network news
a guide to inspiring events in north wales

regenerative food ~ inanna ~ mindful in nature ~ solace ~ return to vitality bottoms up ~ seed thoughts ~ all you need is love ~ migrant workers ~ ♉

may the meek (and the goats) inherit the earth!
Welcome to the May Network News. The last stage of pregnancy was traditionally called “confinement”- from first contractions until the birth. Is the human race now in “confinement”? Something microscopic entered our species and the pregnancy test just read “positive”! Overnight, all our priorities are turned upside down. We are preparing for a totally new focus in life: giving constant attention and care to a fragile Being held sacredly to our breast.

If a mother gives birth, the outcome is a child; if the whole human race gives birth, what is the outcome? Could it be that elusive thing we call “Humanity”. We have dared to call ourselves “humanity” as a species, but we have fallen far short of manifesting the deeper meaning of Humanity: kindness, benevolence, the imperative to act humanely in all things at all times. Humanity with a capital H.

So if our collective “confinement” delivers Humanity, what will be different? Perhaps above the noise of our local news we will hear the cry of the 27 million displaced souls under tarpaulin or fleeing into hellish waters, the African farmers watching the locusts devour their crop, the eco-warriors being systematically murdered, the stateless Rohingya, Kurds, Palestinians, Uyghars, Aboriginals and migrant workers everywhere. We might even hear the 200 million animals slaughtered daily: the chickens, pigs, cattle, sheep...

Compassion fatigue? Every mother battles with the reality of perpetual giving, but through the postpartum struggle, the spirit of motherhood constantly strives to manage that one more feed, and reach beyond the physically and psychically possible. There are 8 billion voices in this world, perhaps a few million are heard. There are 8 billion mouths to feed, at least a billion are undernourished. When we truly acknowledge the 8 billion as equals and as One, we will have become Humanity. Is there anything else worth doing?

Blessings to all beings
So, the “magic money trees” have all been found, and literally trillions of dollars are falling from their branches… BUT: the fruit is being greedily scrumped by the least deserving and the most destructive. Here is a clue to a “humane” economy: If we give the money directly to the people - especially at a time of desperate need - they will spend it on things that really matter: food, carers, life-supporting infrastructure and so on. In this way, the companies and organisations that provide these things will be naturally “bailed out”. With consent. From the bottom up. A sane world will begin to emerge.

Whereas if the money continues to be given from the top down - to the mega-corporations, airlines, tourism, SUV makers, oil and gas men, big pharma, bankers - then any chance of a habitable planet for Future Generations is being blown away:

First, the corporations will spend it on buying the very worst politicians (look around!), and second, they will continue to try to buy You and Me - through the mainstream media and now social media. As they have done so successfully for decades with those expensive hypnotically-designed ads for cars and planes and hotels and sugar and fat and booze and drugs and all those necessary wars. And now with the aid of clever algorithms and cute kittens they can keep us clicking invisible coins into the purses of Facebook, Google, Amazon, Apple & all… Rule of Thumb: A product that needs advertising is probably unnecessary! An ethical advert simply informs; an unethical ad lies and exaggerates in order to create a desire or an addiction. Humans in a crisis are very good at figuring out how to meet their needs without propaganda or clickbait.

So, as a first small step, let’s sign this Petition for Universal Basic Income.

A universal basic income can help us recover from COVID-19: the Government must act now.

As of 22nd April, 110 MPs and Peers across seven parties have signed a joint statement calling on the Chancellor to introduce a recovery Universal Basic Income (UBI) in response to the coronavirus crisis.

Co-sign their letter by adding your name to the Petition.

It’s clear that COVID-19 will continue to impact us all for months if not years to come. But the Government’s current support schemes are not equipped to see us through. In the last weeks we’ve experienced the gaps that have left too many people and families struggling.

The hard truth is when this lockdown ends, there may be another one in waiting. 

The level of economic insecurity we now face is here to stay.

The tools of today can’t safeguard an entire nation’s wellbeing during this period of unprecedented, universal uncertainty. That’s why a Universal Basic Income (UBI) has got to form a crucial part of the Government’s recovery plan.

UBI is an unconditional monthly cash payment that everyone receives. It’s the quickest and most effective way to provide people with the security we need to rebuild our lives and jumpstart our economy. Recovery UBI would give us the freedom to make the best decisions for ourselves, our families and businesses as we emerge from this crisis.

Ask the Chancellor to act by co-signing this letter:
Dear Mr Sunak,

We are urgently calling on the government to prepare for a Recovery Universal Basic Income (UBI) in response to the coronavirus crisis. As the scale and duration of the crisis becomes clear, it is essential that we take steps now to ensure that when we eventually emerge from lockdown, we do so with a fairer and more resilient society and economy.

We are likely to face a damaging recession, as well as ongoing economic insecurity, that will affect all of us. There will be more economic shocks from financial, climate and pandemic crises over the coming years. Income protection is too inflexible a tool on an ongoing basis and our current social security system is too cumbersome. Universal Credit is struggling to cope with the demands being placed upon it and many people are still falling through the cracks. The Job Retention Schemes are welcome but will be unsustainable in the long term. As we likely exit lockdown in a non-uniform way at an uneven speed, the system simply won’t be able to keep up with people’s individual changes of circumstances. This is why we need to put in place plans for a Recovery Universal Basic Income - a regular cash payment to every individual.

The payments should be sufficient to provide economic security for people but we are not proposing the exact rate or how long it should last, these are decisions for the government. For now, we need to put in place the mechanism to be able to distribute cash to everyone. This should include an urgent and significant increase in Child Benefit. This will provide an income floor nobody falls below and a springboard to recovery.

84% of the public now support the introduction of a UBI and our cross-party group shows support from seven parties across all four nations.

We urgently call on the government to put in place the mechanisms for a Recovery UBI so it can be rolled out as quickly as possible. This will help transition our society and our economy into a sustained recovery, and will become the foundation for a future social security system that provides genuine security.

Sincerely,

(You can sign the Petition at actionnetwork.org)
In these troubled times I would like to introduce you to Mindfulness in Nature.

Mindfulness has its origin in Buddhist meditation practised by Buddhist monks over 2,500 years ago.

In Western culture Mindfulness was first applied as a different medical model in the 1970s: through Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy. Both are successful in assisting people with a history of recurrent depression. MBSR is helpful in dealing with stress and anxiety.

In 2008 the UK Government adopted the document ‘5 Ways of Wellbeing’:

1. Connect
2. Be active
3. Take notice
4. Keep learning
5. Give

Our modern lives have become complicated. We are used to rushing from one distraction to another. This affects our abilities to concentrate, perform and live near our optimum level.

Our mind is always racing and consequently we struggle to focus. The busy-ness of our lives means that our bodies and minds are constantly working overtime. Stress-related illness has increased with more anxiety, depression, addiction and physical symptoms of stress like insomnia, fatigue, high blood pressure.

The mind is over-stimulated with technology - computers, TV, mobile phones - often just to prevent boredom.

The current situation is going to put even more stress on people who will worry about how to make ends meet and what the future might bring.

Social distancing and self-isolation will have a huge impact on people’s mental health and wellbeing.

For many it can become unbearable. This is when we need to put coping mechanisms in place.

We all strive for happiness. We struggle to chase and maintain that feeling of happiness and get hooked on the temporary pleasure it gives. We feed it with holidays, food, drink, clothes, cars, relationships. Yet how many people are truly happy?

In the unprecedented situation we are in, we are being denied many of these opportunities for happiness that we have taken for granted. We have to look for other ways to respond. We are forced to slow down, learn to spend time with ourselves, face our demons in many cases. It will encourage families to find ways to interact with each other, reconnect, learn to be together all day long, listen to each other, be creative, discover new things to do together.

We will be looking for ways to occupy ourselves. I can see a lot of positivity amongst all this upheaval and unrest.

Life is precious – let’s find ways to enjoy it. Yes, we are forced to spend most of our day indoors but during the time we can go outside let’s appreciate nature.

Nature is always there for us, doesn’t judge us, accepts us for who we are, welcomes us. There are so many ways to connect with nature.

Even if you don’t have a garden or allotment you are able to have access to nature.

It could mean opening a window wide, smell the air, listen to the sounds (less traffic, less noise and air pollution), look out for birds, watch the clouds or the stars at night.
If you have a garden now is the perfect time to spend more time there – Springtime, watch nature wake up, gardening, tidying up and preparing for the planting season, but don’t overdo it – slow down, find time to sit down and look around you. You might see all the jobs that need doing – no rush, you have time now to tackle them. Look at the beauty of nature all around you.

Spend time to look at the things in more detail, turn over that leaf by your feet and study it for a while. What is its texture - does it feel smooth or rough? Does it have a scent – delicate or strong?

I never tire of nature – it is always present, it is a perfect stimulus and inspires in many ways. Think about painting, photography, poetry! Maybe now is the time to take up a new hobby?

Spending time in nature awakens our senses. We have neglected our senses. We don’t taste and savour the food we eat, we eat too fast – slow down.

We tend to only hear unpleasant sounds – what about the quiet, barely noticeable sounds? Spend some time outdoors and listen – is the quietest sound really furthest away? Or is it right next to you?

If you have the opportunity to go to a woodland for your daily outdoor activity, then this will provide you with the most amazing benefits.

You might have heard of Forest Bathing – Shinrin-yoku. This is a form of Mindfulness introduced in Japan during the 1980s to help Japanese people to recuperate from stress and mental health problems. There has been much research that showed evidence that spending time in woodlands improves our mood and wellbeing. Trees produce a natural chemical that is beneficial to our brains. Woodlands provide visual and auditory stimulation. Have you ever sat on a woodland floor with your back leaning against a tree, feeling supported and held? Have you felt the earth and the moss under your hands? Have you looked up at the tree canopy?

There is so much to notice. Be still. What can you hear?

Spending time in woodlands has many advantages and benefits: space – sensory connectivity – year-round interest – trees there long before us and will be there long after we have gone – trees won’t be rushed, they grow slowly and maybe can show us how to be patient and accepting – the stillness helps us to restore and bring balance.

Our life will never be the same. It has changed within a few weeks and will carry on changing until this pandemic is over. Change can be daunting. The unknown can be worrying. We are used to being in control. Now it feels that we have lost control. Our work, everyday life, our habits have changed.

Try and see this as an opportunity. Change is good for us. It makes us more alert, more creative, encourages us to become more resourceful and resilient. It can inspire.

Look at it as a positive, as a time for new developments.

We are all in this together, united, across borders, around the world. We are not alone….. Here is to new beginnings….. When all this ends.

Sabine Soosten-Church is a “Mindfulness in Nature” Tutor at the Woodland Skills Centre
enquiries@woodlandskillscentre.co.uk
woodlandskillscentre.uk
Picture this: The world is battling a pandemic, with many countries in lockdown and borders closed. You arrive at a regional airport in northern Romania and wait for hours in the parking lot to board a charter flight. You might end up in Baden-Baden, Berlin or Dusseldorf - it’s hard to know, since no one is telling you what the final destination is. Physical distancing seems not to apply. You are jammed together with 2000 other people waiting to be placed as seasonal workers in the fields of Germany. Asparagus needs to be picked and the new crop needs to be planted so the Germans can enjoy uninterrupted production of the spring vegetable through 2020 and 2021.

This was the image at Romania’s Cluj-Napoca airport on April 9, 2020. One year earlier, in 2019, 300,000 seasonal workers, mainly from Eastern Europe, arrived in Germany to work the fields. In 2020, despite the stringent social distancing measures imposed internationally to stop the spread of COVID-19, Germany’s ministry of agriculture seemed determined to continue the seasonal-work program, at least partially: 40,000 workers are expected in the country in April and another 40,000 in May.

One-way national protection

Julia Kloeckner, Germany’s minister of agriculture, has guaranteed that stringent health checks will be enforced for seasonal workers on departure and arrival, and during the entire period of the seasonal work. These measures have been undertaken mainly to protect the German population. But safety is not the same for foreign and domestic bodies. This is shown clearly by the fact that on arrival, workers were required to live under a quasi-quarantine, living and working separately from the domestic workforce for 14 days, sleeping in rooms now inhabited at half capacity, and being required to hot-wash clothing and dishes; then on departure, these very same workers were left sitting shoulder to shoulder, with complete disregard for social distancing measures.

What is happening is the separation of two types of subjects: those who deserve protection and those who do not. The deserving are the German subjects, whose lives and health are valued and should be protected from the foreign, potentially infected intruders; the undeserving are the Romanian seasonal workers, the disposable subjects, those whose work matters more than their health, and whose health becomes vital only in relation to the domestic population, that is, only in terms of not contaminating them.

Temporarily included in the labour market yet excluded from workplace benefits.

Temporary work agreements are rarely beneficial to the workers. Their main aim is to help employers, generally located in the Global North, in maintaining a profitable business. It is why Canada transports agricultural workers from Mexico or live-in caregivers from the Philippines, and why, between 2007 and 2014, the UK restricted Romanian and Bulgarian migrants to self-employed authorizations and seasonal contracts in the food processing and agricultural fields.
Germany has had a long history of contracting people good enough to work but not good enough to be allowed to reside permanently in the country. Think of the guest worker program in the 60s: Turkish nationals arrived in Germany to work in factories and mines on a two-year visa without the possibility of accessing permanent residency.

Provisional migratory status transforms one into an undesirable, precarious subject, temporarily included in the lowest sectors of the labour market yet excluded from accessing the workplace and societal benefits and rights that generally come with permanent residency and citizenship.

Prior to the COVID pandemic, issues of precarity for seasonal Romanian workers in Germany were thoroughly documented. Reports from Faire Mobilität, a project sponsored by the German federal ministry of labour and the German federal ministry for economic affairs and energy, aiming to provide advice and support to Central and Eastern European workers regarding fair wages and working conditions, have highlighted the numerous issues of exploitation faced by Romanian workers: low wages, below the legal minimum of 9.35 euros per hour; illegal deductions from pay to cover exaggerated cost of meals or accommodation; lack of health insurance; and poor living conditions, such as having a dozen workers sleeping in a single shack.

Research on temporary work has also shown that being tied to a single employer increases vulnerability in the workplace, due to language difficulties, the constant fear of losing one’s job, lack of information regarding rights under national employment legislation and a generalized fear of reporting workplace injuries.

Such exploitation will no doubt be compounded during a pandemic crisis. What happens if a worker falls sick? What type of care will be offered? And what happens in cases of workplace abuse? In cases of employer abuse prior to the pandemic, a worker could have risked losing her pay to fly back to Romania. But now there are no commercial flights operating, leaving workers no choice but to accept the conditions imposed by their employers.

Most seasonal work contracts in Germany are set for periods shorter than 70 days, which exempts German employers from having to make social security contributions for workers (for health insurance, pensions, etc.) and leaves the German state with no obligation to enrol them in the social security system. During the COVID-19 pandemic, this exemption period has been extended to 115 days. Seasonal workers are now staying longer in order to limit any additional movement that would contaminate domestic bodies, but without receiving any additional welfare benefits for this extended stay. The pandemic has now made it easier to extract more labour from seasonal workers without the obligation of increased welfare provisions.

The treatment of seasonal workers who depart Romania and head for Germany highlights a fact that is well understood in the East but largely ignored in the West: that the Eastern Bloc countries are unequal players at the European Union table and their membership in the Union mainly benefits the wealthy states of Western Europe by providing them with an easily accessed pool of cheap labour.

If people are good enough to work they should be good enough to be cared for.

Raluca Bejan is an Assistant Professor at the School of Social Work at the Dalhousie University in Halifax, Canada.
The Beatles certainly had it right when they sang those words all those decades ago. When we have done and said and thought all that we can and our backs are up against a wall, (as they are now with Covid-19), all we have left is to show our love. I have just read something written by a member of the Society of Friends (Quakers) which says that they view the empty towns and villages, the deserted roads and streets as a huge act of love – love and consideration of humanity for each other in taking care not to put each other in more danger at this crucial point in our history… in other words, our very absence demonstrates our true presence and intent.

For those of us who are lucky enough to live with family or friends, a good way of boosting our own resonating energies is to give – and receive – hugs… good strong, long hugs which last twenty seconds or more. A warm and generous hug acts upon the vagal nerve and the parasympathetic nervous system which has a beneficial knock-on effect on all the major organs in our body and stimulates our immune system. Such a simple action. Give yourself and someone you care about a tonic this minute; find a member of your household and give them a good long hug.

Many of us live solitary lives, but, whether we realise it or not, we are never truly alone. We are connected to every other person on – and off – the planet at a higher level. We are also connected to the world around us by similar energies. Send out your loving good wishes… to someone or something specific or simply to the ‘world’ as a whole. Tap your chest over where your heart beats and imagine a beam of pure, gentle light pouring out of you. Add your loving emotion to it. You will discover that one of the side-effects of this incredibly simple activity is that you, yourself, become altogether calmer.

All You Need Is Love
Gillian Monks

Springtime is full of loveliness and makes unconditional loving easier.

Springtime is full of loveliness and makes unconditional loving easier.
Alternatively, if you have difficulty with the concept of unconditional love, try feeling gratitude instead. Look around you and acknowledge all that you can feel grateful for and give deep thanks for it. Yes, we all have a very great deal to be thankful for; if you don’t believe me, try writing a list and include everything, from the roof over your head to the clothes on your back and the food on your plate. Look around you. Don’t just stop there… be thankful for the sunshine, the wind and rain and the birds and animals, the earth and the flowers and all the insects which pollinate them… and the fact that you can see and hear and feel… and that you can breathe, unlike thousands of other unfortunate souls who have been – and still are – battling to do just that. Eventually, you will find that your appreciation deepens and starts to become something altogether more loving and joyful – go with it and give it your all, for this is the beginning of unconditional love and the ultimate answer to all our woes and difficulties. One of my favourite sayings is that we cannot always be cured, but we can always be healed. Love is healing. Love is transformative. It is portable, mobile, able to be sent out and directed by beings of all ages and abilities. It can change your world… our world… the world. You have the answer in your own hands… in your own heart. Make the most of it today, every day. All you need is love…

Gillian Monks is a druid, Quaker, teacher and author who is currently offering monthly on-line workshops for healing humanity and the planet based on archetypal reference to the Welsh/Celtic pantheon of gods and a great deal of practical, hands-on activity. The May module of Walking With The Goddess focuses on Bran and Branwen and one’s own inner landscape and sovereignty. www.gillianmonks.com

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<th>Ronan O’Rahilly</th>
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| There are those who would claim that without Ronan O’Rahilly - who passed on April 20th - we might not remember The Beatles and The 1960s as vividly as we do! In 1964 the BBC only played “pop music” for 2 hours a week and the signal from the only other source - Radio Luxemborg - would fade in and out so you’d be lucky to hear a song from beginning to end. Ronan to the rescue. He was so shocked that - as manager of Georgie Fame - he couldn’t get the BBC or Luxemborg to play his artist’s music, that he did the only thing a crazy young Irish rebel could do: start his own “pirate” radio station! Radio Caroline became a key voice for the cultural revolution, always underpinned by Ronan’s motivating philosophy of “Loving Awareness”. Below Ronan is left of John Lennon on a visit to the Irish island of Dorinish that Lennon gave to some hardy communards (“hippies” in tabloid speak) who were then living in the abandoned village of Nant Gwytheryn in North Wales! (Nant later became the Welsh Language Centre.) www.radiocaroline.co.uk

John Lennon and Yoko Ono, with Mr. Bob Lawe, Manager of the Great Southern Hotel, Aberconwy pictured after Lennon’s helicopter had touched down on the hotel’s lawn in June 1964. Seated John Lennon is Mr. Ronan O’Rahilly of “Radio Caroline” and in centre (left) is Mr. Carmack Hughes, Manager of the hotel. This photograph was taken at the time for “The Mojo News” by Tommy Walsh of Modusha’s, Studio, Walsall
Do you eat? Do you want local, regenerative food? Would you like to be involved?

We are forming a group to coordinate the production, supply and eating of regenerative local food. The time for this has never been riper. The opportunity to come out of the world’s current challenges with a world we want to live in has never been greater. With our strong community and fertile land we can achieve this.

Lots of us in Arfon and Dwyfor are into different aspects of this, which is a great and necessary thing. From public engagement and public food growing, to veg boxes, restaurants and shops, and people with the growing capacity to produce food. We need all of you.

We will create an inspirational model of how local food systems can work. I’d suggest that although a bit of competition may be healthy, our future lies in cooperation and in an assumption of abundance in both supply and demand.

It could be a cooperative that provides to individuals/shops/restaurants. It could be a range of individual box schemes and Community Supported Agriculture (CSA’s) that have a system to buy local surplice before buying in from Liverpool or Manchester. We could also have a limb of this for sharing knowledge and encouraging people at all scales to produce food and having a way of sharing.

For now we are focusing on Dwyfor and Arfon, but we would be open to reaching further if people are keen to be involved.

Food doesn’t just have to be environmentally negative or even sustainable.

Good, regenerative, food production can produce real food as well as financial, social, biodiversity and carbon sequestering profits. For now we will be inclusive to all local suppliers who are willing to commit to working in that direction. In our veg, fruit and salad production, for instance, I suggest we aim for 100% organic/chemical free production.

These are our first steps, tread with us. Highlight and find everybody who may be interested (really important that you don’t have to be a producer, you just have to want to see this happen)

Collect everybody’s ideas, who they are and how they may want to be involved.

Have local and regenerative food and abundance!

I’m happy to coordinate this from Henbant for now, but really I just want to be a farmer, so if anybody has capacity to move this forward that would be brilliant; as would somebody who can communicate this bilingually.

If we collate everybody’s ideas we can then take a next step. I’d also love to get as many people on this as possible so that everybody feels included and we do capture everybody’s ideas, so please share.

We are working on a better platform to share this project, but for now, please email (see below) telling us who you are, your ideas and in what way you may want to be involved.

Cofion cynnes,

Matt & Jenny from Henbant

Matt & Jenny created Henbant to be a model of what a more beautiful future can look like.

matt@henbant.org
There is no ordinary “calendar of events” for May,
but we have tried to gather on the following pages some of the new ways we
are finding to meet each others needs.

Most of the centres, galleries, shops and other gathering places that usually fill
our pages are necessarily closed for the time being, but the beautiful souls who
have nurtured these enterprises are all discovering alternative ways to serve
and share their gifts.

Wherever possible, our homes and rooms have become our art galleries, our
temples, our exercise classes and our libraries.

We are also connected via the Web, where (so long as we sidestep the swirls of
fear and marketing and conspiracy theory!) we can find oases of wisdom and
beauty from every age and culture.

We have also tried to share some useful thoughts about books, movies,
podcasts and other online resources we can explore and share at this
extraordinary time.

Last but not least, computer tools like Zoom & Skype enable us to keep
gathering in virtual space, to vision and support each other as we support the
painful birth of a new civilisation.

Phil Teer - The Alternative UK
Remote attendance at council meetings

Have your say! There are now some arrangements in place, courtesy of the Welsh Government to include the public in remotely held council meetings. Welsh and English languages should be uphelded and needs of any disabled members should be taken into account.

Visit your council website to see information or go to gov.wales: Statutory Guidance made under Section 4 of the Local Government (Wales) Measure 2011.

Integrals European Conference
Global Integral Awakens ~ IEC ONLINE
27 - 31 May 2020
80 speakers
Covering Rites of Passage, Circles Work, Climate Crisis by Design, Metamodernism, Teal Organisations, Integral Theory, Ecosystems, Love & Power, Integral Africa, Integral School Development

We intend to have as much meaningful exchange, sharing, and learning, along with connectedness and fun, as possible from our homes during the coronavirus times, and create an atmosphere of relaxedness, openness, curiosity, and playfulness in this collective meaning-making. Let’s explore together how this global challenge unfolds, what is awakening, and what integral has to do with it - both in meaning-making and practice.

Euros 125 - 250.
Find out more from: integraleuropeanconference.com

Queen Maya gives birth to the Buddha

Buddha Day
8th May
The Wesak Festival pays homage to the Buddha his teachings (Dharma) and his disciples (Sangha)

wesakfilm.com
YT: Pilgrimage to Mount Kailash, Tibet by Werner Herzog / 8ms

Eternal Forest Trust are applying to buy a woodland for burial on Anglesey

You can find out more from: eternalforest.org

You can freely download back issues of Network News at network-news.org
Conscious Conversations
We are developing Conscious Conversations, a model for having difficult conversations about the future - which engage the whole head, heart and gut. We want Conscious Conversations to become a collection of resources for planting new conversations in business, families and communities - creating new spaces for listening, conversation, and engagement.

To find out more about how you could be involved in our pilot, please email: catherine@rebootthefuture.org

The Arts Resilience Fund (Covid-19)
Including support available for individuals and organisations in the arts in Wales. More from: arts.wales

Daily quarantine questions
What am I grateful for today?
Who am I checking in on or connecting with today?
What expectations of “normal” am I letting go of today?
How am I getting outside today?
How am I moving my body today?
What beauty am I creating, cultivating or inviting in today?

Conscious Conversations
We are developing Conscious Conversations, a model for having difficult conversations about the future - which engage the whole head, heart and gut. We want Conscious Conversations to become a collection of resources for planting new conversations in business, families and communities - creating new spaces for listening, conversation, and engagement.

North Wales PPE Support
Can you help?
A group fundraising for adequate PPE for frontline workers; mask making, sewing scrubs, cotton bags
FB: North Wales PPE Support

The Golden Rule - “Treat others and the planet as you would wish to be treated”
Article from Kim Polman of ‘Reboot The Future’ focussing on how ‘The Golden Rule’ can help build communities and improve our well-being
allicantellyou.com

GIG / NHS Health Visiting Service
It has been necessary to pool our Health Visitor service for Gwynedd and Anglesey into area Hubs. To speak to a Health Visitor please contact the number for your area:
Arfon (Bethesda, Bangor, Caernarfon) 03000 851609 / 851610
Meirionydd - Blaenau Ffestiniog 03000 853489
Dwyfor (Cilan) 01758 701152
Angelsey - Ty Derwydd 03000 853174
Holyhead Area, Jesse Hughes 01407 762507

Ignore the messages on your phone, email and in your head – just sit, relax, listen to the flowers, bees and birds and watch the blue sky – even for just 5 mins, and breathe; breathe wellness into your being.
The Rise of the Feminine and Group Meditation
A Talk on Corona Virus and exploration of the changes we are seeing as a result of the Corona Virus Pandemic and how they reflect a rise in the feminine qualities of especially compassion and care for others; followed by a Group Meditation to distribute love and light out into the world both led by Teresa Keast - 1hr:13m
YT: Covid-19 Teresa’s Talk

Mindfulness
Weds 12.30 - 1pm, via Zoom
Sundays 7 - 8pm, via zoom
Ymdawelu a Chydfyfryrio - Meditation and Reflection
Bob nos Fawrth am 19.30 via Zoom
gwenanmair@hotmail.com
gwyneddmeditation.co.uk
FB: Gwynedd Mindfulness

A calm mind is the greatest asset to challenges ahead

Awakened Heart
Sangha Online
Daily Meditations
Timetable of 6 different short sessions 7am - 8.45pm on ahs.org.uk website
All are welcome !
Via Zoom
Limitless Love and Compassion Retreat Online
1st - 5th May
Daily timetable posted nearer the time
Register with ahs.org.uk

Body & Breath meditation with Rosslyn from Love Yoga Live Yoga
This guided meditation can help yourself to reduce anxiety and feel more relaxed.
Facebook: Body & Breath

Join the Virtual Yoga Vault “All You Can Eat Yoga” with Claire and Adrian.
6 live virtual classes a week, with personal support, plus pop up events each month.
£20 a month (concs available), all welcome!
Sign up: inspiratrix.as.me

“Parting Wild Horses Mane” and “Brush Knee” Tai Chi for Beginners ~ Fundamentals. Learn major movement patterns / 30 mins
YT: Tai Chi for Beginners

Online Kundalini with Jo McCoy Physical yoga practices, deep meditation and mantras to help relieve stress and increase energy levels. Visit jomccoy.com

Yin Sequence for Stomach and Spleen Meridians with Cathy Ibbotson, Source Yoga
Nutrition and Health / 50 min
YT: Yin Sequence etc

Kalpa Bhadra Buddhist Centre
Wishfulfilling Jewel Prayers
Continues till 31st May.
In this practice we make prayers (requests to Buddhas) to remove negativity from our mind and gain positive energy and good fortune, helping us along our spiritual path.
Free but registration necessary with: tickettailor.com/events
Also online sessions:
Meditations to Calm & Uplift the Mind;
Finding Calm Within the Storm;
Weds morning 11.30am - 12.45pm and eves 7 - 8.15pm, £20 / 6 weeks
meditatenorthwales.com
Online via Zoom

Free Mindfulness Resources and Drop In sessions offered in response to the virus freemindfulness.org
Mums & Babes Sing, Share & Relax
April 30th, May 7th, 14th, 21st, 28th & June 4th. Thurs 10.15am - 12noon. via Zoom
Meet to share the challenges and gifts of mothering in this unprecedented time. We will make time for relaxing body and mind; soothing ourselves and our babies with gentle songs; and connecting with other mothers on a deeper level than the every day chit chat. This meeting is also open to pregnant women to join, you are most welcome! Flexible £3-£7.
FB: Mums & Babes Sing, Share & Relax ❤

The World in Your Classroom
For all educators bringing a global dimension to your work
globaldimension.org.uk

Beyond the Border
A weekly list of storytelling events online (published every Monday)
FB: Beyond the Border
International Storytelling Festival

Pregnancy, Birth & Children

Pregnancy Meet & Meditation
Find stillness within yourself. 7 - 9pm ~ 5, 12 & 19 May & 2 June, via Zoom -
Couples Pregnancy & Birth Relaxation
Free audio relaxation for pregnant women and their birth partners, 12mins.
FB: Laura Birthing Mamas Doula, Pregnancy & Postnatal Yoga / SoundCloud -
Birth Partners Fortnightly Workshop We will practice some simple relaxation techniques to support you both in the lead up to, during, and after the birth of your baby. We will also discuss ways in which we as partners can support mothers, before, during and after the birth. May 12th and 26th, Tuesdays, 7 - 9pm. Please register using Zoom.
FB: Birth Partners Fortnightly Workshop ❤
Laura Knott birthingmamas.co.uk

Red Tent Gwynedd Pabell Goch
Every Monday & Thursday ~ 8.30 - 9.10pm, prompt start. Join other women for support time, led by Helen McGreary, via Zoom. Also Tent meetings once or twice a month as organised.
More from:
FB: Red Tent Gwynedd Pabell Goch

Free Weekly Meditations and community for women
FB: Sisters Circles Under the Dancing Tree

Storiel
Education sheets from learning for home education, based on our collections for ks2 & higher students storiel.cymru

Tru Dru Yoga
Virtual Classes Book online and link up via Zoom (ID given on payment)
Mon: 3.30 - 4.45pm /£7.50
Tues: 7.30 - 8.15pm /£6
Weds: 6.30 - 7.45pm /£7.50
Thurs: 10.15 - 11.45am/ £12 & 3.45 - 4.45pm / £7
Everyone welcome, led by Cat Stuijt 07816 103064
Book: trudruyoga.co.uk

Monthly Continuum Practice Class Online class, free and open to all. Explore movement through self nourishment and awareness.
FB: North Wales Continuum Movement

Steph Healy ~ Pure Sound
I've made a YouTube channel, with free relaxation and sound meditations! Feel free to pop over and subscribe or share, thank you, Steph x
YT: Pure Sound

Join Rosslyn Falconer for Yoga Sessions - a place to share deeper aspects of yoga through sessions, articles and videos
FB: Yoga Friends

Emily Kyle Yoga
Isolation Yoga schedule:
Tuesday 5.30 - 6.30pm
Wednesday 7.30 - 8.30am
Thursday 6.30 - 7.40pm
Saturday 10 - 11.15am
Classes are free / donation
Contact: 07775 798536
FB: Emily Kyle Yoga

DailyOM
Inspiration, Healthy Living, Work Outs, Energy Work, Meditation and Relaxation
dailyom.com or
FB: DailyOm
Aquila Children’s Magazine
Each monthly issue is centred around a new topic, and the reading level is suitable for 8 – 80 years! The intention is to extend children’s knowledge beyond the limits of the school classroom, and to grow their interest and understanding of the world in all its complexity. The UK based magazine has 32 pages, and is free of adverts or promotions.

aquila.co.uk

View From My Window
This group has been created to connect people from all around the World during these tough times. Let’s share it! Should you see the rooftop of your town, overview a park, your tiny garden, buildings, the ocean or a tiny street, our idea is for you to share the atmosphere of your daily Life, from behind your window, where you live during Covid19 lockdown#stayhome

FB: View from my window

How To Make a Permaculture No-Dig Garden with Morag Gamble 18 mins.
YT: of same name

The Alternative UK
A political platform aiming to transform the language and practice of politics.
How to Make a Citizens Action Network
The concept of how everything can come together in a local community.
How Do I Equip Myself for The Future?
Every social revolution is built on an individual revolution …. and more themes at thealternative.org.uk

Walking with The Goddess
Want to heal the world around you? I am introducing the power of sound and the miraculous effects it can have on stones which you will be shown how to use in the healing of all the major chakras of the Earth. To support and guide you, we shall be making connection with Taliesin – the famous magical Welsh poet, and Melangell – the Celtic saint based on ancient belief and practices.

FB: Gillian Monks, email: gillian@gillianmonks.com
Read Gillian’s article on page 10

National Dance Wales
Join in, or relax and enjoy the music and movement class from home.

FB: National Dance Company Wales

FLUX
Request music from the Flux DJ to dance or watch with friends

FB: Flux

Groove with Liz
Check Liz’s Facebook page for future dance sessions! via Zoom

FB: Liz Lane

“How Dancing the Clock”
5 minute African Dance Step Lessons / WorkOut!
YT: Five Minute Dance Lessons

Cemlyn Nature Reserve
Cemlyn updates can help you maintain a connection with the natural world with videos of local birdlife

FB: Cemlyn Wardens
Capture one of your own videos and send to

FB: North Wales Wildlife Trust

BROcast Ffestiniog
Over the last few weeks (before the lockdown), Ioan, Gwennol, Cai and Tegwen recorded the history of old Croesor, Llanfrothen and Penrhyn industries. Enjoy and learn local history! Da gweld pobl ifanc yr ardal yn dysgu am yr hanes sydd ar eu stepan ddrws! / Good to see the area's young people learning about the history on their doorstep

FB: Hwb Croesor
YT: Hanes Penrhyndeudraeth History

Theatr Clwyd, Mold
Sharing lots of beautiful theatrical moments to brighten your day: improvised songs to dance workshops and behind the scenes footage.
together@theatrclywd.com or Tweet us @clywtweets to share your experiences.
theatrclywd.com

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theatrclywd.com

Luminate @ Home
Creative ageing organisation encouraging audiences at home to participate in activities, twice a week drop-in, Tues & Fri, Dance moves, music, dementia singing network, sing-a-longs, making paper birds. 2pm.

vimeo.com

FB = Facebook
YT = YouTube
Free Thinking
Exploring belief, ecological thinking, Arts & Ideas, Women’s Issues, In Depth Conversations with authors and artists, discussions, interviews and plenty of music

Democracy Now!
We produce a daily, global, independent news hour hosted by award-winning journalists Amy Goodman and Juan González ... a unique and sometimes provocative perspective on global events.
democracynow.org

A New Way of Thinking ~ Building an Ownership Economy
11-part short animation series covering Issues, Structures, Objectives and Synthesse within our dominating Capitalist & Socialist world view; and how labour and capital became separated to the detriment of society and how to find a third way.
7 mins each part.
YT: Ownership Economy

Virtual Online Events
Subscribe and discover online events during this time: art, activity, fitness.
List your event here too!
allevents.in

Burned: Are trees the new coal? You can watch this film about the disaster that is biomass wood pellets. It’s £3 to watch at:
watch2.burnedthemovie.com

Women on a Mission ~ Technology Meets Tradition
In Venezuela, a young mother films the elder women in her village where they show the old customs, rituals and wisdom of natural medicines. A short 5 min film. You can find more beautiful short environmental films free online - bringing the whole world into your room!
DCEFF 2020 Online Environmental Film Festival
dceff.org

Resurgence Voices
Podcasts from The Resurgence Trust on the themes of ethical living, ecoactivism and the arts.
Plus Founder Satish Kumar describes in short videos how food, soil, nature, soul, ecology, peace, Gaia and more themes have influenced his own journey.
resurgence.org

New Dimensions Radio
Inspiring and in depth interviews spanning 40+ years… an infinite array of inspiring practical and creative choices are presented through the broadcast programming and other New Dimensions endeavours.
newdimensions.org

Poetry Wales
Stay-At-Home Special 2020
You can download your own copy of Poetry Wales magazine and read some inspirational poems from poets galore!
poetrywales.co.uk

Creative Writing Club
7th, 14th, 21st May. 1 - 2pm. For 8-11 year olds who are passionate about writing. Activity sheets will be released on our Facebook page and at thewritersblock.org.uk

Contemporary Literature from Wales
Articles and interviews with Gwen Davies, Robin Chapman and Suzy Ceulan Hughes
newwelshreview.com

‘Don’t Log Off’
Connecting to people all over the world during lockdown who talk about their experiences. Episodes available from BBC iPlayer, Radio 4. bbc.co.uk

Sophie McKeand Outsider ~ Spoken Word
“2 short pieces filmed - approx 10 mins - of poetry performances I’ve been recording - Truth and Love.”
via Sophie McKeand Instagram TV

New Moon: May 22nd at 6:38pm

Internet Media

Poetry

Gaia Films & Docs
to awaken consciousness in Body, Mind & Spirit
gaia.com

Write Away
Will post a weekly prompt on their page to encourage personal thoughts about something.
FB: Write away

Internet Media

New Moon: May 22nd at 6:38pm

Women on a Mission ~ Technology Meets Tradition
In Venezuela, a young mother films the elder women in her village where they show the old customs, rituals and wisdom of natural medicines. A short 5 min film. You can find more beautiful short environmental films free online - bringing the whole world into your room!
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dceff.org

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resurgence.org

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newdimensions.org

Poetry Wales
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poetrywales.co.uk

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via Sophie McKeand Instagram TV

New Moon: May 22nd at 6:38pm
Most Exhibition Galleries or Centres are closed for the time being but there is a huge creative explosion going on in homes across North Wales! Please follow the links on these pages to online creative sessions and just find time to play with colours, clay, paper, wood, yarns, string, paints, crayons, fabrics and find your inner creative!

There are also examples of North Wales creatives here and links to their websites

**Slow Stitch**
"Slow stitching means setting aside time to find myself somewhere in the thread and spread myself out on a piece of fabric."

FB: Slow Stitch

**Empty Streets Chronicles**
- Your Top 5 songs for dancing to
- Favourite book and why
- Favourite piece of clothing/fabric
- Favourite journey
- Top 5 Films
- Something you’ve looked after
- What you would most like to learn
- Tell/write a story about a flower, a bird and the sun
- Tell/write what you like most about your best friend

**Get wild at home with North Wales Wildlife Trust**
Go to their web page to discover lots of ‘How To Make a ..” to stay in touch with nature.

**How to:** Make a Mini Nature Reserve; Compost; Bird Box; model butterfly; Dandelion Tea; seed bombs; leaf skeletons; create a container garden; bee hotel; mini pond. Plus ideas about watching nature documentaries and films to boost your mood:

northwaleswildlifetrust.org.uk

**Make a fruit mandala you can eat after!**
grapes, apple slices, orange segments, banana slices, raisins, dates, kiwis, frozen fruit, nuts, lemon peel, melon slices ... yum!

**Pastel School ~ paulpigram.co.uk**
A new easy to follow resource for learning to paint from home. Here you will find a choice of easy to follow, step by step tutorials to help you to progress your paintings from home. Developed exclusively for Pastel School by pastel artist Paul Pigram author of ‘Beginning Pastel’ each tutorial can be downloaded as a PDF direct to your laptop, computer, tablet or mobile phone. You can even print off the tutorials to follow at your own pace.

Go to our shop to download the PDF Tutorial at a nominal cost of only £5.
We will be adding new subjects all the time including, Butterfly, Moorland Heather and By The Stream amongst others.

**Get Creative at Home**
Help us to collate creative activities of all kinds by adding your activities to our site so we can help everyone across the UK to find inspiration in isolation.

ggetcreativeuk.com ~ FB: Get Creative

**Download your Butterfly Chart now and practice for the big butterfly count July/Aug!**
bigbutterflycount.org

What would you like to be doing in a week, a month, a year, 3 years from now?

*Get Creative at Home*
*Slow Stitch*
*Empty Streets Chronicles*
*Get wild at home with North Wales Wildlife Trust*
Write down your nighttime dream and find out how to analyse the shapes, forms, colours, contrasts, light & dark, human, creatures, sound and complimentary symbols.

“A dream that is not understood, remains a mere occurrence; understood, it becomes a living experience.”

Carl Jung

Crafts from the Woodland Trust for children - or anyone!!

Hunt for different textures: How many different natural textures can you spot in your garden/home? Make a list and see what you can find.

Make a loo roll bird feeder: This is messy fun to get stuck into. And it will help to learn about the birds in your neighbourhood. You can make this simple feeder with items you probably already have at home: Smother a cardboard tube in peanut butter. Roll it in bird seed and thread some string through the hole. Tie it up in your garden where birds will feel safe eating.

woodlandtrust.org.uk

Neil Gaiman Teaches the Art of Storytelling
Advice on the basics and tips for the advanced!
masterclass.com

JOKE: What’s the best thing about Switzerland?
Answer: I don’t know but the flag is a big plus

How To Make Paper Clay and many other arty things.....
redtedart.com or FB: Bangor Craft Society

Silly Games

* Cross the bedroom/sitting room without touching the floor
* Draw the person next to you in 10 seconds
* The Yes/No game - someone asks you 10 questions and you are not allowed to say Yes or No
* Describe the ingredients in your disgusting Witchy Soop
* Blindfold a person and get them to list 10 objects in the room

JOKE 2: What do you call a penguin in the desert?
Answer: Lost
Centres in North Wales

**Cae Mabon**
Holistic & eco retreat centre
Fachwen, nr Llanberis
LL55 3HB
01286 871542,
camabon.co.uk

Closed for the time being. Eric Maddern is posting a daily video vignette to provide inspiration and connection.

FB: Cae Mabon / Eric Maddern

**Field Studies Council**
Educational outdoor experiences
Rhyd-y-Creua, Betws-y-Coed, LL24 0HB
01690 710494,
enquiries.rc@field-studies-council.org

FSC is holding an online session on May 1st - Hydrology & Flooding, 10.30am, 45 mins, 16+, free.
Register with encountereddu.com

**Gladstone’s Library**
Library & meeting place of learning
Hawarden, Chester CH5 3DF
01244 532350,
gladstoneslibrary.org

While our building may be closed, we want to keep our community of local people, scholars, writers and book lovers at Gladstone’s together. You can access some of the Library’s Archive news and views via our website.

**Centre for Alternative Technology (CAT)**
Machynlleth
CAT is offering online virtual sessions in May.

**May 1st** March Sustainable Architecture part 2 Course, 2 - 3.30pm.

**May 8th** Virtual Open Day: MSc Course: An Introduction to CAT and overview of the MSc course; Q & A session. Starts 11am

Register and find out more info from study@cat.org.uk ~ 01654 704966
cat.org.uk

**Dru Yoga Snowdon Mountain Lodge**
Yoga & meditation retreats
Nant Ffrancon, Bethesda
LL57 3LX
01248 602900, druysoga.com

We are running daily online sessions via our Facebook page and YT: Druyogaonline

**Felin Uchaf Rhoshirwaun, Pen Llŷn**
Eco-centre and Storytelling venue
Closed to the public until further notice. Warmest wishes to you all.

See Dafydd’s poem on page 34

**Henbant**
Fferm Paramaethau/ Permaculture Farm
Tain Lon, Clynog Fawr
Caernarfon, sat nav LL54 5DE
01286 660, 07786 316413
matt@henbant.org ~ henbant.org

Henbant are selling their produce, when available, otherwise it’s closed to visitors.
See Matt’s article on page 12

**Llyn Parc Mawr Woodland Group**
Woodland walks and activities
llynparcmawr@gmail.com
llynparcmawr.org

We have decided to bring the woods to you, through regular updates of photos and information about plants that are currently growing at Llyn Parc Mawr, plus printable tree ID guides!

FB: Grwp Coedwig Cymunedol Llyn Parc Mawr Community

**Woodland Classroom**
Reconnecting with nature in Wrexham area

Join Lea and James on their Faceboook page for videos on connecting to Nature

FB: Woodland Classroom
07876 794098, hey@woodlandclassroom.com
Plas Tan Y Bwlch
Art & Environmental Studies Centre
Maentwrog LL41 3YU
01766 772600, eryri.llyw.cymru
The Centre is closed until further notice.

Awakened Heart Sangha
Tibetan Buddhist Centre
The Hermitage of the Awakened Heart
Ynys, Criccieth LL52 0NT
01766 530839, hermitage@ahs.org.uk
buddhisthermitage.wales
We are closing the Hermitage doors to all visitors for April, May and June.
Please go to the links on the website above for meeting, practicing, learning and sharing time through creative online participation via Zoom.

Siop Iard
High quality craft courses
Siop Iard, 7B Stryd Y Plas,
Caernarfon LL55 1RR.
01286 672472, siopiard.com
The Shop is closed until further notice but our online service is open!
Any items of jewellery posted out are being cleaned with alcohol and packed with clean gloves. Postage is free of charge!
Eboot/email info@iard.co.uk
You can still book courses later in the year at 01286 672472, siopiard.com

Woodland Skills Centre
Courses in traditional crafts, bushcraft & family holidays
The Warren, Bodfari, Denbigh
01745 710626,
woodlandskillcentre.co.uk
enquiries@woodlandskillcentre.co.uk
“In these uncertain times seek refuge and peace in nature. Go for a walk, spend time in your garden or allotment, listen to the birdsong. Feel the calm and peace.”
Go to their Facebook page to keep in touch with RSPB’s activities and quizzes on British Birds
FB: Woodland Skills Centre, Bodfari
See Sabine’s article on page 6

Trigonos Environment Centre
Holistic, creative, social & environmental workshops & retreats
Plas Baladeulyn, Nantlle
LL54 6BW
01286 882388,
info@trigonos.org
trigonos.org
Closed until further notice

Tyddyn Teg Cooperative
Organic Vegetable Farm
Tyddyn Berth LL55 3PS
07751 789948
tyddynteg.com
We are sorry but we can’t take on any more new members but keep checking for later updates!
FB: Tyddyn Teg

Canolfan Abbey Road Centre
Support service for mental health
Abbey Road, Bangor LL57 2EA
01248 354888, abbeyroadcentre.co.uk
Join us for tea and a chat every Weds afternoon from 3pm via Zoom.
Ymunwch â ni bob prynhawn yn ystod yr wythnos am 3pm i gael sgwrs dros Zoom - mae croeso i bawb! Meeting ID is 537398110
FB: Canolfan Abbey Road Centre

Anglesey Druid Order ~ Urdd Derwyddon Mon
Join us for occasional short rituals to remember all those affected by the current pandemic. May you be well, be safe, be radiant, be inspirational
FB: of same name

RSPB North Wales
Birds & Wildlife
rsbp.org.uk
All reserves are closed to visitors for the time being
Keep up to date with how to stay in touch with our winged friends and things to do at home, by going to the website above.
LOCAL FRESH FOOD - Deliveries (as of 20th April)

Village Veg, Waunfawr/Caernarfon Delivery Fri or Sat. Free delivery over £8.50 order. Phone Kevin 07962 214347. For updates go to Facebook: Village Veg

Moelyci, Tregarth We will take payment over the phone and will let you know when it is ready to collect from outside the shop. 01248 602793, Facebook: Moelyci

DJ’s Fruit and Vegetables, Penrhynedduareth. Email: info@djjfruit.cymru for a form or call 01766 514330, djfruit.cymru

The Eating Gorilla in Penrhynedduaeth Takeaway Weds & Sat; and home delivery with B&M taxis. Charges apply for Porthmadog if under £40. Call 01766 770292

Siop a Caffi y Garreg in Llanfrothen are doing grocery deliveries to vulnerable people. They can also deliver simple hot meals. Box collections available, call 01766 770094.

Grapes in Maentwrog are now offering take away. 01766 590365, grapeshotelsnowdonia.co.uk

Kyffin Cafe Deli, Bangor Kyffin are making food for take away and delivery, including packs of various loose leaf tea. You can find them on Facebook or call 01248 355161.

V-topia, Colwyn Bay Takeaway and collection only. Fridays & Saturdays from 5pm. Call 01492 533433, FB: V-topia

Soulvegan Bakery We will go back to standard 3/4 days delivery, with the added option of special delivery. Online orders welcome. Emma 07583 947472, emma@soulvegan.co.uk, soulvegan.co.uk

Treddafydd Organic Farm You can order online seasonal veg bags and fruit bags, chutneys and jam. Local delivery or pick up in person from the gate. Based in Llithfaen, Pen Llŷn. Orders: treddafyddorganic.co.uk

Eat Your Greens Grown using environmentally friendly methods. Delivery service available, based in Denbigh. Order from 01745 289160, hello@eatyourgreens.wales ~ eatyourgreens.wales

Central Bakery Delivering in Anglesey. Contact 01248 810386 to place your orders, payment can be made over the phone. See Facebook: Central Bakery for more info.

Blodeuwedd Botanics Variety of veg available / collect. Message 07799 224636, FB: Blodeuwedd Botanics

Phoenix Bistro, Llangollen Operating a take away service, but ring for dates. Order via phone or email, pay over the phone, beep/call when outside, pick up your food from collection point. Enjoy! Service available 12pm & 8pm. Contact 01978 469829, thephoenixbistro2018@gmail.com Facebook: The Phoenix Bistro.

Premier Nefyn Will deliver anything from a newspaper to a full basket. Open 7am - 10pm: phone up/order/pay over phone with card, free delivery. 01758 721700

eatweeds.co.uk ~ a foraging guide to the edible and medicinal wild plants of Britain

Plant-based recipes and ideas from Beach House Kitchen - Plenty of ideas for vital nourishment. Check out: beachhousekitchen.com or Facebook of same name

See also our inside back cover as most of the health food shops are open for collection or deliveries.
Global Good News:
Locals in the Punjab region of India have been able to see the Himalayas for the first time in decades due to reduced levels of air pollution.

Jacinda Ardern confirms Tooth Fairy and Easter Bunny are Key Workers.

People everywhere are donating their time, care, food and funds to the NHS

Victoria Derbyshire had the National Domestic Abuse hotline written on her hand while reading the news - 0808 2000 247.

Rainbow drawings appear everywhere!

People have been dancing in the street at bin time, singing to each other across balconies, running marathons on their balconies, having keep fit sessions on their balconies, bingo on the balconies

Clearer waters in Venice without the Gondolas

Many musicians and singers have made mini gigs in their front rooms for YT

Animals and plants are taking over towns

34TH INTERNATIONAL CONFERENCE
The New Group of World Servers:
Leading Humanity Towards Harmony, Beauty and Truth

Tuesday May 5th ~ Sunday May 10th

We warmly invite you to attend our 34th International Conference. Given the serious nature of COVID-19 expanding in the United States, the Board has decided to cancel our onsite Conference at the San Marcos Resort, Chandler, Arizona and TRANSFORM our Conference into an Online Event.

Each event has a suggested donation, but if you unable to offer a donation you may apply for free access.

This year our focus is upon the Fourth Ray of Harmony Through Conflict, also called by the inspiring name, “The Ray of Harmony, Beauty and Art.”

Full details of all the speakers can be found at: sevenray.org
URGENT FROM MICHAEL MOORE:
I just released a brand new feature film, right now, just finished, and just posted minutes ago on my YouTube channel! You can view it for free. It’s called “Planet of the Humans” and it’s executive produced by me and directed by my longtime co-producer, Jeff Gibbs (“Bowling for Columbine”, “Fahrenheit 9/11”) and produced by author Ozzie Zehner.

Have we lost the climate change battle - and are we afraid to admit it? Jeff and Ozzie and I are lifelong environmentalists, and in this movie we expose some harsh truths about the failures of our movement - and what we need to do to immediately reboot and save this planet. We are way beyond out of time. Greed and the profit motive have derailed us. Some organizations have sold out to corporate America and Wall Street. It’s 50 years after the first Earth Day, and the Earth is NOT in better shape. It’s crumbling. And no amount of well-meaning solar panels and windmills are going to save us now. Everyone is afraid to say this. The current pandemic is nothing less than a brutal Coming Attraction. We all know what’s ahead. Only one species caused this - and only THAT species can fix it. This is a provocative, searing documentary. Out of a sense of extreme urgency we are releasing it right now and we’re making it available free of charge. Please watch it today.

YouTube: Michael Moore

The Soil Association announce
Since the Covid-19 outbreak, a survey by the Royal Society for the Arts & The Food Foundation suggests that up to:

19 million people are cooking more food from scratch,

17 million are throwing away less food,

& 3 million have used a veg box scheme or ordered food from a local farm for the first time!

soilassociation.org
Lockdown Soup

As the days and weeks of lockdown reality add up, one skill (or is it just an attitude?) is showing itself to be crucial: the ability to make the best use of what is at hand and what’s available. What better example than supper foraged in the garden and in the back of the fridge: a vibrant and nourishing soup made from wild garlic and nettle tops, given some extra substance by bits of old veg from the back of the fridge. Oh, and a handful of shrivelled up mushrooms soaked in hot water to make instant stock. Deliciously earthy and herby, bursting with nourishing goodness and immune boosting plant nutrients!

Not much of a recipe really: throw in a pot to simmer, blend til smooth, season to taste, garnish and serve. **But if you must have more detail:**

* Pick a good pile of wild greens - wild garlic and nettles are abundant right now and are easy to identify (they will completely wilt with cooking so you want a good quantity of fresh greens, a handful is not enough!)
* Chop up any ‘base’ veg from the back of the fridge, anything will do, even if it’s a bit soft and shrivelled. This time I used one each of onion, leek, parsnip, potato, carrot and celery.
* If you have any dried (or shrivelled) mushrooms soak them in hot water.
* Soften the chopped veg in a bit of olive oil and/or butter.
* Add enough water, stock or the mushroom water from above to cover the veggies, bring to a simmer.
* Season with salt, pepper and any other herbs or spices you like (I added oregano, bayleaf and turmeric root)
* Add the wild greens and simmer until the root veggies are softened.
* Blend to your preferred smoothness with whatever tool you have (kitchen blender or stock blender, or even a potato ricer)
* Serve with squeeze of lemon, and spoonful of sauerkraut or kimchi and a dash of yoghurt.

**Thanks to Health and Food Llanrwst for the recipe.**
8 Denbigh Street, LLANRWST LL26 0LL
01492 641669
You can sign up for their regular newsletter and follow their blog at: healthandfood.wales

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**ANAGRAMS**

1. Market Riser
2. Voices rant on
3. Moon starer
4. Bad credit
5. Here comes dots
6. Tom Marvolo Riddle
7. Angel of the reclining
8. Fir cones
9. A wind soon
10. What loners

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**Chanting**
Tibet: Om Mani Padme Hum
Egypt: Ga Nu Sa Mes a Sa Hu
Kundalini: Sa Ta Na Ma
Hindu: Om Na Ma Shivaya

Mantra is a word specific to the Buddhist and Hindu traditions that ranges in meaning from “instrument of thought” to “thought behind an action” but essentially refers to a sound, word or group of words that have spiritual or psychological powers, usually when repeated. [gaia.com](http://gaia.com)

“When we chant, we engage in a psychospiritual and physical exercise, altering our cells.”

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**Plenty of videos on YouTube**
Enter The Circle

Imagine you’re walking in open country. You come upon a vast Circle in an expansive, fertile field. Streams and springs are flowing into this sunny area, providing the optimal environment for life to flourish. This is not a Circle made by human hands; rather, it’s a zone where the energy of the universe flows without restriction. The Circle is not made or run by people, though everyone and everything is included in it. You have your own permanent place here.

This Circle is home to satisfying relationships, meaningful work, inspired learning, endless resources and opportunities, laughter and creativity, and a prevailing sense of ease. Remember a time when you felt carefree, safe, energized and happy - maybe playing with childhood friends, or dancing with your sweetheart. That’s the feeling: a pervasive sense of glad assurance. In the Circle, life is not a series of obstacles to overcome, it’s a steady flow of opportunities.

There is no fence around the Circle, no admission gate, no entrance fee. Regardless of your age, your weight, the color of your skin, your gender, your education, your nationality, your financial status, or others’ opinions of you - you already belong here. No person or condition has the power to keep you out. You alone can take yourself out of the Circle, but your place will always be reserved for you. Your place in the Circle never expires. If you leave, it’s simply vacant until you return. The nature of the Circle is flow, and you are part of that flow wherever you are and whatever you do within the Circle.

Now, for a moment, purposely remove yourself from the Circle. Stand at a distance, looking at the Circle while no longer inside it. Notice how you feel when you take yourself out and separate yourself. You may feel lonely, left out, invisible, or disconnected. Being outside the Circle may also feel familiar, while being inside may feel like a wild, unlikely fantasy. If you’re used to struggle, ease can feel foreign and you may distrust it at first.

Come back to the Circle and make yourself at home in the way that feels best for you. Honor your own pace; maybe step up to the edge, and just barely step inside. There’s no wrong way to consent to becoming part of the Circle. Simply discover what works for you. Just know that you already belong and that your space is always reserved for you, no matter what. The Circle is a way of being

Here’s the practice:
Whenever you notice you’ve stepped out of the Circle, consent to come back in. Taking your place in the Circle means belonging to the flow of all life, drawing on its juice and vitality, and making your own contribution to it. Stepping into the Circle means hooking up your individual life force with a life force much bigger than yours - the life force that moves and fuels all things; the flow that constantly replenishes itself. Repeat this practice several times, making it more vivid and visceral each time. Be The Circle.

Posted from The Trance of Scarcity by Victoria Castle
victoriacastle.us
Incessantly inspiring. Every page of the book and every re-reading. I just re-read it in 20 minutes – yes, it is that short – less than 20 tiny pages – yet causing repercussions, for 70 years, in every corner of the globe. Drafted originally as a short story at the request of Reader’s Digest. They then refused to publish it. Creating controversy all the time because no one will believe that it is fiction.

I first saw it as the cartoon that won the Cannes Film Festival in 1987. As such it came across as a ‘children’s story’, which we wouldn’t expect to be true. Would we? But we do – all of us – recognise the ‘truth’ within it. It inspires because it is about what one man achieves on his own. It inspires, because against all odds he transforms his world within his lifetime. It inspires because it is so simple – I could have done it. He isn’t even a forester! He just happens to have some acorns in his pocket.

We have seen novices who found teachers; have followed their path and learnt their lessons; in Illusions, The Alchemist, The Celestine Prophecy. Here it is the other way round. This story is entirely about a man who knows exactly what he is doing. Knows why he is doing it. Does it in solitude, without praise or recognition. Unceasingly, unerringly, unquestioning. Joy, peace, satisfaction, purpose, are all internal and unspoken.

In attitude, like a hermit monk. But is it spiritual? Why have I included it amongst ‘my favourite spiritual books’? Inspiring – Yes! Immensely so even to the point at which I’m tempted to challenge you to find something that is more so! But inspiration in so many cultures, comes from drawing breath. To breathe in the magic of dawn, to be overcome by scents and sense of a vast majestic pinewood forest. And to admire this simple shepherd because he lives like this every second of his days. And I am enthused, en-theos the-god-within, has been activated.

I have heard that after death in Ancient Egypt your soul would be asked two questions. Firstly: ‘Have you found joy in your life?’ and then: ‘Have you brought joy to others?’ It is difficult to imagine Elzeard Bouffier as he is called, not fulfilling both. His life a perfect example of peace whilst the environment he creates a perfect metaphor for the same. The health that is internal reflected in healthy external and does it matter which inspires us or which we go through to reach the other?

You may come away thinking this is not for you. He dedicated his focus to one thing. He pursued it in isolation. He grew old doing it year after year. But he brought beauty and joy to thousands. He easily fulfilled his ‘Egyptian’ purpose in life.

Or did he? Was he not one Jean Giono, an author? Of whom it is said he took a couple of days to write this story – and it has given joy to millions.

Michael Chown is an Archiculturalist and founder of Wholism.

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The Descent Of The Goddess Inanna To The Underworld
Fiona Collins

This story comes from the land of Ancient Sumer, in the part of the world now know as Iraq. A pre-Islamic culture with a large pantheon of gods and goddesses, the Sumerians lived in a desert landscape, which presented them with many environmental challenges. Yet even so, they developed a rich oral and written culture of myth and legends.

This is one of my favourite stories, and I believe it has something to say to us in our time of challenge, speaking across the cultural divides which separate us from people in distant places and from ancient times...

From the Great Above she set her ear to the Great Below.

From the Great Above the goddess set her ear to the Great Below.

From the Great Above Innana set her ear to the Great Below.

She abandoned her temples to descend to the underworld

She prepared herself for her journey, adorning herself with seven symbols of her power.

Inanna set out.

She put her foot upon the path from which no one has ever returned

Her heart’s companion, her faithful friend, Ninshubur, went with her.

They walked together until they came to the place from which each one must go on alone. There, Inanna stopped.

She said, ‘Ninshubur, wait for me here, for three days and three nights. If, after three days and nights, I have not returned, go to the temple of the Earth god. Cry out for me before his altar.

If the Earth god will not help you, go to the temple of the Air god.

Cry out for me before his altar. If he will not help you, go to the temple of Enki, the god of Wisdom. Surely he will not let me be lost in the underworld.’

Ninshubur sat down to wait in the appointed place.

Inanna put her foot upon the path from which no one has ever returned.

She walked until she came to the great gate of the underworld.

There, she cried, ‘Gatekeeper, open the gate. I, Inanna, would enter.’

Neti, gatekeeper of the underworld, asked her, ‘Who are you?’

‘I am the goddess Inanna.’

‘And why have you come to the place from which no one has ever returned?’

‘To visit my sister, Queen of the Underworld,’ was all she replied.

‘Wait here, my lady. I will tell my queen your words.’

Neti, the gatekeeper, went down through the seven gates of the underworld. He came to the throne room of Ereshkigal, queen of the underworld.

He bowed to his queen.

‘Lady, a woman as tall as the sky, as broad as the horizon, as strong as a city wall, waits at your gate. She wears the seven symbols of power. She tells me she is the Lady Inanna.’

When Erishkigal heard this, she was filled with envy. ‘Let her enter,’ she said, ‘But take the seven symbols of her power from her. Let her enter naked and bowed low, as do all who enter my kingdom.’
Neti opened the seven gates of the underworld to Inanna, but at each gate, one of the symbols of power was taken from her. Naked and bowed low, she came into Ereshkigal’s sight.

Ereshkigal fixed on Inanna the eye of wrath. She reached out her hand and spoke a word of power. Inanna was struck down. Her corpse was hung from a hook on the wall.

For three days and nights, it hung there. For three days and nights, Ninshubur waited for Inanna.

When after three days, Inanna had not returned, Ninshubur set out for the temples of the gods. She asked the Earth god to help Inanna. He would not listen. She asked the Air god to help Inanna. He would not listen. She asked the god of Wisdom, Father Enki. He heard her words. He listened to Ninshubur. He sent his servants to help Inanna.

Enki’s servants took down the corpse on the hook on the wall. They restored Inanna to life. She turned to leave the underworld. But Ereshkigal cried, ‘Stop! If Inanna leaves this place, from which no one has ever returned, she must send another to take her place.’

Inanna returned from the underworld. She faced an impossible choice: to choose whom to sacrifice. She could not send her son. Instead, she sent her husband Dumuzi, the Shepherd god, to the underworld to take her place.

Dumuzi’s sister wept for her brother. She cried out for her brother, ‘O my brother, where are you? I would find you. I would take your place.’

Her tears and lamentations moved Inanna. She said, ‘Because you have asked it, you shall share his fate. He shall go to the underworld, but for only half the year. For the other half, you shall take his place. On the day that he goes down, on that day you will come up. On the day that you go down, on that day he will come up.’

And so it began, the turning of the seasons. Turning then, turning still, even today. And with the seasons, so the fates and fortune turn. All things must pass.

Fiona Collins is a storyteller telling traditional tales from around the world, with a special interest in stories of strong women and girls, and in the Tales of Wales.

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I have been studying, and working in healthcare – in both its alternative and mainstream forms – for over ten years now. And for the first time, I am almost speechless. Normally, my work entails me asking a lot of questions and, after consideration, making a lot of suggestions or dispensing treatments. The Coronavirus outbreak has left me with little to ask and nothing much to say... …But a lot to think about.

My initial thoughts were of how I could best support the most vulnerable patients under my care: contrary to public opinion, Herbal Medicine does not simply treat minor ailments, and I treat patients with life threatening, or life altering conditions regularly. As more information came out about the effects of Coronavirus on the British population, it became clear fairly early on that the most vulnerable to becoming seriously ill with Covid-19 were those suffering with pre-existing health complaints that predisposed the sufferer to developing SARS – the acute respiratory syndrome caused by the novel Coronavirus.

Western Herbal Medicine has always had a vitalistic view of health: this is one of the things that differentiates it from the use of drugs derived from plant medicines by ‘conventional’ doctors. The vitalistic view of health is that health arises not from the absence of disease, but by a positively essential core of vitality: that the pure force of the living being leads to good health on the physical, mental, emotional, and spiritual levels. A problem or interruption on one of those levels can indirectly compromise the function of the other levels too.

So we Herbalists spend a lot of time looking at all areas of a person’s physical health, mental state, emotional being, and even spiritual connection (where appropriate to the patient) in order to get as complete a picture of the being we are treating as possible. This consultation leads to a co-creative relationship between clinician and patient that leads to a treatment that works on all levels and has the ultimate aim of improving general vitality as well as improvement in the condition the patient has come to us to improve.

So it seems like a perfect time to be using vitalism as a philosophy to apply to those with underlying health conditions. Now is a great time (because of the risk) to re-evaluate your health, and look at what areas could do with improvement: where long-standing health complaints could be re-assessed and hopefully improved in order to improve your general health and vitality.

This is one of the benefits of seeing a Medical Herbalist – we give you the time in consultation with us to work through...
these health challenges and design a bespoke treatment solution, unique to, and designed especially for you.

But is there not a lesson we can take from this approach to apply to society as a whole? The Covid-19 pandemic, and more importantly, the lockdown and curtailment of our ‘normal’ everyday lives, both here and abroad have lead to people around the world having their lives turned upside-down. While essential workers toil on under adversity to make sure that our sick are tended, and our plates have food on them, many have found life as they know it effectively put on pause.

Perhaps now is a good time to apply the wholistic view of the health of an individual to our society. What are our society’s strengths? Where are its weaknesses? Does it actually have vitality? And what would a wholesome, healthy and vitalistic society look like? How do we get there?

While I don’t profess to have any answers to this question, while many around the world are thinking ‘what do I do now?’, perhaps we should all be asking ‘what do we do now?’ or ‘what should we do now?’.

Something astonishing has happened. For the first time in Western Europe, a tiny virus, that is 120 billionths of a metre across made up of as much information as a two-page Word document has put the modern world and its deleterious effects on our society on hold. In our village, despite ‘social distancing’ people are looking out for each other.

The village turns out once a week to publicly applaud our frontline healthcare workers – real heroes, not some plastic celebrity.

And there is stillness. The birds are singing and the bees are humming. The motor car is silent.

From the vantage point of my front garden I see a change in society: a change towards being a little slower, a little more caring, and a little kinder to the natural world around us.

If this can all be accomplished in six weeks, where could we be in a year? A decade? A century?

Now is a time to use the pause we have been gifted to re-evaluate our lives, our families, and our society. Modern life, and its effects on us and our environment have ‘underlying complaints’. Now is our chance to make a change; to design the treatment package we give ourselves, our people, our economy, and our planet. So what will we come together to co-create for this world we live in?

_Dafydd Monks is a practitioner of herbal medicine and a fervent advocate of empowering people to make lasting positive changes to their health, life and vitality!_  
www.sbm-cymru.co.uk
01286 865883
I met an old man on the path that runs above the sea,
And as we passed I saw him smile and lift his eyes to me.
There was such peace upon his face, a calm and gentle ease.
And pausing by a stone, he leaned his pack upon his knees.

"I'm not as young as once I was, nor old as I will be.
These legs of mine have tramped since noon, I'm tired, as you can see."
We stopped to talk and while we spoke the light began to fail. He said:
"There is a hush upon the land, as though a waking dream,
like seaborne mist, has settled on these hills, and all between.

It takes me back to when I roamed this path - as young as you.
It was a spring day, long since past, yet fresh as morning dew -
the hour still glimmers in my mind with brightness of a star.
For though it happened long ago: I stood where now we are.

It was a time of pestilence, all empty roads and lanes
For people stayed at home all through, to help it pass and wane.
No sound of cars or aeroplanes or voices in the park.
The towns and cities locked their doors and curfewed after dark.

And from this hill I listened out, away across the fields
Down to those sighing waves below and singing of the seals.
A blackbird pealing in an ash behind that nearby barn
A wheatear flashed among the rocks, a stonechat in the gorse
And all the while a blackcap sang in the whitethorn by the horse.

The horse's mane was winter long and hung about its neck
Like falling water from a rill that tumbles to the beck.
Its brow shone white but eyes as dark as thunder clouds at dusk
It shook its forelocks, came astride and honoured me with trust.
The setting sun spun threads of gold that shimmered down its girth,
Its bright shod hooves pressed arcing moons into the soft brown earth.

The horse and I walked side by side in silence through the furze
Until our path gave out on top, where now we do converse.
And here upon this very spot: I lay my head aside,
Against its shoulder, warm and soft; my cheek against its hide.
And in the breeze I heard its voice, like wind through ripened grain,
That through the barley stalks dries-off the passing Lammas rain.

"This too shall pass and all that now seems dark and full of dread:
Will melt away, like winter snow gives way to spring instead."
Now since that far off time: the homes, we see about us here
Are once more filled with voices glad and people - all the year.
The gardens worked, the woods are cropped for birds and timber stock
And little’s bought that isn’t grown not far from round the block.

It was the time the world began to measure growth in annual rings
Of forests, and of wilderness, of life and growing things.
When GDP became a phrase that fell from use and habit,
When wellbeing, health and a living wage took over from the profit.
The days when markets crashed and fell, but rose again renewed.
To buy and sell fair traded goods that ended lack of food.

Beyond the suffering and the grief, the sorrows and the fears,
We came out worn and sore within - but stronger than for years.
For what we felt and heard and saw, in living through that time,
Of men and women, doctors, nurses - carers on front lines -
Made each and every one rethink the value that we’d placed
Upon the things most precious and the future now we faced.

With every hardship comes a grace, a dawn to every night,
For darkness shows the beauty of the starlight burning bright
That dwells in each and every one of us, and waits its turn to shine
It lives within your heart, young man, and glows yet warm in mine."

The sun had set beyond the sea, the sky was molten gold.
He nodded as he raised his pack and onward down he strode.
I stood upon the path a while, and watched him weave his way
Between the yellow blossoms that were fading now to grey.
He turned a corner by the stile and disappeared from sight.
A horse neighed somewhere in the dark
I heard it say:
"Goodnight"

_Dafydd and Pippa Davies-Hughes founded Felin Uchaf, Rhoshirwaun, Pen Llyn ~ a Centre for Living Arts and Science._

_felinwales.org_
The main configuration in the new moon chart is the Sun, Moon and Uranus in Taurus, all square to Saturn in Aquarius – the sign that Uranus rules. This dynamic point of tension at the new moon fosters a radical breaking away from tradition (Saturn) by the revolutionary forces of Uranus, utilising the progressive energies of Aquarius.

“The task of Uranus … is to awaken and evoke the intuitive response of Taurus to an ever-increasing light, until such time that full illumination is achieved”. [Esoteric Astrology, Alice A Bailey]

The result is a Buddha, who has achieved “full illumination”. The Wesak festival (on May 7th) is dedicated to the Buddha – the One who incarnated, became illuminated and passed – in the sign of Taurus.

Uranus and Taurus are both connected to money, hence a major revolution in the financial system can certainly be brought about while it remains in this sign until 2025; not only money but the cultivation of a better global system of human values.

This Uranian new moon may well kickstart the process, especially now that the price of oil has plummeted in the past few days, airlines and other big companies are going bankrupt, millions are out of work and losing business etc.

The Age of Aquarius begins in 2117 (esoterically and astronomically), less than one hundred years away – hence its close proximity is felt during this cuspal period – by those who aspire to Aquarian ideals and progressive thinking:

“Prior to the present time, only a few pioneering disciples and a handful of intelligent people could be regarded as freely choosing at the “point of balance” the way that they intend “to tip the scales.” Today, there are countless numbers and hence the intense activity of Saturn as we enter into the first decan of Aquarius and hence the same activity because humanity itself now stands upon the probationary path.” [ibid.]

Those “countless numbers” are currently being stimulated and woken up in their millions, due to this planetary pandemic. A mass “reversal of the wheel” is taking place, closely preceding the first initiation – the awakening of the soul within.

Saturn’s rulership of the first decanate (10° sub-section) of Aquarius is profoundly instructive for what is unfolding in the world today – as transiting Saturn enters this sign for the first time in thirty years:

“Saturn is the planet of discipleship and of opportunity; it is exceedingly active today, presenting to the world disciple those difficult situations and crises which will involve free choice, discriminative pioneering, wise response and correct decision, thus bringing about the destruction of that which hinders – without the relinquishing of any true values of which humanity may be aware.

“The individual disciple has always been faced with these conditioning and releasing circumstances, and today humanity itself is in the same position. We stand at the gateway of the new world, of the new age and its new civilizations, ideals and culture. Saturn, having offered opportunity and proffered us a choice to bring about the needed changes and to destroy that which holds back the free expression of the soul.”

“As the result of this unfoldment, conflict supervenes and Saturn offers opportunity to suffer and, through suffering, to learn to
choose rightly, to analyse correctly and to decide upon the higher values. … for the first time in its history, humanity is beginning to mount the Fixed Cross of the disciple, thus reversing its progress upon the circle of the Zodiac. Humanity—as a whole and owing to the large proportion of aspirants and thinking idealists—is entering Aquarius, via the open door of Saturn.” [ibid.]

As the Aquarian Age draws near, with Humanity far more conscious than thirty years ago (1990) – when Saturn was last in Aquarius, this current Saturn cycle is truly one of great opportunity, that will be aided by the ingress of Jupiter into this sign, pairing up with Saturn on December 20th, 2020.

Saturn is the ruler of the third ray of active-intelligence – the major ray of money and the only ray to pour through Libra, the main sign of money, ruled by Uranus esoterically – and where Saturn is exalted. Aquarius is a distributor of energies flowing freely and shared through the body of humanity. Hence, Saturn’s position in Aquarius will certainly stimulate that flow, complementing the earlier passage describing the relation of Uranus to money.

“Groups of spiritually-minded financiers who are conscious members of an Ashram will take hold of the world economic situation and bring about great and needed changes … The first Ashram to do so will be that of the third ray; by the time disciples appear from that Ashram, the world will be ready for an all-over financial adjustment; the “principle of sharing” will be a recognised motivating concept of the new civilisation.

“This will not involve beautiful, sweet and humanitarian attitudes. The world will still be full of selfish and self-seeking people, but public opinion will be such that certain fundamental ideals will motivate business, being forced upon business by public opinion; the fact that the new general ideas will in many cases be governed by the expediency of interplay will not basically matter. It is the sharing that is of importance.

When the “adjuster of finances” (as an advanced disciple from this Ashram is called in the Hierarchy) appears, he will find conditions greatly changed from those now prevalent.” [ibid.]

The Covid19 “intervention” has put a temporary brake upon spending, but when lockdown finishes, will it be business as usual for the 1% and 99% alike?

Uranus in Taurus square Saturn in Aquarius might finally turn the tide – these two planets will remain in square to one another, on and off until the end of 2022. (This is an extract from Phillip’s latest newsletter, Phillip Lindsay © 2020.)

Phillip Lindsay has been a student and teacher of the Ageless Wisdom and Esoteric Astrology for over thirty years, and is the author of several books. You can subscribe to his monthly newsletter at: esotericastrologer.org

See also sevenray.org ad on page 25

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Full Moon Meditation Network
Taurus: April 20th ~ May 21st
Wesak Full Moon: May 7th at 11:45am
Festival of The Buddha

The Great Invocation
From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men—
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

www.lucistrust.org
It is just a year since Polly passed, at age 50, and the streets of Stroud were filled with the celebration of her life. Her book “Dare To Be Great” has just been republished.

As never before, we are being called upon to face monumental change and find inner strength. Polly Higgins, world-renowned Earth Lawyer and figurehead of the environmental justice movement, saw this as ‘the Great Work of our times.’ In Dare To Be Great, Polly offers tools and insight to emerge from crisis. Best known for her work on Ecocide Law and co-founder of the Stop Ecocide campaign, Polly was named one of the World’s Top 10 Visionary Thinkers by the Ecologist and celebrated as The Planet’s Lawyer by the 2010 Change Awards. Her first book, Eradicating Ecocide, won the People’s Book Prize in 2011.

“Only do it if it makes your heart sing
Choose to let go of anything that causes harm
Challenge any negative thought that creeps in
Be open to the impossible
Ask big, open questions
If in doubt, ask yourself, ‘Is this for the best?’

Answers to Anagrams from Page 27:
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A Network of Goodwill

In every neighbourhood we can find kindred spirits who share a vision of a beautiful and humane world, and who share a commitment to making it a reality.

They might be found planting organically - food, herbs, flowers, forests; or simplifying their lives, using less fossil fuels, recycling and repairing, going by bus and by bicycle, pouring less poison down the sink and less waste into the landfill. They might be working to restore the soul in science; or creating artefacts that are sustainable and beautiful; or sharing their craft in sound, colour or form.

Others are reaching out to those that society has abandoned; or reminding big organisations to respect life at human scale; or challenging “expert” opinions. They may be choosing a more compassionate diet, moving their money to a more ethical bank or credit union, raising their children without force or fear. They may be pioneering new ways to exchange ideas, skills and resources; experimenting with different kinds of household or community; or simply remembering how to play, sing and dance together without dependence on drugs or alcohol.

Some are learning to heal - bringing together wisdom and skills from different ages, cultures and dimensions. Then there are those who are advocates for the voiceless kingdoms - animal, vegetable and mineral - that depend on human beings for their welfare and survival.

Others are struggling to uproot violence - in the nation, the community, the home and the heart - learning to think, to speak and to act without cruelty.

Most are politically engaged, but each with their own unique mix of causes and ideals. Many prefer to “follow the money” rather than a party line - aware that every donation and purchase they make every day is a powerful vote for good or ill.

Most are spiritually active, but without a conventional creed. They may practice meditation or mindfulness, and use the insights and strength from their inner work to inform their service in the world.

Some are reclaiming the great seasonal rituals, aligning themselves with the cycles of Earth, Sun, Moon and Stars; or reinventing those essential rites of passage: the initiations of birth, coming of age, marriage, death and spiritual unfoldment.

Many sense that the world will need a vast outpouring of goodwill if it is to make it through the next few decades intact. Some found their deeper purpose through personal crisis - perhaps global crisis is humanity’s great opportunity?

Do you recognise yourself here? Are you a member of this extraordinary group? Are you one of those resisting the great tide of materialism that would engulf our civilisation? Are you among those building little altars and centres and refuges of hope for a more compassionate world? If so, you need support! Network News exists to reach, encourage and support all members of this “network of goodwill”. A space where members can meet, share their gifts and celebrate their unity and their diversity. A place to vision, to collaborate, and to affirm that, truly, “another world is possible”.

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