



Wessex Research Group Network Newsletter

VOLUME 7, ISSUE 2.

February 2012

February, the month associated with the arrival of spring and the celebration of Imbolc. The month ahead is certainly busy with a wonderful array of events scheduled to take place.

The Value of the near Death Experience in the Evolution of Consciousness by Raymond Moody is the latest addition to the on-line digital lecture archive.

Scarred for Life?

By Jan Trewartha

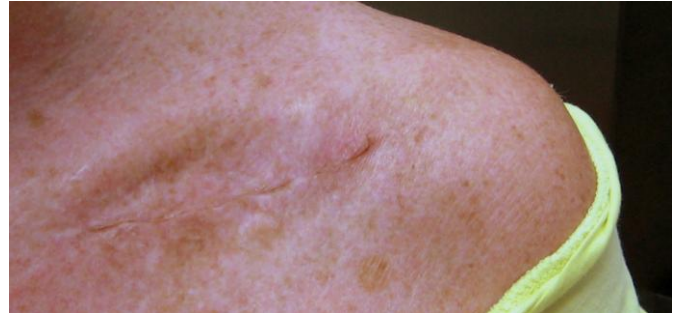
In her book 'Molecules of Emotion' scientist Candace Pert proved the link between the emotions and our physical health. The body records traumatic injury at cellular level holding the memory of injury, not just physical but also emotional. When working on physical injury of any kind the emotions of that time are also released; the two are inextricably linked.

Let us look at the impact of physical scarring. If a scar is hidden (for example a Caesarean scar), it can still have a negative effect on us. I have known women who couldn't touch the area, and wouldn't let their husbands look at or touch them after the surgery. The scar might still be sore, or numb, or they might feel emotional about it if it reminds them of a time of panic, emergency or pain.

A badly-healed scar which is not easily hidden can be unsightly damaging a person's confidence and the way they see themselves affecting for example, what clothes they wear (if it's on the leg, short dresses can become a thing of the past). Children with scars often get taunted in the playground. As we get older the reaction from our peers is different in that they try to be polite – people look away and try to hide their shock; this can be just as painful to the scarred person.

When working on a scar, the tangible damage of cutting, pulling the skin edges apart so that the surgeon can see what they are doing, and then stitching or clipping the skin edges together again, needs to be released. This is done in Body Realignment by replicating the position of damage; it is a gentle, non invasive technique which works with the body.

Opposite is an example of a scar before and after a course of treatment. Anna was in a car accident, broke her collar bone and had a plate put in abroad, which was then removed in the UK. Two operations had left an ugly scar which needed delicate localised work combined with full body releases to clear the neck whiplash and the twisting of the torso around the seat belt; as this cleared, so did the panic and fear of the car accident, leaving only the neat scar as a reminder of the traumatic incident.



Before the work has been completed



After the work has been completed

Once the scar itself has been released, the deeper layers of the soft tissue beneath and around it need attention. The connective tissue (fascia) of the body will 'stick' to itself (like cling film when it gets in a mess) creating 'adhesions'. We are all used to the idea of local adhesions but in fact, because the deeper layers of fascia create a connecting network around the whole body, any localised adhesions can have a domino effect through the body, creating restriction and, long-term, pain. 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. A Caesarean scar of twenty years ago can be a contributing factor in low back pain, or knee pain, today.

As the effects of the scarring are released, emotions and memories can also surface, so clients may relive the pre-operation fear and let go of feelings that have been deeply held for so long. It is a hugely freeing process for the client and rewarding to the therapist.

For further information about Body Re-alignment diploma course or the forthcoming taster day scheduled for next month (March) contact Jan by logging on to www.bodyinharmony.org.uk

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

**Dorset Earth Mysteries
Group**
www.dorsetmysteries.org

**School of Energy
Healing Educational Trust**
www.energyhealing.co.uk

**New Dimensions
Group Bristol**
Lea 01749 678834

Bristol Dowzers
Lea 01749 678834

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

Hawkwood College
www.hawkwoodcollege.co.uk

Taunton Pagan Moot
Tel. 01823 330585

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.theswa.org.uk

**Unicorn Hypnotherapy
& Workshops**
www.unicorn-at-rainbows-end.org

EVENTS

Tadley 12 Feb
Psychic Fayre
www.serenity-centre.com

London 18 Feb
Seeing through the Veil
Conference
www.deepmemoryprocess.com

Treworra 25 Feb
Yoga and Meditation Day
www.treworrahealingcentre.com

TALKS

Glastonbury PLG 1 Feb
Sacred Journeys
Claire Russell
Tel. Kath 01749 671483

Frome 1 Feb
Angels and their Significance
Alan Foster
Tel. Marina 01373 465848

Yeovil 1 Feb
Clairvoyance
Jenny Ann
Tel. 01963 220306

Wincanton 2 Feb
Bodytalk. How to Enhance
Your Health in 2 Minutes
Kathleen Knecht
Tel. Liz 07969 796061

DEMG at Stapehill 2 Feb
Living Myth and the Grace
in Inspiration
Kevan and Karola
Tel. Dave 07977 144147

Axminster 3 Feb
Clairvoyance
Marion Bellfield
Tel. 01297 32331

London (TS) 5 Feb
Language, Philosophy
and Spirituality
Basil Youdell
Tel. 0207 563 9817

London (TS) 5 Feb
Christian Rosenkreutz &
the Path of Unfoldment
Philip Martin
Tel. 0207 563 9817

Bournemouth PLG 6 Feb
Sound Healing as a Therapy
Sandra Chattaway
Tel. Sue 01202 581898

Bath PLG 6 Feb
Loving Transformation of the
Human Heart through
Metatronic Healing
Jennifer Charles
bath.plg@gmail.com

London (SH) 7 Feb
Twelve Senses
David Lowe
Tel. 0870 766 9657

Lymington PLG 7 Feb
Elevate Your Health
Kavi Jezzie Hockaday
Tel. Jude 07717 650773

London (CPS) 7 Feb
the Evolution of the
Guidance of Spirit
Becky Walsh
Tel. 0207 589 3292

Glastonbury PLG 8 Feb
Rediscovering Avebury Henge
and the Earth Force
Maria Wheatley
Tel. Kath 01749 671483

Wincanton 9 Feb
Heart Expansion,
Empowerment, Angelic
Healing, Ascension & 2012!
Oliver Paxton & Lindy
Cowling
Tel. Liz 07969 796061

Glastonbury 9 Feb
Meeting of the Pagan Moot
Tel. Oak 01278 653 634

Bath 9 Feb
Egyptology on Avon: Ancient
Egypt in Bath and Bristol
Aiden Dodson
Tel. 01225 312084

Axminster 10 Feb
Crop Circle Message
from the Sirians
Cathy Welchman
Tel. 01297 32331

Taunton 10 Feb
Thinking About not Knowing
David Henderson
Tel. 01823 663215

London (TS) 12 Feb
Origin and Development of
Eastern Mysticism
Jenny Baker
Tel. 0207 563 9817

Bath PLG 13 Feb
An Evening with Steve Judd
Steve Judd
bath.plg@gmail.com

Bournemouth PLG 13 Feb
Transformational
Breathing Coaching
Julie Ann Horrox
Tel. Sue 01202 581898

Wellington 14 Feb
Love Evening. Connecting
with Loved Ones
Graham Brewer
Tel. 01823 330585

London (Forum) 14 Feb
the Unfolding Mystery of
the Bosnian Pyramids and
the Gift of the Ancients
to our World today
Nigel Grace
Tel. 0208 671 5417

London (CPS) 14 Feb
the Angels of Atlantis
Healing Cards
Stewart Pearce
Tel. 0207 589 3292

Lymington PLG 14 Feb
Keys to the Golden City
Vicki Burke
Tel. Jude 07717 650773

Glastonbury PLG 15 Feb
Paths to Healing
Karen Jones
Tel. Kath 01749 671483

Yeovil 15 Feb
Life after Death
Peter John and Crystella
Tel. 01963 220306

Shaftesbury PLG 16 Feb
the Power of Modern
Spirituality
William Bloom
Tel. Annette 01747 826144

Wincanton 16 Feb
Embracing the Wilderness
Simon Heathcote
Tel. Liz 07969 796061

Axminster 17 Feb
Clairvoyance
June Pinney
Tel. 01297 32331

London (SH) 17 Feb
the Palladium and
the Threefold Sun
Virginia Gilmer
Tel. 0870 766 9657

Weymouth 17 Feb
Healing with Pendulums
Weymouth & Portland Dowzers
Tel. 01305 839394

Bristol 17 Feb
Wessex Astrum. Sacred
Geometry in a Mystical
Landscape
Peter Knight
Tel. Lea 01749 678834

Bristol 19 Feb
the Power of Psychic Surgery
Peter Steedman
Tel. Lea 01749 678834

London (TS) 19 Feb
H. P. Blavatsky and the
Apocalypse
Colin Price
Tel. 0207 563 9817

Bath 20 Feb
Bath Story Telling Circle
Tel. David 01225 482170

Bournemouth PLG 20 Feb
Elevate Your Health
Kavi Jezzie Hockaday
Tel. Sue 01202 581898

Woodshaw 20 Feb
Rock Art and Deer
Stones in Mongolia
Kenneth Lymer
www.wyverndowsing.freemove.co.uk

Bath PLG 20 Feb
Past Life: It's relevance to our current life and our relationships
Christi McIntosh Wright
bath.plg@gmail.com

Glastonbury WRG 21 Feb
on the Origins of Spirituality
Robin Cade
Tel. Mick 01458 835620

Burnham on Sea 21 Feb
Meeting of the Pagan Moot
www.somersetpagans.org

Lymington PLG 21 Feb
the 5 Word Legacy
Noel Lockyer Stephens
Tel. Jude 07717 650773

Glastonbury PLG 22 Feb
Unleash Your Positivity with NLP an Evening Of Discovery
Ben Grassby
Tel. Kath 01749 671483

Wincanton 23 Feb
Evolve Your Intuition
Becky Walsh
Tel. Liz 07969 796061

London (RILKO) 24 Feb
the Quest for Hermes Trimegistus
Gary Lachman
Tel. 0208 977 4763

London (CPS) 24 Feb
Holistic Sound as a Healing Force
James D' Angelo
Tel. 0207 589 3292

London (TS) 26 Feb
Mastery of the Binding Life
Christine Morgan & Laurence Newey
Tel. 0207 563 9817

Bath PLG 27 Feb
Manifesting Through Brain & Heart Synchronicity: The Super Quantum Lightfield
Stewart Lane
bath.plg@gmail.com

Bournemouth PLG 27 Feb
Yoga Nidra
Reena Kumarasingham
Tel. Sue 01202 581898

Sherborne & Yeovil 27 Feb
Food Allergies
Dr Tim Robinson
Tel. Jennie 01935 817685

Axminster 27 Feb
Hidden Wealth
Cornelius Buckleigh
Tel. 01297 32331

Totnes 27 Feb
the Peacemakers
Dan Thompson Mills
Tel. Jeffrey 01803 411891

Stroud 28 Feb
the Cathars of Spain
Hawkwood College
Tel. 01453 759034

Lymington PLG 28 Feb
Dynamic Transformation
Richard Ellis & Katie Light
Tel. Jude 07717 650773

London (CPS) 28 Feb
Consciousness Synchronicity and Science
David Lorimer
Tel. 0207 589 3292

Glastonbury PLG 29 Feb
Yoga Nidra
Reena Kumarasingham
Tel. Kath 01749 671483

Yeovil 29 Feb
Clairvoyance
Sandra Darbyshire
Tel. 01963 220306

WORKSHOPS & COURSES

Glastonbury 1 Feb
Wheel of the Year
First Stirrings
Chalice Well
Tel. 01458 831154

London (CPS) 4 Feb
Working with Ascended Masters
Amanda Roberts
Tel. 0207 589 3292

Cullompton 4 Feb
Enneagram Foundation Course (part 1)
Chris & Veronica Croft
Tel. 01884 855759

Forres 4 Feb
Spiritual Practice Manifestation
Franco Santoro
Tel. 01309 690311

Cranborne 4 Feb
Indian Head Massage
Jacqueline May
Tel. 01202 885294

Bournemouth 5 Feb
Reaching for the Stars
Shirley Humphries Battie
Tel. 01202 517557

Axminster 5 Feb
Reiki Share
Sandy Boyd
Tel. 01297 32331

Milford on Sea 5 Feb
the Gift of Sound
Vocal and Tibetan Bowls
Lorna Heath
Tel. 01590 642994

Oborne 5 Feb
Healing Voice Circle
Dean Carter
Tel. Dean 01935 389655

Surakarta 7 Feb
Full Moon Sacred Site Ceremony
Grand Mayan Itza Council
yokhahmaya@hotmail.com

Ilton 10 Feb
2012 and Beyond. 10 Day Teacher Training Course
Margaret Merrison
Tel. 01460 53699

Axminster 11 Feb
White Powder Alchemy Workshop
Cathie Welchman
Tel. 01297 32331

Forres 11 Feb
Essentials of Photosynthesis
Photosynthesis Trust
Tel. 01309 690311

Wokingham 12 Feb
Animal Communication
Denise Croucher
Tel. 07766 800014

Plymouth 12 Feb
Discover Dowsing
Aaron Bray
Tel. 07973120244

Newport (IoW) 12 Feb
the Gift of Sound
Vocal and Tibetan Bowls
Lorna Heath
Tel. 01590 642994

Glastonbury 17 Feb
the Flower of Life
Claudie Planche
Tel. 01458 835506

Thakeham 17 Feb
Angelic Reiki 1 and 2
Justine van de Weg
Justine@angeldivinity.com

Cullompton 18 Feb
Enneagram Foundation Course (part 2)
Chris & Veronica Croft
Tel. 01884 855759

Axminster 18 Feb
Connecting to the Earth through Crystal and Sound
Astaria
Tel. 01297 32331

Tadley 18 Feb
Reiki II
Serenity Centre
Tel. 01256 850521

Wimborne 18 Feb
Zen Yoga
Julian Skinner & Daizan
Tel. 01202 841522

London (SH) 19 Feb
Who was Rudolf Steiner and what is Anthroposophy?
Terry Goodfellow & Doris Csida
Tel. 0870 766 9657

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.chalicewell.org.uk

www.unicorncentre.co.uk

www.mysticklight.com

www.thamesvalleydowsers.org.uk

www.libraryofavalon.org.uk

Glastonbury PLG
Lymington PLG
Shaftesbury PLG
Wincanton 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/rilkol/>

www.Psychic-Sanctum.co.uk

www.Enneagram-uk.com

www.sacredconnections.co.uk

www.revolutionof2012.net

www.networkofflight.org

www.megalithictours.com

www.westsomersetdowsers.org

www.gaunthouse.com

www.educationaid.net

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

www.collegeofpsychicstudies.co.uk

www.wyverndowsing@freeseve.co.uk

www.brsls.org

www.kabbalahcentres.com

www.valehealing.co.uk

Fountain Group
embraceyourself@ymail.com

Axminster 19 Feb
Tarot
Maria Wheatley
Tel. 01297 32331

Ilton 22 Feb
Lemurian Planetary Healing
2 Day Teacher Training
Margaret Merrison
Tel. 01460 53699

Cranborne 24 Feb
Transpersonal Workshop 2
the Masculine &
Feminine within
Ian Thorp
Tel. 01202 885294

Beaconsfield 25 Feb
Body Realignment
Diploma Course
Jan Trewartha
Tel. 01753 867877

Forres 25 Feb
Humanising Your Workplace
Yehuda Tagar
Tel. 01309 690311

Stroud 25 Feb
the Metamorphic Technique
Sam Bloomfield
Tel. 01453 759034

Axminster 25 Feb
Trance and Channelling
Peter Steedman
Tel. 01297 32331

Weymouth 25 Feb
Crystal Workshop
Sarah Bradshaw
Tel. 01305 839394

Longburton 25 Feb
Past Life Regression
Louise Salmon
Tel. 01935 872494

Cardiff 25 Feb
a Place for the Heart
Gillian Bowles
Tel. 02920710744

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

Glastonbury 25 Feb
Disciples of Experience Day
Clint Denyer
Tel. 07403 436942

Stour Row 26 Feb
Soundbath
Dean Carter
Tel. Dean 01935 389655

Weymouth 28 Feb
Past Meets Present
the Sacred Landscape of Dorset
Chris Tripp and Claire Whiles
Tel. 01305 839394

LIGHTWORKER GROUPS

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

Thakeham 24 Feb
Meditation Evening
Justine van de Weg
Justine@angeldivinity.com

East Woodlands
12, 26 Feb
Healing from the Heart
Tel. Marina 01373 465848

Treworra 20 Feb
Spiritual Discussion Group
Julie Hand
Tel. 01840 261792

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 (thursday evs
/ friday mornings)
Lightworker Development
Tel. Tricia 01305 784348

TRIPS, TOURS & VISITS

West Kennet 1 Feb
Imbolc Celebration
Peter Knight
Tel. 0775 408 2691

**Lindisfarne,
Hadrians Wall & the
North East** 18 Feb
Megalithic Tours
Tel. Neil 01772 728181

Cornwall 18 Feb
West Cornwall Megalithic Tour
Aaron Bray
Tel. 07973120244

Anglesey 25 Feb
Mystical Anglesey
Megalithic Tours
Tel. Neil 01772 728181

Cadbury Hill 26 Feb
Iron Age Hill Fort Visit
West Somerset Dowders
Tel. 01460 281450

The Three Bodies of Mankind

By Tom Cruster

Man's spirit (his true essence) is clothed in a number of different bodies all of which interpenetrate. To simplify 3 main bodies might be identified; the physical, the lower etheric and the soul body (higher etheric or body of light). Together these three bodies are the vehicles for the pure essence, the spirit or Christ light. The spirit is in the innermost centre of our being it is the spark of god within each of us.

The physical body is made up of matter and we only inhabit it whilst on Earth. The lower etheric body is of finer substance yet a close replica of the physical body, acting as a bridge between the physical and soul bodies. A subtle form of matter it is invisible to normal sight but quite clear to the clairvoyant as a semi transparent body of subtle light projecting beyond the physical body. At each point in the physical body where ductless glands are situated is a corresponding centre of nervous or psychic force in the etheric body. Through these centres and the etheric body, the physical gains it's in-flow of life-force (universal energy).

The soul body comprises of several vehicles of even more subtle nature. Its real existence is the inner or soul world, but it is linked with the physical life through the lower etheric. Our thoughts, feelings and emotions and our reactions to every day life all contribute to the building of this soul body which through many incarnations is made perfect. The experiences that come to us are therefore not as important as the way in which we react to them.

Book Review. 2012: Decoding the Countercultural Apocalypse

By Joseph Gelfer

December 21 2012 is believed to mark the end of the thirteenth Baktun cycle in the Long Count of the Mayan calendar. A growing number of people believe this date to mark the end of the world or, at the very least, the end of the world as we know it: a shift to a new form of global consciousness. *2012: Decoding the Countercultural Apocalypse* brings together for the first time a range of scholarly analyses on the 2012 phenomenon grounded in various disciplines including religious studies, anthropology, Mayan studies, cultural studies and the social sciences. *2012: Decoding the Countercultural Apocalypse* will show readers how much of the 2012 phenomenon is based on the historical record, and how much is contemporary fiction. It will reveal to readers the landscape of the modern apocalyptic imagination, the economics of the spiritual marketplace, the commodification of countercultural values, and the cult of celebrity. For further information about this book log on to <http://numenoldmen.wordpress.com/2012-decoding-the-countercultural-apocalypse>

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

