



# Wessex Research Group Network Newsletter

VOLUME 3, ISSUE 2.

February 2008

February; and a welcome to Johan Keijser and Carol Fraser who have respectively journeyed from the Netherlands and India to speak in the West Country. A welcome also to the London Earth Mysteries Circle who from February, are located at 50 Gloucester Place, London, NW1.

This newsletter contains listings for the month ahead, book reviews, details of a new on-line magazine (Hermit's Bazaar), and a brief insight into the founding of the Research Into Lost Knowledge Organisation (RILKO). Exciting news also Avalon Rising, who have launched a new venue for talks and a new radio show.

Additions to the on-line article archive include 'Yes; You Have Lived Before' by John Lloyd and 'The Century Ahead: Peering into the Future' by Palden Jenkins. The Meaning of Inner Work by Patricia Harper Davis is the latest addition to the on-line digital lecture archive.

## ***What is the purpose of meditation?***

There are many definitions of what meditation is and many reasons why people do it. Essentially it is a spiritual practice, its purpose being to explore the very nature of what we are...

There is a stereotypical view that the aim is to still the mind and then transcend this plane of existence. However the very act of trying to do anything is to identify with the ego, in this case the ego is the seeker. Instead the aim is to go inwards until a state of consciousness is reached experienced as being pure awareness. In this state of consciousness there is no separation between subject and object. In other words the apparent duality between the inner and outer realities disappears. We experience being as one with everything.

It is possible to be in this state the whole time and it is tremendously liberating. Ultimately, it becomes for us a very 'normal' state of perception that we are in the whole time - life becomes meditation so to speak. It is often called 'unity consciousness' or 'Samadhi'. It is what some call enlightenment.

However this state is not the end of the story, it is only the beginning as this state is NOT full enlightenment. There then comes a new experience of duality. The experience of 'unity consciousness' is expressed through you in the illusionary universe of relativity. When we can remain in the state of unity consciousness and yet be fully engaged within the demands of the relative world and yet non-identified with it, then to me we have reached the state of full enlightenment.



Having let go of desires formed within the ego, we surrender to the natural pull of the soul which takes us each on a unique journey of deeper realisations of who we are expressed through the mirror of the relative universe. In other words we each experience a destined way of life of the 'true self'.

*"Where is the true self?  
I look deep within,  
it is not the body,  
deeper still,  
it is not the mind,  
deeper and deeper,  
until I find it is not even the part  
doing the looking,  
then finally the true self reveals itself,  
in the deepest part of myself  
and expands out of me to fill the universe,  
then in each moment I learn to become it,  
that which is both looking and being looked  
upon that which is both hearing and being  
heard that which is both feeling and being felt,  
the search is over, the true self that I looked for  
was there all the time."*

For more information about the Openhand Foundation log on to [www.openhandweb.org](http://www.openhandweb.org)

Sherborne  
Jean 01963 220323

Glastonbury WRG  
Sue 01458 835708

Frome WRG  
Marina 01373 466391

Totnes  
Jeffrey 01803 868744

South Devon  
Dilys 01803 770977

Avalon Rising  
[www.avalonrising.co.uk](http://www.avalonrising.co.uk)

Weymouth & Dorchester  
Pat 01305 767242

Yeovil Psychic Society  
[www.yeovilpsychics.org.uk](http://www.yeovilpsychics.org.uk)

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

School of Energy  
Healing Educational Trust  
[www.energyhealing.co.uk](http://www.energyhealing.co.uk)

New Dimensions  
Group Bristol  
Ghislaine 01225 333825

Centre of Awareness at  
Ashburton  
[awarenesscentre.ashburton.co.uk](http://awarenesscentre.ashburton.co.uk)

Bristol Dowzers  
Jason 0117 9498933

Joyous Isle workshops  
Dorset  
[www.joyousisle.fsnet.co.uk](http://www.joyousisle.fsnet.co.uk)

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

World in our Hands  
[WorldinourHands.org](http://WorldinourHands.org)

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

Centre for Pure Sound  
Tel. 01935 389655

London Earth Mysteries  
Circle. [lemc@ic24.net](mailto:lemc@ic24.net)

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

Natures Way, Exmoor  
Tel. 01984 640147

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

Taunton Pagan Moot  
Tel. 01823 283742

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

**GATHERINGS**

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

**Glastonbury** 1 Feb  
Imbolc Bardic Showcase  
Kevan Mainwairing  
Tel. 01225 334204

**Falmouth** 2-3 Feb  
Imbolc Mystic Fayre  
[www.loveandlight.co.uk](http://www.loveandlight.co.uk)

**Bournemouth** 3 Feb  
Imbolc Gathering to Welcome  
the Light of Spring  
David Hand  
Tel. 01202 429300

**St Malo** 29 Feb-2 Mar  
Megalithic Tours Cruise to  
St Malo  
[neil@megalithictours.com](mailto:neil@megalithictours.com)

**TALKS**

**Ashburton** 1 Feb  
Survival of Consciousness  
[Lynda@centrefawareness.co.uk](mailto:Lynda@centrefawareness.co.uk)

**Axminster** 1 Feb  
Make an Inspiring Positive  
Change  
Wendy Knee  
Tel. 01297 32331

**Totnes** 2 Feb  
the Meaning of Crop Circles  
Johan Keijser  
Tel. Jeffrey 01803 868744

**London (TS)** 3 Feb  
Esoteric Symbolism in the Epic of  
Gilgamesh  
Lynda Harris  
Tel. 0207 563 9815

**Bournemouth** 4 Feb  
Dowsing for Prosperity  
Paul Craddock  
Tel. Paul 08704280934

**Ashburton** 4 Feb  
the Knights Templar  
Marilyn Hopkins  
[Lynda@centrefawareness.co.uk](mailto:Lynda@centrefawareness.co.uk)

**Bournemouth PLG** 4 Feb  
the Cosmic Meaning of Crop  
Circles  
Johan Keijser  
Tel. Sue 01202 581898

**Brighton** 5 Feb  
Stone Age Survival  
Hugh Newman  
[info@theantiquariansociety.com](mailto:info@theantiquariansociety.com)

**Frome** 6 Feb  
Spirit Release  
Jane Satchwell  
Tel. Marina 01373 466391

**Yeovil** 6 Feb  
Clairvoyance  
Mark De Ville  
Tel. Jan 01935 421161

**Boscombe** 7 Feb  
Serpent Knowledge and  
Jesus the Druid.  
Edmund Marriage  
Tel. Dave 07977 144147  
or Peter 01258 489798

**London** 7 Feb  
Psychic Children DNA and the  
Planetary Grid  
Hugh Newman  
Tel. Hugh 01458 835211

**Ferndown** 7 Feb  
Ancient Stones of Dorset  
Peter Knight  
Tel. Peter 01258 489798

**Axminster** 8 Feb  
Clairvoyance  
Sandra Ryton  
Tel. 01297 32331

**London (TS)** 10 Feb  
the Labours of Hercules Practical  
Work for Every Soul  
Yiannis Pittis  
Tel. 0207 563 9815

**Ashburton** 11 Feb  
Astrology  
[Lynda@centrefawareness.co.uk](mailto:Lynda@centrefawareness.co.uk)

**Taunton** 11 Feb  
You and Your Dreams  
Wendy Grant  
Tel. 01823 283742

**Bournemouth PLG** 11 Feb  
Destiny, Freewill and the Law of  
Attraction  
David Hamilton  
Tel: Sue 01202 581898

**London (LEMC)** 12 Feb  
William Blake: A Personal View  
Liza Hayden  
[lemc@ic24.net](mailto:lemc@ic24.net)

**Weymouth & Dorchester**  
13 Feb  
Peace is Possible in Israel  
Barbara Cohen  
Tel. Pat 01305 767242

**Natures Way** 14 Feb  
Astrology, Romance and Love the  
Perfect Partnership  
Derek Hawkins  
Tel. Carolyn 01984 640147

**Glastonbury** 14 Feb  
Sacred Geometry  
Tel. 01458 835506  
[info@soliluna.net](mailto:info@soliluna.net)

**Bristol (Dowzers)** 15 Feb  
Geopathic Stress.  
Adrian Incedon Webber  
Tel. Jason 0117 9498933

**Axminster** 15 Feb  
9/11 to 2012  
Ian Crane  
Tel. 01297 32331

**Bristol (NDG)** 17 Feb  
the Secret Meaning of World  
Events.

Palden Jenkins  
Tel. Ghislaine 01225 333825

**London (TS)** 17 Feb  
Hypnotic Regression of Past Lives  
and the Existence between  
Incarnations  
John Holden  
Tel. 0207 563 9815

**London (TS)** 17 Feb  
the Spirit of India: Adyar Day 2008  
Jenny Baker & Colyn Boyce  
Tel. 0207 563 9815

**Bath** 18 Feb  
Bath Story Telling Circle  
Tel. Kevan 01225 334204

**Bournemouth PLG** 18 Feb  
What is Gnosis?  
Helen Cooper  
Tel. Sue 01202 581898

**Ashburton** 18 Feb  
the Enneagram Program  
Veronica Croft  
[Lynda@centrefawareness.co.uk](mailto:Lynda@centrefawareness.co.uk)

**Yeovil** 20 Feb  
Time from an Eastern Perspective  
Mark Rendall  
Tel. Jan 01935 421161

**London Forum** 21 Feb  
Geopathic Stress, Cause,  
Effects and Cures  
Richard Crieghtmore  
Tel. Margaret 02086715417

**Axminster** 22 Feb  
Clairvoyance  
John Reece & Kevin  
Hodgkinson  
Tel. 01297 32331

**London (TS)** 24 Feb  
Energy Sacred Geometry and  
World History  
Clemens Brenan  
Tel. 0207 563 9815

**Totnes** 24 Feb  
Jesus and the Garden of  
Eden  
Edmund Marriage  
Tel. Jeffrey 01803 868744

**London (TS)** 24 Feb  
Dream Your World into Being  
Steve Nobel  
Tel. 0207 563 9815

**Ashburton** 25 Feb  
Guided Meditation  
[Lynda@centrefawareness.co.uk](mailto:Lynda@centrefawareness.co.uk)

**Bournemouth (PLG)** 25 Feb  
the Balance between Spirituality  
and Humanity  
Wayne Lee  
Tel. Sue 01202 581898

**Sherborne** 25 Feb  
Gnosticism and its Influence  
on Celtic Spirituality  
John Lloyd  
Tel. Jean 01963 220323

**London (LEMC)** 26 Feb  
Stone Age Survival: Earth  
Energies, Fertility and the Secrets  
of the Stones  
Hugh Newman  
lemc@ic24.net

**Glastonbury** 28 Feb  
Michael and Mary Line Special  
Hugh Newman, Peter Knight and  
Shaun Kirwan  
Tel. Hugh 01458 835211

**Axminster** 29 Feb  
Vital Freedom  
Jane Duggleby  
Tel. 01297 32331

**London (RILKO)** 29 Feb  
Many Kabbalabs- An Historical Pot  
Pourri  
Kenneth Rees  
lemc@operamail.com

### ON-LINE TALKS AND TEACHINGS

On-line events: Astro Café.  
Sundays- **Gail-Elaine**, In  
vision joyshop visualisations.  
Time 8pm  
Wednesdays- **Tina**, A Celtic  
Perspective. Time 7.30pm  
Tel. Gail-Elaine 01736 795143

### WORKSHOPS & COURSES

**London** 2 Feb  
Preparing for Dying  
Josefine Speyer  
Tel. Judith 01258 475125

**Axminster** 2 Feb  
Reiki 1  
Sandi Boyd  
Tel. 01297 32331

**Devon** 2 Feb  
Energy Healing Foundation  
Course  
Tel. 08708007060

**Glastonbury** 2 Feb  
the Way of the Bard  
Kevan Mainwairing  
Tel. 01225 334204

**Axminster** 3 Feb  
Tai Chi- Qi Gong  
Sandi Gillet  
Tel. 01297 32331

**Ashburton** 7 Feb  
Healer Support Group for  
West Country Healers  
Ivor and Sheila Hutchings  
Lynda@centrefawareness.co.uk

**Dorchester** 7 Feb  
Lightworker Attunement  
David Hand  
Tel. 01202 429300

**Glastonbury** 8 Feb  
Music Thanatology: A way for the  
dying to achieve a blessed death.

Abigail Robinson  
Tel. Judith 01258 475125

**Sherborne** 8 Feb  
Celtic Spirituality and its  
Relevance Today  
Carol Fraser  
Tel. Jill 01984 656236

**Chard** (Unicorn Centre)  
8-10 Feb  
Angel Teacher Training  
Course (Foundation Module)  
Margaret Merrison  
Tel. Margaret 01460 66151

**Stroud** (Hawkwood) 8-10 Feb  
Intergrating Psychotherapy and  
Spirituality  
Serge Beddington Behrens  
Tel. 01453 759034

**Axminster** 9 Feb  
A Day with Your Shamanic  
Guides  
Peter John & Christella  
Tel. 01297 32331

**London** 9 Feb  
Energy Healing Foundation  
Course  
Tel. 08708007060

**Glastonbury** 9-10 Feb  
Unfolding in to the Light (level 1)  
Tel. 01458 830443  
[info@soliluna.net](mailto:info@soliluna.net)

**Elworthy** 10 Feb  
Spiritual Communion. Is it  
Possible?  
Carol Fraser  
Tel. Jill 01984 656236

**Axminster** 10 Feb  
Shamanic Awareness (1 of 4)  
Donna Nunn  
Tel. 01297 32331

**Belfast** 11 Feb  
Spiritual Development Course  
(module 1)  
Chrissie Astell  
[www.angellight.co.uk](http://www.angellight.co.uk)

**Cullompton** 12 Feb  
the Enneagram Programme  
(part 1)  
Veronica & Chris Croft  
01884 855759

**Wales** 12 Feb  
Energy Healing Professional  
Course  
Tel. 08708007060

**Chard** (Unicorn Centre)  
13-17 Feb  
Angel Teacher Training  
Course (Angel Module)  
Margaret Merrison  
Tel. Margaret 01460 66151

**Bournemouth** 16 Feb  
the Journey Intensive  
Tel. 01656 890400

**Bournemouth** 16 Feb  
the Journey: Advanced Skills  
Tel. 01656 890400

**Sturminster Newton** 16-17 Feb  
Reiki 1. Jane Williams  
Tel. Jane 01258 471152

**Glastonbury** 16-17 Feb  
Mayan Calendar Workshop  
Tel. 01458 835506  
[info@soliluna.net](mailto:info@soliluna.net)

**Axminster** 17 Feb  
Intuitive Tarot for Beginners  
Jo Lister  
Tel. 01297 32331

**Sturminster Newton** 19 Feb  
Meditation Group  
Jane Williams  
Tel. Jane 01258 471152

**Richmond** 20 Feb  
School of Insight and Intuition  
Taster Evening  
Tel. 02082552188

**Ashburton** 21 Feb  
Healer Support Group for  
West Country Healers  
Ivor and Sheila Hutchings  
Lynda@centrefawareness.co.uk

**Wimborne** 22-24 Feb  
the Metamorphic Technique  
and the Universal Principles  
Gaston Saint Pierre  
Tel. Jackie 01202885294

**Glastonbury** 22-24 Feb  
Flower of Life Merkaba  
Workshop  
Tel. 01458 835506  
[info@soliluna.net](mailto:info@soliluna.net)

**Reading** 23 Feb  
Introduction to Self Healing  
Tel. 08708007060

**Cullompton** 23 Feb  
the Enneagram Programme  
(part 1)  
Veronica & Chris Croft  
01884 855759

**Chard** 26 Feb  
Reiki Share Group  
Tel. Margaret 01460 66151

**Cullompton** 26 Feb  
the Enneagram Programme  
(part 2)  
Veronica & Chris Croft  
01884 855759

**Dorchester** 24 Feb  
Unleash the Power of Your  
Voice. Dean Carter  
Tel. 01935 389655

**Bournemouth** 27 Feb  
Lightworker Attunement  
David Hand  
Tel. 01202 42930

[www.Mindspiritnetwork.com](http://www.Mindspiritnetwork.com)

Bath Storytelling Circle.  
Tel. 01225 334204

The London Forum.  
Tel. 02086715417

Bournemouth PLG  
[www.powerofpositiveliving.com](http://www.powerofpositiveliving.com)

Body, Mind, Spirit Centre,  
Dorchester.  
[www.body-spirit.co.uk](http://www.body-spirit.co.uk)

Academy of Spiritual  
Psychology  
[www.spiritualpsychology.co.uk](http://www.spiritualpsychology.co.uk)

Unicorn Centre, Chard.  
[www.unicorncentre.co.uk](http://www.unicorncentre.co.uk)

[Mysticklight.com](http://Mysticklight.com)

Thames Valley Dowzers  
Tel. 01494 813 214  
[susan@scottpowell.fsnet.co.uk](mailto:susan@scottpowell.fsnet.co.uk)

Library of Avalon (LoA)  
[www.libraryofavalon.co.uk](http://www.libraryofavalon.co.uk)

Theosophical Society,  
London.  
[www.theosophical-society.org.uk](http://www.theosophical-society.org.uk)

Foundation for International  
Spiritual Unfoldment  
[www.fisu.org/en](http://www.fisu.org/en)

Antiquarian Society:  
[www.theantiquariansociety.com](http://www.theantiquariansociety.com)

South Coast Dowzers  
[www.healthyandwise.co.uk/south\\_coast\\_dowzers.htm](http://www.healthyandwise.co.uk/south_coast_dowzers.htm)  
[www.Loveandlight.co.uk](http://www.Loveandlight.co.uk)

Hospice of the Heart  
[www.hospiceoftheheart.org](http://www.hospiceoftheheart.org)

Openhand  
[www.openhandweb.org](http://www.openhandweb.org)

Soliluna House  
[www.soliluna.net](http://www.soliluna.net)

White Elk Woman  
[www.white-elk-woman.com](http://www.white-elk-woman.com)

House of Life Mystery  
School  
[www.thehouseoflife.co.uk](http://www.thehouseoflife.co.uk)

R.I.L.K.O.  
<http://members.aol.com/rilko/>

Psychic-Sanctum.co.uk  
[www.Enneagram-uk.com](http://www.Enneagram-uk.com)

[www.sacredconnections.co.uk](http://www.sacredconnections.co.uk)

Serapis Bey Mystery School  
[www.revolutionof2012.net](http://www.revolutionof2012.net)

[www.networkoflight.org](http://www.networkoflight.org)

To promote an event or submit a contribution to the newsletter email Robert  
[rmulliss@talktalk.net](mailto:rmulliss@talktalk.net)



**Hermit's Bazaar** Hermits Bazaar is a new online magazine which takes a fresh and dynamic approach to serving the eclectic tastes of the spiritual community in the Wessex area, aiming to provide a one-stop local service that meets the needs of modern spiritual lifestyles.

The web site provides a comprehensive, up-to-date local information service aimed at people following New Age disciplines, and also incorporates features and local information for those interested in Eastern spiritual disciplines, such as Yoga and Buddhism, and complementary health. For more information contact Julie at [www.hermitbazaar.com](http://www.hermitbazaar.com)

## Book Reviews

### **The Psychic Children: Dolphins, DNA & the Planetary Grid** by Hugh Newman

Inspired after meeting a group of Indigo children on a spring equinox in Hawaii, Hugh was initiated into working on the planetary grid system that included decoding the mysteries of the dolphins and the changes that are happening within our DNA. From that work has this book been written, an adventure story that takes the reader from Glastonbury Tor, to the pyramids of Guatemala and the volcanoes of Hawaii. It includes revelations about galactic alignment 2012 and a coming shift in consciousness, which the children all know about and are part of. Join Hugh on this journey by logging on to [www.psychicchildren.co.uk](http://www.psychicchildren.co.uk) or email Hugh at [hugh@psychicchildren.co.uk](mailto:hugh@psychicchildren.co.uk)

### **Love Life Live Life** by Sue Stone

Sue Stone's life hit rock bottom in the late 1990s, both emotionally and financially. Not accepting that this was going to be 'it', she set about researching ways to improve her life. She learnt about the incredible power of our thoughts, our subconscious mind and the astonishing power of our feelings. This power is within every single one of us but so few have any real understanding of it.

Sue has transformed her life to one of complete happiness, inner peace and financial abundance. In this inspiring, easy to read and practical book, she educates, empowers and motivates the reader by sharing all that she has learnt. She includes solid content and practical life transforming techniques that can be put to use immediately at home and at work. Available in Paperback or E book format. For more information log on to [www.suestone.com/book.htm](http://www.suestone.com/book.htm)

### **Avalon Rising** - PLANETARY HEALING, PEACE & LOVE PROJECT OF AVALON.

This simple project is reminding people that as humans, we are the Guardians of our BLUE-GREEN PLANET and that we are now becoming aware of our own innate Healing Powers.

By tuning into the Source via earth energies, love, natural cycles and a sacred diet of food, water and music, this awesome power will return to your own HEART and HANDS. Use your power for the HIGHER Good of All- NOW.

Avalon Rising is a not-for-profit 'Earth Mysteries' network focusing on earth energies, megalithic sites, geomancy, sacred landscapes, grail mysteries, sacred geometry, ancient wisdom and bridging a gap between the outdated 'modern' world and the new 'Golden Age' that is currently dawning on our planet.

Founded by David Hatfield, and now coordinated by Shaun Kirwan & Hugh Newman, AVALON RISING is a local team of authors, mystics and geomancers who hold talks, produce an annual magazine and organise areas at festivals promoting the 'Conference in a Field' format. They will be presenting a weekly show on [www.glastonburyradio.net](http://www.glastonburyradio.net) from February 2008 alongside the new series of regular talks held at Lalune Cafe, Glastonbury. [www.avalonrising.co.uk](http://www.avalonrising.co.uk)

## Research into Lost Knowledge Organisation – R.I.L.K.O

The late Elizabeth Leader was a keen student of Folklore, especially that of Somerset, and took a great interest in Mrs Maltwood's researches into the Glastonbury Zodiac. Whilst attending talks at the home of Mrs Von Harten, she met Janette Jackson who was also interested in the area and especially the work of Frederick Bligh Bond who had supervised the excavations at Glastonbury Abbey. Miss Leader introduced Keith Critchlow, to a book THE CANON by William Stirling. He considered that the contents involving a system of measures relating to sacred structures, which were no longer taught in schools, merited further investigation.

At this period Miss Leader was working in the office of Commander G.J. Mathys and he took an interest in the subject and suggested how to set up an organisation to promote the traditions relating to the Isle of Avalon and other matters. The Research into Lost Knowledge Organisation was founded in May 1969 with Commander Mathys as Chairman. RILKO became a registered charity in 1974 and we were honoured when Professor Alexander Thom B.Sc., D.Ac., M.A., Hon L.L.D., Professor of Engineering Science Oxford University, accepted the position of Professor Emeritus. In 2004 John Michell, the distinguished scholar and writer about ancient traditions, and also a RILKO founder member, graciously accepted the position of Professor Emeritus. Today RILKO continues to provide a platform for the dissemination of hidden knowledge incorporated in myth and legend, number and geometry, art and music, architectural proportion, megalithic structures and the geomantic layout of cities and landscape. For further information about RILKO log on to <http://members.aol.com/rilko>