



# Wessex Research Group Network Newsletter

VOLUME 1, ISSUE 12

December 2006

WESSEX RESEARCH  
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Glastonbury WRG  
Sue 01458 835708

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Marina 01373 466391

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Jeffrey 01803 868744

South Devon  
Dilys 01803 770977

Avalon Rising  
Hugh 01458 835756  
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Dorchester  
Patricia 01305  
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Yeovil Psychic  
Society  
Jan: 01935 421161

Dorset Earth  
Mysteries Group  
Dave 07977 144147  
Peter: 01258 472722

School of Energy  
Healing Educational  
Trust.  
Nikki 08708007060

New Dimensions  
Group- Bristol  
Ghislaine:  
01225 333825

Centre of  
Awareness at  
Ashburton  
<http://awarenesscentreatshburton.co.uk>

Bristol Dowzers  
Jason: 0117  
9498933

Joyous Isle  
Workshops, Dorset  
Jackie: 01202  
885294

## *Dear WRGN Supporters,*

During 2006 the WRGNetwork underwent a marvellous metamorphosis emerging as a global point of reference for anyone looking to explore new areas of consciousness. It is testament to the efforts of everyone involved that the first 12 editions of this newsletter have listed details of more than 375 talks, 180 workshops, 28 conferences and 18 walks or field trips. Month on month visits to the WRGNetwork web site increase and the network has been described as unique and eclectic.

The use of networks to assist in the betterment and development of humanity is not a new concept. Twentieth century examples include the League of Nations, the Triangles Meditation Work (in the 1930's) and the Network of Light. At the start of the twenty-first century networks are manifest on both the etheric and

physical planes as reference points for light and energy.

If networks are the manifestation of living ideas the WRGNetwork must aspire to the highest of ideals and continue to work unconditionally in a spirit of love, selflessness and integrity and so assist in the process that is the expansion of consciousness and the true birthing of humanness.

This month we welcome Carol Fraser from India who will be speaking at Taunton and Sherborne. The newsletter lists details of a number of festive events, talks and workshops, a book review and an article on sound healing by Dean Carter. Arthur and the Mysteries of Britain by Nigel Blair is the most recent addition to the article archive.

## Wessex Research Group Network Forthcoming Events - December 2006

### FESTIVE CELEBRATIONS

**Cranborne Dorset** 3<sup>rd</sup> December  
Carols, Songs and Dance Music of the English Village Bands & Choirs  
Contact Joyous Isle 01202 885294

**Stroud** 10<sup>th</sup> December  
Kindling the Inner Flame: An Advent Celebration

Hawkwood College  
Contact 01453 759034

**Axminster** 11<sup>th</sup> December  
Christmas Party  
Contact 01297 32331

**Edinburgh** 14<sup>th</sup> December  
Social Evening  
Email [christinebrian@totalise.co.uk](mailto:christinebrian@totalise.co.uk)

**Bristol Dowzers** 15<sup>th</sup> December  
Christmas Party  
Contact Jason 0117 9498933

**Avalon Library** 15<sup>th</sup> December  
Yuletide Party  
Contact 01458 832759

**Hove** 21<sup>st</sup> December  
Brighton and Hove Astrology Circle  
Christmas Party  
Contact Phoebe 01273 417997  
email [astrophoebe@btinternet.com](mailto:astrophoebe@btinternet.com)

**Wiltshire** 21<sup>st</sup> December  
Winter Solstice Celebration – Lighting the Alton Barnes White Horse  
[contact@sussexconnections.co.uk](mailto:contact@sussexconnections.co.uk)

**Glastonbury** (Chalice Well) 21<sup>st</sup> Dec  
Winter Solstice Celebration  
Contact 01458 831154

### NEW YEAR RETREATS

**Glastonbury** 29<sup>th</sup> Dec to 1<sup>st</sup> Jan 2007  
Openhand New Year Retreat  
Contact Chris or Trinity 01458 830443  
[www.openhandweb.org](http://www.openhandweb.org)

**Stroud** 29<sup>th</sup> Dec - 1<sup>st</sup> Jan  
A Residential Retreat of Renewal and Celebration at Hawkwood College  
Contact 01453 759034

### THEATRICAL PRODUCTION

Child Okeford 30<sup>th</sup> Nov to 1<sup>st</sup> Dec  
The Martinsey Isle Trust & Taboo present  
**Colder than Here** by Laura Wade  
A delicately poised, sensitive drama, at times played with gentle humour, exploring the subject of a mother dying and her family's gradual ability to talk together about the taboo things of life and death.  
Contact 01258 475125 for tickets and more details.



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**Axminster Awareness  
Centre**  
01297 32331

**MindSpiritNetwork.com**  
Gail: 01736 795143

**Bath Storytelling Circle**  
Kevan: 01225 334204

**The London Forum**  
Margaret  
02086715417

**Bournemouth Positive  
Living Group**  
Sue: 01202581898

**Body, Mind, Spirit  
Centre, Dorchester**  
Contact 01305756000

**Academy of Spiritual  
Psychology Colchester  
& London**  
Kim: 01206 521177

**Unicorn Centre, Chard**  
Margaret 01460 66151

**Sussex Alternative  
Connections Network**  
[www.sussexconnections.co.uk](http://www.sussexconnections.co.uk)

**The Theosophical  
Society in Scotland**  
Edinburgh  
[christinebrian@totalise.co.uk](mailto:christinebrian@totalise.co.uk)

**Library of Avalon**  
01458 832759

**Theosophical Society,  
London**  
02079359543

**Foundation for  
International Spiritual  
Unfoldment**  
[www.fisu.org/en](http://www.fisu.org/en)  
0208 5514108

**Antiquarian Society**  
01273 264822

**Bath Royal Literary and  
Scientific Institute**  
01225 312084

#### NETWORKING EVENTS

**Glastonbury** 23<sup>rd</sup> November  
Avalon Library Visioning Evening  
Contact 01458 832759  
[www.libraryofavalon.co.uk](http://www.libraryofavalon.co.uk)

#### COMPETITIONS

**Bath** 7<sup>th</sup> December  
Contest for the Bardic Chair of Caer  
Badon (Bath) Open to local poets,  
storytellers & singers  
Contact 07790078885  
[www.bardofbath.freeservers.com](http://www.bardofbath.freeservers.com)

#### ACCREDITED COURSES

**The University of Wales, Lampeter**  
Home Study Masters Programme  
The Body: Eastern and Western Perspectives  
Email: [bodyprogramme@lamp.ac.uk](mailto:bodyprogramme@lamp.ac.uk)

**The University of Bath**  
MSc in Death and Society  
Contact Elaine Irvine 01225 383203.  
Email [hss-pgr-coordinator@bath.ac.uk](mailto:hss-pgr-coordinator@bath.ac.uk)

**Chard** 2<sup>nd</sup> & 3<sup>rd</sup> December  
Certificated Ascension Teaching Course.  
The Diana Cooper School of Angels and  
Ascension  
Contact Margaret 01460 66151

#### TALKS

**Glastonbury WRG** 28<sup>th</sup> November  
The Green Man St George and the Dragon  
Paul Broadhurst  
Contact Sue 01458 835708

**South Devon** 28<sup>th</sup> November  
An Evening of Clairvoyance  
Dilys Guildford  
Contact Dilys 01803 770977

**Chard** (Unicorn Centre) 28<sup>th</sup> November  
Reiki Share Evening  
Contact Margaret 01460 66151

**Yeovil** 29<sup>th</sup> November  
Regression using Flower Remedies and  
Applied Kinesiology  
Andrew Knight  
Contact Jan 01935 421161

**Edinburgh** 30<sup>th</sup> November  
The Fourth Way. Ferry Wood  
Email [christinebrian@totalise.co.uk](mailto:christinebrian@totalise.co.uk)

**Axminster** 1<sup>st</sup> December  
An Evening of Clairvoyance.  
Patrick Pavette  
Contact 01297 32331

**London** (Theosophical Society) 3<sup>rd</sup> Dec  
The Theory of Everything as Explained by  
the 4 Elements and 5 Tattvas  
Gill Dorren  
Contact 02079359543

**Bath (BRLSI)** 4<sup>th</sup> December  
Re-Casting Antiquity at the Crystal Palace  
Dr. Shelley Hales  
Contact Heather 07967 992545

**Bournemouth** 4<sup>th</sup> December  
Angels at Christmas  
Diane Cooper  
Contact Sue 01202 581898

**Frome** 6<sup>th</sup> December  
The Mystery of Music  
John Dalton  
Contact Marina 01373 466391

**Dorchester** 6<sup>th</sup> December  
Buddhist Meditation for Inner Peace  
Contact Chonyi 01392 490058

**Edinburgh** 7<sup>th</sup> December  
Healing Sound (sound as a healing  
instrument)  
Lillian Brozoska  
Email [christinebrian@totalise.co.uk](mailto:christinebrian@totalise.co.uk)

**Dorset Earth Mysteries** 7<sup>th</sup> December  
Megalithic Mysteries of Italy  
Gary Biltcliffe  
Contact Dave 07977 144147 or  
Peter 01258 472722

**Taunton** 8<sup>th</sup> December  
Yoga and Esoteric Christianity  
Carol Fraser  
Contact 01984 656236

**Bath** 9<sup>th</sup> December  
Windsmith – A Celtic Odyssey  
An Evening with Kevan Mainwaring  
Contact 01225 334204

**Bristol** 10<sup>th</sup> December  
The Holographic Universe  
Serena Roney Dougal  
Contact Ghislaine 01225 333825

**Totnes** 10<sup>th</sup> December  
Windsmith – A Celtic Odyssey  
An Evening with Kevan Mainwaring  
Contact Jeffrey 01803 868744

**Chard** (Unicorn Centre) 12<sup>th</sup> / 13<sup>th</sup> December  
Monthly Spiritual Growth Circle  
Contact Margaret 01460 66151

**Bristol** 12<sup>th</sup> December  
Healing with the Ascended Masters  
Contact Nikki 08708007060

**Dorchester** 13<sup>th</sup> December  
Buddhist Meditation for Inner Peace  
Contact Chonyi 01392 490058

**Yeovil** 13<sup>th</sup> December  
Happy Mediumship  
Alan and Flip Foster  
Contact Jan 01935 421161

**Bristol** 15<sup>th</sup> December  
The Sacred Stone Circles at Stanton Drew  
Gordon Strong  
Contact Jason 0117 9498933

**Bath** 18<sup>th</sup> December  
Bath Story Telling Circle  
Contact Kevan 01225 334204

**Chard** (Unicorn Centre) 19<sup>th</sup> December  
Reiki Share Evening  
Contact Margaret 01460 66151



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Jean  
01963 220323

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01458 835708

Frome  
Marina 01373 466391

Totnes  
Jeffrey 01803 868744

South Devon  
Dilys 01803 770977

Avalon Rising  
Hugh 01458 835756  
David 01458 250317

Weymouth &  
Dorchester  
Patricia 01305 767242

Yeovil Psychic  
Society  
Jan: 01935 421161

Dorset Earth Mysteries  
Group  
Dave 07977 144147  
Peter: 01258 472722

School of Energy  
Healing Educational  
Trust.  
Nikki 08708007060

New Dimensions  
Group  
Bristol  
Ghislaine:  
01225 333825

Centre of Awareness at  
Ashburton  
[://www.awarenesscentreashburton  
.co.uk](http://www.awarenesscentreashburton.co.uk)

Bristol Dowzers  
Jason: 0117 9498933

Joyous Isle  
Workshops  
Dorset  
Jackie: 01202 885294

**Wiltshire** 21<sup>st</sup> December  
Winter Solstice Celebration – Lighting the  
Alton Barnes White Horse  
[contact@sussexconnections.co.uk](mailto:contact@sussexconnections.co.uk)  
**Hove** 21<sup>st</sup> December  
Experiencing the Inner Solstice  
Contact Phoebe 01273 417997  
email [astrophoebe@btinternet.com](mailto:astrophoebe@btinternet.com)

#### ON-LINE TALKS AND TEACHINGS

[www.mindspiritnetwork.com](http://www.mindspiritnetwork.com)  
On-line lectures and forums daily.  
Learn to read Tarot on-line  
Contact Gail Elaine 01736 795143

#### WORKSHOPS

**Glastonbury** (Chalice Well) 1<sup>st</sup> – 3<sup>rd</sup> Dec  
The Deep Wisdom of Water and the Dark  
Goddess

Chris Leeson  
Contact 01458 831154

**Sherborne** 1<sup>st</sup> December  
Healing Power of Pure Sound  
Dean Carter.  
Contact 01935 389655

**Brighton** 2<sup>nd</sup> December  
Angel Workshop  
Linda Swann  
Contact 01903 610208  
email [lindaswann@hotmail.co.uk](mailto:lindaswann@hotmail.co.uk)

**Brighton** 3<sup>rd</sup> December  
Introduction to Shamanism  
Contact Samantha 07855 863713

**Scoriton Devon** 7<sup>th</sup> December  
Find Your Spirit Guides and Meditation  
Dilys Guildford  
Contact Dilys 01803 770977

**Kent** 9<sup>th</sup> December  
Energetically Coping with Christmas  
Contact Sharon 01634 270307

**Findon nr Worthing** 9<sup>th</sup> December  
Angel Workshop  
Linda Swann  
Contact 01903 610208  
email [lindaswann@hotmail.co.uk](mailto:lindaswann@hotmail.co.uk)

**Elworthy nr Taunton** 9<sup>th</sup> December  
The True Rosicrucian Order and the Way of  
the Modern Human Being  
Carol Fraser  
Contact 01984 656236

**Chard** (Unicorn Centre) 9<sup>th</sup> December  
Introduction to Angels

Contact Margaret 01460 66151

**Chard** (Unicorn Centre) 10<sup>th</sup> December  
Advanced Angels

Contact Margaret 01460 66151

**Sherborne** 10<sup>th</sup> December  
Who are the Rosicrucians?

Carol Fraser  
Contact Jill 07887868016

**Chichester** 10<sup>th</sup> December  
The Archetypes of Spiritual Healing  
Angela Heyman

Contact Jo 01273 422391 or  
email Sandy [smcken@btopenworld.com](mailto:smcken@btopenworld.com)

**Bosham nr Chichester** 16<sup>th</sup> December  
Angel Workshop

Linda Swann  
Contact 01903 610208

email [lindaswann@hotmail.co.uk](mailto:lindaswann@hotmail.co.uk)

**Stroud** 15<sup>th</sup> – 17<sup>th</sup> December  
Bring in the Light: Stained Glass Mosaic  
workshop with Rod & Alice Friend  
Contact 01453 759034

#### Book Reviews: Windsmith by Kevan Manwaring

In essence this novel is a good old-fashioned adventure story, though it is based upon research into the Celtic culture in general, and the Bardic Tradition in particular. It features the Gundestrup Cauldron (found in a bog in Denmark, 1891, and made in 1st Century BCE); Iron Age Europe; horse nomads of the Eurasian Steppe; chalk giants; afterlife traditions and shamanic practices. For more details of the book and the tour contact Kevan Manwaring: Bath 01225 334204.

[kevanmanwaring@yahoo.co.uk](mailto:kevanmanwaring@yahoo.co.uk)

#### What Is Sound Therapy? By Dean Carter MA PGCE BRCP

We spend most of our waking state with our brainwave activity registering in the domain of what are called beta waves, measuring between 13 and 30 Hz. This is the domain of 'normal' rational thinking and active consciousness. Research has shown that this domain has a downside, as it is associated with the higher frequencies and the 'fight or flight response'. Our sympathetic nervous systems tend to exist in a state of overdrive, releasing stress hormones such as ACTH and Cortisol that contract our muscles to be ready for 'fight or flight' action. Our blood pressure increases, our heart and respiration rates speed up and the bloodflow is taken away from the brain to the periphery of the body (the limbs), where the bloodstream is flooded with sugar. In this state, learning ability and other mental functions including problem solving and reasoning ability are inhibited.

Our waking lives can be spent in a perpetual state of 'high alert' which is usually unjustified by external events, and which produces this incredible stress on the tissues and systems of the body that accelerates ageing. All the meditation and body/mind relaxation techniques of the world's wisdom traditions are designed to slow our brainwave states, to get





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**The London Forum  
Margaret**  
02086715417

**Bournemouth Positive  
Living Group**  
Sue: 01202581898

**Body, Mind, Spirit  
Centre, Dorchester**  
Contact 01305756000

**Academy of Spiritual  
Psychology Colchester  
& London**  
Kim: 01206 521177

**Unicorn Centre, Chard  
Margaret 01460 66151**

**Sussex Alternative  
Connections Network**  
[www.sussexconnections.co.uk](http://www.sussexconnections.co.uk)

**The Theosophical  
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them into the deeper levels of alpha (8-13Hz), theta (4-8 Hz) and even delta (0-4Hz). Each of these states produces the opposite of the flight or flight response, known as the relaxation response. The relaxation response mobilises us for inward activity by reducing heart rate and blood pressure, relaxing muscles, and increasing oxygen flow to the brain. Until one works consciously with meditation/body-mind techniques, these reduced frequency brainwave states are only experienced during sleep, with alpha associated with dozing/light sleep, theta with dream level (REM) sleep, and delta with deep level restorative sleep. Tai Chi, meditation and the use of sacred sound enable such states can be experienced while conscious. In the case of delta states, deep 'sleep' (no measurable mental activity) and yet a retention of consciousness, (dismissed until recently by science as impossible, but now verified, and known to the world's wisdom traditions as 'the fourth state') can be attained.

The benefits of the lowered brainwave states are almost inexhaustible, all the stressful and tissue damaging effects such as increased blood pressure etc. are negated. Slower brainwave patterns are accompanied by deep tranquillity, flashes of creative insight, euphoria, focused attention, enhanced learning abilities and memory retention and ESP. Alpha and theta states also produce polarisation of the right and left hemispheres of the brain (in the beta state, the filtering left brain is dominant), representing maximum efficiency of brain functioning and a balancing of reasoning and intuitive powers. More mental stimulation creates more neural pathways, stimulating brain growth!

Sound is one of many modalities for enhancing alpha and theta waves and the relaxation response. Normally when you hear a single note, you hear the 'fundamental', (the loudest and first note, the one that you can actually hear), with the vibrating string or air column also generating a whole series of extra tones on top, that are generally inaudible called the overtones of the harmonic series. This explains why the same pitched note on one instrument sounds different from the same note played on another instrument even though the notes are of the same frequency. Certain of the overtones are emphasised in one instrument, others in another. The Clarinet, for example, emphasises the odd numbered overtones. Using vocal overtone techniques makes these usually inaudible sounds, which generally do not occur in audible form in nature, actually audible to the ear. Similarly the Tibetan bowls produce audible overtones as well as the fundamental. The crystal bowls, in the meantime, (and this is definitely unheard of in nature) create a fundamental with no overtones. In each example the client/listener is being exposed to these pure sounds, stimulating the nervous system in a specific way to facilitate the alteration of our brainwave states down into the health promoting, immune system boosting, de-stressing, anti-ageing and lowered brainwave frequencies.

Using the pure sounds of the vocal overtone, Tibetan bowls and crystal bowls as carrier waves of healing intent, the sound therapist works on the client's subtle energy body, the chakras and nadis. In the Vedic system, the subtle body, underlying and acting as an energetic matrix or blueprint for the physical body, is seen as comprising three main 'channels' or nadis, the sushumna, ida and pingala. At the points where the ida and pingala criss-cross the sushumna, lie the main energy centres, the chakras. Using the method of dowsing, the functioning and health of these centres can be gauged, whether they are blocked, open, etc., and by the end of a session the subtle body chakras will have been given a 'wash and brush up', with blocked chakras reopened and imbalanced chakras stabilised. Over a given time patterns as to which are the weaker or stronger chakras emerge, and this can usually be related directly to physical and or emotional dysfunction in the client. With intensive work weaker chakras can be stabilised and return to optimal functioning, leading to improvement in overall physical/emotional/mental functioning, and/or symptom alleviation of specific problems.

The chakras also maintain the health of the various levels of the aura, which also can be toned and strengthened. Furthermore each chakra is linked to a major endocrine gland, and each of the five (not four) elements, the fifth of which is akash, perhaps the most crucial one, meaning 'space' or 'void'—that from which all the other elements, also known as tattvas, manifest. The akash element is linked to the throat or visuddha chakra—'visuddha' meaning pure. Working with pure sound, pure tones, is the keynote of this approach.

For information on healing through pure sound, contact Dean at the Centre for Pure Sound Healing at Sherborne. Telephone: 01935 389655.

**Should you wish to promote an event or submit a literary contribution to the newsletter or require further information about the WRGNetwork contact: Robert (01749 343016) EMAIL: [r.mulliss@virgin.net](mailto:r.mulliss@virgin.net) or log on to [www.wessexresearchgroup.net](http://www.wessexresearchgroup.net)**