



Wessex Research Group Network *Newsletter*

VOLUME 12, ISSUE 1.

January 2017

2017 and we welcome Tim Braun from the USA who will be speaking at the College of Psychic Studies in the month ahead. From January the Sacred Space group based at Steiner House in London move to Fridays. For further information contact Marion Briggs marionbriggs148@btinternet.com

Four Ways Forward for 2017

By Patricia Davis

The New Year presents us with opportunities to assess our lives and plan ahead. Here are four ideas for 2017.

1. Becoming the Witness to Yourself

Becoming witness to yourself begins with stillness. Find time to sit still and become quiet. Once settled in a quiet state, focus on your breathing. Breathe in and out then hold, before breathing in again naturally, slowly and deeply. Work towards making the out-breath twice as long as the in-breath. When holding (the point between the in and out breath) hold for a natural pause, rather than one that is forced. Slowly, gently lengthen yet nurturing a breathing cycle to what is comfortable for you, do not force it.

From inside the body observe bodily sensations (the mechanics of what is going on). Become aware of what you are seeing, hearing, tasting, smelling and touching. Become aware of your own life energy field - its sensations inside your skin....e.g. tingly, warm, just observe and accept.

From inside the body watch the emotions (e-motion = energy in motion) passing through the body without judgement or analysis on whether these emotions are good or bad. Just observe and accept.

From inside the body observe thoughts charging & releasing brain's neuronal patterns with no judgement or analysis of whether they are good or bad. Observe and accept.

Do not identify as or with any bodily sensation, emotion or thought e.g. 'I am sad', 'I am angry', or prefer one or reject another. None are you they are only energies passing through your individual energy field which is itself undisturbed by them; 'I' – your True Self remains peaceful and serene like the sky. Transcend duality and go into that blue sky space between thoughts, blending into it; an eternal place of infinite peace, joy and oneness. Sensations, emotions and thoughts are just clouds passing below. Allow them to float by.



Pass through the gap between slowing down thoughts or lift up above the thoughts like a bird. Transcend duality. This is the real you – you the observer; awake yet experiencing through seeing, hearing, touching, tasting, smelling. Realise (make real) what and who you are one field / infinite space – come home to peace, joy and love. This is the 'sticky' force of duality which creates the contrast of polarities that we experience in the story of 'me'.

2. Developing Awareness of Self in the Experience of Daily Living

Observe how your breathing patterns change throughout the day. Observe yourself through the 5 senses becoming aware of your own reactive patterns arising, existing and fading in accordance with different scenarios. Be aware of your reactions to various people, situations and activities.

Watch yourself living as from a bird's eye or helicopter view. There are all kinds of situations, and you can feel all different kinds of sensations or emotions with all different kinds of people. See what 'weird' (wyrd = fate, karma) thoughts just appear, exist and disappear.

Four Ways Forward for 2017 continues on Page 4.

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

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

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

Poole PLG
Adrian 07738 081394

Ryde PLG
Dana 07879 021521

EVENTS

Godalming 17 Jan
Christmas Dinner
Waverley Dowzers
www.waverleydowzers.co.uk

TALKS

Glastonbury 4 Jan
Bear Magic
Tel. Tim 07747 897 621

DEMG at Stapehill 5 Jan
Sacred Geometry and
Connections to the Stars
James McComish
Tel. Dave 07977 144147

Moorgate 5 Jan
Introduction to Meditation
Foundation for International
Spiritual Unfoldment
Tel. 0208 5233133

London (CPS) 6 Jan
Gongs by Candlelight
Olaf Nixon
Tel. 0207 589 3292

Westerham 9 Jan
Introduction to Meditation
Foundation for International
Spiritual Unfoldment
Tel. 0208 5233133

London (CPS) 10 Jan
the Astrological Year
Ahead 2017
Demian Allen
Tel. 0207 589 3292

Chulmleigh 10 Jan
Geopathic Stress in the Home
and in the Landscape
John Moss
Tel. 01363 877352

Glastonbury PLG 11 Jan
Change Has Happened
Reveal Your Best Year Yet
Michael James
Tel. Samia 07930 007419

Yeovil 11 Jan
Evening of Clairvoyance
Ian & Di Arthur
Tel. 01963 220306

Rode 12 Jan
Walking With Horses
Janet Bradshaw
Tel. Caroline 01373 831046

Totnes 13 Jan
2017 - Major Astrological
Transits and Preview
David Matthews
Tel. David 01803 867145

London 13 Jan
the Necessary Evil
Patrick Dixon
Tel. Marion 0870 766 9657

Godalming 13 Jan
Crop Circles
Andy Thomas
Tel. 01252 541639

North Hill 15 Jan
the Small Pilgrim
Sites Network
Terry Faulk
Tel. 01566 774902

Crewkerne 16 Jan
Divination by Tea Leaves
Paula Jackson
collingridge1@sky.com

Bath 16 Jan
Bath Storytelling Circle
Tel. David 01225 482170

Shepherds Bush 16 Jan
Introduction to Meditation
Foundation for International
Spiritual Unfoldment
Tel. 0208 5233133

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

Glastonbury PLG 18 Jan
Star of Ishtar
Paul Weston
Tel. Samia 07930 007419

Taunton 20 Jan
Exploring the Dilemmas
of Disclosure in 'Coming Out'
in Family and Couple
Relationships and
in Therapy
Damian McCann
Tel. 01278 663215

Oxford 20 Jan
Introduction to Meditation
Foundation for International
Spiritual Unfoldment
Tel. 0208 5233133

London (CPS) 20 Jan
Spiritual Alchemy and the
Philosophers Stone
Edwin Courtenay
Tel. 0207 589 3292

Bristol 20 Jan
Caravaca Templar Window
Message Mystery Revealed
Rory Duff
Tel. Rory 07748 734127

Loughton 21 Jan
Introduction to Meditation
Foundation for International
Spiritual Unfoldment
Tel. 0208 5233133

London (CPS) 24 Jan
Spirit Circle
Connecting with the
Spirit World
Tim Braun
Tel. 0207 589 3292

Old Harlow 24 Jan
Introduction to Meditation
Foundation for International
Spiritual Unfoldment
Tel. 0208 5233133

Glastonbury PLG 25 Jan
Learning the Landscapes
of the Spine
Lys Wild
Tel. Samia 07930 007419

London (CPS) 27 Jan
Ancestral Healing
Jez Hughes
Tel. 0207 589 3292

London (RILKO) 27 Jan
Shamanistic Healing
Releasing and Transforming
Blocked Energy Patterns
Francesca Rossetti
Tel. 0845 2260 531

London 27 Jan
the London Earthstar
Chris Street
Tel. 0870 766 9657

Iford 30 Jan
Introduction to Meditation
Foundation for International
Spiritual Unfoldment
Tel. 0208 5233133

WORKSHOPS & COURSES

Oborne 1 Jan
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

Glastonbury 1 Jan
Five Gateways Retreat
Chris Bourne
Tel. 01458 830443

Stroud 6 Jan
Sound Healing Retreat
Tobias Kay &
Wilhelmina Swindell
Tel. 01453 759034

London (CPS) 7 Jan
Starting Afresh
A Day of Sonic Clearing
for the New Year
Olaf Nixon
Tel. 0207 589 3292

Forres 7 Jan
Walking the Amazonian
Shamanic Path
Kurikindi
Tel. 01309 690311

Milford on Sea 8 Jan
Vocal and Sound Experience
Lorna Heath
Tel. 01590 642994

Wimborne 8 Jan
Angels of Sound. Yoga
of Primal Sound
Playshop
Dean Carter
Tel. Dean 01935 389655

Wimborne 8 Jan
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

Alweston 9 Jan
Touching the Stillness
of Yule Ceremony
Pauline Elsworth
Tel. 01963 23705

Canary Islands 10 Jan
Openhand Facilitator
Foundation Course
Chris Bourne
Tel. 01458 830443

Alweston 10 Jan
Introduction to Energy
Chakra Workshop
Pauline Elsworth
Tel. 01963 23705

Stroud 11 Jan
Wild Writing
Kevan Mainwaring
Tel. 01453 759034

London (CPS) 14 Jan
Learn to Live in the
Aquarian Age
with Kundalini Yoga
Gemma Bliss
Tel. 0207 589 3292

Totnes 15 Jan
Thresholds 2017
Islands of the Heart
Roselle Angwin
Tel. Roselle 01548 821004

Alweston 17 Jan
Deep Exploration of the
Base Chakra
Pauline Elsworth
Tel. 01963 23705

Milford on Sea 18 Jan
Drum Gathering
for Standing Rock
Lorna Heath
Tel. 01590 642994

Stroud 19 Jan
Rest and Restore Retreat
Mel Skinner
Tel. 01453 759034

Stroud 20 Jan
Remembering Who
We Are
Jane Chase
Tel. 01453 759034

London (CPS) 21 Jan
Spiritual Alchemy and the
Philosophers Stone
Edwin Courtenay
Tel. 0207 589 3292

Holwell 21 Jan
the Way of Shamanka
Elaina Harvey
Tel. 01963 23468

London (CPS) 21 Jan
Manifesting with Spirit
James Philip
Tel. 0207 589 3292

Forres 21 Jan
Integral Mondo Zen
Taster Weekend
Findhorn Foundation
Tel. 01309 690311

London (CPS) 21 Jan
Guide Higher Self or Ego?
Sarah Tyler Walters
Tel. 0207 589 3292

London (CPS) 22 Jan
A Faery Science
Making Contact with
the Other World
Edwin Courtenay
Tel. 0207 589 3292

Milford on Sea 22 Jan
Sound Waves
Special Sound Experience
Lorna Heath
Tel. 01590 642994

London (CPS) 23 Jan
Open Your Heart
with Kundalini Yoga
Gemma Bliss
Tel. 0207 589 3292

Alweston 24 Jan
Deep Exploration of the
Sacral Chakra
Pauline Elsworth
Tel. 01963 23705

London (CPS) 28 Jan
Dowsing 1- the Weird
and Wonderful Simplified
Christopher Strong
Tel. 0207 589 3292

Forres 28 Jan
A Gift to Cluny
Spring Clean Celebration
Cluny Homecare Team
Tel. 01309 690311

London (CPS) 28 Jan
Anatomy and Physiology
for Healers Part One
Doe Warnes
Tel. 0207 589 3292

Forres 28 Jan
Living a Life Less Toxic
Faith Canter
Tel. 01309 690311

London (CPS) 28 Jan
Awaken Your Sixth Sense
and Tap into Spirit
Tim Braun
Tel. 0207 589 3292

London (CPS) 29 Jan
Dowsing Advanced
Christopher Strong
Tel. 0207 589 3292

London (CPS) 29 Jan
Embracing Your Psychic Self
Gary Wright
Tel. 0207 589 3292

Oborne 29 Jan
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

London (CPS) 29 Jan
Ancestral Healing
Jez Hughes
Tel. 0207 589 3292

Alweston 31 Jan
Deep Exploration of the
Solar Plexus Chakra
Pauline Elsworth
Tel. 01963 23705

LIGHTWORKER GROUPS

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

Totnes 8 Jan
Astrology Group
Meeting
Tel. 01803 867145

New York 11 Jan
Transforming Planetary
Consciousness Webinar
UN Meditation as
Planetary Service
UN@aquaac.org

Alweston 26 Jan
Ladies Red Tent Gathering
Pauline Elsworth
Tel. 01963 23705

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

TRIPS, TOURS & VISITS

Spain 21 Jan
Spain's Costa de Sol
Megaliths and Alhambra
Megalithic Tours
Tel. 01772 728181

Wiltshire 22 Jan
Walk Around Calne
Peter Knight
wds@wyverndowsing
freeserve.co.uk

Wessex Research Group Network

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
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.com
freeserve.co.uk
www.energeticsolutions.co.uk
www.kabbalahcentres.com
www.caduceus.info
www.ihf.ac
newhumanitymovement.com
www.waverleydowsers.co.uk
www.tamar-dowsers.co.uk
www.midsummersearthhealing.co.uk
Aller Park
Dartington
David 01803 867145
Wellspring – Rode
Tel. Caroline 01373 831046
www.devondowsers.org.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

Four Ways Forward for 2017 (continued)

Become aware that you are observing you - the story / drama of you - a spiritual being in a physical body and how you become hooked into sensations, emotions, thoughts, attachments and rejections - all of which creates karma. Becoming conscious of our imprinted patterns of behaviour gives us choices in how we respond. Aspire to allow the compassion-love for self / others to flow regardless. They are also living out their life drama or story.

3. You Are the 'I AM'

You are the source, the 'God-ness' living as you in this body. It is merged with you. If let it in to your life it can also experience the body, emotions, thoughts and drama of your life. This duality can become one.

The mind creates the illusionary and necessary ego. It is a wonder-full tool of creation; its choices are the paths of the labyrinthine matrix, through which it weaves Its illusion. The illusion is not real; the only reality is that we are all are one (substance from source).

4. Creating a Transcendent Reality

Acceptance that your life is encompassed within the one life energy field shared by all is the starting point for creating a transcendent reality. You of yourself do nothing. The Universe does all through you. You are 'empty of things' space through which life energy moves and creates the illusion of time.

The outer world and inner worlds reflect each other in unity and your world and all in it are a mirror of divinity's experience - Omni presence consciously aware of Itself.

Although in physical form we are made of light / photons (seed shape) which carry information from one dimension to another; (from Void >>> Creation) and we are here to build the bridge between the transcendent reality and the immanent personal reality. 2017 is the year to think of ourselves as the great holographic self - a spiritual multidimensional being; ageless and infinite working with the universe through compassion, love and understanding. For Further Information about Tricia's work visit www.psychic-sanctum.co.uk

A Message for 2017

Everything which can be expressed by words will happen. Since all words come from mind and our minds will form our "fragmented" reality while forming future in the present. All minds which are not triggered by fear, but triggered by love, trust and devotion are minds and gifts from our collective consciousness. This deep source of wisdom is available for all human beings who are in touch with love, since they are able to ask questions and they are able to live a dialogue with people and the world and last but not least, who are able to live a dialogue with themselves. How fragmented we

see the world (inside and outside) and how fragmented or open we are able to act, depends on our awareness in the present...*Clemens Kroeling (Switzerland)*



Heart of Light Attunement Project

Dear friend

Every now and again the call comes from spirit for particular action on the earth plane and a harnessing of the power of the light. A quiet concentration upon the light within all things not only brings a serene balance in ourselves It radiates forth from the inner being and has an effect within groups, communities, nations and continents.

Such an initiative needs spontaneity and should not be tied to any one organization. When the One Spirit Alliance met in September, the idea of an attunement at 9 pm every night was promoted – a steady focus of balance and poise in a disturbed world. Such an attunement can be quite brief but is very dynamic in its effect, especially if it is accompanied by something like the lighting of a candle. If everyone remembers the time of 9 pm, the lighting up of the lights is continuous around the world as it turns.

The idea is not to impose any more specific practice upon those willing to participate but to invite everyone to honour the attunement in their own way. At the same time, a website would be created which will carry all the varied practices that people offer (or a representative compendium of them, should there be too many!). The web will thus draw people to the attunement and also offer suggestions about how the time might be honoured – a visual focus for some, a verbal one for others; a personal attunement, a radiation of light, and so on. For the moment we just have a page on the One Spirit Alliance site (in creation), and the email heartoflight@onespiritalliance.net.

We need your help in getting this project off the ground and into the realm of wider consciousness! All you need to do now is offer your support and describe how you would use the time – your own words, those of your teacher or group, the images you would use, even the music you would like to play. The suggestions that you make about your practices will go up on the website for everyone's benefit and selected for literature sent out.

Organizations may wish to offer contributions to setting up the website as OSA holds no capital, only working funds. Contributions in support of this new project would be greatly appreciated. Organizations can also help by promoting the attunement to their own membership. They may also be able to offer expertise in getting the website visited all over the world. You may be able to offer help with social media. We currently have an interest building in Europe – in Great Britain, Bulgaria, Denmark and Sweden. Let's take the idea all over the earth! See you at 9 pm, on the universal plane of life.

Enquiries: heartoflight@onespiritalliance.net
or www.onespiritalliance.net