



Wessex Research Group Network Newsletter

VOLUME 2, ISSUE 1.

January 2007

Dear WRGN Supporters,

2007 beckons and there are some exciting developments to report. The WRGNetwork has grown to accommodate World in our Hands and Hospice of the Heart. World in Our Hands coordinates a network of groups in the South and East of England, produces a newsletter (*Spiritual Forum*) and operates a holistic television channel. Described as the world's first on-line hospice, Hospice of the Heart is organising a series of (non-virtual) monthly workshops from January.

The Weymouth and Dorchester group are also planning a series of workshops. The group is now meeting on a Wednesday and at a new venue. Yeovil Psychic Society launch a web site www.yeovilpsychics.co.uk and FISU and Openhand are both starting a series of courses in the North and

East of Scotland. Tickets are now available for the *Unexplained Mysteries Conference* (email spring.conference@virgin.net).

The January 2007 newsletter contains a full list of the events for the month ahead, literary contributions from Rudolf Steiner and Emma Morriss, and a review of a book by R. E. Slater called *Paradise Reconsidered*; 9/11 and 7/7 Reincarnation and the lost Gospel of Jesus.

Christmas and the Awakening of Man by Russell Evans and the Prophetic Alliance of the Druidic and Mayan Calendars by Mark Heley, are the latest lectures to be added to the on-line digital archive. The latest addition to the on-line article archive is the *Nature of Magic* by Gordon Strong.

Six Starts to the New Year - key exercises to inner development

Concerned (at the turn of the twentieth century) that lifestyles were beginning to lack regularity and routine, Rudolf Steiner devised six exercises to supplement existing meditations or practices and so prevent the individual being starved of the energies of renewal. Circulated in December 1905 they might today be thought of as Chakra exercises. The underlying aim is to infuse rhythm and so harmony in to chaotic lifestyles. "*Everything in the system of nature is rhythmic. Only human beings lead a chaotic life: has nature abandoned human beings or have we abandoned nature?*"

Mastery of thought For a short time each day, stop the flow of thoughts through your mind and for a space of time to allow peace and tranquillity to enter your thinking. Think of a definite idea, place it in the centre of your thinking and logically arrange your thoughts so that they are all closely related to the original idea. To do this for only a minute each day can be very important for the rhythm of the physical and Etheric bodies. ***Rhythm restores Power!***

Mastery of action Each day perform some action, however trivial that originates with your own initiative. This is some task you have assigned yourself. Most actions are a response to family circumstances, education, vocation, and so on. Consider how little arises as the result of your own initiative and spend time performing acts derived from you only. They need not be important; very insignificant actions accomplish the same purpose.

Equanimity Regulate your emotions to develop the qualities of detachment and imperturbability so that you master yourself

through the greatest joys and the deepest grief.

Impartiality or freedom from prejudice Look for the goodness in everything and for the positive elements everywhere. Through developing tolerance you will gain an understanding of everything and of every being.

Complete openness Always allow for the possibility of belief and remain open to new experiences. Esoteric development involves excluding all that you have experienced thus far so that you can consciously meet each new experience with new faith.

Inner balance Development of the other five qualities will cultivate a feeling for freedom so that we can act freely and rise above those dangers that can occur from the divisions in human nature.

A fuller description of this work can be found in *Start Now! A Book of Soul and Spiritual Exercises* published by Steiner Books (2004)

Wessex Research Group Network

Sherborne
Jean 01963 220323

Glastonbury WRG
Sue 01458 835708

Frome
Marina 01373 466391

Totnes
Jeffrey 01803 868744

South Devon
Dilys 01803 770977

Avalon Rising
Hugh 01458 835756
David 01458 250317

Weymouth &
Dorchester
Patricia 01305 767242

Yeovil Psychic
Society
Jan 01935 421161

Dorset Earth Mysteries
Group
Dave 07977 144147
Peter 01258 472722

School of Energy
Healing Educational
Trust
Nikki 08708007060

New Dimensions
Group Bristol
Ghislaine
01225 333825

Centre of Awareness at
Ashburton
awarenesscentre.ashburton.co.uk

Bristol Dowzers
Jason 0117 9498933

Joyous Isle workshops
Dorset. Jackie
01202 885294

Axminster Awareness
Centre 01297 32331

World in our Hands
WorldinourHands.org

NEW YEAR RETREATS

Glastonbury
29 Dec-1 Jan 2007.
Openhand New Year
Retreat. Contact Chris or
Trinity 01458 830443
www.openhandweb.org

Stroud 29 Dec-1 Jan.
A Residential Retreat of
Renewal and Celebration at
Hawkwood College.
Contact 01453 759034

FESTIVALS

Lewes Wellbeing Festival.
13/14 Jan.
Contact 01273 488924.
www.starcommunities.com

ACCREDITED COURSES

Lewes Jan 2007
Rainbow Healing Course.
www.cosmicrainbows.co.uk
Karen 01424441284

Chard (Unicorn Centre)
13/14 Jan. Reiki Masters
Course. Contact
Margaret 01460 66151

London 27/28 Jan
Energy Healing Foundation
Course.
Contact 08708007060
www.energyhealing.co.uk

COURSES

Morayshire Scotland Jan
2007. Meditation
Contact FISU 020 8523
3133.
Email courses@fisu.org

Lewes Jan 2007
Channelling Parts 1 & 2.
www.cosmicrainbows.co.uk
Karen 01424441284

Brighton 13/14 Jan.
Non Violent Communication
Foundation Training
Contact 01273204204
www.evolutionarts.co.uk

TALKS

Frome 3 Jan.
Crop Circles and the
Miraculous.
Micheal Glickman
Contact Marina
01373 466391

Dorset Earth Mysteries
4 Jan.
Templars in London.
Bob Stephenson.
Contact Dave
07977 144147 or Peter
01258 472722

Bournemouth PLG 8 Jan.
Your Subconscious Mind
and the Law of Attraction.
Sue Stone.
Contact 01202581898

Chard (Unicorn Centre)
9 Jan. Monthly Spiritual
Growth Circle. Contact
Margaret 01460 66151

Yeovil 10 Jan.
Clairvoyance.
Kathy Hughes. Contact
Jan 01935 421161

Weymouth & Dorchester
10 Jan.
The Healing Power of Pure
Sound. Dean Carter.
Contact Patricia
01395 767242

London 11 Jan.
Triangles of Power. Michael
Green. Contact Margaret
0208 6715417

Wivelsfield 13 Jan.
The Great Art of Living
Developmental Story
Telling. Contact Philip/
Chrissie 01444 471581

Bournemouth PLG 15 Jan.
DNA Activation.
Issy Grigg.
Contact 01202581898

Bath 15 Jan.
Bath Story Telling Circle.
Contact
Kevan 01225 334204

Axminster 19 Jan.
Clairvoyance. Lin Law.
Contact 01297 32331

Bristol 19 Jan
Paranormal Research & its
Links to Dowsing
Ross Hemsworth
Contact
Jason 0117 9498933

Bristol 21 Jan.
Clairvoyance & Trance
Session. Dave Viney.
Contact Ghislaine
01225 333825

Yeovil 21 Jan.
Introduction to Chinese
Astrology. Mark Rendell.
Contact Jan
01935 421161

London (Theos Soc) 21 Jan
Janus: Master of the
Mystery of Everything
Robert Woolley
Contact 0207 9359543

Bournemouth PLG 22 Jan.
Colour Magic: Healing and
Transformation. Erica

Connolly. Contact
01202581898

Bath BRLSI 23 Jan.
Windsmith – A Celtic
Odyssey. An Evening with
Kevan Mainwaring.
Contact 01225 312084

Chard (Unicorn Centre)
23 Jan. Reiki Share
Evening. Contact Margaret
01460 66151

Axminster 26 Jan.
Finding & working with your
Spirit Guides. Barbara
Dobson.
Contact 01297 32331

Devizes 27 Jan
Windsmith – A Celtic
Odyssey.
Kevan Mainwaring
Contact 01380 727369

Totnes 28 Jan.
Astrology and Colour.
Amanda Bradbury. Contact
Jeffrey 01803 868744

Bournemouth PLG 29 Jan.
The Trager Approach to
Positive Living.
Jenny Hare.
Contact 01202581898

Sherborne 30 Jan.
The Arc of the Covenant
Hugh le Provost.
Contact 01963 220323

South Devon 30 Jan
Title To Be Arranged
Contact Dilys 01803 770977

ON-LINE TALKS AND TEACHINGS

www.mindspiritnetwork.com
On-line lectures and forums
daily.

On-line Courses for 2007
Learn to read Tarot.
First Steps in Astrology
Contact Gail Elaine
01736 795143

WORKSHOPS

Sherborne 5 Jan.
Post Xmas Detox
Soundbath.
Dean Carter.
Contact 01935 389655

Lingfield 5/7 Jan.
Energising Yoga for the
New Year. Contact Nick or
Keith 01342 832150

Axminster 6 Jan.
West Country Natural
Healing Fellowship Healing

Course (Part 3).
Contact 01297 32331

Brighton 7 Jan.
Discover Your Inner
Goddess – Full Moon
Workshop. Contact
Samantha 07855 863713

Lingfield 12/14 Jan.
Listening to the Inner Voice.
Ros Smith. Contact Nick or
Keith 01342 832150

Eastbourne 14 Jan.
Positively Me.
Contact 01273 279481

Chichester 14 Jan.
Learn to Dowse for Water
Zambian Style. Contact
Sandy
01329 234398
[Sussexdowsers@
hotmail.com](mailto:Sussexdowsers@hotmail.com)

Sherborne 19 Jan.
New Moon Sound Healing
Workshop. Dean Carter.
Contact 01935 389655

Lingfield 19 /21 Jan.
The Art of Self Love.
Contact Nick or Keith
01342 832150

Lingfield 19 /21 Jan.
Living with Loss. Contact
Nick or Keith 01342 832150

Wivelsfield 20 Jan.
The Great Art of Living
Theme Day. Contact
Philip/Chrissie 01444
471581

Axminster 20 Jan.
Shamanic Workshop
Trudi Morgan.
Contact 01297 32331

Sheerness 21 Jan.
Shamanistic Sacred Dance
& Voice. Contact Lynn
01795 874542

Axminster 21 Jan.
Day of Psychic
Development with Barbara
Dobson.
Contact 01297 32331

Axminster 21 Jan.
Healing and Development –
Day 1 of 7 with Wendy
Fountaine.
Contact 01297 32331

Lingfield 26 /28 Jan.
Enjoying Angels.
Contact Nick or Keith 01342
832150

Bridport 26 Jan.
Midwiving the Soul.
[felicity.warner
@btinternet.com](mailto:felicity.warner@btinternet.com)

London 27 Jan.
Ascending Angels Healing
Workshop.
Contact 01732823811

Brighton 29/30 Jan.
Reiki 1 with Samantha
Elmy. Contact Samantha
07855 863713

Book Review

Paradise Reconsidered 9/11 & 7/7 Reincarnation and the Lost Gospel of Jesus By R.E. Slater

This book contains an overview of the Western History and theory of reincarnation set in the context of 9/11 which raised questions not easily answered by standard theological perspectives. It explains why reincarnation came to be excluded from religious debate within churches, includes biblical verses that are indicative of belief in reincarnation or the pre-existence of a soul and contains references to a lost unified gospel with unambiguous teachings by Jesus concerning reincarnation. For more information contact BCM Box number 1398, London, WC1N 3XX



Above: ***The Raging Torrent***. By psychic artist Frederick Lionel Brown. Source: the WRGTrust art archives.

Wessex Research Group Network (cont'd)

MindSpiritNetwork.com.
Gail, Elaine:
01736 795143

Bath Storytelling Circle.
Kevan: 01225 334204

The London Forum.
Margaret:
02086715417

Bournemouth Positive Living Group.
Sue: 01202581898

Body, Mind, Spirit Centre, Dorchester.
Contact: 01305756000

Academy of Spiritual Psychology Colchester & London.
Kim: 01206 521177

Unicorn Centre, Chard.
Margaret: 01460 66151

Sussex Alternative Connections Network.
[www.sussexconnections
.co.uk](http://www.sussexconnections.co.uk)

The Theosophical Society in Scotland Edinburgh
[christinebrian@totalise.
co.uk](mailto:christinebrian@totalise.co.uk)

Library of Avalon:
01458 832759

Theosophical Society, London.
02079359543

Foundation for International Spiritual Unfoldment:
www.fisu.org/en
0208 5514108

Antiquarian Society:
01273 264822

Bath Royal Literary and Scientific Institute:
01225 312084

Hospice of the Heart
www.hospiceoftheheart.org

Openhand
www.openhand.org

What Is Energy Healing?

By Emma Morriss

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.

The three year professional training in Energy Healing is the first of its kind in the UK. Trainees come from all walks of life. Often students remark that the training brings together many various healing techniques into a comprehensive holistic approach. Students who have trained in various different therapies find that energy healing naturally incorporates and integrates them. Students who have no experience in complementary health can easily use energy healing tools to treat others from the very first week, or even weekend, of training. It is remarkable how quickly it can be learnt.

As well as a professional training, it is 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.

Further details about energy healing may be obtained from the School of Energy Healing Educational Trust
Tel. 08708007060

All healing comes from the same universal consciousness that naturally moves towards health and well-being

Should you wish to promote an event or submit a literary contribution to the newsletter or require further information about the WRGNetwork contact:

Robert (01749 343016)

Email: r.mulliss@virgin.net

or log on to:

www.wessexresearchgroup.net