



# Wessex Research Group Network *Newsletter*

VOLUME 4, ISSUE 9.

September 2009

An exciting month ahead when we welcome the Roving Press [www.rovingpress.co.uk](http://www.rovingpress.co.uk) and Where Two Worlds Meet [www.livinganddying.co.uk](http://www.livinganddying.co.uk) based in Cornwall.

From September 6<sup>th</sup> the Wessex Network teams up with Warminster Community Radio [www.wcrfm.org.uk](http://www.wcrfm.org.uk) and Sound of the Vibe [www.soundofthevibe.webs.com](http://www.soundofthevibe.webs.com) to launch "Heart of the Matter" a fortnightly radio slot within the Fusion Show. Heart of the Matter aims to present on all things mystical, paranormal and holistic. If you are interested in being part of the show email Clint Denyer at [cosmicrebirth@btinternet.com](mailto:cosmicrebirth@btinternet.com) or Robert at [rmulliss@talktalk.net](mailto:rmulliss@talktalk.net)

Virtual Reality and the Paranormal by Stanley Messenger is the latest addition to the on-line digital lecture archive with Messages from Angels – Riding the Swan to 2012 by Shirley Laflin, the latest addition to the on-line article archive. This article (one of a series) can also be read on the Wessex Network blog; <http://wessexresearchgroup.blogspot.com>

## ***Intuitive Massage. Tuning in and Letting Go***

**by Jan Trewartha**

When we learn to massage we are taught a series of moves designed to remove toxins from the body, relax the muscles, stimulate circulation and induce a feeling of wellbeing in the client. This is a reliable method of doing a good job and for the newly qualified massage therapist this series of moves becomes the way of doing massage until we develop our own style.

As we develop in confidence there comes a time when we can open ourselves to new ways of working, adapting the moves to best serve the needs of the individual lying on the couch, because one method does not suit all. Each body is different and each client's history is unique. For this reason, with a thorough grounding of knowledge behind them, a good therapist is one who is able then to let go and to allow their hands to work intuitively. Part of this is 'tuning in' to the client, sensing their needs, their energy, and developing an awareness of the deeper potential for healing this work carries; means that there is, so much more to massage than a series of moves.

How does one make the switch to a more intuitive way of working? Well, the main requirement is that of trusting. Trusting one's instinct; still using the knowledge from the training but leaving any rigidity behind and allowing ourselves to develop a more fluid



*Picture: Spirit of the world's forests calling for help*

style with the hands following where the body leads; trusting that the feelings we are picking up are the signals the client's body is giving us and trusting that we are able to communicate with the client on an 'energetic' level as well as on the physical and that this will lead to a more powerful healing experience.

Massage that is purely physical becomes a more rounded, three dimensional experience when the energetic awareness and intuition are brought into play. This not only benefits the client but us as therapists. Learning to work in this way lightens us, frees our energy and introduces a flow into our work; it takes us to a new level in our work and in our own development.

To start developing your work, take time to practise on willing friends. Try closing your eyes and 'scanning' with your hands a few inches above the body – what can you feel? Where are the areas of heat and cold? What feels congested and what feels free-flowing? Where do you want to place your hands? Where is the body screaming for attention? Start then with effleurage, as usual, to warm up the muscles and to initially connect with your partner, and then just let your hands go, allowing them to follow the body, to really feel what is going on at a deeper level. Trust the feedback your hands and instinct give you and, above all, don't try too hard just let it happen. ***Intuitive Massage. Tuning in and Letting Go is continued on Page 4.***

**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](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 Dowzers**  
Lea 01225 722963

**Joyous Isle workshops**  
[www.joyousisle.com](http://www.joyousisle.com)

[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

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

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

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

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

**EVENTS**

**Nuneaton** 4-6 Sep  
Mercian Gathering Pagan Camp  
[www.merciangathering.com](http://www.merciangathering.com)

**Chiswick** 5 Sep  
Psychic and Well Being Day  
Tel. 0208 255 2188

**Yucatan, Mexico** 8-25 Sep  
Grand Indigenous Gathering of American Yum Chaak  
[www.yumchaak.com.mx](http://www.yumchaak.com.mx)

**Stroud** 6-10 Sep  
Kabbalistic Summer School  
Z'ev Ben Shimon Halevi  
[www.hawkwoodcollege.co.uk](http://www.hawkwoodcollege.co.uk)

**Swindon** 12-13 Sep  
Universal Mind  
[www.universal-mind.co.uk](http://www.universal-mind.co.uk)

**Stroud** 18-20 Sep  
Rising to the Evolutionary Challenge of our Time: Wrekin Forum Annual Round Table  
[www.wrekinforum.org](http://www.wrekinforum.org)

**Sussex** 18-20 Sep  
Out of the Ordinary Festival  
[www.outoftheordinaryfestival.com](http://www.outoftheordinaryfestival.com)

**London** 19-20 Sep  
London Crop Circle Conference. The Doors of Perception  
[www.londoncircles.net](http://www.londoncircles.net)

**Glastonbury** 22 Sep  
Celebrating Sunfade and Fruit Fall  
Tel. 01458 831154

**Cirencester** 25-27 Sep  
Dowsing's Hidden Gems  
British Society of Dowzers Conference  
[www.britishtdowsers.org](http://www.britishtdowsers.org)

**Stourbridge** 26 Sep  
Pagan Federation West Midlands Conference  
[www.myddle-earth.info](http://www.myddle-earth.info)

**Glastonbury** 26-27 Sep  
Mystic & Earth Spirit Fayre  
[info@glastonburyfayres](mailto:info@glastonburyfayres)

**TALKS**

**Frome** 2 Sep  
Our Journey of Ascension  
Chris Bourne  
Tel. Marina 01373 466391

**Yeovil** 2 Sep  
Messages from Water  
Michael Chamberlain  
Tel. Colleen 01935 477756

**Glastonbury PLG** 2 Sep  
the Power of Creative Thinking for Personal Growth  
Nicki Davey  
Tel. 01458 833128

**DEMG at Stapehill** 3 Sep  
Ring Quest: The Continuing Story of the Ring  
Cassie Martin & Caroline Milton  
Tel. Dave 07977 144147

**Great Yarmouth** 5 Sep  
Lost Islands. The Sea in Tide and Time  
Kevan Manwaring  
Tel. 01225 334204

**Bournemouth PLG** 7 Sep  
Medical Astrology  
David Broom  
Tel. Sue 01202 581898

**Stoke Trister** 7 Sep  
Introduction to Bach Flowers and Astrology  
Marie Moon  
Tel. Marie 0796 7386715

**Durham** 8 Sep  
Colder than Here  
a Taboo theatre presentation  
Martinsey Isle Trust  
Tel. 01913342884

**Glastonbury PLG** 9 Sep  
Imagery for Health  
Chrissie Holmes  
Tel. 01458 833128

**Weymouth & Dorchester** 9 Sep  
Portland and Sacred Sites  
Gary Biltcliffe  
Tel. Roma 01305 816644

**London (CPS)** 9 Sep  
Arthur Molinary in Conversation with Sir Arthur Conan Doyle  
Arthur Molinary  
Tel. 0207 589 3292

**Roadwater** 10 Sep  
the Myths and Magic of Birds of Prey  
Richard and Addy Bloodworth  
Tel. Edward 01984 640147

**Bryon Bay, Aus** 11 Sep  
Gateways Seminar  
Chris Bourne  
[www.openhandweb.org](http://www.openhandweb.org)

**Taunton** 14 Sep  
Crystals: History and Uses for Humans and Animals  
Mechelle  
Tel. Yarrow 07974 649794

**Bournemouth PLG** 14 Sep  
the Universal Archetypes  
Sarah Livesey  
Tel. Sue 01202 581898

**London (IPC)** 15 Sep  
Karma and Kundalini - Your Way to Enlightenment  
Alyson Lawrence  
Tel. 0207 736 4187

**Glastonbury** 15 Sep  
Seasonal Celebrations  
Penny Billington  
Tel. 01458 835518

**Glastonbury PLG** 16 Sep  
Food, Seasons and Cycles  
Diana Romrig  
Tel. 01458 833128

**Yeovil** 16 Sep  
Clairvoyance  
Mark DeVillie  
Tel. Colleen 01935 477756

**Taunton** 18 Sep  
the Experience of Therapy for People with Learning Difficulties  
Clare Le Roux  
Tel. Vanessa 01823 665798

**London (CPS)** 18 Sep  
Psychic Surgery  
Wayne Lee  
Tel. 0207 589 3292

**Glastonbury** 19 Sep  
Mayan Equinox Evening  
Claudie Planche  
Tel. 01458 835506

**London (TS)** 20 Sep  
Seeing Through the Illusion  
Derek Thorne  
Tel. 0207 563 9815

**Bristol** 20 Sep  
the Stand Up Philosopher  
Tim Freke  
Tel. Lea 01225 722963

**Bath** 21 Sep  
Bath Story Telling Circle  
Tel. Kevan 01225 334204

**Woodshaw** 21 Sep  
Bonfires and Freedom  
November 5th in the Bonfire Capital of the World  
Andy Thomas  
[wds@wyverndowsing.freeserve.co.uk](mailto:wds@wyverndowsing.freeserve.co.uk)

**Bournemouth PLG** 21 Sep  
Prayer Energy  
Mark Bennett  
Tel. Sue 01202 581898

**Bath** 22 Sep  
the Well Under the Sea  
Book Launch Event  
Tel. Kevan 01225 334204

**Glastonbury** 22 Sep  
Pagan Discussion Group and Forum. Tel. 01458 835518

**London (LEMC)** 22 Sep  
Theosophy: the Perennial Wisdom  
Ron Wallwork  
[lemc@ic24.net](mailto:lemc@ic24.net)

**London (CPS)** 22 Sep  
Earthstars: London City of Revelation. Sacred Sites and Sacred Geometry  
Chris Street  
Tel. 0207 589 3292

**Glastonbury PLG** 23 Sep  
the Art of Tea Leaf Reading  
Ruth Marie  
Tel. 01458 833128

**Glastonbury** 25 Sep  
the Template: Sacred Geometry  
Claudie Planche  
Tel. 01458 835506

**Cheltenham** 25 Sep  
the Sacred Sky: Good, Evil and  
the Souls Ascent to the Stars  
Nick Campion  
[wendy@insearchofthesacred.com](mailto:wendy@insearchofthesacred.com)

**Totnes** 27 Sep  
Tapestry of Light  
Graham Blackwell  
Tel. 01803 868744

**London (TS)** 27 Sep  
the Reshel Grids: Gateways to  
Awakened Consciousness  
Jackie Queally  
Tel. 0207 563 9815

**Bournemouth PLG** 28 Sep  
an Exchange of Love  
Madeleine Walker  
Tel. Sue 01202 581898

**London (CPS)** 29 Sep  
How to Develop Your 7<sup>th</sup> Sense  
Heidi Sawyer  
Tel. 0207 589 3292

**Glastonbury PLG** 30 Sep  
Psych-K  
Mary Trenfield  
Tel. 01458 833128

**Dorchester** 30 Sep  
Meeting of the Pagan Moot  
Tel. 01305 251646

**Sherborne** 30 Sep  
Fairies  
Hugh Le Provost  
Tel. Jean 01963 220323

**Yeovil** 30 Sep  
Tibetan Masters  
John Clements  
Tel. Colleen 01935 477756

## WORKSHOPS & COURSES

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

**Tiptree** 1 Sep  
Spiritual Friends Service, Guest  
Medium, Healing, Workshop  
and Discussion  
Tel. Carole 01621 869567

**Wimborne** 3-6 Sep  
Diploma in Regression Therapy  
Andy Tomlinson  
Tel. 01202 841522

**Chaco Canyon, USA** 4 Sep  
Full Moon Sacred Site  
Ceremony  
Grand Mayan Itza Council  
[yokhahmaya@hotmail.com](mailto:yokhahmaya@hotmail.com)

**Stoke Trister** 5 Sep  
Meditation & Colour Day  
Mary Adams  
Tel. 077599 42110

**St Leonards** 5 Sep  
Fundamentals of Tarot  
Lucy Setters  
Tel. Lorraine 01424 729518

**Brighton** 5 Sep  
Energy Healing Open Day  
School of Energy Healing  
Tel. 0870 800 7060

**Portadown** 5 Sep  
Angel Insights  
Chrissie Astell  
[chrissie@angelight.co.uk](mailto:chrissie@angelight.co.uk)

**Stoke Trister** 5-6 Sep  
Kinangiology: Co-working with  
the Angels to Heal Emotions  
Sue Vaughan  
Tel. 077599 42110

**Stoke Trister** 6 Sep  
Energy Awareness and  
Intuitive Massage  
Jan Trewartha  
Tel. 01753 867877

**Ballymoney** 6 Sep  
Discovering Angels  
Chrissie Astell  
[chrissie@angelight.co.uk](mailto:chrissie@angelight.co.uk)

**West Mersea** 8 Sep  
Spiritual Friends Service, Guest  
Medium, Healing, Workshop and  
Discussion  
Tel. Carole 01621 869567

**Maynooth** 11-13 Sep  
Heart and Soul Retreat  
Chrissie Astell  
[chrissie@angelight.co.uk](mailto:chrissie@angelight.co.uk)

**London** 12-13 Sep  
Essence of Healing  
School of Energy Healing  
Tel. 0870 800 7060

**Rock Valley, Aus** 12-13 Sep  
Gateways Workshop  
Chris Bourne  
[www.openhandweb.org](http://www.openhandweb.org)

**Cullompton** 12-13 Sep  
Enneagram (part II)  
Veronica & Chris Croft  
Tel. 01884 855759

**Edinburgh** 12-13 Sep  
Channelling with Crystal Skulls  
& Connecting with All That is  
White Elk Woman  
Tel. Sharon 01634 270307

**Edmonsham** 12-13 Sep  
Animus Anima: Collagraph  
and Monoprinting  
Frances Thomas  
Tel. 01202 885294

**Weymouth** 13 Sep  
2012 What's That?  
Ruth  
Tel. Tricia 01305 784348

**London (CPS)** 13 Sep  
Intuitive Healing  
Sue Allen  
Tel. 0207 589 3292

**St Leonards** 13-18 Sep  
Enhance Your Mediumistic  
Abilities  
Sandy Baker  
Tel. Lorraine 01424 729518

**Yorkshire** 14-19 Sep  
Starting to Write  
Roselle Angwin & John Lyons  
Tel. 01202 841522

**Glastonbury** 18 Sep  
Birth and Death: Exploring Big  
Questions  
Carmella B'Hahn  
Tel. Judith 01275 475125 or  
Camella 01803 867005

**Wimborne** 18-25 Sep  
Exploration in to Creativity  
Meriel Hoare  
Tel. 01202 841522

**Stroud** 18-20 Sep  
Creating Health. Mind Body  
Medicine and Mindfulness  
Dr David Beales  
Tel. 01453 759034

**Bristol** 19 Sep  
Energy Healing Open Day  
School of Energy Healing  
Tel. 0870 800 7060

**Hampshire** 19 Sep  
Energy Healing Open Day  
School of Energy Healing  
Tel. 0870 800 7060

**Blandford Forum** 19 Sep  
Become an Inspired  
Entrapeneur  
Nick Williams  
Tel. 01202 885294

**Marlborough** 19 Sep  
Channelling Your Animals  
Spirit Guides and Angels  
Brigid Reilly  
Tel. 0800 977 4767

**Ilton** 19-23 Sep  
Unicorn Healing Practitioner  
Course  
Unicorn Centre  
Tel. Margaret 01460 53699

**Dublin** 19-20 Sep  
Journey Intensive  
Debs Burgess  
Tel. 01656 890400

**London (TS)** 20 Sep  
How to know Yourself  
Derek Thorne  
Tel. 0207 563 9815

**Liverpool** 20 Sep  
Crystal Skulls, Shamanism &  
Connecting with All That Is  
White Elk Woman  
Tel. Sharon 01634 270307

**London (IPC)** 20 Sep  
Breakthrough: Life Changes  
and How to Make Them  
Bryan Craig  
Tel. 0207 736 4187

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

**the London Forum.**  
[www.londoncircles.net](http://www.londoncircles.net)

**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)

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

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

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

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

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

[www.revolutionof2012.net](http://www.revolutionof2012.net)

[www.networkofflight.org](http://www.networkofflight.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](http://www.wyverndowsing@freeserve.co.uk)

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

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

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

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

**Dublin** 21 Sep  
Advanced Skills  
Debs Burgess  
Tel. 01656 890400

**Kelvedon** 22 Sep  
Spiritual Friends Service,  
Guest Medium, Healing,  
Workshop & Discussion  
Tel. Carole 01621 869567

**Stroud** 25-27 Sep  
Plant Spirit. The Roots of  
Traditional Herbal Medicine  
Nathan Hughes  
Tel. 01453 759034

**St Leonards** 25-28 Sep  
Psychometry: Stand Up and be  
Counted  
Eva O'Brien  
Tel. Lorraine 01424 729518

**Glastonbury** 26-27 Sep  
the Template: Sacred Geometry  
Claudie Planche  
Tel. 01458 835506

**London** 26-27 Sep  
Dynamic Leadership  
Debs Burgess  
Tel. 01656 890400

**Cadbury Castle** 27 Sep  
the Way of the Mystic Warrior  
David Hand  
Tel. 01202 429300

**Edmonsham** 27 Sep  
Dancing the Rainbow: The Path  
Back to the Heart  
Lisa Bridge  
Tel. 01202 885294

**Stoke Trister** 27 Sep  
Forgiveness: Interfaith  
Service  
Sarah Cox & Mary Adams  
Tel. 077599 42110

**London (CPS)** 27 Sep  
A Gentle Introduction to  
Astrology  
Adam Smith  
Tel. 0207 589 3292

**St Leonards** 30 Sep  
Healing Energies and Relaxation  
Patrick Farrer  
Tel. Lorraine 01424 729518

### LIGHTWORKER GROUPS

**Bournemouth** Tues / Weds  
Channelling & Meditation  
Tel. Gary 01202 418291

**Weymouth** Mon (eves) /  
Thurs (mornings)  
Lightworker Development  
Tel. Tricia 01305 784348

**Christchurch** Weds  
Lightworker Circle  
Tel. David 01202 429300

### TOURS & VISITS

**Knowlton Henge** 4 Sep  
Full Moon Celebration  
Stoneseecker Tours  
Tel. 0775 408 2691

**West Kennet** 5 Sep  
Moon Gathering  
Stoneseecker Tours  
Tel. 0775 408 2691

**Lake District South &  
Coast** 5 Sep  
Megalithic Tours  
Tel. Neil 01772 728181

**Berkhampstead Castle**  
6 Sep. Geoff Crockford &  
Nigel Hughes  
Thames Valley Dowsers  
Tel. Susan 01494 813214

**Lake District North** 12 Sep  
Megalithic Tours  
Tel. Neil 01772 728181

**St Michaels Mount** 13 Sep  
Cornwall Dowsers  
Tel. Larry 01209 212864

**Wiltshire** 13 Sep  
St Michael Ley Line and  
Dowsing  
Stoneseecker Tours  
Tel. 0775 408 2691

**Winchester** 15 Sep  
Sacred Winchester Walk  
sue.peaceworld@yahoo.co.uk

**Derbyshire** 19 Sep  
Ancient Sites Tour  
Megalithic Tours  
Tel. Neil 01772 728181

**Bristol** 19 Sep  
Visit to Stanton Drew  
Bristol Dowsers  
Tel. Lea 01225 722963

## Intuitive Massage. Tuning in and Letting Go. (continued)

Make sure that if you are aware of any feelings that are not yours (i.e. that you have picked up from the client) that you release them – a simple visualisation is to open your crown and imagine the feelings or sensations leaving your body, then close the crown again. When our own energy field is not as strong as it might be we are more liable to be affected by that of others so it is important to stay aware. At the end of each massage imagine a cleansing light pouring over you and inside you, taking away any residue of the work you have just completed, leaving you fresh and energised.

As our work develops we realise that less is more. The power of intention as we learn to focus our energy is as powerful as huge physical effort. Make notes of the effects of your 'experiments' on friends and this will give you confidence to change the way your work on your clients. The results will speak for themselves.

Jan will be running a one-day workshop on Intuitive Massage and Energy Awareness at the Vale Healing Centre, Stoke Trister on September 6th. This workshop is for therapists who wish to develop their technique as well as for non-therapists who have done some massage and wish to develop that work. For further information log on to [www.bodyinharmony.org.uk](http://www.bodyinharmony.org.uk) or telephone 01753 867877

## Resonator

Resonator is an event being organised for March 2010 in Newcastle upon Tyne. It aims to examine the importance of vibration to artistic, scientific and spiritual practitioners and hopes to create a collaborative experimentation and creative working environment; involving talks by the participants on each day, followed by an extended period of collaborative work, discussion and experimentation.

Sound is an ephemeral and intangible medium existing at the threshold of the material and the transcendent. Through sound, the imperceptible becomes discernable while material actions dissolve into the ether. In both materialist and spiritualist belief systems sonic and sub- or extra-sonic vibrations are often understood as connecting us to a Larger Vibrational Continuum (LVC), of which sound occupies a small part. Extensions of this understanding hear sound and vibration as an expression of, and metaphor for, more universal resonances.

Through a procedural performance-workshop and idea exchange, participants will investigate potential synergies between the physical and metaphysical. Theologians, developers, spiritualists, artists, mystics, holists and producers are pitted and paired towards the production of sonic ecologies and environments. Through flexible, open discussion and collaboration, participants will be active in the production of material relics through interaction with the medium of sound. If you would like to participate or require further information about the event contact Will Schrimshaw by emailing him at [will@willschrimshaw.net](mailto:will@willschrimshaw.net)

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