



Wessex Research Group Network *Newsletter*

VOLUME 13, ISSUE 2.

February 2018

February 2018 marks the arrival of Imbolc; and the celebration of the first light of spring.

There are three additions to the on-line digital lecture archive www.wessexresearchgroup.org/digital_24.html

These are *Arthur and the Matter (the Spirit) of Britain* by Harold Blair, *the Warrior Kings of Wessex* by Ralph Whitlock and *Merlin and Arthur. Warrior Kings or Ancient Gods* by Mervyn Hinge

The Mental Health Benefits of Spiritual Practices

by Cassie Steele

Whether or not you believe in non-material entities, there is clear scientific evidence that engaging in [spiritual activities can drastically improve mental health](#). The feeling of connectedness, inner peace and sense of purpose that arise from certain activities are essential components of human wellbeing. This is why [holistic and spiritual workshops](#) are increasingly popular in Wessex. While there are undoubtedly downsides to holding irrational beliefs, much of spirituality is backed up by academic research. It is this side, which focuses on personal development and growth that should be promoted. Each individual's journey will be unique, but here are some of the main benefits of spiritual practices.

Developing Introspection

[Research from UC Santa Barbara](#) has revealed that overthinking can inhibit performance because it increases anxiety. People spend too long thinking about external factors which can be dealt with by the unconscious mind. Instead, our attention should be focused around our innermost thoughts and fears.

For example, [tarot cards benefit mental health](#) by asking a user to think carefully about their life. Most people, when given the chance to ask one question, desire to learn about relationships and their purpose on earth. Spiritual practices such as this help guide people towards what is truly important.

Mindfulness is another rapidly growing spiritual practice. This form of meditation is backed by the National Institute for Clinical Excellence and a third of GPs refer patients for mindfulness treatment. Research suggests the practice can reduce the recurrence of depression by up to 50% over 12 months. The effect on depression seems to be because many people with low mental wellbeing are underdeveloped in the part of the brain which



Above: Depiction of a spirit guide

regulates emotion. Mindfulness has been shown to increase this region, helping people to more effectively deal with feelings of sadness, anxiety or stress.

Increasing Empathy

Although spiritual practices may seem deeply personal and individual, they have wider societal effects. Many social harms are committed out of negative emotions, particularly fear and anger. Studies suggest that more religious societies have lower rates of violent crime.

Spirituality focuses on kindness, which is an important part of wellbeing. Research from the [Universities of Oxford and Bournemouth](#) revealed that being kind significantly increased happiness. Spiritual practices help to create a feeling of connection to others, meaning that practitioners are able to empathize with their suffering. Spiritualists will even be kind to unkind people, helping to break a cycle of hate.

Finding Meaning

A key explanation for the flourishing of religion over the entirety of human history is that it gives humans a purpose. It suggests there is a reason that we were put on this Earth, a reason why it is how it is, and an end goal for when we leave. Viktor Frankl, a psychiatrist and survivor of Nazi concentration camps, wrote about his search for meaning in a dark situation. This meaning came from spiritual concepts such as providing love and support to others.

You don't have to accept any particular god or prophet to have this feeling. Meditating and contemplating existence can help a person to discover their own meaning. They may feel they are here to experience new conscious states or to help others overcome suffering.

The Mental Health Benefits of Spiritual Practices continues on page 4.

Frome WRG
Marina 01373 465848

Glastonbury WRG
Jacqui 07516816915

Weymouth & Dorchester
Roma 01305 816644

Dorset Earth Mysteries
www.dorsetmysteries.org

Bristol Dowzers
www.bristolowzers.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.angelight.co.uk

Taunton Association for
Psychotherapy
www.taplimited.org.uk

Theosophical Society
in Scotland

Findhorn Foundation
www.findhorn.org

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

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

Ryde PLG
Dana 07879 021521

Bath PLG
bathpositiveliving.co.uk

www.networkofleyhunters.com

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

Wellspring – Rode
Tel. Caroline 01373 831046

Network of Leyhunters
www.networkofleyhunters.com

TALKS

DEMG at Stapehill 1 Feb
Kinesiology an Evening
of Perfect Healing
Alison Todd
Tel. Dave 07977 144147

Totnes 2 Feb
Aquarius. Ruling Planets
Saturn and Uranus
The keynote: Reform
David Matthews
Tel. 01803 867145

Cheshunt 6 Feb
Introduction to Meditation
Foundation for Spiritual
Unfoldment
Tel. 0208 5233133

Stroud 6 Feb
How to Flourish
in an Age of Distraction
Matthew Crawford
Tel. 01453 759034

Glastonbury 7 Feb
Celebration of Imbolc
Glastonbury Pagan Moot
Tel. 07747 897 621

Peterborough 7 Feb
Introduction to Meditation
Foundation for Spiritual
Unfoldment
Tel. 0208 5233133

Glastonbury PLG 7 Feb
Storywheel. Creatively
Awakening the Soul of Britain
John Morrisey
Tel. Samia 07930 007419

London 8 Feb
Personal Stories of Ancient
Stone Mystery Centres
Mary Anne Paterson
Tel. Marion 0870 766 9657

London 10 Feb
Heartbeat
Drumming Collective
Olaf Nixon
Tel. 0207 589 3292

North Hill 11 Feb
an Evening with
Gwynn Paulett
Tel. 01566 774902

North Chingford 13 Feb
Introduction to Meditation
Foundation for Spiritual
Unfoldment
Tel. 0208 5233133

Chulmleigh 13 Feb
Hairy Hands, Devils
and Black Dogs
Paul Rendell
Tel. 01363 877352

Weymouth 14 Feb
the Wheel of the Year
Roma Harding
Tel. 01305 816644

Glastonbury PLG 14 Feb
Connecting to the Cosmic Heart
Tim Whild
Tel. Samia 07930 007419

London 14 Feb
the Zero Point Field
Andrew Martin
Tel. 0207 589 3292

Bristol 16 Feb
Plant Spirit Awakening
Rory Duff
Tel. Rory 07748 734127

Taunton 16 Feb
Clients Taking Psychiatric
Medication. What This Might
Mean to You and Your Client
Rachel Freeth
Tel. 01278 663215

London 16 Feb
the Voice of the Gongs:
Optimum Healing Through
the Fullness of Tone
Olaf Nixon
Tel. 0207 589 3292

Beaconsfield 18 Feb
Face Reading
Simon Brown
Tel. Susan 01494 813 214

Crewkerne 19 Feb
Colour Wisdom
Pauline Wickens
collingridge1@sky.com

Woodshaw 19 Feb
the Nature of Whom We Are
Tony Haines
Tel. Bea 01793 694943

Bath 19 Feb
Bath Storytelling Circle
Tel. David 01225 482170

Ryde PLG 20 Feb
Homeocranial Therapist
Integrating Homeopathy and
Cranio Sacral Therapy
Hugh Harrison
Tel. 01983 874 645

Ashford 20 Feb
Introduction to Meditation
Foundation for Spiritual
Unfoldment
Tel. 0208 5233133

Glastonbury PLG 21 Feb
UFO Encounters and
ET Connections
Fay Vale
Tel. Samia 07930 007419

London 22 Feb
Guardians, Guides and
Lovers. Mortal Interaction
with non-Human Entities
at Sacred Sites
Jack Gale
Tel. Marion 0870 766 9657

London RILKO 23 Feb
Psychic Aspects of
Relationships
Clearing Old Patterns
that Block Relationships
Francesca Rossetti
Tel. 0845 2260 531

Bracknell 25 Feb
Introduction to Meditation
Foundation for Spiritual
Unfoldment
Tel. 0208 5233133

Glastonbury PLG 28 Feb
Beyond Breatharianism
Dr Jacqueline Hobbs
Tel. Samia 07930 007419

WORKSHOPS & COURSES

Glastonbury 2 Feb
Psychic School
Amanda Campbell
Tel. 01458 831154

London 3 Feb
A Beginners Guide to
the Meridian Energy
System
Doe Warnes
Tel. 0207 563 9817

London 3 Feb
Space Clearing You
and Your Home
Vicky Sweetlove
Tel. 0207 589 3292

Erraid 3 Feb
Retreat Week
Tel. 01309 690311

La Palma 3 Feb
Facilitator Foundation
Course
Chris Bourne
Tel. 01458 830443

London 4 Feb
Ageless Wisdom
for Everyone
Edward Archer
Tel. 0207 563 9817

London 4 Feb
Alchemy Energetics 1
Embodied Healing
from the Heart
James Philip
Tel. 0207 589 3292

London 4 Feb
Do You Want to Train
as a Healer
Bernadette Jaye &
Tamsin Frienberg
Tel. 0207 589 3292

London 7 Feb
Understanding and Working
with Archangel Raphael
Kim Pilkington
Tel. 0207 589 3292

London 10 Feb
Learn How to Lucid Dream
Charlie Morley
Tel. 0207 589 3292

London 10 Feb
the Complete Reading
Daniel Pitt
Tel. 0207 589 3292

London 11 Feb
Initiation
Traversing Your Timeline
June Elleni Laine
Tel. 0207 589 3292

London 11 Feb
Ageless Wisdom
for Everyone
Edward Archer
Tel. 0207 563 9817

London 12 Feb
Rebalance Your Hormones
with Kundalini Yoga
Gemma Bliss
Tel. 0207 589 3292

Wimborne 14 Feb
Valentines Gong Bath
Scania
Tel. 01202 841522

Penzance 16 Feb
Intensive Yoga for Change
Swami Aliyananda
Pramahansa
Tel. 07852 365229

Stroud 17 Feb
Selfish
Theresa Sansome
Tel. 01453 759034

London 17 Feb
Being Authentic
with Master Chou
Sarah Tyler Walters
Tel. 0207 589 3292

Erraid 17 Feb
Retreat Week
Tel. 01309 690311

London 18 Feb
Anatomy and Physiology
for Healers Part 2
Doe Warnes
Tel. 0207 589 3292

Bridport 18 Feb
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

London 18 Feb
Your Emotional Architecture
Andrew Martin
Tel. 0207 589 3292

Erraid 24 Feb
Retreat Week
Tel. 01309 690311

London 24 Feb
Introduction to Mystical
Qabalah. Powerful Tools to
Explore Practical Magic and the
Tree of Life
David Wells
Tel. 0207 589 3292

Edmondsham 24 Feb
Dare to Dream
Introduction to NLP
Sarah Frossell
Tel. 01202 885294

London 24 Feb
Introduction to Sacred
Geometry
Teresa King
Tel. 0207 563 9817

Holwell 24 Feb
the Way of Shamanka
Elaina Harvey
Tel. 01963 23468

London 24 Feb
Sacred Geometry
Pam El Hosaini
Tel. 0207 563 9817

Oborne 25 Feb
Angels of Sound Playshop
Dean Carter
Tel. Dean 01935 389655

London 25 Feb
Intuitive Psychic Medium
Gary Wright
Tel. 0207 589 3292

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

Ruishton 25 Feb
Health Dowsing
Somerset Dowsers
Tel. Sarah 07703 660884

Wimborne 28 Feb
Space Clearing
Professional Training
Part 1
Firehorse
Tel. 01202 841522

LIGHTWORKER GROUPS

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

Penzance (Tuesdays)
Kriya Yoga
Tel. 01736 362 371

Aller Park (Weds)
Angelic Adventures
Group Meeting
jayne.pearl60@gmail.com

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

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

Aller Park (Thurs)
EFT Group
Tel 075392 69887

Totnes (Fridays)
Astrology Group
Meeting
Tel. 01803 867145

Axminster (Fridays)
Spiritual Awareness Group
Tel. 01460 221522

Axminster (Saturdays)
Awakening Meditation
Tel. 01297 32331

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

London
Why Are We Here Group
Tel. 0207 223 2917

TRIPS, TOURS & VISITS

Greenway 2 Feb
Mindfulness Walk
Roselle Angwin
Tel. 01548 821004

Lancashire 3 Feb
Mysterious Lancashire
Day Tour 1
Megalithic Tours
Tel. 01772 728181

Weymouth 4 Feb
Imbolc Walk
at Little Bredy and the
Valley of the Stones
Roma Harding
Tel. 01305 816644

Lancashire 10 Feb
Mysterious Lancashire
Day Tour 2
Megalithic Tours
Tel. 01772 728181

Lancashire 17 Feb
Vale of Eden Tour
Megalithic Tours
Tel. 01772 728181

Cumbria 24 Feb
Lake District North
Mystical Sites Tour
Megalithic Tours
Tel. 01772 728181

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.chalicedwell.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

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

Bea Menier 01793 694943

www.energeticsolutions.co.uk

www.kabbalahcentres.com

www.caduceus.info

www.ih.s.ac

www.newhumanitymovement.com

www.waverleydowsers.co.uk

www.tamar-dowsers.co.uk

www.midsummersearthhealing.co.uk

Aller Park

Dartington

David 01803 867145

www.devondowsers.org.uk

Society of Leyhunters

www.leyhunters.co.uk

The Mental Health Benefits of Spiritual Practices (continued)

Whatever the reason, such a reason is hard to find without spirituality.

Healthy spiritual practices are a vital component to wellbeing. We cannot be truly happy without considering the profundity of existence and consciousness. Spiritual practices help us to become closer to ourselves, to empathise with others and to find meaning.

Book Review: Shrouded Truth. Biblical Events Revealed through Past Life Memories

By Reena Kumarasingham

Shrouded Truth takes readers on a fascinating journey through the past life memories of eight souls who experienced lives during the Biblical period. Emotional, and at times dramatic, *Shrouded Truth* gives readers an insight into the turbulent times and fascinating experiences of those closest to Jesus, and reveals events and information of what happened before, during and after the Crucifixion of Jesus Christ.

Backed by tradition and documentary evidence, *Shrouded Truth* provides little known information that will challenge previously held beliefs about the Biblical Era. *Shrouded Truth* also provides another perspective to this timeless story, answers some questions and raises a few new ones.

Join James, the brother of Jesus, Paul the Evangelist, Mary Magdalene and her sister, Martha, Doubting Thomas, and some surprising members of the next generation, as we witness their adventures and efforts in coping and surviving during a time of great change, and their attempts to unravel false entanglements whilst pursuing a path of spiritual purity.

Shrouded Truth is the first of three books in the Radiant Light Series, which originally came about as an exploration of the past life of one person into one past life. With any explorative journey, we always end up in a different place to where we thought we would. This exploration of one person's past life exploded into the fascinating journey of multiple people's past lives to one of the most recognizable periods in history - the Biblical time - to one of the most popular stories known to us.

The Radiant Light Series is more than the study into a religion or into the life of an enigmatic, inspiring person. It is a revelation of the deep spiritual beliefs that was understood and practised more than 2000 years ago. Radiant Light Series challenges us to look deeply into our inner core and explore of the true relationship between the spirit of man and the spirit of the God.

Shrouded Truth is scheduled for release on 5 March 2018, and is available in Paperback and Digital formats.

Imbolc

By Wendy Andrews

Imbolc (also called Oimeic, Candlemas, Feast of Lights, Imbolg and Brighid'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 Brighid or Brigantia the Goddess of Fire (white candles are associated with Brighid). The Celtic goddess Brighid 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 Brighid 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 robertmulliss900@uwclub.net or log on to www.wessexresearchgroup.org