



# Natural Connections

*Ireland's FREE Holistic Magazine*

November 2012–January 2013

[www.natural-connections.com](http://www.natural-connections.com)

Issue 29



## The Camino

Conor Cooke shares his pilgrim journey



Hello Everyone,  
 What a beautiful autumn we have been enjoying with the carpets of colourful leaves surprising us at every turn, especially on our roads. Talking about roads, Conor Cooke is featured on our cover page and centre pages. He has achieved in his later years the passport for having walked and completed the Camino de Santiago de Compostela - The French Road. Well done, Conor! You're an inspiration to us all.  
 We have lots of other interesting and inspiring articles for you to read and enjoy. We'd also like to thank all our advertisers for their contributions.

Blessings

*Yvonne*

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## CONTENTS

Have you a lifelong fear or phobia?  
 Clodagh O'Mara. . . . . 3  
 The Angels of Atlantis, Stewart Pearce . . . . 6  
 Change as good as a rest?!  
 Bernadette McPhillips. . . . . 9  
 The Camino de Santiago, Conor Cooke . . . . 12  
 Be open to the possibilities, David Ellis. . . . 16  
 Awakening to water, Heather Wolfe . . . . . 19  
 About Amatsu, David McCarthy . . . . . 20  
 Sharing the wealth and improving  
 our health! Rebecca Richardson . . . . . 22  
 Yoga at Novara . . . . . 24

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While every care has been taken during the layout and printing, *Natural Connections* cannot accept responsibility for your advertisements and articles being delayed at print or suffering any form of misprint. Thank you.

## APOLOGIES

*Natural Connections* want to apologise for a misprint in Lainey Ennis' contact details in the last issue and on our website. Please see below Lainey's correct contact details for her holistic journeys.  
 Ph: 01 239 0829 or 087 9318 101  
 Email: [lainey@laineyennis.com](mailto:lainey@laineyennis.com)  
 Web: [www.souljourneys.ie](http://www.souljourneys.ie)

# Have you a lifelong FEAR or PHOBIA?

**Clodagh O'Mara, EFT Practitioner and Trainer**

**Have you a fear of flying, fear of mice, snakes, spiders, fear of heights, fear of enclosed spaces, fear of the dark, thunder, fear of needles/injections, blood, fear of water, swimming, fear of illness, cancer, fear of public speaking, or driving? You don't have to live with a phobia, and limit your life.**

## Understanding phobias

What is a phobia? A phobia is any excess fear over and above normal caution or concern. Fear has an important function and can be important for our survival. Fear happens when we believe danger is afoot, be it a dog snarling, running towards us, falling from a height, or we are drowning. It can serve to protect us from harm by arousing us to react to a potentially dangerous situation, it's time to take action run, fight, freeze or react in some way to protect us. You might experience a pounding heart, sweaty palms, tight chest, tears, nausea in the stomach, among many other symptoms. This is a reaction to an event in those moments.

A phobia and panic develops after that: when the original fright remains in Your energy system. It is a whole other thing when every time a similar bark of a dog is heard, or a dog is seen running towards you even from a distance, imagining a dog, you experience fear, panic, anxiety with pounding heart, nausea in the stomach, and sweaty palms as if you are in the original situation, again and again. You know that this dog *now* isn't going to attack or hurt you, he's on a lead, or he's behind a gate, but you still react in fear and panic. The body does not know the difference between the original event and now.

Fear overdoes its function. These fear responses are useless in that they contribute less to your safety than does normal caution. I ask who would a dog be more likely to attack? The person that is calm, or the other that is afraid? This is 'excess' fear and serves only to create misery for the phobic person. This part that is above and beyond normal caution - this we define as a phobia. Phobia are hypothetical of an event or outcome that is believed could possibly happen. What is feared is not actually happening.

## How can EFT rid a phobia?

EFT, Emotional Freedom Techniques, alias Tapping,



works on the premise that our energy system is disrupted by an original frightening experience

and then we feel the same emotion of fear, if we believe we are in a similar situation again. For instance, do you know anyone, maybe you, who has a fear of flying since a young child or as an adult? He/she got a fright maybe just hearing about a plane crash on the news or movie, or had a bumpy flight once a got a fright, or they may not remember anymore what happened, but for ever after the person is afraid of flying. To think of flying, or going on a plane the person goes through the same biochemical reactions, tension, cold sweat, adrenalin rush, panic as if what they fear *is* happening. With EFT we tap for this fear, the energy system recognises this and releases this old pattern set up one moment many years ago.

## What can EFT do for your phobia?

What is fascinating about EFT is that it eliminates the phobic part of the fear but leaves *normal* caution or concern alone. It doesn't matter how intense the phobia is or how long you have had it. That's a big surprise to many people because conventional wisdom has told us for decades that long-standing, intense phobias are 'deeply ingrained' and must take months or years to eliminate. And EFT doesn't make you stupid either, that you will kiss a hissing snake, pet a snarling dog, jump off a high building, or not look after yourself if you are unwell! With this technique the energy flow, chi, life force flows freely, releasing this held trauma from the original event, allowing you to step outside of the fearful response, where you can take appropriate action with a clear mind, fear free.

## Frequently asked questions

**Once the phobia is eliminated, is the result permanent?**

Yes. If there is any remaining fear it is some 'aspect' of the fear that still needs to be addressed. See fear of needles/injections testimonial.

**What do I do if I have several phobias? Can EFT help me?**

Yes. This is done by working one fear/phobia at a time. Sometimes there can be several phobias in one fear. For

**FACT: Did you know about 10% of us suffer from one or more phobias?**

**Is this YOU?**

If you are looking for medications to calm you or endless therapy sessions, you'll be disappointed in EFT! To the astonishment of those with fears and phobias, EFT often brings complete, rapid and permanent freedom from their particular fear or phobia. It can work in time frames ranging from a few minutes to a couple of hours. Read the true stories of how others have experienced their fears and phobias being tapped away.

**PETRIFIED OF MICE –**

**A woman's life long phobia**

'I would scan outside my door every morning to check there were no mice. I was always on the alert for them. If I went to old houses, sheds, I would look warily, searching for them - and I would spot a mouse way ahead of others. If I saw one, I would freeze there and then on the spot, petrified, praying and hoping it would run far away. I didn't know why I was afraid of mice until I tried EFT. I discovered a memory of my mum standing and screaming on the kitchen table while a mouse ran around under the table! Aged 4, I got a fright and was crying too. After half an hour of EFT, I knew my fear of mice had gone – I was laughing and seeing the cutest mouse under the table!. What a relief.'

**WATER PHOBIA**

'I couldn't put my head under the shower. I was afraid of water, walking by a river, in a boat, by a pool. I wanted

to learn to swim. I had been many times for swimming lessons, and I couldn't put my head near water, or stand in water above my waist. Clodagh tapped for me over three sessions and each time I immersed my body and then head more and more in water. It was incredible. First of all we tapped for my original fright. I was 6 when I fell into a swimming pool and I was drowning. I immediately felt relief after that. I can have showers with my head fully under the shower and I can now swim. EFT is fantastic. It really did work for me.'

**HEIGHTS –**

**I never dreamed of going to**

'EFT has helped me with my phobias of heights and enclosed spaces. I couldn't go up in lifts or be in a tall building. In church I had to sit in the back, ready to run out. I had never flown, that was a height I never dreamed of going to. With EFT I am free to go to shopping centres with lifts and escalators. I can look over a staircase and not get dizzy.

I sit anywhere I want in church now. I needed a few EFT sessions. I first felt better about my fear of heights and than we tapped on my fear of crowds and small spaces. It was painless and funny too.'

**NEEDLES/ INJECTIONS –**

**I'd faint at the sight**

'I went weak at the sight of an injection. At home I was always searching for needles, afraid I'd stand on one. EFT changed all that. I learned that I had many different aspects to my phobia. I was afraid of seeing blood, afraid of catching a disease from any injection, afraid of the needle piercing my skin. I couldn't even think of it without an overwhelming weakness and faintness. I have fainted in the doctors a few times. Now after EFT, it seems so weird that I ever felt that way. I have had blood samples taken without any faint feeling. I am very thankful to EFT.'

example in the fear of flying there may be a fear of taking off, of landing, of heights, of small spaces etc. Each can be tapped, one at a time. And it will have an overall healing effect on the same phobia in other areas of your life. See fear of heights testimonial.

**Remove lifelong fears and phobias – Come to a 'live' demo evening**

Experience how with EFT you can undo your phobia and do what you never dared before, fear-free. The great beauty of EFT is it doesn't matter how long you have had your phobia, or what it relates to in particular. You may have had it for a few weeks or for over fifty years, EFT could help you overcome your phobia, sometimes in minutes! Come along to a special evening with live demonstrations. This is an opportunity for you to free your fear and reap the benefits. Come with your fear and let's Tap with EFT.

If you would like to be one of the persons to be

specifically tapped for your phobia contact me before the workshop on tel 0402 38033, and book a place.

**WHEN:** Wednesday 28th November 2012

**WHERE:** The HotSpot, Mill Rd, Greystones, Co Wicklow

**TIME:** 7.30-9.30 • €3 entrance fee

**CONTACT:** Clodagh at 0402 38033  
www.eftforachange.com

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# The Angels of Atlantis®

## Stewart Pearce

### In the ancient legends of the Middle East there exists a story which concerns the role of angels appointed by the Creator.

The tale tells how the Infinite One made a statue of clay in the image of his or her own likeness, and asked the soul to enter it. But the soul refused, for to be captured thus meant sure imprisonment, and the soul's essence was to love inclusively, moving through the cosmos in pure joy, and liberated by supernal ecstasy.

Through infinite wisdom, the Creator asked the Angelic Kingdom to sing such seraphic music, that the soul became so enchanted, so deeply stirred by the magic of this celestial sound, that the soul agreed to enter the body of clay, and so began the embodiment of Adam Kadmon - so began human life.

Angels and celestial spirits have always existed - in the pages of sacred and mystical texts, in the minds and hearts of ordinary human beings, and in ubiquitous acts they have lovingly supported humanity. Wherever they may be, whatever form they may take, and whenever they appear - angels, as messengers of the Divine are suffused with the powerful force of love, created through the furnace of the cosmos. Thus, they are encoded with passion and praise, formed from the very breath of the Creator. This quickens their hearts to live out the beauty of the great song of the Soul, the harmony that once enchanted humanity into existence.

Since the Italian Renaissance, angels have been painted as human beings with wings, although I've always seen Angels as orbs. Seen that is, since a remarkable encounter with twelve light beings on Glastonbury Tor during the Harmonic Convergence of 1987. In those early days, in our search for spiritual intelligence away from the confines set by oppressive religious establishment, it was extremely unusual to see circles of plasma energy in 3D. Whereas during our current era, with the magical presence of digital photography, and the viral social networks conjured by the magical allure of the Internet, we are regularly brought to face these extraordinary phenomena. Indeed, in one recent video I've seen, two golden orbs are depicted creating a crop circle near Avebury Henge in Wiltshire.

However, not surprisingly, my conversation in those early days about these brilliant balls of light was sparse, particularly as my unseen guides had requested discretion. That was until I read the early Christian mystics in a



capacious study of Angelology, and found that Angels were believed to be orbs of light suffused with God's love and splendour. At least so believed Thomas Aquinas, St. John of the Cross and Hildegard von Bingen.

To this day, we gaze in awe and wonder at the undiminished beauty of the great painters' renditions of angelic form. Works that are mostly based on the Old Testament stories of angels, as we see in Ezekiel, Chapter One, when angels appear to the prophet with four faces: man, lion, ox and eagle, possessing several wings.

The great painters of the differing renaissance periods in Italy, England and France, gave us lavish depictions of the beauty of the angelic host. Indeed, during the nineteenth century's expansion of entrepreneurial wealth,



and the burgeoning success of western commerce, men and women viewed the waste of industrialisation through the disenchanted faces of certain human angels. Namely, as the machines tore into the belly of Mother Earth, as the factory furnaces polluted her lofty skies, Edward Burne-Jones, the great Victorian painter, wrote:

"When they build another machine,  
I will paint another Angel."

Twelve Archangels work with me, and in order to take their wonder further into the bodies of us humans, they accord themselves archetypal traits that penetrate the very membrane of our individual and collective consciousness. These archetypes may be seen as keys to our consciousness, and illustrate generic versions of our own personality. For example, if we gaze at the lapis lazuli orb of Gabriel the Divine Messenger, a sacred oracle opens through the lineage of the wisdom traditions, as though from God's voice itself.

These pathways move through the sands of time, from great Atlantis to the Egyptian God Thoth, then to Greece and further.

Thoth was regarded in Egypt as the Scribe Messenger of the Gods, and then subsequently appears three thousand years later as the Greek Hermes, or the Roman Mercury. These beings brought messages from the Gods to humanity, often engaging in spectacular acts to save humans from peril, and were accompanied by angelic forces, for angels are messengers of God, and love for the sake of love, through the consciousness of divine grace. Therefore, they only respond when we request their sweet love and guidance - ask and it is given!

To bring angelic love more directly into our minds and bodies from this lineage, I've produced an Atlantian Oracle, a book about the angels, and a series of icons of the twelve angels, a number of recordings that channel the angels, and a Temple of Angelic Sound Healing known as the Alchemy of Voice. These inspirations humbly echo Gabriel the Divine Messenger, who brought the Koran to Mohammad, and conducted the annunciation of Mary and Elizabeth. Seen so, the witness of this angel reminds us of how inspired action may be wrought from the sacred messages of love, grace, and wisdom.

Similarly, we may gaze on the violet orb of Michael the Cosmic Leader, who overshadowed Osiris the 'Magnanimous Leader'. Osiris, with Michael's aid, led the Egyptian people through a golden age of prosperity in pre-dynastic times. Then he later emerged as the Greek Zeus, and the Roman Jupiter, helping our evolution through establishing the notions about the kingdom of personal sovereignty. This domain is where the I AM presence lives, for Michael inspires the essence of leadership, enchantment, patience and the ability to transmute challenges into divine power.

Seen thus, the angels take on a new clarity and might, for if we allow their beauty, teaching and love to penetrate

our lives, we also allow an old grace to ease our path into the discovery a new virtue. Who wouldn't wish to be ravished thus, at this time of unprecedented change?

Do try this meditation using your breath and voice, and you will draw Archangel Gabriel's presence deep into your being. I guarantee this will bring clarity, a sense of well being, a deep knowing about how to communicate certain intentions about your inner most feelings, and inevitably will lead you to speak from your signature note - the song of your soul. Then as you reflect on the great stories of Gabriel you will feel the presence of this beautiful one:

### MEDITATION TO BECOME AT ONE WITH GABRIEL'S PRESENCE

1. Find yourself in your sacred space, whether this is a natural landscape or your own personal sanctuary.
2. Light a Blue candle, burn Myrrh essence (Gabriel's scent), and play ambient music to prepare opening your chakras for Gabriel's unique message.
3. Having sanctified the space, imagine a blue orb emerging from your throat chakra and breathe this orb throughout your sanctuary, loving the space and preparing the space with grace for Gabriel's presence. If you can, place a piece of lapis lazuli or blue glass next to your fifth chakra in your hand, or if lying down, lay the mineral literally on your throat.
4. Align your spine, feel your feet grounded, and be vigilant to receive Gabriel's healing energy throughout the resonance and vibration of your throat chakra.
5. Breathe wide and deep, feeling the breath as the blue lapis lazuli moves through the whole of your spine, and into the Earth of your physical presence, then upwards and beyond into the cosmos to touch Mercury, Gabriel's home planet.
6. Pause - then again breathe wide and deep, and this time sound HA seven times through your heart chakra. This will draw Gabriel's presence closer to you to heal any constriction in your chakras, and to allow a feeling of divine love to drench you.
7. Rest. Soak in the stillness of the soul and notice how your energy field spreads widely around your body, touched by Gabriel's royal blue presence. Listen to the oracular whisperings of Gabriel's magical presence full of divine balance, blessings, grace and inspiration - urging you into the center of your Love.

NAMASTE

Stewart Pearce is a world renowned Master of Voice & Performance Coach with a career spanning three decades, enhancing the presentations of wonderful people like Vanessa Redgrave, Diana, Princess of Wales and Anita Roddick. Stewart was Head of Voice at the Webber Douglas Academy from 1980-1997, and Master of Voice at Shakespeare's Globe from 1997-2008. Stewart is also a legendary Sound Healer, Seer and Angel Medium, who founded The Alchemy of Voice as a temple of sound healing, teaching the intelligence and compassion of the heart through the understanding that we each have a unique sound, the song of our soul, and personal signature note.

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# Change as good as a rest?!

## Bernadette McPhillips

I wonder just how often we hear someone say this, usually when speaking about something they've enjoyed, possibly a break away, a holiday?

I remember my tutor on a course asking 'who doesn't mind change?' I heard myself speak up with, 'I don't mind change, I like change', followed by a penny dropping. 'Oh, but change I choose myself, not change that just happens!' Then a little time on self-enquiry showed how I categorised 'good' and 'bad' change, examples of the latter being a change in work volume or conditions, health issues, disappointment with a friend/relative. I could go on . . .

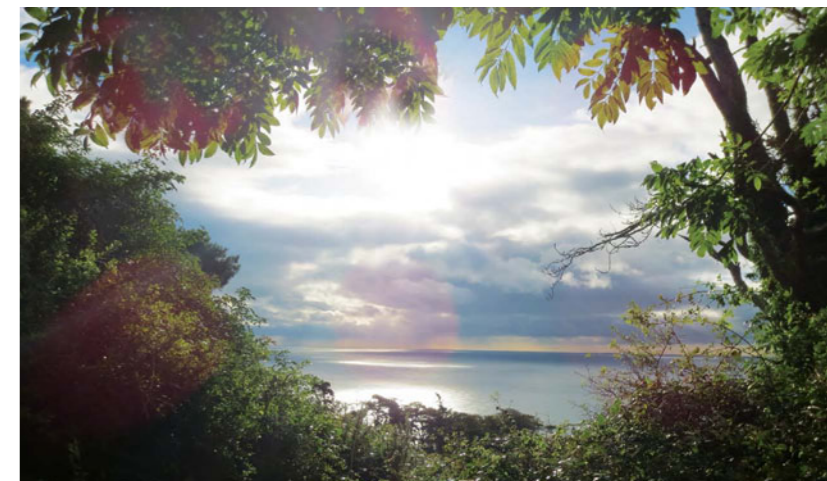
Life is and has always been about change, a constant moving and shifting. Simply to observe nature for a short time shows this so clearly. As I looked at the beautiful autumn colours recently, it struck me how nature glories in change. There is a flow from season to season, without resistance, so that the full expression of each wonderful tree and flower is reached. Then follows a time of rest and renewal (change again), before the cycle re-commences, this time with perhaps an even greater, more expansive beauty.

So why does humankind resist change so fiercely? On one level we are well aware of the transitions in life. We see our bodies and lives change as we grow up and later into adulthood. We notice alterations in how we appear, think and behave. And yet we resist. As many reasons exist for this as those which make us the complex and wonderful beings that we are! One is that we fear becoming older as we see this as losing our youthful vigour, strength and physical attractiveness. However, inner beauty and deep joy shine out radiantly from those who find the way to accept themselves as they are, and taking this further to see and feel the fruits gained from flowing with life from stage to stage.

**Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better.**

Sydney J. Harris

Change brings up feelings of anxiety and fear. We wish to feel safe and secure, and we endeavour to do this by holding on tightly to what we know. Do we consider what we stand to gain by accepting the changes and giving those which express our deepest human abilities the space to emerge? At what cost do we hold on to the way things are, especially when we feel the stirrings and promptings to take a step? Of course, there are changes which cause us real pain and suffering, such as the loss of a loved one or a serious illness. Often times, however, I have heard people speak of the positive and meaningful changes that have occurred through pain.



Many of us are aware of the way in which evolution has speeded up and of the great opportunities this affords us to move forward and become more our real selves. What does this mean really? To learn to Be more than to Do, so that life can flow in the most harmonious and joyful way. This doesn't mean that we sit back and wait for things to happen, but that we decide consciously each day to let our inner wisdom (intuition) guide us. To do this, of course we need to have times of stillness in order to give our inner voice the space to be heard. We can take steps and look again: how does this feel or fit now? And so on, so that we are linking ourselves in with the energy of life to help and guide us.

**Life belongs to the living, and he who lives must be prepared for changes.**

Johann Wolfgang von Goethe

By practice we can learn to be and do everything we need to, with focus but without tension, so that we experience less stress and rushing. We are then going more with the flow of life, as in the way that nature moves, without resistance.

We can learn to look at ourselves honestly, without judgement but with a caring and loving eye. We can ask ourselves do we have habits or attachments that we cling to, when we know they're well past their sell-by date? Can we allow ourselves to open up to the possibility of freedom and to liberate ourselves from set habits? To begin to enjoy fully all that life has to offer us, but in a way that helps us to be ever ready to dance a different step?

Can we learn to loosen our grip on the wheel of control, relaxing our body and calming the mind, so that we can look around and enjoy the day. Maybe we can even have a chuckle at ourselves as we kindly survey our human frailties and fine qualities. Certainly a laugh a day keeps the tension away.

It won't be that very long before the phrase, 'Ring in the Changes' becomes relevant. Why wait? We can open up to change now, embrace it rather than resist it, and thus blossom into the loving, creative, joyful and wonderful beings that we are!

Bernadette McPhillips: [info@dublinhealing.com](mailto:info@dublinhealing.com)