



August 2008

### **Better Late Than Never!**

Merry meet and welcome to this rather late and rather small addition of the Courtenay chronicles! This month has been crazy hectic what with workshops, Church Services, Heaven on Earth, 888, Dr Pune and Goddess knows what else! I hope you will forgive my tardiness and accept my apologies, normal service will be resumed as normal next month ☺ in the meantime lets have a brief round up of this months exciting news!

### **New Cd's Available On Ipsissimus Soon!**

The latest batch of workshops and lectures by yours truly will be available on Ipsissimus soon, these will include the Body Elemental workshop I gave at Treadwells in London, a fantastic and very insightful day perfect for anyone seeking personal healing or looking to deepen their own healing skills. A new Master G evening featuring my new dead best pal the unflappable Dr Pune on the way in which the collective unconscious negatively effects our health and how to guard against it! And ... for those people only who attended Rosemary and my Ascension Retreat ... the Ascension Retreat CD's! All this and so mighty fine new jewellery awaits you Ipsissimus surfers so get your credit cards waxed and get ordering, not long till Christmas you know!

### **Heaven On Earth**

Heaven on Earth, or rather the workshop day arranged by Sarupa shah and featuring Celia Fenn and my good self, went along swimmingly and I think its safe to say a good day was had by all. Sarupa did a fantastic presentation on the Infinite Breathe and Celia a great meditation on the Christ and Magdalene activations and me ... I

opened a quantum portal in everyone's brains! With the help of the Crystal skulls of course! Now should you have missed this spectacular event, not only should you be very disappointed with yourselves but you should also be pestering Sarupa for a recording of the day so you can delight in the ecstasy of that moment! Check out her website for more details regarding when the recordings will become available!

**888**

And while we're talking about 888 ... it was the day before the Heaven on Earth Workshop ... all I felt was five minutes of cool wet air surrounding me like a very pleasant cloak ... that was it! That was 888 for you Courtenay my guides said! But the next day it all fell into place, 888 was all about infinity! The infinity breathe Sarupa taught us, the infinity loop of the balance of the masculine and feminine energies of the Christ and Magdalene fires in the heart, the infinite balance of the right and left hemispheres of the brain that the skulls talked about! 888 balance and infinity times three! What did the rest of you experience? Please email me (or my blog) and let me know. As its only through sharing that we grow!

### **Blogs Away**

And talking of my blog ... I know I've been less than consistent with it of late but I am getting better and have uploaded not only loads more musings, some of which are even spiritual but also a bit of poetry and for your amusement some links to youtube where you can see me in action! Not only performing, for want of a much better word, at Alternatives with Simon Bacon but also delivering a spiel at the London College of Spirituality, where according to Andrew I look like Wallace of Wallace and Gromit!

Check it out and let me know what you think!

### **Cd Of The Month**

For all those classical lovers out there I would heartily recommend Karen Geoghegan plays Bassoon! This great little album features some truly beautiful and uplifting music featuring this much underrated instrument. The bobbing along triplets and arpeggios leaves one breath taken and toe tapping and is guaranteed to put a smile on anyone's face. Just plain gorgeous!

### **Workshop Of The month**

On the 20th September should you find yourself surrey way get yourself along to 'Mother Earth Speaks' - A day connecting with Mother Earth/Pachamama, White Arrow and friends plus a special message from 'The Spirit of the Rainforests' a workshop led by my good friend Diana Summer. It bound to be super special, educational and transformational knowing Diana as I do. For more details check out her website [www.dianasummer.com](http://www.dianasummer.com)

### **As For Me ...**

I have a workshop on this Saturday at Market Deeping The Apostles of the New Age ... for those of you who didn't catch it the first time round it promises to be another initiation packed day with special channellings from the Apostles themselves ... not to be missed! Contact Steve Breeson at Earthly gems for more details ... As well as this I am taking the Amazing Master G and Doctor Pune ... or Dr PRUNE as Sue Hodgeson called him ... naughty sue ... to Sheffield on the 28<sup>th</sup> of September ... contact sue for more details on this!

## Chocolate Bar Of The Month

A new addition to this months Chronicle is a subject dear to my heart ... chocolate! Each more I'll be exploring the sheer delight of a different chocolate bar, my heaven on earth, in order that I might guide (or should that be tempt) you to enjoy a little bit of my nirvana. This month ... the humble Twix! Yes this often ignored staple diet of many a student is a caramel chocolaty biscuity delight worthy of any chocoholics cupboard. Eat it in the standard way or go for the bite the chocolate off the top first angle, either way this is a classic worth savouring! Let me have your feed back and of course any left over Twix!

## DVD Of The Month

Its got to be The Spiderwick Chronicles, this fantastic fairy tale was mentioned a couple of months back when I reviewed it for the cinema and now its finally available on DVD. This enchanting story of elementals and little boy who wonders into their world features magick galore as well as a great little cast. All you elementals lovers either blow your Tesco's vouchers or add it to your Christmas wish list. It's a keeper!

## Movie Of The month

For those of you who prefer your movies with a little bit of a darker edge then there's no other film for you than Batman The Dark Knight. Its quite a chilling thrilling ride (definitely not a 12A ... what were the film commission thinking) but a fascinating exploration of light and darkness and how even those who champion good can be turned when their loved ones are taken and they loose hope. Not for the feint hearted Heath Ledgers fantastic portrayal of the Joker is like seeing the trickster God Loki come to life before your eyes. So sad that this talented actor is no longer with us. Warning this is an adult film with adult themes some of which the fainter of heart might find disturbing!

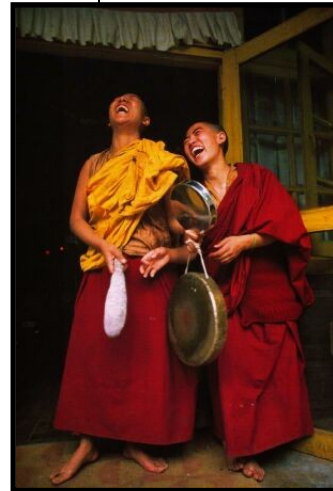
## Rules for being human

1. You will receive a body. You may like it, or hate it, but it will be yours for the entire period this time around.
2. You will learn lessons. You are enrolled in a full time informal school called life. Each day in this school you have the opportunity to learn lessons. You may like the lessons or think they are irrelevant and stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error and experimentation. The failed experiments are as much a part of the process as the experiment that ultimately works.
4. A lesson is repeated until learned A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can go to the next lesson. Periodically, the lesson will be re-presented to see if you still remember it.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learnt. If no lessons is being presented, it is likely that you are no longer alive.
6. There is no better than here. When your there has become a here, you will simply acquire another there. That will again look better than here.
7. Others are simply mirrors of you. You cannot love or hate something about another person unless it reflects something you love or hate about yourself.
8. What you make of your life is up to you. You have all the tools and resources you need. What you make of them is up to you; the choice is yours.
9. Your answers lie inside you. The answers to life's questions lie inside you. All you have to do is look, listen and trust.
10. You will forget all this. That fact is itself a lesson.

## Become a Lake!

An aging Hindu master grew tired of his apprentice complaining, and so, one morning, sent him for some salt. When the apprentice returned, the master instructed the unhappy young man to put a handful of salt in a glass of water and then to drink it. "How does it taste?" the master asked. "Bitter," spit the apprentice.

The master then asked the young man to take another handful of salt and put it in the lake nearby. Once the apprentice swirled his handful of salt in the water, the old man said, "Now drink from the lake." As the water dripped down the young man's chin, the master asked, "How does it taste?"



"Fresh," remarked the apprentice. "Do you taste the salt?" asked the master. "No," said the young man. At this, the master took the young man's hands, offering, "The pain of life is pure salt; no more, no less. The amount of pain in life remains exactly the same. However, the amount of bitterness we taste depends on the container we put the pain in. So when you are in pain, the only thing you can do is to enlarge your sense of things a bit.

"STOP BEING A GLASS. BECOME A LAKE."

Well there we go folks. Enjoy what's left of Summer and try not to get too wet! Bright blessings Ed xxx

## Editorial Apology

For some of you the text in the last edition appeared yellow. This was not intentional and we apologise. We can only think that there has been some incompatibility between Ed writing the Chronicle (on his MAC) and myself formatting the Chronicle (on my PC) and Microsoft Word translating! OR the Cumbrian elementals got in and decided to have a bit of fun. I know which reason I prefer ;-)