



# Wessex Research Group Network *Newsletter*

VOLUME 14, ISSUE 1.

January 2019

**J**anuary 2019. David Matthews of the Totnes Astrology Group has kindly provided an overview of the year ahead.

“The planetary picture in 2019 resembles mid-1930’s reminding us of the issues of that time. We have a choice before us: to tumble heedlessly into a darker place of division, greed and denial OR to consciously found and exemplify the paradigm and principles of a new and hopefully better era; where sharing, friendship and a mature understanding of the essential sacredness of life is our guiding principle.

Saturn approaches conjunction with Pluto in Capricorn representing the critical and necessary breakdown and restructuring of the old Hierarchies which no longer serve us well. The Full Moon (21st Jan) is a Total Lunar Eclipse significant for politics here and in the USA.”

## ***Hints on Spiritual Unfoldment for 2019***

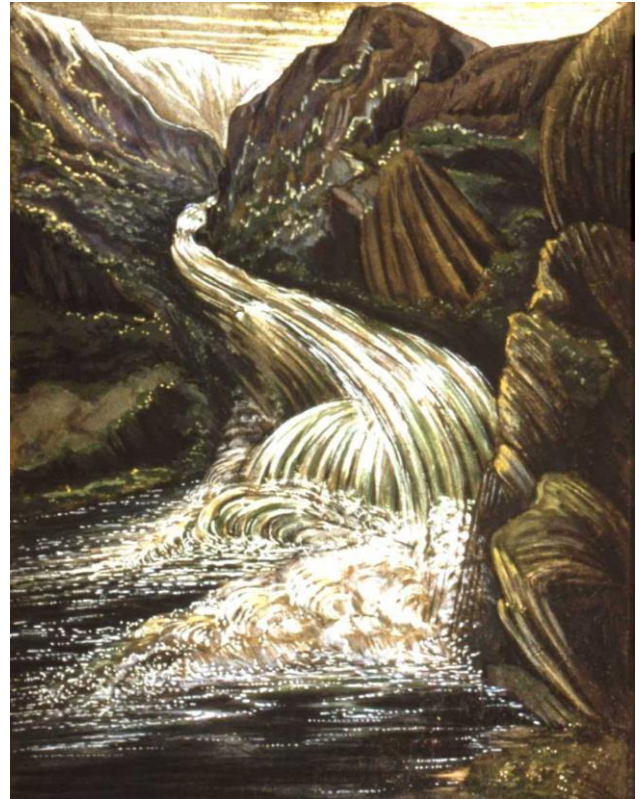
**By Ursula Roberts**

Of what value is spiritual illumination unless it can be translated from the high realm of spiritual consciousness in to terms which are helpful and intelligible to fellow seekers in this life?

In all religious orders the newcomer is taught how to fast, because abstaining from food helps to free the body from the accumulated toxins which so frequently result in a semi clouded state of the brain with resultant bad memory and incoherent thoughts. A clear brain is needed for the comprehension of all things spiritual.

Discerning spiritual truths may be symbolised by the comparison between an artist and an idiot, standing side by side and looking at a beautiful painting. The idiot will go out gibbering with excitement but nobody knows what has pleased him because he cannot explain what he has seen. The artist comes away and gives such a description that everyone he speaks to wants to see the picture. In the same way the spiritually enlightened person needs a clear brain in order to put into words what has been experienced, so that others may wish to enjoy the same degree of peace and bliss.

Because this is so, it is a good thing to keep a day, occasionally on which nothing more than fruit drinks are imbibed and solid food is ignored.



If you are unable to do this, set aside a day during each week in which to abstain from your favourite food, sweets, tobacco or drink. This will strengthen self will and self control.

Ideally such a day should be spent alone and the time occupied by reading, resting, meditating, resting and gentle walking. It may not be possible for you to make a day of complete silence, but if you can avoid unnecessary conversation and you will be astonished at the amount of spiritual energy you will gain, for a great deal of spiritual energy is dissipated by unnecessary speech. What a wonderful state of inward peace you may attain when your meditative frame of mind is not continually broken by the remarks and conversations of other people. It is said that Mahatma Gandhi kept one day each week in the latter days of his life, during which he refused to speak to anyone. If communication was necessary, he wrote little letters to his visitors.

Try to carry out the effect of this occasional “spiritual day” into your ordinary life by living quietly and simply, remembering that the real things are of the spirit and such things as wearing apparel, national and international news, the daily events of life are impermanent and continually changing, so that they are unworthy of too much thought or excitement.

*Hints on Spiritual Unfoldment for 2019 continues on Page 4.*

Frome WRG  
Marina 01373 465848

Glastonbury WRG  
Mags 07599215558

Weymouth & Dorchester  
Roma 01305 816644

Dorset Earth Mysteries  
[www.dorsetmysteries.org](http://www.dorsetmysteries.org)

Bristol Dowzers  
[www.bristoldowzers.co.uk](http://www.bristoldowzers.co.uk)

Joyous Isle workshops  
[www.joyousisle.com](http://www.joyousisle.com)

Axminster Awareness  
Centre  
[www.awarenesscentre.org.uk](http://www.awarenesscentre.org.uk)

Stoneseeker Tours  
[www.stoneseeker.net](http://www.stoneseeker.net)

Centre for Pure Sound  
[www.centreforpuresound.org](http://www.centreforpuresound.org)

The Martinsey Isle Trust  
[www.martinsey.org.uk](http://www.martinsey.org.uk)

Hawkwood College  
[www.hawkwoodcollege.co.uk](http://www.hawkwoodcollege.co.uk)

Angelight  
[www.angellight.co.uk](http://www.angellight.co.uk)

Taunton Association for  
Psychotherapy  
[www.taplimited.org.uk](http://www.taplimited.org.uk)

Totnes WRG  
Jeffrey Gale  
01803 866349

Findhorn Foundation  
[www.findhorn.org](http://www.findhorn.org)

Dowsing Spirits  
[www.dowsingspirits.co.uk](http://www.dowsingspirits.co.uk)

[www.theswa.org.uk](http://www.theswa.org.uk)

Aquarian Age Community  
[www.aquaac.org](http://www.aquaac.org)

Totnes Astrology Group  
David 01803 867145

One Spirit Alliance  
[www.onespiritalliance.net](http://www.onespiritalliance.net)

Crewkerne Awareness  
[anacolourastro.wordpress.com](http://anacolourastro.wordpress.com)

Ryde PLG  
Dana 07879 021521

Wellspring – Rode  
Tel. Caroline 01373 831046

Network of Leyhunters  
[www.networkofleyhunters.com](http://www.networkofleyhunters.com)

Bath PL  
[bathpositiveliving.co.uk](http://bathpositiveliving.co.uk)

The Y files  
[www.meetup.com](http://www.meetup.com)

Burnham on Sea  
Pagan Group  
Sue 07776306125

**EVENTS**

**Godalming** 15 Jan  
Waverley Dowzers Annual  
Celebration Evening  
[www.waverleydowzers.co.uk](http://www.waverleydowzers.co.uk)

**London** 19 Jan  
the Heart of the Rose  
Sacred Mathematics and  
the Liberal Arts Festival  
[www.mathematicsandmythos.com](http://www.mathematicsandmythos.com)

**TALKS**

**Glastonbury** 2 Jan  
Scrying and Divination  
Meeting of the Pagan Moot  
Tel. Tim 07747 897 621

**DEMG at Stapehill** 3 Jan  
Adventures in Shetland  
Dave Shead  
Tel. Dave 07977 144147

**London** 5 Jan  
Heartbeat  
Drumming Collective  
Olaf Nixon  
Tel. 0207 589 3292

**Ryde PLG** 8 Jan  
EFT and Matrix  
Reprogramming  
Dawn Graham  
Tel. Dana 07879 021521

**Chulmleigh** 9 Jan  
Dartmoor Mindscapes  
Revisoning a Sacred Landscape  
Peter Knight  
Tel. 01363 877352

**London** 11 Jan  
Demonstration of  
Ascension Mediumship  
Edwin Courtenay  
Tel. 0207 589 3292

**Totnes** 11 Jan  
Capricorn  
Pluto in Capricorn  
David Matthews  
Tel. 01803 867145

**Godalming** 11 Jan  
Advanced Busby Pebbles  
for Healing  
Steve Taylor  
Tel. 01252 541639

**North Hill** 13 Jan  
Pagans Withes and  
Heathens amongst Us  
A 21<sup>st</sup> Century Take on an  
Age Old World View  
Alan Jones & Sue Edwards  
Tel. 01566 774902

**London** 15 Jan  
the Astrological Year 2019  
Demian Allen  
Tel. 0207 589 3292

**Taunton** 18 Jan  
Having Conversations  
about Sex  
Olivia Rowlatt  
Tel. 01278 663215

**Bristol** 18 Jan  
A Full Classification of  
Leylines, Earth Energies  
and Nodes  
Rory Duff  
Tel. 07748 734127

**London** 18 Jan  
Alienation and the Spiritual  
Activity of thinking  
in the Modern Age  
Eric Klein  
Tel. 020 7723 4400

**London** 18 Jan  
the Shamanic Path  
Deepening our  
Connection to Nature  
Jez Hughes  
Tel. 0207 589 3292

**Bath** 21 Jan  
Bath Storytelling Circle  
Tel. David 01225 482170

**Woodshaw** 21 Jan  
Following and Dowsing the  
Apollo Line through Greece  
Sue Wallace & Peter Knight  
Tel. Bea 01793 694943

**Crewkerne** 21 Jan  
Demonstration of Clairvoyance  
Mitch Garlington  
[collingridge1@sky.com](mailto:collingridge1@sky.com)

**Hampstead** 21 Jan  
the I Ching  
Synchronicity and Time  
Dr Shantena Sabbadini  
Tel. 20 3468 2034

**London** 22 Jan  
Kabbalah and the  
Divine Feminine  
Maggy Whitehouse  
Tel. 0207 589 3292

**Burnham on Sea** 22 Jan  
Does Our Environment  
Matter?  
Sue & Phil  
Tel. Sue 07776306125

**London** 25 Jan  
Demonstration of Trance  
Mediumship  
Sarah Tyler Walters  
Tel. 0207 589 3292

**London** 25 Jan  
Anxiety Materialism  
and what is in between  
a Concise Guide to Alienation  
Dr Pablo Jeczmiem  
Tel. 020 7723 4400

**Stroud** 31 Jan  
Seven Mantras  
of the New Revolution  
Chris Taylor  
Tel. 01453 759034

**Ruishton** 31 Jan  
A Full Classification of  
Leylines, Earth Energies  
and Nodes  
Rory Duff  
Tel. 01458 250465

**WORKSHOPS &  
COURSES**

**Stroud** 4 Jan  
A Mindful New Year  
Sam May  
Tel. 01453 759034

**Stour Row** 5 Jan  
Angels of Sound Playshop  
Dean Carter  
Tel. Dean 01935 389655

**London** 6 Jan  
Sacred Sounds  
Gong Bath  
Drumming Collective  
Olaf Nixon  
Tel. 0207 589 3292

**Stour Row** 6 Jan  
Pure Sound Therapy  
Practitioner Course  
Module 3  
Dean Carter  
Tel. Dean 01935 389655

**Stour Row** 6 Jan  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**Stroud** 6 Jan  
Rest and Restore  
New Year Retreat  
Mel Skinner  
Tel. 01453 759034

**Erraid** 12 Jan  
Love in Action Retreat  
raig Gibsone  
Tel. 01309 690311

**Exeter** 12 Jan  
Paradigm Shift  
Chris Bourne  
Tel. 01458 830443

**London** 12 Jan  
Skills Workshop for  
Young Leaders  
Telling Stories about  
Spirituality and Social Change  
Tel. 0207 4961610

**Osborne** 13 Jan  
White Tara Day  
the Divine Feminine  
Anna Howard &  
Dean Carter  
Tel. Dean 01935 389655

**London** 13 Jan  
Healing with the Body  
Elementals  
Edwin Courtenay  
Tel. 0207 589 3292

**Osborne** 14 Jan  
White Tara Healing  
Anna Howard &  
Dean Carter  
Tel. Dean 01935 389655

**London** 19 Jan  
Energy Group  
Opening and Closing  
Lucy Aurmonier  
Tel. 0207 589 3292

**Radstock** 19 Jan  
Quiet Days  
Transitions of Life  
Tel. 01761 433709

**London** 19 Jan  
the Shamanic Path  
Deepening our  
Connection to Nature  
Jez Hughes  
Tel. 0207 589 3292

**La Palma** 19 Jan  
Paradigm Shift Retreat  
Chris Bourne  
Tel. 01458 830443

**London** 20 Jan  
Stress Release on  
a Cellular Level  
Gemma Bliss  
Tel. 0207 589 3292

**London** 20 Jan  
Anatomy and Physiology  
for Healers Part 1  
Doe Warnes  
Tel. 0207 589 3292

**Wimborne** 20 Jan  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**London** 20 Jan  
Sacred Sound  
Masterclass  
the Sacred Conch  
Olaf Nixon  
Tel. 0207 589 3292

**London** 23 Jan  
Arch Angel Melchezedik  
and the Ascended Master Merlin  
Reconnect to Magic Joy and  
Positive Abundance  
Liesl Duffy  
Tel. 0207 589 3292

**London** 26 Jan  
the Greater Ritual  
of the Pentagram  
Demian Allen  
Tel. 0207 589 3292

**London** 26 Jan  
Highly Sensitive People  
Transform Feeling  
Overwhelmed to Empowered  
and Energised  
Mel Collins  
Tel. 0207 589 3292

**Erraid** 26 Jan  
Celtic Festival Week  
Imbolc  
Tel. 01309 690311

**London** 26 Jan  
Setting a Course  
Recognising Your Mission  
Anna Parkinson  
Tel. 0207 589 3292

**Osborne** 27 Jan  
Angels of Sound Playshop  
Dean Carter  
Tel. Dean 01935 389655

**London** 27 Jan  
Voice Sound and  
Consciousness  
A Journey in Vocal Sound  
Derek Barnes  
Tel. 0207 589 3292

**Forres** 26 Jan  
Gift to Cluny  
Spring Clean Celebration  
Tel. 01309 690311

**Osborne** 27 Jan  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**London** 27 Jan  
Kabbalah and the  
Divine Feminine  
Maggy Whitehouse  
Tel. 0207 589 3292

**Stroud** 28 Jan  
Advanced Gong Training  
Aidan McIntyre &  
Tim Byford  
Tel. 01453 759034

**London** 28 Jan  
Activate Your Meditative  
Mind with Kundalini Yoga  
Gemma Bliss  
Tel. 0207 589 3292

**London** 30 Jan  
Arch Angel Raziel  
Exploring Energy  
Kim Pilkington  
Tel. 0207 589 3292

**London** 31 Jan  
the Yoga Vasistha  
Neville Crofts  
Tel. 0207 563 9817

## LIGHTWORKER GROUPS

**Global Meditation Event**  
1 Jan 9pm  
[www.networkoflight.org](http://www.networkoflight.org)

**Axminster**  
Meditation Group  
Tel. 01297 32331

**Axminster** (Wednesdays)  
Healing Group  
Lorraine  
Tel. 07779946444

**Stroud** 10 Dec  
Rising Woman  
Rising World  
Monthly Meeting  
Tel. 01453 759034

**New York**  
Transforming Planetary  
Consciousness Webinar  
UN Meditation as  
Planetary Service  
[UN@aquaac.org](mailto:UN@aquaac.org)

**Penzance** (Tuesdays)  
Kriya Yoga  
Tel. 01736 362 371

**Totnes** (Fridays)  
Astrology Group  
Meeting  
Tel. 01803 867145

**Bournemouth**  
(Alt Thursdays)  
The Y Files  
[www.meetup.com](http://www.meetup.com)

**Axminster** (Fridays)  
Spiritual Awareness Group  
Tel. 01460 221522

**Poole** (1<sup>st</sup> Sunday)  
Dialogues of the Heart  
Tara Divina Brown  
Tel. 01202 604340

**Wanstrom** (alt Tues)  
Lightworker Group  
Tel. Marina 01373 465848

**London**  
Why Are We Here Group  
Tel. 0207 223 2917

## TRIPS, TOURS & VISITS

**Winchester** 19 Jan  
Dances for Peace  
Gatekeeper Trust  
Tel. 0300 123 7723

[www.Mindspiritnetwork.com](http://www.Mindspiritnetwork.com)  
Bath Storytelling Circle.  
Tel. 01225 482170  
Earthstars Sacred Space  
[www.earthenergynetwork.co.uk](http://www.earthenergynetwork.co.uk)  
[www.body-spirit.co.uk](http://www.body-spirit.co.uk)  
[www.fire-in-the-head.co.uk](http://www.fire-in-the-head.co.uk)  
[www.chalicewell.org.uk](http://www.chalicewell.org.uk)  
Thames Valley Dowzers  
[www.thamesvalleydowzers.org.uk](http://www.thamesvalleydowzers.org.uk)  
[www.libraryofavalon.org.uk](http://www.libraryofavalon.org.uk)  
Glastonbury PLG  
[www.glastonburyplg.co.uk](http://www.glastonburyplg.co.uk)  
[www.positivelivinggroups.org.uk](http://www.positivelivinggroups.org.uk)  
[www.theosophical-society.org.uk](http://www.theosophical-society.org.uk)  
[www.fisu.org/en](http://www.fisu.org/en)  
[www.faeryevents.com](http://www.faeryevents.com)  
[www.openhandweb.org](http://www.openhandweb.org)  
[www.stargaia.com](http://www.stargaia.com)  
[www.RILKO.net](http://www.RILKO.net)  
[www.Enneagram-uk.com](http://www.Enneagram-uk.com)  
[www.sacredconnections.co.uk](http://www.sacredconnections.co.uk)  
[fifthdimensionalnetwork.net](http://fifthdimensionalnetwork.net)  
[www.networkoflight.org](http://www.networkoflight.org)  
[www.megalithictours.com](http://www.megalithictours.com)  
[www.gauntshouse.com](http://www.gauntshouse.com)  
[www.educationaid.net](http://www.educationaid.net)  
[www.collegeofpsychicstudies.co.uk](http://www.collegeofpsychicstudies.co.uk)  
Wyvern dowzers  
Bea Menier 01793 694943  
[www.energeticsolutions.co.uk](http://www.energeticsolutions.co.uk)  
[www.kabbalahcentres.com](http://www.kabbalahcentres.com)  
[www.caduceus.info](http://www.caduceus.info)  
[www.ihs.ac](http://www.ihs.ac)  
[newhumanitymovement.com](http://newhumanitymovement.com)  
[www.waverleydowzers.co.uk](http://www.waverleydowzers.co.uk)  
[www.tamar-dowzers.co.uk](http://www.tamar-dowzers.co.uk)  
[www.devondowzers.org.uk](http://www.devondowzers.org.uk)  
Society of Leyhunters  
[www.leyhunters.co.uk](http://www.leyhunters.co.uk)  
World Peace Mission  
Tel. 01736 362371  
Glastonbury Pagan Moot  
Tel. 07747 897621



## Hints on Spiritual Unfoldment for 2019 (continued)

Simplicity together with loving kindness should become the key notes of your life. These are the virtues you need to cultivate if you are to progress in your spiritual unfoldment. It is essential for you learn how to have a relaxed body, and how to retain a relaxed state however you obtain it (e.g. through meditation).

Constipation is such a common part of civilised life that most people endure it without being aware that it is, often the source of bodily discomforts such as a headache, indigestion and flatulence. The spiritual seeker must learn to feed the body in such a way that the intestines perform their work correctly, however it is often a good idea to reduce the amount of food you are in the habit of eating, for it is a fact that the majority of people eat far more food than their body requires.

If the need for medicinal aid arises then a simple herbal laxative should be used. Figs have been of help to people with this trouble over centuries of time. Bran is sold in most shops and lemons found in nearly every market in the eastern and western worlds. Figs, bran and lemons are all simple, God-given remedies so why not use them?

As your spiritual development proceeds, you will be partly nourished by the intangible forces drawn from the atmosphere, and your need for bodily food will be lessened. This does not mean that you can entirely do without food, or try to eliminate the habit of eating. Extremes are to be avoided in spiritual unfoldment and starvation of the body is as harmful as over feeding it.

Regular slow deep breathing should be cultivated until it becomes habitual, as this will help maintain the state of meditative relaxation. Breathe into the lower part of the lungs and use the diaphragm; to oxygenate the blood as efficiently as possible.

Proper posture should be studied and incorrect posture corrected. The body is designed to stand upright; the head is intended to be balanced on the neck, not dropped forward to the chest. A great deal of bodily relaxation depends on the correct posture. One should be able to stand erect and feel comfortable, breathe and deeply without feeling pain in your neck or shoulders. If you are able rise half an hour each day earlier than usual, breathe deeply, stretch the body through exercise then read and meditate.

Another hint concerning bodily posture is clothing. Avoid wearing shoes which are uncomfortable and wearing clothing that is too tight. Wear clothing that allows for a state of normal relaxation, comfort and warmth. Your aim is to forget your body and not to waste time or energy by enduring unnecessary discomforts.

During the year ahead do something different from your usual routine. Go for long walks, sit and watch the sky for half an hour, get up watch the dawn or listen to the wind. Re-attune to nature; the song of birds, the smell of flowers, the damp Earth, the beauty of trees. Quicken your awareness of the beauty around you.

## The Neolithic

By George Essence

I think one could say that the Neolithic period was a cultural flowering a celebration of Life itself.

In the knowledge that dark days were to come a lower energy had already infected the Earth.

You could say Greek rationalism celebrated death.

We have the idea that dissecting living creatures will give us understanding of Life as if cutting up a Mozart opera into disconnected distinct notes would help us understand why it was composed.

Yes, but only if we wanted to understand it in that way the way we are now, today causing the 6th Great Extinction because we don't understand.

Piecing together the harmonic relationships of stone monuments and deciphering ancient text can gradually feed us back to the idea that Life is vibration is life and comes to us, here on Earth in particular, via our sun.

We are in the monstrous grip of heartless "authority" addicted to glamour, and wonderful films which tell us exactly where we are as if it were a dream from which we could awaken and walk away.

## Unity

By N Sri Ram

Unity may seem an abstraction, but it exists as a reality at the very source of life as fountain head of potentiality which is realised in the evolutionary process through a series of forms, each revealing an aspect of its nature, each form in itself an integration of parts and functions.

When there is a state of unity in oneself, which is a wholeness, it is possible to give the reality of oneself that is one's attention, interest and love, to each person and thing with a fullness that remains ever undiminished.

That sense of an inner unity, the feeling of being related to everyone and everything, dissolves completely that isolation which is a product of self centeredness.

A new way of life must begin with a sense of the unity of man, as well as of the One life, amidst the diversity of persons and the divergences of language, forms and practices.

*To promote an event or submit a contribution to the newsletter email Robert at [robertmulliss900@uwclub.net](mailto:robertmulliss900@uwclub.net) or log on to [www.wessexresearchgroup.org](http://www.wessexresearchgroup.org)*