

# Dowsers Society of NSW Inc.

## Newsletter

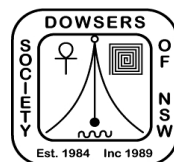
April 2015

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Views expressed in articles are the opinion of the individual writer only, not necessarily the collective view of the Society.



Speaker for April 19th, 2015

Megan Heazlewood

- Crop Circles and the Sun -

Megan Heazlewood is an artist, and has been researching the crop circle phenomenon since year 2000. She visited Wiltshire for the crop circle seasons of 2006 and 2007 to experience the crop circles first hand.



What she experienced directly, and what she witnessed and filmed has deeply impacted her life. What she has personally learned from this phenomenon has changed her life forever.

Megan will present scientific evidence in plant and soil analysis, what researchers of diverse backgrounds and disciplines contribute to our understanding, and the history and evolution of the phenomenon.

A lot of questions remain: *“Is it a hoax, can Crop Circles be a universal language? Is this a communication? What are the possible meanings?”*

She will also present suppressed ancient history, and what this has to do with crop circles; what ancient indigenous cultures share in their cosmologies and understandings of these times, and how this relates to the crop circles and bizarre light phenomena, and UFO sightings associated with crop circles.

# From the Editor

Congratulations to our new committee, elected at our March 2015 CAGM. The election was presided over by Returning Officer Tony Pezzutto.

Martine Negro, who held the position of President last year, will continue as President. Under her guidance the Society has prospered and we are very grateful for her commitment. Most of the committee members are staying in their positions, except Thierry Verriest who is not able to continue as treasurer due to his other commitments. Leonie Buchan is now in the treasurer role.

## Our new team members are:

- President - Martine Negro
- Vice-President - Sally Lamont
- Secretary - Robyn Lee
- Treasurer - Leonie Buchan
- Public Officer - Amalia Pezzutto
- Librarian - Marilyn Smith
- Speaker / Flyer coordinator - Gordon Marshall
- Seminar Coordinator - Olga Kosterin
- Newsletter Editor - François Capmeil
- Other committee members : Marie Wood, Peter Fergusson and Elene Dimopoulos.

Through dowsing we have access to unlimited inner resources. I am so glad that so many people are happy to help support our society, and the task of spreading the use of dowsing skills.

*“There is a practical, exciting journey waiting for everyone interested in the dowsing skills. It can lead by progressive expansion of thought to perceptions far beyond the normal restrictions of our five senses.”* (Hamish Miller)

Until next time..

*François*

# Introduction to Colour Therapy

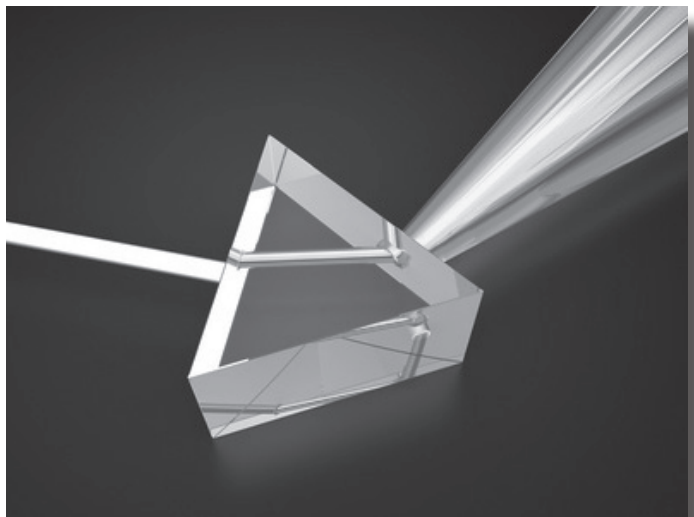
*NZ Society of Dowsing & Radionics, June 1990 -  
by Nivana Carr*

When I first began my apprenticeship in colour therapy, my friends and family were astounded that I had left a secure career to study, what was then considered, a less than credible vocation. One of the typical comments was, “*How can colour therapy be effective when we are surrounded by colour?*”

In the ten years since, I have found that people are now much more aware of the effects and influences of colour, both universally and personally. My awareness of the profound effect that colour has on life has grown and become refined as a result of my continuing practice in this field.

We are constantly surrounded by colours; they are a manifestation of light, and all life is light. Spiritual teachings refer to Mankind as light and as ‘One’. The aura, which is the light that surrounds every living thing, has shown me that ‘Oneness’ is the white light, the life-force or the creative aspect upon which everything is manifest, or comes out of.

If one puts white light through a prism it fractures into seven colours, which are the rays creating levels of consciousness, and the laws by which everyone is affected and influenced. Humans act like a prism to white light which allows him/her to experience a life separate from the Oneness.



In other words it appears to me that God is thinking/creating us every moment, and for life to manifest separate from itself, it has to create a polarity, a positive and negative, yin or yang. It creates these polarities

with red and blue, the first two primary colours. From the primary colours all the other colours of the spectrum are created as white light projects itself.

The seven rays of light vibrate at different frequencies within the aura of mankind creating mental, emotional and physical centres and bodies. These centres are wheels of energy, or chakras and operate on every level of consciousness, storing within them memories from our source and our past lives. As the seven colours of the rainbow continue to mix and combine, many more shades and sub-rays are created making more complex lessons and experiences.

When I look at the aura of a client to either analyse it for health or for growth, there are usually many colours around the fields. These colours or rays resonate out from the aura, magnetically attracting experiences of that level or ray into the life of the person in front of me. The combination of colours within an aura, will also tell me about the character and the lessons he has chosen to learn this lifetime, and why.

Usually Man is attracted to the colours of his auric fields, to wear or to surround himself with in his environment; unless there is an imbalance and the psyche, or the soul calls for another colour to harmonise the imbalance.

## BLACK

Many spiritually aware people feel black is negative. I believe it certainly can be, but it can be of advantage when one is very drained. People, healers for example who are 'giving out' all week, can often be attracted to wearing black at weekends when they are alone at home. Black absorbs energy into the aura. It also reflects one's own energy back into the field. This is why it has the reputation of being so mysterious.

Others feel the void it creates and interpret it as sophistication, self-reliance and introversion. On the negative side, because of the absorbing

qualities of black, it has been associated with death and occultism as it creates a sensation that can be felt as powerlessness when one is surrounded by it, and it can be quite frightening.

I believe that when one feels like wearing black, one should examine the reasons why one feels the necessity to do so and wear it with awareness. One should not '*over-do it*' as black has a tendency to induce the need for itself after a certain point.

## WHITE

White on the other hand reflects energies away from itself. This is why medical people have subconsciously chosen to wear white, to reflect the negative energies of disease away from their personal auric space. It represents spiritual mastery, as we have discussed earlier, and purity.



## RED

Red as a primary colour is one of the first to come from white light. It is the yang aspect of its polarity with blue, and contrary to popular thought, red is for boys. When research was done on the effects of coloured lighting on breeding and gestating chinchillas, it was discovered that red created predominantly male litters.

Red is a hot colour. It is very stimulating, especially to the appetite. One may have noticed how many restaurants are decorated in red. It is not advisable to dress hyper-active children in red because it is so stimulating, and they are usually very attracted to that colour. Red is not a good colour for decorating the bedrooms of poor sleepers as it's inclined to keep them awake, although, it is a very sensual colour. The deepest needs

of a red ray person are physical contact, intense activity and sensory gratification.

## BLUE

Blue is the yin aspect, or the feminine aspect of this polarity. In the experiment with chinchillas it created predominantly female litters. Blue is a cold colour and in a cold climate is not a good colour to decorate a bathroom. It is a perfect colour to dress hyperactive children in and to decorate bedrooms. It induces meditation and relaxation. Too much blue can create depressed feelings. Hence the old saying "*I'm feeling blue.*"

## INDIGO

Indigo is the colour of the third-eye chakra, which is the odd-man out in the polarities, as it does not have a complimentary opposite in the seven chakras. Indigo is the most difficult colour to describe as it is so mysterious. It is the colour of the occult, which only means hidden, and this chakra is the last to open of the seven because we need to become spiritually mature and responsible before this chakra reveals to us all that its level represents.

An indigo ray person's deepest needs are to feel at one with the Universe, to have a conflict free relationship, and to be out front of human developments.

## ORANGE

Orange is a hot colour. It is a secondary colour and as such its chakra spins in a yin, or counter-clockwise direction in the bodies of humans. Orange is a very social ray and is also very grounded. For example lots of nurses have orange at the base of their auric fields, where one can discern the type of work the soul is most suited for. An orange ray person is very energised and lots of fun. They can be proud, superficial, and power seeking.

Orange is another colour that stimulates the senses and is also used frequently in restaurants. Pure orange is usually too heavy to have as the main colour in dress or environments but peach/ apricot is very popular these days; and I believe it is because this colour is the manifestation of the second higher chakra, or second halo above the head. This 'halo' is the ray and chakra of Universal service, and as our society is moving into the New Age this colour is assisting with our expansion in consciousness.

## GREEN

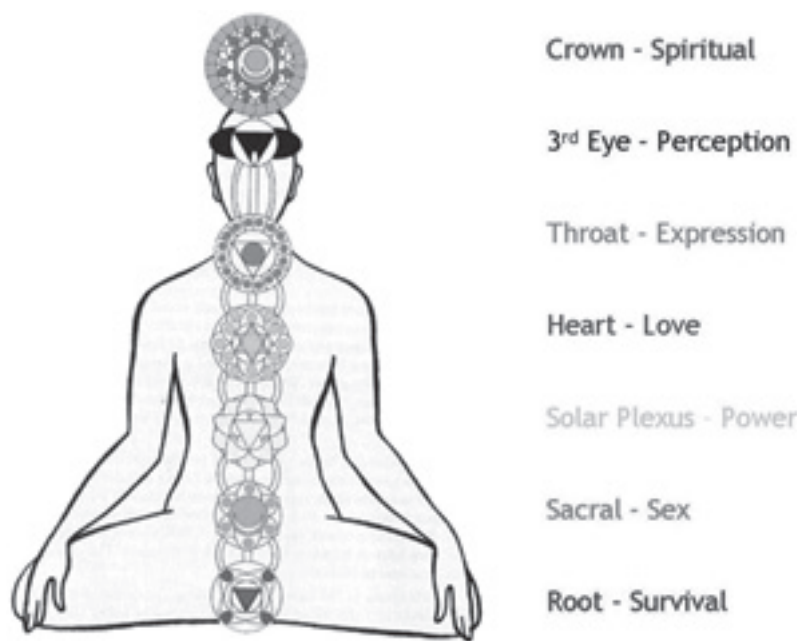
Green is the colour of balance and of the heart chakra. It is the chakra that is between the three lower ego chakras and the three spiritual chakras. Green ray people strive for balance. Green is a very soothing colour and is often described as the colour of healing because of its balancing qualities.

Nature dressed herself in green and like her, we should use many shades of green when decorating with it, as using only one shade of it can become too much and become an irritation. The deepest needs of green-ray people are to feel certain and secure, to feel assertive and powerful, to love and be loved, and to save money.

## YELLOW

Yellow is the colour of the solar-plexus chakra and is the colour of the intellect. This ray governs the nervous system and our perceptions of life.

You will have noticed how when one is nervous one feels butterflies in this area, and when one receives a





shock it can feel as though a punch has been administered to that area. This is also the seat of the emotions.

Yellow ray people are often teachers, or work with the mind and emotions in some capacity. Yellow in decoration stimulates conversation, so it is a great colour for dining rooms or places where one would wish to initiate communication. It is the colour of the sun and inspires feelings of light-heartedness. Yellow ray persons require to live in an orderly world, to express a heightened sense of individuality, to shine intellectually, and to understand.

## VIOLET

Violet is a very royal colour, in colour therapy it is used amongst other things to cleanse, very much as Gentian Violet is used to clear and cleanse infected wounds; its chakra is situated at the crown and opens when we are clear, understanding the lessons of the levels below. Violet is also a beneficial colour to use in the bedrooms.

In social situations it stimulates interest in things of a cultured or artistic nature. It is the colour of the higher mind, and yellow is its complementary opposite. As I work at this computer its face is violet and it is certainly assisting me in the writing of this article.

Violet-ray people desire to bring order out of chaos and wish for sympathy and tenderness.

As you can see the influence and effects of colour are very profound and far reaching. In my years of practising colour therapy and aura analysis, I have become convinced that colour is the primary force in life. I feel that it is essential that both professionals and laymen alike understand its effects more thoroughly.

*Nivana Carr*

# The Magical Mountain

*by Lori D Homstad, B.S. C.M.T.*

*Reprinted from the Journal of the Ozark Research Institute (O.R.I)*

On Tuesday nights, at O.R.I., twenty to thirty members gather for a healing circle. Before we begin our visualization meditations, Gladys shares with us the letters she receives each week from those that have sent in a healing request.

There are notes of gratitude and stories of the miracles happening in the lives of those who give us a request. One of our dear wonderfully vocal members, in her southern drawl always reminds us, “*You best be careful of what you pray for, as you just might get it*”. So this is my story of praying for something very unusual, I wanted to meet an E.T.

It was a balmy, rainy day in the middle of May, in Springdale, Arkansas and I was walking through the parking lot at my office and my cell phone rang, and it was my best friend from San Diego, who never called me. It had been six years since I had moved from Southern California. Valle hardly ever used the phone. We usually communicate via Facebook or email, so my mood instantly elevated when I heard her voice. I imagined seeing her in person and getting a warm embrace. She was calling to invite me to her 50th Birthday Party in July.

There was a catch, she wanted to hold her party somewhere other than conveniently located San Diego. She had to tell me the name of the small town in Northern California three times.

Normally, I am hesitant to commit to anything without first doing some research. But I had a feeling and I surprised myself by saying, “*Absolutely, I will be there-girlfriend, I wouldn't miss it for the world!*”, and realized I had never been so sure about something so logistically complicated.

When my planning began, I was intrigued to find superstitious stories

about the history of Mt. Shasta. Valle had said it was a special, meaningful place.

We'd share a house with ten others to keep the cost low, and she could pick me up from the airport so I wouldn't have to rent a car.



I was so giddy, acting like a little girl with a new toy, until we figured out it would take three plane rides, over ten hours, and almost \$900 to get there. Mind you, I also have a family and a business to run.

As fate would have it, I immediately found an alternate job at which I would earn the exact amount needed for the trip. The Census was needing workers and I felt it my obligation as a citizen to help, and so, I believed, this trip was meant to be.

As the date approached, I read about Lemurians that once lived in the area of Mt. Shasta and for some reason, all I could think about was meeting an extra terrestrial, while I was there. I could not get it out of my head. Now I am not a UFO fan. So, I prayed to the Lord, the Giver of Life of the Holy Spirit to watch over me and protect me on this journey, and guide me to be protected; and I knew the power of intention and secretly had a focused intention of all things, to meet an E.T.

Upon arrival, our first stop that evening, was the local watering hole. Now this is not what you are thinking. It was a true water source for the locals from the headwaters of Mt. Shasta. This was fresh, pure clean glacier water from the majestic glacier. At this beautiful city park was a line of people gathering with the largest jugs they could carry. I immediately wanted to cool off and take a drink, and I saw that my friend had found a beautiful big dog to pet and was talking to its owner by the restrooms, and that is when the magic happened.

I felt something push me or pull me, I'm not sure, but somehow I ended up sitting right next to a small odd looking man on a park bench very near the stream. Now there was another bench across from him and plenty of room on his bench, but for some reason I sat right next to him and what I am about to say, I swear it sounds really far out, and no, we did not partake in anything to make it far out.



I actually said out loud to this man, “*Please tell me what it is that I am to Know*”. And thinking how bizarre that may have sounded, he began to tell me a story without stopping for pause. It seemed that time stood still and nobody came near us. This odd man proceeded to tell me something very difficult to comprehend, that he was as old as creation itself, before Jesus and his brothers and sisters, which were many.

He talked about his many life times, history, himself, different languages he spoke, miracles and all about the area. He talked about the sacredness of the waters. He said the pure water here from the glacier was special because there was an extra Ion in its structure. Later at the Farmer's Market we were astonished at the size and quality of the vegetables, flowers and fruits. He said the water where I was near, was similar. (I had not told him where I was from and was not wearing a Razorback t-shirt!)

He said to pay attention and that I would be given a special blessing. He had lived many, many lifetimes, and that man, needs to be reminded of the power of unconditional love. With the intention of unconditional love, he said, healing and cleansing is possible with the simple gesture of one hand over the heart, and one hand on that to be healed. He made it all sound so believable! I was thinking that if he had a microphone and theatre, people would pay big money to hear him talk and be in his presence. He said so much and yet I was only there a few minutes. He mentioned that time was endless, and man would see the miracles when the

water source would shoot up taller than the trees.

Valle found me and encouraged us to go, thinking he had lost his mind. Perhaps. Perhaps not. But I was entirely convinced that God lead me to that bench and answered my simple prayer, to meet an E.T. Since that was my main request... expectation or desire, the rest of the week turned out to be very serendipitous, as I simply surrendered to being guided to my next adventure without any plan or expectation.

Several other miracle-type divine events occurred that week. One event, was I found out my nephew was hiking Mt. Shasta with a group of Christian hikers. They just happened to be having breakfast in the downtown, near our place. I had to find a ride, and convince my driver, I was quite OK to be dropped off and that Spirit would take care of me! My driver reminded me I wasn't in Arkansas anymore. But I just had tremendous trust and knew I would walk to where my nephew was and see him.

It was so cool. I found my nephew within a few minutes, just in time to pay for his meal, and render him some advice of travelling a little lighter. I have no idea why I would know to give such advice, as I have no experience with backpacking.

Sure enough, my nephew reported back to me after his return, that had he listened to me and lightened his load, he would not have had such a horrible difficult hike. He ended up leaving ten pounds of personal items somewhere on the mountain!

Once I returned home, I attended an event on 11-11-11, where quite unexpectedly a psychic - Rhonda Manning, told me she was instructed to give me an Apache Indian Blessing. It was a song for the healing of the rivers. My wonderful visitation with an E.T. was affirmed. Normally, I am unable to remember the words to lyrics, but this song, only meant for my ears, was sacred. I memorized it immediately and use it, every time I venture out in my pink kayak. If you see me floating off to be by myself and chanting a pretty song in private, you'll know why....

# Cancer and Earthly Emanations

by Albert Zock

*Dowsers Society of NSW, 1990*

In August of 1945, the first atom bombs fell on the Japanese cities Hiroshima and Nagasaki. In the years and decades after this inferno, it was noted that the survivors, besides other maladies, had a distinct increase in cancer. Scientists concluded this was the result of neutron emanations. This brought a new question to researchers about local influences in the development of cancer. The question was: “*Where do we find more such neutron emanations, besides the ones created by man himself?*”

Unfortunately, up to this day there are no dependable ways of measuring this kind of emanation, although it is known that the neutron has a magnetic property, which a professional radiesthesisist can easily find.

The Medical Institute at the University of Bonn in West Germany let the radiesthesisist Baron von Rollshausen examine 50 rooms in which patients died of cancer. The rooms had been empty, bare of furniture. Von Rollshausen not only found the accurate places where the beds once stood, but in 48 of the 50 cases in question, determined even the organs which had been affected. In his days, the neutron emanation had not yet been discovered.

Meanwhile French researchers found that charged electroscopes over disturbed zones lose their charges, because of the ionizing emanation from the earth, within seven to eleven seconds, whereas on neutral grounds it takes up to one thousand seconds.

No matter how clean the Military claims the neutron bomb is, it is well known that all ionizing radiation can cause cancer.

The University of Marburg, Germany, scientifically examined three villages with a geophysical meter (Geoscope). Their finding was that cancer resulted exclusively over geological disturbances such as faults, whether

water was present or not.

Two thousand years B.C., the Chinese, before building a home, searched the location with divining rods for geological disturbances and adjusted the buildings with a compass to the earth's magnetic field.

Before setting up a military camp or building a city, the Romans killed a local animal and examined its liver. If it was hardened it was assumed that vegetation and water in that region were not suited for human usage, and they moved on to another location.

In 1911 two European physicians, Drs. Northnagel and von Hohenfels, did not allow their patients to sleep in the same location as they had before a cancer operation, knowing that the place where one becomes cancerous is the worst place for convalescence.

It has been proven over and over again that locations which are cancer causing, happen to be over strong thermo-neutronic emanations from the ground. Even the British Atlas of Mortality (Nelson & Son, London 1962-1970) contains statistical proof that the place where one lives or works has much to do with terminal cancer, but, of course, no scientific explanation is given. Anyone who avoids sleeping or working for long periods, over such zones, will avoid cancer. This is not an assumption but a scientifically-proven fact, which is ignored although not disproved.

A pioneer in this field, Gustav von Pohl, used the 1929 cancer-death reports kept by the Statistic Office for a decade, to determine the exact bands across the country where cancer occurred. Death certificates and location reports showed that not one mortality occurred, even within the width of a bed, outside of the established band. Furthermore, later reports showed that new deaths again occurred exclusively over the same sleep and work locations.

Dr. Hager, a health officer in Europe, investigated 5,348 cancer fatalities and found that cancer is locally restricted. If a disease is restricted to a

place or narrow band, it should not be surprising if it re-occurs generation after generation in the same family, since the same bed location is used for sleeping, because of tradition or room layout. When successive generations die of cancer is it any surprise that people should assume the disease to be inherited, to lie in the family?

The Russian-American engineer, Georges Lakhovsky, who invented the multiwave oscillator, came to the same conclusion. In his book, 'The Secret of Life', he explains how geological conditions in the earth affect and change beneficial radiations into detrimental ones:

*“Sand, sandstone, gravel and such are dielectric in nature and absorb external radiation to a great depth, reflecting none back to the surface; but clay, marl, alluvial deposits and mineral ores are resistant to penetration and given to secondary radiations which modify the field of external radiations. People living on such soil show the highest incidence of cancer.”*

The only British study is that of Dr. Alfred Hariland which is condensed in a book he published in 1892, 'The Geographical Distribution of Disease in Great Britain'; where he points out that there is a low mortality from cancer over limestone locations in all of England and Wales, but, on the other hand, clay and flood areas are associated with high cancer mortality.

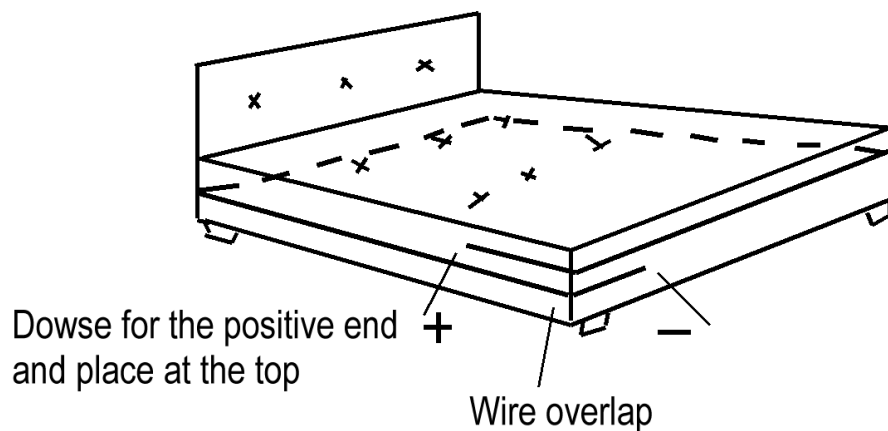
A contemporary British dowser and writer, Bruce Copen, Ph.D., D.D. Litt., not only walks in the same footsteps, but at the same time shows a way out, as he explained in his book, 'Radiesthesia for Home and Garden'. *“Those who live over a sandy soil appear to enjoy a better night's sleep than those who sleep over granite or clay: the loss of sleep is due to cosmic radiation bouncing from the under layers of strata and being amplified by the springs of such a thing as a bed: the whole bed becomes a radio wave collector, which can be remedied by suitable neutralizing of the bed against these rays.”*

Copen recommends laying a wire along the mattress and connecting it to the ground, or making an oscillator with a flexible, isolated wire fastened



around the mattress; the ends overlapping about one foot on each side,

## The Copen Bed Coil



with one inch space in between, and making sure that the positive end of the wire is on top as shown. The positive and negative ends of the wire can be found by using a pendulum or substitute.

But when a whole room, house or working place is affected, neutralizing by grounding can be complicated or even impossible. In such cases, the Nornen Coil comes in handy. This is a simple gadget everyone can make. It consists of two conical coils, both wound in a clockwise direction only and glued together at the narrower end.

Isolated 20-gauge wire will do. About 40 feet of hookup wire for each coil, the cone can be from plastic or styrofoam. The upper, positive pole connects to an antenna, the lower negative coil ground to a water pipe or the like.

In many cases, metallic roof gutters can be used as antenna, but watch that the downpipe has no connection with the ground. If it has, replace the last foot or so with a plastic pipe. A coil with a diameter of two inches at the narrow end, five inches on the larger end, and a height of 6 inches, having 54 windings achieved complete neutralization of an area

280 feet in diameter. (see diagram next page)

It is advised not to sleep or work close to the coil, keep a good distance. It has been found that iron pipes anchored in concrete blocks within a garden neutralized a circle about ten feet in diameter.

The aforementioned methods neutralize negative emanations in the environment. Lakhovsky's multi-wave oscillator was designed to cancel detrimental effects on humans, animals and plants. According to Lakhovsky, reflected, and therefore inharmonious vibrations, induce their unhealthy frequencies on living cells through the law of resonance. A cell oscillating off of its natural frequency, will change its function and grow differently, a condition known as cancer.

Lakhovsky's oscillator sends out waves in multiple frequencies, giving each cell an opportunity, with help from the law of resonance, to restore its harmonics. This theory has been clinically proven many times over by physicians in France, New York and elsewhere.

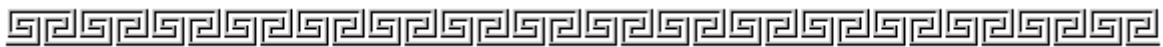
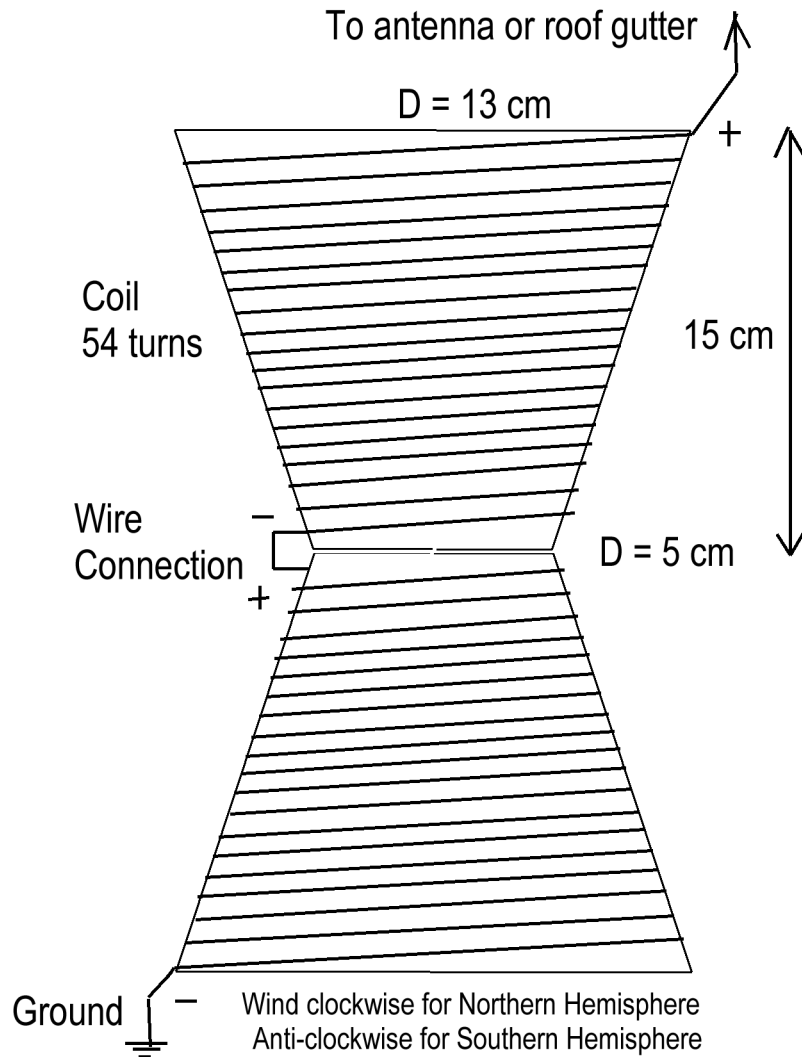
### Construction Notes:

The Nornen coil is easy to construct, as cone size, coil windings and wire are not critical as long as both cones are equal, and the same amount of windings are on each cone (50 or more windings each cone with armature wire or other insulated wire 25-32 gauge).

Hobby and notion stores sell styrofoam cones in any shape and size, about 8 inches long is fine. Cut point off and glue together after winding. Connect wires on pointed ends to complete circuit.

Note: The Nornen coil winding instructions are for the Northern Hemisphere and should be reversed for the Southern Hemisphere, i.e. wound counter-clockwise. The Positive end of the wire should finish at the top of the upper cone and the Negative end finish at the base.

# The Nornen Coil



## Quotation

When you arise in the morning  
think of what a privilege it is  
to be alive,  
to think,  
to enjoy,  
to love ...

*Marcus Aurelius*

# Letter to the Secretary

Dear Robyn, Members

Re: Stonehenge Stones, Glen Innes NSW 2340

I draw the members' attention to the Stonehenge Stones at, just south of, Glen Innes NSW on the New England Highway.

The stones are situated in the public access Stonehenge Recreation Reserve, often used for horse sports etc. Multiple rock outcrops with a decided "feel" all of their own. Certainly a challenge for Alanna Moore and fellow dowsers.

One huge stone is an anthropology mystery. Once erect, now lying flat on its back. On its upper surface it has several parallel grooves cut into its surface crossways.

When it fell, this monolith cracked about halfway along its length, crosswise. This site is worthy of an expedition by the members. A single day visit would not be sufficient. The whole landscape is a large scale site of interest, surrounded by broadacre active grazing properties.

A long weekend would be appropriate – but be aware that June is far too inclement – even for the locals! Also, avoid the first weekend in May. This is Glen Innes's Celtic Stones Annual Festival – it can also be freezing conditions, and all accommodation filled.

January is far too hot. Sadly, the Glen Innes (Australia's) Standing Stones located at the town lookout, were not "centred" on the vortex, when constructed. (Glen Innes town has been in decline ever since.)

It's also worthy of a visit by dowsers. If an expedition does occur, a word of warning. Around the Stonehenge Stones are numerous rabbit burrows, which attract snakes. So, be careful, as the grass is often long.

Campers/vans can stay in this Recreation Reserve Area. Not very far,



closer to Glen Innes, on the highway are caravan parks and motels.

If an expedition does eventuate, I would try and join with you for a day, if health allows. I reside about 80K's distance, south of Inverell. Sadly, nil computer these days, so it's snail mail or landline phone – nil mobile coverage in many areas of the New England Region [NER].

I do look forward to the monthly newsletters. The NER is highly geo-magnetic and where I live is even more so. Esther Deans '*opened*' the door for me back in the 1980's with plants. Now, trees & vegetation have never looked the same since.

Yours in dowsing,

*Betty Moore, OAM.*



# The Science of Emotions

*Reprinted from <http://www.armonikizoi.com>*

## About The Chemistry of Emotions and our Brain's Electrical Wiring

- Each emotion causes various peptides / hormones to be excreted (through hypothalamus and pituitary gland) that are received by the cells and lock into receptors on the cells themselves. (Phd Physiology and Biophysics, Candace Pert)
- These are like drugs that the cells become addicted to, creating a vicious circle of reoccurring emotional situations and states.
- Every time we repeat a thought or emotion, that creates connecting links called synapses between brain cells (neurons). These synapses create a complex net of 'information' called neuronets, that then dictate our reactions towards certain stimuli.
- These become 'programmings' that limit our emotions, reactions and behaviour. These learned pathways of electrical flow in the brain also become a vicious circle, in which we tend to repeatedly recreate the same emotions and situations.
- What we see is actually not produced by our eyes in our brain, but by our brain itself. The brain takes the inputs from the eyes, (40 times a second) and reconstructs what we 'see' from what it already has experienced, felt, and believes. Our perception is especially affected by emotional charges from the past. To a great degree what we see is a function of our previous experiences. We tend to see what we believe and



ignore what we do not.

- The brain reacts in the same way when we ‘see’ something and when we remember it. We often do not see what we are not trained to see.
- When we intervene and learn to perceive, feel and react differently, this reverses the chemical dependency and electrical wiring – freeing us to choose how we want to perceive, feel and react, rather than the usual ways that have become our chemical and electrical programming. We can change these processes.
- There appears to be a morphogenetic field (Biologist Rupert Sheldrake) or collective unconscious (Carl Jung) in which we are all connected, and from which we develop common traits, so that when one person changes the way he or she thinks and reacts, that makes that new reaction more accessible to all others sharing that common morphogenetic field.
- In Washington DC an experiment was conducted with the help of the city police department. Four thousand meditators were brought in for the summer, to meditate a number of times daily in the city. As in 48 previous studies in other cities, the crime rate was reduced by 25%.
- Dr. Masaru Emoto’s (Japanese) water study, has very visually and impressively shown that our thoughts and feelings can seriously and completely alter, positively and negatively, the nature of water when it is crystallized.
- Experiments by Dr. Larry Dossey; He separated identical cells into two beakers and put the same amount of poison in both beakers, and prayed for those in one beaker, and not for those in another. Those in the prayed-for beaker had a 20% higher survival rate. Then he did the same experiment visualizing light in the cells in one beaker. Again there was a 20% higher survival rate. When he repeated the same experiment both praying for and imagining light in the cells in one

beaker. there was a 40% higher survival rate. His thoughts and intentions were affecting the cells.

### **About the Heart, Brain and Immune System.**

- Our emotions affect our Heart Rate Variability (HRV). Negative emotions create an erratic heart beat with intense and rapid changes. This then causes confusion in the brain clouding our clarity, and seriously reducing the effectiveness of our immune system. Five minutes of anger reduces some aspects of our immune system for five hours. Emotions are programmed energy.
- Five minutes of love or gratitude positively affect our brain and immune system for five hours. They also increase our clarity of perception and thinking as well as our creativity.
- We can purposely focus on the heart area, while cultivating feelings of love and or gratitude in order to strengthen our immune system, clarity and decision making, and problem solving ability. We call this the '*Listening to our Heart Technique.*'





Speaker for May 17th, 2015

Silvana La Pegna

- Accessing Your Intuition -

**D**o you know when you're accessing your intuition vs when you are thinking?

Find out why this is still one of the most commonly asked questions people have when developing their intuitive ability, and when first tapping into their inner guidance.

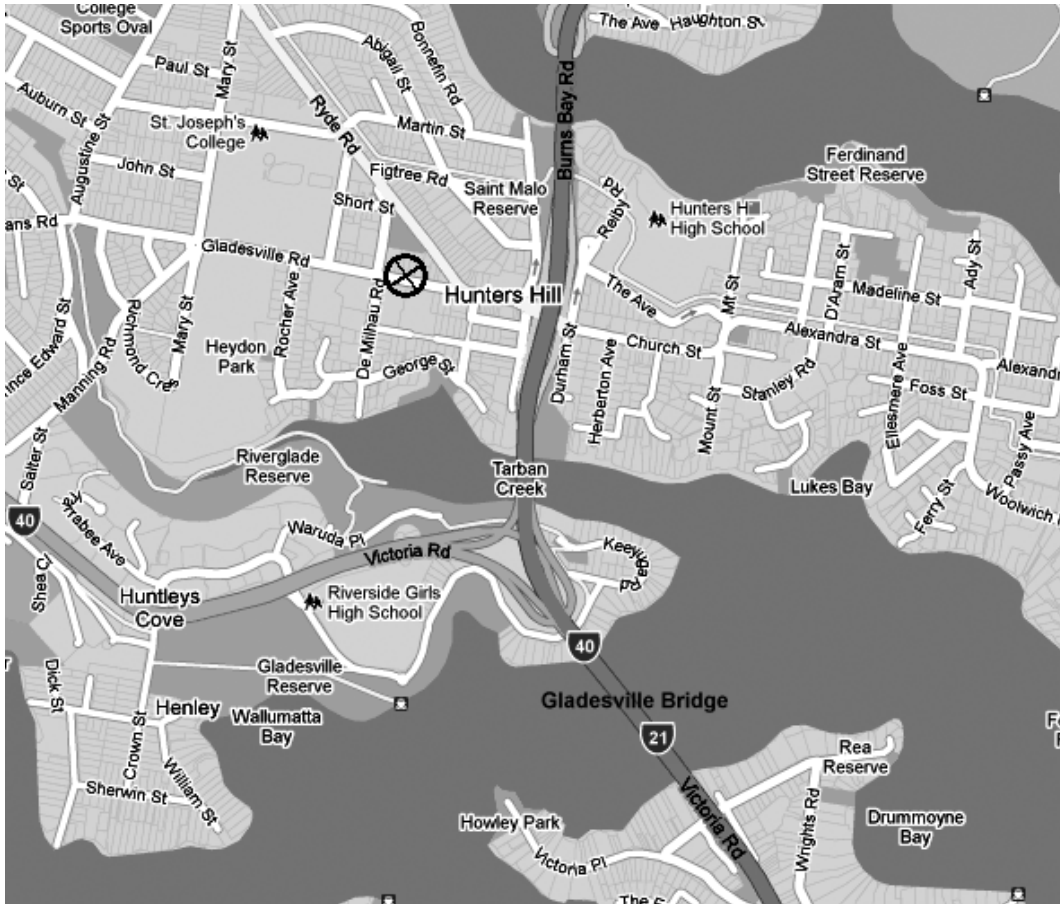


During this talk Silvana will explore why this is a challenge for many people, and what action you can take to build your confidence and competence. She will share some highly effective tools and techniques she has used for over 10 years, including Sacred Light Aromatherapeutic Mist, which has been a steadfast support tool in her development.

Everyone who attends this talk will be invited to participate in a step-by-step exercise, where Silvana will guide you through a process, that will assist you in achieving better results. So come to the talk prepared with one question in mind that you can work with.

Silvana is a guide and teacher of self-transformation and intuition. She shares her unique combination of corporate experience, insight and wisdom with men and women who are struggling to make sense of the world.

To learn more: [www.silvanalapegna.com](http://www.silvanalapegna.com)



### **Date of Meetings**

Third Sunday of every month, except December (2nd Sunday)  
Time: 2:00pm to 5:00 pm

### **Venue for Meetings**

Community Hall, 44 Gladesville Road, Hunters Hill

### **Bus Services:**

Transport Enquiries: 131 500

*From City, Central : Bus # 501 from Central to Rozelle  
then Bus # 506 to Hunters Hill*

*From City, Circular Quay : Bus # 506*

*From Chatswood : Bus # 536*

Please arrive at the meeting early so as not to disturb  
and be seated by 2:00 pm

### **Website address**

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