



CANa NEWSLETTER

AWAKENING TO UNIVERSAL SPIRITUALITY
Evolving with Christianity

June 2020

CANa is a network of people responding to the new impulse of Spirit at this time.

Many of us recognise its resonance with the teachings of Jesus as a way of transformation.

Our hope is to rediscover and re-imagine a path leading towards a more universal spirituality that can operate with respect for all living creatures and all faiths, a path of love and service for the betterment of all.

This is not just about the transformation of the individual, but the global shift of humanity to a higher way of being and of love that Jesus termed 'the realm of God'.

www.cana.org.uk

THE FUTURE IN OUR HANDS

A special edition for these changing times. Can WE make a difference?

EDITORIAL

Greetings to you all,

We are currently in the midst of the biggest upheaval the world has seen since WW2, caused by something that is so small it is not even properly alive, yet which can cause chaos, fear and death, close down economies and ruin finances for many. As I

write, the government is wrestling with how to come out of lockdown, what stages to implement, and how to restore some normality without increasing the death rate. We are all wondering what the future will be like. All our carefully laid plans have been thrown up in the air – how will they land? For the spiritually aware, many of us are asking the question, "Is this an opportunity for change, for growth, for a new way forward for humanity? Is this the wake-up call?"

Janice Dolley is a founder member of CANa, and of the Bridge Trust from which CANa emerged, and is known for her perceptive insights and wise words. She had been at the forefront of collaborating and networking with leading edge groups and thinkers for many years. Whilst in isolation at her home, she has penned a reflective series of thoughts, which we offer in this special pandemic edition of the CANa newsletter. So much has been said and written from a physical perspective of coping with the virus and its effects on society, but what if it is the beginning of a Great Awakening for humanity? Is the move towards a more loving, caring, compassionate society finally going to happen? Will the consciousness of humanity evolve and make a leap to a better way? The future is in our hands...

Don MacGregor, Editor



Disclaimer: In Cana we welcome a multiplicity of views so the views expressed in these pages may not reflect those of all the members of the Core Group.

THE LAST MESSAGE FROM FR. THOMAS KEATING

On his death bed, after 4 days of no communication, Thomas Keating came to and gave this message to the world via his abbot and another monk at his bedside.

Dear Friends,

In the universe an extraordinary moment of civilisation seems to be overtaking us. Through the great discoveries of science and spirituality we find ourselves in essentially a new place, a new and different place, than ever before in history.

It's time of enormous expectancy and possibility. We are called to start, not with the old world contracts now we know they're all lies, but with what we know is the truth as proved by silence and science.

So I call upon the nations to consider this as a possibility - that we should begin a new world with one that actually exists. This is the moment to manifest this world by showing loving concern for poverty, loving appreciation of the needs of the world, and opportunities for accelerated development. We need to find ways to make these really happen.

I make this humble suggestion that now arms-making is of no significance in the world. It hinders its progress. This will allow and offer the world the marvellous gift of forgiving each other and of showing compassion, care for the poor and putting all our trust in the God of heaven and earth.

I leave this hope in your hands and heart, coming as a real inspiration from the heart of God. What does He care about who had this or other lands when the power to begin with the truest history is coming from religion as expression of the Source that has been realised for centuries.

Buddhism, Hinduism, Sufism, Indigenous, Christianity - all religions - contain Oneness in their nature.

Amen.

(**Thomas Keating**, [O.C.S.O.](#) (March 7, 1923 – October 25, 2018) was an American Catholic monk and priest of the Order of Cistercians of the Strict Observance (also known as Trappists). Keating was known as one of the principal developers of Centering Prayer, a contemporary method of contemplative prayer that emerged from St. Joseph's Abbey, Spencer, Massachusetts.)

THE FUTURE IN OUR HANDS by Janice Dolley

PART 1.

This morning I was drawn to read once again a chapter entitled *Christ and the Adversary Forces* in Sir George Trevelyan's book *A Vision of the Aquarian Age* (republished in 2012 by White Crow Books). I had read this several times before and it was timely to re-read it again today. The present decision to move us into lock-down reminded me of the declaration of war at the start of WW2 and how we are still poised between two adversary forces which are currently playing out very strongly

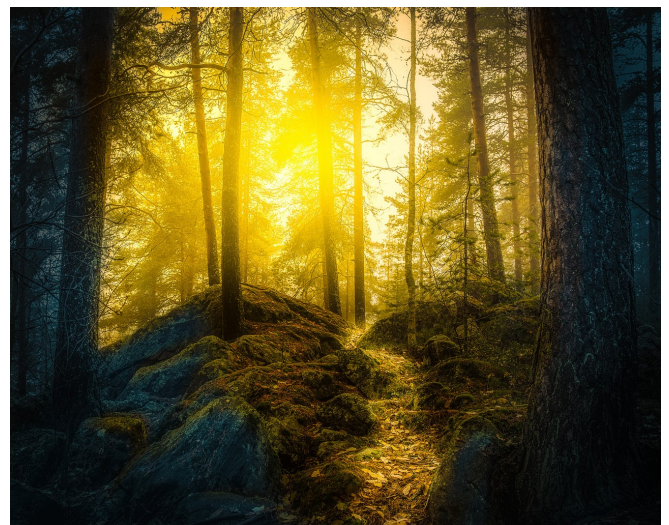
Sir George based his understanding of these forces on the insights of Rudolph Steiner, who named these two aspects of evil in the world as 'Lucifer' and 'Ahriman'. Lucifer, the biblical 'fallen angel' (also known as the 'light bearer') plays upon our consciousness and inflates our egos to a 'narcissistic intoxication'. Think of the mighty rich minority who own much of the media, pharmaceutical companies, the banks, and maybe even the paedophile rings and the drug cartels. These have grown to a 'must now be stopped' level.

In the opposite polarity is Ahriman, the 'Lord of Darkness', who drags the human soul ever deeper into matter and the world of the physical senses, at which point we start to deny the reality of Spirit and begin to regard the universe as a dead mechanism. Sir George reminds us in his piece that under the Nazi regime, Germany was controlled by Luciferic forces and the Nazi dream of controlling the world, whereas Ahriman is now dominating the modern world, where self-acquisition, self-image and self-power have sucked in so many, to the point of denying the higher worlds of Spirit and the divine origin of our souls. As a result, our organs of perception have atrophied and now need to be re-awakened.

Some of us woke up to this in the nineteen seventies as our 'organs of perception' re-awakened through meditation and small group sharing and conscious conversations. We began to see the need to turn to a more holistic direction that saw Planet Earth as one living entity and our role as stewards not dominators. We started to try out organic agriculture, holistic education,

alternative healing methods etc. and communities like the Findhorn Foundation became gathering grounds for us to meet others of like mind. Since then we have watched as intellectual prowess (with its focus on scientific and technological progress) has grown, whilst imaginative visions have shrunk. It was when one of my grandchildren, reading Philosophy at university, struggled with an essay on 'How do you know you are not a brain in a vat' (and would call home complaining "*they are trying to kill my spirit*") that it felt to me as if education had reached an all-time low. It seems as though those governing it have been determined to de-spiritualise the young generations and destroy their creativity and zest for living. No wonder the scale of mental disorders in the young have so greatly increased. As soul nourishing pursuits have been systematically diminished, they find that their education is destroying the magic, the imagination and sense of beauty.

So, my key message at this time is that so often we do not recognise how 'evil' entities are dragging our souls away from the light and from love and our connection with the spark of Spirit within us all. This is a call to those who have awakened to the polarity of negative forces that we need to hold in balance, and who are endeavouring to blaze a golden pathway between the two. This pathway needs to first strengthen the force for good in our world and



then rise to seek a third higher way between the balanced polarities that transcends them both. As we do so, we can call on the positive power of the

Christ - the Christos - which is there for all and does not belong to Christianity alone. It is important to be reassured that the dark forces give way to the Light of the Christ and that in our times of quiet and attunement, and from our inner beings, we can direct our thoughts to this light - which can be received in our hearts and transformed into love for all beings. It can then be directed outwards again to meet and transform the encroaching darkness.

We know we are called to be the Light of the World, each of us individually as well as collectively as we link with others. Each time we venture from home, or periodically throughout the day, we can, in our creative imagination, surround ourselves with a cloak or protective sphere of radiance. Some see this as royal blue, which is the colour of the Archangel Michael. As a protective symbol, we can hold an image of the Iona equal sided cross of Light surrounded by a circle or sphere of Light.

I was 4 years old in 1939 and I have a memory, partly in my memory cells and partly a visceral sense of the emotional energy at that time, as the sons of my grandparents' best friends were involved, mostly called up, and their youngest - Lawrence - looked so smart in his air force uniform. He became a spitfire pilot and was killed in the Battle of Britain which was fought pretty much over our house which was near the air base at Biggin Hill. What is happening now is a war of a different kind. This may sound a bit dramatic, but it has been brewing for a long time. C.S. Lewis wrote about it in his book in the Narnia series called, *The Last Battle* So, this is a call to all those who have signed up to the path of 'higher Love' and are pledged to work for the good of all humanity and for the many expressions of the One Life that share this planet with us. Choose your own form of inner connection and trust that help is there. As a child in the wartime of WW2, I was taught to sing:

*We are asked to shine like a clear bright light
Like a little candle burning in the night
In this world of darkness, we are asked to
shine*

You in your small corner and I in mine.

Through the difficult months that may lie ahead, each morning and evening, let us consciously open to the influx of light and love into our physical body

and also into our subtle bodies, with which we are surrounded and feel ourselves as part of what Neale Donald Walsh calls 'Humanity's Team'. Like the Big Ben *Silent Minute*, we can be a force like no other. Hitler used to call this Britain's secret weapon; one that he could never conquer. Also, some of us have started, at 9.00pm each evening, just for five minutes, to attune inwardly and hold the energy of unconditional love in our hearts and souls

I am ending this part with a timely and inspiring piece from the Sufi teacher Llewellyn Vaughan Lee:

COLLIDING FORCES: LLEWELLYN VAUGHAN-LEE

Mystics are prepared for this. We are used to standing on the edge of what is known and welcoming the unknown, the unknowable. We are trained to respond from a place within us deeper than any cultural conditioning – a place that belongs to the Divine. We try not to be imprisoned by any form or belief, and always allow our attachments to be swept aside by the greater power that comes from within. And we know that behind any apparent misfortune lie the love and care of our Beloved.



This attitude allows us to stand in the very axis of change, on the edge of the fault line where we can help the new energy come into being. We are not frightened of devastation because we have already been destroyed by love. We are used to power greater than we can comprehend. And rather than being caught in outer dramas, in patterns of action and reaction, we have learned to rest in presence and stillness.

In the simplicity of our ordinary selves, living our ordinary lives, with our prayers and devotions we create a container that can help humanity make this transition. Rooted in the depth of our being, we link together the inner

and outer worlds so that the energy can flow more freely into the outer. And we do this not out of fear, which would contract us, but with love and joy to be of service, knowing that another cycle of revelation, another chapter in the story of our world, is unfolding.

PART 2

The indigenous North American Indians have always believed that the Great Spirit interpenetrates our temporal world in rich diversity. There is a story from this tradition of a grandfather telling his grandson about two wolves - a good wolf and a bad wolf. When asked by the little boy, if there was a fight, which one would win, the Grandfather replies, "*Why of course, the one that you feed*". This response has a message for us today when we are aware of both the light and dark forces in the world. We need to ask ourselves "*which wolf am I feeding*"? Consciously the answer will be obvious but maybe, just maybe, we might be feeding the wrong one in unconscious ways.

Throughout the ages there have been forces that have a vested interest in keeping us from discovering the true light, the inner power and deeper potential that is inherent within us. The longer we remain unaware of what is within us the longer they could maintain the riches, the power and control that they craved. Why else did the early Coptic monasteries see the need to bury sacred texts in earthenware jars in the sand where they lay awaiting discovery in 1945 by a young shepherd? Through some pretty miraculous routes, these texts found their way into safer hands and, translated, are available for us today. Forming what is called the Nag Hammadi Library, they tell a very different story from the one that the male authorities were circulating at that time and which formed the basis of the orthodoxy that has been the basis of creedal belief ever since. These texts show that, rather than save us from our sins, the mission of Jesus was to help humanity to come to a deeper spiritual understanding.

A few years after these discoveries, another series of manuscripts were discovered in the caves at Qumran, near the place of an Essene community. These are known as the Dead Sea Scrolls and it seems that over 400 documents have been

painstakingly pieced together by a team of scholars. They give us cause to wonder why the ancient peoples who hid them so carefully were so certain that the ecclesiastical authorities at that time would have destroyed them had they not been hidden. However, rather than focus our energies on those

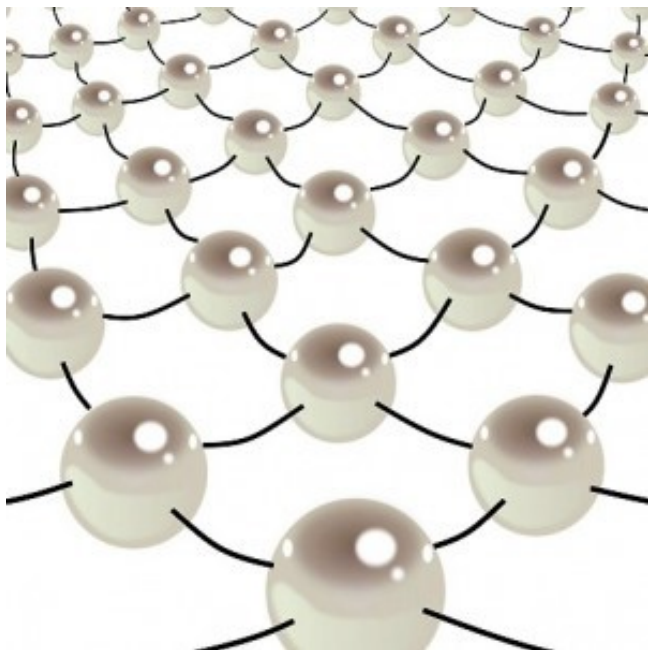


who kept us from discovering the sacred power and possibilities within ourselves, we might instead need to seek courageously to find the deeper messages that are now being brought to the surface for our recognition as a spur to inner reflection and outer action. What is now emerging is a choice point for humanity. We need to ask ourselves, now that a higher level of consciousness is arising, which 'wolf' might we unconsciously be feeding?

Also, in a 1944 speech in Florence, Italy, near the end of the destructive WW2, the great quantum physicist, Max Planck, came out with this statement:

All matter originates and exists only by value of a force. We must assume that behind this force is the existence of a conscious and intelligent mind. This mind is the matrix of all matter.

This perspective from science, which was not available to earlier generations, describes a universal field of energy that connects everything in creation. Many centuries before Jesus (thought to be around 2000 BCE) the mystics of the Indian Vedas referred to an image of the cosmos as Indra's net. Indra was the God of the heavens and this numinous net was seen as underpinning all creation as a web of interwoven threads. At each nodal point where the threads intersected there was seen to be a jewel. Each jewel was seen to reflect and be reflected by every other jewel. It was at these points of inter-connection that creation could occur. It was not in the interests of rational science in later centuries to seek the evidence for this but today those scientists who are exploring into the unknown



with more open minds and hearts are finding the scientific evidence for what mystics of all traditions have claimed for so long. Gregg Braden in his 2007 book *The Divine Matrix* gives his conclusion from twenty years of travel and research:

Within the divine matrix we are the container within which all things exist, the bridge between the creation of our inner and outer worlds, and the mirror that shows us what we have created.

This is worth reading again and again as, even for those of us with little or no scientific background, it helps us to seek beyond the boundaries of our previous beliefs which indicated that we merely passed through this life, living it as best we could with the hope of eternal life in a heaven somewhere 'up there'. Instead we are beginning to discover that we are crucial participators in co-creating 'the way' to a different level of reality. In order for this to unfold we need to understand that our physical being, as well as our energy fields, have a key part to play and that our role is to be a point of inter-connection where the unseen can meet and flow into the seen level of this world. This dynamic flow of creation is now in our hands. If, as quantum science is now telling us, our world is a reflection of the consciousness of humanity at any one time, then the degree of good (God thought) or alternatively the degree of non-godly, negative thought, may have a profound influence. What is going on in the outer world will be dependent on what is going on in our

collective inner thoughts, feelings and emotions. Maybe it is not a coincidence that the word EVIL uses the same letters as the word LIVE but reversed backwards?

If we look more deeply into the teachings of Jesus in the orthodox bible we can see that He did know all this but, as it was beyond the comprehension of the people at the time, he taught in parables and demonstrations of what could be possible for us, if we too could discover what lies deep within us.

Now with deeper insights from the translations direct from the Aramaic, as well as the teachings from the re-discovered Gnostic Gospels and the Dead Sea Scrolls, we can begin to grasp the findings of science which are showing that the mystical approach has been pointing us to this truth all along. As it says in the Gospel of Thomas:

If you bring forth that which you have within you it will save you.

If you do not bring forth that which is within you it will destroy you.

Gregg Braden assists us by suggesting that just as a movie screen can only show what is projected upon it, so the sacred matrix works like a vast cosmic movie screen reflecting back our beliefs and, more significantly, our emotions. Emotions such as hatred, anger, fear, judgement, and ill-will project a very different show out there in the world from the movie we could be experiencing if emotions such as love, compassion, trust, non-judgement and goodwill were what the screen could show. He stresses that this is the language we use to communicate with this ancient web of energy and with which we co-create a world that mirrors back to us all that we cast upon it, consciously or unconsciously. So even if our beliefs are becoming outdated it is what our minds, our hearts and our souls put forth that really counts.

The symbol of the yin-yang from the eastern traditions shows us that within the light of our beings there will be a spot of darkness that we have not yet discovered and that within the complementary dark there is always a glimmer of light. Which of us, if we look within, cannot find a spot of greed, dislike, resentment or whatever and, however dark to us the actions of the self-serving

people in the world might seem to be, they will at least have love of their children within them. Our world always seeks a balance between polarities and it is through perceiving through a lens of both/ and instead of either/or that that we can begin to find a third way that transcends and includes both. It is the dark that prompts us towards the light. This does not mean that we condone things that are clearly wrong, but that we begin to see the purpose that they are serving.

Leading edge scientists have begun to describe the universe as 'participatory', in other words it is not yet finished and continually responds to consciousness. So the divine screen of the cosmic matrix enables us to see the non- physical energies of our emotions and beliefs in the physical realities of contemporary life. As Prince Charles has continually pointed out, the unattractive appearance of so many contemporary buildings reflects our greater concern with economics than with the aesthetics of beauty. A conclusion to this is that we must become in our lives the very things that we choose to experience in our world.

Just think how the discovery of the 'butterfly effect' by science is an example of how each of us needs to flap our 'wings' with love, mutuality, honesty, compassion, reciprocity and goodwill for the ripple or even the 'storm' created in the invisible field the other side of the world to be a beneficent one. Is this not a deeper understanding of "*I say unto you, the kingdom of heaven is within you*"? We need often to give ourselves 'pause for thought', as did Shakespeare's Hamlet as he was reflecting on "*whether to be or not to be*".

It is in this 'pause for thought' that the deeper mysteries can be revealed to us. As Gregg Braden concludes:

The ancient mystics remind our hearts and modern experiments have proven to our minds, that the single most powerful force in the universe lives within each of us, And that is the great secret of creation itself: the power to create in the world what we imagine is in our beliefs. While it may sound too simple to be true, I believe that the universe works in precisely this way.

PART 3

For humanity as a whole, a fertile pause from normal busyness has opened up with the global lockdown in spring 2020, which has brought with it and opportunity to begin to perceive the world in a new way. A key talk, given by William Meader, the international teacher of esoteric philosophy, is entitled *Humanity Awakens through World Crisis*. In this he likens the lockdown to an opportunity to take a great leap forward in the evolution of our consciousness. It is apparent that we are living in a time of transition and that a significant step forward is now being called for, and indeed experiences in many small ways. A return to 'business as usual' is not a sustainable option. If this feels a daunting step into the unknown then we need to remember that we are not alone and that that if you are reading this it is highly likely that you are amongst those who, deep within, do know what we need to undertake at this time.

At the end of a book by Charles Eisenstein called "*The More Beautiful World Our Hearts Know Is Possible*", he tells a story that has relevance for our time. A shaman was advising the volunteers from another dimension of reality who were going to take birth on Planet Earth, realising that this was a planet in trouble. After instructing them on what to expect one of them asked "*is it possible that our plan will fail, and that this planet Earth will perish?*" The Shaman replied "*It is impossible that your mission will fail. Yet its success hangs on your own actions. The fate of the world is in your hands. The key to this paradox lies within you, in the feelings you carry that each of your actions, even your personal secret struggles, has cosmic significance. You will know then, as you know now, that everything you do matters*".

The lockdown of Spring 2020 has been giving many people pause for thought, as we realise that the world that we knew cannot return to the old 'normal' and that it is up to us to co-create a new 'normal' - and that not only is it that everything we do matters but also that everything we think and feel also truly matters. It is a sobering realisation that, just as our individual thoughts create our individual reality, so also our collective thoughts create our collective reality. As long ago as the first

century CE Epictetus is reported as having said, “people are disturbed not by things but by the view they take of them” maybe he was building on the statement in the bible ‘As he thinketh in his heart, so is he’ (Prov 23.7).

Instead of dismay at the likely dissolution of the economy, old systems and ways of governance, as well as many of our personal habits that are no longer possible, we might serve the whole better by supporting the birthing of something new. As we no



longer perceive each of us as isolated beings, struggling to provide, but as a valued member of a vast web of life, then the view that we take of the global situation begins to change. We can either focus on the dark side of life which is increasingly coming to our attention, or we can balance this by focusing on co-creating the light, hope-filled view. The two in equal balance within us then brings us to a higher, third point of perception and of understanding. Some see this as a zero point field from which all becomes possible as we realise that the future is truly within our collective hands. If we can hold both the light and the dark in our awareness at the same time, we can then integrate the two within us and feel free to move forward as the sovereign beings that we are and dream into how the future will be. The future has many possibilities, but what we do know is that it lies within us, awaiting our unfolding. The true work lies within us because our experience on the outside is a reflection of our inner world, and it is our inner directive-ness, our passion, the vibrational frequency that we embody that will make the difference. Each of us has the capacity to encompass both the light and the dark within us and we each also have the potential to co-create the world that we know is awaiting our creation. We can

indeed only change the world from within. We then discover the paradox that ‘nothing really matters’ and at the same time ‘everything matters’. The creation of a new galactic, even cosmic reality is in the making and we each are the anchor points for this by being the new and embodying it deep within ourselves.

Science has been discovering that many possibilities exist within the quantum field and that, in scientific experiments, it is often the participation of the researcher and the expectations held that result in a particular possibility moving forward. This makes sense when, from a mystical point of view, we begin to appreciate that the whole cosmos is held as a great thought within the One Mind and Source of All. We are each one part of it and every one of us is asked to play our allotted part in the task of “thy kingdom come on earth as it is in heaven”.

This is affirmed by the preservation, as well as the more recent discoveries, of the teaching of Jesus the Christ and other visionaries who laid out for us the path for the age just passing into the age just beginning. It is also affirmed by recent translations directly from the Aramaic that better resonate with our new understanding. For example, in the Authorised Version of the bible Jesus is reported as saying “whatsoever you ask the Father in my name, he will give it to you. Hitherto have you asked nothing in my name. Ask and you shall receive that your joy may be full” (John 16:23-24). A translation by Neil Douglas Klotz reads this way “ask things that you ask straightly, directly, from the inside, in my name. You will be given. So far you haven’t done this. So, without hidden motive be surrounded by your answer. Be enveloped by what you desire, that your gladness be full.” (*Prayers of the Cosmos: Meditations on the Aramaic words of Jesus, translated. San Francisco, CA: Harper San Francisco, 1994. PP 86-87*).

A key message in this translation is “be enveloped by what you desire”. In other words we not only have to trust that this request will be answered, but we also have to live into it and embody the outcome within our present experience. This is how children behave in their games of ‘let’s pretend’ when they ‘act as if’ it is already real. This ability to imagine

and act 'as if' seems to diminish as we grow and as Wordsworth so perceptibly put it *"the shades of the prison house begin to close around the growing boy"*. But in later years sufficient chinks can appear in these 'cracks' that enable the light of new understanding to pour in. In the story of Jonathan Livingston Seagull by Richard Bach, Jonathan Livingstone can fly higher and faster than all the other gulls. Bach wisely pronounces *"he can because he thinks he can"*.

In a yet to be published fairy-tale by Carolyn Cassilely, a young girl Barrea notices an ugly nymph that has crawled out of the murky depths of the pond *"you can't just sit there"* she said, *"try to see if you can fly"* but the nymph remained in its slithering state attached to a reed. Barrea watched and waited. "If flying in the air is what you long for," she said, "then you just have to imagine it". At first all was quiet and still and then, something extraordinary happened, the nymph began to change, Barrea still watched and waited until she saw the nymph quiver and break out of its ugly shell and she saw that it had wings. The dragonfly hesitated and then, at last, it took flight towards the rising sun. Children so often play 'let's pretend' and



then believe so strongly in what they are pretending that to them it is real. This has much to say to us today. The old story of our nymph state can be the one we continue but we have been born to learn how to fly. The shift that is needed can only happen within us, aided by a vision of what life could become.

This is where the present convergence of the new science with the realm of our spiritual understanding can be so informative. Gregg Braden in his book *The Cosmic Matrix*, published in 2007,

describes meeting with the Abbot of a Tibetan monastery. Although Braden knew that prayer is what puts us in touch with the pure space where "the dream of our minds becomes the reality of our world" he asked the Abbot "what connects us with one another, our world and ourselves?". The Abbot thought for a while and his answer, translated by a guide, was "Compassion. Compassion is what connects all things".

Gregg Braden then reports a follow-up conversation a few days later in which he asks "is compassion a force of creation or is it an experience?". The words that came back to him were "It is both. Compassion is both the force in the universe and a human experience" From this Braden concludes (p.87) that the secret of what connects us to everything within the universe, as well as the quality that makes our feelings so powerful, are one and the same.

In this affirmation Braden was building on his research which he had published in an earlier book: *The Isaiah Effect* (2000), which gives us further clues as to how to play our part within this sacred matrix towards a future that is resonant with the blueprint that is held in the One Mind of the Source of all. He cites a fuller version of the already quoted physicist Max Planck, who said in 1944:

As a man who has devoted his whole life to the most clear headed science in the study of matter, I can tell you as a result of all my research about the atoms this much: There is no matter as such. All matter originates and exists only by virtue of a force that brings the particles of an action to vibration and holds the most minute solar system of the atoms together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.

It seems that it is up to us, as humanity, to choose the quality of thought, feeling and emotion that allows us to shift to a different possible time line. Quantum scientists have been saying that all possibilities have already been created and are already present in the quantum field and that it is which we choose as the focus of our awareness that will bring one of the parallel time lines into our

present reality. One which some call the Armageddon time line sees the future as confusion, chaos, destruction and even annihilation. The other time line, which some call the ascension time line, or the pathway to a golden era, holds the possibility of a future unfolding that is of peace, love and harmony with all life or, in religious terminology, *'thy kingdom come on earth as it is in heaven'*.

The insights of quantum physics have only been possible in the twentieth century, but long ago the Prophet Isaiah prophesied in two different ways. Braden describes how the prophet foresaw a time in the future when *"the earth is polluted because of its inhabitants, who have transgressed laws. Violated statutes, broken the ancient covenant ... Therefore they who dwell on earth turn pale and few men are left ... The foundations of the earth will shake, the earth will burst asunder, the earth will be shaken apart, the earth will be convulsed ... then the moon will blush and the sun grow pale"* Chapter 24 verses 5 and 23 as in the New American bible.

This describes one time line in the future, but in the same book of Isaiah another time line is portrayed when he describes a 'new earth' and a 'new heaven' ; a time when:

the things of the past shall not be remembered or come to mind. Instead there will always be rejoicing and happiness - no longer shall the sound of weeping be heard ... or the sound of crying. Chapter 25:15-20

Isaiah is not the only prophet of old to describe future scenarios as contradictory, but until the twentieth century, they were not to know that quantum possibilities can co-exist as optional timelines awaiting our understanding and that we can change the outcome of our future by the choices we make now. We are beginning to realise that currently two time lines are running parallel and quantum physics seems to show that, as one possibility gives way to another, they must occupy the same space for a certain brief time. This situation is called by scientists the Bose-Einstein condensate. Such moments can be seen as choice points. Might it be that the transition we are experiencing now is one such choice point?

Braden then suggests that the lost code which will guide us in our choices is stated for us in the Gospel

of Mark, Chapter 12,verse 30-31:

Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy mind and with all thy strength", and "Thou shalt love thy neighbour as thyself.

The teachings that have been coming through more recent sources, and are confirmed by the Abbott Braden met in Tibet, are that love and its deeper aspect, compassion, is indeed the force that brings the particles of matter to a resonant vibration. In so many ways humanity has been working against this force in our busyness to pursue economic and material goals. If, instead, we can begin to work in alignment with this force of love and compassion, then all things of goodness, beauty and truth become possible. It is very much up to us, all of us, for each of us is of the same consciousness as all others. If, as the scientist and cosmologist Dr Jude Currivan in her 2017 book *The Cosmic Hologram* says *"consciousness is not something we have, it is what we and the whole world are"*, it then makes sense that our consciousness of our widening circle of compassion provides the real possibility of a more golden pathway to the future.

During a webinar, hosted by the Scientific and Medical Network (18th of April 2020), the Italian contemporary mystic and spiritual leader Shakti Caterina Maggi spoke about compassion as a way of transforming our world. She affirmed that compassion is the ability to recognise our core essence as one consciousness that is everywhere. In this way we can meet all suffering in the 'Heart'. As each of us turns towards an openness for all, we can each be a portal of transformation for the whole world. From this openness we can meet everything in the world, all the light and all the dark, in a calm way that begins to integrate them within ourselves. This comes from a space that is beyond our individual selves and this space is love in action. She calls this feeling of compassion *"an exquisite divine quality that shines through all humanity"*.

As sovereign beings, we are the ones with the ability to hold fast to the knowing that Anne Baring, the contemporary mystic and Jungian analyst, says in the preface to her book *The Dream of the Cosmos, the Quest for the Soul*.



Thanks to that spark of consciousness, we can begin to comprehend this stupendous creativity of the life focus in which all our lives are embedded. Equally awesome is the discovery that everything we observe, everything we are, arises from an invisible sea of being which is the deep cosmic ground of the phenomenal world and our own consciousness. From all this the divisions and polarities in our world fade into insignificance.

This idea has been behind the founding of many so called 'new age' initiatives. Two of the three co-founders of the Findhorn Foundation received guidance from within, which inspired this more than 50 years old community in Scotland,

Your work is to create the new heaven and the new earth. Therefore, do not dwell on the troubles and tribulations, on the disease and suffering, on the wars and strife in the world. Do not allow yourselves to become part of the disease and not the cure.....Simply keep your heart open and keep the love flowing to all souls alike.(Eileen Caddy)

I remind you that any action, however small, taken on behalf of the whole makes a tremendous contribution. Never consider yourselves powerless. Never consider that the situation is hopeless. In this time of great change, you are the catalysts of change, part of Me on our ongoing, our unfolding, our purity. Together we are a blessing. (Dorothy MacLean)

So much guidance seems to be coming now from higher levels of being in other dimensions of reality beyond our own. The cosmos, in which we are now experiencing one form of life, seems to be part of a much vaster context that we have only recently begun to realise. If we can all find our way to connect with this cosmic ground of the phenomenal world, to love it and care for it, then at the same

time we can connect with the subtle realms of other dimensions of being. These other dimensions are all awaiting our requests, our imaginations, our collective thoughts and feelings to which they can then respond. Then the statement in the Book of Revelation, "*behold, I make all things new*" can be seen as an affirmation that can carry us through all the changes that are ahead.

Quantum science has been telling us that, not only are all possibilities in existence in the quantum field, but also that, in experimental situations, it is the participant, or even the observer, that determines which possibility moves forward. This is a sobering thought and we begin to comprehend that our thoughts, our feelings and the emotions of our souls that move us will be what makes the difference. The key message is to align our prayer, our invocations and our meditations with all three aspects of ourselves, our head, our heart and our hands, coming from a place within of holding a clear focus on the conditions that we are trusting will prevail in the world. Then collectively we can shift the vibratory patterns and co-create a greater group consciousness across all divides. Then, at what seems to be choice point of possibility, we can work together to restore our planet to the blueprint that was held in the One Mind from the initial big breath of the creative Source of All.

*Know this peace with thy mind,
Desire this peace with the heart,
Fulfil this peace with the body.*

The Essene Gospel of Peace

NEWSLETTER PRODUCTION

Editor: Don MacGregor

Layout: Celia Storey

Production and Distribution: Bill and Jane Upchuch

We plan for the next newsletter to be sent to you in September. Please send any copy you might like to have included to admin@cana.org.uk & jhanmer789@btinternet.com by mid August. There is much to say in these changing times.

JUNE
2020

CANA NEWSLETTER

AWAKENING TO UNIVERSAL SPIRITUALITY Evolving with Christianity

Copy for next
Newsletter to:
admin@cana.org.uk &
jhanmer789@btinternet.com
by mid August

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CANA CONSCIOUS CONVERSATIONS

We are starting a new venture online and hope some of you will be able to join us for a small group conversation using Zoom. Our first theme is

"Changing Times - Speaking from the Heart"

11.00 – 12.30 on Saturday 4th July

In this first one, we hope to explore what is emerging for each of us in these times. What is on our hearts? What is developing for each of us?

We shall meet for 90 mins, with a short break in the middle. If you would like to join us on zoom (with video or just audio) then please email info@cana.org.uk, and we shall send you a Zoom link a couple of days before the date.

If you have technological problems with zoom, or if you have no computer and would like to join us by phone, please ring Bill on 01895 639476.

Following our first meeting, we hope to have some regular, soulful, spirit-filled conversations on different themes..

NEW BOOKS

*"Awakening to a New Reality
Conscious Conversations across the Horizon of Death."*

By Janice Dolley, with Ursula Burton
Sleepy Lion Publishing, ISBN 9781916001206
Available via bookshops or on Amazon

Janice Dolley has written a brilliant, remarkable and enlightening book of her experience of communicating with her friend Ursula after she passed over. Ursula's insights into the process of death and the hereafter are revealing and affirming for anyone facing their own demise. Death was experienced as liberation and revelation. As time went on, Ursula found it harder to come back down to this level of vibration, a fascinating insight. It shows rebirth as a natural cyclic process for soul development and gives an insight into the huge complexity of that. Ursula speaks of the higher dimensional realities of the soul and the journey through them with the voice of experience. It is a call to awakening to higher realities that go beyond any religious differences into a universal spiritual understanding. Janice Dolley has put out a clarion call to all those who are awakening to tell it how it is! To quote her innerly heard words, "The tide has turned!" There is a New Story coming into the world with new energies.

"Christianity Expanding: Into Universal Spirituality"

By Don MacGregor
Christian Alternatives, John Hunt Publishing, ISBN 9781789044225
Published 30 October 2020

'Christianity Expanding' takes us on a whistle-stop tour of the areas that need updating if Christianity is to flourish in the 21st Century. With broad brushstrokes on a big canvas, a path of personal transformation is charted, drawing on the mysterious Perennial Wisdom teachings that have survived down the ages. Pulling no punches, Don MacGregor delves into typically taboo subjects such as reincarnation, drawing a distinction between Jesus and the Christ. This dynamic first volume of The Wisdom Series is an initial outline of areas that demand ongoing exploration.