



# Wessex Research Group Network *Newsletter*

VOLUME 4, ISSUE 1.

January 2009

**2009** beckons and promises to be another busy year for the Wessex Research Group Network. Details of many events are already posted, the newsletter starting its fourth year of circulation (literary contributions always welcomed).

Soliluna based at Glastonbury have changed their name to Stargaia ([www.stargaia.com](http://www.stargaia.com)), Bristol dowsers have a new email contact address ([jxvin@hotmail.com](mailto:jxvin@hotmail.com)) and the Research in to Lost Knowledge Organisation have a new web site address ([www.RILKO.net](http://www.RILKO.net)). January also sees the start of the Ancient History Forum based at Springhead (for further information email Edmund Marriage at [Patrickfound@btopenworld.com](mailto:Patrickfound@btopenworld.com)).

The latest addition to the on-line lecture archive is; Nourishing the Divine Essence Within by Carol Fraser with The Life of Jesus Christ by Helio-Arcanophus the latest addition to the article archive.

## **Energy Awareness 2009** by Hasim

For many (myself included), New Year galvanises the resolve to remove that excess energy stored as bodily mass. Energy awareness is not just about calorie counting, as physical energy is not only derived from the consumption of food. It is also supplied from outside, from the Cosmos and the Earth. Many people believe that the food they eat supplies all their energy; but the human body without the Earth's energy field would react rather like a jellyfish, wafted this way and that by the passing currents. The energy provided by the Earth is the directional energy.

Human energy radiates downwards from your feet into the ground and is subtly transmuted. You create a continuous two-way exchange of energy down through your feet into the Earth. The energy is directly transmuted by the Earth's energy and returned upwards around the outside of the human aura, re-entering via the crown chakra. As you generate different energy patterns, the returning energy will be related to what is given out; certain forms of energy are more responsive to Earth energy than others.

Think in terms of positive and negative, or sympathetic and non-sympathetic energies. The unsympathetic energy will become clogged or blocked when passing through the Earth. Sympathetic energy, on the other hand, will become energized and revitalised. Thus the person who gives out the right energies will receive a tenfold increase of energy in return. When you feel listless or aimless it is not



*Crop Circle image courtesy of Janet Ossebaard and the Circular Site. [www.circularsite.com](http://www.circularsite.com)*

usually as a direct result of your diet; it is more likely to be the result of the energy you are transmitting to the earth, which prevents you receiving in return the correct vital energy needed to propel you in the right direction.

Energy awareness involves contemplating the type of energy you transmit in order to receive revitalised energy in return. For example, anyone can feel depressed or exhausted, but then when offered an exciting opportunity can suddenly tap into a source of limitless energy. Take this example on a long-term view - if you adopt the correct energy radiation you will receive a proportionate energy supply in return.

It is difficult to describe the correct energy output, so you will need to judge it by results. When you feel full of energy, ask yourself what generated that feeling - how did you feel earlier in order to achieve that level of energy? Similarly in reverse, when you feel listless ask yourself what energy you have been giving out.

Each of you can enhance your degree of sympathy with the Earth energy simply by concentrating on it, and your very awareness will make your radiations more sympathetic. For example, when you walk barefooted in the dew your awareness will be heightened. If you are striding down the street preoccupied with worldly worries, it is difficult to become very aware of the Earth energies.

***Energy Awareness 2009 continues on Page 4***

**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](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**  
Lea 01225 722963

**Bristol Dowsers**  
Jason 0117 9498933

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

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

[www.stoneseeker.net](http://www.stoneseeker.net)  
[www.dragonseeker.co.uk](http://www.dragonseeker.co.uk)

**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

[hawkwoodcollege.co.uk](http://hawkwoodcollege.co.uk)

**Taunton Pagan Moot**  
Tel. 01823 283742

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

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

**Taunton Association for  
Psychodynamics (TAP)**  
Tel. 01823 665798

**Wiltshire Crop Circle Study  
Group** [www.wccsq.com](http://www.wccsq.com)

**Inner Potential Centre**  
[www.innerpotential.org](http://www.innerpotential.org)

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

## RETREATS

**Stroud** 29 Dec – 1 Jan  
Completing 2008, Creating  
2009. New Year Retreat  
Hawkwood College  
Tel. 01453 759034

**Glastonbury** 29 Dec-1 Jan  
Openhand Spiritual Retreat  
Tel. 01458 830443

**Glastonbury** 2-7 Jan  
Chalice Well Silent Retreat  
Tel. 01458 831154

## TALKS

**DEMG at Stapehill** 1 Jan  
Sacred Geometry on Mars.  
Did Mars have a temple of the  
Sun? Ananda  
Tel. Dave 07977 144147  
or Peter 01258 489798

**Brighton** 6 Jan  
Energy Pendulums and Devices  
Sandy McKenzie  
Tel. Jan 01935 421161

**Glastonbury PLG** 7 Jan  
Laugh Your Way to Better Health  
and Happiness in 2009  
Leela Bunce  
Tel. 01458 833128

**Yeovil** 7 Jan  
Clairvoyance  
John Winfield  
Tel. Jan 01935 421161

**Frome** 7 Jan  
Trusting the Universe and the  
Strategy for Love  
Robert Mulliss  
Tel. Marina 01373 466391

**Emsworth** 10 Jan  
Subtle Energy Healing  
[dinah.lawson@btinternet.com](mailto:dinah.lawson@btinternet.com)

**High Wycombe** 11 Jan  
African Geomancy  
Cathryn McNaughton  
Tel. Susan 01494 813214

**Taunton** 12 Jan  
An Introduction to the Western  
Mystery Tradition  
Levannah Morgan  
Tel. Yarrow 07974 649794

**Bournemouth PLG** 12 Jan  
How to Stay Inspired and in Love  
with the Work You were  
Born to Do. Nick Williams  
Tel. Sue 01202 581898

**Glastonbury PLG** 14 Jan  
Exploring Landscape Zodiacs  
Anthony Thorley  
Tel. 01458 833128

**London** (Forum) 15 Jan  
Rosslyn Chapel and the  
Holy Grail. Andrew Sinclair  
Tel. Margaret 0208 671 5417

**Sturminster Newton** 15 Jan  
Ancient Stones of Dorset

Peter Knight  
Tel. Peter 01258 489798

**Stroud** 16 Jan  
A Psychology of Freedom  
Yehuda Tagar  
Tel. 01453 759034

**Bristol** 18 Jan  
Are You in a Good Space?  
Sue and John Geis  
Tel. Lea 01225 722963

**Bournemouth PLG** 19 Jan  
Pyramid in the Mind  
John Akayzar  
Tel. Sue 01202 581898

**Wootton Bassett** 19 Jan  
the Sounds of Sacred Sites  
Paul Devereux  
Wyvern Dowsers  
[wds@wyverndowsing.freeserve.co.uk](mailto:wds@wyverndowsing.freeserve.co.uk)

**Bath** 19 Jan  
Bath Story Telling Circle  
Tel. Kevan 01225 334204

**Springhead** 21 Jan  
the Restart of Civilisation after  
Global Catastrophe  
Edmund Marriage  
Tel. Edmund 01963 251772

**Glastonbury PLG** 21 Jan  
Forest Gardens & Magical Edible  
Landscapes  
Joseph Hill  
Tel. 01458 833128

**Salisbury** 21 Jan  
the Revolution of 2012  
Andrew Smith  
Tel. 01749 812610

**Yeovil** 21 Jan  
a Ley Hunters Tale  
Mark Rendell  
Tel. Jan 01935 421161

**Glastonbury** 22 Jan  
Sacred Geometry  
Stargaia  
Tel. 01458 835506

**Taunton (TAP)** 23 Jan  
Ambivalence  
Noelle Adler  
Tel. Vanessa 01823 665798

**Totnes** 25 Jan  
Light, Time & Consciousness  
Grahame Blackwell  
Tel. Jeffrey 01803 868744

**Sherborne** 26 Jan  
Troubadours  
Hugh Le Provost  
Tel. Jean 01963 220323

**Bournemouth PLG** 26 Jan  
the Plaedian – Syriah Connection  
Solara An-Ra  
Tel. Sue 01202 581898

**Bath** 27 Jan  
Codex Alimentarius

Ian Crane and Scott Tips  
[info@ianrcrane.co.uk](mailto:info@ianrcrane.co.uk)

**London** (CPS) 27 Jan  
Beyond Mind over Matter: The  
Art of Energy  
Louise Mita  
Tel. 0207 589 3292

**Glastonbury PLG** 28 Jan  
Codex Alimentarius  
Ian Crane and Scott Tips  
Tel. 01458 833128

**London** (CPS) 30 Jan  
Evening of Clairvoyance  
Heidi Sawyer  
Tel. 0207 589 3292

**London** 30 Jan  
the Masonic Iconography of Lord  
Burlingtons Villa at Chiswick  
Ricky Pound  
Tel. Rob 0208 977 4763

## WORKSHOPS & COURSES

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

**Sherborne** 4 Jan  
Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**Tiptree** 6 Jan  
Spiritual Friends Service, Guest  
Medium, Healing, Workshop and  
Discussion  
Tel. Carole 01621 869567

**Stroud** 6 Jan  
Encountering Nature  
Jonathan Code  
Tel. 01453 759034

**Sturminster Newton** 7 Jan  
Reiki Share Group  
Jane Williams  
Tel. Jane 01258 471152

Tel. 01458 835506

**Swansea** 10 Jan  
Wrekin Forum Round Table  
[samjarman1@yahoo.co.uk](mailto:samjarman1@yahoo.co.uk)

**Glastonbury** 10 Jan  
Mayan Calendar Workshop  
Stargaia  
Tel. 01458 835506

**Welshpool** 10 Jan  
Druidry and Celtic Teachings  
Thomas Daffern  
Tel. 01938 820586

**Cullompton** 11 Jan  
Enneagram Fundamentals  
Veronica & Chris Croft  
Tel. 01884 855759

**Glastonbury** 11 Jan  
12 Gates in to 2012  
Martin Keitel  
Stargaia  
Tel. 01458 835506

**Basra** 11 Jan  
Full Moon Sacred Site  
Ceremony  
Grand Mayan Itza Council  
[yokhahmaya@hotmail.com](mailto:yokhahmaya@hotmail.com)

**Exeter** 11 Jan  
Thresholds  
Roselle Angwin  
Tel. Roselle 01822 841081

**Yeovil** 11 Jan  
Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**Axminster** 11 Jan  
Reiki Share Group  
Sandi Boyd  
Tel. 01297 32331

**Sedlescombe** 13 Jan  
the Art of Silence  
Sundial Centre  
[sundialcentre@talktalk.net](mailto:sundialcentre@talktalk.net)

**West Mersea** 13 Jan  
Spiritual Friends Service,  
Guest Medium, Healing,  
Workshop and Discussion  
Tel. Carole 01621 869567

**London** 14 Jan  
Spiritual & Consciousness Studies  
School of Insight and Intuition  
Tel. 0208 255 2188

**St Leonards** 16-19 Jan  
Trance Weekend  
Linda Monjack & Lorraine Edwards  
Tel. Lorraine 01424 729518

**London** (CPS) 17 Jan  
Hidden Treasures - How to  
Unlock the Secrets of  
your Dreams  
Davina MacKail  
Tel. 0207 589 3292

**London** (CPS) 17 Jan  
Dowsing – Working with  
Unseen Energies  
Christopher Strong  
Tel. 0207 589 3292

**Totnes** 17-18 Jan  
Sacred Geometry Workshop  
Stargaia  
Tel. 01458 835506

**London** (CPS) 18 Jan  
Spirit Attachment  
Sue Allen  
Tel. 0207 589 3292

**London** (CPS) 18 Jan  
Introduction to Remote  
Viewing  
Debby Kay Edwards  
Tel. 0207 589 3292

**Cardiff** 18 Jan  
Wrekin Forum Round Table  
[samjarman1@yahoo.co.uk](mailto:samjarman1@yahoo.co.uk)

**London** (CPS) 18 Jan  
New Year, New Beginnings  
Using Sound and Art  
June Elleni Lane & Ian Dale  
Tel. 0207 589 3292

**Sturminster Newton** 20 Jan  
Meditation Group  
Jane Williams  
Tel. Jane 01258 471152

**Cullompton** 20 Jan  
Enneagram Part 2  
Veronica & Chris Croft  
Tel. 01884 855759

**Ilton** 23 Jan -1 Feb  
Angel Teacher Training Course  
Margaret Merrison  
Tel. Margaret 01460 53699

**Glastonbury** 23-26 Jan  
Sacred Geometry Workshop  
Stargaia  
Tel. 01458 835506

**London** (CPS) 24 Jan  
Natural, Psychic &  
Mediumistic Training  
Gerrie Marsh  
Tel. 0207 589 3292

**Welshpool** 24 Jan  
Chinese and Japanese Philosophy  
Thomas Daffern  
Tel. 01938 820586

**London** (CPS) 24 Jan  
Stepping Stones to Spirit  
Donna Stewart  
Tel. 0207 589 3292

**Axminster** 24 Jan  
Introduction to Therapeutic  
Massage and Acupressure  
Points. Val Davis  
Tel. 01297 32331

**Glastonbury** 24 Jan  
Shamanic Workshop  
Gordon MacKellan  
Tel. 01458 831154

**London** (CPS) 24 Jan  
Touching the Unseen Human  
Energies. Sir Tom Lucas  
Tel. 0207 589 3292

**Stroud** 24 Jan  
Introduction to  
Psychophonetics  
Yehuda Tagar  
Tel. 01453 759034

**London** 24-25 Jan  
the Essence of Healing  
School of Energy Healing  
Educational Trust  
Tel. 0870 800 7060

**London** (CPS) 25 Jan  
Meeting Your Spirit Guides  
Amanda Roberts  
Tel. 0207 589 3292

**Axminster** 25 Jan  
Working with your Guardian  
Angel  
Wendi Fountaine  
Tel. 01297 32331

**London** (CPS) 25 Jan  
How to Start Living Intuitively  
Stephanie Alexander  
Tel. 0207 589 3292

**Kelvedon** 27 Jan  
Spiritual Friends Service, Guest  
Medium, Healing, Workshop &  
Discussion  
Tel. Carole 01621 869567

**Wimborne** 29 Jan-1 Feb  
the Journey Within  
Gaunts House  
Tel. 01202 841522

**St Leonards** 30 Jan  
Awareness Weekend I  
Linda Monjack & Lorraine  
Edwards  
Tel. Lorraine 01424 729518

**Cullompton** 31 Jan  
Being in Balance  
Veronica & Chris Croft  
Tel. 01884 855759

**London** (CPS) 31 Jan  
Channelling – Stage 1  
Stephanie Alexander  
Tel. 0207 589 3292

**Bath** 31 Jan  
Awaken the Bard Within  
Kevan Manwaring  
Tel. Kevan 01225 334204

**London** (CPS) 31 Jan  
How to Develop your Psychic  
Skills.  
Heidi Sawyer  
Tel. 0207 589 3292

**Edmondsham** 31 Jan  
Introduction to Indian Head  
Massage.  
Jacqueline May  
Tel. Jackie 01202 885294

**Glastonbury** 31 Jan  
Unfolding into Light (level 1)  
Openhand  
Tel. 01458 830443

**London** (CPS) 31 Jan  
Strengthening the Connection  
with Guides and the  
Spirit World  
Tuula Jukoola  
Tel. 0207 589 3292

### LIGHTWORKER GROUPS

**Boscombe** 7, 14, 21, 28 Jan  
Lightworker Circle  
David Hand  
Tel. David 01202 429300

**Portsmouth** 11 Jan  
2012 Study Group  
Tel. Andrew 01749 812610

**Dorchester** 13, 27 Jan  
Lightworker Circle  
David Hand  
Tel. David 01202 429300

### TOURS

**Pendle** 17 Jan  
Witch Story Day Tour  
Megalithic Tours  
Tel. Neil 01772 728181

**Bath Storytelling Circle.**  
Tel. 01225 334204

**the London Forum.**  
Tel. 02086715417

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

[www.body-spirit.co.uk](http://www.body-spirit.co.uk)

[www.fire-in-the-head.co.uk](http://www.fire-in-the-head.co.uk)

**Chalice Well**  
[www.chalicewell.org.uk](http://www.chalicewell.org.uk)

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

**Mysticklight.com**

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

[www.libraryofavalon.org.uk](http://www.libraryofavalon.org.uk)  
Tel. 01458 832759

**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](http://www.fisu.org/en)

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

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

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

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

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

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

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

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

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

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

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

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

[www.saahera-centre.org](http://www.saahera-centre.org)

[www.gaunts-house.com](http://www.gaunts-house.com)

[www.educationaid.net](http://www.educationaid.net)

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

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

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



## Energy Awareness 2009 (cont)

You can also experience your energy by using your hands. Stretch your arms out sideways with palms facing downwards; you should be able to concentrate on the feeling in your palms. You will be placing your hands into the outer edges of your energy aura. If you stand on the ground, in bare feet if you wish, you should be able to sense this subtle energy returning. Your hands are sensitive organs, and as you stand like this you are extending an aerial into the current as it circulates round you and into the eighth chakra above your head. You should feel a small stimulation or tingling. The more you practice this, the more you will sense it.

This exercise is valuable as it reinforces the idea that you are all deeply rooted in the Earth. Your roots extend downwards like the roots of a tree. You are an Earth Being and you belong on the Earth; that is why you are here. Feel your energy extending downwards and along the fissures in the ground; visualise your energy flowing along those lines becoming subtly transmuted and extending outwards, stimulated and revitalised, returning around your energy shell via the crown centre into all your chakras. These in turn respond to provide you with the energy you need.

The writing of this article has further galvanised my resolve to manage myself as a multidimensional energy being during the year ahead, so it only remains for me to wish you all a happy New Year and may you also be successful in realising your goals (whatever they may be) in 2009.

## Book Review: *The Power of Wholeness* by Jasmine Vervain

*The Power of Wholeness* is a down to earth spiritual book that guides the reader to rediscover the world of wholeness, which is described as a natural state of harmony when we invite the many facets of the personality into our lives. Due to conditioning, we often ignore vital parts of the whole self and as a result, create physical and emotional imbalances. Jasmine recovered the creative and spiritual parts of her wholeness about five years ago, which helped to transform her life from one of fear and confusion to one of love and clarity.

Wholeness can be recreated by changing our beliefs, related thoughts and their intention to love based ones that promote unity and wholeness. The only barrier is the ego mind, which by its very design creates confusion and separations in the human psyche and moves us away from feelings of wholeness. Simple practical meditations, as outlined in the book, can greatly assist the journey of going beyond the ego mind and expanding the plane of love and harmony inside our hearts. £1 of each book will be donated to assisting cooperative living practices with the indigenous population in the Amazon. Jasmine also runs workshops based on the different themes in the book and writes for theatre and radio.

For further information about the book log on to [www.creativelightsource.co.uk](http://www.creativelightsource.co.uk) Borders in Bournemouth and Psychic News Book online bookstore also stock the book. Postage is free.

## New Year Message from the Grand Maya Itza Council

In helping humanity and Planet Earth to prepare for change, the Grand Maya Itza Council is proud to distribute this list of sacred sites to all the Initiates and Workers of Light from all around the world. Every Full Moon we are going to make a spiritual journey to activate every one of the sacred sites on the list, continuing until carrying out the last ceremony on December 28, 2012. These sites must be activated and used to facilitate the returning the Great Spirit.

We the MAYA ITZA people see this time of planetary transition as a time of positive change, despite the many challenges that are likely to arise. This is the main reason why we are distributing this list of sacred sites where we are planning to do our spiritual work. You are all welcome to join with us and share the experience.

Ceremonial Dates for 2009: January 11<sup>th</sup> at Basra Iraq, February 9<sup>th</sup> Blythe California, March 11<sup>th</sup> Bundooma Australia, April 9<sup>th</sup> Cahokia USA, May 9<sup>th</sup> Carnac France, June 11<sup>th</sup> Coba Mexico, July 11<sup>th</sup> Copan Honduras, August 6<sup>th</sup> Cunagua Cuba, September 4<sup>th</sup> Chaco Canyon USA, October 4<sup>th</sup> Chichen Itza Mexico, November 2<sup>nd</sup> Debrecen Hungary, December 2<sup>nd</sup> Esfahan Iran, 31<sup>st</sup> December Grand Pyramid Keops Egypt. For further information email [yokhahmaya@hotmail.com](mailto:yokhahmaya@hotmail.com) or log on to [www.themayas.com.mx](http://www.themayas.com.mx)

*“When faced with a radical crisis, when the old way of being in the world, of interacting with each other and with the realm of nature doesn’t work any more, when survival is threatened by seemingly insurmountable problems, an individual human – or a species – will either die or become extinct or rise above the limitations of their conditioning through an evolutionary leap. This is the state of humanity now, and this is its challenge” Eckhart Tolle*

*“True Humour springs not more from the head but from the heart; it is not contempt, its essence is love, it issues not in laughter but in smiles, which lie far deeper. It is a sort of inverse sublimity, exalting as it were, into our affections what is below us, while sublimity draws down in to our affections what is above us” Thomas Carlyle*

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