



Wessex Research Group Network *Newsletter*

VOLUME 6, ISSUE 1.

January 2011

January 2011, and we welcome the European School of Theosophy to the network and the re-launch of the Glastonbury WRG group. The year begins with two groups (the London Forum and Inspired Events) moving to new venues and the charity Education Aid relocating from Wales to Scotland.

The latest additions to the on-line article archive are *El-Aeons* by Dean Carter and Lorna Heath, *2015 – Looking back from the Future* by Robert Mulliss and *The Ice Age Catastrophe that Submerged Much of the World* by Nigel Blair.

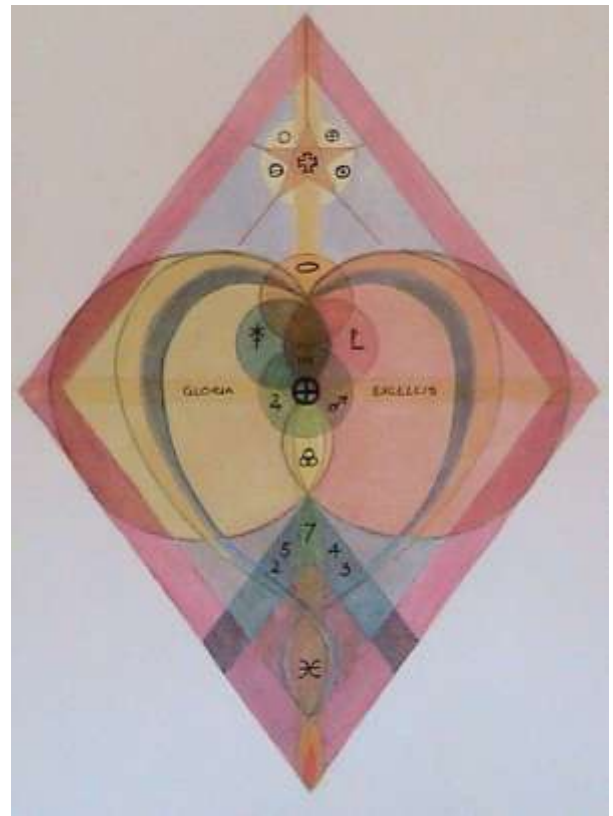
Recovering from Emotional and Physical Trauma

By Jan Trewartha

Just because an event or situation in our lives doesn't come under the usual umbrella of 'traumatic' or 'traumatising' doesn't mean that we can recover from it easily.

The body remembers everything that happens to it through its cellular memory (i.e. the memory is held in the cells of the body). From being dragged out of your mother by forceps delivery, to getting a neck whiplash injury, to losing someone through divorce, all of these are, in the therapeutic context, traumatic. And our body remembers not only the physical injury but the emotional energy of the event. The mind and body are inextricably linked (this has been scientifically proved by Candace Pert in her book 'Molecules of Emotion'), so physical and emotional traumatic memory are always connected.

What does this mean to us? Carrying traumatic memory affects our bodies and lives. For example, compensation patterns are something most people are aware of, in that the body will work around, say, a sprained ankle, trying to maintain upright posture; this weakens the joints and muscle groups taking the uneven strain. However, what is less well known is that any injury will also create problems in the fascia; this is the connective tissue which, like cling film, covers every cell, organ and structure of the body. The damage radiates through the fascia (just as when you grip a tea-towel the folds radiate out to its corners). This has a domino effect through the body setting up areas of weakness for the future. So a sprained ankle may lead to 'fascial pull' up through the leg, weakening and congesting the knee and hip, for example. Add to that an operation such as a hysterectomy; the combined effect of the scar and any adhesions with the fascial pull from the sprained ankle will create congestion in the hip and pelvic area and probably affect the lower back.



Above: The mutual understanding and cooperation between human and devic consciousness that will be brought about in the Aquarian age with the illumination with the Christ Light.

Added to that are the emotional energies of, perhaps, shock from the ankle injury, fear of the operation, etc; this all adds to the cellular congestion. None of this will show on X-ray because it is a soft tissue problem but it can cause severe pain nevertheless.

The effects of primarily emotional trauma can control our lives. If we have been abused as a child, for example, a possible reaction is to dissociate from the body, leading to being ungrounded. We may also be easily subject to panic and unable to deal with stress. This decides what jobs we are able to hold down and how we react to situations. Boundaries and self esteem can be poor which affects our relationships. The emotional energy, i.e. the shock and pain of being abused, leaves its residue in our cellular structure, affecting us physically.

If our body is subjected to injury after injury, physical or emotional, then we will develop areas of severe congestion and even numbness with reduced mobility and poor circulation.

Recovering From Emotional and Physical Trauma continues on Page 4.

Sherborne & Yeovil
Jan 01935 421161

Frome WRG
Marina 01373 465848

Totnes
Jeffrey 01803 868744

Glastonbury WRG
Mike 01458 835620

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
Lea 01225 722963

Joyous Isle workshops
www.joyousisle.com
www.awarenesscentre.org.uk

www.stoneseeker.net

www.dragonseeker.co.uk

Centre for Pure Sound
Tel. 01935 389655

www.londonearth.com

The Martinsey Isle Trust
www.martinsey.org.uk

Natures Way, Exmoor
Tel. 01984 640147

Hawkwood College
www.hawkwoodcollege.co.uk

Taunton Pagan Moot
Tel. 01823 330585

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

Theosophical Society in
Scotland

www.findhorn.org

West Somerset Dowzers
Tel. 01460 281450

www.pierian-centre.com

EVENTS

Ilton 15 Jan
Unicorn Awareness Day
Unicorn Centre
www.unicorncentre.co.uk

Bangor 20 Jan
2012. The Confluence of
Two Rivers: Shamanism &
Science
Wrekin Trust
www.wrekinforum.org

Tadley 27 Jan
Imbolc Celebration
Equilibrium Centre
www.equilibriumcentre.net

Glastonbury 27-28 Jan
Mystic and Earth Spirit Fayre
www.glastonburyfayres.co.uk

Ilton 29 Jan
Angel Awareness Day
Unicorn Centre
www.unicorncentre.co.uk

TALKS

Glastonbury WRG 4 Jan
Global Awareness. UFO's
and Crop Formations
Alan Foster
Tel. Mick 01458 835620

Yeovil 5 Jan
Clairvoyance
Brian Timbrell
Tel. John 01963 220306

Glastonbury PLG 5 Jan
Just Say Yes
Joe Hoare
Tel. 01458 833128

Frome 5 Jan
Conversations with Walter
Betty Shepherd
Tel. Marina 01373 465848

DEMG at Stapehill 6 Jan
the Garden of Eden
Edmund Marriage
Tel. Dave 07977 144147

Bath PLG 10 Jan
Ancient Sweden
Sig Lonegren
Tel. Jacqui 07868 890388

Taunton 10 Jan
an Evening with
Dahm the Bard
Tel. 01823 330585

Bournemouth PLG 10 Jan
Channelled Messages
Kathy Crosswell
Tel. Sue 01202 581898

Glastonbury PLG 12 Jan
Messages from Blood and
How to Nourish Your Cells
Jenny Brown
Tel. 01458 833128

**Weymouth &
Dorchester** 12 Jan
Peace in Israel: Mindfulness
in Community
Barbara Cohen
Tel. Roma 01305 816644

Stroud 14 Jan
Coaching for Deep
Transformation: An
introduction to
Psychophonetics
Yehuda Tagar
Tel. 01453 759034

Bristol 16 Jan
Animal Healing and
Clairvoyance
Sue & John Geis
Tel. Lea 01225 722963

Bath PLG 17 Jan
Change Your Thoughts Change
Your Health
Peter Steedman
Tel. Jacqui 07868 890388

Bournemouth PLG 17 Jan
Creating our Reality and the
Science Behind It
Matt Selley
Tel. Sue 01202 581898

Woodshaw 17 Jan
Mindscapes
Paul Devereux
wds@wyverndowsing.freeserve.co.uk

Bath 17 Jan
Bath Story Telling Circle
Tel. David 01225 482170

London (CPS) 18 Jan
Countdown to Coherence
Hazel Courtney
Tel. 0207 589 3292

Bradford on Avon 19 Jan
the Crop Circle Reporter
Gary King
Tel. Sue 07810010840

Yeovil 19 Jan
Crystal, Colour and Meridian
Balance Massage Therapies
Christine Edgewater
Tel. John 01963 220306

Glastonbury PLG 19 Jan
How to Bring Your Life in to
Balance Easily
Felicity Jay
Tel. 01458 833128

Reading 20 Jan
Countdown to Coherence
Hazel Courteney
hello@inspired-events.com

London 20 Jan
the Byrom Collection
Sylvia Francke
Tel. 0870 766 9657

Taunton 21 Jan
the Poetry of Counselling and
Psychotherapy
Chris Banks
Tel. 01823 665798

Bristol 21 Jan
Psychic Surgery
Michael Young
Tel. Lea 01225 722963

Sturminster Newton 22 Jan
Therapeutic Bereavement
Daisy Luiten
Tel. Judith 01258 475125

Bournemouth PLG 24 Jan
Keys to the Universe
Diana Cooper
Tel. Sue 01202 581898

Bath PLG 24 Jan
Awakening to a New Way
of Being with Enneagram
Veronica Croft
Tel. Jacqui 07868 890388

Glastonbury PLG 26 Jan
the Golden Rule: Success
through Treating Others Well
Prof. Patrick W Jordan
Tel. 01458 833128

London (RILKO) 28 Jan
the Secret Land
Paul Broadhurst
Tel. 0208 977 4763

London (CPS) 28 Jan
A Demonstration of Mediumship
Anthony Kesner
Tel. 0207 589 3292

Sherborne & Yeovil 31 Jan
the Ancient Ones of Avalon
David Hand
Tel. Jan 01935 421161

Bournemouth PLG 31 Jan
Angelic Multi-Dimensional
Healing
Mark Brittain
Tel. Sue 01202 581898

Monkton Heathfield 31 Jan
Living within a Sacred Site
Melvyn Firmager
Tel. 01460 281450

WORKSHOPS & COURSES

Forres 1 Jan
Personal Deepening Programme
Findhorn Foundation
Tel. 01309 690311

Bristol 5 Jan
Drumming for Fun and
Relaxation
Simon Carver
Tel. 0117 9244512

Bristol 6 Jan
the Way of the Dream
Pierian Centre
Tel. 0117 9244512

*To promote an event or submit a contribution to the newsletter
email Robert at newsletter@wessexresearchgroup.org or log
on to www.wessexresearchgroup.org*

May Hill 8 Jan
New Year: New Energy.
Embracing all the Gifts
the Shift has to Offer
Tel. Jackie 01594 835016

Ilton 9 Jan
Spiritual Awareness Course
Margaret Merrison
Tel. 01460 53699

London 9 Jan
the Key Principles of Success
and How to Apply Them
David Lorimer
www.practicalwisdom.org.uk

Sherborne 9 Jan
Overtoning Circle
Dean Carter
Tel. Dean 01935 389655

Thakeham 10 Jan
Angel Workshop
Justine van de Weg
Justine@angeldivinity.com

Manchester 12 Jan
5 Gateways Seminar
Openhand Foundation
Tel. 01458 830443

St Leonards 14-17 Jan
Trance Weekend
Lorraine Edwards
Tel. 01424 729518

Thakeham 15 Jan
Angel Party
Justine van de Weg
Justine@angeldivinity.com

Stoke Trister 15-16 Jan
Diploma in Body Realignment
Jan Trewartha
Tel. 0772 402 7748

Cullompton 15-16 Jan
Being in Balance
Veronica & Chris Croft
Tel. 01884 855759

Torbay 16 Jan
Dowsing for Fun
Aaron Bray
Tel. 07973 120244

Ilton 16 Jan
Spiritual Awareness Course
Margaret Merrison
Tel. 01460 53699

Malakal (Sudan) 19 Jan
Full Moon Sacred Site
Ceremony
Grand Mayan Itza Council
yokhahmaya@hotmail.com

Glastonbury 21 Jan
the Template. A Sacred
Geometry Activation
Claudie Planche
Tel. Claudie 01458 835506

Bristol 21 Jan
Aura Readings
Agustin Delgado Orea
Tel. 0117 9244512

London (CPS) 22 Jan
Managing Your Energy During
Psychic Work and Healing
Sharry Clark
Tel. 0207 589 3292

Forres 22 Jan
Spiritual Practice
Findhorn Foundation
Tel. 01309 690311

Thakeham 22 Jan
Drawing and Painting Your
Guardian Angel
Justine van de Weg
Justine@angeldivinity.com

London (CPS) 23 Jan
Touching the Unseen Human
Energies. When Life Falls out
of Balance

Sir Tom Lucas
Tel. 0207 589 3292

Wimborne 26-31 Jan
Regression Academy
Andy Tomlinson
Tel. 01202 841522

Thakeham 28-30 Jan
Angelic Reiki I & II
Justine van de Weg
Justine@angeldivinity.com

Stroud 29 Jan
Future Self Now
Theresa Sansome
Tel. 01453 759034

Forres 29 Jan
Erraid - Imbolc
Findhorn Foundation
Tel. 01309 690311

Plymouth 29 Jan
Discover Dowsing
Aaron Bray
Tel. 07973 120244

May Hill 29 Jan
Inter-Relating on a Small
Planet. Changing
relationships with others
including partner, friends,
family and Earth
Tel. Jackie 01594 835016

Stroud 29 Jan
Creativity as a Gateway
to Healing
Annabel Hollis
Tel. 01453 759034

Yeovil 29 Jan
Disciples of Experience Day
Clint Denyer
Tel. 07546 598582

Manchester 29-30 Jan
5 Gateways Workshop
Openhand Foundation
Tel. 01458 830443

Ilton 30 Jan
Spiritual Awareness Course
Margaret Merrison
Tel. 01460 53699

London (CPS) 30 Jan
Making Mediumship Evidential
Tony Stockwell
Tel. 0207 589 3292

London (CPS) 30 Jan
Introduction to Colour Healing
Julia Shepherd
Tel. 0207 589 3292

LIGHTWORKER GROUPS

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

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

Christchurch Weds
Lightworker Circle
Tel. David 01202 429300

Weymouth Thursday (eves)
/ Friday (mornings)
Lightworker Development
Tel. Tricia 01305 784348

Weymouth Thurs
Lightworker Circle
Tel. David 01202 429300

E. Woodlands 3, 17, 31 Jan
Healing from the Heart
Tel. Marina 01373 465848

Thakeham 14 Jan
Meditation
Justine@angeldivinity.com

SERVICES

W. Mersea 14 Dec
Spiritual Friends Service,
Guest Medium, Healing.
Tel. Carole 01621 869567

Stoke Trister 19 Dec
Interfaith Service
Tel. 01963 33360

TRIPS, TOURS & VISITS

**Mysterious Lancashire
(part 1)** 15 Jan
Megalithic Tours
Tel. Neil 01772 728181

**Mysterious Lancashire
(part 2)** 22 Jan
Megalithic Tours
Tel. Neil 01772 728181

**Lindisfarne, Hadrians Wall
& the North East** 29 Jan
Megalithic Tours
Tel. Neil 01772 728181

www.Mindspiritnetwork.com

Bath Storytelling Circle.
Tel. 01225 482170

the London Forum.
www.londoncircles.net

Bournemouth PLG
www.powerofpositiveliving.com

www.body-spirit.co.uk

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

www.challicewell.org.uk

www.unicorncentre.co.uk

Mysticklight.com

www.thamesvalleydowsers.org.uk

www.libraryofavalon.org.uk

Glastonbury PLG
www.positivelivinggroups.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.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

www.revolutionof2012.net

www.networkoflight.org

www.megalithictours.com

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

www.brlsi.org

www.kabbalahcentres.com

www.insearchofthesacred.com

www.valehealing.co.uk

Fountain Group
embraceyourself@ymail.com

*"You are made from love, You are love, Spread your love,
Be the love, Become the beloved, Always your thought and
action are one combined" ...Enliron*

Recovering From Emotional and Physical Trauma (continued)

Long term, the fascial pull may create chronic tension deep within us, affecting the functioning of the organs and bodily systems plus lowering our energy level and affecting how we feel day to day. We often put the general lack of wellbeing down to age, whereas in fact the issues I've talked about so far can usually be corrected through appropriate bodywork or through body psychotherapy.

You may know that 'something is wrong' but you are not sure what. It may simply be a slow deterioration after an accident, being mugged, losing a relative. Or it may be something creating major disruption in your life. Don't despair, such problems can be helped if and when you are ready to leave the past behind. No matter what age we are, we are all too young to live life in a limited and painful way.

Jan Trewartha specialises in Trauma Release through Body Realignment therapy. Her next diploma course in Body Realignment course starts on January 15th at Stoke Trister, Somerset. For further information log on to www.bodyinharmony.org.uk

Book Review – Soul of the Earth 21 Poets, 1 planet

Soul of the Earth is an anthology of poetry to inspire hope in humanity. Beautifully crafted, yet challenging received wisdom and pushing boundaries, these are cutting-edge poems from a new generation of writers who share a love of the Earth and haven't given up on humans either. Vivid, contemporary voices that dare to explore a spiritual dimension to life on Earth and, in doing so, imply that a way out of our global crisis of ecological breakdown, financial meltdown, and bankruptcy of the spirit is to look beyond the impasse of materialism.

With contributions from poets in the USA, Canada, UK, Australia, and New Zealand, this anthology reaches out across the planet to embrace the challenges and blessings of being alive on the Earth in the twenty-first century. For further information about the book log on to www.awenpublications.co.uk

The Martinsey Isle Trust : Safe Journey. By Judith Pidgeon

The Martinsey Isle Trust has long been instrumental in giving impartial information around death, dying, bereavement, the continuity of consciousness, and green funeral choice through talks; awareness days; its Transitus Festival; art; drama; music and green events.

It begins its next series of talks and gatherings at Sturminster Newton in January with speakers and activities. The Trust is moving its Resource and Drop in Centre called *Safe Journey* to a room in the Museum in the centre of Sturminster Newton.

The Centre offers practical information and informed, sympathetic advice on matters related to death, dying and bereavement. Dr Peter Fenwick, world authority on End

of Life phenomena and Near-Death Experiences, will be bringing his talk to the Trust, at the Exchange, in early March and officially opening the Centre. The Centre is a long-held dream of the Trust to offer a place to be in the presence of grief, in safety and acceptance; as well as offering biodegradable coffins to view; books to purchase, borrow and browse; memorial and other stained glass and artwork to make and to buy; and a plethora of information around end-of-life choices, funeral and burial options and much more. Qualified volunteers will be helping Judith to staff the centre.

To find out more about the work of the Trust see www.martinsey.org.uk - a sacred heritage trust, which sees living and dying as a sacred process - or leave a message for Judith on 01258 475125.

Book Review – God's Credentials. Belief and Unbelief in a Troubled World. By Philip Blair

In God's Credentials the author makes a case for a creator. The case is made with fact after fact be it historical, geological or physical and deals intelligently with the Christian approach to theistic belief, in a scientific and secular age.

The book starts with a study of monotheism and polytheism in ancient civilisations and progress to Judaism and its culmination in the emergence of Christianity. It goes on to ask searching questions about Darwinian Evolution before presenting Christ as the living world of God in whom salvation can be found. Log on to www.amazon.co.uk for further information.

The Number One by Shirley Laflin

One is a number of great importance in that it is a solid, uncomplicated shape. It is a building block of the sign of the cross being 2/3rd of the whole.

It joins heaven and earth and can ground you. It can make up many other signs, symbols and numbers creating a foundation or building block, or become an integral part of many other things.

It's pure simplicity of shape means that it resounds clearly through many dimensions rather like a bell which reverberates, or a stone thrown into water causing the ripples to fan out.

The sum of all this means that the number 1 gets its message across easily and clearly by cutting through the dimensions. Its message therefore is one of allowing you to clear yourself, cut through a medium easily and quickly, being razor sharp, getting your message across to an audience clearly, thinking clearly, writing clearly, and being clear and organised and uncluttered in your word and actions.

To use it place it in your mind's eye for 5 seconds or more (or hear it or feel it). Concentrate on it and hold the intention of using it to help you in whatever way you wish for the highest good. This is a symbol of great depth and meaning and can be used with great ease and clarity and is God's gift to all who wish to use it in this way.