



Wessex Research Group Network *Newsletter*

VOLUME 4, ISSUE 4.

April 2009

The image opposite was recently photographed in the Somerset night sky. Guesses to its identity (so far) include an angel, a ghoul and a deva.

Debbie Phelps who coordinates the Torrington and Okehampton groups has also submitted an image of three Orbs photographed at a recent workshop (see Page 4).

This April we welcome to the network the Glastonbury Under the Stars Gathering and Discussion Group, the Bath Royal Literary and Scientific Institute, the Kabbalah Centre and the Gongkar Choede Monastery based in India.

The latest addition to the on-line audio lecture is 'An Introduction to Astrology' by John Watson with 'A Bewildered Man's Guide to Death' by M Tester the latest addition to the on-line article archive.

Swara Yoga - A Way of Transformation for our Time

by Carol Fraser

This ancient yoga offers us a way of deep and radical transformation making possible the realisation of our divine essence and the fulfilment of our task on Earth. The divine light seed of the I-AM, bestowed on us by God, is in many people ready and waiting to emerge from its protective shield and unite with our body and soul raising us to a new evolutionary level. Then we are truly worthy to be called sons and daughters of God.

We need to attain a new harmony and purity within the complexity that is our inner world. It is often in many ways damaged through our unnatural life style and through the many traumatic experiences from this and other life times. Sometimes these disturbing elements lay very deep within our light structure and are hard to release. It is here that the yoga of sound can give us special help.

But it can do much more than that. The action of the tone ether has the quality of enhancement. We can open up subtle dimensions of the soul, awaken our deeper centres of intelligence, open the heart, bring light to the mind, and touch the divine seed itself.

Walking in the mountains, or gazing from a hilltop over a vast landscape, sitting peacefully by a river or a waterfall, we can come to inner silence; we are in a vibration of joy that is like a hidden music. We begin to expand and find ourselves in oneness with nature. In such a fullness of soul we come closer to our inmost essence. We become who we truly are. There is nothing more important, in my view, in this time of



great change than that people come to oneness with their divine kernel of being, as I have described. With the apocalyptic events and realignments in the cosmos that have been quite accurately foretold, it is an enlightened humanity, acting out of an intuitive awareness that will, in cooperation with higher beings, prepare a good and worthy future for planet Earth.

A pure tone sung in a natural voice in the flowing stream of breath can very quickly harmonise our whole organism and bring silence to the mind. Certain sequences of spoken sound and mantra can relieve deep-seated tensions in the muscles and in the subtle bodies. Flowing movement and dance bring us into direct contact with the etheric, or streaming life-forces, within us and all around us.

Song, speech and dance are the three arts that throughout the ages have helped people towards their divine essence and union with God. These arts are at the core of Swara yoga.

Carol will be visiting the South West during May and will be offering a Swara Yoga weekend retreat in the beautiful Springhead centre near Shaftesbury. She has led many such retreats in Switzerland and at Shivaland, the centre in the foothills of the Himalayas. It is Carol's great pleasure to offer this work to those who are seeking healing and wholeness, and those seeking the high goal of enlightenment. All are heartily invited on May 8th-10th. For further information please either visit www.orderofthewildrose.co.uk or telephone Helen Lickerish on 01747 833737.

Wessex Research Group Network

Sherborne
Jean 01963 220323

Glastonbury WRG
Sue 01458 835708

Frome WRG
Marina 01373 466391

Totnes
Jeffrey 01803 868744

Weymouth & Dorchester
Roma 01305 816644

Yeovil Psychic Society
www.yeovilpsychics.org.uk

Dorset Earth Mysteries
Group
www.dorsetmysteries.org

School of Energy
Healing Educational Trust
www.energyhealing.co.uk

New Dimensions
Group Bristol
Lea 01225 722963

Bristol Dowzers
Jason 0117 9498933

Joyous Isle workshops
www.joyousisle.fsnet.co.uk

www.awarenesscentre.org.uk

www.stoneseeker.net
www.dragonseeker.co.uk

Centre for Pure Sound
Tel. 01935 389655

London Earth Mysteries
Circle. lemc@ic24.net

The Martinsey Isle Trust
www.martinsey.org.uk

Natures Way, Exmoor
Tel. 01984 640147

hawkwoodcollege.co.uk

Taunton Pagan Moot
Tel. 01823 283742

www.avalonrising.co.uk

www.angellight.co.uk

Taunton Association for
Psychodynamics (TAP)
Tel. 01823 665798

www.wccsq.com

www.innerpotential.org

www.wrekinforum.org

www.goldenageproject.org.uk

EVENTS

Winchester 3-5 Apr
Mystics and Scientists 32. The
Science of Happiness and the
Experience of Bliss
www.scimed.org

Ilton 4 Apr
Angel Day
Unicorn Centre
Tel. Margaret 01460 53699

Windermere 4 Apr
Mysterious Earth Conference
Neil MacDonald
Tel. 01772 728181

Norwich 4-8 Apr
FISU Togathering
Tel. 0208 523 3133

Ilton 5 Apr
Unicorn Day
Unicorn Centre
Tel. Margaret 01460 53699

Glastonbury 10-13 Apr
Easter Retreat
Openhand
Tel. 01458 830443

Canterbury 11-12 Apr
the Magical Faery Festival
www.magicalfestivals.co.uk

London 14 Apr
London Earth Mysteries Open
Forum and Social evening
lemc@ic24.net

London 17 Apr
Open Evening
College of Psychic Studies
Tel. 0207 589 3292

Bury St Edmunds 17-19 Apr
Stars and Stones Spring Forum
www.starsandstonesforum.net

Wimborne 17-19 Apr
Soul Companions Wisdom
Keepers Gathering
Tel. Karen 01437 760075

Glastonbury 18 Apr
Wessex Federation Pagan
Conference
Tel. Yarrow 07974 649794

London (RILKO) 24 Apr
Annual General Meeting
Tel. Rob 0208 977 4763

Douai Abbey 24-26 Apr
Wrekin Forum Retreat
Tel. 01452 840033

Yeovil 29 Apr
Yeovil Psychic Society Annual
General Meeting
Tel. Jan 01935 421161

TALKS

Springhead 1 Apr
The Evidence for Dramatic
Planetary Events (part 2)
Bernard Delair
Tel. Edmund 01963 251772

Yeovil 1 Apr
Clairvoyance
Angie Kruger & Richard
Tel. Jan 01935 421161

Frome 1 Apr
Mayan Calendar and 2012
Claudie Planche
Tel. Marina 01373 466391

Glastonbury PLG 1 Apr
Psychic Protection, Keep Your
Energy Field Clear. Feeling Safe,
Strong and Centred in All
Circumstances
William Bloom
Tel. 01458 833128

DEMG at Staplehill 2 Apr
Stone Age Survival Earth
Energies, Fertility & Secrets of
the Stones. Hugh Newman
Tel. Dave 07977 144147
or Peter 01258 489798

London (TS) 2 Apr
Healing Outside of Space and
Time
Von Braschler
Tel. 0207 563 9815

Axminster 3 Apr
An Evening of Clairvoyance
Stephen Holbrook
Tel. 01297 32331

Okehampton 3 Apr
Guided Spirit Messages
through Art
Peter John
Tel. Debbie 01837 811821

London (CPS) 3 Apr
Demonstration of Seership
Barbara Meiklejohn-Free
Tel. 0207 589 3292

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Torrington 4 Apr
Guided Spirit Messages
through Art
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Guided Spirit Messages
through Art
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Tel. Debbie 01837 811821

Wimborne 6 Apr
Ancient Stones of Dorset
Peter Knight
Tel. 01258 489798

Bournemouth PLG 6 Apr
PSYCH-K
Cazzie Dare
Tel. Sue 01202 581898

Brighton 7 Apr
the Wessex Astrum: Sacred
Geometry in a Mystical Landscape
Peter Knight
Tel. 01273 688788

Glastonbury PLG 8 Apr
PSYCH-K
Joe Baxter
Tel. 01458 833128

Weymouth & Dorchester 8 Apr
the Wessex Astrum: Sacred
Geometry in a Mystical
Landscape
Peter Knight
Tel. Roma 01305 816644

Roadwater 9 Apr
West Somerset Ley Lines and
Dowsing
Malcolm Wright
Tel. Edward 01984 640147

Axminster 10 Apr
A Demonstration of Trance
Mediumship
Angie Kruger
Tel. 01297 32331

Taunton 13 Apr
Introduction to Chaos Magik
Julian Vayne
Tel. Yarrow 07974 649794

Totnes 11 Apr
Spiritual Hospitals and
Education in India
Jeffrey Gale
Tel. Jeffrey 01803 868744

Calne 13 Apr
Ancient Sites of Wessex
Peter Knight
Tel. 01258 489798

Taunton 13 Apr
Introduction to Chaos Magik
Julian Vayne
Tel. Yarrow 07974 649794

London (Forum) 14 Apr
In Search of the Invisible College
Adrian Gilbert
Tel. Margaret 0208 671 5417

Glastonbury 14 Apr
Pagan Discussion Group and
Forum
Tel. 01458 835518

Glastonbury PLG 15 Apr
Inter Dimensional Reality
Ross Hemsworth
Tel. 01458 833128

Yeovil 15 Apr
Walking with Spirit
Kathy Hughes
Tel. Jan 01935 421161

Axminster 17 Apr
Beyond 2012: Co-Creating Your
Cosmic Destiny
Dr Jude Currihan
Tel. 01297 32331

Okehampton 17 Apr
Ley Lines and Earth Energies
Peter Knight
Tel. Debbie 01837 811821

Torrington 18 Apr
the Wessex Astrum
Peter Knight
Tel. Debbie 01837 811821

Bristol 19 Apr
Sacred Spaces and Hero Myth.
David Elkington
Tel. Lea 01225 722963

Sherborne 20 Apr
Crucible for Change: Humanity
between the Heights and Depths
Sylvia Francke
Tel. Jean 01963 220323

Wootton Bassett 20 Apr
the End of the Whorl?
Geoff Stray
[wds@wyverndowsing.
freerve.co.uk](mailto:wds@wyverndowsing.freerve.co.uk)

Wroughton 20 April
Symbolism in Church Architecture
Peter Knight
Tel. Peter 01258 489798

Bournemouth PLG 20 Apr
Cosmic Ordering
Richard de Meath
Tel. Sue 01202 581898

Bath 20 Apr
Bath Story Telling Circle
Tel. Kevan 01225 334204

Glastonbury 21 Apr
Faerie Folk
Hugh Le Provost
Tel. 01458 835518

Salisbury 22 Apr
Megalithic Sites of Dorset
Peter Knight
Tel. Peter 01258 489798

Bath (BRLSI) 22 Apr
Pyramids Built of Fake Stones
Prof. Joseph Davidovits
Tel. Lee 07967 992545

Glastonbury PLG 22 Apr
the Myth-Stories of Avalon - An
epic journey through the millennia
Michael Orchard
Tel. 01458 833128

London (RILKO) 24 Apr
RILKO Annual General Meeting
Tel. Rob 0208 977 4763

London (RILKO) 24 Apr
Deep Space Consciousness
Andrew Collins
Tel. Rob 0208 977 4763

Axminster 24 Apr
Clairvoyance
Sharron May
Tel. 01297 32331

Totnes 26 Apr
the Wessex Astrum: Sacred
Geometry of Mystical Landscapes
Peter Knight
Tel. 01803 868744

Bournemouth PLG 27 Apr
Change Your Thoughts Change
Your Health

Peter Steedman
Tel. Sue 01202 581898

Yeovil 29 Apr
Clairvoyance
Tony Powell
Tel. Jan 01935 421161

Glastonbury PLG 29 Apr
Emotrance
Kimberley Lovell
Tel. 01458 833128

WORKSHOPS & COURSES

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

Dorchester (starts April 2009)
Psychosynthesis Counselling
Course. Josephine Sellars &
Graham Glynn
Tel. 01963 824852

Sturminster Newton 1 Apr
Reiki Share Group
Jane Williams
Tel. Jane 01258 471152

Axminster 4 Apr
Healing Workshop
Peter Steedman
Tel. 01297 32331

London (CPS) 4 Apr
the Collective Unconscious, the
family's unconscious and the
Individual
Tel. 0207 589 3292

Marlborough 4 Apr
Past Lives I: Past Life Regression
Brigid Reilly
Tel. 0800 977 4767

Stroud 4 Apr
Working with Angels
Mary Earle
Tel. 01453 759034

Glastonbury 4 - 5 Apr
Mayan Calendar Workshop
Stargaia
Tel. 01458 835506

Wootton Bassett 5 Apr
Introduction to Dowsing
Shaun Ogbourne
[wds@wyverndowsing.
freerve.co.uk](mailto:wds@wyverndowsing.freerve.co.uk)

Marlborough 5 Apr
Healing Workshop
Brigid Reilly
Tel. 0800 977 4767

Axminster 5 Apr
Everyday Shamanism
Donna Nunn
Tel. 01297 32331

Sherborne 5 Apr
Sound Bath
Dean Carter
Tel. Dean 01935 389655

Axminster 5 Apr
Reiki Share Group

Sandi Boyd
Tel. 01297 32331

East Woodlands 6 Apr
Healing through Pure Sound
West Wessex Healers
Tel. Marina 01373 466391

Tiptree 7 Apr
Spiritual Friends Service, Guest
Medium, Healing, Workshop
and Discussion
Tel. Carole 01621 869567

Glastonbury 7-12 Apr
the Template: Sacred
Geometry Activation
Stargaia
Tel. 01458 835506

Cahokia, USA 9 Apr
Full Moon Sacred Site
Ceremony
Grand Mayan Itza Council
yokhahmaya@hotmail.com

Glastonbury 10 Apr
Meditation day of silence
Chalice Well
Tel. 01458 831154

West Mersea 14 Apr
Spiritual Friends Service,
Guest Medium, Healing,
Workshop and Discussion
Tel. Carole 01621 869567

Ilton 15-19 Apr
Unicorn Healing Practitioner
Course
Margaret Merrison
Tel. Margaret 01460 53699

Stroud 17 Apr
Herbal Medicine for
Therapists and Healers
Nathan Hughes
Tel. 01453 759034

St Leonards 17-20 Apr
Walking with Angels
Sharon May
Tel. Lorraine 01424 729518

Axminster 18 Apr
Experiential Workshop
Dr Jude Currivan
Tel. 01297 32331

Lymington 18 Apr
Sound Bath
Dean Carter
Tel. Dean 01935 389655

Alton Barnes 18 Apr
the Meaning of
Symbols in Crop Circles
Francine Blake
Tel. 01380 739966

London (CPS) 18 Apr
Your Angel Journey:
Spirit Guides and Angels
Joylina Goodings
Tel. 0207 589 3292

www.Mindspiritnetwork.com

Bath Storytelling Circle.
Tel. 01225 334204

the London Forum.
Tel. 02086715417

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

www.body-spirit.co.uk

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

Okehampton
Tel. 01837 811821

Torrington
Tel. 01837 811821

www.chalicewell.org.uk

www.unicorncentre.co.uk

Mysticklight.com

[www.thamesvalleydowsers.
org.uk](http://www.thamesvalleydowsers.org.uk)

www.libraryofavalon.org.uk

Glastonbury PLG [www.shiny-
happy-people.co.uk](http://www.shiny-happy-people.co.uk)

[www.theosophical-
society.org.uk](http://www.theosophical-society.org.uk)

www.fisu.org/en

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

www.Loveandlight.co.uk

www.hospiceoftheheart.org

www.openhandweb.org

www.stargaia.com

www.white-elk-woman.com

www.holisticchannel.co.uk

www.thehouseoflife.co.uk

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

www.Psychic-Sanctum.co.uk

www.Enneagram-uk.com

www.sacredconnections.co.uk

www.revolutionof2012.net

www.networkoflight.org

www.megalithictours.com

www.iamfoundation.co.uk

www.saahera-centre.org

www.gauntshouse.com

www.educationaid.net

Sea Spirit Centre
<http://spiritual-courses.co.uk>

[www.collegeofpsychic
studies.co.uk](http://www.collegeofpsychicstudies.co.uk)

[www.wyverndowsing@
freerve.co.uk](mailto:wds@wyverndowsing.freerve.co.uk)

www.brli.org

www.kabbalahcentres.com

Cullompton 18-19 Apr
Enneagram Part 1
Veronica & Chris Croft
Tel. 01884 855759

Glastonbury 18-19 Apr
Usui Reiki Levels 1 and 2
Stargaia

Tel. 01458 835506**East**

Woodlands 20 Apr
Healing through Pure Sound
West Wessex Healers
Tel. Marina 01373 466391

Sturminster Newton 21 Apr
Meditation Group
Jane Williams
Tel. Jane 01258 471152

Calne 23 Apr
Anglo-Saxon, Germanic and
Scandinavian Paganism
Thomas Daffern
Tel. 01938 820586

Wimborne 24 Apr
Woman's Satsang Retreat
Tel. 01202 885294

South Hooe 24-26 Apr
Zen and the Art of Poetry
Roselle Angwin
Tel. Roselle 01822 841081

Wimborne 25 Apr
Become and Inspired
Entrepreneur
Nick Williams
Tel. 01202 885294

Axminster 25 Apr
Dream Power
Sharron May
Tel. 01297 32331

Axminster 25 Apr
Angel Power – Manifesting
with the Angels
Sharron May
Tel. 01297 32331

Southsea 25 Apr
Qabalah: the Yoga of the
West. The first of 10
masterclass intensives
Naomi Ozaniec
Tel. 02392 355645

Axminster 26 Apr
Practising Psychometry
Wendi Fountaine
Tel. 01297 32331

Yeovil 26 Apr
Sound Bath
Dean Carter
Tel. Dean 01935 389655

Axminster 26 Apr
Reiki 1
Sandi Boyd
Tel. 01297 32331

Calne 27 Apr
Chinese and Japanese
philosophy: Taoism,
Confucianism and Shintoism
Thomas Daffern
Tel. 01938 820586

Kelvedon 28 Apr
Spiritual Friends Service,
Guest Medium, Healing,
Workshop & Discussion
Tel. Carole 01621 869567

LIGHTWORKER GROUPS

Llamyatt 12, 26 Apr
Tel. Andrew 01749 812610

Southsea 19 Apr
Tel. Andrew 01749 812610

TOURS

British Museum (TS) 6 Apr
Gods and Goddesses of Many
Cultures

George Wood
Tel. 0207 563 9815

**Stonehenge, Avebury and
Glastonbury** 10 Apr
Megalithic Tours
Tel. Neil 01772 728181

Anglesey Mystical Isle 18 Apr
Megalithic Tours
Tel. Neil 01772 728181

Cerne Abbas 19 Apr
Half Day Tour
Stoneseecker Tours
Tel. 01258 489798

Holy Wells in Oxfordshire
25 Apr. A field visit with the
Oxfordshire & Thames
Valley Dowzers
Tel. Susan 01494 813214

Cherhill 26 Apr
Introduction to Dowsing
Shaun Ogbourne
wds@wyverndowsing.freeserve.co.uk

The Torrington Orbs



Photographed at a recent workshop in Torrington these three orbs combine to form a heart shaped image. You might also be able to make out two faces behind the left and right sided orbs that meet to kiss in the middle. Further information about the picture and the Torrington and Okehampton groups can be obtained from Debbie Phelps by emailing bif110-awareness@yahoo.co.uk

The Etheric Body

The densest of the asomatic or non-physical elements of the body the etheric body is subject to natural law, surviving the death of the physical body usually for a few weeks or so before disintegrating and dispersing.

Though normally invisible it is regarded as having a very refined type of materiality and is often known as the fine body, the subtle body, the body between (or tween) body, the counterpart body, the double or the unifying body because it integrates the astral with the physical.

The etheric system underlies the sensory reactions of the 5 senses including pleasure and pain; it brings about the awareness of brain consciousness, and governs all the needs and functions of the physical body such as hunger, sexual urges and procreation. The etheric body is the vehicle of life energy and of the instinctive and mechanical responses of the individual, and is therefore called the vitalic body, energy body, instinctive or reflex body.

Most psychic healing is directed at the etheric body because its emanations are part of the human aura it is called the auric body. Some think it the factor responsible for nervous energy and it is sometimes known as nerve spirit.

After decades of intensive study Soviet scientists established the existence of what was termed the bioplasmic body which functions like the physical body and whose brilliant emanations can be photographed. Many of its characteristics bear a remarkable similarity to those of the etheric body.

To promote an event or submit a contribution to the newsletter email Robert at rmulliss@talktalk.net
www.wessexresearchgroup.org