

SCHEDULE OF SPRING AND SUMMER EVENTS

MARCH

- Monday 16th Breakfast get-together 9.45am
Pavilion Café at Chequer Mead Arts Centre,
East Grinstead RH19 3BS
- Friday 20th Spring Equinox Meditation 7pm - 9pm
The Pavilion at John Pears Field
Wall Hill Road, Ashurst Wood RH19 3TQ
£5 to include refreshments

APRIL

- Thursday 2nd Breakfast get-together 9.45am
Cuckfield Golf Centre
Staplefield Road, Whitemans's Green,
Cuckfield RH17 5HY
- Sunday 12th Sunday morning meditation 10am - 12 noon,
followed by Book Club, 1pm - 3pm
Lindfield
- Tuesday 14th Talk on Lucid Dreaming with Dr Keith Hearne 7pm - 9pm**
Haywards Heath Town Hall
Boltro Road, Haywards Heath RH16 1BA
Tickets £10 to include prize draw
Please call to reserve your place
- Monday 20th Breakfast get-together 9.45am
Pavilion Café at Chequer Mead, East Grinstead

MAY

- Thursday 7th Breakfast get-together 9.45am
Cuckfield Golf Centre
- Tuesday 12th Demonstration of Mediumship with Robin Hodson 7pm - 9pm**
Haywards Heath Town Hall
Tickets £10 include prize draw
Please call to reserve your place
- Sunday 17th Sunday morning meditation 10am - 12 noon,
followed by Book Club 1pm - 3pm
venue to be confirmed
- Monday 18th Breakfast get-together 9.45am
Pavilion Café at Chequer Mead, East Grinstead

LUCID DREAMING

everything you ever wanted to know - and more!

an evening with

Dr KEITH HEARNE

- * Psychologist and parapsychologist
- * Expert in sleep states, lucid dreaming and dream interpretation
- * Inventor of the original "Dream Machine" and the man who first recorded eye signals from people in a lucid dream state
- * Author of "The Dream Machine" and other seminal books



What is lucid dreaming?

What are the laws of Lucid Dreamland?

Can we really influence our own dreams? Our own destiny?

An entertaining and thought-provoking evening with the man who pioneered research into this fascinating area 40 years ago.

TUESDAY 14th APRIL 7pm - 9pm

**HAYWARDS HEATH TOWN HALL,
BOLTRO RD, RH16 1BA**



Tickets £10, bookable in advance
Info & Booking: Judy Sharp
01444 459 433 or 07597 020 512
theindigoumbrella@gmail.com

In his recent book *Dreams of Awakening*, Charlie Morley calls Dr Keith Hearne "the Christopher Columbus from Hull" for his pioneering work that paved the way for others to explore and uncover the magical world of lucid dreaming. That's a nice acknowledgment, isn't it?

If you can distribute a few of these A5 leaflets to anyone who might be interested, or put one up in your local shop - please let me know. On the reverse of the leaflet is a general advert about Indigo Umbrella.

I would love to have a full house for Keith when he comes to give his talk so come on, Indigos - I know I can count on you!

I found this lovely photo of a younger-looking Dr Keith Hearne with his ground-breaking invention, his Dream Machine (which is still on display at the Science Museum).

It was 40 years ago in April that he used his machine to record ocular signalling from subjects in a lucid dream state - the first time that had ever been done.

He hasn't changed that much, really, has he?



Dr Keith Hearne with his Prototype Dream Machine

"Dreams are today's answers to tomorrow's questions"

Edgar Cayce

"Ask yourself the following question: 'Am I dreaming or awake, right now?' Be serious, really try to answer the question to the best of your ability and be ready to justify your answer."

Stephen LaBerge

... WORKING WITH ENERGY ...

When we talk about spirituality - what it is, what it means in a global and a personal sense, inevitably we talk about working with that spiritual energy. After all - as quantum scientists are proving (somewhat reluctantly, in some cases!) - everything is made up of energy, we are all connected, and our thoughts have a ripple effect throughout the living Universe (or Multiverse, to be more precise, as it has so many dimensions and just how many universes are there anyway ...).

This beautiful spiritual energy can be seen at work in many ways - with healers in various modalities, with mediums and so on. I am very aware that in my work (as a hypnotherapist, past life and spirit release therapist), I am not alone, and I am hugely grateful for the support my helpers provide. At the end of the Past Life workshop I led at the College of Psychic Studies last autumn, one of the students - herself an energy worker - asked me why my face and physiognomy had changed a number of times during the day. After my Past Lives talk at Chequer Mead, a man in the audience came up to me and said he saw bright green energy around my hands and chest as I was talking. How lovely is that!

I really enjoy working with this energy, and being in groups of like-minded people who all have the same intention: to raise their vibrations, to practice working with that energy, to tune in more easily ... I know from what many Indigos have said to me that Psychic / Mediumship development is high on their agenda, so ...

*Cancel your summer holidays! Put the kids in kennels! Clear the decks!
Put these dates in your diary and make sure you keep them free!*

SATURDAY 25th / SUNDAY 26th JULY, CHEQUER MEAD, EAST GRINSTEAD

A WEEKEND OF MEDIUMSHIP DEVELOPMENT WITH ROBIN HODSON

I have just completed such a course with Robin - who was recommended to me by two other mediums whose judgement I totally respect - and I thoroughly enjoyed it.

I did my course over six weeks, but in this full-on weekend, there will be the same number of working hours and the energy will have time to really build - with some amazing results, I would bet. This is aimed at those who already have some experience of working with energy (I am working on development classes as well, more news on that to follow).

Robin has his own lovely centre in Seaford, home to Seaford Spiritual - there are services every Thursday evening if any of you are interested in making the journey.

He is President of the International Spiritualist Federation, and travels throughout the world teaching and giving demonstrations. It was no mean feat to find a whole weekend in his schedule that was available in 2015, and I really appreciate him giving it up for the Indigos.

You have the opportunity of seeing Robin in action on TUESDAY 12th MAY at Haywards Heath Town Hall in a demonstration of mediumship - but please don't wait that long to book your place on this weekend. The cost is just £80 for the whole weekend - advance booking essential and I'm asking for a deposit of £40 to secure your place, please.

Not all first-rate mediums are first-rate teachers. Robin is both, and I strongly recommend him.

By the way - I do apologise for the photo of Robin - he is such a modest man it was not easy to find one anywhere - but I will ask him to let me have another one for the next newsletter!



PAULINE MASON

It was last October that we held the first events under The Indigo Umbrella. One of the first people to support us was Pauline Mason, who in her demonstration of mediumship showed just how compassionate and healing this work can be. Pauline has kindly agreed to give a whole weekend to the Indigos in October to include a demonstration of mediumship (Friday 16th), a full-day development workshop (Sunday 18th) and a day given over to private readings (Saturday 17th). So get your diaries out and put those dates in there now!



PAST LIVES - FULL DAY WORKSHOP

I am aiming to schedule my Past Lives workshop in either September or November - as you have gathered, juggling dates, venues and speakers is a bit like herding cats, but we get there in the end!

MORNING MEDITATION ANYONE?

I am told there is demand for a morning meditation around the East Grinstead / Forest Row area.

If there are enough people interested, I would be happy to do a weekly meditation group at the Pavilion in John Pears Field, Ashurst Wood - a nice, warm, cosy venue - during term time starting after Easter and running through until the summer holidays start. This would be 9.30am - 11.30am, probably on a Tuesday or Wednesday morning. So let's say six weeks from Wednesday 15th April to Wednesday 20th May, and then another six weeks from Wednesday 3rd June to Wednesday 8th July. Maximum 12 people in the group, each 6-week block to cost £35, payable in advance. Class will only run with minimum 6 people.

We will explore different styles of meditation, always with a view to you coming away not only feeling totally relaxed and ready to take on the day, but also having explored a bit more about your own spiritual journey.

Want the same thing around Haywards Heath? Happy to do that, just let me know - same terms would apply. And if school holidays don't impact you - even better, we'll run straight through!

DEVELOPMENT GROUPS

While we now have development workshops with Robin Hodson and Pauline Mason in the schedule, there is a gap for regular weekly or fortnightly development groups for those who have not done any or very little of this type of work, or those who feel they are a little rusty.

I have identified a couple of potential group leaders - but I need to know from you whether you would be looking at daytime or evening groups, and whether you would be prepared to make a commitment to a series of, say, 6 or 10 classes. Or let's say a full-day workshop followed by 6 weekly classes.

Please let me know what your preferred format would be and I'll see what I can do.



THE BACK PAGE - JUDE'S COMMENT COLUMN

I was at a workshop at The College of Psychic Studies yesterday, with Judy Hall - what an inspiring lady! There were around 20 of us there, all on our own individual spiritual journeys. During the course of the day a couple of ladies said that they felt very isolated in their communities, not daring to talk about their beliefs or experiences. I stuck my hand up (what do you expect!) and explained a bit about Indigo Umbrella. I offered to tell her more after the workshop - well, it wasn't just her who came up to me at the end of the day! I gave them all the nice leaflets with general Indigo info on one side and Lucid Dreaming on the other.

One of my right-hand Indigos, Patricia, was at a Mind, Body, Spirit type event recently and she hoovered up lots of information from those who were there. She followed up with personal phone calls to each and every one of them - and again, received a very positive response from all but one. So welcome to all of you who are now on our mailing list!

Seems that this idea of winking individuals out of their spiritual shells, and providing a safe, nurturing environment where like-minded people can meet and share ideas, experiences - and a lot of laughter, if our recent activities are anything to go by - is one that could catch on.

It is also encouraging for me to receive calls and emails from people who would like to give talks to or lead workshops for the Indigos - the programme will continue to fill and expand in line with all the fresh ideas I'm getting!

Judy Hall explained in her workshop that new crystals are being discovered with a higher vibration, to help us as consciousness itself is evolving. This is why I feel the time is right for Indigo Umbrella and all the other similar initiatives - and why we all need to work on raising our own vibrations, to better align with the changes that are happening all around us. We have to bring our lights out from under those bushels and really let them shine, to be a beacon for others, so that each individual light becomes part of a blazing beacon of love, light and compassion. The tipping point has been reached - now we need to blaze the trail into that paradigm shift, one based on sharing, caring and community rather than greed, fear and hate. You are all part of that, Indigos - and every time you send your ray of light out there into the Universe, its ripples magnify the spark into a flame. Thank you.

And now, back to earthly things. While my hero Winnie-the-Pooh may have gone for a pot of honey, I'll settle for a pot of tea and a biscuit. Or two.

I look forward to seeing you at one or more of the many upcoming activities and events. And to your feedback on the various ideas in the newsletter!

"There's a time when every crisis can be turned into transformation: when simply surviving can become thriving. That time is the turning point."

Gregg Braden



HOW TO GET IN TOUCH

My name is Judy Sharp - Jude to my friends. You can call me on my land line 01444 459 433 or my mobile 07597 020 512.

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