



# Wessex Research Group Network *Newsletter*

VOLUME 13, ISSUE 3.

March 2018

March 2018 and the latest article to be added to the Wessex Research Group Network on-line literary archive is *UFO's and the Cosmic Koan* by Betty Wood. [www.wessexresearchgroup.org/literary\\_resources\\_05.html](http://www.wessexresearchgroup.org/literary_resources_05.html)

## ***The Beginning of Self Understanding***

**By Harold Blair**

History begins when man ceases simply to follow instinct and respond to his reflexes and starts to reflect on the past. Not only on his own past, but on the past of his ancestors which has been handed down to him by what we call tradition. Not only on his own family tradition but on what he learns from his companions by means of the development of language: this which begins with a small vocabulary dealing with actions and things gradually expands into the realm of ideas.

Ideas are built on things and events remembered, reflected on and finally issuing in action of a creative kind. Ideas are not physical but grow organically. They are produced by reflection but they are not themselves totally rational. Reason can prepare the way for them and can check them after they have flashed into the mind: but reason itself cannot create them, any more than an official committee can create a poem or a symphony.

Words and language register those ideas as best they can, check them and pass them on in the form of instruction; but the instruction does not pass on the idea itself. It gives guidance on how to use it. The idea itself is in the realm of imagination; that is the part of the mind which interprets ideas and expresses them in images of poetry, religion, art, dance, music and games. By use of these images the idea itself is not passed on, but to those who are sensitive to any of those channels imagination and atmosphere is created; and in this atmosphere the inexpressible idea can pass from mind to mind.

In an over busy world today there is little or no time for reflection or indeed for anything that is not obviously of practical use. Scientists are allowed to have ideas which try to answer questions beginning with "How?" or even "Why?" but not "What for?" if they should be questions in the human dimension. All ordinary questions can be properly asked and answered in the world of artefacts. How do I use a spade? Why do I use a spade? What is a spade for?

We make spades and know why and how to use them and what they are for. When the Scientist enters the



human dimension – the historical dimension he can give a reasoned opinion how things should have been done to benefit society; he can give a half answer to the question "why those things should have been done for society; but he can give no scientific answer to the question "what is society for?" Until he changes his gown for that of a philosopher and reflects or of the theologian and meditates – or of the poet who makes word images out of his imagination, which flow into your imagination and mine at a sub conscious level.

These are probably not new images, although the poet or prophet expresses them in new terms; they come from what CG Jung calls the archetypes and their importance lies not in themselves but in the forces and ideas they symbolise. Who first saw life as a springing fountain? Or guilt as dirt that needed to be purged away? When did favourable deity begin to be an irradiating light or divine sanctity a jewel wrapped by a veil within a veil? The poets do not tell us what life is or guilt or God, or holiness but they give us hints.

But it is not only poets and prophets and public speakers who use metaphor and simile to create an atmosphere in which their ideas carried in type-images, can travel still unexpressed from mind to mind. We all use metaphor as a vehicle to carry to our companions an idea which if badly expressed would be at once killed."He lost his temper" states a fact, but "He was in a towering rage" presents an image which conveys an idea. Metaphor does not describe things: it evokes the atmosphere in which the thing exists. Diaphenia like the daffadowndilly" does not describe my lady love: if anything it describes me, or at least the atmosphere that surrounds me when Diaphenia is near. Metaphor is like the Buddhist 8 Fold path it is not the truth but a way to the truth.

***The Beginning of Self Understanding Continues on page 4.***

Frome WRG  
Marina 01373 465848

Glastonbury WRG  
Jacqui 07516816915

Weymouth & Dorchester  
Roma 01305 816644

Dorset Earth Mysteries  
[www.dorsetmysteries.org](http://www.dorsetmysteries.org)

Bristol Dowzers  
[www.bristoldowzers.co.uk](http://www.bristoldowzers.co.uk)

Joyous Isle workshops  
[www.joyousisle.com](http://www.joyousisle.com)

Axminster Awareness Centre  
[www.awarenesscentre.org.uk](http://www.awarenesscentre.org.uk)

Stoneseker Tours  
[www.stoneseker.net](http://www.stoneseker.net)

Centre for Pure Sound  
[www.centreforpuresound.org](http://www.centreforpuresound.org)

The Martinsey Isle Trust  
[www.martinsey.org.uk](http://www.martinsey.org.uk)

Hawkwood College  
[www.hawkwoodcollege.co.uk](http://www.hawkwoodcollege.co.uk)

Angelight  
[www.angellight.co.uk](http://www.angellight.co.uk)

Taunton Association for  
Psychotherapy  
[www.taplimited.org.uk](http://www.taplimited.org.uk)

Theosophical Society  
in Scotland

Findhorn Foundation  
[www.findhorn.org](http://www.findhorn.org)

Dowsing Spirits  
[www.dowsingspirits.co.uk](http://www.dowsingspirits.co.uk)  
[www.theswa.org.uk](http://www.theswa.org.uk)

Aquarian Age Community  
[www.aquaac.org](http://www.aquaac.org)

Totnes Astrology Group  
David 01803 867145

The Gift of Sound  
[www.thegiftofsound.co.uk](http://www.thegiftofsound.co.uk)

Crewkerne Awareness  
[anacolourastro.wordpress.com](http://anacolourastro.wordpress.com)

Ryde PLG  
Dana 07879 021521

Bath PLG  
[bathpositiveliving.co.uk](http://bathpositiveliving.co.uk)  
[www.networkofleyhunters.com](http://www.networkofleyhunters.com)

School of Energy  
Healing Educational Trust  
[www.energyhealing.co.uk](http://www.energyhealing.co.uk)

Wellspring – Rode  
Tel. Caroline 01373 831046

Network of Leyhunters  
[www.networkofleyhunters.com](http://www.networkofleyhunters.com)

## EVENTS

**Glastonbury** 10 Mar  
Knights and Princesses  
Faery Fayre and Ball  
[www.faeryevents.com](http://www.faeryevents.com)

**Grimsargh** 10 Mar  
Mysterious Earth Conference  
[www.megalithictours.com](http://www.megalithictours.com)

**Forres** 10 Mar  
Spiritual Retreat Week  
[www.findhorn.org](http://www.findhorn.org)

**Glastonbury** 20 Mar  
Spring Equinox Celebration  
[www.chalicewell.org.uk](http://www.chalicewell.org.uk)

## TALKS

**Aston Ingham** 1 Mar  
Holy Sites Sacred Places  
Adrian Inledon Webber  
Tel. 01765 658487

**DEMG at Stapehill** 1 Mar  
Secret Places of Dorset  
Louise Hodgson  
Tel. Dave 07977 144147

**Frome** 1 Mar  
Evening of Mediumship  
Joanie Goddard  
Tel. Marina 01373 465848

**Glastonbury PLG** 1 Mar  
Grail Found  
Rory Duff  
Tel. Samia 07930 007419

**Rode** 1 Mar  
Gong Bath  
Sound Transformations  
Tel. Caroline 01373 831046

**London** 2 Mar  
Pleased to Meet You  
the New Consciousness  
Crystals  
Judy Hall  
Tel. 0207 589 3292

**Chichester** 3 Mar  
the Secrets of Healing  
Your Home  
Adrian Inledon Webber  
Tel. 01765 658487

**Fareham** 5 Mar  
Dragons in Symbolism  
Myth and Landscape  
Peter Knight  
Tel. 01249 823287

**London** 6 Mar  
the Anthropology of Angels and  
Interdimensional Beings  
Elizabeth Wood  
Tel. 0207 589 3292

**Glastonbury** 7 Mar  
Meeting of the  
Glastonbury Pagan Moot  
Tel. 07747 897 621

**Glastonbury PLG** 7 Mar  
When Magic and Fiction Meet  
Paul Weston  
Tel. Samia 07930 007419

**London** 9 Mar  
Spring Gong Bath  
Olaf Nixon  
Tel. 0207 589 3292

**Godalming** 9 Mar  
Dowsing the Linear  
Landscape  
Nigel Twinn  
Tel. 01252 541639

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

**Chulmleigh** 13 Mar  
Animal Communication  
Ann Lodygowski  
Tel. 01363 877352

**London** 13 Mar  
Repetitive Rhythms and  
Altered States of  
Consciousness  
William Rowlandson  
Tel. 0207 589 3292

**Weymouth** 14 Mar  
Music as Healing  
Magdalena Atkinson  
Tel. 01305 816644

**Glastonbury PLG** 14 Mar  
My Introduction to Unicorns  
and their Effect on My Life  
Bitten Salin  
Tel. Samia 07930 007419

**Bristol** 16 Mar  
Talking to Trees  
Gordon Field  
Tel. Rory 07748 734127

**London** 16 Mar  
Day of the Waning  
Crescent Moon  
Soundbath  
Diana Vernon  
Tel. 0207 589 3292

**North Hill** 19 Mar  
Roseland Observatory  
Brian Sheen  
Tel. 01566 774902

**Crewkerne** 19 Mar  
Demonstration  
of Clairvoyance  
Mitch Garlington  
[collingridge1@sky.com](mailto:collingridge1@sky.com)

**Woodshaw** 19 Mar  
Dragons in Symbolism  
Myth and Landscape  
Peter Knight  
Tel. Bea 01793 694943

**Bath** 19 Mar  
Bath Storytelling Circle  
Tel. David 01225 482170

**Box** 20 Mar  
Dartmoor Mindscapes  
Revisiting a Sacred  
Landscape  
Peter Knight  
Tel. 01249 823287

**Ryde PLG** 20 Mar  
Medicine Cabinet Makeover  
Charlotte Benz  
Tel. 07879 021521

**Glastonbury PLG** 21 Mar  
Hemp in Avalon  
Spring Equinox Celebration  
the Temptation of  
Free Love Cannabis  
Tel. Samia 07930 007419

**London RILKO** 23 Mar  
the Origin of Life  
A New Understanding from  
an Ancient Knowledge  
David Ash  
Tel. 0845 2260 531

**London** 23 Mar  
the Wholeworld View of  
the Cosmic Hologram  
Jude Currivan  
Tel. 0207 589 3292

**Glastonbury PLG** 29 Mar  
Turning the Wheel of Your  
Zodiac Soul. 12 Gateways  
to Wholeness  
John Wadsworth  
Tel. Samia 07930 007419

**Ruishton** 29 Mar  
Herbalism  
Laura Carpenter  
Tel. Sarah 07703 660884

## WORKSHOPS & COURSES

**Axminster** 1 Mar  
Mindfulness  
Kath Woods  
Tel. 01297 32331

**Glastonbury** 1 Mar  
the Geometry of Nature  
and the Cosmos  
Tom Bree  
Tel. 01458 831154

**Belfast** 3 Mar  
Seven Steps to Angelic  
Spiritual Enlightenment  
Chrissie Astell  
Tel. 01223 969858

**London** 3 Mar  
Grounding and Protection  
Lucy Aumonier  
Tel. 0207 589 3292

**Wimborne** 3 Mar  
Connecting to Nature  
and Self  
Scania, Heike, Gaby  
Tel. 01202 841522

**Horton** 3 Mar  
NLP Master and  
Practitioner Training  
Sarah Frossell  
Tel. 01202 885294

**London** 4 Mar  
Dowsing  
Christopher Strong  
Tel. 0207 589 3292

**Glastonbury** 4 Mar  
Shekinashram  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**London** 4 Mar  
Courting the Cards  
Understanding Tarot Cards  
Avril Price  
Tel. 0207 589 3292

**London** 5 Mar  
Healing Your Throat Chakra  
with Kundalini Yoga  
Gemma Bliss  
Tel. 0207 589 3292

**Byron Bay** 5 Mar  
5 Gateways Retreat  
Chris Bourne  
Tel. 01458 830443

**Stroud** 5 Mar  
Beyond Conflict  
Using Conflict and Diversity  
for Group Transformation  
Ana Rhodes  
Tel. 01453 759034

**Wimborne** 9 Mar  
Women's Wellbeing  
Weekend  
Jo Rae  
Tel. 01202 841522

**Frieth** 9 Mar  
Train as an Angel Teacher  
Chrissie Astell  
Tel. 01223 969858

**London** 10 Mar  
Foundation Course in  
Dowsing  
Matthew French  
Tel. 01458 250465

**Brading** 10 Mar  
Dance of Awareness  
Wendy  
Tel. 01983 641653

**London** 10 Mar  
3 Minds Technique and  
Remote Viewing for  
Quantum Healing  
Elizabeth Wood  
Tel. 0207 589 3292

**London** 10 Mar  
Introduction to  
Vedic Astrology  
Teresa King  
Tel. 0207 563 9817

**Forres** 10 Mar  
Life Purpose  
Jeena Griffiths &  
Susan Miles  
Tel. 01309 690311

**London** 11 Mar  
Secret Doctrine Study Day  
Janet Hoult &  
Tony Maddock  
Tel. 0207 563 9817

**South Petherton** 11 Mar  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**London** 11 Mar  
Connecting with Your Spirit  
Guides and Guardians  
Kristin Bredimus  
Tel. 0207 589 3292

**Glastonbury** 16 Mar  
Return to the Garden  
Working With Chalice Well  
Essences  
Natasha, Casey,  
Susan & Sophie  
Tel. 01458 831154

**Holwell** 16 Mar  
Healing and the Shamanic  
Arts Module 1. Keys to Self  
Knowledge. Bands of  
Power and  
Protection Rites  
Elaina Harvey  
Tel. 01963 23468

**York** 17 Mar  
Kriya Yoga  
Swami Aliyananda  
Pramahansa  
Tel. 07852 365229

**London** 17 Mar  
Soul Body Mind  
Sarah Tyler Walters  
Tel. 0207 589 3292

**Forres** 17 Mar  
Eldest Daughter Retreat  
Tel. 01309 690311

**London** 17 Mar  
Anatomy and Physiology  
for Healers Part 3  
Doe Warnes  
Tel. 0207 589 3292

**Dorchester** 18 Mar  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**London** 18 Mar  
Mediumship  
Heart to Heart  
Life to Life  
Gary Wright  
Tel. 0207 589 3292

**London** 18 Mar  
the Ageless Wisdom  
for Everyone  
Edward Archer  
Tel. 0207 563 9817

**Stroud** 22 Mar  
Strategies for  
Communicating Your  
Green Message  
Caroline Aistrop  
Tel. 01453 759034

**Holwell** 22 Mar  
Cauldron of Mysteries  
Elaina Harvey  
Tel. 01963 23468

**Wimborne** 23 Mar  
Sivananda Yoga Retreat  
Michelle Oliver &  
Barefoot Yogini  
Tel. 01202 841522

**London** 23 Mar  
Journey Intensive  
Brandon Bays  
Tel. 01656 880038

**Wimborne** 23 Mar  
Zenways Meditation and  
Mindfulness Teacher  
Training Module 1 and 2  
Zenways  
Tel. 01202 841522

**Langport** 24 Mar  
Foundation Course in  
Dowsing  
Matthew French  
Tel. 01458 250465

**London** 24 Mar  
Seven Steps to Angelic  
Spiritual Enlightenment  
Chrissie Astell  
Tel. 01223 969858

**Forres** 24 Mar  
Practical Shamanism  
Bridging Ancient Wisdom  
into Everyday Life  
Astrid Gude  
Tel. 01309 690311

**Hurst Green** 24 Mar  
Healing Your Home  
(part 1)  
Geopathic Stress  
Adrian Incedon Webber  
Tel. 01765 658487

**London** 25 Mar  
The Way of the Sun  
Cosmic and Human  
Susan Bayliss  
Tel. 0207 563 9817

**Oborne** 25 Mar  
Angels of Sound  
Voice Playshop  
Dean Carter  
Tel. Dean 01935 389655

[www.Mindspiritnetwork.com](http://www.Mindspiritnetwork.com)  
Bath Storytelling Circle.  
Tel. 01225 482170

Earthstars Sacred Space  
[www.earthenergynetwork.co.uk](http://www.earthenergynetwork.co.uk)  
[www.body-spirit.co.uk](http://www.body-spirit.co.uk)

[www.fire-in-the-head.co.uk](http://www.fire-in-the-head.co.uk)  
[www.chalicewell.org.uk](http://www.chalicewell.org.uk)

[www.unicorncentre.co.uk](http://www.unicorncentre.co.uk)  
[www.thamesvalleydowsers.org.uk](http://www.thamesvalleydowsers.org.uk)  
[www.libraryofavalon.org.uk](http://www.libraryofavalon.org.uk)

Glastonbury PLG  
[www.glastonburyplg.co.uk](http://www.glastonburyplg.co.uk)  
[www.positivelivinggroups.org.uk](http://www.positivelivinggroups.org.uk)  
[www.theosophical-society.org.uk](http://www.theosophical-society.org.uk)

[www.fisu.org/en](http://www.fisu.org/en)

[www.faeryevents.com](http://www.faeryevents.com)  
[www.openhandweb.org](http://www.openhandweb.org)

[www.stargaia.com](http://www.stargaia.com)

[www.RILKO.net](http://www.RILKO.net)

[www.Psychic-Sanctum.co.uk](http://www.Psychic-Sanctum.co.uk)  
[www.Enneagram-uk.com](http://www.Enneagram-uk.com)  
[www.sacredconnections.co.uk](http://www.sacredconnections.co.uk)

[www.networkoflight.org](http://www.networkoflight.org)

[www.megalithictours.com](http://www.megalithictours.com)

[www.gauntshouse.com](http://www.gauntshouse.com)

[www.educationaid.net](http://www.educationaid.net)

Sea Spirit Centre

[http://spiritual-courses.co.uk](http://http://spiritual-courses.co.uk)

[www.collegeofpsychicstudies.co.uk](http://www.collegeofpsychicstudies.co.uk)

Wyvern dowsers

Bea Menier 01793 694943

[www.energeticsolutions.co.uk](http://www.energeticsolutions.co.uk)

[www.kabbalahcentres.com](http://www.kabbalahcentres.com)

[www.caduceus.info](http://www.caduceus.info)

[www.ihf.ac](http://www.ihf.ac)

[newhumanitymovement.com](http://newhumanitymovement.com)

[www.waverleydowsers.co.uk](http://www.waverleydowsers.co.uk)

[www.tamar-dowsers.co.uk](http://www.tamar-dowsers.co.uk)

[www.midsummersearthhealing.co.uk](http://www.midsummersearthhealing.co.uk)

Aller Park  
Dartington  
David 01803 867145

[www.devondowsers.org.uk](http://www.devondowsers.org.uk)

Society of Leyhunters

[www.leyhunters.co.uk](http://www.leyhunters.co.uk)



**Beaconsfield** 25 Mar  
Animal Communication  
and Healing  
Ann Lodyowski  
Tel. Susan 01494 813 214

**Oborne** 25 Mar  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**Glastonbury** 29 Mar  
the Geometry of Nature  
and the Cosmos  
Tom Bree  
Tel. 01458 831154

**London** 29 Mar  
Using Crystals to  
Rejuvenate Your Chakras  
Valerie Pitts  
Tel. 0207 589 3292

**Horton** 31 Mar  
NLP Master and  
Practitioner Training  
Sarah Frossell  
Tel. 01202 885294

**Forres** 31 Mar  
Living Your Purpose  
Enneagram Retreat on Soul  
Calling and Life Purpose  
Robert Holden  
Tel. 01309 690311

### LIGHTWORKER GROUPS

**Global Meditation Event**  
1 Mar 9pm  
[www.networkoflight.org](http://www.networkoflight.org)

**Penzance** (Tuesdays)  
Kriya Yoga  
Tel. 01736 362 371

**Aller Park** (Weds)  
Angelic Adventures  
Group Meeting  
[jayne.pearl60@gmail.com](mailto:jayne.pearl60@gmail.com)

**New York**  
Transforming Planetary  
Consciousness Webinar  
UN Meditation as  
Planetary Service  
[UN@aquaac.org](mailto:UN@aquaac.org)

**Bournemouth** (Alt Thursdays)  
The Spiritual Exchange  
[www.meetup.com](http://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** (1<sup>st</sup> Sunday)  
Dialogues of the Heart  
Tara Divina Brown  
Tel. 01202 604340

**London**  
Why Are We Here Group  
Tel. 0207 223 2917

### TRIPS, TOURS & VISITS

**Postbridge** 17 Mar  
Dowsing at Bellever  
Paul Rendell  
Tel. 01363 877352

**Lake District** 17 Mar  
Lake District South  
and Coast Tour  
Megalithic Tours  
Tel. 01772 728181

**Dorset** 18 Mar  
Spring Equinox Walk  
along the Fleet  
Roma Harding  
Tel. 01305 816644

**Bristol** 19 Mar  
Harmony Period  
Castle Park Meditation  
Bristol Dowsers  
Tel. Rory 07748 734127

**North Wales** 24 Mar  
Ancient and Mystical  
Sites Weekend  
Megalithic Tours  
Tel. 01772 728181

**Wiltshire** 24 Mar  
Avebury under the Stars  
Peter Knight  
Tel. 01249 823287

**Wiltshire** 31 Mar  
Full Moon Gathering at  
West Kennet Longbarrow  
Peter Knight  
Tel. 01249 823287

## The Beginning of Self Understanding (continued)

Simile is different because it is less concerned to convey an atmosphere and more concerned to begin to describe. Diaphenia is like the daffadowndilly perhaps in being tall and slim and graceful but there the description ends and although the word "like" tells us that Henry Constable is using simile it is quite clear that he is also using metaphor for his next line introduces two other images. "She is white as the sun, fair as the lily". Description fails and the poet introduces feeling. Whose feeling? Not Diaphenia's but the poets and therefore his readers feeling too, if he has successfully communicated it along both simile and metaphor. The poet is in love with Diaphenia but so are we. The simile has given us an outline of an idealised lady love, which the metaphor has given an atmosphere: she is not a single flower; she is the creator of a scene which includes sunshine, lilies, lambs, roses, songbirds and bees. The importance of her is the love which her scene arouses and which inspires the poet to use non-descriptive images. These images touch vulnerable points in those who possess them but who will always be a minority: that is whose channels of communication are open to images which belong to Euterpe, who is the muse of lyric poetry and the archetype of the "light touch" in the approach to a particular type of love. It begins with the love of beauty, but it goes on at once to the wish to protect; then to be

enclosed in fragrance, to be inspired with a new power; a metaphorical springtime. Throughout it is light-hearted, not passionate. What then is the inner meaning which the poet has successfully conveyed in eighteen delicately phrased lines of simile and metaphor?

Has the poet told us a secret about himself? Indeed he has told us no secret for it is a secret that cannot be told. It can be shared and we are invited to share it, but it is too light a thing that we should suppose that it is about the poet, for it is a secret about ourselves and something beyond ourselves. The poet has shown us one way into the undiscovered country which goes by many names. It is the "second sight" the "sixth sense" the "collective unconscious" – that home of all archetypes. It is nostalgia for paradise, the memory of a glimpse of perfection by the heavenly charioteer during that moment when he has risen above the clouds of confusion and complexity. There are no words to describe it, but the poet, shaman and the prophet have discovered within the five senses the various means by which that indescribable secret can be conveyed. These include not only poetry, myth and drama but art and ritual, music and dance: all that religion and the nine Muses between them can tell us about that country which is beyond the known self and therefore beyond utterance; and yet if we will only listen, there is news for us from that country we have never visited.

To promote an event or submit a contribution to the newsletter email Robert at [robertmulliss900@uwclub.net](mailto:robertmulliss900@uwclub.net) or log on to [www.wessexresearchgroup.org](http://www.wessexresearchgroup.org)