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Flying in the UK or abroad?

Visit www.carbonneutral.com
One single shorthaul flight produces roughly the same amount of the global warming gas as 3 months worth of driving a 1.4 litre car. And we're all flying more. Use their *Carbon Calculator* to work out a contribution you can make to balance out the CO₂ effects of your flight by funding forestry and climate friendly projects which save the equivalent amounts of CO₂ through The CarbonNeutral Company.

And don't forget to use **travel essence** (Australian Bush Flower Essences) or **Travel Ease** (Alaskan Essences) for all flights to help combat the effects of electromagnetic radiation, engine vibration and feelings of disorientation, and jet lag.

Websites to explore:

www.flower-essences.net

A good introduction to flower essences and comprehensive well-being information. Look at the Tree of Life range which embraces the wisdom of nature through the changing seasons.

www.artofchange.co.uk

Inspirations to manage the process of change in life and to face challenging times. Personal advice, testimonials, books, CDs, music.

www.chopra.com

Dr Deepak Chopra is a pioneer in the field of mind-body medicine and human potential and best selling author of books such as Quantum Healing and Ageless Body, Timeless Mind.

www.drnorthrup.com

Dr Christiane Northrup: holistic Gynaecologist, inspirational speaker and author of books including Women's Bodies, Women's Wisdom.

www.marilynglenville.com

Experienced speaker, author and practitioner of natural health for women, Dr Glenville's work is well worth exploring. She gives practical and common sense advice to help fertility, menopause and all life cycles naturally, avoiding the need for drugs or surgery.

Everyday essences:

Always have your bottle of Bach Flower **Rescue Remedy** (preferably the Five Flower Healing Herbs version, made according to Dr Bach's original methods), or Australian Bush Flower (ABFE) **emergency essence** with you to help with unexpected shocks, upsets and any trauma. Helps restore a calm state of mind and to feel more balanced emotionally. Use also if you are running late, feeling overwhelmed, and just need to settle your energies before taking the next step. And

it helps to take (at least) five slow, deep breaths as you take your drops. Both essences help around Christmas time when stress can be all too common. Think of ABFE **calm & clear** and **relationship** essence too, and **dynamis** to give your energy levels a boost during this busy period. For more details on how any of these essences may help you, [contact Shelley at The Energy Centre - 01892 722191 shelley@the-energy-centre.com](mailto:shelley@the-energy-centre.com)

Inspirational books:

Ideas to help you create the life you want to live and have the health you want to enjoy it:

The Truth about Illness, Unhappiness and Stress?

Barry and Winnie Durdant-Hollamby £11.99

Exploring a very different understanding of the nature of illness, unhappiness and stress, this book introduces you to a world of possibilities while inviting you to question many long-held traditional stand-points about health and life. An invaluable tool for those wanting to take back control of their lives. Order your copy from www.artofchange.co.uk 01342 823809, or The Energy Centre.

Excuse Me, Your Life is Waiting.

Lynn Grabhorn

Looking at why most dreams do not happen, and why some people's lives seem to be a never-ending tail of lack and 'bad luck' this book explores the astonishing power of feelings to create. Available from main book shops and www.amazon.co.uk

Cervical Cancer Vaccine

You may have started to hear and read about Human Papilloma Virus (HPV) vaccine.

And knowing the British media, you may not get to hear 'both sides of the story' about the vaccine.

Dr Christiane Northrup, obstetrician and gynaecologist, author of New York Times million selling books 'Women's Bodies, Women's Wisdom', 'The Wisdom of Menopause' and 'Mother Daughter Wisdom', highlighted the inaccuracies of the test research into the vaccine and potential risks in her August 2006 newsletter:

"Gardasil, a genetically engineered vaccine that helps prevent four types of HPV viruses including one of the most common implicated in cervical cancer, was approved to be marketed this summer in the USA. The CDC in America recommended vaccinating all women aged 9-26 and even beyond (about 30 million in the US)."

Dr Northrup is keen to put the issue into much needed perspective, feeling that the risk of getting cervical cancer from HPV has been greatly overstated.

The numbers speak for themselves

"There are an average of 9,710 cases of cervical cancer and 3,700 deaths from the disease in the US each year, according to the CDC. Of these new cases, 70% are related to HPV. That's around 6,797 cases per year. Over 14 types of HPV are associated with cervical cancer. Gardasil protects against the HPV strains that are implicated in about 90% of cervical cancers, not 100%. That further reduces the number of cases that might potentially be prevented with a vaccine to just under 6,200. And the vast majority of these cases can be prevented with improved nutrition, safe sex and the kind of screening and early treatment that is already in place.

"The HPV vaccine media blitz has overshadowed the fact that the incidence of cervical cancer has already decreased dramatically through routine screening with pap smears and HPV (DNA) testing. For example, the NHS in the UK reports that the incidence of invasive cervical cancer fell by 42% between 1988 and 1997 because of screening programmes.

"According to the National Vaccine Information Centres (www.909shot.com) "The FDA allowed the researchers to use a potentially reactive aluminium containing placebo as a control for most trial participants rather than a non reactive saline solution

placebo." "Using a reactive placebo can artificially increase appearances of safety of an experimental drug or vaccine in a clinical trial. Gardasil contains 225mcg of aluminium and although aluminium adjuvants have been used in vaccines for decades, they were never tested for safety in clinical trials.

"Whenever you vaccinate an individual, you're intervening with their immunity. And that's what happened with Gardasil in clinical trials. According to the manufacturers, there was one case of juvenile arthritis, two cases of rheumatoid arthritis, five cases of arthritis, and one case of reactive arthritis out of 11,813 Gardasil recipients. There was also one case of lupus and two cases of arthritis out of the 9,701 patients who received the aluminium containing placebo.

"Investigators dismissed the total of 102 Gardasil and placebo-associated serious adverse events, including 17 deaths, that occurred during the clinical trials, claiming that they were unrelated.

"Regardless, there were 102 adverse events in 21,514 women and children who received the vaccine or the aluminium containing placebo. This translates to 474 adverse events per 1 million people getting vaccinated. Conservatively speaking, that's 14,220 (474 x 30 million) adverse events expected. Is it worth vaccinating people in the target market to make 14,220 girls and women sick in order to possibly prevent 6,200 cases of HPV related cervical cancer?"

The bottom line about HPV Vaccines

"Remember, it is not HPV per se that causes the cancer. It is the immune systems' inability to fight the virus that is the issue. The widespread and unquestioning acceptance (in the USA) of the vaccine as "the answer" to cervical cancer prevention speaks volumes about our cultural misunderstanding of the root causes of health and disease.

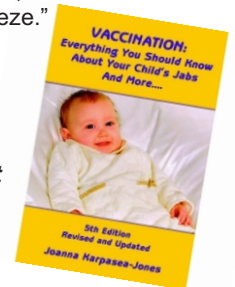
"Rather than rely on mass immunization programmes that treat everyone as though they are at equal risk and which also promote the myth of universal vulnerability, it is far more prudent to optimise a woman's nutrition and lifestyle so that her immune system is functioning optimally in the first place. Most women clear HPV naturally, but persistent HPV infection indicates a problem with a woman's immune system. The bottom line is: The depression of her immune system is what's putting her at increased risk for cervical cancer. So while a vaccine may prevent cancer in one location, disease may well manifest in

another area if the root cause is not addressed. This is done by looking at her entire life - body, mind and spirit."

Joanna Karpasea-Jones runs the Vaccination Awareness Network in the UK which has information about vaccinations in general. Contact her via www.vaccine-info.org if you want to explore more details of her research and information.

And also from Joanna, why there are so many chemicals in vaccines: "A virus or bacteria cannot grow without unclean conditions (much the same as naturally occurring illness cannot take hold without a dis-eased condition already being present). To manufacture a vaccine virus, they therefore have to use animal or human tissue and blood products to grow the virus or bacteria on. They also have to add preservatives (which until recently included thimerosal, a mercury compound - it is now used in the manufacturing process just not as an actual added ingredient), or something like 2-phenoxyethanol, which is the main ingredient of anti-freeze."

Joanna's book:
Vaccination:
Everything you should know about your child's jabs and more.



The energy behind Cervical Cancer

In my work, I encourage people to look behind the symptoms of the dis-ease to explore their own cause. I believe dis-ease begins 'life' at an energetic level - influenced by emotions and thought - and if not treated here, may eventually be expressed in the physical body. Cervical cancer brings to mind issues around sexuality, sexual expression, feeling dis-empowered sexually, the unexpressed creative power of being a woman and the suppression of voicing your own needs and boundaries, and almost without exception, issues around self worth. Sex is still a taboo subject, and sexuality misunderstood in today's society. This is a vast subject in its' own right, and one that will be discussed and explored in future newsletters.

So rather looking at a vaccine to 'put a lid' on the voice of cervical cancer, I believe we owe it to ourselves to listen to what the voice has to say, and ask why, from an emotional and belief system perspective, this is such a prevalent dis-ease in our society (second to breast cancer, I heard recently on Radio 4 news). By asking ourselves more searching questions we may begin to uncover answers that are waiting to be shared, and begin voicing powerful sentiments which have been suppressed for generations.

Shelley Sishton

A vibrational view of vaccinations and supporting the immune system

Shelley Sishton

My own view on vaccinations has changed radically in the last 10 years. Prior to this time, like the majority of uninformed people, I did not know what vaccines contained, how potentially toxic they are to our systems, and how they interfere with our energetic health. Our natural immunity can even be compromised by vaccinations.

Many people are already seriously immune challenged in today's toxic lifestyle. Not only by what they eat, how little exercise and fresh air they take, how polluted our environment is, but by the mental, emotional and lifestyle pressures they put themselves under. Psychoneuroimmunology is an emerging branch of science which identifies an intimate link between the power of our mind, nervous system and the ability of our immune system to function optimally. What we think and feel literally has an effect on the healthy functioning of our immunity.

As we are all, in essence, vibrating matter, resonating at different frequencies, vibrational essences are a powerful support to our immune system and all other aspects of ourselves. By targeting health at the vibrational level, essences can literally raise your own vibration so that you no longer resonate at a level of weak immune health.

Naturally, we have freedom of choice as to whether to vaccinate

ourselves and family members.

If we choose to have vaccinations, there are vibrational essences such as **Purifying** combination (ABFE) or **Purification** (Alaskan) which help to cleanse denser energies from the body.

Use essences to build the vibrational health of your immune system, such as the excellent **Perelandra Microbial Balancing Solutions** available from Panosun www.panosun.org 08454 308 607. Offering combinations for **Immune** and **Lymphatic** systems, and a **Flu Balancing Solution** prepared with the intelligence of nature for the coming 06/07 flu virus (unlike vaccines which are based on viruses as they already exist), these combinations are unique in supporting the electrical balance of your body systems, building natural immunity and strengthening your own microbes so that you can hold balance and remain healthy.

Tune in to nature's winter wisdom

Our journey into mind body health and to connect with the incredible power of vibrational essences began with in depth Chinese medical treatment. Knowing little as we did 11 years ago about energy in the body (despite Shelley's science degree!), we were captivated by how some odd looking dried herbs and a course of acupuncture (still relatively unheard of in the UK in 1995) had such an incredible effect on our well-being that we wanted to understand more.

Devouring books on Traditional Chinese Medicine, we discovered a system of health that embraced over 5,000 years of wisdom.

If we turn to Mother Nature for

guidance, we can clearly see that the winter months are a time for rest, regeneration and healing. Winter is a time for conserving energy, consolidating and becoming ready for new growth in the Spring. And yet in our society this has become the busiest time of year. Far from resting and turning inwards, at the peak of Winter around solstice time (21st December) we generally find ourselves drawn into a whirlwind of socialising and activity. Is it any wonder our immune systems suffer and our energy levels drop?

In TCM, the Water Element relates to Winter, and the kidney and bladder are the partner organs which connect with the energy of Winter. Water element imbalances can be reflected in low kidney and bladder energy. Those who feel the cold, experience back problems, feel low emotionally and even detest this time of year may be manifesting kidney or bladder energy imbalances. In TCM the kidneys hold our *life chi* or energy.

Even though life may demand a pace to be maintained, give yourself some peaceful space to nourish yourself and become more in tune with Winter, especially as the solstice approaches. Meditate more (or begin to meditate), take more warm baths with relaxing oils, read a book quietly for an extra 10 minutes, take a quiet country walk (all wrapped up!), treat yourself to a loving, gentle massage or other relaxing therapy. And look into supporting your kidneys and bladder with warming, nourishing foods and spices. **Body Wisdom by Jennifer Harper** gives inspirations for each season and each organ. We regularly refer to this book throughout the year for ideas to nourish ourselves emotionally, to deepen intuitive connection with the seasons and to support our physical body with appropriate foods. Refer to 'Snippets' for essences to use at this time of year as well.

And don't forget to celebrate the solstice and honour nature in your own way. This could be as simple as saying thank you to nature for the wisdom it shares with us, or having a special ceremony of your own in your garden or favourite natural place.



Messages from Water for China and The World

In the summer, the BBC ran a series on China. One programme focused on environmental issues, alongside China's economic and industrial growth.

Some of the facts concerning the level of pollution increasing in China were shocking to say the least, and the footage of appalling devastation to the earth was saddening to the heart.

1. Every week a new coal fuelled power station opens in China to further pollute the atmosphere, as well as factories, tanneries, pulp mills all pouring untreated chemical waste into China's river systems - chemicals including cyanide, arsenic, and ammonia. In some areas, tons of raw sewage is pumped daily directly into the rivers.

2. The incidences of cancer are increasing dramatically in what have been labelled 'cancer villages' - riverside villages and small communities where generations have lived by the river and used it to wash themselves, their food, clothes and to use for cooking. They are called

cancer villages because the number of people with cancer in the regions has increased from 1:100,000 to 1:100.

3. One third of China's water sources are below level 3 - an environmental category for China which deems water to be unfit to use (and unfit to sustain natural life).

4. One third of the world's population uses water from China - from the polluted rivers which run through Tibet into Pakistan and India, supplying some of the world's most densely populated areas.

5. China's acid rain falls on Japan and local countries, polluting crops and other water supplies.

So what's happening about this?

There are activists, environmentalists, groups, lawyers, reporters, taking up the cause and making noise in China - but often they are severely prosecuted and abused (even physically) for their outspoken words against China's economic growth. All credit to them for bringing this situation into consciousness.

You can help even at a distance.

The work of Japanese scientist **Dr Masaru Emoto** and his *Messages from Water* research shows how the power of intention and thought influences the structure of water crystals.



One of his experiments involved taking water from a polluted source which showed a distorted water crystal structure. After the same water was blessed by a Zen monk, the experiment was

repeated to show the water crystal had become glorious in form.

If you feel motivated to make a difference, we invite you to embrace the work of Dr Emoto and bless the waters of China with powerful visions and intentions of love, purity, clarity.

Just a few moments of your time over the next few days/weeks could help the cycle of change which these environmentalists in China often risk life and limb over, to reverse the tide of pollution swamping their country.

Whether you 'believe' this or not, just have a go and imagine... and do look at his website www.masaru-emoto.net for the scientific evidence of how this can work.

