



Wessex Research Group Network Newsletter

VOLUME 6, ISSUE 5.

May 2011

The month of May heralds the arrival of visitors from overseas.

Sound healing vocalist Yantara Jiro arrives from China. He will be facilitating a series of events in London and Bristol around the subjects of consciousness and sound. More information about his work and his visit can be found at <http://metalife.org.uk>

His Eminence Dorje Dhenpa Rinpoche from the Gongkar Choede Monastery is returning to the UK assisted by the venerable Ngawang Khyenste la (AKA Kassapo). Both have sought to preserve the Dzongpa tradition, a branch of the Sakya tradition of Tibetan Buddhism and during the month ahead they will be facilitating events at Brighton, London, Oxford, New Milton and Chard. For further information log on to www.vkm.org.uk

The latest additions to the on-line video archive www.wessexresearchgroup.org/video.html are *The Unfolding Year of 2011* and *Pranic Energy (light but not as we know it)*.

Introducing the Body Map System

by Penny Mckay

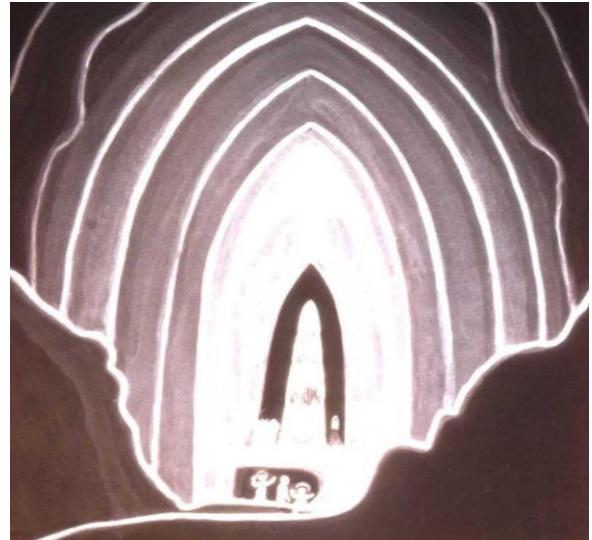
“Every muscular contraction contains the history and meaning of its origin.” Wilhelm Reich

How are you feeling? Do you know? Do you *really* know? Are you able to make a conscious connection with your body or do you consciously avoid it?

For many of us, the body seems to be a battle ground. We love it, we loathe it, we are obsessed with it or we couldn't care less about it. But it is possible to build a loving, healing relationship with your body that is mutually healthy, nurturing and supportive.

The body map system focuses on bringing your conscious awareness to four key areas to help build your relationship with your body. By exploring these areas it is possible to release unhelpful thoughts, feelings and memories that contribute to the battleground that is the body.

But it is also possible to access hidden strengths and retrieve a sense of vitality and wonderment at this incredible vehicle as the physical expression of your soul. The first key area is the physical body. You are introduced to the language of the body, how to move your mind, how to flow with feeling, how to connect with what is happening within your physical body and how to



Above: The Light at the End of the Tunnel

put all that you find on to your body map so that you can start to work with it.

The second key area is the energetic body and chakra system. You are introduced to the concept and effects of energy, how to connect your physical body map with the chakra system and how this impacts on your physical body, now.

The third key area is your inner child. Through working with your physical body map you explore how childhood memories or experiences are impacting on your physical body, now.

The fourth key area is your sacred relationships. Through working with your body map you explore how your relationships, past and present, are impacting on your physical body, now.

When all of these areas are brought together and are understood it is possible to release what has been held in your body, sometimes for years. As you release the body, you set your soul free. When you are finally able to welcome healing and reconciliation with your body you welcome healing and reconciliation with yourself.

All are representative of the body's intelligence in seeking a way to let you know that what you thought you had buried is buried in the body. Or what you have chosen to look away from remains firmly visible through the body. Through connecting with this intelligence it is possible to build a relationship that recognises your beautiful body as the spiritual reflection of your soul.

For further information about the Body Map System or the forthcoming Body Map Retreat in Cornwall this May contact Penny by through the web site www.pennymckay.co.uk

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.wccsg.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

Glastonbury 1 May
May Day Celebration
and Meditation
www.chalicewell.org.uk

Glastonbury 1 May
Beltane Faery Ball
www.mysticfayre.co.uk

Glastonbury 1 May
Open Circles for Spiritual
Discussion and Development
in Glastonbury, Somerset
and the South West
www.holisticmap.org

Stroud 2 May
Open Day
Hawkwood College
www.hawkwoodcollege.co.uk

Wimborne 6 May
Gaunts House Spring Festival
www.gauntshouse.com

London 7 May
How to be Happy Conference
http://howtobehappy.eventbrite.com

Bridgwater 7 May
Open Spiritual Weekend
Parsonage Side Retreat
www.parsonagesideretreat.wbs.com

Davidstow 13 May
Body Map Retreat
www.pennymckay.co.uk

Boscastle 14 May
Guardians of Cornish Magic
Anniversary Day
www.museumofwitchcraft.com

Turkey 16 May
Angels Abroad Retreat
www.angellight.co.uk

Bulgaria 20 May
Earth Energies Retreat
Stephen Coburn
www.inspirationplus.net

Newcastle 21 May
Wrekin Forum Round Table
www.wrekinforum.org

Stoke Trister 21 May
Silent Retreat
Vale Centre
www.valehealing.co.uk

London 26 May
Mind, Body Spirit Festival
www.mindbodyspirit.co.uk

TALKS

Stoke Trister 2 May
the Spiritual Life of Animals
Stephanie Fry
Tel. 01963 33360

Glastonbury PLG 4 May
Angel Music
Suzi Dale
Tel. 01458 833128

Frome 4 May
2012. What the Bleep is it all
About?
Glen Tucker
Tel. Marina 01373 465848

London 5 May
Splitting of the
Human Race
Susan Raven
Tel. 0870 766 9657

Axminster 6 May
Clairvoyance
David Grove
Tel. 01297 32331

London (TS) 8 May
Tai Chi. Spirit and Essence. A
New Vision of a Healing Process
Beverley Milne
Tel. 0207 563 9817

Bournemouth PLG 9 May
Psychic Protection and Energy
Clearing
David Eastoe
Tel. Sue 01202 581898

Glastonbury WRG 10 May
West Kennet Long
Barrow. Shamans,
Landscape and the
Cosmos
Peter Knight
Tel. Mick 01458 835620

Wellington 10 May
Crafts Evening
Tel. Stephen 01823 330585

London (LEMC) 10 May
Death Roads, Spirit Paths
and Fairy trails
Dave Shead
lemc@operamail.com

Glastonbury PLG 11 May
Emotional Realignment Therapy.
If You just want to get rid of it
Dr Karen James
Tel. 01458 833128

Yeovil 11 May
Clairvoyance
Cathryn Green
Tel. John 01963 220306

**Weymouth &
Dorchester** 11 May
West Kennet Long Barrow.
Landscape, Cosmos and the
Shaman
Peter Knight
Tel. Roma 01305 816644

Axminster 13 May
Circles of Power
Maria Wheatley
Tel. 01297 32331

Bristol 15 May
Emotional Freedom Light
Techniques
Rowena Beaumont
Tel. Lea 01225 722963

London (TS) 15 May
Beyond 2012. The Geometry and
Rhythm of Time. Post Mayan
Calendar Futurism
Chad Manian
Tel. 0207 563 9817

Bath PLG 16 May
Blissology. The Art of
Science and Happiness
Andy Baggott
Tel. Jacqui 07868 890388

Bournemouth PLG 16 May
Energy Astrology Part 2.
Your Inner Family of Planets
Brian Parsons
Tel. Sue 01202 581898

Woodshaw 16 May
Dowsing and Spirituality
Jim Lyons
wds@wyverndowsing.freeserve.co.uk

Bath 16 May
Bath Story Telling Circle
Tel. David 01225 482170

London (CPS) 17 May
Life Alignment
Jeff Levin
Tel. 0207 589 3292

Glastonbury 17 May
Full Moon Evening
Chalice Well
Tel. 01458 831154

Glastonbury PLG 18 May
Body Talk. How to enhance your
health in 2 minutes
Kathleen Knecht
Tel. 01458 833128

Bradford on Avon 18 May
Healing with Colour
Amanda Relph
Tel. 07810010840

London 19 May
the Wessex Astrum and the
Lessons from Avatar
Peter Knight
Tel. 0870 766 9657

Stroud 20 May
Glamour: The Adversary
of the Soul
William Meader
Tel. 01453 759034

Bristol 20 May
West Kennet Long Barrow
Peter Knight
Tel. Lea 01225 722963

London 20 May
Open Your Heart to Higher
Dimensional Love
Yantara Jiro
<http://metalife.org.uk>

Axminster 20 May
Clairvoyance
Suzi Hutchinson Stoyle
Tel. 01297 32331

Taunton 20 May
Don't Go There! Using mind
and body to go there safely
Anna Colgan
Tel. 01823 663215

London (CPS) 20 May
the Psychic Stand Up Show
Becky Walsh
Tel. 0207 589 3292

London (TS) 22 May
Gurdjieff's Search for Truth and
the Core Teaching
Joseph Mckeaney
Tel. 0207 563 9817

Beaconsfield 22 May
Sacred Stones of Dorset
Peter Knight
Tel. Susan 01494 813214

Bournemouth PLG 23 May
Reiki Drum Healing
Kimberley Lovell
Tel. Sue 01202 581898

Bath PLG 23 May
the Turin Shroud.
The Physics of Light
Alan Foster
Tel. Jacqui 07868 890388

Monkton Heathfield 23 May
Stanton Drew Stone Circles
and Cove
Tony Hathway
Tel. 01460 281450

London (LEMC) 24 May
Sun, Moon, Venus & the
Pyramids: A Study in Harmony
and Sacred Geometry
Simon Michell
lemc@operamail.com

London 24 May
Channelling the Infinite
Source
Yantara Jiro
<http://metallife.org.uk>

London (CPS) 24 May
Angels of Atlantis. Oracle Cards
Stewart Pearce
Tel. 0207 589 3292

Yeovil 25 May
the World of Colour
Jennifer Gould
Tel. John 01963 220306

Glastonbury PLG 25 May
Spirit Surgery
Wayne Lee
Tel. 01458 833128

London 26 May
the Principles of Ancient Egyptian
Alchemy Healing
Joanna Bristow Watkins
Tel. 0870 766 9657

Axminster 27 May
Garden of Eden
Edmund Marriage
Tel. 01297 32331

Sherborne & Yeovil 30 May
the Garden of Eden
Edmund Marriage
Tel. Jan 01935 421161

London (CPS) 31 May
the Quest of the Soul
Maggy Whitehouse
Tel. 0207 589 3292

WORKSHOPS & COURSES

Sherborne 1 May
Overtone Circle
Dean Carter
Tel. Dean 01935 389655

Thornford 3 May
Releasing Old Patterns and
Learning to Love Again
10 week study group
Louise Salmon
Tel. 01935 872494

Thakeham 5 May
Angelic Reiki I and II
Justine@angeldivinity.com

Ilton 6 May
2012 and Beyond. Teacher
Training Course
Margaret Merrison
Tel. 01460 53699

Thornford 7 May
Releasing Old Patterns
and Learning to
Love Again
Louise Salmon
Tel. 01935 872494

Cullompton 7 May
Enneagram Foundation
Course (part 1)
Chris & Veronica Croft
Tel. 01884 855759

Forres 7 May
Awakening the Sacred
Feminine and Masculine
Miranda Macpherson &
Bob Duchmann
Tel. 01309 690311

Surrey 7 May
Health Dowsing (part 1)
Adrian Incedon Webber
Tel. 01249 818807

Brighton 7 May
Freedom from Afflictive
Emotions
Dorje Dhenpa Rinpoche
Tel. 07531 556616

London 7 May
Consciousness,
Synchronicity and the
Law of Attraction
David Lorimer
Tel. 01333 340490

London (TS) 8 May
Enlightenment. An
Experiential Guide. Tools
for Wellbeing,
Joy and Abundance
Dr Sue Jamieson
Tel. 0207 563 9817

London 8 May
the Key Principles of
Success and How to
Apply Them
David Lorimer
Tel. 01333 340490

Wimborne 12 May
What Gets in the Way
of your Being?
Tamara Alferoff
Tel. 01202 841522

Edmondsham 13 May
the Masculine and the
Feminine Within
Ian Thorp
Tel. Jackie 01202 885294

Cattistock 13 May
the Mythic Imagination and
Neoplatonic Philosophy.
The Transformation
Merrily Harpour
Tel. 01792 466467

Axminster 14 May
Trance Workshop
Sue Reece
Tel. 01297 32331

Wimborne 14 May
the A to Z of the Soul
Ian Lawton
Tel. 01202 841522

North Devon 14 May
Journey Intensive
Brandon Bays
Tel. Megan 01656 890400

Cherhill 14 May
Earth Energy Dowsing
Adrian Incedon Webber
Tel. 01249 818807

London (CPS) 15 May
Managing Your Energy
During Psychic Work
and Healing
Sharry Clark
Tel. 0207 589 3292

New Milton 15 May
Living Well Dying Well
Dorje Dhenpa Rinpoche
Tel. 07531 556616

Langport 15 May
Soundbath
Dean Carter
Tel. Dean 01935 389655

Wimborne 15 May
the Future of the Soul
Ian Lawton
Tel. 01202 841522

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.chaliceswell.org.uk

www.unicorncentre.co.uk

www.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.brfsi.org

www.kabbalahcentres.com

www.insearchofthesacred.com

www.valehealing.co.uk

Fountain Group
embraceyourself@ymail.com

Stroud 16 May
the Mystic Fire
David Goddard
Tel. 01453 759034

Crete 17 May
Crystal Skulls, Sacred Sites
and Artifacts
White Elk Woman &
Rhian Crystal Priestess
Tel. 07546 598582

Moundville (USA) 17 May
Full Moon Sacred Site
Ceremony
Grand Mayan Itza Council
yokhahmaya@hotmail.com

Cullompton 21 May
Enneagram Foundation
Course (part 2)
Chris & Veronica Croft
Tel. 01884 855759

Axminster 21 May
Sound Healing
Rhiannon Becque
Tel. 01297 32331

Thakeham 21 May
Healing and Painting
through Horses
Justine@angeldivinity.com

Tadley 21 May
Emotional Freedom
Technique Level 2
Barbara Saph
Tel. 0783 3164615

London (CPS) 21 May
the A to Z of the Soul
Ian Lawton
Tel. 0207 589 3292

London (CPS) 22 May
the Future of the Soul
Ian Lawton
Tel. 0207 589 3292

Athens 22 May
Crystal Skulls, Sacred Sites
and Artifacts
White Elk Woman &
Rhian Crystal Priestess
Tel. 07546 598582

Chippenham 22 May
Animal Communication
Brigid Reilly
Tel. 0800 977 4647

Chard 22 May
Transforming the Mind
Dorje Dhenpa Rinpoche
Tel. 07531 556616

London 26 May
Intuitive Chakras Course
Clare Russell
Tel. 07966 253111

London 28 May
Channelling the Infinite
Source
Yantara Jiro
<http://metallife.org.uk>

Ilton 28 May
Angel Awareness Day
Margaret Merrison
Tel. 01460 53699

Yeovil 28 May
Disciples of Experience Day
Clint Denyer
Tel. 07546 598582

Oborne 29 May
Soundbath
Dean Carter
Tel. Dean 01935 389655

Ilton 29 May
Unicorn Awareness Day
Margaret Merrison
Tel. 01460 53699

Axminster 30 May
How Psychic Are You?
Peter Steedman
Tel. 01297 32331

Bristol 31 May
the Gathering of
the Source
Yantara Jiro
Tel. 0117 9244512

LIGHTWORKER GROUPS

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

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

Bournemouth 3 May
Reiki Share
Tel. Karen 08456 808 467

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

Stoke Trister 9, 23 May
Meditation
Tel. 01963 33360

E. Woodlands 9, 23 May
Healing from the Heart
Tel. Marina 01373 465848

Thakeham 20 May
Meditation Evening
Justine@angeldivinity.com

TRIPS, TOURS & VISITS

West Kennet 1 May
West Kennet Beltane
Celebration
Peter Knight
Tel. 01249 823287

Avebury 2 May
Avebury Tour
Peter Knight
Tel. 01249 823287

Wales 6 May
Mysterious Wales
Megalithic Tours
Tel. Neil 01772 728181

Ham Hill 15 May
Field Visit
West Somerset Dowsers
Tel. 01460 281450

Uffington 21 May
Dowsing Uffington White
Horse Complex
Maria Wheatley
Tel. 07546 598582

France 22 May
Northern France and the
Carnac Stones
Megalithic Tours
Tel. Neil 01772 728181

Milton Lilbourne 22 May
Giants Grave
Wyvern Dowsers
[wds@wyverndowsing.
freeseerve.co.uk](mailto:wds@wyverndowsing.freeseerve.co.uk)

Avebury 31 May
Avebury Tour
Peter Knight
Tel. 01249 823287

$E = MC^2 + (T)$

By Eric Newbold

Sir Isaac Newton was one of many great thinkers who formulated ideas around explaining matter and the material world; indeed it was his thinking which provided the theoretical bedrock for the direction of subsequent Western scientific thinking.

Albert Einstein (regarded as the father of modern physics) took Newtonian thinking further and tried to explain not just concepts like gravity (which we still fully don't understand) but the very workings of the universe.

The equation $E = MC^2$ indicates that energy (E) always exhibits mass (M) in whatever form it takes. C represents the speed of light in a vacuum.

The coming realisation for us all (the quantum leap in consciousness that is taking place) is that Einstein's famous equation can now be re-written to include T. T stands for thought and represents the idea that in the Aquarian Age we will understand that where thought goes energy flows.

The Number Three

By Shirley Laflin

Three is the number of transference in that it can be a figure of addition ie $1 + 2 = 3$, it also has a slightly mystical significance in that it is the number which brings about change.

To others it can mean the transformation of ideas and concepts, e.g. where black is white and white is black it can reverse the tendency to be obtuse. In other words it holds within it the ability to transcend all confusion. If you have a confusing situation in your life think about it then hold the number three in your mind's eye, and allow its properties to diffuse the situation for you. For some the meaning may become obvious quite soon, and for others it may take a while before clarity is gained. Use it also as part of your mandala to strengthen the passage of transformation.

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