



Wessex Research Group Network *Newsletter*

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March 2019

March 2019. Originally the first month in the Roman calendar March is associated with the Vernal Equinox and the start of spring. The month is named after the Roman God of war "Mars" and marked a time when war would resume after winter months.

January became the first calendar month around 700 BC. Many cultures and traditions still consider March to be the first month of their respective calendars.

Cycles of the Earth – Spring Equinox

By Maria Viner

Those of us who suffer with SAD are no doubt very much looking forward to Spring (Vernal) Equinox and those of us who relish the dark, cosy evenings are making the most of them as Spring Equinox approaches. In the Northern hemisphere the Sun is at its lowest path in the sky on the Winter Solstice. After that day the Sun follows a higher and higher path through the sky each day until it is in the sky for exactly 12 hours. On the Spring Equinox the Sun rises exactly in the east travels through the sky for 12 hours and sets exactly in the west. On the Equinox this is the motion of the Sun through the sky for everyone on Earth. Every place on earth experiences a 12 hour day twice a year on the Spring and Autumn Equinox. After the Spring Equinox, the Sun continues to follow a higher and higher path through the sky, with the days growing longer and longer, until it reaches its highest point in the sky on the Summer Solstice.

The 12 hour equinox day means there is equal day and equal night in both hemispheres. This is a time of celebration throughout the world, a time of renewed life and new birth for many cultures and religions, when it is believed that all worlds are balanced and equal. Many holy days occur at this time of year, linked to the date when the Spring Equinox occurs.

Traditionally the Goddess of fertility and new beginnings, Oestre/Eostre, was worshipped with the ritual lighting of dawn fires as a protection for the crops. She symbolizes springtime, new growth, and rebirth.

Once, when the Goddess was late in coming, a little girl found a bird close to death from the cold and turned to the Goddess for help. A rainbow bridge appeared and Eostre came, clothed in her red robe of warm, vibrant sunlight which melted the snows. Spring arrived. Because the little bird was wounded beyond repair, Eostre changed it into a snow hare who then bought rainbow eggs as a sign of spring.



Eostre instructed the little girl to watch for the snow hare to come to the woods.

The Spring equinox is also the beginning of the astrological year as the Sun enters Aries. Earth's energies are now at a time of balance which brings fertility on all levels. After its long winter sleep nature is showing signs of activity and the power of the sun is increasing. Traditionally it is a time when seeds are planted, and fertility and new life celebrated. At this time we can begin to reconnect with the Earth, and create opportunities for positive changes in our life and in the world. Ideas and plans we have made have now had time to develop and can be shared with others. It is a time for personal growth and development. Symbolism associated with this time includes eggs, rabbits/hares and spring flowers. These symbols are all representative of fertility and new life. The idea that the Earth was hatched from an egg is widespread throughout the world. The Celts believed that the egg was from a snake, symbol of regeneration. Rabbits/hares are a natural symbol of fertility due to their prolific reproduction and show a deep connection with the Earth because of their underground burrows. Traditionally, rabbits/hares are linked to the moon and therefore the goddess.

In our home we celebrate Spring Equinox with a long walk, enjoying the elements and taking time to notice nature coming alive.

Cycles of the Earth - Spring Equinox is continued on page 4

Frome WRG
Marina 01373 465848

Glastonbury WRG
Mags 07599215558

Weymouth & Dorchester
Roma 01305 816644

Dorset Earth Mysteries
www.dorsetmysteries.org

Bristol Dowsers
www.bristoldowsers.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

Totnes WRG
Jeffrey Gale
01803 866349

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

One Spirit Alliance
www.onespiritalliance.net

Crewkerne Awareness
anacolourastro.wordpress.com

Ryde PLG
Dana 07879 021521

Wellspring – Rode
Tel. Caroline 01373 831046

Network of Leyhunters
www.networkofleyhunters.com

Bath PL
bathpositiveliving.co.uk

The Y files
www.meetup.com

Burnham on Sea
Pagan Group
Sue 07776306125

EVENTS

London 1 Mar
5th Annual Youth
Eurythmy Festival
www.rsh.anth.org.uk

Grimsagh 9 Mar
Mysterious Earth Conference
www.megalithictours.com

Glastonbury 9 Mar
Pre- Raphaelite Faery Ball
www.faeryevents.com

Glastonbury 9 Mar
Faery Fayre
www.faeryevents.com

Wimborne 9 Mar
Evening Concert
www.gaunthouse.com

Taunton 30 Mar
De-Mystifying Trauma
TAP Spring Conference
www.taplimited.org.uk

TALKS

London 1 Mar
Egyptian Culture and
Modern Culture
David Lowe
Tel. 020 7723 4400

London 1 Mar
Living the Power of Unity
Dr Jude Currihan
Tel. 0207 589 3292

London 2 Mar
Heartbeat
Evening of Drumming
Song and Celebration
Olaf Nixon
Tel. 0207 589 3292

Hampstead 4 Mar
the Shape of the Soul
Paul Marshall
Tel. 20 3468 2034

Loughton 4 Mar
Introduction to Meditation
FISU
Tel. 0208 523 3133

Glastonbury PLG 6 Mar
Paradigm Shift
How to Live in 5D
Consciousness Now
Chris Bourne
Tel. Samia 07930 007419

Glastonbury 6 Mar
Birth Charts
Janetta Morton
Tel. Tim 07747 897 621

Frome 7 Mar
Evening of Mediumship
Joanny Goddard
Tel. Marina 01373 465848

DEMG at Stapehill 7 Mar
Wheel of the Year
Roma Harding
Tel. Dave 07977 144147

Godalming 8 Mar
Nature Spirits at Sacred
Sites and Holy Places
Adrian Inledon Webber
Tel. 01252 541639

Porthcawl 9 Mar
Out of the Blue
Deborah Billett
Tel. 01656 880038

London 10 Mar
the Stanzaz of Dyzan
Petra Meyer
Tel. 0207 5639817

North Hill 10 Mar
Sacred Sites and Holy Places
Adrian Inledon Webber
Tel. 01566 774902

Bracknell 10 Mar
Introduction to Meditation
FISU
Tel. 0208 523 3133

North Hill 10 Mar
Spirit and Earth
Adrian Inledon Webber
Tel. 01566 774902

Chulmleigh 12 Mar
Elementals
Adrian Inledon Webber
Tel. 01363 877352

Ryde PLG 12 Mar
NLP
Edward Grey
Tel. Dana 07879 021521

Weymouth 13 Mar
Other Beings that Inhabit
our Reality with Us
Marian Matthews
Tel. 01305 816644

Glastonbury PLG 13 Mar
A Classification of Ley Lines,
Earth Energy Lines and Nodes
Rory Duff
Tel. Samia 07930 007419

London 13 Mar
Dream Visits from the Dead
Rosemary Ellen-Guiley
Tel. 0207 589 3292

London 15 Mar
Separation of Body Mind Spirit
Ultimate Alienation
Patrick Dixon
Tel. 020 7723 4400

Bristol 15 Mar
How to Get and Keep Your
House Energetically Clean
Matt French
Tel. Rory 07748 734127

Bath 18 Mar
Bath Storytelling Circle
Tel. David 01225 482170

Crewkerne 18 Mar
Releasing Past Life Negativity
Sandy Barley
collingridge1@sky.com

Woodshaw 18 Mar
How to be a Magical
Antenna like our Ancestors
and Help Save the World
Summer Bourne
Tel. Bea 01793 694943

Glastonbury PLG 20 Mar
Spring Equinox Special
the Alchemical Zodiac Calendar
Integrating the Medicine of the
Zodiac Wheel into Your Life
John Wadsworth
Tel. Samia 07930 007419

Bexley 20 Mar
Introduction to Meditation
FISU
Tel. 0208 523 3133

London 22 Mar
Technology and Our
Relationship to the
Spiritual World
Dr Howard Smith
Tel. 020 7723 4400

London 24 Mar
Edgar Cayce
the Sleeping Prophet
Pam El Hossaini
Tel. 0207 5639817

Burnham on Sea 26 Mar
Alchemy of Sound
Soundbath
Bards of Avalon
Tel. Sue 07776306125

Glastonbury PLG 27 Mar
Our Incredible Human Potential
the True Story of Christianity
Hugh Le Provost
Tel. Samia 07930 007419

Ruishton 28 Mar
Relaxing into the
Alpha State
Richard Cawte
Tel. 07703 660884

London 29 Mar
A Demonstration of Animal
Healing with Q and A
Elizabeth Whiter
Tel. 0207 589 3292

London 31 Mar
Tai Chi
the Philosophy of the
Forces of Yin and Yang
Teresa King
Tel. 0207 5639817

WORKSHOPS & COURSES

Dartington 2 Mar
Discover Dowsing in Devon
Gwynn Paulett
Tel. 01363 877352

Agen 2 Mar
the Insight and Intuition
Learning Programme
Julie Soskin
Tel. 0208 255 2188

Dorchester 3 Mar
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

London 2 Mar
Inspirational and
Automotive Writing
Sarah Tyler Walters
Tel. 0207 589 3292

Stroud 3 Mar
A More Beautiful World
Chris Taylor
Tel. 01453 759034

London 6 Mar
Archangel Ariel and
Ascended Master Brigit
Stepping in to Your Power
Liesl Duffy
Tel. 0207 589 3292

London 9 Mar
A Day with the Arcturians
and Lord Sananda
Carol Nayach
Tel. 0207 589 3292

Forres 9 Mar
Eldest Daughter Retreat
Lisette Schuitemaker, Jayn
Sterland, Gill Emslie
Tel. 01309 690311

Broadway 9 Mar
Foundation Course in Dowsing
British Society of Dowsers
Tel. 01684 576969

Edmonsham 9 Mar
Dare to Dream. An
Introduction to NLP
Sarah Frossell
Tel. 01202 885294

Forres 9 Mar
Buddhist Meditation Retreat
Tel. 01309 690311

Holwell 9 Mar
Walking with the Ancestors
Mary Berezin
Tel. 01963 23468

Forres 9 Mar
Life Purpose
Jena Griffiths &
Susan Miles
Tel. 01309 690311

South Petherton 10 Mar
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

London 10 Mar
Achieving Equilibrium
through Yoga
Jenny Baker
Tel. 0207 563 9817

London 13 Mar
the Angelic Realm
First Steps to Walking
Life's Path
Kim Pilkington
Tel. 0207 589 3292

Glastonbury 15 Mar
Return to the Garden
Chalice Well Essences
Tel. 01458 831154

Wimborne 15 Mar
Womens Wellbeing
Weekend
JoRae
Tel. 01202 841522

Chulmleigh 16 Mar
Discover Dowsing in Devon
Labyrinths
Gwynn Paulett & Steve Bolt
Tel. 01363 877352

Forres 16 Mar
Christic Mantras
Haniel Sophia Riviere
Tel. 01309 690311

London 16 Mar
Journeys through Sound
To the Silence Within
Sri Anish & Anandi
Tel. 0207 589 3292

Cranborne 16 Mar
Sing Your Heart Out
Sarah & Gilo
Tel. 01202 885294

Glastonbury 17 Mar
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

Byron Bay 18 Mar
Living the Shift
Chris Bourne
Tel. 01458 830443

Holwell 22 Mar
Healing and the
Shamanic Arts Module 1
Keys to Self Knowledge Power
and Protection Rites
Elaina Harvey
Tel. 01963 23468

Stour Row 23 Mar
Angels of Sound Voice
Playshop and Pure Sound
Therapy Practitioner Course
Dean Carter
Tel. Dean 01935 389655

London 23 Mar
Tears of the Phoenix
Joan Osborne
Tel. 0207 589 3292

Erraid 23 Mar
Love in Action Retreat
Tel. 01309 690311

Stour Row 24 Mar
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

Wimborne 24 Mar
Sivananda Yoga Retreat
Michelle Oliver
Tel. 01202 841522

Beaconsfield 24 Mar
Crystals
Natures Answer
to Techno Stress
Kelly Peacey
Tel. 01494 813214

London 24 Mar
the Brilliance of Your Soul
Daniel Pitt
Tel. 0207 589 3292

Stroud 25 Mar
Beyond the Hero
More Authentic Leadership
Richard Oliver &
Belinda Davidson
Tel. 01453 759034

London 28 Mar
Sacred Geometry
Engage with the Cosmic
Harmony
Kira Orsak
Tel. 020 7723 4400

Stroud 28 Mar
Singing Therapy
and Trauma
Pia Poulsen
Tel. 01453 763755

Stroud 29 Mar
Deepening the Sage Within
Jerome Kerner
Tel. 01453 759034

London 30 Mar
Feng Shui to Energise
Your Home
Vicky Sweetlove
Tel. 0207 589 3292

Erraid 30 Mar
Love in Action Retreat
Tel. 01309 690311

Osborne 31 Mar
Angels of Sound Playshop
Dean Carter
Tel. Dean 01935 389655

Spreyton 31 Mar
Introduction to Dowsing
Gwynn Paulett
Tel. 01363 877352

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

Thames Valley Dowsers
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.Enneagram-uk.com

www.sacredconnections.co.uk

fifthdimensionalnetwork.net

www.networkoflight.org

www.megalithictours.com

www.gauntshouse.com

www.educationaid.net

www.collegeofpsychicstudies.co.uk

Wyvern dowsers
Bea Menier 01793 694943

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.devondowsers.org.uk

Society of Leyhunters
www.leyhunters.co.uk

World Peace Mission
Tel. 01736 362371

Glastonbury Pagan Moot
Tel. 07747 897621

LIGHTWORKER GROUPS

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

New York 20 Mar
Transforming Planetary
Consciousness Webinar
UN Meditation as
Planetary Service
UN@aquaac.org

Axminster
Meditation Group
Tel. 01297 32331

Bath (Weds & Sundays)
Celtic Healing Circle
Jane Jackson
Tel. Jane 07533 383162

Axminster (Wednesdays)
Buddhist Chanting
Mantra Group
Lorraine
Tel. 07779946444

Stroud
Rising Woman
Rising World
Monthly Meeting
Tel. 01453 759034

Penzance (Tuesdays)
Kriya Yoga
Tel. 01736 362 371

Totnes (Fridays)
Astrology Group
Meeting
Tel. 01803 867145

Bournemouth
(Alt Thursdays)
The Y Files
www.meetup.com

Axminster (Fridays)
Spiritual Awareness Group
Tel. 01460 221522

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

Wanstrom (alt Tues)
Lightworker Group
Tel. Marina 01373 465848

TRIPS, TOURS & VISITS

Burnham on Sea 17 Mar
Ostara Ritual
Tel. Sue 07776306125

Channel Islands 18 Mar
Jersey and Guernsey
Mystical Sites Tour
Tel. 01772 728181

Bristol 19 Mar
Castle Park Spring Gathering
Tel. Rory 07748 734127

Glastonbury 20 Mar
Earth Festival
Meditation
Tel. 01458 831154

North Wales 30 Mar
Mysterious North Wales
Arthur and the Grail
Tel. 01772 728181

Wiltshire 30 Mar
Avebury Under the Stars
Peter Knight
Tel. 01249 823287

The Ascension Process

By Roger Attworth

The Ascension Process is a leap from the 3rd dimensional level of consciousness to that of the 5th dimension, a leap of sensory awareness, including thoughts, emotions and ideas to a state of increased vibration; a jump from the visible spectrum to a greater spectrum of visibility. It is therefore an awakening to our hidden potentials, from using 10-15% of consciousness to 100% awareness (this is the ascended state) whilst continually being surrounded by the loving presence of the spiritual hierarchy.

An ascended being is one who has made the leap to the fifth dimension, and who understands that they are truly multidimensional in being.

The process of ascension is on-going and on a planetary scale, applying to human, spiritual and elemental realms. We might view ourselves as the vanguard that can help facilitate this evolutionary leap for humanity and planet Earth. This is a marvellous opportunity to realise our origins and to appreciate ourselves for who we are; something far greater than the limited concepts of the self-suggested by the existing paradigms of social, economic and religious belief.

The path to self-recognition and acceptance is not always easy but the progression of time will bring more openness to the possibility of change with new values and paradigms driven by unconditional love and service replacing those associated with a third dimensional existence.

Is it time for us all to realise our potential and respect our higher origins as light workers, star-seeds and very evolved and beautiful beings?

"The princes among us are those who forget themselves and serve mankind." - Woodrow Wilson

"It is right to be contented with what we have, never with what we are." - James Mackintosh

Cycles of the Earth – Spring Equinox (continued)

We visit our family's sacred space and leave painted eggs as offerings symbolising new life and new beginnings. Our spring clean will have taken place a few days before hand, removing the negative energy accumulated in winter and preparing our home for the positive growing energy of the spring. We then decorate the house with early spring growth and flowers.

Time is spent sitting around a fire talking about our hopes for the future and planning positive steps to take. Finally jumping over the dying embers of the fire is believed to assure fertility of people and crops. In today's world it is important that we try to make time to connect with the Earth. The Earth needs to hear our voice and we are a voice for the Earth. Try to use Spring Equinox as a focus for your future plans for the year and this will help you to embrace the coming of the summer.

Take this opportunity to embrace Eostre's passion for new life and let our own lives take the new directions we have wanted for so long. Some people believe that it is possible to balance an egg on its end within a few hours before and after the exact time of the equinox.

To promote an event or submit a contribution to the newsletter email Robert at robertmulliss900@uwclub.net or log on to www.wessexresearchgroup.org