

FELLOWSHIP OF FRIENDS SPRING 2006

Hafan-y-Coed



The Spiritual Link

"AWAKEN YOUR SPIRIT"

Welcome friends new and old. Please join me in sending our thanks to Wendy, Julie & Joyce for their continuous commitment in putting together and producing all previous editions of the Fellowship Of Friends. As you are all aware their last edition was the winter one, of which we all enjoyed. Mark and I will endeavour to keep up the high standard the ladies have set. So here goes with our first edition....

Springtime is once again upon us, the time for new beginnings. The daffodils once again return with such colourful splendor. Surviving the wintry days, the challenges of the cold ground. Are we not like the daffodil? Think about life's challenges, challenges come along good or bad. Some knock us down, some pick us up, and there are times we just want to hide away our inner feelings. Similar to the hibernation of the daffodil. But like the daffodil during its winter hibernation its strength, our strength returns. That inner belief, we can survive returns and we shine again. We re-emerge stronger, more vibrant & wiser, unfortunately it's normally those close to us that notice the difference. Although it may take a season or even a few to find our strength again, we do, that inner belief may be hidden but search and you will find. Instil your belief in yourself and let your daffodil stand tall and proud again.

Enjoy our first edition, if you have ANY suggestions, letters, poetry or comments please feel free to contact Hafan or myself.

This magazine is your voice, the voice of the free spirit.



David..

Spirit

Spirits are beings of energy and of spiritual life forces, as are we, spirit living within our material bodies. The spirit or souls as some like to refer to, exist within the realms of spirit. I believe there are many different spirit realms of energy, each realm acting as a learning place for spirit. Yes, unfortunately for some, even when we depart this earthly realm of ours the learning continues but on a higher level.

As we become more open and aware within our lives of the energy around us, our spirit friends draw closer. Spirit are around us 24/7 guiding us, inspiring us, loving us and comforting us, unfortunately a lot of people do not feel them. The energy they give and things they do get dismissed so frequently as “oh what was that”. That tickling you felt on your neck, the tapping on the door or that sweet aroma that came from nowhere, what was that? no it was Spirit .

Spirit will do almost anything to get our attention, all they are looking for is the recognition that we know they are there. As soon as we Open up to the energy around us, the comfort they bring and the love they give out comes through. You see they are spirit and we are spirit. It makes sense to me that they should wish to continue to communicate now, just like they did when they were living on the earth plane.

Becoming more spiritually aware will open up new doors for you; it will be a new pathway of life. Spirit will always be guiding and reassuring us, supporting us when we stumble and rejoicing when we shine.

These are my thoughts of spirit what are yours? Please write in & tell us...

Here's a word search to get your mind thinking.

T	H	T	U	R	T	S	I	G	N
L	N	E	V	A	H	P	A	S	T
E	N	E	D	E	L	I	M	S	A
C	H	U	R	T	U	R	I	A	R
H	R	A	H	L	O	I	D	D	O
E	L	Y	O	P	S	T	S	I	T
R	I	T	S	A	E	U	Y	V	R
U	F	L	E	T	N	A	R	I	E
B	E	L	E	V	A	L	C	N	E
P	L	I	E	V	O	L	L	E	H

ANGEL CHERUB CRYSTAL DIVINE EAST EDEN
ENERGY HAVEN HELLO HERALD LIFE LOVE
PAST PEACE SAD SIGN SMILE SPIRITUAL
SOUL TAROT TREE VEIL

Hope you enjoyed this quick little puzzle.

Quija and other spirit communication tools

So often has the subject of Quija Boards come up in conversations that I feel a need to talk a bit about them here. Most everyone has seen a Quija Board & perhaps even used one with friends. Many people ask me if a Quija board does work in making contact with spirits. I believe there are many "tools" that people use to help with spirit communication. Besides Quija Boards there are pendulums, crystals, tarot cards, candles, circles, séances... the list continues on. It isn't the tool that makes the spirits come & manifest or make themselves known. It is simply intent to communicate with spirit that draws them. Whenever people have the intention to communicate with spirit they send out energy. Thought & emotion are energy. This is what draws the spirits, not the board or any other "tool" being used. The power, the real power is in the energy going out & that the spirits respond to it. It is my personal opinion however that the worst thing ever done was to label the Quija Board as a toy & market it to all age groups, as has been done for the many years. I have formed this opinion for several reasons. One being some people do think of it as a game. With games you can just put the pieces back in a box when done playing and that's that. That doesn't work well with spirits that want to communicate. Once the board is put away some of the spirits who really want to talk may react in negative ways or may stay around. This can cause a variety of problems for the people involved as well tinge their outlook on spirit communication for years to come. They may feel helpless because they don't understand what they did & also afraid because they aren't sure what they are dealing with. The directions on the box doesn't include directions they can read on how to make an unwanted spirit leave. Many will throw the board away thinking it's the board & not something outside of the board. They are surprised when the activity keeps up. People generally don't think to say a prayer & ask their guides for help with who comes to them in spirit & also to take a spirit away. This also goes back to not taking spirit communication seriously.

Not taking spirits seriously, thinking of them as some abstract thing that is all in fun. Remember, Quija boards have no power & are just tools. The power in spirit communication & what draws the spirits is the desire you send out to communicate, the energy. People, especially the young have no idea how strong in spirit they are, how strong in energy & what they can actually accomplish when wanting to communicate. They tend to see the causes and answers as being outside themselves & not something related directly to them. Quija & other tools of communication are not games. You never ever know who you will be receiving in spirit nor will you know the intent of the spirits coming through.

Calling a long passed relative or someone famous rarely works. If you use the board I suggest you respect it as a tool, & shield yourself from unwanted activity. You are stronger than them, you know.....

We would love to hear your points of view on the different tools of communication you use & the experiences, good or not so good you have had. There are so many different tools, has anyone ever tried water reading or rag reading?

Write in with your experiences & opinions. Thank you...

STRENGTH TO COPE

*I stood beside my old oak tree; my hurt was so intense,
Did I deserve this anguish now? It did n't make much sense,
My head was spinning full of thoughts, I wondered what to do,
When suddenly an Angel walked right into view,
A shining light surrounded me, and filled me up with hope,
The love and understanding I felt gave me the strength to cope,
I know I'm not the only one, who has this Angel friend,
You have also, an Angel on whom you can depend,*

*So when in life things don't seem so fair,
remember always, your Angel is there.....*

Here is a suggested Crystal healing stones set

Rose quartz:

*Known as the “love stone”
Helps reduce stress & tension.
Brings inner peace and calm to relationships*

New Jade:

Calms the inner thoughts and helps with meditation. Boosts confidence.

Obsidian:

Brings balance to the mind and spirit. Good for skin problems.

Amethyst:

A powerful stone that will aid creativity within. Helps develop spiritual awareness. A good stone for aiding restful sleep.

Red Jasper:

For will power & encouragement. Helps control the emotions & soothes the nerves.

Banded Agate:

A good overall healing stone. Believed to help ease pain from bruises, strains & sprains.

Carnelian:

The “concentration stone”. Helps balance your inner self. Said to be good for the lungs, kidneys & liver.

Tigers Eye:

The “confidence stone”, inspires brave but sensible behaviour. Said to be good for the digestive system.

Remember it is important to cleanse & programme your crystals for the purpose you desire. Utilise the natural energy of the crystal.

For more information on crystal cleansing & programming visit :

www.thespiritualink.com

YOU ARE THE ROSE ABOUT TO BLOOM

**You are the rose about to bloom,
The colour soon to wake,
The perfume set to scent the breeze,
The bud about to break.**

**You stand upon the lip of time
Alight with what will be,
And point yourself out to the sky
Across the open sea.**

**We see you vertically, a gift
Too beautiful to plumb,
And treasure all the years you were
And all the years to come.**

Author unknown.....

A Place Of Inner Peace

*In life it's hard to find your inner peace,
the hidden sanctuary within,
A place so magically filled with love,
a place where things begin,*

*Our most inner peace is so natural,
Pain free and pure,
An inner peace of wisdom, truth, a place to heal and cure.*

*We search within and question, all those around,
Where do we start our journey and seek what is to be found,*

*We look deep within the knowledge
of those who searched before,
Those that found the peace
in a haven with an open door.*

*Many have travelled this pathway
in search of their release,
Freedom from material corruption,
a safe haven of peace,*

*Many have travelled this pathway for a place the spirit frees,
That peace and wisdom they sort ,
was found in the haven of tree's.*

*Hafan-Y-Coed, a natural magical place,
where even a stranger feels at home,
The peace of the spirit will embrace
and your thoughts will start to roam,
Your spirit will search, believe me it will and find with much ease,
Your hidden sanctuary you search for, the place you call inner peace.*

David Vickers @2005

THE LEGEND OF THE DREAM CATCHER

Long ago when the world was young, an old Lakota spiritual leader was on a high mountain and had a vision. In his vision, Iktomi, the great trickster and teacher of wisdom, appeared in the form of a spider. Iktomi spoke to him in a sacred language. As he spoke, Iktomi the spider picked up the elder's willow hoop which had feathers, horsehair, beads and offerings on it, and began to spin a web. He spoke to the elder about the cycles of life; how we begin our lives as infants, move on through childhood and on to adulthood. Finally we go to old age where we must be taken care of as infants, completing the cycle. "But", Iktomi said as he continued to spin his web, "in each time of life there are many forces; some good and some bad. If you listen to the good forces, they will steer you in the right direction. But, if you listen to the bad forces, they'll steer you in the wrong direction and may hurt you. So these forces can help, or can interfere with the harmony of Nature. While the spider spoke, he continued to weave his web. When Iktomi finished speaking, he gave the elder the web and said, "The web is a perfect circle with a hole in the centre. Use the web to help your people reach their goals, making good use of their ideas, dreams and visions. If you believe in the Great Spirit, the web will catch your good ideas and the bad ones will go through the hole." The elder passed on his vision to the people and now many Indian people hang a dream catcher above their bed to sift their dreams and visions. The good is captured in the web of life and carried with the people, but the evil in their dreams drops through the hole in the centre of the web and are no longer a part of their lives. It's said that the dream catcher holds the destiny of the future.

~~Author Unknown. ~~

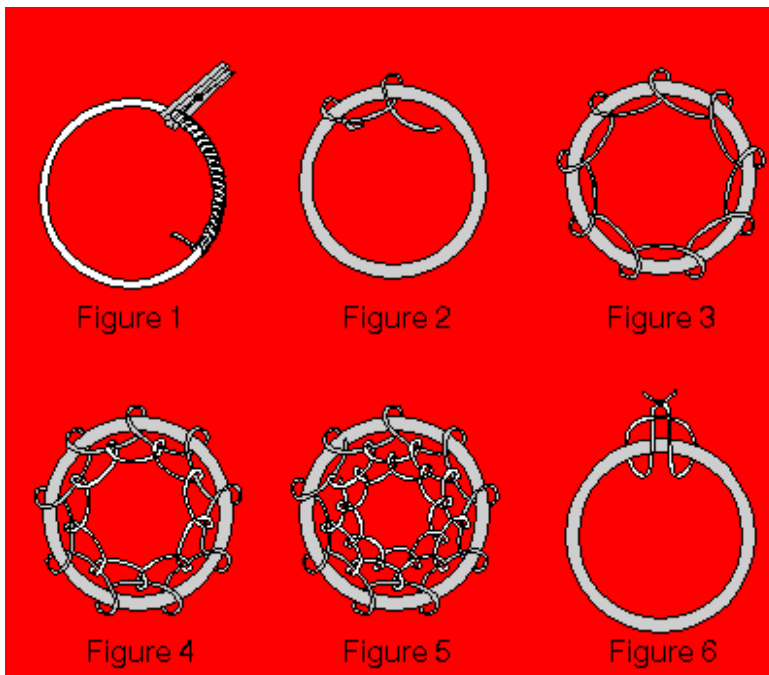
How to Create a Dream Catcher

WHAT YOU WILL NEED TO GET STARTED

1. METAL HOOP 12 INCHES TO START WITH.
2. SPOOL OF LEATHER SUEDE CORD
3. FABRIC GLUE
4. FAKE SINEW
5. FEATHERS
6. PONY BEADS
7. A CRYSTAL OR STONE. (optional)

LET'S GET STARTED

You will refer back to these images many times.



First of all you will need your metal hoop, but there are other things you can use. Metal is the best material for a hoop for it is the strongest. The Native Americans used birch. Today, though, because the dream catcher has become so universal, the Indians use metal, too, among other things. If you want, you can find a tree limb on a birch tree and make a circle out of that. Bend it into about 12 inches and tie it together with sinew. Next, you will need the kind of material you want to wrap around the metal hoop. You can use anything you want: Fabric, ribbon, leather. Wood, of course, natural wood, needs nothing. Many people buy a spool of leather cord.

Now, to get started, take a bottle of leather glue or fabric glue, and hold your hoop between your knees and put a little glue on the metal hoop and start to wrap the strip of fabric around the hoop. If you are using strips of fabric you have cut yourself, let them overlap a little bit. If you have bought leather cord, hold the cord in one hand and wrap it tightly, snugly, touching each side as you wrap it, and pass the remaining spool under the hoop as you wrap.

Try to hold the fabric or cord taut and as straight as you can as you wrap it. When you are finished, hold the cord or fabric with a clothes peg an inch before completion so what you have already done does not unravel, and spread on more glue.

Next, take the fake sinew that you can buy from a craft store or a leather store, and if you can't find sinew, you might try using yarn, although you will not get the best effect with that. Now comes the tough part. I find that holding the hoop between your knees works best. Take the sinew, about 5 yards for a 12-inch hoop, and at the top of the hoop, tie a strong knot and let the sinew hang down from the inside. Now, take the other end of your sinew and drop it over the top to the other side, and pass it under the hoop so it crosses the front part of the sinew when you draw it through toward you. If you don't cross it, you will know, because it won't work. Now, go around the whole hoop doing the same thing. Let your spaces be evenly spaced, about an inch and a half apart on a 12 inch hoop, pulling each loop fairly tight, and when you are almost to the end, leave a space of about a half an inch. In other words, don't complete the weave on the hoop part, itself.

Now, go through the loop that was the first loop you made on the metal, and weave it the same way you did it on the top of the hoop, but this time you are weaving it on the first loop you made. Go all the way around doing the same weaving, pulling it taut as you go, and when you get to the end, again, just simply continue weaving. You will see a pattern begin to form. When you are finished, it will look like an actual spider. As you weave, the spaces will get smaller and smaller. Keep weaving until you have a nice round circle in the middle, not too big, and then tie it off making the knot as small as possible.

As you tie it off, put some super glue on the knot so it will not come undone, and cut the tail off. If the knot looks too big, don't worry, this is your first one and you will get better and better as you go along. Now, cut five strips of cord all the same length, about three feet long. Take the first strip of cord and hang it at the bottom of the hoop so there are two tails hanging down. Take a pony bead and slide it up over the two tails all the

way to the top so it holds the cord on. If you have a difficult time sliding the pony beads up over the cord, it will be easier if you cut pointed edges on the ends of the tails. That will enable you to get the bead through both tails. If you just feel it's too hard to slide the pony bead up the cord, simply tie it at the top so it stays on the hoop.

Now, count out 12 pony beads and put 6 on one tail and 6 on the other. These pony beads are for holding the feathers on the cord. You are going to divide the pony beads into 3 pairs, evenly spaced from top to bottom. Now take your feathers, 6 in all, put a little glue on the end of the feather, and slip the feather under the top of two pony beads. Next, do two more pony beads, and then the next two pony beads. Now do the second tail. Congratulations. You have one tail done. The dream catcher at the top of shows four tails. You now have three left to do. Put two more tails left of the centre tails and one more tail right of the centre, and put the pony beads and feathers on the same way you did the centre one. Now, it is almost finished. At the top of the hoop, i.e. another strip of cord on it to hang the dream catcher.

The Indians loved to hang shells and special treasures on their dream catchers.

A FEW PROBLEMS YOU MIGHT ENCOUNTER:

Should you find it difficult to pass the sinew through the webbing because it's so long to draw it through and you find your sinew getting all tangled, try winding it onto a pencil or something skinny, because it can be long and tiring otherwise. If you have not cut the sinew long enough and you run out of sinew before you finish the webbing, just tie it off with another piece of sinew, and if you like, you can cover the knot with a special bead so the knot doesn't show, and keep right on going. Other than those two problems, nothing much beyond that can happen.

YOUR DREAM CATCHER IS NOW FINISHED AND READY TO HANG.

Instructions taken from www.shiningspirits.com

Bert's Bit

Bert's Crossword # 1

1		2		3			4		5		6
				7							
8			9				10	11			
					Crossword Number 1						
12		13		14			15		16		
				17							
18											

**CRYPTIC CLUES
ACROSS**

1. A good man alone runs rings around these ancient sites (5,7)
7. To catch a wave on the computer (4)
8. Pass along the chicken's next clutch of eggs (5)
10. Foreseeing weird toaster (not in south east) in these cards (5)
12. Angry pirate forgets to park (5)
15. It's said that a horny growth is the beginning of a mighty oak (5)
17. Twisted vine is a vessel (4)
18. An irrational belief to rest in soup, it is funny! (12)

DOWN

1. The opinions of whisky heard in the Ether (6,6)
2. Confused Paulo (not the second person it's said!) is a gem (4)
3. It's not difficult to say, unfortunately. Up to a point! (4)
4. Float on water in an aircraft (4)
5. Return track to story teller (4)
6. Underground near a Rent-A-Bus, unusually! (12)
9. Father turns up with drink as an object in séance (6)
11. Top parasite makes vinegar acid (6)
13. It spins at the apex, we hear (4)
14. At all times, the first lady. Right! (4)
15. Against it being in a tin (4)
16. All in room nine (4)

**QUICK CLUES
ACROSS**

1. Ancient rings (5,7)
7. White horses at the seaside (4)
8. Pass it on (5)
10. Divination method (5)
12. Angry (5)
15. Nut (5)
17. Body tube (4)
18. Irrational belief (12)

DOWN

1. They come through a Clairaudient (6,6)
2. Gem (4)
3. Not difficult (4)
4. Float across the water (4)
5. Story teller (4)
6. Underground (12)
9. Mysterious object transfer (6)
11. Acid (6)
13. On the apex (4)
14. Always (4)
15. Against (4)
16. All (4)

Stop to think, then not to think,

Then to think again.

Stop your life right in its tracks,

Then start-up, now you're sane.

Bert 😊

Crossword answers...

**Across...1. Stone circles 7. Surf 8. Relay 10. Tarot 12. Irate 15. Acorn
17. Vein 18. Superstition...**

**Down...1. Spirit voices 2. Opal 3. Easy 4. Raft 5. Liar 6. Subterranean
9. Apport 11. Acetic .13.Atop 14. Ever 15. Anti 16. Omni**

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