

The Mid-Summer Solstice

A time for Reflection

Tomorrow (21st June) we will reach the mid point of the year when the Sun in the Northern hemisphere above the tropics, reaches its highest point in the sky and the days are at their longest. Those stalwarts wishing to greet the rising Sun, will need to get up early (or perhaps not to go to bed at all!). In Malvern where I live the solstice the Sun should break the horizon around 4:49 am. Last year, along with a small group of people, I had hoped to witness the sunrise from the summit of the Worcester Beacon. Sad to relate and not altogether unexpected the morning was heavily laden with cloud and the frequent rain showers certainly dampened “our parade” obliterating any hope of perceiving the rising Sun.

This year the forecast is a little better with sunny intervals predicted. So I am keeping my fingers crossed. The one advantage of the solstices is that the Sun has reached its standstill point, so if you miss the sunrise on the 21st then either the 22nd or 23rd would do just as well, an observation, which I am sure did not escape our ancestors. One could well imagine several days of feasting and celebration at such sites as Stonehenge. The upside of the Summer solstice is the generally warmer weather; the downside is the early morning rise. For those of you living close to the Malvern area I would be happy to meet you on the Beacon around 4:30 am. For all others I wish you well in your celebration. At the very least pause to reflect on all that you have achieved so far during this year and also consider what else you would like to accomplish. We know how powerful the mind is, in shaping the outcome of our lives, so the act of envisioning your objectives has real potency.

Egypt Tour – Winter Solstice Celebration



I will again be taking a trip to Egypt to visit some of the sacred sites at this very special time of the year, which coincides with the mid-winter solstice. Last year we experienced some magnificent sunrises particularly at the Karnak temple. Because of the flight bookings then we returned on Christmas Eve, which proved a little problematic for some participants. This year the timings are better with the trip running from the 16th to 23rd December. This will give us a whole day to recover before facing the Christmas onslaught. Being in Egypt at this time is a wonderful balm that takes one away from the frenetic pre-Christmas shopping and to have seven days of warm weather and bright sunshine is a real tonic.

We will visit all of the same places covered last year, which includes well known sites like the Valley of the Kings as well as some of the lesser frequented places such as the peaceful temple of Seti I at Qurna. We will also visit Seti's other great temple at [Abydos](#), which contains some exquisite relief carvings. At the rear of the temple is a strange structure known as the Osirion, the reputed birth place of the god Osiris, which has inscribed on two of the columns the enigmatic inscriptions known as the "Flower of Life". These geometric drawings have been claimed by some to be more than four thousand years old, but from my researches these designs can be shown to be no earlier than 500 BC and most probably date to the time of the Roman occupations of Egypt, between the 1st – 4th centuries AD.

See: http://www.kch42.dial.pipex.com/egypttour_osirion.html

The highlight of the trip will be the visit to the temple of Queen Hatshepsut, the full details of which can be found in my report.

See: http://www.kch42.dial.pipex.com/egyptarticle_temple_hatshep.html

The trip will be based in Luxor and from there we will travel out each day to visit the different sites. There will also be an opportunity on one day for individuals to fly south to Cairo to visit the Egyptian museum and the Great Pyramid. These are great trips and not to be missed. Full details can be found at the following link:

http://www.kch42.dial.pipex.com/egypttour_solstice.html

Trip dates: **Wednesday 16 to Wednesday 23 December 2009**



Malta Tour – Touching the Goddess

In October 2008 I took a small group to Malta to visit the island's amazing temple sites, which rank as being some of the oldest in the world. I had hoped to return to Malta in the spring, for the spring equinox, but various problems made this impossible, so we will be there in September this year and again in March 2010.

The ancient Maltese culture developed in a peaceful way, without any weapons, and would appear to have been focused on a form of goddess worship. Some of the temples are also aligned to significant solar events of the solstice and equinoxes. The energies within the temple sites are very powerful and allow one to connect with the essence of the Divine Feminine. In the left of the picture can be seen Marlon Briffa from Malta Heritage, who acted as a guide at some of the sites.



The next trip I will be running to Malta will coincide with the autumn equinoxes. The dates being from the 19th to 26th September:

Saturday 19 September – Saturday 26 September 2009

Full details can be found at:

<http://www.kch42.dial.pipex.com/maltatour.html>

Clearing Your Ancestral Blocks

In May this year I visit Greece (Athens and Thessaloniki) to run two workshops on Ancestral Healing. During these workshops I encouraged the participants to get together in small groups to then first work collectively on each others ancestors before going on to work more extensively on the ancestors of their culture. Greece, despite its important heritage, has had a chequered history with particular antagonism, in more recent years, with the Turkish people, which is still in evidence in the island of Cyprus. Interestingly Cyprus was the birth place of the goddess Aphrodite (love) and the island is sacred to her memory.



If we associate love with the heart then we might say that the heart chakra of the Mediterranean (or at least one of them) has been split. Cyprus also lies at the heart of a landscape triangle that links together the mountains of Mt Athos (Greece), Mt Ararat (Turkey) and Gebel Katarina (Sinai, Egypt). The splits going on between Greece and Turkey need to be healed and the energetic links re-balanced, for I have a strong feeling that this pattern also has an impact on the conflict between the Israelis and Palestinians.



Google Earth Picture of the links between Mt Athos, Mt Ararat and Gebel Katherina. This latter site is also at the centre of a vast landscape circle that links to the Great Pyramid.

The Israeli Palestinian conflict is another of those ancestral tribal problems that can be traced back to Abraham and one of those ubiquitous triangular relationships, which in this case involved Abraham, Sarah his wife and Hagar, Sarah's maid servant. The half

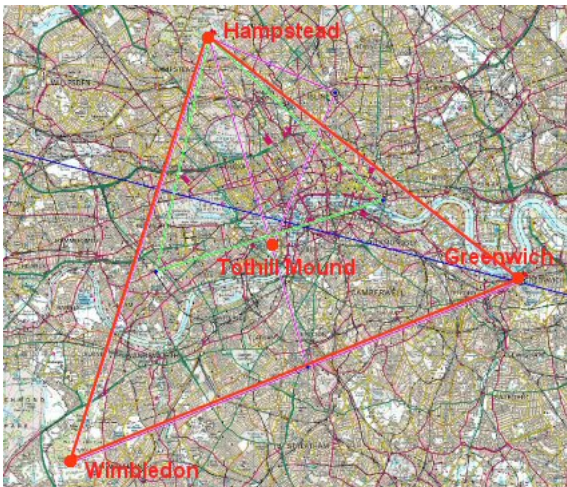
brothers Isaac and Ishmael went on to seed these two great peoples that now inhabit modern Israel, yet neither have been able to break out of the spiral of tit for tat violence that has certainly been a hall mark of the past sixty years. These problems have been undoubtedly fuelled by trapped and 'earthbound' ancestral spirits, which need to be healed and released. This is an enormous task and one which needs the efforts and goodwill of many individuals working to heal current world problems. What is encouraging from my perspective is that some of those who started to heal their own ancestors and ancestral blocks have then gone on to heal their nation's ancestors.

The dates for the Ancestral Healing workshops through to Christmas are:
Sat/Sun 12-13 September 2009 (London WC1)
Wed/Thurs 21/22 October 2009 (London WC1)

For details see: <http://www.kch42.dial.pipex.com/crseancest.htm>

Working with Earth Energies

Moving the Earth Energies training into London has allowed an exploration into some of the sacred sites of the capital. On the next Part 3 workshop we will visit Boudicca's mound on Hampstead Heath as well as the 'holy' well on Wimbledon Common. These sites form part of a powerful landscape triangle of energy around London and can be used to help balance some of the ley-line patterns that interweave through the city.



One of the primary triangles around London

The next Part 1 training, entitled Earth Awareness, starts on Wednesday 4 November in London (Tavistock Square). There are other alternative Part 1 dates on 7/8 November in Edinburgh and on 20/21 February 2010 back in London. The course provides a practical training in Earth energy healing work, such as space clearing and includes site visits to sacred places in the London area. We also explore ways to communicate with the many beings that inhabit the natural world including devas, elementals and dryads.

These workshops form a basic training which allows students to then go on to more advanced Earth healing within a group context.

The dates and venues for the different parts of the course are:

Earth Awareness (Part 1) – 4/5 November - London (Tavistock Square)

Earth Awareness (Part 1) – 7/8 November - Edinburgh

Earth Awareness (Part 1) – 20/21 February 2010 - London (Tavistock Square)

Earth Science (Part 2) – 24/25 April 2010 - London (Tavistock Square)

Earth Healing (Part 3) – 3/4 July 2010 - London (Tavistock Square)

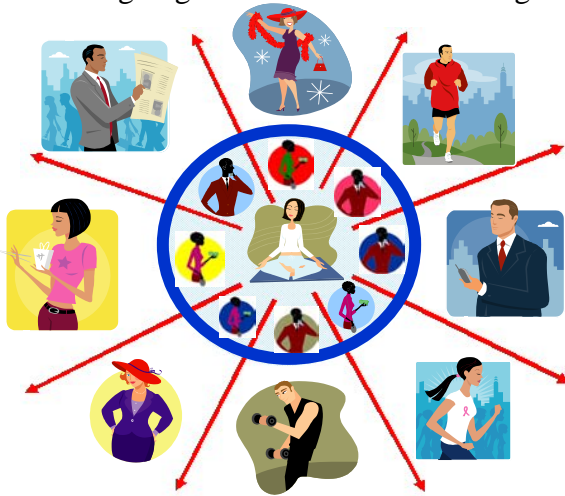
For more information see: <http://www.kch42.dial.pipex.com/crseearthen.htm>

Working With Your Inner Archetypes

“We see things not as they are but as we are” - Henry Major Tomlinson.

I ran the first of the new Working With Your Inner Archetypes workshop in Edinburgh to a small but very enthusiastic group. I see these workshops as a way of creatively helping us balance and heal our sub-personalities as well as providing connections to some powerful spiritual allies. It is worth restating what I wrote in my last newsletter.

“Our inner archetypes, initially laid down in childhood, are further moulded by life events. They determine our reactions to situations as well as subliminally manifesting the events that form the core of our experiences. Our outer world, in effect, mirrors our inner world patterns, so one way we can assess the balance of our inner archetypes is by looking at our outer world reality. Those elements that challenge us are simply reflecting what is going on inside. There are eight primary archetypes - Mother, Father, Child,



Hero/Heroine, Guide, Healer, Observer and Shadow. By working consciously and creatively with these inner world forces we can fundamentally change the patterns of our lives. During this workshop we will explore these inner principles to understand and relate to them. We can then work to heal and transform their dynamic elements when they are not fully integrated or balanced within us. This is a transformational experience at a most profound level.

This newly developed workshop will be of great value to all those in the caring and therapeutic professions as a way of gaining new insights into clients to help them resolve inner issues, as well as those who wish to transform their relationships with money, friends, family, lovers and above all themselves.

I will be running a day workshop on this theme at the College of Psychic Studies on Sunday 25th October 2009. See: <http://www.collegeofpsychicstudies.co.uk/>

For more information on archetypal healing see:
<http://www.kch42.dial.pipex.com/crsearchetypes.html>

Spirit Release Foundation

I am still heavily involved with the training programmes for the Spirit Release Foundation, Chairing the Education sub-committee. Details of the courses can be found on <http://www.spiritrelease.com/> As part of my remit as Chair of Education I have set up a Google Group available to members of the SRF for the exchange of ideas and experiences for those engaged in spirit release activities. This has proved a great success allowing those from distant shores to feel part of this new impulse. Membership of the SRF costs £30:00 per annum.

The next Foundation Course training, where I will be teaching takes place in London from Monday to Wednesday 28 to 30 September 2009.

Therapeutic Work

At the moment I see clients at the Nelson's Homeopathic Pharmacy Clinic at 73 Duke Street, Mayfair, London at the Cheltenham Nutrition Centre, Bath Street, Cheltenham and from my home address in Malvern covering a range of treatments from Food Sensitivities to Spirit Release. Full details can be found on my website, see under Health Treatments.: <http://www.kch42.dial.pipex.com/index.htm>

Are you on Skype? – A great new way to communicate

The use of Skype now allows an easy method for phone consultations, via your computer from around the world. It is a great way for you to communicate with your friends and family, being able to see them as well as holding conversations that are free. Skype is very easy to set up and needs only a programme downloaded from the internet. See <http://www.skype.com/intl/en-gb/useskype/>. I have successfully used this method for phone consultations with clients from many different parts of the globe.

Global Healing

A number of those who have participated in my Working With Earth Energies and Advanced Healing courses have come together to work in small groups to help heal and balance some of the crisis situations on our planet. With the work covering many aspects from spirit release situations at both a local level as well as more globally I am sure that there will be a lot to do for many years to come. It has been interesting discovering how many trapped spirits remain from past times.

A few years ago during my first visit to Edinburgh I happened to wander into one of the cemeteries there. I was immediately conscious of numerous 'earthbound' spirits standing by their graves, despite being dead for nearly two hundred years. On enquiring of them what was happening I was informed that they were waiting for the "Day of Judgement" and the "resurrection of their bodies". Further discussion revealed that they were also terrified that their bodies were going to be removed by the "body snatchers" and their corpses used for dissection.

Thence began a process of trying to help them move on and this has proved to be an ongoing practice that I have carried out on my subsequent return visits to Edinburgh. It made me realise just how many spirits must be stuck for one reason or another. In the case of Edinburgh others living in the area have also helped with this release.

Those Mysterious Orbs

In the last edition of the newsletter I mentioned that I intended to run some experiments, whilst in Egypt, on those mysterious 'orbs' that appear unexpectedly in pictures of modern digital cameras. Are they a manifestation of some spirit ectoplasm or something more basic like specs of dust floating in front of the camera lens?

We carried out a series of experiments in two different locations. The first at the Avenue of Sphinxes that lie in front of the Luxor temple and the other in the grounds of the hotel where we were staying.



Orbs in front of a sphinx at the Luxor Temple



These experiments proved quite conclusive, solving this enigma, at least to all our satisfactions and I have posted an article onto my website see:

<http://www.kch42.dial.pipex.com/artorbs.html>

Seasonal Greetings

Finally I would like to take this opportunity to wish you all a very happy and peaceful mid-summer solstice.

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Links

The College of Psychic Studies <http://www.collegeofpsychicstudies.co.uk/>

The Edinburgh College of Parapsychology <http://www.parapsychology.org.uk/>

The Gatekeeper Trust <http://www.gatekeeper.org.uk/>

The Spirit Release Foundation <http://www.spiritrelease.com/>

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