



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), Bristol dowsers have a new email contact address (jxvin@hotmail.com) and the Research in to Lost Knowledge Organisation have a new web site address (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).

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

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

**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 Dowsers
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

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

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

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

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

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

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

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

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

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

www.body-spirit.co.uk

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

Chalice Well
www.chalicewell.org.uk

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

Mysticklight.com

www.thamesvalleydowers.org.uk

www.libraryofavalon.org.uk
Tel. 01458 832759

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/rilko/>

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.gaunts.house.com

www.educationaid.net

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

www.collegeofpsychicstudies.co.uk

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 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 11th at Basra Iraq, February 9th Blythe California, March 11th Bundooma Australia, April 9th Cahokia USA, May 9th Carnac France, June 11th Coba Mexico, July 11th Copan Honduras, August 6th Cunagua Cuba, September 4th Chaco Canyon USA, October 4th Chichen Itza Mexico, November 2nd Debrecen Hungary, December 2nd Esfahan Iran, 31st December Grand Pyramid Keops Egypt. For further information email yokhahmaya@hotmail.com or log on to 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
www.wessexresearchgroup.org