



Wessex Research Group Network *Newsletter*

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January 2020

January 2020 and an interesting month ahead not least because of the Saturn Pluto conjunction on January 12th. More information about the conjunction can be found on Page 3.

Treading a Noble Path in to the New Year

By George Appleton

“Let thy love go out to all created beings,
to those I love, and to those who love me,

to the few I know and the many I don't know,
to all of every race, to all the living in this world,

and to all the living dead in the next world,
may all be free from evil and harm,

may all come to find love,
and know the blessedness of loving their fellows,

let the small love of my heart go out with all embracing
love, for the sake of him that first taught us love”

The lines above are a representation of my thoughts, and my life's journey as a Christian theologian and a scholar of Buddhism. It is a mantra offered to Wessex readers for the New Year and the year(s) ahead. My belief is that the wisdom held in the traditions of Christianity and Buddhism (indeed all the world's religions) still provide us with tools that can help us as we look forward into a New Age.

One of the main differences (in my opinion), between Christianity and Buddhism is that Christianity places emphasis on worshiping one God; a divine being; whereas the Buddha's teachings put emphasis on the development of the self; the emphasis being placed on the self rather than on a divine figure.

The Buddha, born into a wealthy life, decided to become a homeless one so that he might look deep within himself to find truth. He understood that human life can be marked by imperfection, impermanence, lack of direction, physical suffering, anxiety, permanent value, meaninglessness, frustration and lack of purpose but suggested that these provide the challenges implicit in the journey of physical existence; mechanisms that enable us to grow spiritually.



The Law of causality is the logical consequence of our deeds; all that we are is the result of our thoughts. Fundamental to overcoming lifetime of challenges is the relinquishment of desire, greed and attachment. Here we find an overlap between the Buddha's teachings with Christian teaching through the Gospel of St Paul and the Epistle to the Galatians - “The fruit of the spirit (keeping the spirit within us) is love, peace, patience, gentleness, faithfulness, joy, self-control, discipline and the crucifying of the lower nature”.

Traditionally New Year provides an opportunity to reset and re-group. “How do we envisage our thoughts and deeds unfolding into 2020? What resolutions can we make to guide this process? and will it be enough to lead us to nirvana - the stopping of becoming and the perfection of being (a Buddhist interpretation) or a knowing of God in a Christian sense.

The Buddha put the emphasis on looking forward on doing right deeds now, as a way of producing good consequences and outcomes later. Not just right deeds; but right views, right thought, right speech, right livelihood, right effort, right mindfulness, right contemplation.

Once again we find a similar message in the Gospel of St Paul and the epistle to the Galatians - “What so ever a man sows he shall reap. For if he sows from the lower nature he will from the flesh reap corruption. But he who sows from the spirit will from the spirit reap eternal life”.

Weymouth & Dorchester
Roma 01305 816644

Dorset Earth Mysteries
www.dorsetmysteries.org

Bristol Dowzers
www.bristoldowzers.co.uk

Joyous Isle workshops
www.joyousisle.com

Axminster Awareness
Centre
www.awarenesscentre.org.uk

Stoneseecker Tours
www.stoneseecker.net

Centre for Pure Sound
www.centreforpuresound.org

The Martinsey Isle Trust
www.martinsey.org.uk

Hawkwood College
www.hawkwoodcollege.co.uk

Angelight
www.angellight.co.uk

Taunton Association for
Psychotherapy
www.taplimited.org.uk

Totnes WRG
Jeffrey Gale
01803 866349

Findhorn Foundation
www.findhorn.org

Dowsing Spirits
www.dowsingspirits.co.uk

www.theswa.org.uk

Aquarian Age Community
www.aquaac.org

Totnes Astrology Group
David 01803 867145

One Spirit Alliance
www.onespiritalliance.net

Crewkerne Awareness
anacolourastro.wordpress.com

Ryde PLG
Dana 07879 021521

Wellspring – Rode
Tel. Caroline 01373 831046

Network of Leyhunters
www.networkofleyhunters.com

Bath PL
bathpositiveliving.co.uk
Sian 0758 2111971

The Y files
www.meetup.com

Burnham on Sea
Pagan Group
Sue 07776306125

Fire in the Head
www.roselle-angwin.co.uk

EVENTS

Godalming 16 Jan
Christmas Dinner
Waverley Dowzers
www.waverleydowzers.co.uk

London 20 Dec
Winter Solstice
Gong and Drum Event
www.gaunthouse.com

Glastonbury 21 Dec
Winter Solstice Celebration
and Meditation
www.chalicewell.org.uk

London 22 Dec
Winter Solstice Celebration
www.collegeofpsychicstudies.co.uk

TALKS

DEMG at Stapehill 2 Jan
Dartington and the
Sirius Connection
Mark Herbert
Tel. Steve 01258 881008

London 3 Jan
the Essence of Non Duality
Rupert Spira
Tel. 0207 723 4400

Godalming 10 Jan
Homeopathy
Benefits in Health and
Wellbeing
Chris Jacobs
Tel. 01252 541639

Torquay 12 Jan
Endings and Beginnings
Light in the Darkness
David Matthews
Tel. 01803 867145

Hampstead 13 Jan
Ways to go Beyond and
Why They Work
Rupert Sheldrake
Tel. 0203 468 2034

Chulmleigh 14 Jan
Mary and Michael Pilgrimage
Kay Caldwell & Anne Jones
Tel. 07395 145007

London 14 Jan
Astrology of the
Year Ahead 2020
Demian Allen
Tel. 0207 589 3292

Ryde 14 Jan
A New Year through Astrology
Angela & Peter
Tel. Dana 07879 021521

London 17 Jan
Let's Wake Up the World:
Planetary Transition, Super
Physics and the New
Consciousness
David Ash
Tel. 0207 589 3292

Totnes 17 Jan
Capricorn
David Matthews
Tel. 01803 867145

London 17 Jan
New Aging
Patrick Dixon
Tel. 0207 723 4400

Taunton 17 Jan
Working with Trauma and
Emotional Dysregulation from
a Skills Perspective
Mark Conway
Tel. 01278 663215

North Hill 19 Jan
Past Life Therapy. How Past-
Life Therapy has been shown to
heal present-life conditions
Chris Hytch
Tel. 01566 774902

London 20 Jan
the Temple Legend
Dr Sue Peat
& Adrian Hotton
Tel. 0207 723 4400

Bath 20 Jan
Bath Storytelling Circle
Tel. David 01225 482170

Crewkerne 20 Jan
Demonstration of Mediumship
Cheyenne Webb
collingridge1@sky.com

London 21 Jan
Yoga Nidra
Experience the Art
of Psychic Sleep
Grainne McAnallen
Tel. 0207 589 3292

London 24 Jan
Gerrie March Presents
her Students
Gerrie March
Tel. 0207 589 3292

London 25 Jan
LOGOS Source and Goal
of all Existence
Petra Meyer
Tel. 0207 563 9817

Axminster 25 Jan
Stay Well this Winter
with Therapeutic
Essential Oils
Tel. 01297 32331

Beaconsfield 26 Jan
the Rollright Stones
Their History and
Spirit of Presence
Ron Dudley Smith
Tel. 01494 813214

London 28 Jan
the Living Wisdom of Trees
Fred Hagenader
Tel. 0207 589 3292

Burnham on Sea 28 Jan
An Evening with Carole Carlton
Carol Carlton
Tel. 07776 306125

Ruishton 30 Jan
Exploring Past Lives
Charlotte Daniel
Tel. 07703 660884

WORKSHOPS & COURSES

Stroud 3 Jan
Rest and Restore
New Year Retreat
Mel Skinner
Tel. 01453 759034

Stroud 3 Jan
Mindful New Year
Meditation Retreat
Sam May
Tel. 01453 759034

London 8 Jan
the Prosperity Download
with Kundalini Yoga
Gemma Bliss
Tel. 0207 589 3292

London 10 Jan
Sacred Sounds Gong Bath
Olaf Nixon
Tel. 0207 589 3292

London 11 Jan
Fundamentals of Energy
Sharry Clarke
Tel. 0207 589 3292

Erraid 11 Jan
Isle of Erraid Retreat
Findhorn Foundation
Tel. 01309 690311

London 11 Jan
Heartbeat
Monthly Drumming Collective
Olaf Nixon
Tel. 0207 589 3292

London 12 Jan
the Transformational Series
Healing Harmful Habits
the Sacral Chakra
Anna Parkinson
Tel. 0207 589 3292

London 18 Jan
Get Real About Your Chakras
Sarah Tyler Walters
Tel. 0207 589 3292

London 18 Jan
Mystery and Mastery of the
Crystal Skulls
Edwin Courtenay
Tel. 0207 589 3292

Wimborne 19 Jan
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

Ashburton 19 Jan
Emotional Health
Sean Ferris
Tel. 07395 145007

London 25 Jan
the Art of Astral Projection
Jade Shaw
Tel. 0207 589 3292

La Palma 25 Jan
Arise Divine Being
Retreat
Chris Bourne
Tel. 01458 830443

London 25 Jan
Working with the
Goddess of Imbolc
Sarah Jane Dennis
Tel. 0207 589 3292

Oborne 26 Jan
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

London 26 Jan
the Brilliance of Your Soul
Daniel Pitt
Tel. 0207 589 3292

London 26 Jan
Native Power Plants
Seed Sistas
Tel. 0207 589 3292

Stroud 27 Jan
Advance Your Gong
Playing Techniques
Aiden McIntyre & Tim Byford
Tel. 01453 759034

London 29 Jan
Balancing Your Hormones
with Kundalini Yoga. A
Workshop for Women
Gemma Bliss
Tel. 0207 589 3292

London 31 Jan
Greet the Returning Light
Gong Bath
Diana Vernon
Tel. 0207 589 3292

LIGHTWORKER GROUPS

Global Meditation Event
1 Jan 9pm
www.networkoflight.org

New York 10 Jan
Capricorn
Transforming Planetary
Consciousness Webinar
UN@aquaac.org

Axminster
Meditation Group
Tel. 01297 32331

Bath (Weds & Sundays)
Celtic Healing Circle
Tel. Jane 07533 383162

Axminster (Wednesdays)
Buddhist Chanting
Mantra Group
Tel. 07779946444

Forest of Dean
Shamanic Sundays
Mandy Pullen
Tel. 01594 541850

London
Weekly Meditation Meeting
Tel. 0207 563 9817

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

Axminster (Fridays)
Spiritual Awareness Group
Tel. 01460 221522

Poole (1st Sunday)
Dialogues of the Heart
Tara Divina Brown
Tel. 01202 604340

Wanstrow (alt Tues)
Lightworker Group
Tel. Marina 01373 465848

Wessex Research Group Network

www.Mindspiritnetwork.com

Bath Storytelling Circle.
Tel. 01225 482170

Earthstars Sacred Space
www.earthenergynetwork.co.uk

www.body-spirit.co.uk

www.fire-in-the-head.co.uk

www.chalicewell.org.uk

Thames Valley Dowzers
www.thamesvalleydowzers.org.uk

www.libraryofavalon.org.uk

Glastonbury PLG
www.glastonburyplg.co.uk

www.positivelivinggroups.org.uk

www.theosophical-society.org.uk

www.fisu.org/en

www.faeryevents.com

www.openhandweb.org

www.stargaia.com

www.RILKO.net

www.Enneagram-uk.com

www.sacredconnections.co.uk

fifthdimensionalnetwork.net

www.networkoflight.org

www.megalithictours.com

www.gauntshouse.com

www.educationaid.net

www.collegeofpsychicstudies.co.uk

Wyvern dowzers
Bea Menier 01793 694943

www.energeticsolutions.co.uk

www.kabbalahcentres.com

www.caduceus.info

www.ihs.ac

newhumanitymovement.com

www.waverleydowzers.co.uk

www.tamar-dowzers.co.uk

www.devondowzers.org.uk

Society of Leyhunters

www.leyhunters.co.uk

World Peace Mission
Tel. 01736 362371

Glastonbury Pagan Moot
Tel. 07747 897621

The Saturn-Pluto Conjunction of 12th January, 2020

By Andrew Smith

Saturn makes a rare and powerful conjunction with Pluto during January 2020. It starts on New Year's Day, reaches a peak on 12th January and fades out after the 23rd January. The peak is a veritable crescendo as both Sun and Mercury join Pluto and Saturn to make a four planet conjunction on the 12th. To add to the mystery, the dwarf planet Ceres joins the party from the 11th to the 15th of the month.

During this mega-transit, large institutions will go through pangs of organizational earthquakes, leading to major damage where there are currently major flaws present. At a personal level, there is a need for caution, patience and careful analysis of situations in the face of over-riding urges to leap out of the frying pan into the proverbial fire.

Take a look at your own natal chart and see whether you have any planets between 21degrees 45 minutes and 23degrees 46 minutes, whether in Capricorn itself or in Pisces, Aries, Taurus, Cancer, Virgo, Libra or Scorpio. These are the signs in which your planets would be directly affected by the Saturn-Pluto-Sun-Mercury-Ceres conjunction. If you have one or more qualifying planets in these signs, observe in which house or houses the planet(s) are located as an indication of which parts of your life will be primarily affected.

Overall, Pluto can amplify the natural contraction tendency of Saturn, separating the essential from the non-essential, revealing more personal awareness of our options and choices moving forwards. The intensity of Pluto and Saturn in conjunction helps in our development of inner focus, determination and courage.

What Is Energy Healing?

By Emma Morris

As an Energy Healer a question that I am often asked is how does Energy Healing differ to Reiki or Spiritual Healing? All healing comes from the same universal consciousness that naturally moves towards health and well-being. We all have that universal intelligence within us and we are all surrounded by a dynamic force-field of energy that is designed to feed us with life energy. All forms of healing tap into this consciousness but in different ways. One might say that there is a spectrum of energetic frequencies available for use in healing. Different healing methods are attuning to certain bandwidths within that spectrum.

Energy Healing is a full-spectrum approach to healing, which works with a map of consciousness called the human energy field. It works by tracing symptoms back to their energetic causes within the subtle bodies. The Etheric Body is composed of the meridians and acupuncture points. This subtle body is a structured web of energy that maintains the health of our physical body. It can be weakened by various factors including: electromagnetic pollution, poor diet, sedentary lifestyle, genetic factors and karmic patterning in the astral body.

The Emotional Body is composed of clouds of emotional energy. If there is emotional suppression, there will be stagnation in the energy field, which will ultimately impact on the Etheric Body and lead to physical symptoms. The Mental Body is where we hold our thought forms. Thinking does not only happen in the brain, each cell in our body is conditioned by the thoughts we have. This web of mental energy affects our emotional and physical well-being. The Astral Body is an emotional body where we hold memories of all past experiences. This carries an imprint or conditioning that determines how we perceive reality. It is a creative imprint and functions like a mould so that we are constantly recreating the present out of old habits and patterns, until we clear the unhealthy conditioning.

The Etheric Template holds the divine blueprint of our true physical potential. In psychic surgery, it is used in conjunction with the Etheric Body to bring about healing on the physical level. It is also necessary to heal the emotional and spiritual bodies before full physical health manifests. The Celestial Body is where we find our inspiration and unconditional love for ourselves and others. This consciousness is always available to uplift us, yet sometimes we are surrounded by denser frequencies in the other bodies, which cloud our perception so we don't notice that the sun is still shining.

The Causal Body is the body of our divine wisdom. It is where we rest in being, knowing our true nature and feeling our connectedness to existence. We feel ourselves to be an integral, perfect part of the divine

symphony. We surrender to the mystery of it all. The question 'why am I here?' disappears and we are left knowing in wonder.

Understanding energy healing, can put on a profound journey of self-transformation through which we can become whole again. We can become embodied in all aspects of our being. We can clear the patterns in our energy field that keep us stuck in limiting patterns from the past. We can grow into our highest potential and be part of the expansion of consciousness that is happening on the planet now. We can learn to anchor the healing frequencies that are here with us now and use them to heal ourselves and others. We can help bring about planetary awakening. It is happening now, we are all part of it.

Don't Worry – Love the Earth

By Marco Poganik

The people of the modern age, are alienated from the essence of our beloved planet; on the one hand they feel guilty for the ecological destruction humans are causing. On the other hand people fear the consequences of our civilisation's insensitivity to the life organism of the Earth.

Neither is right! Instead of bouncing between the feelings of guilt and fear, a change in the personal relationship to the Earth is needed. Accept that we human beings are part of the Earth, also part of her heart-consciousness. What we do, she is doing. She has no other hands to create upon the Earth's surface, than ours.

Even the destruction of the environment can be understood in a positive way, as a means, for example, of producing the necessary urgency for change. We are urged to change. Our civilisation has to move towards a greater wholeness, true freedom, towards a quantum leap in consciousness.

See how it is possible to collaborate with the ongoing Earth Changes instead of projecting a negative stamp on them. If the Earth is getting warmer day by day, we should also open our heart-consciousness and become warmer in our relationships towards each other, towards beings of nature, towards ourselves. Raise the heat of your heart and the heat of the planet will be revealed in its full meaning, enabling us and other beings of the Earth to make a quantum leap in our evolution! Look to where you can help to move away the obstacles on the path of change and transmutation. These may be obstacles on your individual path, obstacles created by the human fearful thought forms, or by the means of environmental destruction (I specifically mean the ones that damage the subtle etheric and emotional levels of life).

To promote an event or submit a contribution to the newsletter email Robert at robertmulliss900@uwclub.net or log on to www.wessexresearchgroup.org