



Wessex Research Group Network Newsletter

VOLUME 9, ISSUE 2.

February 2014

February 2014 heralds the arrival of Imbolc (more about Imbolc can be found on Page 4) as well as a full programme of events for the month ahead.

Christ, the Magdalene and the Second Coming by Stanley Messenger is the latest lecture to be added to www.wessexresearchgroup.org/digital.html (the on-line digital archive).

The Healing and Empowering Energy of Sound

By Sara Jane

The energy of sound in the form of drums, gongs, Tibetan & crystal bowls, tuning forks, Rattles, music and toning are all being used to support healing and the empowerment of self and others. It is the vibration of sound that works with the vibration of your being. We are all a vibration and our aches & pains, illnesses & ailments, stresses & strains occur when our vibration is out of sync. The right sound vibration can support the re-balancing of your vibration.

Think about the sounds that you hear on a daily basis, such as traffic, sirens, birdsong, barking dogs, children laughing/playing, the wind in the trees, people talking or arguing, phones ringing and so many more. The vibration of all these has an effect on you; the calmer and more relaxed you are, even the most jarring sound can have little effect; the more stressed you are, the more sounds can disturb and upset you.

There are a number of approaches to working with sound. I work with the sound vibration of Toning, the use of the voice but not singing. When working with an individual, as well as using tones, I also tone (sing) the person's name. Think about your name and when you hear it said, called, shouted. Which do you remember more clearly, hearing your name being said with loving, caring, comforting tones, being asked/told to do something, or when you are in trouble? The vibration for each is different and affects you accordingly. There are many who have negative feelings about their name, because we as a species are very good at holding onto the unhappy memories and uses of it.

For many, hearing their name toned can be an inspirational moment and it is not uncommon for people to have deeply moving experiences. This is because when toning a person's name the energy it brings is that of pure love, an acknowledgement of their true self; the wonderful, special being that they truly are. When working I become a channel for the sounds that come



through, allowing the tones to flow and trust that the vibration emanating through the voice is the right vibration for the individual or group.

Below are just two examples of the effects that sound has had on people I have worked with.

Several years ago, at an event, a gentleman who had been in a car accident earlier that week decided to have a taster session. Although he had no physical injuries his whole body had been jarred. Placing my hands very gently on his back I began toning. After a short while both felt his body move as his bones and muscles all moved back into place. When he stood up he could feel the difference from the discomfort of the past few days and he felt so much better, freer.

Then there was another person whose mother had nearly terminated the pregnancy. They had never felt a connection with their mother, only feeling unwanted and unloved. While toning their name they found them self back in their mother's womb and the connection being made.

For me sound is the new medicine, bringing amazing results on both a physical and an emotional level. If you would like to experience a brief demonstration, there is a short video which was recorded in Yosemite <http://thespiritof-love.com/yosemite>. I will also be giving interactive talks and demonstrations in Devon, Dorset and Hampshire. For further information visit <http://thespiritof-love.com/talks-events/>

Sherborne & Yeovil
Jennie 01935 817685
Frome WRG
Marina 01373 465848
Totnes Astrology Group
David 01803 867145
Glastonbury WRG
Mike 01458 835620
Weymouth & Dorchester
Roma 01305 816644
Yeovil Psychic Society
www.yeovilpsychics.org.uk
www.dorsetmysteries.org
School of Energy
Healing Educational Trust
www.energyhealing.co.uk
Bristol Dowzers
www.bristoldowzers.co.uk
Joyous Isle workshops
www.joyousisle.com
www.awarenesscentre.org.uk
www.stoneseeker.net
www.dragonseeker.co.uk
Centre for Pure Sound
www.centreforpuresound.org
The Martinsey Isle Trust
www.martinsey.org.uk
Hawkwood College
www.hawkwoodcollege.co.uk
Wellington Pagan Moot
Tel. 01823 665868
www.angellight.co.uk
Taunton Association for
Psychotherapy
www.taplimited.org.uk
www.wccsg.com
www.wrekinforum.org
Theosophical Society in Scotland
www.findhorn.org
West Somerset Dowzers
westsomersetdowzers.org
www.theswa.org.uk
www.unicorn-at-rainbows-end.org
Totnes WRG
Jeffrey 01803 866349
www.angelmagic.biz
Aquarian Age Community
www.aquaac.org
Totnes Astrology Group
David 01803 867145
www.thegiftofsound.co.uk

EVENTS

Reading 1 Feb
5th Annual Gathering of
the Wrekin Forum
www.wrekinforum.org

Glastonbury 1 Feb
First Stirring Ceremony
www.chalicewell.org.uk

Isle of Erraid 8 Feb
Love in Action Week
www.findhorn.org

TALKS

London (TS) 2 Feb
the Web of Karma
Colin Price
Tel. 0207 563 9817

Bournemouth PLG 3 Feb
the Healing and Empowering
Energy of Sound
Sara Jane
Tel. Wendy 07774 653070

Poole PLG 4 Feb
Illuminating the Unconscious
Jessica Woods
Tel. Sarah 07919343613

London (CPS) 4 Feb
the Astrological Dynamics
of the Universe
Demian Allen
Tel. 0207 589 3292

Glastonbury PLG 5 Feb
Letting Go
Eion O Flynn
Tel. Kath 01749 671483

Glastonbury 5 Feb
Meeting of the Pagan Moot
Tel. Tim 07747 897 621

DEMG at Stapehill 6 Feb
Sheela Na Gigs
of Ancient Britain
Meghan Rice
Tel. Dave 07977 144147

Frome Feb 6
Annie Besant. Feminist,
Socialist, Theosophist
and Fighter for Indian
Freedom (1847-1933)
Kevin Tingay
Tel. Marina 01373 465848

Bridport 6 Feb
Healing
Oak
Tel. 07539316595

Bristol 7 Feb
Introduction to Dowsing
and the Bristol Mapping Project
Bristol Dowzers
Tel. Lea 01749 678834

London (CPS) 7 Feb
A Safe Journey Home
Felicity Warner
Tel. 0207 589 3292

Glastonbury 8 Feb
Mayan Calendar Evening
Claudie Planche
Tel. 01458 835506

London (TS) 9 Feb
the Shamanism of Africa
Israel Ajose
Tel. 0207 563 9817

London (CPS) 10 Feb
Evening of Mediumship
Tony Stockwell
Tel. 0207 589 3292

Bournemouth PLG 10 Feb
If You Could Change
Anything in Your Life
What Would You Choose?
Juliana Freeman
Tel. Wendy 07774 653070

London (CPS) 11 Feb
Compassionate Intelligence
Living Life the Lemurian Way
Patricia Angove
Tel. 0207 589 3292

Glastonbury PLG 12 Feb
the Sweet Uses of Adversity
Ruth White
Tel. Kath 01749 671483

Yeovil 12 Feb
Exploring Dance
Jan Carter
Tel. John 01963 220306

London (CPS) 14 Feb
Messages from Angels
Amanda Roberts
Tel. 0207 589 3292

Bristol PLG 16 Feb
Soul Contracts
Hazel Newton
Tel. Lea 01749 678834

London (TS) 16 Feb
Esotericism of Anna Kingsford
Elaine Bailey
Tel. 0207 563 9817

Bournemouth PLG 17 Feb
Personal Branding
Malcolm Levene
Tel. Wendy 07774 653070

Bath 17 Feb
Bath Storytelling Circle
Tel. David 01225 482170

Crewkerne 17 Feb
Spiritual Geology
Jane Butterworth
collingridge1@sky.com

London (CPS) 18 Feb
the Mind Beyond the Brain
Recent Experimental Research
Rupert Sheldrake
Tel. 0207 589 3292

Poole PLG 18 Feb
Uncertainty of Changing
Circumstances and
How to Embrace them
with a Smile
Paul Ballard
Tel. Sarah 07919343613

Glastonbury PLG 19 Feb
Intuition + Intention =
Synchronicity. Tap Into
the Power Of Conscious Living
Clare Russell
Tel. Kath 01749 671483

Bristol 21 Feb
A New Science of Creation
That Explains All
Psychic Phenomena
Ron Pearson
Tel. Lea 01749 678834

London (CPS) 21 Feb
Evening of Soul Portraits
and Clairvoyance
Angela Watkins &
June Elleni Lane
Tel. 0207 589 3292

Taunton 21 Feb
Introducing Wild Therapy
Kamalamani
Tel. Ian 01278 663215

Totnes 22 Feb
the Healing and Empowering
Energy of Sound
Sara Jane
Tel. Jeffrey 01803 866349

Sherborne 24 Feb
Samsara is Designed to Break You
Simon Heathcote
Tel. Jennie 01935 817685

Monkton Heathfield 24 Feb
Shamanism
Gray Weldon
Tel. 01460 281450

Bournemouth PLG 24 Feb
Psychic Artistry
and Spirit Guides
Don Styler & Sheela Hagan
Tel. Wendy 07774 653070

London (CPS) 25 Feb
Sound Healing
Tuning the Strings of the Soul
Katie Rose
Tel. 0207 589 3292

Glastonbury WRG 25 Feb
Walking a Sacred Path
John Wadsworth
Tel. Mick 01458 835620

Yeovil 26 Feb
Who Am I, What Am I,
Where is this Place
Deb Hawken
Tel. John 01963 220306

Glastonbury PLG 26 Feb
Energy Healing and Consciousness
Gwyneth Robbins Cox
Tel. Kath 01749 671483

Woodshaw 27 Feb
Human Design Reading
A Manual for Effortless
Living Based on Your
Unique Genetic Imprint
Erica Mae Yonge
www.wyverndowsing.freeserve.co.uk

London (CPS) 28 Feb
the Human Energy Field
and Beyond
Harry Oldfield
Tel. 0207 589 3292

London RILKO 28 Feb
the Cunning Folk of London
Steve Wilson
Tel. 0845 2260 531

WORKSHOPS & COURSES

London (CPS) 1 Feb
Relationships
Sarah Tyler Walters
& Master Chou
Tel. 0207 589 3292

Alweston 1 Feb
Imbolc Ceremony
Pauline Elsworth
Tel. 01963 23705

London (CPS) 1 Feb
Manifesting Abundance with
Kundalini Energy
Gemma Bliss
Tel. 0207 589 3292

London (CPS) 1 Feb
Opening the Heart
Paul Wong
Tel. 0207 589 3292

London (TS) 2 Feb
Lighten Up Dance with Life
Gita Sootarsing
Tel. 0207 563 9817

West Yelland 2 Feb
Getting to the Heart
of the Matter
Valery Coburn
Tel. 01271 860317

London (CPS) 2 Feb
Dreams of Awakening
Lucid Dreaming on the
Spiritual Path
Charlie Morley
Tel. 0207 589 3292

Stroud 3 Feb
Future Self Now
Theresa Sansome
Tel. 01453 759034

Milford on Sea 5 Feb
Vocal and Tibetan Bowls
Soundbath.
Lorna Heath
Tel. Lorna 01590 642994

Alweston 6 Feb
First Degree Reiki Training
Pauline Elsworth
Tel. 01963 23705

Wimborne 6 Feb
Pathways to Growth
Mahasatvaa Ma Ananda Sarita
Tel. 01202 841522

Cullompton 7 Feb
Enneagram Part 1
Chris & Veronica Croft
Tel. 01884 855759

Berlin 8 Feb
5 Gateways Activation
Chris Bourne
Tel. 01458 830443

Middle Piccadilly 8 Feb
the Luminous Warrior
Weekend 1: Becoming
Elaina Harvey
Tel. 01963 23468

London (CPS) 8 Feb
Holistic and Spiritual
Companionship to the Dying
Felicity Warner
Tel. 0207 589 3292

West Yelland 8 Feb
Your Toolbox of Techniques for
Everyday Living
Stephen Coburn
Tel. 01271 860317

London (CPS) 8 Feb
Fundamentals of Energy
Sharry Clarke
Tel. 0207 589 3292

Forres 8 Feb
the Journey of Human Alchemy
Javier Rodriguez
Tel. 01309 690311

London (CPS) 8 Feb
Creativity and the Inner Self
Gerrie March & Geoffrey Beitz
Tel. 0207 589 3292

Beaconsfield 9 Feb
Graphology
Elaine Quigley
Tel. Susan 01494 813 214

Wimborne 9 Feb
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

Alweston 11 Feb
Munay Ki Rites for
Times to Come
Pauline Elsworth
Tel. 01963 23705

Alweston 13 Feb
Munay Ki Foundation Rites
Pauline Elsworth
Tel. 01963 23705

Westbury Leigh 15 Feb
Healing Your Home (part 2)
Adrian Incedon Webber
Tel. 01249 818807

Holtwood 15 Feb
Everyone Can Sing
Jackie May
Tel. 01202 885294

London (CPS) 15 Feb
Compassionate Intelligence
Living Life the Lemurian Way
Patricia Angove
Tel. 0207 589 3292

London (CPS) 15 Feb
Dowsing: The Auras
Christopher Strong
Tel. 0207 589 3292

London (TS) 16 Feb
the Esotericism of
Anna Kingsford
Elaine Bailey
Tel. 0207 563 9817

London (CPS) 16 Feb
an Introduction to the Energetic
Meridian System of Chinese
Medicine
Doe Warnes
Tel. 0207 589 3292

London (CPS) 16 Feb
Archangel Michael
Amanda Roberts
Tel. 0207 589 3292

Wimborne 19 Feb
Past Life Regression
Andy Tomlinson
Tel. 01202 841522

Alweston 20 Feb
First Degree Reiki Training
Pauline Elsworth
Tel. 01963 23705

Middle Piccadilly 21 Feb
Healing and the Shamanic Arts
Module 1. Keys to Self
Knowledge. Bands of Power
and Protection Rites
Elaina Harvey
Tel. 01963 23468

St Leonards on Sea 21 Feb
Paranormal Weekend
Michael Kingscote
Tel. Lorraine 01424 729518

Bury St Edmunds 22 Feb
Healing Your Home (part 1)
Adrian Incedon Webber
Tel. 01249 818807

London (CPS) 22 Feb
Introduction to
Trance Mediumship
Sarah Tyler Walters
Tel. 0207 589 3292

Budapest 22 Feb
5 Gateways Activation
Chris Bourne
Tel. 01458 830443

London (CPS) 22 Feb
Psychic Astrology
Demian Allan
Tel. 0207 589 3292

Milton Keynes 22 Feb
Journey Intensive
Deborah Billet
Tel. 01656 890400

London (CPS) 22 Feb
Fundamentals of Psychic
Development
Sharry Clark
Tel. 0207 589 3292

Cullompton 22 Feb
Enneagram Part 2
Chris & Veronica Croft
Tel. 01884 855759

Wessex Research Group Network

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

Poole PLG

Bristol PLG - New Dimensions

Milford on Sea PLG

Newport Isle of Wight PLG

www.positivelivinggroups.org.uk

www.theosophical-society.org.uk

www.fisu.org/en

www.faeryevents.com

www.openhandweb.org

www.stargaia.com

www.white-elk-woman.com

www.RILKO.net

www.Psychic-Sanctum.co.uk

www.Enneagram-uk.com

www.sacredconnections.co.uk

www.revolutionof2012.net

www.networkoflight.org

www.megalithictours.com

www.westsomersetdowsers.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.brllsi.org

www.valehealing.co.uk

www.energeticsolutions.co.uk

www.kabbalahcentres.com

www.caduceus.info

www.ihs.ac

London (TS) 23 Feb
Visions of the Future
Ted Capstick
Tel. 0207 563 9817

Milford on Sea 23 Feb
Vocal and Tibetan
Bowls Soundbath
Lorna Heath
Tel. Lorna 01590 642994

London (CPS) 23 Feb
Animal Communication
Margrit Coates
Tel. 0207 589 3292

Oborne 23 Feb
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

London (CPS) 23 Feb
the Power of Mediumship
Anthony Kesner
Tel. 0207 589 3292

Milton Keynes 24 Feb
Journey Advanced Skills
Deborah Billet
Tel. 01656 890400

Stroud 28 Feb
Observing Nature with
Creative Imagination
Lucy Voelcker
Tel. 01453 759034

Glastonbury 28 Feb
Connect with Your Angels
Joanne & Avril Dowse
Tel. 07790035963

LIGHTWORKER GROUPS

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

New York 14 Feb
Meditation Group
UN@aquaac.org

Bournemouth (Alt thursdays)
The Spiritual Exchange
www.meetup.com

Glastonbury (Saturdays)
Shamanic Bowl Sound Bath
& Guided Visualisations
Corrina Thorby & Cara
Tel. 07763 343612

Poole (1st Sunday)
Dialogues of the Heart
Tara Divina Brown
Tel. 01202 604340

Alweston
Meditation Group
Pauline Elsworth
Tel. 01963 23705

Backwell (Tuesdays)
Conscious Awareness
Spiritual Development Group
Channelled wisdom
from 'Altheris'
info@vibrantsouls.com

Bournemouth
(3rd Thursday of month)
Universal Law of Attraction
monthly meet up
sallyehallum@yahoo.co.uk

Ringwood (weds)
Yoga & Meditation
Tel. 07976547606

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

Sturminster Newton
Safe Journey Resource
and Drop in Centre
Martinsey Isle Trust
Tel. Judith 01258 475125

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

Glastonbury (1st Tues)
Ascension Exchanges
Meditation Group
Tel. 01458 830443

TRIPS, TOURS & VISITS

Lancashire 1 Feb
Mysterious Lancashire
Megalithic Tours
Tel 01772 728181

Pendle 8 Feb
Witch Day Tour
Megalithic Tours
Tel 01772 728181

Alweston 13 Feb
Full Moon Ceremony
Pauline Elsworth
Tel. 01963 23705

Cumbria 15 Feb
Lake District North
Megalithic Tours
Tel 01772 728181

Western England 23 Feb
Ancient Dorset, Stonehenge
and Glastonbury
Megalithic Tours
Tel 01772 728181

Cricklade & Latton 23 Feb
St Sampson's Church
and the Preachers Cross
Wyvern Dowsers
www.wyverndowsing.freemove.co.uk

Imbolc

By Wendy Andrews

Imbolc (also called Oimeic, Candlemas, Feast of Lights, Imbolg and Brigid's Day) is a time of purification and a celebration of the continued growth of Light. It falls half way between the Winter Solstice and Spring Equinox.

It is one of the cornerstones of the Celtic calendar, one of the four fire festivals. In our pastoral and agrarian past, it was the time that the ewes were giving birth to the new lambs and two of this festival's names show this connection. Imbolc or Imbolg means 'in the belly' and Oimeic means 'ewe's milk'. The new farming season was of great importance especially at a time in the year when winter stores might be running low. Imbolc rituals were performed to harness divine energy that would ensure a steady supply of food until the next harvest.

Imbolc represents the successful passing of winter and the beginning of a new year. It is the commemoration of the changing of the Goddess from the Crone to the Maiden and the time when we see the sprouting of leaves, the emergence of the first flowers, mammals and reptiles.

The lighting of candles and fires is synonymous with Imbolc and represents communion with Brigid or Brigantia the Goddess of Fire (white candles are associated with Brigid). The Celtic goddess Brigid is the goddess of poetry, healing, smithcraft and midwifery and is said to visit the homes of the righteous at Imbolc.

To receive her blessings, people would make a bed for Brigid and leave her food and drink. Items of clothing would be left outside for her to bless.

Candlemas is the combination of the words 'candle' and the Scottish 'maes' (feast), a time of celebration and feasting to mark and honor the growing strength of the Sun and the promise of spring to come. Each day since the Winter Solstice, the sun lights and warms the day for a few more minutes and to encourage this growth of light, candles were lit at day's end with whispered thanks.

Traditional at this time is the task of 'spring cleaning', to ready our homes and lives for the new growth that spring will bring and to rid ourselves of the old so that we can move into the new season unencumbered with outworn things, ideas and ways. Cleansing and blessing our homes and the candles we will burn during the year is a time honoured way to acknowledge the changing energies and seasons to come.

Legend has it that winter will last a good while longer, if the weather on Imbolc is bright and sunny. If it is a day of foul weather, winter is almost over. In the highlands of Scotland it is said that if the weather at Christmas is windy and the weather calm at Imbolc, one can expect a good year ahead.

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