



Wessex Research Group Network *Newsletter*

VOLUME 16, ISSUE 1

January 2021

January 2021. This month's newsletter contains a listing of in-person and on-line events and an audio review.

During 2020 digitised lecture downloads from the Wessex archives reached 35 different countries, the most popular title releases of 2020 being, *Gematria*, *The Numbers of Infinity* and *the Astral World*.

The Spirit of Nepal ***(a bumpy ride to Katmandu)***

By Lorna Heath

It was a visit to Northern India in 2018 that inspired me to volunteer as a teacher in Nepal. When one thinks of Nepal it's usually the Himalayas and Mount Saganath (Everest to us) that springs to mind, but as I have learnt, the country adds another layer of spirituality to this mystical place. The ladies are smiley brightly dressed colourful souls and love hugging, (during the Covid Crisis they must be missing this); but of course hands together bowing to Namaste to them, to the actual folk who practice Hinduism is a real honour.

Nepal is a spiritual place and Hinduism seems more important to the Nepalese than to the people of Northern India. There is a vast difference in size of the two countries, but both respect the Diwali festival of lights in October and November.

Hinduism is the largest religion in Nepal followed by Buddhism, despite Buddha being born in Nepal. Islam is growing fast, whilst Jainism is practiced by a small but strong minority. Christianity although present, was banned in Nepal until the 1950s.

All the religions of Nepal have Temples that are noticed easily. Two amazing Buddhist Temples are the Swayambhunath (Monkey temple) and the Buddanath which is the largest temple in the world. Shamans (Jhakari) are a huge presence here, practicing medicine and drumming meditations with their twirling, which reminds one of the Sufi Whirling Dervishes. The Tibetan singing bowls shops are heaven to be amongst. What a treat and what a choice. My friend's house is furnished in Tibetan



artifacts from Shamanic drums to rattles, bells and furniture. Assisting the delightful local children in learning English gave me the opportunity to mix with families and gain true insight into family life. To see them dancing and singing together was humbling. My visit coincided with not only Independence from Britain in 1923 but parents day. I was invited to dance with the teachers on stage in a great hall full of people in wonderful national dress. Again very humbling, and hard to stay in step, but I would have regretted it for ever if I had not participated.

Nepal has had its troubles and one could easily divert to other subjects like pollution, corruption, litter in the river beds and a lack of infrastructure (for example there is no drinking water on tap), but I was particularly inspired by the way people have bounced back from the earthquake of 2015; the majority of people carrying on and making good lives for themselves.

The success or failure of living seems far more real in Nepal and the effect is invigorating. Through their sense of faith, they bring happiness and harmony into their lives, something that sets them free spiritually and materially. We could learn from the Nepalese; their sense of hope in times of adversity, looking forward with unquenchable belief that despite setbacks, everything will work in the end. They are steadfast of purpose, pressing onwards and only looking back in thanks giving. Anyone for Momos?

For further information about Nepal email Lorna at the Gift of Sound lornaheath5@gmail.com

IN PERSON EVENTS

3 Jan **Glastonbury**

Divine Union Soundbath

Dean Carter

centreforpuresound.org

5 Jan **Chingford North**

Introduction to Meditation

FISU.org

9 Jan **Oborne**

Pure Sound Therapy

Practitioner Course

Dean Carter

centreforpuresound.org

12 Jan **London**

the Apocalypse for the Clergy

Brendan McQuillan

rsh.anth.org.uk

12 Jan **Shepherds Bush**

Introduction to Meditation

FISU.org

13 Jan **London**

the Karma of Materialism

Trevor Dance

rsh.anth.org.uk

13 Jan **London**

the Spiritual Hierarchies

and Their Reflection in the Physical World

Zodiac Planet Cosmos

Brendan McQuillan

rsh.anth.org.uk

17 Jan **Yeovil**

Divine Union Soundbath

Dean Carter

centreforpuresound.org

19 Jan **Basildon**

Introduction to Meditation

FISU.org

25 Jan **Stroud**

Further Journeys in the Mastery of the Gong

Aidan McIntyre & Tim Byford

hawkwoodcollege.co.uk

26 Jan **Ashford Hythe & Folkestone**

Introduction to Meditation

FISU.org

27 Jan **London**

the Bridge Between the Universal

Spiritual and Human Physical

Constitution

David Lowe

rsh.anth.org.uk

29 Jan **Glastonbury**

Introducing Sacred Geometry

Claudie Planche

stargaia.com

30 Jan **Oborne**

White Tara Healing

Dean Carter

centreforpuresound.org

30 Jan **Stroud**

Deep Ecology Imbolc

the Swelling Seed

Jenni Horsfall & Mark Graham

hawkwoodcollege.co.uk

30 Jan **Glastonbury**

the Template

Sacred Geometry Workshop

Claudie Planche

stargaia.com

31 Jan **Oborne**

Divine Union Soundbath

Dean Carter

centreforpuresound.org

31 Jan **Loughton**

Introduction to Meditation

FISU.org

ON-LINE EVENTS

28 Jan

Social Evening

devondowers.org.uk

ON-LINE TALKS

1 Jan

New Year's Resolutions

Swami Aliananda Paramahansa

worldpeacemission.com

2 Jan

Shamanic Sundays Group

Mandy Pullen

ecoshamanism.org.uk

3 Jan

Shamanic Sundays Group

Mandy Pullen

ecoshamanism.org.uk

6 Jan

Meditations and Mantras

for Prosperity

Gemma Bliss

collegeofpsychicstudies.co.uk

6 Jan

The Rebirth of People and Planet in

a Time of Global Emergency

Catherine Lucas

mysticsandscientists.org

8 Jan

More on 2021

Transits Major Aspect Patterns

David Matthews

Totnes Astrology Group

Tel. 01803 867145

10 Jan

Thin Places

Terry Faull

tamar-dowers.org

10 Jan

Bird Spirit Healing Part 2

Dr Karen Stead-Dexter

thamesvalleydowers.org.uk

10 Jan

What is Sense of Place?

Can it Really be felt and Mastered?

Terry Faull

devondowers.org.uk

13 Jan

Transcendental Meditation

An Antidote to Violence?

Dr David Orme-Johnson,

Patricia Williams & Barry Spivack

mysticsandscientists.org

14 Jan

Conversations that Matter

Leading from the Emerging Future.

The Rebirth of People and Planet in

a Time of Global Emergency

Catherine Lucas

hawkwoodcollege.co.uk

14 Jan

Midweek Meditations

Geoffrey Beitz

collegeofpsychicstudies.co.uk

15 Jan

Norse Myths and Music

by the Fireside

Andreas Kornevall

collegeofpsychicstudies.co.uk

18 Jan

How to Know Higher Worlds

Dr Sue Peat & Philip Martyn

rsh.anth.org.uk

19 Jan

Healthy Eating with Yoga Nidra

Grainne McAnallen

collegeofpsychicstudies.co.uk

20 Jan

Coherent Self Coherent World

Diana Durham

hawkwoodcollege.co.uk

21 Jan
Midweek Meditations
Geoffrey Beitz
collegeofpsychicstudies.co.uk

22 Jan
How Oneness Leads to Goodness.
The Spiritual Source of Compassion
and Altruism. How Can We Move
from a Sense of Separation to
Interconnectedness
Steve Taylor
mysticsandscientists.org

22 Jan
2021. Profound Messages
from a Himalayan Mystic
Sri Anish
collegeofpsychicstudies.co.uk

23 Jan
Introduction to Ecoshamanism
Mandy Pullen
ecoshamanism.org.uk

24 Jan
Animal Navigation
Richard Nissen
devondowers.org.uk

24 Jan
Animal Navigation
Richard Nissen
tamar-dowers.org

24 Jan
Archangel Raphael
Swami Aliananda Paramahansa
worldpeacemission.com

27 Jan
Heal the Pineal
Detox with Hung Song
Githa Ben David
mysticsandscientists.org

29 Jan
2021. Prophecies from
a Traditional Yogi
Dr Nida Chenagtsang
collegeofpsychicstudies.co.uk

28 Jan
Aquarius
Meditation Transforming Planetary
Consciousness Webinar
aquaac.org

ON-LINE WORKSHOPS

4 Jan
Mindfulness for Writers
Nature, Land, Creative and
Reflective Writing
Haiku and Haibun Intensive
Roselle Angwin
roselle-angwin.co.uk

4 Jan
Quantum Reset Retreat
Chris Bourne
openhandsweb.org

5 Jan
Dowsing Development Group
Steve
devondowers.org.uk

9 Jan
SEVA Acupressure for Self Care
Jackie May
joyousisle.com

11 Jan
Tai Chi for Body Mind and Spirit
Chris Taylor
hawkecollege.co.uk

16 Jan
Dowsing Development Group
Amanda
devondowers.org.uk

18 Jan
English for Deeper Conversations
Megan Woodbell
findhorncollege.org

21 Jan
Book and Video Club
Martin
devondowers.org.uk

26 Jan
the Quantum Leader Masterclass
Lead from the Emerging Future
Catherine Lucas
hawkecollege.co.uk

27 Jan
Signs Planets and Aspects
Astrology Course
Mark Graham
hawkecollege.co.uk

27 Jan
the Wild Scribe
Mary Reynolds Thompson
hawkecollege.co.uk

30 Jan
Journey Intensive
Brandon Bays &
Arnold Timmerman
thejourney.com

Audio Review: Journey to Zero Inner Calm. The Peace Key Meditation

By Wendy Datta, Michael Ormiston and
Candida Valentino

The peace key meditation is a meditation for our time,
an assist for peacefulness and self healing.

The music is thoughtfully composed and uses a mixture
of traditional and modern instruments to create a
beautiful sense of feeling and often imagery as
listeners are transported to places of inner space and
peace, often returning rested, re-energised and
grounded. The Peace Key Meditation is mystical,
multidimensional and textured. The sounds are

patterned and layered and played with mastery and
clarity, producing healing tones of pure resonance. As a
consequence it is deeply relaxing and refreshing;
helping energy to flow, re-centre and consolidate more
easily.

For further information contact Wendy by emailing her
at connectpegasus@nym.hush.com

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