



# Wessex Research Group Network *Newsletter*

VOLUME 7, ISSUE 4.

April 2012

**A**pril 2012 and we welcome Brien Foerster from Peru. Brien will be speaking at a number of events across Wessex during April and May. A welcome also to the Avebury Experience a Wiltshire based dowsing research group. [www.theaveburyexperience.co.uk](http://www.theaveburyexperience.co.uk)

From April the Glastonbury WRG will be located at a new venue, the Avalon Constitutional Club, 50 High Street, Glastonbury. Further information can be obtained by contacting Mick on 01458 835620.

The month ahead also sees the first Brympton festival of Literature, Music and Art [www.brymptonfestival.co.uk](http://www.brymptonfestival.co.uk) and the launch of Awakening TV, a channel dedicated to exploring alternate views on life, death and what lies beyond [www.youtube.com/user/AwakeningChannel](http://www.youtube.com/user/AwakeningChannel)

The latest addition to the on-line digital lecture archive is *Expanding our Awareness* by Carol Fraser.

## ***The Recovery of Meaning***

**By Isobella D'Constanza**

The surging energies of springtime bring tender green shoots as we move forward into each new moment. It is this time of the year when more than ever, the irresistible force of creation manifests itself through the living forms of nature.

We can only marvel at the wonder of the natural world and the array of elemental forces that interact to maintain the delicate balance of life on Earth. By default; the human kingdom is part of this marvellous matrix of creation. Our Earth bound physical bodies are forged from the substance of the Earth yet we are also spiritual beings. We are each a point of consciousness, a vortex point through which the creative power of the cosmos (the in-flooding future) can flow.

Through our freewill we are able to control this inflow, acting as a conduit to work with the living world, in harmony and in accordance with natural law. The in-flooding future becomes the present, a moment which we are able to shape through our thoughts feelings and actions.

When this point is reached, evolution becomes conscious of itself. For this to happen, imagine the wisdom and levels of understanding that would be working through humankind. We would be one with the harmony of natural law, part of a living unity!

The universe strives to work through us yet because of our sense of separation from it, we contrive to pollute, destroy and mis-manage our beautiful planet. There is no question that we have been wasteful to the point of extravagance, with much of our anthropogenic activity meaningless when the bigger picture is considered.



The recovery of meaning is the recovery of our heritage as spiritual beings. In respect to the Earth it is about re-orientating our thinking back towards working with it, allowing universal creative intelligence to flow through us as the creative point on Earth, for the implementation of natural law.

We have been errant stewards of planetary consciousness, but springtime provides us with a wonderful opportunity to reaffirm our connection to the living and fulfil our true role as spiritual / earthbound beings. This is an enormous challenge, a tremendous responsibility, one that asks us to assess the way in which currently behave and as one, turn our thinking around to anchor this higher universal way on Earth. Consciously we bring the higher values of love and compassion into our actions during each living moment.

As we enter the New Age we shall find that the answers to our questions come not from fiscal accountability or dogmatic belief (religious or political) but from an understanding of the spiritual nature of man, and his role as a planetary steward. All we have to do is find it within ourselves and make a commitment to working with natural law. The worlds of spirit and nature stand ready to help us if we just ask for their help.

The ultimate truth and goal for humanities recovery of meaning is surely summarised in the gospel of St John (Chapter 15, verses 4 and 5)

*Abide in me and I in you. As the branch cannot bear fruit of itself, except it abide in the vine, no more can ye, except ye abide in me.*

*I am the vine ye are the branches. He that abideth in me and I in him, the same bringeth forth much fruit, for without me you can do nothing.*

**Sherborne & Yeovil**  
Jennie 01935 817685

**Frome WRG**  
Marina 01373 465848

**Totnes**  
Jeffrey 01803 411891

**Glastonbury WRG**  
Mike 01458 835620

**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 01749 678834

**Bristol Dowzers**  
Lea 01749 678834

**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

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

**The Martinsey Isle Trust**  
[www.martinsey.org.uk](http://www.martinsey.org.uk)

**Hawkwood College**  
[www.hawkwoodcollege.co.uk](http://www.hawkwoodcollege.co.uk)

**Wellington Pagan Moot**  
Tel. 01823 665868

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

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

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

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

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

**Theosophical Society in  
Scotland**

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

**West Somerset Dowzers**  
Tel. 01460 281450

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

**Unicorn Hypnotherapy  
& Workshops**  
[www.unicorn-at-rainbows-end.org](http://www.unicorn-at-rainbows-end.org)

## EVENTS

**London** 1 April  
Easter Festival. The  
Redeeming Power of Love  
[www.rsh.anth.org.uk](http://www.rsh.anth.org.uk)

**Stroud** 6 April  
Mystic Initiation of the Christos  
Easter Gathering  
[www.hawkwoodcollege.co.uk](http://www.hawkwoodcollege.co.uk)

**Glastonbury** 6 April  
Day of Silence  
[www.chalicewell.org.uk](http://www.chalicewell.org.uk)

**Forres** 7 April  
Into Christ Consciousness  
Easter Gathering  
[www.findhorn.org](http://www.findhorn.org)

**Lymington** 7 April  
Holistic Fayre  
Email Jen [jeninmc@aol.com](mailto:jeninmc@aol.com)

**London (LEMG)** 12 April  
Open Forum and Social  
[www.londonearth.com](http://www.londonearth.com)

**London** 13 April  
Open House and Social Evening  
[www.collegeofpsychicstudies.co.uk](http://www.collegeofpsychicstudies.co.uk)

**Manchester** 14 April  
Mind, Body, Spirit Show  
[www.bssk.co.uk](http://www.bssk.co.uk)

**Kingcoombe** 20 April  
Reconnecting the  
Heart Retreat  
[www.inspirationplus.net](http://www.inspirationplus.net)

**Brympton** 20 April  
the Brympton Festival of  
Literature, Music and Art  
[www.brymptonfestival.co.uk](http://www.brymptonfestival.co.uk)

**Totnes** 28 April  
7<sup>th</sup> Transitus Annual Networking  
Day on Death and Dying  
[www.martinsey.org.uk/transitus](http://www.martinsey.org.uk/transitus)

## TALKS

**Stoke Trister** 2 April  
Neolithic Shamanism of  
West Kennet Longbarrow  
Peter Knight  
Tel. 07759942110

**Bournemouth PLG** 2 April  
Alien Races  
Shirley Battie  
Tel. Sue 01202 581898

**Bath PLG** 2 April  
Perceiving Auras and their  
Relevance to Happiness and  
Perfect Health  
Dr Helen Ford  
[bath.plg@gmail.com](mailto:bath.plg@gmail.com)

**Lymington PLG** 3 April  
Why are we Condemning  
our Children to a Life  
of Misery?  
Ian Crane  
Tel. Jude 07717 650773

**London (CPS)** 3 April  
Awakening the Levels of  
Consciousness  
David Hey  
Tel. 0207 589 3292

**Glastonbury PLG** 4 April  
Blissology. The Art and  
Science of Happiness  
Andy Baggott  
Tel. Kath 01749 671483

**Frome** 4 April  
the Origins of Spirituality  
Robin Cade  
Tel. Marina 01373 465848

**DEMG at Stapehill** 5 April  
the Prehistoric  
Astronomy of Dorset  
Peter Knight  
Tel. Dave 07977 144147

**London (SH)** 5 April  
the Mystery of the Holy Grail  
Milena Petrova  
Tel. 0870 766 9657

**Glastonbury** 5 April  
Meeting of the Pagan Moot  
Tel. Oak 01278 653 634

**Wellington** 10 April  
Quiz Night  
Wellington Pagan Moot  
Tel. 01823 330585

**London (Forum)** 10 April  
Chaos. Could an Ancient  
Archetype save 21<sup>st</sup>  
century Civilisation?  
Lucy Wyatt  
Tel. 0208 671 5417

**London (CPS)** 10 April  
An Evening of  
Trance Mediumship  
Elizabeth Roberts  
Tel. 0207 589 3292

**Glastonbury PLG** 11 April  
Transcendental Meditation  
Lynn Royce  
Tel. Kath 01749 671483

**Yeovil** 11 April  
Clairvoyance  
Jan Harris  
Tel. 01963 220306

**Weymouth &  
Dorchester** 11 April  
the Five Word Legacy  
Noel Lockyer Stevens  
Tel. Roma 01305 816644

**Bath** 12 April  
Greek and Roman  
Provincial Coins  
Dr Amelia Dowler  
Tel. 01225 312084

**Bristol** 15 April  
Learning from the Future  
Mary Hykel Hunt  
Tel. Lea 01749 678834

**Woodshaw** 16 April  
Songlines of Avebury and Beyond  
Bob Trubshaw  
[www.wyverndowsing.freemove.co.uk](http://www.wyverndowsing.freemove.co.uk)

**Bath PLG** 16 April  
the New Ages of Men  
Nick Clements  
[bath.plg@gmail.com](mailto:bath.plg@gmail.com)

**Bournemouth PLG** 16 April  
Understanding Eyesight  
Peter Duthie  
Tel. Sue 01202 581898

**Bath** 16 April  
Bath Storytelling Circle  
Tel. David 01225 482170

**Lymington PLG** 17 April  
the Gift of Sound  
Lorna Heath  
Tel. Jude 07717 650773

**Glastonbury PLG** 18 April  
Improve Your Health in 2 Minutes  
Katherine Knecht  
Tel. Kath 01749 671483

**Shaftesbury PLG** 19 April  
Emotional Freedom Techniques  
and Aqua Therapies  
Susannah Lacworth & Lorna  
Tel. Annette 01747 826144

**Burnham on Sea** 19 April  
Meeting of the Pagan Moot  
[www.somersetpagans.org](http://www.somersetpagans.org)

**Bristol** 20 April  
Contacting ET's  
Peter Stewart  
Tel. Lea 01749 678834

**Weymouth** 20 April  
Making your own Dowzing Tools  
Weymouth & Portland Dowzers  
Tel. 01305 839394

**Bath PLG** 23 April  
Happiness, Health and  
Compassion. The Power of  
Modern Spirituality  
William Bloom  
[bath.plg@gmail.com](mailto:bath.plg@gmail.com)

**Bournemouth PLG** 23 April  
the Sirians Light Beings Crop  
Circle Messages  
Cathie Welchman  
Tel. Sue 01202 581898

**London** 24 April  
Karma and Reincarnation  
Mark Bennett  
Tel. 0207 7364187

**Lymington PLG** 24 April  
Being Your Best You  
Lynn Murphy  
Tel. Jude 07717 650773

**Alton Barnes** 24 April  
Earth Energies of  
Avebury Henge  
Maria Wheatley  
Tel. 01380 739 966

**Glastonbury WRG** 24 April  
Katherine Maltwood and  
the Melkarth Line  
Yuri Leitch  
Tel. Mick 01458 835620

**Yeovil** 25 April  
Spiritual Mediumship  
David Grove  
Tel. 01963 220306

**Glastonbury PLG** 25 April  
Our Eternal Souls  
Andy Tomlinson  
Tel. Kath 01749 671483

**Sherborne & Yeovil** 25 April  
Wellbeing, Mindfulness and  
Compassion: The Power of  
Modern Spirituality  
William Bloom  
Tel. Jennie 01935 817685

**Chippenham** 27 April  
Ancestral Healing  
Brigid Reilly  
Tel. 0800 977 4767

**London (RILKO)** 27 April  
Metaphysics and the Media  
An Inquiry into Values  
Michael King  
Tel. 0208 977 4763

**Weymouth** 28 April  
Exploring the Kundalini  
Rhian  
Tel. 01305 839394

**Beaconsfield** 29 April  
the Journey Home  
Christian Kyriacou  
Tel. Susan 01494 813214

**Bath PLG** 30 April  
the Sacred Wheel. Making and  
Marking Sacred Time  
Kevan Manwaring  
[bath.plg@gmail.com](mailto:bath.plg@gmail.com)

**Bournemouth PLG** 30 April  
Meat Costs the Earth  
Diane Egby Edwards  
Tel. Sue 01202 581898

### WORKSHOPS & COURSES

**London (CPS)** 1 April  
Tarot. Bringing it all Together  
Avril Price  
Tel. 0207 589 3292

**Oborne** 1 April  
Healing Voice Circle  
Dean Carter  
Tel. Dean 01935 389655

**London (CPS)** 1 April  
Visioning and Awakening for  
Incredible Every Day Living  
Tracey Ash  
Tel. 0207 589 3292

**London (CPS)** 1 April  
the Wise Woman Transition  
Sharry Clarke  
Tel. 0207 589 3292

**Bournemouth** 1 April  
Reaching for the Stars  
Shirley Battie  
Tel. 01202 517557

**London (CPS)** 1 April  
Shamanic Journey to the  
Medicine Wheel with Fairie  
Rebekah Arthurs  
Tel. 0207 589 3292

**London (CPS)** 1 April  
Visioning and Awakening for  
Incredible Every Day Living  
Tracey Ash  
Tel. 0207 589 3292

**London** 2 April  
Advanced Skills  
the Journey  
Debs  
Tel. 01656 890400

**Axminster** 4 April  
Meditation Workshop  
Wendy Fountaine  
Tel. 01297 32331

**Tanjer** 6 April  
Full Moon Sacred  
Site Ceremony  
Grand Mayan Itza Council  
[yokhahmaya@hotmail.com](mailto:yokhahmaya@hotmail.com)

**Thakeham** 6 April  
Angelic Reiki I & II  
Justine van de Weg  
[Justine@angeldivinity.com](mailto:Justine@angeldivinity.com)

**Cattistock** 8 April  
Imagination and Reality  
Merrily Harpou  
Tel. 01453 759034

**Ilton** 13 April  
10 Day Angel Teacher  
Training Course  
Margaret Merrison  
Tel. 01460 53699

**St Leonards** 13 April  
Practical Mediumship  
Martin Twycross  
Tel. 01424 729518

**Glastonbury** 14 April  
the Three Golden Keys. The  
Power of Modern Spirituality  
William Bloom  
Tel. 0845 3452102

**Weymouth** 14 April  
Crystal Workshop  
Sarah Bradshaw  
Tel. 01305 839394

**Iona** 14 April  
Transformational Retreat  
Niels Paulsen  
Tel. 01309 690311

**Axminster** 14 April  
Star Flower Healing  
Marie Field  
Tel. 01297 32331

**Steyning** 14 April  
Healing Your Home  
Adrian Inledon Webber  
Tel. 01249 818807

**Plymouth** 14 April  
Discover Dowsing  
Aaron Bray  
Tel. 0797 3120244

**Beaconsfield** 15 April  
House Healing  
Susan Scott Powell  
Tel. 01494 813 214

**Chippenham** 15 April  
Past Life Regression  
Brigid Reilly  
Tel. 0800 977 4767

**Timsbury** 15 April  
Yoga Living Satsang  
Sue and Derek Thorne  
[www.yogaliving.co.uk](http://www.yogaliving.co.uk)

**Wimborne** 18 April  
Past Life Regression  
Hazel Newton  
Tel. 01202 841522

**Iona** 21 April  
Islands of the Heart  
Creative Writing Retreat  
Roselle Angwin  
Tel. 01548 821004

**Forres** 21 April  
Bringing Spirit into Business  
for Peace, Pleasure  
and Plenty  
Jane Duncan Rogers &  
Susan Miles  
Tel. 01309 690311

**Glastonbury** 21 April  
Reiki I  
Richard Ellis  
Tel. 01458 831154

**Gussage** 27 April  
Transpersonal Workshop 1  
Approaching the Self  
Ian Thorp  
Tel. 01202 841522

**Stroud** 27 April  
Moving from Fear to Love  
Jay Ramsey  
Tel. 01453 759034

**Axminster** 28 April  
the Healing Power of  
Vocal Sound  
James D'Angelo  
Tel. 01297 32331

**Ashurst  
Macerdrott** 28 April  
Dowsing for Health  
and Healing  
Adrian Inledon Webber  
Tel. 01249 818807

**Omagh** 28 April  
Stepping into the Light  
Chrissie Astell  
[chrissie@angelight.co.uk](mailto:chrissie@angelight.co.uk)

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

Bath Storytelling Circle.  
Tel. 01225 482170

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)

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

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

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

Bath PLG

Glastonbury PLG

Lymington PLG

Shaftesbury PLG

Wincanton PLG

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

[www.theosophical-society.org.uk](http://www.theosophical-society.org.uk)

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

[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)

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.networkoflight.org](http://www.networkoflight.org)

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

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

[www.gauntshouse.com](http://www.gauntshouse.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.brlsi.org](http://www.brlsi.org)

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

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

Fountain Group  
[embraceyourself@ymail.com](mailto:embraceyourself@ymail.com)

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

**Glastonbury** 28 April  
5 Gateways Workshop  
Openhand  
Tel. 01458 830443

**East Woodlands** 28 April  
Violet Flame and  
Sound Workshop  
Healing from the Heart  
Tel. Jackie 01749 850506

**Glastonbury** 29 April  
Healing Workshop  
Quantum Touch  
Tel. 01458 831154

**Osborne** 29 April  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

### LIGHTWORKER GROUPS

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

**Thakeham** 2 April  
Meditation Evening  
Justine van de Weg  
[Justine@angeldivinity.com](mailto:Justine@angeldivinity.com)

**East Woodlands** 2,16 April  
Healing from the Heart  
Tel. Marina 01373 465848

**Treworra** 16 April  
Spiritual Discussion Group  
Julie Hand  
Tel. 01840 261792

**Shepton Mallet** (saturdays)  
Quan Yin and El Morya  
2012 Study Group  
Tel. Andrew 01749 346744

**Totnes** (fridays)  
Astrology Group Meeting  
Tel. David 01803 867145

**Bournemouth** (tuesdays)  
Channelling & Meditation  
Tel. Gary 01202 418291

**Weymouth** (tuesdays)  
Crystal Meditation Meeting  
Tel. Claire 01305 839394

**Weymouth** (thurs / friday)  
Lightworker Development  
Tel. Tricia 01305 784348

### TRIPS, TOURS & VISITS

**West Kennet** 6 April  
Full Moon Celebration  
Peter Knight  
Tel. 0775 408 2691

**Scotland** 7 April  
Scottish Knight Templar  
Connection  
Megalithic Tours  
Tel. Neil 01772 728181

**Badbury Rings** 9 April  
Dowsing, Picnic and Social  
Dorset Earth Mysteries Group  
[www.dorsetmysteries.org](http://www.dorsetmysteries.org)

**Avebury** 14 April  
Dowsing Avebury Henge  
Maria Wheatley  
Tel. 01672 511427

**Anglesey** 20 April  
Mysterious Isle of Man  
Megalithic Tours  
Tel. Neil 01772 728181

**Wiltshire** 22 April  
Dowsing the  
West Kennet Avenue  
[www.wyverndowsing.freeserve.co.uk](http://www.wyverndowsing.freeserve.co.uk)

**Maiden Castle** 22 April  
Maria Wheatley  
Tel. 01672 511427

**Pendle** 28 April  
Witch Tour  
Megalithic Tours  
Tel. Neil 01772 728181

**Bickleigh Farm** 29 April  
West Somerset Dowzers  
Tel. Mike 01460 281450

**Wales** 30 April  
Mysterious Wales  
Megalithic Tours  
Tel. Neil 01772 728181

## The Chakra's

### By Emma Morris

'I've read a lot about chakras but I still wonder if they are real or not...' When someone told me this recently I realized that it had also been my experience when I first learnt about chakras; they were a fascinating concept but lacked any relevance to me in my life. There was something I couldn't quite grasp about them until I learned about their psychological relevance.

A fully thriving chakra manifests as an aspect of our life that is fully thriving. So it follows that an energy centre that is blocked manifests as a block in our lives; an aspect in which we are frustrated, stuck and re-live the same experience again and again. Our chakras are programmed in certain ways by our own individual conditioning. Often there are obsolete programs that need to be deleted so that a new program can be awakened. This happens through shifting the patterning in our energy fields and using our conscious awareness to integrate new patterns through new life choices. The first step in this process is awareness, so the following is an overview of the chakra map.

The base chakra carries our programming about survival issues. A healthy base will manifest as an ability to step into life with trust and confidence. We are able to manage our finances and create a nourishing home environment. We demonstrate commitment in our lives and live in physical health, feeling our connection to nature. We have love and respect for our bodies and reflect that in our attitude to the earth. We are grounded in physical reality and function well in the world.

Emotional intelligence is related to the sacral chakra and here we carry our conditioning around pleasure and sexuality. An open sacral centre reflects a healthy connection to our emotional body. We honour our own unique sexuality and are open to give and receive

pleasure. We are balanced in receiving pleasure through all the sense doors. A common distortion here is that one sense becomes predominant, e.g. eating (taste) replaces the need for physical contact (touch).

The solar plexus is about individuation and here there can be a common conflict around separation or merging. A healthy chakra would manifest as autonomous inter-being. We feel part of our community, yet happy with our individuality and aloneness. Distortions here can lead to co-dependency or chronic withdrawal patterns.

The lesson of the heart is to give and receive love. A fully alive heart chakra extends out into the world and uses our hands to express love in our work and relationships. We are able to let go of the past and be for-giving.

Our throat chakra communicates who we are to the world. It is also the gateway between our unconscious (body memory) and our conscious mind (brain). This can be blocked when we are not ready to feel what is stored in the unconscious.

The brow chakra is our capacity to see clearly. Often we see through a veil of conditioning: we transfer our past experience onto the present and are unable to perceive it simply as it is. Healing this chakra is about clearing the old way of seeing so that we experience life as it is here and now. An open brow chakra manifests as insight and self-understanding. We see the patterns in our life experience and use that perception to let go of the past.

A healthy crown chakra knows the divinity of existence, which manifests in all beings without exception. There is surrender and a capacity to be with what is. We sense the bigger picture. A curious wonder and appreciation replaces frustrated questioning. We are one with all that is.

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