



Wessex Research Group Network *Newsletter*

VOLUME 10, ISSUE 1.

January 2015

January 2015 sees the newsletter start its 10th year of circulation as well as the launch of two new groups, one in Wells and a new spiritual development and exploration group based in Frome.

Email Jacqui Simmonds simmojac@gmail.com or call 07516816915 for details of the Wells group.

For further information about the Frome group telephone Marina on 01373 465848 or email Simon Rowe at simonjrowe@live.com

Six Ideas for the New Year

By Astrid Whitworth

The start of a new year is for many a time of planning, realignment and reassessing the direction of one's life. It is a moment in the calendric year when we consciously attempt to bring structure, clarity and certainty back into our daily lives and routines.

Why is it that our human lives become so chaotic? Each morning we wake up (we work on the assumption that we will wake each morning), work our way through all the things that we have to attend too during the course of a day and then retire to our beds each evening often exhausted. There is no question that life on Earth is demanding and that jobs have to be crossed off of lists, but to what extent are we architects of chaos by allowing ourselves to be drawn into scenarios and situations that we could and probably should avoid? We become immersed in the material world to the extent that we consider that the totality of our being involves playing out daily scenarios, dramas and routines. We become human performers who occasionally seek or receive a spiritual experience instead of spiritual beings here to experience life in human form "human being."

It is only when asleep that we leave the rigours of the physical world behind and step back from the visible realm of form and shape to another place where there is no material reality. In this place there is just space and energy. Esoteric teaching suggests that as much as 80% of our self does not exist in human / physical form but exists beyond it in this other reality as energy. Here exists the essence of our spiritual self, the "real" self that resonates with energy of unconditional love. During the process of manifesting into human form our capacity to be the embodiment of love is diminished



even forgotten, to the point that we even forget to love the self. With this in mind here are six ideas for the year ahead.

Learn to love yourself

We might look in a mirror and see that our bodies are aging, getting fatter or that our hair is beginning to disappear, appear in unusual places or change in colour.

The form that we have is the one that we chose so rather than being at odds with it, we should aspire to completely love the self in complete acceptance of everything that we can perceive. Until we do this, we are not loving ourselves or indeed others, merely performing acts of love. The energy of the spiritual self resonates with pure love and we must bring that energy into the human experience. If we can achieve this we reach that place of non-separation (a unification of the physical and spiritual) where human "being" replaces human "doing" or "performing".

In the visible world we come to identify ourselves and say that this is who I am. We give ourselves names and labels and an identity, "I am this or that", "I am fat or thin", "beautiful or ugly." From an esoteric perspective we are identifying the "non-self" the being that is the human illusion of the self which gives us a way of living life from a point of reference. Whatever we perceive as the self we should learn to accept it.

Six Ideas for the New Year continues on Page 4.

Wessex Research Group Network

Sherborne & Yeovil
Jennie 01935 817685

Frome WRG
Marina 01373 465848

Glastonbury WRG
Jacqui 07516816915

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 Dowers
www.bristoldowers.co.uk

Joyous Isle workshops
www.joyousisle.com

www.awarenesscentre.org.uk
www.stonesseeker.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

www.angellight.co.uk

Taunton Association for
Psychotherapy
www.taplimited.org.uk

www.wrekinforum.org

Theosophical Society in Scotland
www.findhorn.org

Dowsing Spirits
www.dowsingspirits.co.uk
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

Crewkerne Awareness
anacolourastro.wordpress.com

Wells
Jacqui 07516816915

EVENTS

Penzance 31 Jan
Steampunk Faery Ball 2015
www.faeryevents.com

TALKS

DEMG at Stapehill 1 Jan
Knowlton Henge
Dave Shead
Tel. Dave 07977 144147

Glastonbury PLG 7 Jan
the Power of the Unconscious
Self Hypnosis for Change
Ben Grassby
Tel. Glen 01458 833950

Glastonbury 7 Jan
Meeting of the Pagan Moot
Tel. Tim 07747 897 621

Andover 9 Jan
the Cerne Giant
Landscape Gods
and the Stargate
Peter Knight
Tel. Peter 01249 823287

Glastonbury 10 Jan
Experience Sacred Geometry
Claudie Planche
Tel. 01458 835506

Beaconsfield 11 Jan
Orbs and the
Alchemy of Space
Christian Kyriacou
Tel. Susan 01494 813 214

Godalming 13 Jan
A Chat About Chakras
Michael Haxeltine
Tel. Michael 01252 541639

London (CPS) 13 Jan
Breaking Down is Waking Up
Dr Russell Razaque
Tel. 0207 589 3292

Yeovil 14 Jan
Evening of Clairvoyance
Tina McNaughton
Tel. John 01963 220306

Glastonbury PLG 14 Jan
Numerology Taster Part 2
Richard Cullen
Tel. Glen 01458 833950

London (CPS) 16 Jan
Relax and Rejuvenate
Diana Vernon
Tel. 0207 589 3292

Bristol 18 Jan
Mediumship and a
Life with Spirit
Kim Moore Cullen
Tel. Lea 01749 678834

Crewkerne 19 Jan
Sacred Chanting
Ann Evans
collingridge1@sky.com

Bath 19 Jan
Bath Storytelling Circle
Tel. David 01225 482170

Poole PLG 20 Jan
Emotional Freedom Techniques
Jo Peace
Tel. Sarah 07919343613

Newport IoW 20 Jan
Setting Goals
Dana Molecki
Tel. Dana 01983 874 645

London (CPS) 20 Jan
Post Materialist Science
New Frontiers in
Consciousness Science
Dr Rupert Sheldrake
Tel. 0207 589 3292

Glastonbury PLG 21 Jan
Why Do We Eat?
Food, Identity and Imortality
Jacqueline Hobbs
Tel. Glen 01458 833950

Taunton 23 Jan
Umbilical Dynamics
Relationship Starts in the Womb
Matthew Appleton
Tel. 01278 663215

London (CPS) 23 Jan
Crystal Prescriptions
Combating Electromagnetic
and Geopathic Stress
Judy Hall
Tel. 0207 589 3292

London (TS) 25 Jan
Where is the Mystery in the
Mystery Traditions?
Kenneth Rees
Tel. 0207 563 9817

Sherborne 26 Jan
Bridging Dimensions
Geraldine Sherborne
Tel. Jennie 01935 817685

Glastonbury PLG 28 Jan
Making Synchronicity Happen
Paul Weston
Tel. Glen 01458 833950

London (CPS) 30 Jan
the Medicine Way
Atlantis and the
Native American Path
Edwin Courtenay
Tel. 0207 589 3292

London (CPS) 30 Jan
the Power of Sound
A Meditation on the
Space Between
Olaf Nixon
Tel. 0207 589 3292

London (RILKO) 30 Jan
Stone-Age Drugs
and Rock and Roll
Paul Devereux
Tel. 0207 589 3292

Stroud 31 Jan
Inklings of Spring
Bardic Showcase
Kevan Manwaring
Tel. 01453 759034

WORKSHOPS & COURSES

Horton & Chalbury 10 Jan
Creating Compelling Futures
Dare to Dream - NLP
Sarah Frossell
Tel. 01202 885294

Milford on Sea 11 Jan
Vocal and Soundbath
Lorna Heath
Tel. 01590 642994

London (CPS) 11 Jan
Exploring Psychic Art
June Elleni Laine
Tel. 0207 589 3292

West Yelland 11 Jan
Awakening to your
Spiritual Truth
Valery Coburn
Tel. 01271 860317

London (CPS) 11 Jan
Finding Your Wings
James Philip
Tel. 0207 589 3292

Cranborne 17 Jan
Sing for Joy
Kirsteen Freer
Tel. 01202 885294

London (CPS) 17 Jan
Manifest Your Year Ahead
New Year New You
Daniel Pitt
Tel. 0207 589 3292

Forres 17 Jan
Living in Community
Findhorn Focaliser
Tel. 01309 690311

London (CPS) 17 Jan
Draconis – The Magic
and Mystery of the Dragon Kind
Edwin Courtenay &
Kieron Morgan
Tel. 0207 589 3292

London (CPS) 17 Jan
Ancestral Healing
Jez Hughes
Tel. 0207 589 3292

Dorchester 18 Jan
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

Woodshaw 19 Jan
Natural Remedies for
Winter Ailments
Lyne Blythe
www.wyverndowsing.freeserve.co.uk

Milford on Sea 21 Jan
Drumming and Toning
Lorna Heath
Tel. 01590 642994

Blandford Forum 23 Jan
Approaching the Self
Experiencing the Transpersonal
Ian Thorp
Tel. 01202 885294

London (CPS) 24 Jan
Crystal Solutions
Judy Hall
Tel. 0207 589 3292

Bransford 24 Jan
Alchemy Turning
Your Lead into Gold
Miguel Dean
Tel. 01452 840033

London (CPS) 24 Jan
Archangel Uriel
Amanda Roberts
Tel. 0207 589 3292

Glastonbury 24 Jan
Rise of the Divine Human
Divinicus Workshop level 1
Chris Bourne
Tel. 01458 830443

London (CPS) 24 Jan
Guide Higher Self or Ego
Sarah Tyler Walters
Tel. 0207 589 3292

Forres 24 Jan
A Gift to Cluny
Spring Clean Celebration
Niels Paulsen & Susan Miles
Tel. 01309 690311

London (CPS) 25 Jan
Alchemy Energetics Part 1
James Philip
Tel. 0207 589 3292

Oborne 25 Jan
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

London (CPS) 25 Jan
the Fundamentals of Energy
Sharry Clark
Tel. 0207 589 3292

West Yelland 26 Jan
Conversations that Count
Valery Coburn
Tel. 01271 860317

Totnes 30 Jan
Imbolc the Inward Flame
Roselle Angwin
Tel. 01548 821004

London (CPS) 31 Jan
Anatomy and Physiology
for Healers Part 1
Doe Warnes
Tel. 0207 589 3292

Forres 31 Jan
Sprinklings of Light
Spring Cleaning
at the Park
Findhorn Focaliser
Tel. 01309 690311

London (CPS) 31 Jan
Overcoming Anxiety
Here to be Happy
Anna Parkinson
Tel. 0207 589 3292

Cardiff 31 Jan
Angel Discovery Day
Chrissie Astell
Tel. 01223 969858

Alweston 31 Jan
Wheel of the Year - Imbolc
Pauline Elsworth
Tel. 01963 23705

London (CPS) 31 Jan
Introduction to Remote Viewing
Debby Kay Edwards
Tel. 0207 589 3292

LIGHTWORKER GROUPS

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

Frome 15 Jan
Spiritual Development and
Exploration Group
Tel. Marina 01373 465848

New York Jan
UN Meditation as
Planetary Service
UN@aquaac.org

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

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

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

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

Alweston
Meditation Group
Pauline Elsworth
Tel. 01963 23705

Weymouth
Earthbound Bug or Butterfly.
Spiritual Development Group
Tricia Davis
Tel. 0783 3164615

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

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

TRIPS, TOURS & VISITS

Lancashire 24 Jan
Day Tour (tour 1)
Megalithic Tours
Tel 01772 728181

Lancashire 31 Jan
Day Tour (tour 2)
Megalithic Tours
Tel 01772 728181



Wessex Research Group Network

www.Mindspiritnetwork.com
Bath Storytelling Circle.
Tel. 01225 482170

the London Forum.

www.body-spirit.co.uk

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

www.chalicewell.org.uk

www.unicorncentre.co.uk

www.thamesvalleydowsers.org.uk

www.libraryofavalon.org.uk

Glastonbury PLG

www.glastonburyplg.co.uk

Poole PLG

Sarah 07919343613

Bristol PLG - New Dimensions
Lea 01749 678834

Newport Isle of Wight PLG

www.dana-molecki.com

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

fifthdimensionalnetwork.net

www.networkoflight.org

www.megalithictours.com

www.gauntshouse.com

www.educationaid.net

Sea Spirit Centre

<http://spiritual-courses.co.uk>

www.collegeofpsychicstudies.co.uk

Wyvern dowsers
www.wyverndowsing@freeserve.co.uk

www.energeticsolutions.co.uk

www.kabbalahcentres.com

www.caduceus.info

www.ih.ac

newhumanitymovement.com

www.waverleydowsers.co.uk

www.tamar-dowsers.co.uk

Six Ideas for the New Year (continued)

It is never too late to implement change

Don't let the conscious mind find a reason not to initiate change. Each time we prevent ourselves from moving forward we restrict ourselves, limiting our growth and horizons. Remember that the universe requires us to learn through experience rather than relying upon existing templates of human reality.

Each time we go with what is in our hearts we start a new journey. The inner journey never ends and there is no right or wrong just consequence. Always allow for the possibility of belief and remain open to new experiences.

Make it matter

Decide on what really matters and concentrate on these themes rather than be distracted by what doesn't matter. By concentrating on what matters we manifest change around things that are important to us. As the embodiment of living energy we have the ability be the cause and the masters of our lives, but when we become distracted we begin to merely counteract the effects of chaos (often other peoples). As each moment is precious – make it matter.

Let go of what isn't needed

We live in a time of information overload. When someone is talking don't allow yourself to be caught up in the story or the drama of their chaos. Instead step back from this and attempt to look at it from the perspective of a spiritual being separate from the drama of the third dimensional human situation. Look at the energy behind the words; is it yours or someone else's?

The same principles can be applied to letters, emails, texts and media broadcasts. Be discerning and teach yourself to look at what lies behind the messages. If it isn't important, let it go.

Support through love

Don't give your empowerment to any forces (or people) that do not support you in the celebration of your love, joy and truth.

Don't allow yourself to carry around emotional (or other) baggage whether it is yours or that of other people. Remember that E-motion is energy in motion.

Remind yourself that you are a spiritual being having a human experience

New Year is often a time when we seek further clarification and direction from spirit; for example through a consultation with a medium or clairvoyant.

Remind yourself that you are also a spiritual being, having a human experience and not just a human being receiving the occasional spiritual experience. Take time during the year ahead, to step out of the world of form and matter and connect with that part of you that is not inphysical form. Use this time to reassess and review your Earthly life from the perspective of the "spiritual self."

The Achievements of Ancient Cultures

By Nigel Blair

We think of our time as one of great interconnection, but how often has the sophistication of ancient cultures been underestimated? In the Greek and Egyptian worlds, as well as the Middle East in general, scholarly and literary people kept regularly in contact with each other, compared and consulted each other's work, visited each other, and were well aware of the latest research and fashion.

It is, after all, from the Greek historian Herodotus, well before Plato, that we get one of the fullest accounts of ancient Egypt. Manuscripts were copied with minute accuracy by professional scribes, re-copied many times and widely distributed. Schools of high quality, and the ancient equivalent of universities, abounded.

Socrates and Plato brought philosophy to such a peak of excellence that, all philosophy since then has consisted of footnotes to Plato. His "Academy" achieved such scholarship that our very word "academic" comes from it. His pupil Aristotle achieved something near equal fame with his "Lyceum", and his division of the fields of study into distinct disciplines laid the foundation for the modern academic subjects as we know them today.

It is generally recognized that ancient Greece, with some others such as Egypt, Phoenicia, Babylon and Israel, gave the western world the basis for our present civilization. Greek culture could not have become what it did without being influenced to some degree by Oriental civilization.

A real union between the Greek and the Oriental worlds took place, and this fusion gave rise to a period which became notable for achievements in science, art, and philosophy. This later age of Greek culture is known as the Hellenistic (or Greek-like) period, as distinguished from the earlier Hellenic (or classical Greek) period.

Greek scientists laid the basis for our modern science; Greek drama for theatre; Greek sculpture and architecture for stone-carving; Homer and Hesiod for the poetic epic; Athens for democracy; Plato's "Republic" and Aristotle's "Politics" for political thought; the Greek language for much of literature; the Greek myths for a great deal of our symbolic archetypes and metaphor; Euclid, Archimedes and Diophantus for geometry, mathematics and algebra respectively; Hippocrates for medicine; and Aristarchus for sun-centred astronomy, eighteen centuries before Copernicus. Above all, of course, there was the whole series of great philosophers, from Pythagoras through Heraclitus and the Stoics; Socrates, Plato and Aristotle; to Plotinus and Proclus in Neo-Platonic Alexandria

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