJECT FOR ALL ORGANIC GARDENERS AND HOW YOU CAN HELP THE STARVING AND UNDERNOURISHED

Please let me introduce to you our friend The Potimarron. The name comes from french 'Potiron' (Pumpkin) and Marron' (Chestnut). It tastes of carrots, chestnut, pumpkin all in one delicious fruit veggie. Potimarron, A FRUIT VEGGIE OF THE HEART, BODY, MIND AND SPIRIT, has been with the Rainbow Tai-Chi energy for the past 20 years. We practised Tai-Chi Chi Kung and meditation around the Potimarron plants. Some countries like Japan even use it medicinally. Our vision of it is GROW IT AND SHARE IT around. It can be kept for 6-9 months!! SOUP KITCHENS in your nearest city and AROUND THE WORLD AWAITS YOU, especially when catastrophes create millions of homeless and hungry people, we can grow and store these fruit veggies and send them on.

The best time to sow Potimarron is in early Spring. For further instructions on how to grow them, please click on this link [http://www.ben-network.org.uk/participation/green\\_spaces/gs\\_more\\_info/pumpkins.html](http://www.ben-network.org.uk/participation/green_spaces/gs_more_info/pumpkins.html) This plant needs warmth, space and stakes to grow upward and horizontally. So, now is a good time to look at your garden and see where, how and when you want to plant this Potimarron. Potimarron loves rich composted soil, sow them in a tray about an inch deep, water them with love, put a cling film over them and leave them in the sun. And within a few weeks to a month (depending on the temperature of your room, transplant them into little pots and after a few more weeks, prepare to transplant them into nitrogen rich composted soil. Check on them every day during the first 3 weeks to ensure the slugs are kept away. Then, you can either let them run around in the garden on the ground or you can string them up. They love to bask in the sun. Beautiful giant yellow flowers in July and ripens in August and September. When ripened, they are orange reddish. For



cooking, use them with other vegetarian recipes. There are presently more than 10,000 organic gardeners throughout Europe, USA and Australia participating in this project.

You can obtain free Potimarron seeds from us directly. Donations are welcome (but even if you did not send any donations), we will send the seeds to you. Send your request/donation to Chi Healing Centre, Creek Farm, Woodland, Ashburton DEVON TQ13 7JY ENGLAND. Website: [www.rainbow-tai-chi.org.uk](http://www.rainbow-tai-chi.org.uk).

Remember to take photos of your potimarron and wash and dry the seeds and send them back to us so we can redirect them around the world. **THERE IS ENOUGH FOOD TO FEED EVERYONE IN THE WORLD RIGHT NOW!!!** Best Wishes of good health to you, your friends and family this Christmas and a Happy New Year!!

With loving chi,  
PETER CHIN KEAN CHOY  
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MOTIVATION BEHIND THE POTIMARRON PROJECT  
Some people may query what is my motivation, behind this project. When I read and heard about how many

large corporations were dumping wheat and other food into the sea to keep the prices of food up, I was horrified. On one side of the continent, millions of people went to bed suffering from malnutrition and hunger and on another side, they were dumping food. I even approached farmers and the supermarket to donate food for the soup kitchens and offered to be a liaison with Charitable Organisations like the Salvation Army and Churches offering soup kitchens, so far the farmers and supermarkets I have contacted have refused. I also discovered that research shows that on average, supermarkets have a minimum of 5% waste in their fresh produce every single day. I am hopeful that one day some farmers and supermarket managers will make that step. I admit my stubbornness started when I was young. When I was a teenager helping my father manage a Chinese restaurant, I refused to give good food at the end of the day to pigs and so, I went nearly every night to go and find beggars in the city to feed them with the remaining food of the kitchen. When my mother offered to have a big birthday party for me on my 12th birthday, I said I would consent only if beggars too would be invited. She refused and I refused. It is one of my childhood ambitions to do my best to help people who are starving.

### THE PILOT PROJECT

I have tested the pilot project OF GROWING POTIMARRON and donating 70-80% of my produce to soup kitchens and the poor. The remainder is for me and my family and friends. The soup kitchens in the cities of Plymouth and Exeter have received vegetables from me over the past 10 years. I have felt terribly upset and tearful every time I see how undernourished so many of the homeless and hungry people are at these soup kitchens. My gifts

to the kitchen have always been unconditional. I have never asked for payment or for favours of any kind. Just to see the smiles on the faces of the cooks and the people who are fed better is enough satisfaction to me. I feel gladness in my heart and I sleep better knowing that a few more people have been fed better every day. Even if you do not have a garden, you can share an allotment with a friend or help a neighbour to grow the potimarron and help feed a hungry world. The hungry person in the world is a part of

you, when you feed them, you feed aspects of you. If the people in the street get together to be serious about giving, their hearts can lead the way to love the people by sharing food. Food is the outer manifestation of divine love. We all need it, especially the hungry ones. Hear the calling from your heart right now! The arms race for war can be replaced with arms racing to grow nourishing love, peace and joy. This is from my perspective the Potimarron Revolutionary cry!

**CHRISTMAS** may it be a time of renewal where old sadness is purged to enable greater love to enter in. The ignorance of people along with their arrogance never cease to surprise me. Someone who had their placement and position as a direct result of my intervention decided to be super critical and to condemn my actions. To 'fix' this and to 'change' the perceived 'wrongs' they decided to protect and rescue the situation in a full on take over bid with them as the central 'saviour'!

Had I been asked I would have explained in some detail why the actions taken had been necessary. The administrators of that particular project asked to take charge and were being given the opportunity to do so at all levels of being. Certainly their way would be unique and different from anything that may have gone before. But it is no less valid for that.

To talk about people rather than to talk to them and discuss matters however difficult is dismissive and divisive. From that point of view one can



be deeply grateful to have been separated from it by life. However ones heart aches for the challenges that others must now make themselves and those that they must meet from others.

Time for the grown up 'children' to leave home, meet their own challenges and learn to be adequate to

meet them. Time to free and be freed so that the 'Management Upstairs' have free reign to re-arrange the placements that people now occupy. The law of magnetic attraction enabling relocation at all levels of being to occur. Accept it, trust it and let go a need to understand just now. Cooperation is all that is required.

## Dreaming of a Green Xmas

Instead of purchasing a xmas tree, this season think of purchasing a few! By that we mean putting 25 quid to buy 1/2 an acre of rainforest (about the size of 100 cars) via the World Land Trust. WLT is supported by some heavy-weights such as Sir David Attenborough

and David Gower (former captain of the English Cricket team) and aim to protect rainforests and the wildlife within them, for a life time and not limited sponsorship. We can choose the project we want to support, for example the situation for the orang utangs in Borneo is desperate and are now on the edge of distinction (half of them gone in 20 years) as the world demand for Palm oil grows and cuts away at their home.

Sir David Attenborough says "the World Land Trust's policy of buying land is the most direct and certain road to conservation. It deserves the support of all who care about the survival of the wild places of the world." So if we are wanting to offset our carbon footprint or buy an extraordinary gift for someone then go to [www.worldlandtrust.org](http://www.worldlandtrust.org) and get them a gift for life!