



Wessex Research Group Network *Newsletter*

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July 2020. Some events are being held on-line. These include the Healing Weekend, meetings of the Totnes Astrology Group, Devon Dowzers, Findhorn Foundation and the Centre for Pure Sound. Megalithic Tours are operating some actual (not virtual) tours.

During June on-line lectures were downloaded from the USA, Canada, UK, Australia, Eire and Germany. The Cycles of Heaven. Cosmic Influences on Human Behaviour was the most downloaded lecture title.

The Astral World.

By Ivor James

There are seven states of manifestation, from the physical through to the spiritual and these exist in all forms of life. They are the physical body, astral body, prana (energy), instinctive mind, intellectual mind, spiritual mind and spirit. The seven states might be grouped into worlds - the physical world, the astral world, a world of prana, the mental world (the mind states) and the spiritual realms (spirit).

The structure of the Astral World is the same as that of the physical world and the materials for the creation of the physical are drawn from the astral. The physical world merely provides a body in order that we can express ourselves in the astral world.

Atoms of astral matter vibrate at higher speeds than the atoms of physical matter and astral matter is finer than physical matter, to the point that it is outside the spectrum of vibrations that we can receive with our normal senses. We do not see astral people or scenery, but just as the astral world envelopes and interpenetrates the physical world, our astral body envelopes and interpenetrates our physical body. We exist in both in the astral and physical worlds simultaneously.

The Astral world (like all universal manifestations) is divided into seven main planes of vibration that correspond closely to the seven states of manifestation. The lowest planes of the astral world are dense and heavy analogous to the instinctive mind at a level of the mineral kingdom. The degree of consciousness present is small. These planes are related to the construction of the Earth.

As we ascend through the astral realm we reach the astral plant world and then the astral animal kingdoms. Toward the top end of the animal kingdom human consciousness makes its appearance.



The ancient teachings of the world tell us that prophets and seers could see into the astral world and as they penetrated it more deeply everything became finer. More and more light shone from the beings and scenery and everything moved much faster until seen only as a flash of light. They called it the starry world (astral means 'of the stars').

If we were to extend our vision into the astral world we would (because of the law of sympathetic vibrations) see those vibrations resonating in harmony with our present thoughts. For example; if we were angry or depressed, we would be likely to attract thought forms of a lower vibration attracted to our own lower vibration. If we were to gaze into the astral realm with a higher vibration we would encounter clearer thought forms, possibly inspirational or creative.

To view ourselves as merely physical beings is to limit ourselves. How much could we achieve by investigating the true relationship between mind, energy and matter?

Book Review. Activities in Dowsing for the Family

By Michael Haxeltine

A new book providing a rich resource of activities for exploring the fun, art and science of dowsing and its applications in everyday life. The book will appeal to families of all ages and provides activities that all members of the family can engage in, all year round at virtually no cost. A great resource!

Email the author at mike.haxeltine@talktalk.net for further details