



Wessex Research Group Network *Newsletter*

VOLUME 11, ISSUE 1.

January 2016

2016 and water is likely to feature again this year as Neptune and Chiron remain in Pisces - Refugees, seas, empathy for suffering are continuing themes.

Pluto continues to transit Capricorn with more revelations and deep seated changes in the political structures likely to continue. As Pluto is transiting the same Capricornian zone as at the time of the industrial revolution we will now begin to see the long term consequences of that era (e.g. capitalism, child labour, pollution). This invites us to raise our game collectively and individually, growing beyond the material to implement humane policies that empower people and the Earth.

The Aller Park Project in Dartington has procured the use of two rooms which groups and individuals can use to offer talks, courses, workshops. FFI contact David Matthews dave@starlynx.plus.com

The latest addition to the on-line article archive www.wessexresearchgroup.org/literary_resources.html is *Astronomy and Measurement in Megalithic Architecture (A New Proposed Measurement)* by Peter Harris

The Mastery of Thought and Action. The Antidote to Chaos

By Jane Martin

For many New Year offers us a chance to assess our lives, plan ahead and get ourselves 'back on track' making those adjustments that put us back in control. How often are the thoughts and actions that drive our lives initiated by ourselves? And to what extent are they the result of circumstances (often chaotic) beyond our control?

Mastery of thought begins with 'stilling' the mind. Meditation is one way of achieving this. Calming the mind can help make us become more relaxed and take a considered and creative approach to life. For a short time each day, stop the flow of thoughts through your mind to allow peace and tranquillity to enter your thinking. Think of a definite idea, place it in the centre of your thinking and logically arrange your thoughts so that they are all closely related to the original idea.

Meditation can take many forms and mindfulness is one practical example where one can devote time each day to immerse oneself in an activity. Repetitive tasks are especially good for mindfulness. For example when preparing food take time to notice the aroma's colours



and textures, appreciate the essence of what you are doing however mundane. Slowing yourself in this way can be extremely calming. Consider that no task is a waste of time if you use the experience wisely.

Another approach would be each day to perform some action, however trivial that originates with your own initiative. This is some task you have assigned yourself. Most actions are a response to family circumstances, education, vocation, and so on. Consider how little arises as the result of your own initiative and spend time performing acts derived from you only. They need not be important; seemingly insignificant actions accomplish the same purpose.

Taking time to 'still' the mind can help stabilise emotions and enable one to develop the qualities of detachment and steadiness so that we master ourselves through those moments of greatest joy and the deepest grief. We can strengthen the emotional foundation by looking for the goodness in everything and for the positive elements everywhere.

Through developing tolerance we can gain a deeper understanding of everything and of every being. We also allow for the possibility of belief and remain open to new experiences. Inner (esoteric) development involves excluding all that you have experienced thus far so that you can consciously meet each new experience with new faith.

The development of rhythm and harmony through the mastery of thought and action can help us lead harmonious, balanced and peaceful lives during the year ahead.

Wessex Research Group Network

Frome WRG
Marina 01373 465848

Glastonbury WRG
Jacqui 07516816915

Weymouth & Dorchester
Roma 01305 816644

Yeovil Psychic Society
www.yeovilpsychics.org.uk

Dorset Earth Mysteries
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

Axminster Awareness Centre
www.awarenesscentre.org.uk

Stoneseeker Tours
www.stoneseeker.net

Centre for Pure Sound
www.centreforpuresound.org

The Martinsey Isle Trust
www.martinsey.org.uk

Hawkwood College
www.hawkwoodcollege.co.uk

Angelight
www.angellight.co.uk

Taunton Association for
Psychotherapy
www.taplimited.org.uk

Wrekin Forum
www.wrekinforum.org

Theosophical Society in Scotland
Findhorn Foundation
www.findhorn.org

Findhorn Foundation

Dowsing Spirits
www.dowsingspirits.co.uk
www.theswa.org.uk

www.unicorn-at-rainbows-end.org

Totnes WRG
Jeffrey 01803 866349

Aquarian Age Community
www.aquaac.org

Totnes Astrology Group
David 01803 867145

The Gift of Sound
www.thegiftofsound.co.uk

Crewkerne Awareness
anacolourastro.wordpress.com

TALKS

London (CPS) 5 Jan
Gongs by Candlelight
Olaf Nixon
Tel. 0207 589 3292

Bransford 6 Jan
Why Silence
Brian Holley
Tel. 01452 840033

Glastonbury 6 Jan
Meeting of the Pagan Moot
Tel. Tim 07747 897 621

DEMG at Stapehill 7 Jan
Beating the Bounds
Geraldine Beskin
Tel. Dave 07977 144147

London (CPS) 8 Jan
An Introduction to Healing
through Sacred Oils
Felicity Warner
Tel. 0207 589 3292

Chichester 10 Jan
Orb Presentation and
Sound Experience
Lorna Heath
Tel. 01590 642994

London (CPS) 12 Jan
the Astrological
Year Ahead - 2016
Demian Allen
Tel. 0207 589 3292

Godalming 12 Jan
the Work of Raymon Grace
Michael Haxeltine
Tel. 01252 541639

Weymouth 13 Jan
Demonstration of
Mediumship
Jeannie Glynn
Tel. Roma 01305 816644

Yeovil 13 Jan
Evening of Clairvoyance
Ruth Freya
Tel. 01963 220306

Nibberdale 13 Jan
Map Dowsing for Missing
Sacred Sites
Adrian Inledon Webber
Tel. 01423 781974

London 14 Jan
the Lakota Star People
Lorraine Doherty
Tel. 0870 766 9657

London (CPS) 15 Jan
Enchantment. An Evening of
Chant and Mantra
Stewart Pearce
Tel. 0207 589 3292

Beaconsfield 17 Jan
the Basics of Feng Shui
Happy Healthy Home
Happy Healthy Life
Susan Scott Powell
Tel. Susan 01494 813214

Bristol PLG 17 Jan
Create a Healthy New You
in the New Year
Rosy Daniel
Tel. Lea 01749 678834

Crewkerne 18 Jan
Spiritual Messages in
Photographs
Heather MacDonald
collingridge1@sky.com

Bath 18 Jan
Bath Storytelling Circle
Tel. David 01225 482170

Woodshaw 18 Jan
An Evening with
Bogdan Jochim
wds@wyverndowsing.freeserve.co.uk

London (CPS) 19 Jan
Gerrie March Presents
her Students
Gerrie March
Tel. 0207 589 3292

Poole PLG 19 Jan
Deeksha. Opening to
Joy and Enlightenment
Andy Komocki
Tel. Sarah 07919343613

London (CPS) 22 Jan
Celebrating the
College Archives
Lesley Price
Tel. 0207 589 3292

Taunton 22 Jan
Ticking the Boxes
the Context of 21st Century
Management
Ian Stevenson
Tel. 01278 663215

London (RILKO) 29 Jan
Where Moses Stood
Robert Feather
Tel. 0845 2260 531

Totnes 30 Jan
Earth as the Womb of Angels
David Ash
Tel. Jeffrey 01803 866349

WORKSHOPS & COURSES

Stroud 2 Jan
Detox Retreat
Dr Kitty Champion
Tel. 01453 759034

Stroud 8 Jan
Happy New You
Miriam Akhtar
Tel. 01453 759034

Stroud 8 Jan
the Sacred Clown
Reuben Kay
Tel. 01453 759034

London (CPS) 9 Jan
Healing through Sacred Oils
an 8,000 Year Old Mystery
Felicity Warner
Tel. 0207 589 3292

London (CPS) 10 Jan
Angels of Atlantis and
the Miracle of Abundance
Stewart Pearce
Tel. 0207 589 3292

London (CPS) 10 Jan
Alchemy Energetics in
the Spiritual Level. Level 1
James Philip
Tel. 0207 589 3292

Axminster 13 Jan
Mindfulness for Health
Kath Woods
Tel. 01297 32331

Forres 16 Jan
Falling in Love with Where
You Are. Unconditionally
Embracing the Joy and
Pain of Life
Jeff Foster
Tel. 01309 690311

London (CPS) 16 Jan
Enhance Your Intuition with
Kundalini Yoga
Gemma Bliss
Tel. 0207 589 3292

Cranborne 16 Jan
Sing for Joy
Kirsteen Freer
Tel. 01458 830443

London (CPS) 16 Jan
Dowsing Stage 3. Finding
Lost Objects, Pets, People
and Ancestors
Christopher Strong
Tel. 0207 589 3292

London (CPS) 17 Jan
Dowsing Advanced
Christopher Strong
Tel. 0207 589 3292

London (CPS) 17 Jan
Magical Sacred Coordinates
Gifted by the Angels
Stewart Pearce
Tel. 0207 589 3292

Ryde PLG 19 Jan
Create Your Own Vision
Board for the Life You Desire
Dana Molecki
Tel. Dana 01983 874 645

Milford on Sea 20 Jan
Drumming Circle
Lorna Heath
Tel. 01590 642994

Stroud 22 Jan
Meaningful Work
Fulfilling Life
Gill Coombs
Tel. 01453 759034

Gort 23 Jan
Earth Grids and
Metatronic Ley Lines
Jackie Queally
Tel. 0834117498

Alweston 29 Jan
Imbolc Ceremony
Pauline Elsworth
Tel. 01963 23705

Harbertonford 29 Jan
the Inward Flame -
Imbolc
Roselle Angwin
Tel. Roselle 01548
821004

Middle Piccadilly 30 Jan
the Way of Shamanka
Elaina Harvey
Tel. 01963 23468

London (CPS) 30 Jan
Healing the Heart
Unleash Your Rocket
Fuel
Anna Parkinson
Tel. 0207 589 3292

Forres 30 Jan
the Light of Your Hidden
Treasures. Manifesting
Your True Talents and
Intentions
Franco Santoro
Tel. 01309 690311

London (CPS) 30 Jan
Astrology and
Relationships
Demian Allan
Tel. 0207 589 3292

Erraid 30 Jan
Imbolc Retreat
Findhorn Foundation
Tel. 01309 690311

London (CPS) 30 Jan
Cutting Chords and
Attachments
Amanda Roberts
Tel. 0207 589 3292

Totnes 30 Jan
Thresholds 2016
This Wild and
Precious Life
Roselle Angwin
Tel. Roselle 01548
821004

London (CPS) 31 Jan
the Fundamentals of
Energy
Sharry Clarke
Tel. 0207 589 3292

Oborne 31 Jan
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

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

Ennis Co Clare 31 Jan
Gaia Touch Exercises
Jackie Queally
Tel. 0834117498

London (CPS) 31 Jan
Alchemy Energetics
the Shamanic Level
Level 2
James Philip
Tel. 0207 589 3292

Aldborough 31 Jan
Soul Rescue
Adrian Inledon Webber
Tel. 01423 781974

LIGHTWORKER GROUPS

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

Totnes 8 Jan
Astrology Group
Meeting
Tel. 01803 867145

New York 23 Jan
Transforming
Planetary
Consciousness
Webinar
UN Meditation as
Planetary Service
UN@aquaac.org

London 28 Jan
Earthstars Group
Meeting
Chris Street
Tel. 0870 766 9657

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

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

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

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

Time and Life Eternal

By Jeffrey Gale

*We all are passengers upon this spaceship
planet Earth,*

*Spinning out our lives inside its steady turnings
and revolutions round the sun,*

*Where days long nights can remind us how our
lives refresh,*

*While time is just the spool unwinding out for
ever now,*

Night brings the gift of sleeping dreams,

*Where visits to another place, other worlds and
other beings,*

*Can sometimes seem as openings to this
limitless realm,*

*Or golden stage of consciousness, the grander
theatre of our dreams,*

Can this realm just be the store of life eternal,

Where all our acts and thoughts accrue,

In some great giant brain like sleep,

*Where we can sometimes see the mind and
memory of God?*

Envisage now our lives just as another glimpse

Into this lightened stage

*The realm so rich in landscapes, sounds,
music, colours, tastes, delights or ventures,*

*All spread about just for our very restless
thoughts,*

To spin and weave our own life tapestry

The ancient sears have said,

That life is indestructible but always changes,

*Our bodies age like leaves upon a tree in
autumn,*

Falling like gold to make compost food,

To feed the leaves of spring another year,

*So we like that may shed this mortal shell to
feed the Earth,*

And bright with innocence our souls,

*May sprout again to breathe this Earthbound
sweetest air,*

*To gaze once more on all that nature has so
fair*

www.Mindspiritnetwork.com

Bath Storytelling Circle.
Tel. 01225 482170

Earthstars Sacred Space
www.earthenergynetwork.co.uk

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
Lea 01749 678834

Ryde PLG
Dana 07879 021521

www.positivelivinggroups.org.uk

www.theosophical-society.org.uk

www.fisu.org/en

www.faeryevents.com

www.openhandweb.org

www.stargaia.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.s.ac

newhumanitymovement.com

www.waverleydowsers.co.uk

www.tamar-dowsers.co.uk

www.midsummerearthhealing.co.uk

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

Book Review: Only Love Remains: Lessons from the Dying on the Meaning of Life. Euthanasia or Palliative Care

By Attilio Stajano

What happens to the dying in the final days and weeks of their lives? What emotions come to the surface and what do they want to talk about? Attilio Stajano, a volunteer worker at the palliative care ward of a Brussels hospital, presents a series of deeply moving personal encounters with seriously ill patients. The dying, he discovers, have much to teach the living. Whilst their stories are all different, they share one thing in common: in the end, when all is said and done, only love remains.

How should we respond to the challenge of death? As a society and as individuals, we can choose to be patient and sensitive, giving dignity to those reaching the end of their lives – even when those lives appear to have no further value. The period leading to death can be full of profound experiences, telling us much about the meaning of life and the abiding nature of love. If we see the terminally ill as an inconvenience, however, we forego the possibility of finding unexpected resources in ourselves: a tenderness, a touch, a readiness to assist that we did not know we were capable of.

Underlying this book is the momentous and very current debate over euthanasia. In a comprehensive appendix the author reports on the provision of palliative care services and the laws governing euthanasia in European and English speaking countries around the world and the implications these have for the way we value and care for the dying. FFI contact publisher Sevak Gulbekian by emailing sevak@claireviewbooks.com

Book Reviews: Continuous Living in a Living Universe and the Vortex Theory – A Bridge between Ancient Yoga and Modern Physics

By David Ash

Continuous Living in a Living Universe and the Vortex Theory – A Bridge Between Ancient Yoga and Modern Physics are companion Ebooks by David Ash.

The premise in *Continuous Living in a Living Universe* that the Universe is alive with a well-developed immune system that rejects anyone or anything that is anti-life. Many religious and spiritual ideas are considered critically in the light of this idea of a universal immunity to evil. Recommendations are given for those seeking continuous living in the light.

Near-death-experiences suggest we are destined for continuous living in the light or the dark. Electricity depends on polarity. How we live now appears to

determine the polarity of our long term future. With the full weight of quantum physics behind the continuity of consciousness we cannot afford to ignore the wisdom of near death experiences.

In *The Vortex Theory* companion to this book it is suggested that electric plasma in space could account for spiritual life in dimensions of energy beyond the speed of light. In *Continuous Living* the physical body is seen as scaffolding for an electromagnetic field; a plasmic - spiritual - body that carries consciousness beyond the grave.

Ultimately it is for everyone to live in acceptance of others if they want to be accepted themselves because the Universe operates under the law of attraction. Each one of us will choose our own path. This book is only intended to shed a little light on the way.

In the companion book to *Continuous Living* the Vortex Theory describes how thousands of years ago in ancient India, Yogis probed the atom with supernormal powers called siddhis. What they saw was subatomic particles as vortices of energy. That insight gave rise to maya the illusion of forms. Anticipating Einstein, Yogis realised everything is energy. There is no material substance underlying our world. They knew the bedrock of reality is mind and consciousness. That is endorsed today at the cutting edge of quantum physics. Applied to modern physics, the vortex shows how we are deluded by materialism. The particles and forces of nature are explained by the vortex of energy and physics becomes easy to understand for everybody. Predicting the most important scientific discovery of the late 20th century, The Vortex Theory could be the complete theory predicted by Stephen Hawking at the end of *A Brief History of Time*. The Vortex Theory provides a bridge between science and spirituality. At last we have a sound scientific theory to back belief in non material worlds. A new understanding of Life and Spirit could take us to fresh frontiers of discovery because it may be space is full of Life. Both volumes are obtainable from www.kimabooks.com

Declutter - Work and Home for 2016

By Leah Davy

Being organised in the home and workplace is a practical way of restoring balance into one's life and de-cluttering these places is often the start of an effective self-management strategy. Whatever the environment you spend time in, attempt to make it harmonious.

Colour can affect your well-being in many ways so use colour to create harmony. Some colours enhance feelings of calm and tranquillity whilst others can boost and invigorate energy levels. Purples and some shades of blue are associated with calming, mental control and clarity as well as with creative impulses. Reds and oranges are associated with vitality, positivity, joyousness and the release of emotions, yellow can also be happy and uplifting whilst some shades of green (the colour of nature) eases stress and emotional trauma.