



Wessex Research Group Network *Newsletter*

VOLUME 4, ISSUE 2.

February 2009

February is a month packed with all manner of interesting events. We welcome Carol Fraser from India who will be speaking at Elworthy and Sherborne and also two new groups; the Okehampton Awareness Centre and Torrington Awareness Centre. Located in Devon both groups are co-ordinated by Debbie Phelps who plans to hold a full programme of events during the months ahead. Email Debbie at bif110-awareness@yahoo.co.uk or log on to www.wessexresearchgroup.org/groups.html for further information.

The coming month also sees the launch of an on-line sound archive on the web site of the Wessex Research Group Network. Contributions from Artists and Musicians working through the medium of sound to enhance the exploration of consciousness are welcomed. Currently the archive has material from the Wessex Healers, Liverpool based musician Paul Landry, Southampton based Ken Wood and the Mixers and the Centre for Pure Sound in Sherborne. (www.wessexresearchgroup.org/sound_01.html).

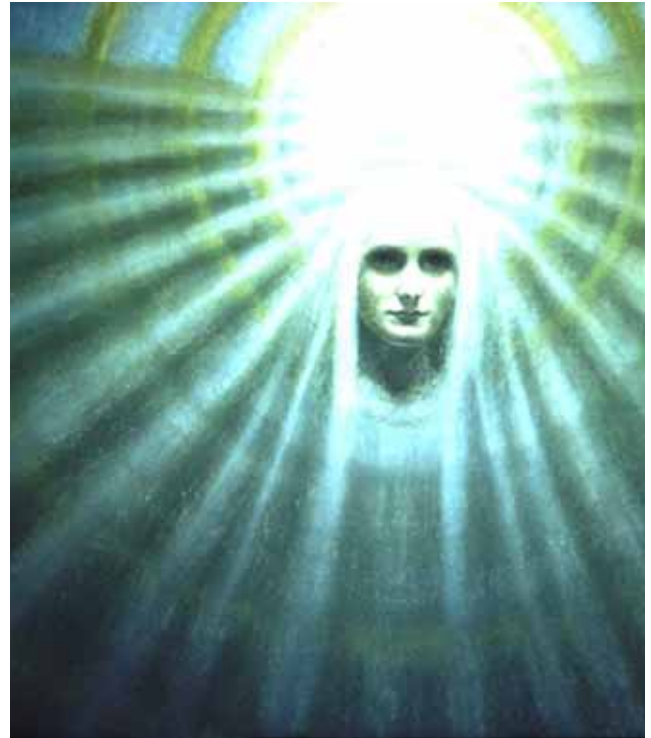
The latest addition to the on-line article archive is; Atlantis and the Advanced Prehistoric World by Nigel Blair.

The Paradox of Meditation by William Arkle

We may think of meditation as a deliberate way of turning our attention and our nature to those aspects of our being which are neglected by the materialistic society in which we live.

In a spiritually healthy society this would be done naturally in the way that our attention is drawn to subjects like maths, history and science at school. There is some attention to religion but subjects such as spirituality and holism are generally not backed by serious study or serious attitude, but instead treated with conventional politeness.

When we meditate we are trying to support and nourish the higher frequency aspects of our nature and trying to climb out of the prison of fear, ego, doubt, anger and life denial that materialism brings in its wake. Instinctively we seek to do our meditation, contemplation and quiet attention in places which are least distracting for spiritual nourishment. Some environments are not only distracting but can be positively helpful. But, from the initial purpose of balancing out materialism, meditation should become an intrinsic part of our own individual nature, so that it would be a different thing to different people and something that changes for them continually as they grow and move within themselves.



Above: Guidance from Spirit. Source Psychic Art archive of the Wessex Research Group.

We should then add to this the fact that the purpose of our living can be understood to be the gathering of wise appreciation of all the principles involved. We can call this the maturing of our spirit towards our inherent godlikeness or divinity. This understanding is acquired through the friction which occurs within us through conflicting experience of all sorts. It is only through first hand knowledge of these opposites that our inner understanding is able to grasp the wisdom and understanding of God for itself. So we can say that through meditation we can achieve a balanced view of the spiritual while engaged with the material life. We may also say that unless we confront and integrate these two aspects of our nature with one another we will not produce the often painful fires that are necessary for the distillation of real growth and wisdom within ourselves. Consequently I find myself saying that what we refer to as meditation will eventually have to become an integral part of those aspects of life which at first seem most foreign to it.

Meditation can also be used as a word to define the extraction of our own significance and purpose from life but is also the concentrated attention required to know the significance of life itself. Here lies the paradox, for this concentrated attention is not the same sort of attention that we started with and it seems that we must expect to change everything as we move along.

Sherborne
Jean 01963 220323

Glastonbury WRG
Sue 01458 835708

Frome WRG
Marina 01373 466391

Totnes
Jeffrey 01803 868744

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

Axminster Awareness
Centre
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

Wiltshire Crop Circle Study
Group www.wccsq.com

Inner Potential Centre
www.innerpotential.org

www.wrekinforum.org

www.goldenageproject.org.uk

EVENTS

Glastonbury 1 Feb
Festival of Spring Light
Chalice Well
Tel. 01458 831154

Chelmsford 1 Feb
Mind, Body, Soul Fair
www.chelmsford.gov.uk

Clayhidon 6 Feb
Imbolc Circle Ritual honouring
the goddess Brigid
Tel. Yarrow 07974 649794

Glastonbury 6-8 Feb
Unity Gathering
Openhand
Tel. 01458 830443

Falmouth 7-8 Feb
Imbolic Mystic Fayre
Love and Light
Tel. Karen 01736 330201

Ewell, Surrey 14 Feb
Networking Day: Wrekin
Forum Southern Region
carol.duncan@dsl.pipex.com

London 25 Feb
Book Launch -
the Wessex Astrum
Peter Knight & Toni Perrott
or Peter 01258 489798

Boscastle 27 Feb
Pagan Weekend
Tel. Yarrow 07974 649794

TALKS

London 1 Feb
All You Need is Love
Atma Trasi
Tel. 0207 563 9815

Bournemouth PLG 2 Feb
Soul Connection: An Evening of
Healing
Anne Jones
Tel. Sue 01202 581898

Bournemouth 2 Feb
the Chambered Tombs of
Europe
Peter Knight
or Peter 01258 489798

London (CPS) 3 Feb
Reincarnation and the Holographic
Soul
Ian Lawton
Tel. 0207 589 3292

Glastonbury PLG 4 Feb
the Tarot Unveiled
Gordon Strong
Tel. 01458 833128

Yeovil 4 Feb
Clairvoyance
Jacqueline Watson
Tel. Jan 01935 421161

Frome 4 Feb
Meet the Angels
Anne Hassett (Acushia)
Tel. Marina 01373 466391

DEMG at Stapehill 5 Feb
the Wessex Astrum
Peter Knight & Toni Perrott
Tel. Dave 07977 144147
or Peter 01258 489798

Elworthy 6 Feb
the Midnight Hour and the Birth of
the Human Being
Carol Fraser
Tel. Jill 01984 656236

Okehampton 6 Feb
Psychic Soup for the Soul
Myra and Geoff Bowman
Tel. Debbie 01837 811821

Torrington 7 Feb
Psychic Soup for the Soul
Myra and Geoff Bowman
Tel. Debbie 01837 811821

High Wycombe 7 Feb
Healing Using a Pendulum
Maggie Leadbeater
Tel. Susan 01494 813214

London 8 Feb
Western Esotericism and Western
Religion
Professor Nicholas
Goodrick-Clarke
Tel. 0207 563 9815

East Woodlands 8 Feb
Planet of Love –Healing
through Pure Sound
West Wessex Healers
Tel. Marina 01373 466391

Taunton 9 Feb
Meeting Birds of Prey
Richard & Addy Bloodworth
Tel. Yarrow 07974 649794

Bournemouth PLG 9 Feb
Advances in Spirit Healing
Wayne Lee
Tel. Sue 01202 581898

Sherborne 9 Feb
the Transformation of
Consciousness through Sound
Carol Fraser
Tel. Jean 01963 220323

London 10 Feb
Trackways, Green Roads & Scots
Pines: Drivers' Routes to London
Nigel Pennick
lemc@ic24.net

Glastonbury PLG 11 Feb
Zen Shiatsu for Vitality and
Fertility
Alan Warr
Tel. 01458 833128

London (Forum) 12 Feb
the Astrology of 2012
Helen Sewell
Tel. Margaret 0208 671 5417

Swanage 13 Feb
the Ancient Stones of Dorset
Peter Knight
or Peter 01258 489798

Bristol 15 Feb
2012 and the Path to a
Golden New Age
Andrew Smith
Tel. Lea 01225 722963

London 15 Feb
Making Sense of the
Unexplained: Mysteries and Cover
Ups. Andy Thomas
Tel. 0207 563 9815

Wootton Bassett 16 Feb
the Dregs of the People
Remain
Imogen Corrigan
wds@wyverndowsing.freeserve.co.uk

Wareham 16 Feb
the Wessex Astrum
Peter Knight & Toni Perrott
or Peter 01258 489798

Bath 16 Feb
Bath Story Telling Circle
Tel. Kevan 01225 334204

Bournemouth PLG 16 Feb
Connecting with Tree Energies
Deborah Radburn
Tel. Sue 01202 581898

London (CPS) 17 Feb
CosMos – A Co-creators
Guide to the Cosmos
Dr Jude Currihan
Tel. 0207 589 3292

Sturminster Newton 18 Feb
Symbolism in Art - from Caves to
the Da Vinci Code
Peter Knight
or Peter 01258 489798

Glastonbury PLG 18 Feb
Hemp: the wonder plant
Free Love Cannabis
Tel. 01458 833128

Yeovil 18 Feb
Enneagram
Veronica & Chris Croft
Tel. Jan 01935 421161

Bournemouth 19 Feb
Codex Alimentarius
Ian Crane
info@ianRcrane.co.uk

Bristol 20 Feb
Introduction to Dowsing
Prof. Peter Stewart
Tel. Jason 0117 9498933

Torrington 21 Feb
the Hollow Earth
Clint Denyer
Tel. Debbie 01837 811821

Okehampton 22 Feb
the Hollow Earth
Clint Denyer
Tel. Debbie 01837 811821

London 22 Feb
Blake's Jerusalem and his
Encounters with the Prophets

Joseph MacDermott
Tel. 0207 563 9815

Sherborne 23 Feb
Trusting the Universe and the
Strategy for Love
Robert Mulliss & Dean Carter
Tel. Jean 01963 220323

Bournemouth PLG 23 Feb
the Huna Guide to Enlightenment
Dr Rima Morrell
Tel. Sue 01202 581898

Upwey 24 Feb
the Bloodline
An Alchemist evening of film
Tel. David 01305 750399

London 24 Feb
a New Imponderable: The
History of Animal Magnetism
Mark McCann
lemc@ic24.net

Springhead 25 Feb
The Evidence for Dramatic
Planetary Events (part 1)
Bernard Delair
Tel. Edmund 01963 251772

Glastonbury PLG 25 Feb
Yoga and Ayurveda: an
integrated approach to vibrant
health
Jennifer Hunter
Tel. 01458 833128

Glastonbury 26 Feb
Sacred Geometry
Stargaia
Tel. 01458 835506

Taunton (TAP) 27 Feb
Music Therapy: how is it
linked to psychotherapy?
Helen Lunt
Tel. Vanessa 01823 665798

London 27 Feb
the Planetary Matrix
Roy Snelling
Tel. Rob 0208 977 4763

WORKSHOPS & COURSES

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

Axminster 1 Feb
Reiki Share Group
Sandi Boyd
Tel. 01297 32331

London (CPS) 1 Feb
Scrying Using Art
June-Elleni Laine
Tel. 0207 589 3292

Sherborne 1 Feb
Imbolc Sound Bath
Dean Carter
Tel. Dean 01935 389655

Tiptree 3 Feb
Spiritual Friends Service, Guest
Medium, Healing, Workshop and

Discussion
Tel. Carole 01621 869567

Glastonbury 7-8 Feb
Mayan Calendar Workshop
Stargaia
Tel. 01458 835506

Wimborne 7 Feb
Become an Inspired
Entrepreneur
Nick Williams
Tel. 01202 885294

Dinas Powis 7 Feb
Angel Insights Workshop
Chrissie Astell
chrissie@angelight.co.uk

Elworthy 7 Feb
Swara Yoga 1 -Expanding our
Awareness into the Life Sphere
around Us
Carol Fraser
Tel. Jill 01984 656236

Cullompton 7-8 Feb
Enneagram Part 1
Veronica & Chris Croft
Tel. 01884 855759

Cardiff 7-8 Feb
Journey Intensive
Debs
Tel. Megan 01656 890400

Sherborne 8 Feb
Swara Yoga 2 - Preparing the
Light-Bodies and Steps towards
Our Inner Divinity
Carol Fraser
Tel. Jean 01963 220323

Welshpool 8 Feb
Anglo-Saxon, Germanic and
Scandinavian Paganism
Thomas Daffern
Tel. 01938 820586

Axminster 8 Feb
Everyday Shamanism
Donna Nunn
Tel. 01297 32331

Blythe-CA 9 Feb
Full Moon Sacred Site
Ceremony
Grand Mayan Itza Council
yokhahmaya@hotmail.com

West Mersea 10 Feb
Spiritual Friends Service,
Guest Medium, Healing,
Workshop and Discussion
Tel. Carole 01621 869567

Sturminster Newton 11 Feb
Reiki Share Group
Jane Williams
Tel. Jane 01258 471152

Lymington 14 Feb
Sound Bath
Dean Carter
Tel. Dean 01935 389655

Axminster 14 Feb
Effortless Meditation

Victor Walker
Tel. 01297 32331

Ilton 14 -15 Feb
Reiki Masters Degree
Margaret Merrison
Tel. Margaret 01460 53699

London 15 Feb
Open Your Heart to Love
Cate McKenzie
Tel. 0207 563 9815

Axminster 15 Feb
Energetic Body Awareness
Nandon O'Leary
Tel. 01297 32331

London (CPS) 15 Feb
Valentine Palmistry
Robin Lown
Tel. 0207 589 3292

Sturminster Newton 17 Feb
Meditation Group
Jane Williams
Tel. Jane 01258 471152

Glastonbury 20 Feb
Flo Aveia Soul Recognition
Retreat. Chalice Well
Tel. 01458 831154

South Hooe 20-22 Feb
Stranger than Fiction
Roselle Angwin
Tel. Roselle 01822 841081

Glastonbury 20-23 Feb
the Temple: Sacred Geometry
Workshop. Stargaia
Tel. 01458 835506

St Leonards 20-23 Feb
Aura in Motion
Kim Moore Cullen
Tel. Lorraine 01424 729518

Axminster 21 Feb
Talking Gold Life Coaching
Wendy Knee
Tel. 01297 32331

Cullompton 21-22 Feb
Enneagram Part 2
Veronica & Chris Croft
Tel. 01884 855759

Bristol 22 Feb
Sound Bath
Dean Carter
Tel. Dean 01935 389655

Welshpool 22 Feb
Wicca, Neo-paganism,
Shamanism and New Religious
Traditions. Thomas Daffern
Tel. 01938 820586

Stroud 22 Feb
Healing Your Ancestral
Lineage
Joy Hicklin Bailey
Tel. 01453 759034

Axminster 22 Feb
Psychic Development
Barbara Dobson & Tracey
Evans
Tel. 01297 32331

www.Mindspiritnetwork.com

Bath Storytelling Circle.
Tel. 01225 334204

the London Forum.
Tel. 02086715417

Bournemouth PLG
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

Unicorn Centre, Chard.
www.unicorncentre.co.uk

Mysticklight.com

www.thamesvalleydowers.org.uk

www.libraryofavalon.org.uk

Glastonbury PLG
www.shiny-happy-people.co.uk

www.theosophical-society.org.uk

www.fisu.org/en

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/rilkof/>

www.Psychic-Sanctum.co.uk

www.Enneagram-uk.com

www.sacredconnections.co.uk

Serapis Bey Mystery School
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.collegeofpsychicstudies.co.uk

www.wyverndowsing@freeserve.co.uk

East Woodlands 23 Feb
Healing through Pure
Sound
West Wessex Healers
Tel. Marina 01373 466391

Kelvedon 24 Feb
Spiritual Friends Service,
Guest Medium, Healing,
Workshop & Discussion
Tel. Carole 01621 869567

Wimborne 27 Feb – 1 Mar
Approaching the Self:

Experiencing the Transpersonal
Ian Thorp
Tel. 01202 885294

Belfast 28 Feb
Angel Insights Workshop
Chrissie Astell
chrissie@angelight.co.uk

Torrington 28 Feb
Hollow Earth Workshop
Clint Denyer
Tel. Debbie 01837 811821

Ilton 28 Feb
1st Degree Reiki
Margaret Merrison
Tel. Margaret 01460 53699

Glastonbury 28 Feb - 1 Mar
Reiki Weekend
Stargaia
Tel. 01458 835506

Cullompton 28 Feb-1 Mar
Enneagram Part 1
Veronica & Chris Croft
Tel. 01884 855759

TOURS

Nevada 14 Feb
UFO Congress Tour
Megalithic Tours
Tel. Neil 01772 728181

Inglesham Church 22 Feb
Wyvern Dowsers
wds@wyverndowsing.freeserve.co.uk

Book Review: *Vision of Albion: The Key to the Holy Grail* by Barry Dunford

This book is the outcome of 15 years research into the hidden history surrounding the origins of Christianity and its founder Jesus the Christ, Mary Magdalene and the Christ Family in the Holy Land of Britain.

The English visionary mystic and poet, William Blake, believed that Albion, the most ancient name for the British Isles, was the original and true Holy Land of Christ. This revealing and extensively documented book shows that there is some substance to such an intriguing notion. This book also has an important message for these times of transition, as the British Isles have a vital part to play in the evolution of humanity on this planet as we move towards 2012 and beyond.

The 21st century may herald the Third Age of the Holy Spirit, the Spirit of Truth, when ye shall know the truth and the truth shall make you free. It is hoped that the publication of this book will contribute towards this era of conscious awakening. Details regarding the purchase of this book are to be found www.sacredconnections.co.uk

Book Review: *An Ancient World in Chaos* by Gary Gilligan

The catastrophism theories in Immanuel Velikovsky's 1950s book *World in Collision* have been vigorously rejected or ignored by the academic community. Yet setting aside the finer details of what happened and when, is it possible that Velikovsky was correct in his basic premise of recent upheaval in the solar system? Is it feasible that Mars and Venus came close to the Earth only a few thousand years ago, causing global disturbances?

In this marvellous book that furthers Velikovsky's work Gary presents a fascinating model whereby Mars, Venus, Mercury and the Moon played havoc with Earth for an incredible 3000 years. He discusses how these bodies moved back and forth to Earth numerous times and came so close as to loom larger than the Sun.

Unlike Velikovsky Gary uses evidence from ancient history to prove his thesis, delving into the most fascinating civilisations of ancient times, the Ancient Egyptians. This book presents the proposal that the

Egyptian God Kings, the Pharaohs, were first and foremost names given to Mars, Venus, Mercury and the Moon as they moved back and forth to Earth in a constant cycle of death and rebirth. They were in the second instance represented here on Earth via human 'doubles' - human pharaohs who were believed to be 'at one' with celestial God King planets. To find out more log on to www.gks.uk.com

Arch Angel Michael by Chrissie Astell

Many people are currently experiencing the powerful presence of the Archangel Michael. We can all call on this mighty angel for protection and many people already invoke the silver sword of justice or blue cloak of protection for themselves or loved ones.

Michael, the Archangel of Protection, whose name means: "who is as God", is the best known of all the archangels and his principle quality is that of Spiritual Warrior.

Michael is held in high esteem in Jewish, Christian and Islamic traditions. His actions are listed throughout the Bible and it is believed that this important emissary of God, also known as the Archangel of the Sun, is working closely to the earth at present time during this strong transitional phase. All those who are interested in working with the angelic forces and the 'Warrior-angel' energies in particular, are awakening to the prompting of Michael.

Many people have begun to invoke Michael for protection, not only of travelling, and of the body, but also the protection from the psychic attack of malevolent beings. There are many contemporary examples of people who have been 'saved' by an angel and sensed or seen the colour blue around them at the time.

For further information about Arch Angel Michael and the courses, lectures and workshops organised by Chrissie Astell at AngelLight log on to www.angelight.co.uk

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