



## INDIGO UMBRELLA NEWSLETTER

OCTOBER 2018

### Hello Indigos

So, here we are in the final quarter of the year. We've just had the Autumn Equinox, that special time where everything is in balance: night = day; darkness = light. But my goodness, what a big, glowing moon we had to mark the occasion! I hope that you said your prayers, set your intentions, said thank you for your blessings...

There's a lot going on, Indigos - talks, workshops and so on - a wide choice with something for just about everyone. On behalf of event organisers, may I please make a plea? If you are going to go to a talk, or a workshop, don't just sit there in silence until the day before, by which time it has been cancelled due to lack of interest. Contact the organiser and pay your money. I have heard recently of several talks and workshops that were called off because the numbers were so low, only to have people calling the day before to say they would be there. It cannot work like that - venues have to be booked and confirmed; speakers need to get their schedules sorted.

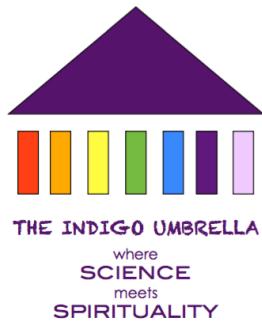
There seems to be a general malaise in the air at the moment of uncertainty and unwillingness to commit to anything. I understand. But life does go on, and these events can help you to help yourself; to take responsibility for your own health and wellbeing; to understand more about what is going on "out there". We owe it to ourselves to shape up, physically, mentally and emotionally - we all need to do our bit, in our own way.

We live in strange times, Indigos, and there is more stuff to come. That's why groups such as ours are so important, to provide a reference point, a refuge, an oasis of like-minded souls - and a place to air and discuss topics that, to us, are totally normal but which to others may seem totally "out there". That's OK, there are increasing numbers of us "out there" and it's a great place to be!

A recent survey carried out by OnePoll on behalf of Superdrug and P&G asked people what made them feel happy. You know what came top of the list? A hug! Yup, a simple hug really does make a difference. It doesn't surprise me - so many people live alone nowadays, and physical contact is limited. Scientific studies have shown that animals and human babies almost literally shrivel, both physically and emotionally, without touch. So I am hereby nominating October as Hug an Indigo Month - and I would encourage you all to get on board with that!

Short Intro letter this time, Indigos, much more for you to read in the rest of the Newsletter. Please do forward it on to anyone who may be interested - let's see if we can grow the Indigo tribe and bring more like-minded people on board for this roller-coaster journey!

Love Jude x



### GETTING IN TOUCH:

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Facebook: Indigo Umbrella

## WHAT YOU MISSED

### FOOD IS MEDICINE - RE-BOOT YOUR IMMUNE SYSTEM - SEPTEMBER DISCUSSION GROUP

Emma Goodwin is a shining example of what she encourages others to do - and that is always a good sign! She acknowledges that life happens, that it is not possible for everyone to change overnight from whatever eating routine they have now to something completely different, especially if it is perceived as restrictive! Passionate about her subject, and highly knowledgeable, Emma was entertaining and inspiring in informing us about the foods we eat and suggesting alternative choices to improve our health and wellbeing.

Emma runs a smallholding in Forest Row, supplying food boxes to those who appreciate locally-grown, totally-organic fruit and vegetables in season. She is also the S E England representative of the Landworkers' Alliance - "a grassroots union representing famers, growers and land-based workers." Membership is just £24 a year and supports the movement to encourage small-scale food production. My own feeling - one which is, I know, shared by many who are much wiser than I - is that, in the not-so-distant future, when the structures of Big Pharma and Big Farmer have disintegrated, we shall once again be reliant on small-scale farmers, and those who have large gardens and allotments. Once again, use it or lose it! Check the website: <https://landworkersalliance.org.uk>



According to Emma, the root causes of many modern-day illnesses are deficiency and toxicity - and so to make ourselves better, we need to nourish and cleanse.

Avoid "butter substitute" spreads.

Avoid farmed fish, especially salmon.

Avoid grains - nothing like the grains of our grandparents' time - and they are used nowadays as "the opiate of the masses".

For Emma, the quality and provenance of the food you eat is key. Organic where possible, free-range, pasture-fed and so on. In her book, dairy is OK (so not strictly Paleo) but not pasteurised is no much healthier than regular pasteurised (not so easy to find, and yes it is more expensive). Whole, saturated fats are not only good for the body but vital for its efficient working.

In short, your eating plan should include:

Non-Pasteurised (raw) milk and dairy products

Regular oily fish from sustainable sources

Lean meat and poultry from pasture-fed / free-range sources

including liver and kidneys

LOTS of organic fresh vegetables and fruit

Krill oil

Raw honey

As few carbohydrates as you can

Emma runs workshops to share her knowledge and show you how to choose and prepare food for all the family. The next 6-week course at Tablehurst Farm in Forest Row starts on Thursday 8th November, one hour a week (4pm - 5pm). Cost is £120 for the 6 weeks.

Emma would be prepared to run a course especially for Indigos (perhaps around Haywards Heath / Burgess Hill area) on two conditions: sufficient numbers (minimum 6) and a suitable kitchen. Do we have an Indigo with a large enough kitchen to host a practical workshop? If so, or if you have any ideas of possible venues, please do let me know - and let me know if you are interested in a local workshop.

Emma's website is: [www.grandmaalchemykitchen.com](http://www.grandmaalchemykitchen.com)

Her mobile is: 07976 296 364 and her email is: [tastyinteriors@me.com](mailto:tastyinteriors@me.com)

Other references from her talk:

Dr Natasha Campbell McBride and GAPS (Gut and Psychology Syndrome) [www.doctor-natasha.com](http://www.doctor-natasha.com)

Dr Terry Wahls' TED talk Minding your Mitochondria: <https://www.youtube.com/watch?v=Fs7jqqdv5eg>  
She was seriously affected by Multiple Sclerosis, and pulled herself out of it by nutrition.

I've watched the TED talk - well worth 20 minutes of your time. Be a modern-day Hunter-Gatherer!

Anthony William, Medical Medium - author of books such as *Life Changing Foods* and *Thyroid Healing*.  
[www.medicalmedium.com](http://www.medicalmedium.com)

## THIS MONTH I HAVE ....

### **Enjoyed an adventure in Avebury**

A couple of weeks ago now, a group of six Indigos went to Avebury, home of those ancient sacred stones, with Candace Caddick. It was a “test drive” if you will, to experience one of Candace’s field-based workshops. Those of you who have attended her channelling workshops will know that she is a very good workshop leader, and I totally recommend them to anyone who wants to strengthen their connections to higher wisdom.

The day in Avebury was fabulous. Candace knows the place, the history, the stones. She reads the energy and is guided to any particular work that needs to be done. Fascinating as she points out elementals, giants or any other beings that are sharing the field with people and sheep or cows. Extraordinary as she talks to the stones, and gives each person in the group a personal message through the stone they have chosen.

Everyone in the group had their own experience and said they felt much more balanced at the end of the day, much calmer at that energetic level. And given the turbulence swirling around us at this time, don’t we all need that grounding and re-balancing?

Candace says she will do one more trip this year, on Saturday 3rd November – otherwise it’s next Spring. Full details in the “What’s Coming Up” section.

### **Indirectly helped a Damsel in Distress**

Have you seen anything in the mainstream media about a lady called Susanne Small, who was detained in a mental health facility in Farnham, Surrey, recently? Probably not. The reason she was put into a room with bars at the window was that she dared to link her headaches and other symptoms to wireless radiation, and question a new mast that had been erected, to beam out 5G. Her doctor would not look at the pile of research she presented, and Ms Small was escorted from her own home.

I forwarded a 30-minute radio interview to Brian Stein, head of the charity Radiation Research Trust, as a result of which Dr Erica Mallery-Blythe, a medical doctor very much involved in this field, spoke with the facility herself, to explain more about electrohypersensitivity (EHS) and the mountain of research showing the health risks associated with it. The lady was released the following day, but the story has not ended, I feel sure.

Link to the interview here: (you can also find it on the Facebook page Indigo Umbrella).

<https://www.youtube.com/watch?v=c5aChhWZh1k>

### **Read yet another shocking story about the health risks of EMFs / Microwave Radiation**

I have recently received my latest ES-UK newsletter and, as usual, it is full of useful information. I would like to share part of a personal story that is included in this latest newsletter, from a lady who is EHS (electro-hyper-sensitive) talking about her experience when she goes to the theatre or a concert:

“After 20 to 40 minutes, first a wave of intense heat rises up my body and an uncomfortable feeling of needing to get out and get away, and then sweating, but a cold sweat (which will repeat in cycles if I stay). Then I get a feeling of pressure in the back of my head, which becomes an ache. Soon after I start burping, seriously burping, like an attack. I cannot stop burping and the burps are coming from very deep in my stomach, like the kind of burps before you are sick. Needless to say this is associated with nausea and then a hugely bloated stomach. I go from a slim woman to someone who ridiculously looks 7 months pregnant at 56. The whole stomach from under my bra to my knickers is swollen and hard like a pregnancy. I feel out of breath due to the pressure on my diaphragm. It can take days for my stomach to go down. And it can swell in seconds, one minute I am normal, the next like a balloon. I believe it has precipitated a pelvic organ prolapse.”

This is a real story from a real person – not hysterical propaganda from conspiracy theorists.

There are also several reports of elderly people in particular having health problems apparently due to the installation of a cordless phone – Alan Cooke will be talking about this at the October discussion group meet-up - don’t miss it.

## THIS MONTH I HAVE ....

**Been to a talk given by Andy Thomas** at his new home venue, Cyprus Hall in Burgess Hill. He was talking about crop circles, showing images of this year's creations - and beautiful they were, too. As Andy said, it is odd that here in England we have more crop circles each year than everywhere else in the world put together and yet we seem to take them very much for granted - and, of course, coverage in the mainstream media is non-existent or derisory. If you would like to see the designs for yourself, check the website: [www.cropcircleconnector.com](http://www.cropcircleconnector.com)

### Learned about QAnon

Marcus Allen (Mister Nexus) was at Andy's talk too, and spoke for a while about conspiracies. He pointed us to QAnon. If you are into American politics in particular, bringing down the Deep State and so on - Google QAnon. Just like a cryptic crossword, it takes a bit of getting used to, but my goodness, the revelations and insights are interesting.

Coincidentally, as I was watching some Gaia TV just last night, the same topic popped up in an episode of Cosmic Disclosure (Series 12, Episode 3, Sept 11th 2018 for those of you who want to check it out). David Wilcock was in conversation with Corey Goode and Emery Smith. David explained that the first messages from QAnon appeared on 28th October 2017 and started with information about impending mass arrests. Corey said that, as far as he was aware, QAnon was indeed a group, of "mostly retired Defence Department types", who are delivering operational codes and messages from the Alliance, and are part of the process of data dumping.

### Been reading my latest copy of Nexus magazine

Always an excuse for a leisurely breakfast when the latest copy arrives, as I start the adventure of new articles. I always find it interesting when features in Nexus mirror topics that have come onto my personal radar, and / or have been the subject of talks or workshops.

This month features an in-depth article by John Stuart Reid, who was to have been one of the speakers at the ill-fated WAVES conference, about the use of sound for healing, and Cymatics. We have had our own experience of sound being used for healing with Elaine Thompson and Robert Torry - just because it's local, doesn't mean it's not amazing, Indigos!

And Moringa, "the miracle tree of India" - Moringa is already part of my morning cocktail of vitamins and minerals, so that made me feel good!

If you don't already subscribe to Nexus, why not? It should be compulsory reading for all Indigos, and it's just £22 a year: [www.nexusmagazine.com](http://www.nexusmagazine.com).

And if you really don't want to take out a subscription, then you can keep up-to-date online at: [www.NexusNewsfeed.com](http://www.NexusNewsfeed.com) - and that is totally free.

**Started doing my therapy work from a lovely place in Hove** as well as from my "home base" in Haywards Heath. The Practice Rooms are in Church Road in Hove, almost opposite the large Tesco supermarket and directly opposite St Andrew's Church. It would be possible to start an Indigo group there if there is demand - would Hove suit any of you? Or anyone you know? It could be a meditation group, and / or a discussion group. Let me know if you fancy that once a month.

It is said, Indigos, that you are the sum total of the five people you spend most time with. Based on this last month, I am very happy with that!

## WHAT'S COMING UP

Lots happening in and around the area, Indigos - is there something that takes your fancy? If so, don't just sit there thinking, "oh, that might be nice" .... do it!

### OCTOBER

#### Tuesday 2nd

**INDIGO BREKKY**, Harvester at Beech Hurst Gardens, Butler's Green Road, Haywards Heath RH16 4BB, 10am - 12 noon

I am away for this meet-up, so Robert Torry has very kindly agreed to lead you through a couple of hours of conversation about who knows what!

Regulars will know that Roarbert is highly knowledgable about all sorts of mystical, esoteric, interesting things, so it will be a lively session!

No need to book, just turn up, find the private room at the back of the restaurant and join a group of like-minded souls.



#### Sunday 7th

**DOWSING FOR HEALTH with BARRY WITTON**

Forest Lodge Veterinary Centre, Station Road, Forest Row RH18 5DW  
(all the way to the end of Station Road, past the café, then on the left)

10am - 1pm tickets £25 include refreshments

Barry is a professional - and highly-experienced - health dowser who has recently received a special award from the British Society of Dowsers for his work in the specialist area of dowsing for health.

In this talk he will briefly explain what dowsing is and how it works. He will also outline the 15 key lifestyle choices that affect our health and wellbeing!

At a time when we all need to take responsibility for this, it is a great opportunity to listen to and learn from a master of his trade.

Info and Booking: May Esler: 01903 812 134 or [esler.may@gmail.com](mailto:esler.may@gmail.com)

I shall be there, and would encourage you all to come along.

Please do contact May and confirm your booking - if not, it will have to be cancelled, and that would be a great shame.

#### Saturday 13th

**ROMMIE RESCUE FUND-RAISING DINNER**

Sportsman pub, Goddards Green, BN6 9LQ, 7pm for 7.30pm

Tickets £27.50 includes 3-course meal with tea or coffee, and live entertainment

A good friend of mine - and a regular Indigo - Lyn works with

Rommie Rescue, a locally-based charity that re-houses small rescue dogs from Romania. Lyn's house is their first home when they arrive in the UK, before going to their "forever home".

Lyn has organised this dinner to help raise funds to cover vets' bills and other costs involved in caring for these dogs.

I've eaten at the Sportsman, the food is great - and you certainly would not get a delicious 3-course dinner for just £27.50 there (or many other good-quality places, to be fair!)

There will be vegetarian and vegan options through the menu.

Would you like to join me for dinner, and help a good cause at the same time?

It would be lovely to have an Indigo table or two for a nice social evening.

Info and booking: Lyn Howes on 07933 353 200 or [rommierescue@outlook.com](mailto:rommierescue@outlook.com)



## WHAT'S COMING UP - continued

### OCTOBER

Tuesday 16th

#### **ENERGY ENHANCEMENTS, TIPS & TECHNIQUES with NIKKI BARRETT**

Horsham Holistic Health - Mind, Body & Spirit Group

Friends Meeting House, Worthing Road, Horsham RH12 1SL

(free parking in Sainsbury's car park opposite)

7.30pm start, tickets £7

Info and booking: Tina on 07857 545 678 or [tina@rainbowoasis.co.uk](mailto:tina@rainbowoasis.co.uk)

I don't know Nikki Barrett or what particular energy enhancement tips she will be sharing, but it is in my diary to go along and find out - after all, we could all do with more, better energy, right?

If you'd like to come along with me and do a car share, let me know.

Friday 19th

#### **INDIGO DISCUSSION GROUP with special speaker ALAN COOKE**

#### **HEALTH RISKS OF 5G, MOBILE PHONES AND CORDLESS PHONES**

Harvester at Beech Hurst Gardens, Butler's Green Road,

Haywards Heath RH16 4BB 10am - 12 noon

Alan's background is in healthcare, and he has worked as a magnetic therapist since 2003. His own extensive research into the whole area of EMF / microwave radiation has included conferences, discussions with leading scientists and ploughing through lots of published scientific studies.

He will be focusing in particular on the health risks of 5G, mobile phones and cordless phones.

I feel sure this will be a lively discussion with lots of questions - and answers! Do please let me know if you plan to come along so that I can keep an eye on numbers and arrange the seating accordingly.



mid-October

#### **MEDIUMSHIP TRAINING, SEAFORD**

**ROBIN HODSON** is not only a highly-gifted medium, he is also a really lovely man.

He led a couple of weekend workshops for us a while back which were very powerful - I haven't been able to pin him down to do any more since, he is so busy travelling around the world teaching and sharing his special gifts.

Robin is leading another course of Mediumship Training at his centre, Seafordspirit, starting mid-October. It is designed to encourage those seeking to develop and perfect their mediumship skills, making links with Spirit.

The course will be over six weeks, evening sessions each of around 2 hours.

Cost for the full course is £50.

I have done this course and can confirm that there is lots of practical work involved, and that Robin is a very good teacher: highly recommended!

Info and booking: Robin Hodson 01323 737 407 or [news@seafordspirit.co.uk](mailto:news@seafordspirit.co.uk)

#### **HEALER TRAINING, SEAFORD**

**Robin Hodson's wife Sue** is a super lady, and a gifted healer. She will be leading a 6-week course covering all aspects of healing, both practice and theory.

The course will commence mid-October, each Tuesday evening, 7.30pm - 9pm, for 6 - 12 months, depending on progress of the students.

The course is certified by the Holistic Healing Association.

Cost for the course is £75 which includes a full year's public liability insurance.

Info and booking: Sue Hodson 01323 737 407 or [news@seafordspirit.co.uk](mailto:news@seafordspirit.co.uk)

## WHAT'S COMING UP - continued

### OCTOBER

Sunday 28th

#### **COOL CATS WISE UP TO ASCENSION DEFICIT DISORDER -**

**A light-hearted Play-Shop for the Now Age  
with LÉONIE CLARK and ROBERT TORRY**

Burwash Common Pavilion, Ticehurst Road, Burwash, Etchingham TN19 7NA

10.15am - 4pm £38 including refreshments, bring your own lunch

Léonie has been a Reiki and Sekhem Teacher for some 18 years, and she has also worked for the NHS and Social Services in various roles. That Reiki found her was a surprise, as was Sekhmet arriving into her consciousness!

Robert is a former research scientist and engineer. He now calls himself a Student of Life and a Spiritual Scientist, applying the rigours of the scientific method to his pursuit of arcane teachings about the Spiritual Nature of our Being.

The Play list will include:

- \*\* ancient Egyptian mystery mastery teachings, together with guidance in ritual magic for connecting with the Four Elements
- \*\* acquaintance with Sekhmet and the importance of the Leonine Energy
- \*\* the esoteric teachings of Yeshua ben Pantera (Jesus son of Panther)
- \*\* changing times - the mystery of Time and living in the Now moment
- \*\* Down to Earth - Living and Loving with Nature in the Here and Now
- \*\* Self-healing techniques for re-awakening to your multi-dimensional nature including guided meditations and associated experiential work.

Info and booking from Robert: 01342 825 789 or [robert@lionsden.me.uk](mailto:robert@lionsden.me.uk)  
before 20th October.

### NOVEMBER

Saturday 3rd

#### **INTRODUCTION TO THE AVEBURY STONES with CANDACE CADDICK**

This great stone circle is a sacred place of personal healing and balance, and Candace guided us around the circle and the processional path, pausing to check the energies, leaving us time to connect with the stones on our own. Her strong connection allows her to share higher wisdom, to tap into the changing energies of the place, and to talk to the stones. Part of the day is a personalised channelled reading with the stone of your choosing.

Fee £55 for the day.

This will be the last workshop in Avebury this year - more next Spring.

Info and booking from Candace [candace@candacecaddick.com](mailto:candace@candacecaddick.com)

Sunday 17th

#### **EARTH ENERGIES AND HEALTH with RICHARD CREIGHTMORE**

Forest Lodge Veterinary Centre, Station Road, Forest Row RH18 5DW

10am - 1pm £25 includes refreshments

Richard is a professional dowser and healer of many years' experience, and an internationally-renowned expert on geopathic stress and earth acupuncture. Richard will explain what geopathic stress is; how it can affect the health of people and animals; and how earth acupuncture can resolve the problems.

I strongly recommend Richard and his work - this will be a fascinating, insightful, talk about energies that are probably affecting most of us right now.

I spent my Millennium on the Island of the Sun, some 3,500 metres up in Lake Titicaca, in the Bolivian Andes. I went there with a small group led by Shaman Tony Samara, and stayed for a total of three months. At that time there was no electricity on the island, no transport and no running water. While I was there I chronicled aspects of the lives of the people for whom this small sugar-loaf-shaped island - it's about 10 miles long by 4 miles wide at the extremities - has been home for as long as time itself.

The lovely couple who "adopted" me, Juan and Maria, answered my questions with patience and humour, giving me as much of their precious time as they could, in between looking after their many children (I lost count) and their small flock of sheep, and tending to their land. They introduced me to the leaders of the two other villages on the island, and showed me ancient Inca ruins. They shared stories of their ancestors; the brutal invasion by the Spanish Conquistadors and how the Inca gold was indeed buried in the deepest part of the lake. They talked about tunnels leading from the island under the lake to the mainland - miles and miles away - and the solid gold discs that, it seemed, facilitated teleportation through these tunnels.

Around the Millennium, tourists found this small island, and I became Juan's official interpreter, which was great fun. Less than a week before I was due to leave, one of the tourists asked Juan some questions, and I was interpreting from English into Spanish, the official language of the island. The tourist asked if Juan had ever seen any flying saucers on the island. I thought it was a silly question, but passed it on anyway. "Oh yes," replied Juan, "all the time." Before the tourist could ask more questions, his friends called him to catch the boat back to the mainland, and he had to leave.

I turned to Juan.

"Why didn't you tell me about the flying saucers?" I queried. "Because you never asked," he replied.  
"Well, well ... where do you see them? How often do they come? What are they like?" I asked, my mind reeling.

"They come to a hill in the middle of the island," he replied, "usually every few months or so. They are usually round, and have lights."

"Have you got any photos?" I wanted to know. "No," Juan replied, simply. "Why not?" I demanded, my typical Aries impatience rising. "In the first place," said Juan, puzzled by my obvious agitation, "I don't have a camera. And in the second place, why do I want to take photos of flying saucers? What's so special about that?" He paused, thoughtfully. "If you want to know about flying saucers," he said, slowly, "I suppose you want to know about the people who fly ...."

We looked at each other for a very long moment. I didn't ask about flying saucers (or flying people) because it never occurred to me. He never mentioned them because for him it was totally normal and not worth talking about.

I hadn't asked the right questions.

How often in life do we do that? Miss something really important because we don't ask the right questions. We make assumptions, we limit ourselves, we are not always open to possibilities outside of our previous experiences, expectations and reality.

I am assuming that you do ask the Universe for what you would like - but I wonder if you do it well?  
What do you ask for, and how? What do you wish for, and why?

Do you actually recognise when your wishes are granted - even if not perhaps in the way you had in mind?

As we progress into this new chapter of evolution, it is important that we are as clear as we can be about the basics. We have to ask ourselves some searching questions - and we must not shy away from the answers that come from deep within, from our Inner Self, our Higher Self, our Soul.

"Who am I? Who would I like to be?"

"Where am I? Where would I like to be?"

"What am I? What would I like to be?"

Is there a big gap between, say, who you are now and who you would like to be? What needs to be done to create that new you? Perhaps - as with a lady I met earlier this week - you have to re-invent yourself: why not?

This is a time to get out of the rut, to listen to your heart and to do whatever it takes to lead you to the new destination that is beckoning.



